



magazine!!



To start off, I would like to send my gratitude to the school who has given us a chance to create one of the first magazines made by the students. Our magazine is titled, 'The Journal' year 2022-2023, and it includes photobooks of the students, their activities, and all sorts of events that occurred this year. Other than that, the journal also contains interactive articles and testimonies from our school. The whole theme of this magazine is Y2K, which is a mix of colorful designs from the 2000s.

Our inspiration behind this journal is to invite parents, students, and others to dive into the world of students by presenting various activities ranging from field trips to events hosted by the students. As students, we are not often met upon the opportunity to write a magazine. Because of that, we decided to dedicate our time and energy in bringing out the best outcome with the information we have gathered ourselves. With a lot of hard work and facing numerous challenges along the way, we are proud to present this

original magazine to the public.

Through this magazine, we hope to show others about the life of Metta students outside of academic instances. Furthermore, we wish that this journal will be an important memory in the hearts of the students as a special book that they can reminiscence back on. Thank you for reading our magazine and we hope to bring you happiness from reading this journal.

Charlize Fiona Irwan student, Editor-in-Chief 'The Journal' 2022-2023

Table of contents

| DDEEACE | |
|---|---|
| PREFACE. | |
| TABLE OF CONTENTSi | |
| PRE-SCHOOL - KINDERGARTEN1 - 8 | |
| Fieldtrip3 | |
| Events4 | |
| How to make a paper Frog5-6 | |
| Maze Runner!7 | |
| Testimony8 | |
| PRIMARY9 - 18 | |
| Extracurricular11-12 | |
| Fieldtrip13 - 14 | 1 |
| Crafts!15 | |
| Testimony16 | |
| 4 Reasons why Sports is Essential for Us!17 | |
| Crossword1 | |
| SECONDARY19 - 28 | 8 |
| Student Council21-22 | |
| Events23-24 | |
| Fieldtrip25 | |
| Camping26 | |
| Tackling Indonesia's Poor Health Problems: challenges and | |
| opportunities27 | 7 |
| Testimony28 | |
| END OF YEAR29 | |
| CLASS OF 2022-202330-32 | |
| Grade 630 | |
| Grade 932 | |
| Grade 1232 | |
| CREDITS | |
| | |





FIELD TRIP

The students visited the famous fast food franchise, Pizza Hut. They had a lot of fun activities, especially crafting the pizza. They baked dough and added a variety of toppings on their mini pizzas. It was then put in a furnace to finish the product. While waiting, students were given time to color pizzas on their worksheets and enjoyed the time with their friends.



Next, they went to a supermarket, Hokky. The students were introduced to various products on the supermarket shelves all around the store. Afterwards, they were taught how to weigh fruits and vegetables. In the end, they were brought to the cashier to learn how to pay for the items properly.





The fire station was the final stop for Preschool and Kindergarten students. They were introduced to tools and equipment the firemen wielded, followed by a tour around the fire station. They also got the opportunity to ride on the fire truck. The event ended with an art session, where everyone drew and colored fire trucks.

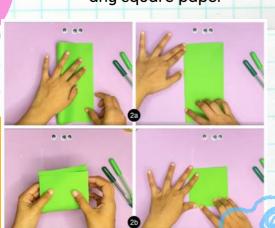




How to Make A Paper Frog by Vince E.

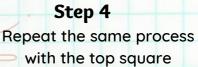
Are you bored of making the same thing over and over with your origami? Well if you are, here's how to make a cool paper frog to mix things up!

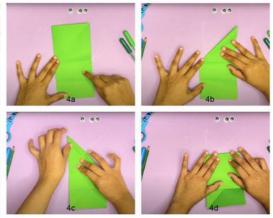
Step 1 Prepare an origami or any square paper



Step 2

Fold it









Step 6 Step 7 Fold the legs of the paper frog Fold the legs of the paper frog Step 8
Make the paper frog jump 8d 8f 8g

MAZE RUNNER! Let's play with some mazes! The objective of this game is to get the snail to reach the treasure at the end of the maze from the starting point. You can't cross any lines and there is only path to the end. Good luck to all runners! START!

WORD FROM PRINCIPAL THE PRINCIPAL

Ms. Irene

"This academic year is the restart of education. The pandemic has brought about changes in people's lives for the past 2 years. Students can return to their routine as formerly, such as going to school and meeting friends and teachers directly. Teachers can educate them about the good habits we usually teach at Metta School.

I am proud and excited about students' achievements at the end of this academic year. Students' education journey depends on the successful collaboration between home and school. It is time to take initiative and act. You need to take the first step, and then the other steps will follow. Therefore, it is true that a journey that might last for a thousand steps begins with a single step."

TESTIMONY

"This academic year is a fresh start for every student & teacher. Besides the excitement to come to school again, we also feel a bit apprehensive. Many young students were afraid to be away from their parents in the first days of school. Thankfully, with the caring teachers and supporting parents, the young children have overcome their negative feelings from being away. Graduation isn't the end of a tough journey. It is the beginning of a beautiful one. Remember to keep trying your best and rise again when you can't achieve your goal."





"Kami dari keluarga Buddhist, sehingga kami ingin anak kami mendapatkan pendidikan sekolah yang ada nilai-nilai Buddhisme-nya, dan juga ada nilai Budi Pekerti. Saya mengetahui bahwa Metta School memenuhi kriteria yang kami harapkan. Anak saya sekarang lebih berkembang untuk etika, ketangkasan, kemampuan bahasa Inggris dan Mandarin, serta kemampuan sosialisasinya. Metta School terdapat nilai-nilai Buddhisme dan Budi Pekerti yang tidak ada di sekolah-sekolah lainnya. Nilai-nilai ini sangat diperlukan dalam perkembangan anak di zaman 'Now' ini dan didukung oleh tenaga pengajar dan manajemen yang kompeten, kami rasa Metta School merupakan pilihan yang sangat tepat."





EXTRACURRICULAR

Extracurricular activities are school-organized student activities that aim to improve students' non-academic talents and creativity. They can provide students with benefits such as improved social skills, leadership development, increased self-confidence, and a sense of accomplishment. For the entire semester, all students must participate in at least one extracurricular activity. Buddhist students at Metta School must join Buddhism and choose an additional extracurricular activity.

HIP HOP



The hip-hop extracurricular activity is an exciting chance for students to express their enthusiasm for dancing and develop their talents in a friendly setting. Aside from the excellent facilities such as the dancing room in the school, the hip-hop extracurricular is led by a highly skilled and experienced dance instructor who specializes in hip-hop.

LEGO

The Lego club is a fantastic extracurricular activity that encourages kids to be creative and inventive. Students construct and play with legos, which will help them develop their motor skills, problem-solving ability, and critical thinking skills.

The school supplies all of the Lego bricks and other tools needed for kids to construct and design their own unique projects. This allows students to have access to a wide range of Lego bricks to build rich and detailed buildings that represent their unique tastes and personalities.



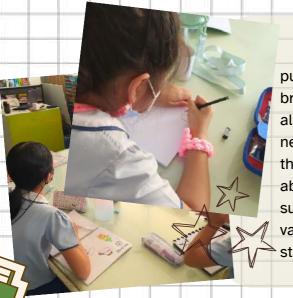
1k, close vay.

ey Lo

11

rested the Great Blasker

y and fell in love with it.



Cartoon drawing is a wonderful kind of art that allows pupils to express their originality and imagination via bright and amusing figures. This extracurricular activity allows students to master methods and abilities necessary to draw in a cartoon art style. Students can find their passion for sketching and enhance their creative ability by participating in this extracurricular. The school supports this activity by providing an art room filled with a variety of art tools and a specialized art teacher to guide students. CARTOON DRAWING

BUDDHISM

Students will have a chance to expand their understanding of Buddhism and its teachings through this extracurricular activity. This activity's purpose is to build a feeling of community and to teach students how to do proper meditation, learn self-reflection, and the study of Buddhist philosophy. The lessons will take place in the classroom and will be guided by experienced Buddhist teacher who will guide students through the Buddhist concepts and practices.

Speaking

The public speaking extracurricular is a wonderful chance for upper primary children to acquire and improve their public speaking abilities. This practice is intended to assist students in not only improving their speaking ability, but also in developing critical thinking skills. polishing their verbal communication skills, and overcoming public speaking fear. Students will learn to design interesting speeches, deliver them confidently, and successfully engage their audiences via a variety of speaking exercises, interactive activities, and practical assignments.

Pyblic

BASKETBALL

Basketball is an excellent extracurricular activity for students to participate in a hard and pleasant sport while developing their basketball skills under the supervision of a trained coach. Students can use this extracurricular activity to explore their enthusiasm for basketball, enhance their abilities, and interact with other students who share their passion for the game. The basketball club meets on the fourth floor of the school in the indoor sports hall, which is outfitted with all of the essential equipment to offer a safe and entertaining atmosphere for kids to practice and play basketball.





PIZZA HUT



2 days later after the camping field trip for the upper graders, the kids of Grade 1 - 3 had an amazing adventure going to Pizza hut on September 26th Pizza provided 2022. Hut ingredients and the students were taught how to make a fresh pizza by adding their toppings of choice, and getting help putting the pizza in the oven. While waiting for the golden brown crust, they did some coloring sheets. Overall, the students were quite happy stuffing their bellies with delicious custom pizzas they made.

T 10:00

NEY, AUST

NLESS SHO





While Grade 1 - 3 were having fun in the playground, Grade 4 - 6 went to the cinema to watch the new movie that came out, 'Black Panther 2: Wakanda Forever'. The students had a lot of fun watching with their friends, chatting, laughing and eating snacks. Those who had already watched the previous Black Panther movies were even looking forward to 'Black Panther 3'







On September 24th 2022, from 8 am to around 8 pm, the kids of Grade 4 - 6 had a camping event in school where they had fun activities to learn about leadership skills and teamwork. They also learnt how to set up tents and flags, played outdoor games, and practiced how to line up properly. It was an exciting experience for all the students and a fun journey to remember.









Lower Elementary





(G5) Shaping Clay



Making a Booklet

Besides developing students' creativity to make crafts, an art group project also encourages students to share their ideas and collaborate with one another. It helps to build confidence and develop students' critical thinking such as solving artistic challenges.

A GRIEN HOUSE

LINE

LIN

other subjects

"The purpose of the crafting lessons are mainly to improve the children's motoric ability and develop their imagination skills." - Ms. Irene Thamrin

MOID FIOM THEY



"Being the first onsite school year, the academic year 2022/2023 poses its own unique challenges. I am privileged to ever work with hardworking and determined colleagues, supportive parents, and tough elementary school students this academic year. Along the way, there have been setbacks, but there has been more progress made and goals achieved these 12 months.

To those graduating this academic year, congratulations! This is going to be another important milestone in your academic career. Enjoy your achievement today. Then, dream big, set goals, and make a plan to make them real."

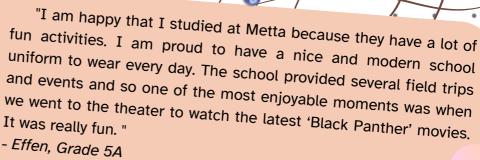
- Ms Rycha

TESTIMONY

"Saya menyekolahkan kedua anak saya ke Metta School karena ingin anak-anak mendapatkan pendidikan moral yang baik. Harapan saya anak-anak mempunyai modal akademis yang baik dan bisa mandiri. Mulai dari hal kecil, seperti mengerjakan pekerjaan rumah sampai harapannya kelak anak-anak bisa mandiri dan berjuang di kehidupan masyarakat. Ada beberapa perkembangan yang dialami anak-anak saya seperti hormat kepada orang tua, mulai mandiri untuk mengerjakan pekerjaan rumah, dan secara akademis, anak-anak terbilang baik. Bila orang tua menginginkan anak-anaknya mempunyai moral dan karakter yang baik, dan mendapatkan akademis yang baik, maka 'Metta School' adalah salah satu sekolah terbaik untuk kedua kriteria tersebut."

- Bu Merry, Parent of Grade 5B







4 Reasons why Sports is Essential For Us!

Have you ever felt lazy to pick up a basketball and started playing? Or maybe feel forced to exercise everyday after school? Well, here are some reasons why you should exercise and play sports more often to get your body in shape and also live a healthy lifestyle.

Reason #1: Helps you stay in shape

If your daily routine includes eating a lot everyday, snacking, spending a lot of time sitting down doing homework or playing with your mobile phone, it's hard to stay in shape. That's because the more time you spend sitting around and eating, it causes your body to gain weight and lose its muscles. By exercising, you can keep your body in shape and also feel healthier.

Reason #2: Learn teamwork and sportsmanship

In sports, individuals have to rely on and motivate one another to accomplish the same goal, which is winning. Through playing sports, you will learn a lot about how to work together, how to control your emotions and also how to put your skills fairly and respect the players on the



Reason #3: Boost Mood & Self-Esteem

Exercising helps you keep your mood up and feel great about yourself because you watch all than that, when you successfully complete your self-confidence.

Reason #4: Develop Discipline

Discipline is the practice of training people or yourself to obey rules or codes of behavior. When we do sports, coming to practice on time or training at the right hours each day takes a lot of discipline. By doing it yourself and getting into sports, it will definitely test your discipline and also build it.

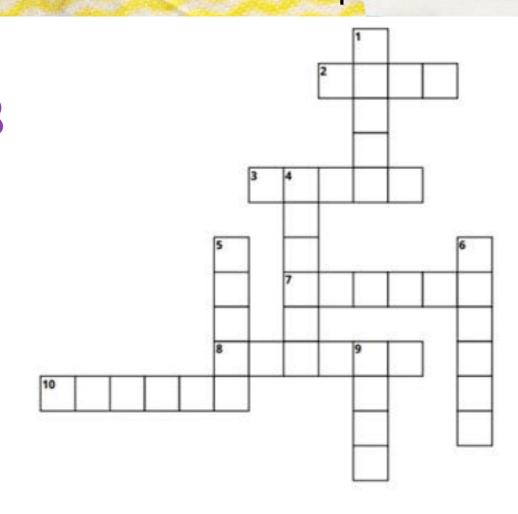




!CROSSWORD!

Start

Crossword 99% of People Can't Solve



Across

- [2] The man who reigns on England and the knight has the duty to protect
- [3] Weapon the knight uses to defend himself
- [7] Serves to protect the knight in battles
- [8] Where the knights sits on the horse
- [10] The house of kings, ladies and knights

Down

- [1] Where water runs
- [4] Man with magical powers
- [5] An animal the knight travels on
- [6] Where we can walk over rivers without getting wet
- [9] Woman of high society









Students Council (Stuco) is an organization of students that consists of a president, a vice-president, a secretary, a treasurer, and a variety of departments with the purpose of creating events and programs to help students learn to work together while having experience in an organization and making fun activities. The vision of Stucco is to give students more fun and experience than at the start of the year and make the student council a better organization, and the mission is to help students hold exciting events, create some unique events and help the next student council thrive.



The Student Council 2023 voting session was opened to the secondary students in July 2022. There were 2 committees who were competing to be the head of stuco that year; Tiffany Irwan + Jesslyn Rudikan, and Jordyn Motanto + Reyhan Dwiadmojo. Votes were tallied and the winner is committee 1 consisting of Tiffany Irwan and Jesslyn Rudikan. The new president and vice president took responsibility for this year's programs and events.



They hosted several fun events such as MGT. Halloween. Valentines and Independence day. A podcast program was held almost every Monday and Tuesday. All events mentioned above brought some light between all the stressful days and some were memorable to see students dressing up as Minions or the seven dwarfs for Halloween, writing cute letters for Valentine's day, and maybe getting a compliment from your favorite person! These moments will live forever in the student's minds and light up their day reminiscing the happy memories they've had in Metta School.



EUENTS



The Chinese New Year Celebration event is one where every student from Primary to Secondary students participates. Unlike the other grades, the Secondary students made an exciting drama that tells about a mother's longing towards her son. For several weeks, the students were practicing with no end. They were writing the script, dubbing the vocals, and making the props. Finally, they could perform their drama which played out wonderfully and all their hard work paid off. It was an eye-opening experience for the students to learn how to work together in large groups and create special bonds like no other.

教育は私たちの 未来へのパスポートです。なぜ なら、明日は今 日準備する人 ものだからで

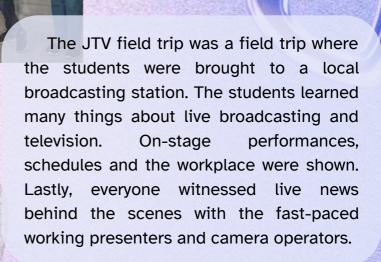
Bulan Bahasa is a reminder of the history of how Bahasa Indonesia was created. To commemorate this event, the school held various competitions; doing a speech in Indonesian, a debate competition in English, and story-telling in Chinese. A lot of students joined the competitions and enjoyed the thrill of competing against one another as well as adding their experience. It proved to be a great event that improved the creativity and confidence of students.

당신의 미래는 지금 당신이 무엇을 하고 있는가에 달려 있다. 꿈을 꾸고 믿을 수 있다면 이를 수도 있다. 세상에서 보고싶 은 변화가 있다면 당신 스스로 그 변화기 되어라, 인내와 끈기와 피나는 노력은 설 공을 안겨주는 무적불패의 조합이다.



siela unip

To celebrate national heroes day, Metta students visited Akademi Angkatan Laut, AAL in short, where students learned about how the Navy or Marine operates. They were also shown artillery, mini versions of boats and submarines which used to operate around the port, and photographs of the army and military operations. Finally, everyone was brought to one of the battleships and there, they learned about how things would operate on board.





Tackling Indonesia's Poor Health Problems:

challenges and opportunities

by Aileen K.

Indonesia, the world's fourth most populous country, is grappling with a multitude of health challenges. A significant portion of the population still faces poor health conditions and limited access to healthcare services.



High Disease Burden:

Indonesia bears a heavy burden of communicable and non-communicable diseases. Infectious diseases such as malaria, dengue fever, and tuberculosis remain prevalent, particularly in rural and remote areas. Additionally, the country is witnessing a rise in non-communicable diseases like diabetes, cardiovascular diseases, and cancer, mainly due to changing lifestyles, urbanization, and an aging population.

Limited Access to Healthcare:

Access to healthcare services remains a big obstacle, particularly for people in remote areas. Many remote regions lack healthcare facilities, doctors, and medical supplies, leading to the diseases spiraling out of control.

Malnutrition and Stunting:

Indonesia faces a significant burden of malnutrition and stunting, especially among children. Malnutrition affects physical development, leading to long-term health consequences. Factors contributing to this issue include poverty, lack of nutrition education, limited access to nutritious food, and poor sanitary.



Mental Health Challenges:

Mental health problems are often overlooked but present a growing concern in Indonesia. High-stress levels, social pressures, and limited mental health services contribute to the rising burden of mental health disorders.

Conclusion:

Indonesia's poor health problems are questions needed to be solved by the government, healthcare providers, and society. We can solve this problem by investing in healthcare institutions, strengthening disease prevention and surveillance systems, enhancing access to healthcare services, stopping malnutrition, and overcoming mental health challenges. As fellow Indonesians, supporting and helping those in need will be a big step for the health of Indonesian citizens.



"Remember to stay true to yourselves, follow your passions, and never stop learning and growing. You have the power to make a positive impact on the world, and I have no doubt that you will do just that.

Congratulations, and best wishes for a bright and fulfilling future."

Bestinuia)

"Awalnya, saya mencari sekolah yang bagus untuk anak-anak dan beberapa teman saya rekomen ke Metta School. Setelah masuk Metta School, saya dan ayahnya anak-anak merasa cocok karena anak-anak bukan hanya diajarkan akademik yang bagus, tetapi juga mengajarkan anak-anak mempunyai attitude yg baik.

Semoga kedepannya Metta School menjadi semakin baik dan lebih berkembang."







"Saya sangat suka sekolah di Metta School karena teman-teman dan guru-gurunya yang sangat baik. Dari saya sekolah Metta sejak sekitar tahun 2010, saya merasa berterima kasih kepada guru-guru yang telah membimbing saya dengan sabar."



CLASS OF 2022 2023

I think that this year is nice and I don't think I'm ready to graduate.

Reagan

It has been a very good year.

Marcell

This year is fine because the teachers are nice and yes, I think I can graduate.

putranto

It has been a nice
year since we learned
a lot of new things this
year and I want to
graduate so I can
continue to secondary
school.

I'm happy to graduate.

Clarinda

It's a fun year and I'm excited to graduate. Sachiko 9 r q de 6 CANVA FILM 110

This year has been amazing and I'm scared for graduation.

Lionell

It's an awesome year, and I'm excited to graduate Claretta

This year has been amazing so far and I'm excited to Fional graduate.

This year has been normal and I'm a little scared to graduate.

Jeetender

THIS YEAR HAS BEEN FUN YET CHALLENGING AND I'M REALLY EXCITED TO GRADUATE AND MOVE TO SECONDARY SCHOOL.

ARLEEN

This academic year is quite fun and I'm excited to graduate from elementary school.

This year has been nice and I'm pretty Scared of Graduation.

This year is fine and I'm excited to graduate.

Michelle Grace

I just want to graduate and be happy and free from school assignments.

I would say that this year is very interesting so far because we get to experience new things everyday and I'm not sure what's going to happen after graduating.

School might be hard sometimes and I'm not sure I'm ready to graduate, but I wish the best!

Nelson

Rachel







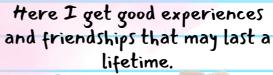


IN THIS SCHOOL, I GET THE OPPORTUNITY TO MEET KIND AND TRUE FRIENDS

ANGELICIA

I am able to participate in fun activities and socialize with friends

Gracelynn



Juliette

Metta has a lot of easy going teachers

Aileen

This school has great activities

Eryn

Metta has given me good food

Vince

Draven

I met many good friends in Metta

Darren

Metta has 10/10 food and is healthy

I've studied in metta for over 10 years and I've learnt a lot since then.

Francis

The teachers arent

mean claire

mettaisnot

boring

School doesn't start early

FRIENDS HERE ARE GREAT. IØ/IØ WOULD RECOMMEND. HILTON





grade 12!

またまはおしたらしまた。ADTANITEです。などでう。切らしらいらしまります。 Maran Ubully Test ACATURATE TO THE USE TO THE TEST TO THE TOTAL TO THE TOTAL TO THE USE TO THE USE TO THE USE TO THE USE TO THE TOTAL TO THE TOT

graduating student's messages

"I'm excited yet nervous to graduate, I made a lot of memorable memories and great friends here in Metta." -Nicole

"I think sleeping was my problem in school. If school had started at 4:00 in the afternoon, I'd be a college GRADUATE today." -Leonard

"My last year in Metta School has been a roller coaster. I hope that even after our chaotic class graduates, our juniors will still keep the school fun and lively, and that they will keep studying hard until their last years too."—Felicia

教育が生涯にかたるプロセスです。 人が教育を受けることに満足しないがあるとのではでもほとなった。 のではでもほとなったのでのではある。 の対象は、教育をいる知いは下は教 無効にします。やる気いは下は教 が、生徒、保護者サイヤに影響を 及びし、その意思、でる気いなどは 会を生い出し続いています。 metta has been great and thank you for all the memories. I'd like to leave with one of my favorite quotes 'Carpe, Carpe Diem. Seize the day boys. Make your lives extraordinary.' John Keating, Dead Poets Society" - VELIA



I'VE BEEN ATTENDING METTA
SCHOOL FOR ALL MY LIFE, MY
CLASSMATES AND MEMORIES
HAVE A SPECIAL PLACE IN MY
HEART. METTA HAS TAUGHT ME
TO BE RESOURCEFUL, FINDING THE
GOOD IN EVERY BAD SITUATION.
METTA ALSO HELPED ME BUILD
MY COURAGE, TO ALWAYS
BELIEVE IN YOURSELF WHEN
OTHERS HAVE GIVEN UP ON YOU
-DEVI

"School has been a wonderful journey for me. Although I experienced many downfalls, it has been a joy with all my classmates to finally end my teenage chapter in life. I am a bit melancholy about leaving my second home, but I'm excited to start a new adventure as a college student. Good luck to all the graduates!"

—Charlize











