



Sri KDU International School, Klang

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Dear Parents,

A very warm welcome back to you and your children. I am delighted to see the children back safely and already settled into their routines.

Now that we are in Phase 2, primary children will remain online with teachers in their virtual classrooms. Although this is not what we had hoped for, we will continue to follow all directives from the MoE and MoH to keep our students and our community safe, and we continue to commit to delivering quality home-based learning to our students.

I look forward to the year ahead in our second year of operation and I thank you all for your support of the school in such challenging times.

Wishing you a very happy and healthy week ahead.

Miss Sherry and the Primary Team



WELL DONE ALL STUDENTS FROM
MISS SHERRY

A warm welcome back to all of our primary students.

Whether you are a returning student or a new student, I am so pleased to welcome you back to a new term of learning, friendships and fun.

I have been into your classes throughout the week and am filled with pride as I watch how you have settled into your routines so quickly. Well done to you all, keep up the good work and always try your best. We are here to help and support you throughout the year.

5 Tips to Prevent Back and Neck Strain During E-learning

By Nurse Subha

Welcome back to school to all the returning students and new students. Since we still continue our class via online, I would like to share few tips.

Find a space that FITS you: Place your feet flat on the floor. A good base of support keeps your core engaged without you actively having to think about it. No more swinging your feet while you sit or hooking them around the chair's legs. Place them flat on the floor in front of you.

Keep LEVEL: Position your feet, forearms, thighs, and chin level while sitting to study or using your electronics. An increased awareness of these details avoids pinching and stress on tissues throughout the body.

Get up and MOVE: Every 30 minutes, choose to walk around the house, do jumping jacks, squats, or skipping for at least 30 seconds. Movement of your muscles, heart, and lungs increases the circulation of nutrients in your body. Drink some water every time you get up to keep your body hydrated and your brain focussed.

Get your plank ON: Strengthen your core in good alignment. Hold a plank for 20-30 seconds, 3 times a day. Start off on your forearms, squeeze your inner thighs and glutes and drop your tail.



Hold this position for as long as you can. If it gets too challenging, drop to your knees, but return to the original position as soon as you feel able to. Once you feel you are not challenged by this position anymore, move to a push-up position, and plank with extended arms. Again, do not be afraid to drop down to your knees if you have to. Next, progress to side planks, or add a sandbag on your hips to make it more challenging.

Let's HEAR a Moo and Meow: Move through a cat/camel exercise on your hands and knees to increase movement along all the joints in your spine. Perform this exercise 5 to 10 times a day. You will feel the movement of your spine and sense your back and neck muscles relax.



SELAMAT HARI MALAYSIA

Celebrating Unity, Diversity & Love for Country

The strength and resolve of all Malaysians have been put to the test during these difficult and uncertain times. But with fresh impetus, drive and determination, there is renewed hope of a brighter future for us and our children.

As we celebrate Malaysia Day, let us not forget the nation's strength in diversity and continue to foster a deep sense of national pride and unity through education. Happy 58th Malaysia Day!

