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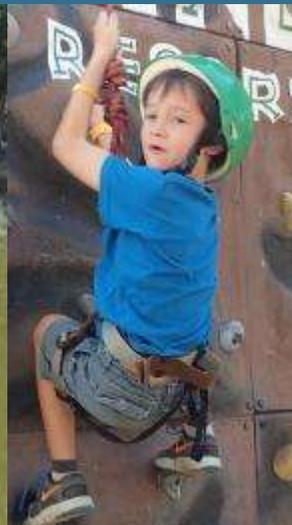
# ST. MARK'S INTERNATIONAL SCHOOL

## 2015-2016 Newsletter Vol. 5

*Academically Aspiring*

*- Caringly Christian -*

*Experientially Enriching*



Welcome to St. Mark's - a lovely, lively, thriving place where children excel academically as well as socially. As an enriching community of faculty, parents and students we strive to develop children's God-given talents and provide an

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# St. Mark's News

## St. Mark's International School Receives



St. Mark's is pleased to announce that our school has passed the IQA (Internal Quality Assurance) assessment by the Ministry of Education for 2015, receiving a "Very Good" mark for both the Early Years and Primary levels of study. Due to our school's determination to encourage our students to work hard and strive for their personal best in all they do, our school was among a handful of institutions to receive an award for "Excellence in Education" from the Office of the Private Education Commission (OPEC).

The award ceremony took place on the 18<sup>th</sup> of January at the Bangkok Patana School Conference Center. Our Head of Admissions, Mr. Dean Leaman, received the award on behalf of the School. This is the second consecutive period for which we have been recognized in this manner, distinguishing the school as "excellent" for the period of the past six years. We would like to thank everyone involved with the school for



# St. Mark's News

It has been a wonderful beginning to the second semester of 2016. Now we have a team of student journalists who help us by contributing photos and stories about their experiences both inside and outside of class. We hope you enjoy reading our latest issue!

Blessings,



## Teachers' Day 2016

On 14 January 2016, the annual Teachers' Day event was held in the St. Mark's Gymnasium. We celebrate this day in honour of educators and their importance in our lives.

This year, our students made a special video for our teachers. They showed their honour to their teachers, giving cards and flowers to express their appreciation.

## First Parent-Teacher Conference of the 2015-2016 Academic Year



On 11<sup>th</sup> December 2015, St. Mark's International School held our first semester's Parent-Teacher Conference, discussing the academic, social and physical development progress of each student over the semester. We value the good cooperation between the school and parent community as well as the chance to exchange feedback on each student's progress.



## Abacus Training

This semester we re-implemented the Abacus training to help our students develop their mental focus and their ability to calculate and formulate solutions quickly and efficiently.

Photographer: Andrea Parreno, Year 7

## A Warm Welcome to Our New Volunteer!



Gabi Jaquery our new volunteer, is assisting in our school's library until 12 February 2016. She is a student at Biola University in Los Angeles, studying Bible and Biological Sciences. She has previously worked with pre-schoolers in the U.S. for years. It has been great having Gabi here at St. Mark's International School.

## Upcoming Events of the St. Mark's Community



## Literacy & Numeracy Day

11 February 16

Upcoming School Holidays:

Chinese New Year — 8 Feb

Makha Bucha Day — 22 Feb

Good Friday — 25 March

# Class Activities Focus



## M Is for M&Ms

After morning circle time and singing “my name is...” song, Nursery kids learned their different colours. They were given pictures of M&Ms as well as real M&Ms! It was fun to match each of them to the right colours.



## Let's Guess Those Pictures!

Year 1 kids were very excited to be back in school. They love telling stories about what they did during their holiday break, doing it by drawing cartoons.

As a great start to this semester, they got to play a

fun game where they were given a letter and asked to draw a picture of anything beginning with that letter. The other members of the class had to guess what the objects were.

## Take a Closer Look at a Hibiscus

Having learned about the parts of a flower and reproduction in plants, our Year 5 students took a closer look at a hibiscus. They cut it into half and used a magnifying glass and microscope to see what was inside the flower, drawing pictures of what they saw. Some mentioned that by using the microscope they were surprised to learn how the various parts of plants actually look.



# Extra-Curricular Activities



## Student's Experience Focus

By Andrea Parreno, Year 7

Here at St.Mark's International School, I have developed myself into the person I am now. We have Extra Curricular Activities (ECA), to help us students' abilities, physically and mentally. Most ECAs take place after school. The Extra Curricular Activities I take are Thai, Music, and Swimming. These ECAs help me develop my mental and physical abilities. I took Thai music and swimming a few years ago, and I think they have really helped me to become a stronger and smarter student.



**English Drama** is our new ECA this semester! The English Drama club members have learned that when they act, they need to believe as if it was reality. Students can have fun, while practicing the arts of acting and improving their English speaking skills.



Learning to play the **Ranad** is an integral part of the experience of most Thai students. Similar to a xylophone, the Ranad is a traditional Thai wooden instrument.



**Creative Arts** Club members were drawing lines following the shadows of their peers. After completing their work, they had to guess the names of those in the pictures.



**Ball Games** club members warm-up their skills in passing and catching ball at the school's basketball court every Wednes-

# Scout Week Journal

**Author: Aaron Sirisambhand, Year 7 Photographer: Supachai Ruangmethanon, Year 10**



On scout week, we went to Pathumthani to have lots of fun at the Pine Resort. We split into 4 teams, and did our activities, such as a scavenger hunt, basketball, practicing a group chant and other group activities.

After that, we had a nice, big lunch at their huge canteen. Everybody loved the food as there were so many choices!

We then had the water activities, they were amazing! Everybody enjoyed themselves with the different activities there. They were challenging, but fun at the same time!

After the exhausting session of water activities, we went to take a shower, get changed and had dinner in the meeting room, and presented our group chants to the students and teachers. We then played a game called Beetle Drive for a while, hosted by Mr. Aky. After the long day, we went back to our rooms and promptly went to sleep.

The next day, we woke up early and had morning exercises and games, and then had a pleasant breakfast in the canteen.

We did some activities, chosen by students earlier in the previous day. We had plenty of choices, such as football, drama, cycling, rock climbing and art. Rock climbing was a blast!

But Scout Week doesn't last forever, and we had to pack up our bags and belongings for our trip back to school, but of course, we need to eat lunch first! To the canteen we go!

Everybody had fun there, including the teachers. It was an experience that we will never forget, and we are looking forward eagerly for the next Scout Week!

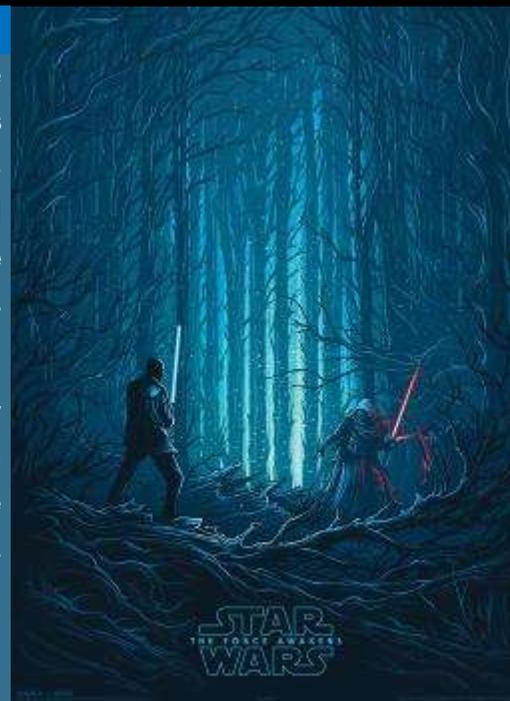


## Star Wars: The Force Awakens Movie Review

**By Jordan Hood, Year 7**

It's finally here! The new star wars movie, The Force Awakens, has been released to the cinemas! Based on the original series created by George Lucas, The Force Awakens contains all the action, excitement and even a little more. The synopsis of the movie is that a new empire named FIRST ORDER wishes to take control but a small rebel alliance named the RESITANCE is fighting back to restore order and peace to the galaxy. The movie features a lot of old faces from previous movies and a few new ones as well.

As a star wars fan I thought the star wars movie was not enjoyable and I felt like they didn't come up with anything new. But after watching it a second time without the high expectations I had before, I came to really like it. J. J. Abrams (the producer of the movie) did a really good job of combining the old with the new and piecing together a really good film.



# Screen time Is Making Kids Moody, Crazy and Lazy

## 6 Ways electronic screen time makes kids angry, depressed and unmotivated.

Children's brains are much more sensitive to electronics use than most of us realize. In fact, interactive screen time is *more likely* to cause sleep, mood, and cognitive issues, because it's more likely to cause hyperarousal and compulsive use.

Here's a look at six physiological mechanisms that explain electronics' tendency to produce mood disturbance:

### 1. Screen time disrupts sleep and desynchronizes the body clock.

Light from screen devices mimics daytime, it suppresses melatonin, a sleep signal released by darkness. Once the body clock is disrupted, all sorts of other unhealthy reactions occur, such as hormone imbalance and brain inflammation.

### 2. Screen time desensitizes the brain's reward system.

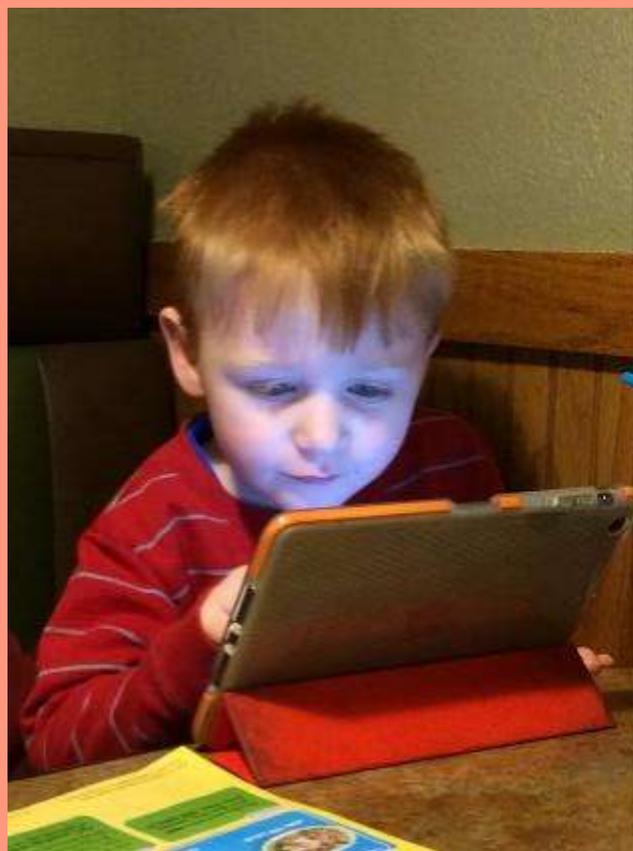
Many children are "hooked" on electronics, and in fact gaming releases so much dopamine—the "feel-good" chemical—that on a brain scan it looks the same as cocaine use. But when reward pathways are overused, they become less sensitive, and more and more stimulation is needed to experience pleasure.

### 3. Screen time produces "light-at-night."

Light-at-night from electronics has been linked to depression and even suicide risk in numerous studies. In fact, animal studies (show that exposure to screen-based light before or during sleep causes depression, even when the animal isn't looking at the screen. Sometimes parents are reluctant to restrict electronics use in a child's bedroom because they worry the child will enter a state of despair—but in fact removing light-at-night is protective.

### 4. Screen time induces stress reactions.

Both acute stress (fight-or-flight) and chronic stress produce changes in brain chemistry and hormones that can increase



### 5. Screen time overloads the sensory system, fractures attention, and depletes mental reserves.

By depleting mental energy with high visual and cognitive input, screen time contributes to low reserves. One way to temporarily "boost" depleted reserves is to become angry, so meltdowns actually become a coping mechanism.

### 6. Screen-time reduces physical activity levels and exposure to "green time."

Research shows that time outdoors, especially interacting with nature, can restore attention, lower stress, and reduce aggression. Thus, time spent with electronics reduces exposure to natural mood enhancers.

***In contrast, by allowing the nervous system to return to a more natural state with a strict fast, we can take the first step in helping a child become calmer, stronger, and happier.***

Article by Victoria L. Dunckley M.D. , 2015

Photographer: rosefirerising, 2015  
[<https://www.flickr.com/photos/rosefirerising/>]

# Outdoor Play



## Why outdoor play is important

Playing outside gives your child the chance to explore the natural environment and have adventures. She can play favourite games, test her physical limits, express herself and build her self-confidence.

## Getting your child into outdoor play: ideas for different ages

Outdoor play helps your baby learn about different surroundings, and can make him feel more comfortable with the world around him. Some ideas for outdoor play with your **baby** include:

- tummy time on a blanket or towel
- crawling on grass, under outdoor furniture or through old boxes
- watching trees move and listening to birds
- looking at different coloured cars, street signs or traffic light signals.

**Toddlers** are keen to explore the world around them and test out their growing physical skills. Outdoor play for your toddler might include:

- throwing and chasing balls
- wheeling, pushing or pulling different toys and objects over increasing distances and across different surfaces
- walking, running or jumping into puddles, around trees, over stones or cracks in the footpath, or towards favourite objects
- playing in sand, mud or small amounts of water (but always supervise water play to prevent drowning accidents).

**Preschoolers** are learning to play with other children. They're also big on make-believe. You can make the most of this stage with outside play ideas such as:

- games of chasey, hide-and-seek or kick-to-kick
- crawling through tunnels or climbing over fallen trees
- moving in different ways with colourful leaves, flowers, scarves or streamers
- building a castle out of boxes, clothes baskets or outdoor play equipment or furniture.

Your **school-age child** is becoming more involved in structured play, like sport, but it's still important to make time for free play outside. At this age, children still enjoy:

- building and creating with equipment, furniture or other things they find outside
- playing tiggly, chasey or tag
- climbing trees.

Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go - Joshua 1:9

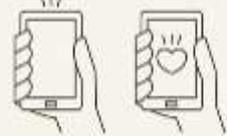


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Source: [http://raisingchildren.net.au/articles/outdoor\\_play.html](http://raisingchildren.net.au/articles/outdoor_play.html)

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สุภาพสตรี

ตำราจีน

ถิ่นบัวตอง

พลีชีพ

ห้องในหอครู จลสารหนักนี้จึงขอ  
อ้อมความดีล้ำค่าของคนมีคุณมาลง  
ในฉบับนี้ด้วยความเคารพพด  
To serve with love

ม.ก.

เวลานี้เห็นเพื่อคน

คุณครูของหนู

บนโลกใบนี้มีหลากหลายอาชีพให้เราทำได้ทำ นักเขียน,  
คุณหมอ, พยาบาล, คหบดี, นักกีฬา, นักฟุตบอล และมีอีก  
หลายอย่างมากมาย แล้วมีอีกอาชีพหนึ่งที่มีคนอยากจะทำ  
อาชีพนี้ก็คือสอนหนังสือให้คนอื่น ซึ่งก็คืออาชีพคุณครู  
คุณครูเขาจะส่งความรักที่เขามั่นใจมอบมาให้เราได้รับรู้ เพราะคุณครู  
เขาสอนให้ทุกคนมีความรู้ดีต่อตัว ความรู้ที่คุณครูได้นำมาให้เรา  
มีประโยชน์กับเรามากมายเพราะความรู้มันสามารถนำไป  
ใช้ในหลากหลายได้ แล้วที่คุณครูให้ความรู้เราก็เพราะว่าเขารักและ  
ใส่ใจห่วงเราทุกคน

ดังนั้นพยายามตอบแทนบุญคุณคุณครูด้วยการ เป็นเด็กดี  
มีมารยาท ตั้งใจเรียนหนังสือ และเคารพทุกคนที่เป็นคุณครูนั้น