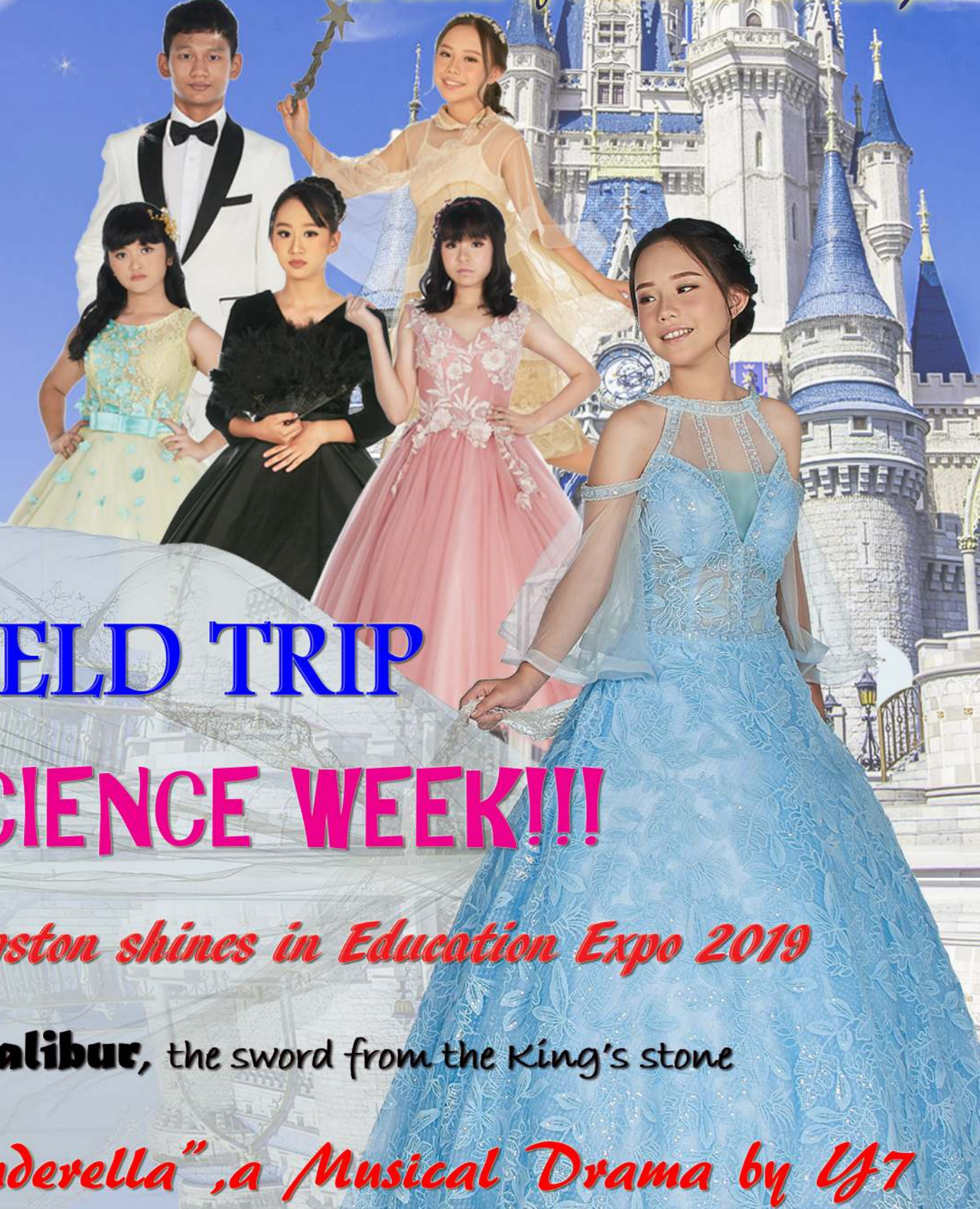




Excalibur

The sword of truth and knowledge



FIELD TRIP

SCIENCE WEEK!!!

Kingston shines in Education Expo 2019

Excalibur, the sword from the King's stone

"Cinderella", a Musical Drama by U7

Excalibur, the sword from the King's stone

King Arthur was a legendary king of Medieval times; no one really knows if he truly existed, or if he was a myth.

He was known as the a firm but fair ruler of the magical kingdom of Camelot, where wizards lived, unicorns played and dragons walked the earth. He believed that all his knights should be equal, with none more powerful than another. That is why they were known as "The Knights of the Round Table", because they sat at a round table and no knight could say his position was more important than the others, including King Arthur.

The most famous wizard of them all, Merlin, was King Arthur's protector. When Arthur's father died, many people wanted to be king, but Merlin used his magic to set a sword in a stone, the **King's Stone**. Written on the sword, in golden letters were the words, in today's English:

"Whoever pulls this sword from the stone is the rightful King of England!"

Of course, many people tried to pull out the sword, but no one could succeed, except, of course, Arthur.

He then became King of England and ruler of Camelot .

This is why we have chosen to call the new school newsletter EXCALIBUR. It is the sword of truth and learning that comes from Kingston!

Written by Helen Victoria Berryman Yin.
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Editor's note:

We are republishing the article from the Excalibur first edition just to recall about how the Kingston School newsletter was named.

JOIN OUR TEAM

We're recruiting!

Hey Kingstonians, we are looking for 12 knights for the round table of Excalibur Team.

Are you good in writing articles? Graphic design? Drawing and arts?
Computer publishing? Photography?

Then you are the next knights that we are looking for!

Send any of your "original" work (drawings/photos/articles)
to lidyakingstonschool@gmail.com.

Write your complete name and class. Send them before **19th July 2019**.

We're on



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"Cinderella", a Musical Drama by Y7

Everyone know very well about Cinderella's fairy tale which was brought by Walt Disney into cartoon animation last 1950. Directed by Kenneth Branagh, this story was filmed into a real movie in 2015. Just recently, our Year 7 students presented this story as a musical drama performance twice; first on Kingston School Open Day and on Education Expo in Sun Plaza. Did you watch their performance? Here are some reactions of the students!



*It was an amazing experience! The musical drama was spectacular! Everybody was shocked at first, but it turned into excitement! So, it's really great to perform in front of everyone twice. I played as "Cinderella" in the musical drama, and really felt happy for it. Playing as Cinderella is quite challenging when I had to dance with my gown and to act sad in some parts overall. Playing this drama has also taught me to be courageous and kind. – **Krystel***



*The musical drama was nerve-racking and exciting. I took the role of the Prince. It wasn't that hard nor easy to become a Prince. Yes, I only showed up for the grand ball, but it's very awkward to walk around and wave to everyone. To be able to do that you need to be brave. I didn't feel brave at that time but I encouraged myself to do it. It is harder to dance because of the wide gown but we practised so it's no unusual. We practised a lot and it paid off. – **Pieter***

*Have you watched our Cinderella musical drama? Well, it was a spectacular experience for me! I am so surprised that our performance turned out so amazing and that we amazed a lot of people. Anyway, my character was the beautiful fairy. It was quite challenging at first but easier as we kept on practising. There are also a lot of dances that we had to memorise such as the dance at the ball and so much more. I'm so inspired and grateful that I get to feel such an experience. I can't wait for another performance like this! – **Sheryl***



*It was a great experience! Big success! My role was Drizella, the step sister, the mean character. It was tiring too but it was worth it! It's not nice having a mean character but it's worth to try. – **Celine***



*The musical drama was unforgettable. Eventough it looks like a successful performance on the outside it's really tiring and hard to perform. Because I got too tired, I got sick and it was so hard and I suffered. My role was Anastasia the evil stepsister of Cinderella. The beautiful gowns were from New York Art and it was so hard to walk with those gowns, they were too long that I almost tripped. We also had to change from short dresses to gowns in just a few minutes. – **Marvella***

*The musical drama was amazing! I didn't expect myself to be a bird though, but I didn't regret having a role. The Y7 and the teachers practiced extremely hard and got so exhausted sometimes, but all we could say is that "it is worth it". We started from performing in our school during Open Day, but when Ms Rebecca told us that we were going to perform in Sun Plaza, we were so excited! But of course we practiced harder. On the day of the performance, it was so daunting that I almost forgot the dance steps. Overall I am proud of myself, of Y7CM and of the teachers for this amazing performance. – **Kimiko***



*It was an ecstatic experience! The musical drama was splendid! I don't have enough words to express my feelings about how it ended! My role in the was only the propsman, but I felt great to participate in the musical drama. I think becoming a propsman is very important, without propsman they can't perform. This musical drama is the best of all time! – **Cathrine***

Kingston shines in Education Expo 2019

by Ms Gezela

Explore...exhibit...exchange...

These were just a few key ideas of the 2019 Education Expo held in Sun Plaza last April 22-28, 2019 in which Kingstonians bagged 11 awards in a series of competitions participated by 15 other international schools in Medan.

Education Expo is held to create awareness of various educational opportunities Medan schools offer. It is a cultural exchange of knowledge, curriculum offerings and displays of skills. This time, the Education Expo had a healthy competition among kids from different international schools.

Kingstonians once again displayed their prowess in many competitions to wit:

Kindergarten Category



**Kindergarten
Poem Recitation
Maverick Zhuo
1st Place**

Son of Mr Prabowo Sucipto
and Mrs Wangi Dianty



**Kindergarten Spelling Bee
Gavin O. P. Sipangkar
1st Place**

Son of Mr Donrikus Sipangkar
and Mrs Nancy Farida Hutajulu



**Kindergarten Spelling Bee
Glenn Alfian Kho
2nd Place**

Son of Mr Usin
and Mrs Sewiaty

Primary Category



**Primary Spelling Bee
Zahra Hussaini
1st Place**

Daughter of
Mr Rahmatullah Hassani



**Primary Spelling Bee
Christabel T. B. Simamora
3rd Place**

Daughter of Mr Hendry Elvin
Simamora, S.Hut, M.SI
and Mrs Posmaria Lelyta Situ-



**Primary Fun Maths
Mario Salim
2nd Place**

Son of Mr Agus Salim
and Mrs Puspita Dewi



Primary Painting
Joelle Ellishia Chandra
1st Place
 Daughter of Mr Rudi Chandra
 and Mrs Yessica



Primary Painting
Vinolia
2nd Place
 Daughter of Mr David Lim
 and Mrs Mariani

The said exhibit is organised by Discover Me Career Development with more than ten sponsors.

Apart from competitions, each school is given a chance to showcase the talents and skills of their students with a short program on the last day of the exhibit. Kingston had its share of showcasing students' abilities with the help of their homeroom and subject teachers.



Primary Storytelling
Quaneisha H.J. Tobing
2nd Place
 Daughter of
 Mr Martuasah Hermindo L. Tobing
 and Mrs Roulien N. Panjaitan



Primary Storytelling
Wen Xing Visaya
1st Place
 Daughter of Mr Anthony Enrique
 Visaya
 And Mrs Lindawaty Rukitan



Traditional dances



Gummy bear dance



Musical drama



Reading 'Puisi'



Karate



Play Angklung



Ballet dance

Not only did we showcase Kingston as a school but also gave opportunities to kids to expose themselves in public presentations which surely helped enhance their confidence and self-esteem as they face the crowd.

SCIENCE WEEK!!!

Kingston School were having Science Week on the first week of May. Let's check out the experiments around!!



Nursery pupils were having experiment making clay while Kindergarten pupils were playing games about shadows.

Primary and Secondary were having some science experiment challenges. They have to solve the problem at a given time.



Primary 1 to Primary 3 challenge :
How will you take the coin away without touching or blowing the match?



Primary 4 to Primary 6 challenge :
A balloon and push pins, try not to explode it!



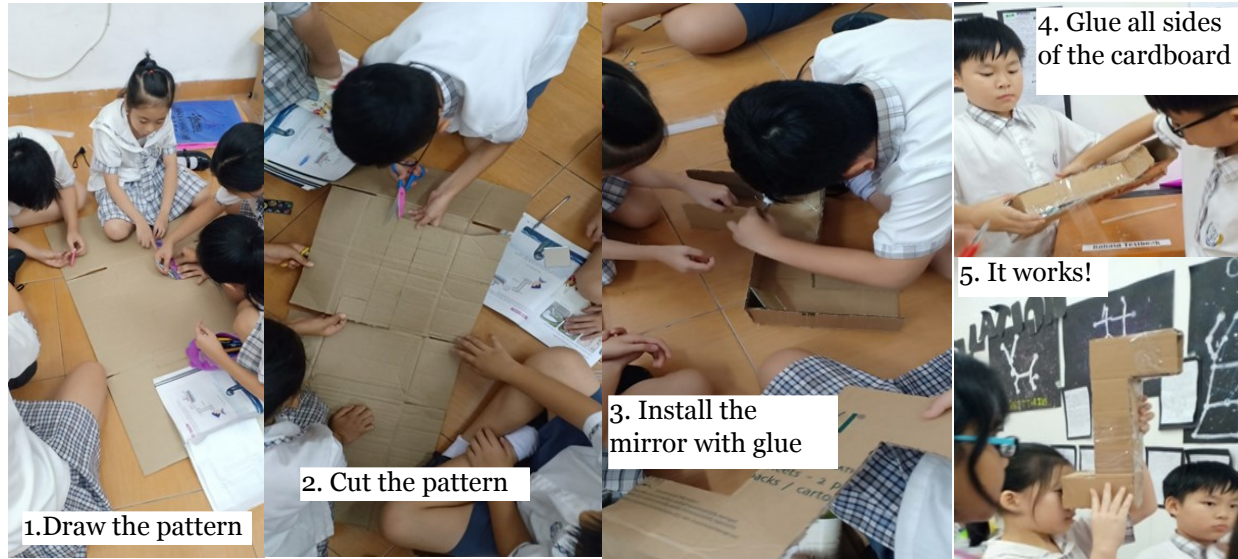
Secondary challenge :
How to prove the existence of atmospheric pressure using a can?

*Can you solve the challenge?
Check out how does it work at the last page of the Excalibur.*

In Primary, they also did the experiment during their science lesson which is related to their IPC theme.

Year 5 make the periscope

A periscope is an instrument for observation over, around or through an object, obstacle or condition that prevents direct line-of-sight observation from an observer's current position. Year 5 are learning light and shadow. Making a periscope is one of Year 5 projects. Let's check out about the steps of making the periscope by Primary 5!



Year 4 making DIY Gliding Styrofoam aeroplane

Primary 4 were discussing about Inventions, so they create their own aeroplanes and try them!



Hello everybody, my name is Zahra. Today we are going to learn about "Aviation". The word "Aviation" means flights. As you know last time we made a gliding airplan. We had so much fun while making it. You just need some Styrofoam plates, glue, straw and playdough. First you need to cut the Styrofoam plates in to wing of an airplane, then you need to stick them with glue on the side of the straw and lastly you have to shape a piece of dough into the point of the bullet and stick it to the end of the straw.



Hello ! My name is Brayden. Today, let me tell you my most exciting experiment, the gliding aeroplane. We are studying about aviation, the history of flying. Abbas Ibn Firnas was the first man to fly with a wooden glider. Now, let me tell you the Styrofoam glider. These are the things you need: UHU glue (all purpose adhesive), Styrofoam plates, playdoh, straw and connector pen for decorating. The first step, cut a rectangular shape and it must be the same size in the Styrofoam plate for 2 times. Then stick the 2 sides of the straw. Step 2, make the tail then stick to the 2 back sides of the straw. Last step, put some dough in front of the straw and start to decorate. Your plane is ready to fly!



The SMA students were having some experiment in their lessons .



In Chemistry lesson, they were observing the properties of colloids which can be divided into suspension, colloid and solution. They observed the stability, filtration tyndall effects of those three systems.

They were conducting learning journey to the primary students. The experiment was about how acid base react. We can determine whether a substance is base or acid through this reaction.



In Biology lesson, food testing was carried out on several food samples such as milk, eggs, tempeh, tofu, rice and flour.

⇒ For protein testing, biuret reagent solution is used. If the food contains protein, the food will change to violet (purple).

⇒ Lugol / Iodin reagent is used for testing starch. If food contains starch the food will turn dark blue.

⇒ Reagent benedict is used for the glucose test. If the food contains glucose, the food will change colour from green to yellow to brick red.



before

after

Can you tell which food has protein, starch and glucose?

Previously, in Physic, they made a *power-watered rocket*. Water rockets are one type of rocket that uses water as fuel. Tap rides that function as rocket engines are usually made from plastic bottles of soft drinks. Water is forced out by compressed air, usually compressed air.

This rocket happens :

1. Compressed air is added which creates a bubble floating above the water and then presses the air volume at the top of the bottle.
2. The bottle is released from the pump.
3. Water is pushed out of the nozzle by compressed air.
4. The bottle moves away from the water because it follows Third Newton's law



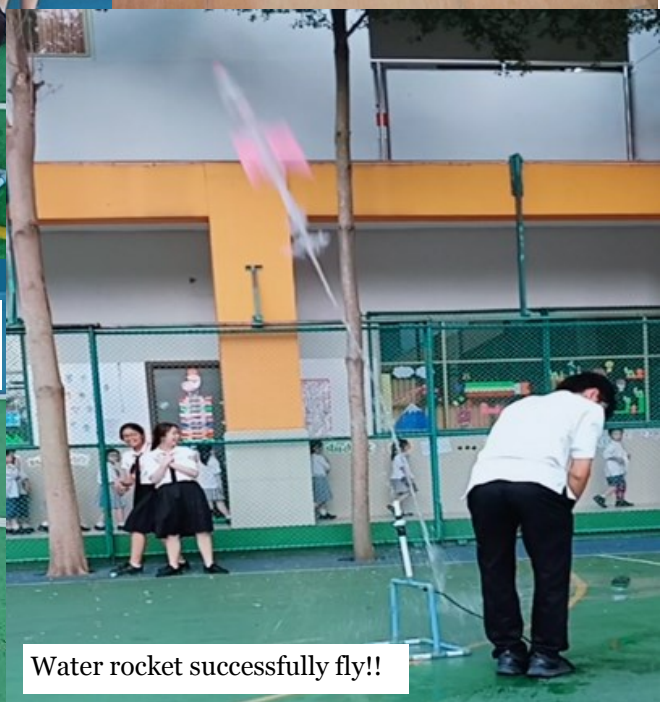
They were building the rocket.



They were building the rocket stand.



Setting up and try to fly the water rocket.



Water rocket successfully fly!!

Open Day



Field Trip



Kindergarten field trip to Supermarket



Putting groceries to basket.



Which are your favourite snacks?



Picking some fruits!



Checking for measurement



Let's check what is missing?



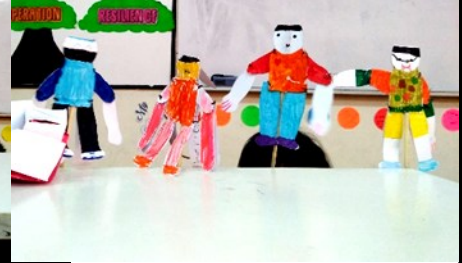
We are the happy shoppers!



Woah, this is my favourite!

Primary 1 making toys from trash

In line with their IPC themes about Toys, the students were making acrobats toy people from used paper. They were the acrobats man on the recycled paper, then colouring them. After that, they stick each part of the body so it is moveable. See how cute the toys that made by them!



TOP 9 Reasons **Why We Should** **Meditate ?**

*Meditate : think deeply or focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation



not just anecdotal. Thousands of studies have shown the positive impact that meditating has on our health and well-being. We've culled through the list to bring you highlights from the early stages of research into mindfulness.

Sleep Better: More Shut-Eye at Night Means Brighter Days

Sleep isn't just relaxation for eight hours a day—it's essential to our cognitive functioning. Meditation gives you all sorts of benefits, like **enhanced REM sleep and increased levels of melatonin**.

Turns out it can even help serious sleep problems. Researchers conducted a **study** to see if mindfulness meditation would benefit those struggling with chronic insomnia. After eight weeks, those in the meditation training had less total wake time during the night, were more relaxed before going to bed, and reduced the severity of their sleep problems. Plus, in a follow up study six months later, the insomnia sufferers had maintained a better quality of sleep.

Stress Less: Make Room for More Happiness

It's a little-known secret that Wall Street execs, famous artists, and Silicon Valley whiz kids are some of the biggest advocates of meditation as a way to manage stress.

A 2005 **study** at Harvard Medical School found that meditation increases the thickness of your prefrontal cortex, the area of your brain associated with attention and self-awareness.

Furthermore, we now know it even reduces employee stress and burnout. A **study** on teachers at a school for children with severe behavioral problems who were treated to a Transcendental Meditation program had less stress, less depression, and overall lower burnout than other teachers.

More Mindful Meals: No More Stress Eating

Researchers at UC San Francisco **studied** a group of women to test if meditating could prevent overeating. The scientists didn't prescribe any diet, but instead taught mindful eating, and had participants meditate for thirty minutes a day. What happened? While the control group actually gained weight, the treatment participants maintained their weights, plus lowered their cortisol levels. Higher reductions in cortisol and stress also showed higher reductions in abdominal fat.

Reduce Pain and Heal Faster: Relieve Pain by Changing Your Mind

Jon Kabat-Zinn, who heads up the Center for Mindfulness in Medicine at University of Massachusetts Medical School, **proved** back in the '80s that meditation and mindfulness could significantly improve pain symptoms and quality of life in chronic pain patients, even up to four years later. His program, called Mindfulness-Based Stress Reduction (MBSR) is practiced widely.

Recently, we've also gotten a look at how the brain might be involved. When **researchers** had people participate in four days of mindfulness-based training, participants reported less pain intensity and unpleasantness. What's more, MRIs showed reductions in pain-induced cerebral blood flow during meditation sessions.

Beat Anxiety: Send Worries Packing

Focusing on all the terrible things that might happen to us—but often don't!—takes us away from the present, and causes our bodies a lot of stress.

Dr. Elizabeth Hoge, a psychiatrist and assistant professor of psychiatry at Harvard Medical School, **found** that meditation could even help those with generalized anxiety disorder, a condition marked by hard-to-control worries, poor sleep, and irritability.

Smile More: A Happy Pill, with No Side Effects

Meditation helps us gain awareness of our minds, so we can see negative thoughts and say "those thoughts are not me." **Becoming less identified with our emotions and thoughts helps those thoughts lose power.**

A Harvard **study** found that mind-wandering, which often means drifting to these negative thoughts, was linked to unhappiness. And recently, Madhav Goyal, who led a **study** by Johns Hopkins researchers, said that for depression, "we found a roughly 10 to 20 percent improvement in depressive symptoms compared to the placebo groups. This is similar to the effects of antidepressants in similar populations."

Relax: Don't Let the Little Things Get You Down

Relaxing your body and mind with meditation helps you to stay centered when you inevitably encounter those everyday stressors— rush hour traffic, anyone?

Investigators from the Benson-Henry Institute at Massachusetts General Hospital found that practicing meditation causes what is called the "relaxation response," the opposite of the "fight-or-flight" response—what happens to our bodies when we get stressed. Their **studies** showed that the relaxation response alleviates anxiety and also has positive effects on heart rate, blood pressure, and brain activity.

Enhance Your Love Life: Your Relationship Will Thank You

Your partner will thank you. By learning to better recognize your own emotions, and those of others, you'll more easily experience lasting harmony in your relationships.

Researchers from the University of California-San Francisco taught 82 female teachers, all married or living with a partner, how to meditate. Compared with a control group that hadn't learned meditation, the women gave fewer negative facial expressions during a marital interaction test. Good news, because studies at UC Berkeley showed that people who demonstrate negative facial expressions toward their partners are more likely to divorce.

Maharishi International University in Iowa **found** that women who practiced meditation reported significantly greater marital satisfaction than those who didn't. Those who meditated regularly saw the greatest benefits.

Lead a Successful Life: A Clear Path to Achieving Your Goals

Maybe you've heard that it takes 10,000 hours of practice to be great at something. The Beatles played 1,200 concerts together before becoming internationally known. Bill Gates started programming in eighth grade. But new research shows there's a different formula for success.

World-class athletes, top managers and world-class performers, when tested, have all shown high levels of what's called brain integration. This means that their brains are wired with strong connections between the different areas, they have heightened attention, and they're able to think quickly to deal with problems.

This is the new key to success, as **noted** by U.S. neuroscientist Dr. Fred Travis, because it's the fire starter behind the creativity that often leads to success.

Luckily, a **study** from Harvard Medical School demonstrated that meditation causes changes in brain waves that actually improve the brain's functionality. You can find success in any area of your life, and just think of all the time you'll save!

Mewaspadaai Hoax Sebagai Ancaman Persatuan Indonesia

Karya Stiven Chow (Y11 EL)



Negara Indonesia adalah negara kepulauan yang kaya akan sumber daya alam, aneka ragam suku bangsa dan adat istiadat yang berbeda. Oleh sebab itu kita perlu bersatu untuk menjaga keberagaman tersebut. Persatuan yang kuat menjadi alasan utama Indonesia bisa merdeka dari zaman penjajahan sampai pada saat ini. Namun di era globalisasi ini, ada berbagai

ancaman bagi persatuan Indonesia yang datang dari dalam maupun luar, yang bertujuan untuk memecah belah bangsa. Salah satunya adalah hoax, tentu saja kita sudah tidak asing dengan kata “HOAX” bukan?

Hoax atau berita bohong adalah informasi yang sesungguhnya tidak benar, tetapi dibuat seolah-olah benar adanya. Informasi yang diedarkan bernada provokasi, hasutan, ujaran kebencian, dan kebohongan yang mengalir deras melalui media sosial (medsos). Dengan adanya media sosial yang dapat diakses oleh setiap orang mempermudah tersebarnya hoax di mana saja. Hal ini akhirnya menimbulkan tingkat keresahan tinggi di kalangan masyarakat.

Banyak jenis hoax yang dapat kita temukan di media massa, baik web internet maupun di media sosial (facebook, instagram, twitter, dll) yang membuat resah. Pertama, hoax jenis urban legend yang berisi berita tentang kisah mengerikan suatu tempat. Kedua, hoax pesan berantai mengenai sebuah pesan palsu apabila tidak menyebarkannya mendapat keburukan ataupun kutukan. Ketiga, jenis hoax politik, yakni hoax yang paling sering kita jumpai menjelang pemilu.

Hoax yang menyebar luas memberikan dampak merugikan bagi masyarakat dan menguntungkan penulis hoax karena tujuannya tercapai. Namun, apakah kita akan terima bila bangsa kita dipecah belah oleh hoax? Tentu tidak! Kita tidak boleh terpecah belah karena hal tersebut. Jadi, kita perlu mencari cara untuk memberantas hoax. Memang banyak jenis hoax yang berkembang di media massa namun, berbagai jenis hoax tersebut dapat kita tangani dengan cara yang sama yakni dengan tidak menyebar luaskan situs-situs hoax tersebut. Sederhana bukan? Untuk itu, marilah kita bekerja sama menjaga persatuan Indonesia. Mari kita mulai dari diri sendiri setelah itu ajak teman, keluarga dan masyarakat lainnya.



PEMILIHAN UMUM SERENTAK LEGISLATIF PRESIDEN & 2019

AYO MEMILIH!

Pada term 4 ini, kelas 9 SMP mempelajari tentang hak dan kewajiban warga negara Indonesia. Salah satu hak warga negara Indonesia sesuai dengan ketentuan Pasal 23 ayat (1)

Undang-Undang Nomor 39 Tahun 1999 dinyatakan bahwa “Setiap orang bebas untuk memilih dan mempunyai keyakinan politiknya”. Lebih lanjut menurut ketentuan Pasal 43 ayat (1) Undang-Undang Nomor 39 Tahun 1999, dinyatakan bahwa :

“Setiap warga negara berhak untuk dipilih dan memilih dalam pemilihan umum berdasarkan persamaan hak melalui pemungutan suara yang langsung, umum, bebas, rahasia, jujur dan adil sesuai dengan ketentuan peraturan perundang-undangan”.

Berdasarkan topik tersebut, kelas 9 membuat poster tentang menyuarakan hak pilih di Pemilu presiden dan wakil presiden yang di selenggarakan pada tanggal 17 April 2019 lalu.





HOW USEFUL MATH FOR OUR LIFE?

We always ask to ourselves when we are doing hard calculation during math lesson. As we know math is one of the most important lesson and also the most difficult lesson in our life. Even when we are still baby, our parents teach us how to count. There are some questions will asked:

Question 1

Jenny has six apples. If she gives away four apples, how many apples does she have remaining?

Question 2

Two trains are traveling nonstop to Kansas City, one leaving from Boston (1450 miles away) at 50 miles per hour and one leaving from San Francisco (1850 miles away) at 40 miles per hour. Both trains leave their origins at the exact same time early in the morning. Which train will arrive first, and what will be the time difference of the two trains' arrival in their final destination in Kansas City?

Question 3

What is the radius of a circle with circumference 2π ?

While it may seem like math problems like the above have no real use in life, this couldn't be farther from the truth! Math is incredibly important in our lives and, without realizing it, we use mathematical concepts, as well as the skills we learn from doing math problems, every day. The laws of mathematics govern everything around us, and without a good understanding of them, one can encounter significant problems in life.

- ☐ **Learning math is good for your brain.** Research conducted by **Dr. Tanya Evans** of Stanford University indicates that children who know math are able to recruit certain brain regions more reliably, and have greater gray matter volume in those regions, than those who perform more poorly in math
- ☐ **Math helps you tell time.** "I'm late, I'm late for a very important date." **A recent study** indicated that 4 out of 5 children living in Oklahoma City cannot read the hands on an analog clock to tell time. Knowing math, and particularly, **fractions**, can help you better tell time. W
- ☐ **Math helps you with your finances.** Math can be helpful for balancing your budget because you will have a good understanding of how to make sure that your costs are less than the money you have.
- ☐ **Math makes you a better cook (or baker).** With a knowledge of math, for example, you can quickly deduce that a half-cup of flour is the same thing as eight tablespoons of flour.
- ☐ **Math helps us have better problem-solving skills.** Math helps us think analytically and have better reasoning abilities. Analytical thinking refers to the ability to think critically about the world around us.

source : www.piday.org

How will you take the coin away without touching or blowing the match?



- ⇒ When the match ignites both of the heads light in the same time.
- ⇒ Because of the intense heat, the match heads fuse together, meaning that they stick together as they burn.
- ⇒ And as the match goes up, due to being on fire, it causes the match to float and then you can take the coin away.

A balloon and push pins, try not to explode it!

- ⇒ The smaller the surface area, the bigger the pressure working to it. It happens to one balloon and one push pin. the balloon explodes.
- ⇒ So, the bigger the surface area is, the smaller the pressure. It happens to one balloon and many push pins, the balloon does not explode.



How to prove the existence of atmospheric pressure using a can?

- ⇒ Atmospheric pressure exists whenever there is air.
- ⇒ Due to newton's third law, action = -reaction.
- ⇒ Do the following steps :
- 1. Pour a little amount of water into the empty can.
- 2. Heat the can by using candle.
- 3. Once the steam is produced, keep heating for couple of minutes.
- 4. Tip the heated can (turn over the can) to the pail filled with cold water. You need to ensure the "opening" of the can touch the cold water.
- 5. The faster you tip the can and the more precise the opening touch the cold water, the more dented your can will be.



HOW DOES IT WORK?

Let's check your answer from Science Challenge on page 6 !

**“To do experiment is the
greatest Science”**

-unknown-

