

Be around motivated people.

Life is short. Spend time with people who are confident so you will be inspired to be the best version of yourself!

Do something nice for someone.

Doing something thoughtful for a family, a friend or even a stranger, will always make you feel better.

Stop the negative self-talk.

Managing your negative self-talk is compulsory if you aim to be an optimistic individual. -

- 1 The purpose of the article is
- A to help improve relationship with others.
 - B to suggest ways to appreciate yourself.
 - C to inform readers how to stay positive.

Social media offers many benefits to business owners. Billions of people use social media which presents an excellent opportunity for business owners to reach out to and gain the attention of potential customers.

People use social media as an effective communication and advertising channel as it generates followers and interest towards their product and brand. With this aspect in mind, experienced business owners and even the newbies can set up their online businesses with very little assistance from the experts.

- 2 Social media is good for businesses because
- A it has a huge number of users.
 - B it contains a lot of advertisements.
 - C it provides support for new business owners.

BOOKSCAPE BOOKSTORE

Members Appreciation Week!

Bring a friend or a family member and you will be given a free membership fee for a year and 15% off from your total bill.

Terms and condition:

- Only for Bookscape Loyalty Card holders.
- Reductions are up to RM50 per shopper.
- Valid for regular priced books only.

- 3 Bookscape card holders who come with a friend or family member will
- A get RM50 discount on all books.
 - B pay less for their purchase.
 - C receive a lifetime membership.

K-POP boy band KimChee will hold a virtual concert later this month to meet fans across the world.

The concert, titled "IN-SECURE" will take place at 6 p.m. on Jan. 23. It will be the second virtual event by the 11-member group following a live-streamed fan meeting held in August last year.

The self-producing band plans to perform over 20 songs from their albums. The concert will be broadcast with not only one, but four cameras, to allow viewers to watch it from four different angles at the same time.

A small town in northern Kedah experienced hailstorm on Wednesday. Instead of running for shelter, many residents in Changlun picked their phones, took videos and uploaded them online.

From the videos, the incident happened around 7 p.m. and lasted for about 15 minutes. The hailstones came down together with rain and scattered the area with pieces of marble-sized ice.

No injuries were reported from the incident. However, some roofs were damaged and several people reported their car windows were scratched.

ATTENTION BUDDING WRITERS!

Does the world of vampires, witches, fairies and elves fascinate you? Thrilling fantasy adventures with the supernatural? We would like to hear from you!

Don't let it go to waste. Come show your talents in our latest fiction writing competition. Winning stories will be featured in the school newsletter's Sunday Story Spotlight.

Send a copy of the synopsis of your story to our editor, Miss Rogers before 15th March 2021 to receive the participation form.

4 Which of the following is true about KimChee?

- A It plans to produce 20 songs for their new album.
- B It uses single camera shot during the concert.
- C It has successfully held an online fan meeting.

5 Which of the following statements is true?

- A The area was covered in ice.
- B The event was shared by the residents on social media.
- C The town was badly destroyed by the hailstorm.

6 The notice says that

- A students should write a story based on their experiences.
- B participants must hand in a summary of their narrative.
- C the work submitted will be published by the school.

FEB 22: Customs authorities in Ohio said a dog helped them to stop a shipment of cereal which contained a surprise – firecrackers.

U.S. Customs and Border Protection officers in Cincinnati reported finding 20 kilograms of firecrackers that had been shipped from South America to a Hong Kong address.

Officials said an explosive detection dog named Bico was checking out incoming cargo from Peru on 13 February when he alerted officers to the package.

- 7 From the newspaper report, we can conclude that
- A the shipment was on its way to South America.
 - B the dog is specially trained for border protection.
 - C the officers were assisted in finding the illegal shipment.

An analysis published in the journal, *Plus Medicine*, showed that a 3% increase of green area in children's home environment can raise their IQ score by 2.6 points on average.

Along with brain power, the researchers also found that being close to Mother Nature is also associated with fewer behavioural problems like the difficulty to concentrate and aggressiveness.

This study should encourage us to think about new ways to include nature in our life, not only for the benefit of children, but also for adults.

- 8 Which of the following statements is true?
- A Exposing youngsters to nature helps them to focus better.
 - B Growing up in a large household results in greater intelligence.
 - C Practising a green lifestyle creates calmer individuals.

Surge in Screen Time

The Internet (0) gives children and adolescents access to an almost endless supply of information and opportunity for interaction. Hours can (9) _____ by as they play games, watch videos or chat on social media platforms. Not surprisingly, their Internet usage has risen (10) _____ in many places during the coronavirus pandemic. A recent study (11) _____



Germany found that weekday gaming increased 75% in April this year, four weeks into Europe's coronavirus lockdown, compared with September 2019.

"Many of the gamers want to (12) _____ reality or relieve stress this way," write the authors of the representative study carried out by German Centre for Addiction Research in Childhood and Adolescence. "These are early warning (13) _____ that computer game addiction could grow due to the coronavirus." (14) _____, a good option is to apply time rules. We have the following guidelines; a half-an hour screen time daily for children under age five, and an hour for children aged five to nine. For children over the age of nine you've got to be more (15) _____. You could say 10 minutes daily per year of age, or one hour weekly per year of age.

On the positive side, the Internet (16) _____ wonderful learning and information opportunities. There are as many benefits as there are challenges. It does both parents and children good to (17) _____ down for a while and be offline. This is also important as studies also show that children and adolescents want their parents' (18) _____ attention now and then. Kids are in fact always receptive to parents' suggestions that don't have to do with digital media so it's relatively easy to pry them away from their screens.

- | | | | | |
|----|---|-------------|------------------|-----------------|
| 0 | ☒ A. gives | B. give | C. giving | D. gave |
| 9 | A. pass | B. get | C. come | D. run |
| 10 | A. entirely | B. sharply | C. actively | D. directly |
| 11 | A. on | B. at | C. in | D. of |
| 12 | A. flee | B. skip | C. leave | D. escape |
| 13 | A. signals | B. clues | C. messages | D. alarms |
| 14 | A. Besides | B. Moreover | C. Thus | D. Nevertheless |
| 15 | A. alert | B. direct | C. sensitive | D. firm |
| 16 | A. issues | B. provides | C. contributes | D. supplies |
| 17 | A. close | B. put | C. turn | D. shut |
| 18 | A. undivided | B. unending | C. uninterrupted | D. unbroken |

You are going to read an extract from an article. For questions 19 to 26, choose the correct answer (A, B, C or D) and mark the letter A, B, C or D on your answer sheet.

I remember coming back from school one day tired and pressured. I went into the kitchen to see what was for lunch. I lifted the food cover and saw a few dull dishes. I stared at them and sighed. 'Mum, why do you cook the same things week in and week out? I hate cabbage and I can't eat this!'

My mother shot me a **look that could have wilted the cabbage** if it were still uncooked. 'Count your blessings, child! Be thankful that there's food on the table waiting for you when you come home from school. Don't you know that there are people out on the streets who are starving?'

I grew up in a neighbourhood where there were many children. I was never lonely. However, when the mining industry collapsed, a lot of families had to move to other cities in search of jobs. I lost many friends that year. I cried when my best friend moved. My mother told me to count my blessings. My father still had his job and we did not have to go hungry. My mother became my friend for many lonely evenings. In fact, looking back, that was the time that I felt closest to her. My friends' departure was a blessing in disguise indeed.

Later, when I got married, I continued to hear her nag about counting my blessings. When my mother-in-law came to stay with us, I added her to my burdens. The more I cleaned and cooked, the more I disliked her. Finally, I burst out to my mother and she told me to count my blessings. At that point, her advice made me angry. How could I count my blessings when my life was in ruins? She pointed out that my mother-in-law's presence at home meant that I could go to work in peace, knowing that someone was around to mind the children and keep an eye on things. With the extra income came more financial freedom. I could afford to buy things I was

unable to before my mother-in-law came into my life. It was true. So, I learned to let her into my life and eventually surrendered my kitchen to her.

Another favourite piece of advice that my mother loved to convey was 'let go and let God'. In school, I could not cope with examination pressures and whenever she saw me being so anxious, she would say, 'Relax, my dear. Let go and let God.' She told me to stop worrying and do whatever I could. I could never understand how my mother could be so relaxed and calm. Perhaps it had something to do with her faith in God.

Once, I was so frustrated with my boss, I took a few days of leave and visited my mother. She could tell I was in some sort of confusion. After hearing my complaints about my impossible-to-please boss, she told me to look for possibilities instead of roadblocks. She was right. I was looking at all the negative things about my boss, and feeling so resentful, I did not even bother to notice her good points. After a week of rest, I went back to work, recharged. I had a heart-to-heart talk with my boss and things got better as I felt less negative. I began to watch for her positive traits. My improved outlook made me more approachable and that reduced the tension between us. When she realised that I did not have any bad intentions, she relaxed and became a better boss.

Throughout my life, my mother's advice has been my anchor for many obstacles that I have had to face. My mother was raised to believe that no matter how bad things were, someone, somewhere, would be in worse shape. She counted her blessings. One thing for sure, you will be hearing the same advice echoing throughout my children's lives.

- 19 In paragraph 1, what made the writer frustrated?
- A The mother left little food under the cover.
 - B The writer felt stressed out with her studies.
 - C The mother prepared similar meals again.
 - D The writer did not like eating vegetables.
- 20 In paragraph 2, why did the mother give the writer **a look that could have wilted the cabbage?**
- A To give advice to her daughter.
 - B To show disapproval of her daughter.
 - C To express disappointment at her daughter.
 - D To demonstrate authority over her daughter.
- 21 In paragraph 3, what did the writer realise after her friends left the city?
- A Her family always had enough food.
 - B Her friends were not important to her.
 - C Her bond with her mother grew stronger.
 - D Her father could still earn money for the family.
- 22 In paragraph 4, in what way did the writer's mother-in-law help her?
- A She babysat the children while the writer worked.
 - B She completed the chores in the household.
 - C She brought luck to the writer's family.
 - D She gave money to buy the groceries.
- 23 In paragraph 5, what does the writer say about her mother's character?
- A Her mother had to rely on fate.
 - B Her mother was not easily upset.
 - C Her mother was always in control of her life.
 - D Her mother did not believe in working too hard.
- 24 In paragraph 6, how did the writer solve her problem at work?
- A By remembering her mother's advice.
 - B By having a discussion with the boss.
 - C By being more open and friendly.
 - D By getting rid of ill thoughts.
- 25 How did her mother's advice affect the writer's life?
- A It helped her to go through difficult situations.
 - B It influenced her to compare herself to others.
 - C It shaped her into becoming a better mother.
 - D It made her aware of what she did not have.
- 26 What is the purpose of the writer writing this article?
- A To inform others of how she was raised.
 - B To share the advice from her mother.
 - C To appreciate her mother's sacrifice.
 - D To recall the difficulties of her life.

You are going to read an article about Vivy Yusof. Six sentences have been removed from the article. Choose from the sentences A to H the one which fits each gap (27 to 32). There are two extra sentences which you do not need to use.

Mark your answers on the separate answer sheet.

The Name Behind FashionValet

When Vivy Yusof was 7 years old, she would make bracelets behind her desk while everyone else was paying attention to the teacher in class. These bracelets would be samples that she would then show her friends before making them take custom orders. "This became way more interesting than school itself, and I paid less attention to class," Vivy recalled, "But no one could scold me, because I was a good student."

27 She knew that she wanted to take A-Levels, but there was a problem. She took issue with the huge 9-month gap in between SPM and A-Levels. Because she hated the thought of doing nothing during the gap, she negotiated with, and convinced, her high school in KL and her college in the UK to let her do both simultaneously.

"I promised them that if I got bad results, they could kick me out," Vivy shared.
28 With that promise in mind, she studied hard and got straight A's for both exams.

She is also an opportunist. Based on a concept she learned from websites like ASOS and Net-a-Porter, Vivy started FashionValet with her then-friend, now-husband, Fadzarudin Shah Anuar, in 2010. They noticed a gap in the online shopping industry in Malaysia, and that the local designers were not able to reach out to potential buyers. 29 So, they started out with a shared fund of RM100,000.

To begin their business, they simply Googled "how to start an online shopping website" and called the first website developer they found. 30 "Naturally, I told them, 'You will do it in 1 month,'" Vivy shared, describing herself as "stubborn, determined, and very impatient". And they actually completed it on time, thanks to Vivy calling them every single day.

However, Vivy admitted that her entrepreneurial journey was filled with challenges.
31 There was a time when she didn't have enough money in the bank to pay salaries. Once, FashionValet's website went down for a week due to a system failure. There was also a moment when they couldn't get any funding.

Despite all that, she still kept going, and FashionValet now has an international presence, shipping to 40 to 50 countries daily. 32 "Deep down, I know the 7-year-old me isn't impressed yet. Being who we are, we will always be working for more, pushing boundaries, shattering glass ceiling," she added.

A It was a huge risk but one that she was willing to take.

B They informed Vivy the business can be set up immediately.

C Even with Fashion Valet's impressive growth over the years, Vivy feels that her journey as an entrepreneur has just begun.

D They saw the opportunity of a ready pool of customers via her personal blog that she started writing in 2007.

E The company told them that they will have the site ready in 6 months.

F In 2012, ZALORA's entrance into the Malaysian market was a threat to FashionValet.

G They tweaked their business model several times to make it work.

H In fact, she was a straight-A student despite her interest in entrepreneurship.

We interviewed six teenagers about what urban games means to them. Read the texts below and answer the questions that follow.

Teens on Urban Games

A – ZARITH, 14 years old

Having the opportunity to play it everywhere, even on the small street in front of my house, I started with something that I really love – rollerblading with my best friend. While enjoying the ride, I have to pay more attention to the surrounding. To avoid getting distracted, I never use earphones while rollerblading. I also need to stay safe by being aware of other vehicles and road users.

B – EIDLAN, 18 years old

My father brought me to the World Urban Games (WUG) in Budapest, Hungary in 2019. At first, I didn't really know what urban games were and was not really interested in them because they seemed complicated. Later, when I got to know the games, I fell in love with the energetic shows and am looking forward to witnessing the next WUG.

C – IDRIS, 17 years old

I trained at Malaysia's first trampoline park- Jump Street Asia and spent quite a lot of time there practising. The trainers guided me to become flexible and improve my flips and handstands. My idol is Abudi Alsagoff whom I admire for his free running skills.

D – CHENG, 15 years old

Two years ago, my classmates and I took part in a laser run competition when UM hosted the 2019 Global Laser Run City Tour on March 30. All of us were required to put on the proper gear like vest, helmet and knee guard for protection. Despite losing the battle, we gained experience and new skills on urban games and got to know others who enjoy the same activity.

E – KUMAR, 15 years old

For as long as I can remember, I have always been involved in playing basketball. The joy of running up and down the court makes me feel like playing it again and again. Now, I have my own 3x3 basketball team. I hope I will be able to join any competition soon and win some prizes.

Which paragraph (A-F) describes the following experiences on urban games?
Mark your answers on the separate answer sheet.

	Statements	Paragraph
33	I was not keen on the games initially.	
34	I met people with a similar interest.	
35	I wish to participate in a tournament.	
36	I have become alert and focused.	

Questions 37 to 40

Complete the notes below using information from the text. Choose **no more than one word** from the passage for each answer.

Mark your answers on the separate answer sheet.

What We Know About Urban Games

- As a result of long training hours, most participants of Urban Games make (37) _____ moves look easy.
- Urban Games is a celebration of new-generation sports that displays the athletes' (38) _____, style and power.
- To reduce the risk of injuries, (39) _____ should be the number one priority for the athletes.
- Teenagers who are interested in Urban Games can (40) _____ in local and international competitions.