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2015-2016 Newsletter Vol. 6

*Academically Aspiring
- Caringly Christian -
Experientially Enriching*



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Editorial Advisory Board:
John Ruangmethanon, Dr. Listati Liu & Tanyanan Subsompon
Editor: Dean Leaman
Contributors: Andrea Parreno, Jordan Hood, Aaron Sirisambhand & Keurkoon Phoomwittaya

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St. Mark's News

St. Mark's International School students learn collaborative skills everyday. We celebrated the importance of "togetherness" in Sports Day. This is not about winning or losing, but rather about working together and having fun. Our journalist team will lead you to hear more about our memorable moments in Sports Day, school field-trips, Literacy & Numeracy Day, the Chinese New Year party and class activities. Also, there is an inclusive educational article "The Importance of Being a Team Player". We hope you enjoy reading about our enriching experiences here in the St. Mark's community.

St. Mark's Administration



On 11 February 2016, St. Mark's International School held an Open Day. Mr. Adam Buchanan, our School Coordinator, presented our school's curriculum, activities and values in the library. Prospective parents watched a special video "A Day in the Life of St. Mark's", and toured around our campus during our Literacy & Numeracy Day.

Primary Students Enjoy Field Trip at The Flight Simulator

Written by Andrea Parreno, Year 7



Every year, we go on field trips for experience and for learning new things. This year we went to the Flight Simulator in Silom, and a beautiful park where we exercised and had fun.

I got to fly a plane! It wasn't real, of course. It was a room that looked like a plane cockpit with buttons and screens. At first I was very nervous because I was afraid I was going to crash the plane. But luckily, there was a pilot to help me. I ended up having a lot of fun. We also

learned some amazing Science tricks. After lunch, we went to the park and exercised. We rode bicycles and paddle boats. I was very happy at the fieldtrip!



Upcoming Events of the St. Mark's Community



Yearbook Photo-Taking Sessions
23rd March 2016
&
27th April 2016

Upcoming School Holidays:

Good Friday - 25th March 2016

Chakri Holiday— 6th April 2016

Term Break - 11th—17th April 2016

INTERACTIVE MEDIA ZONE



A Day in the Life of St. Mark's



[Click here to watch the video](#)

Adventurous Field Trip at Rama 9 Park and YoYo Land

Written by Ms. Rung— Keurkoon Phoomwittaya

I was so amazed at how excited kids could be. At Rama Nine Park, the children enjoyed their snack time before jumping up to a tram. They greeted everyone that they saw on the way. They said 'hi' to the park's staff, visitors, gardeners, cleaners, and even scarecrows. **"We get to see a whole new world!"** a boy from prep class exclaimed.



After a sightseeing tour around the park we fed the fish together. At the maze, Year 1 and Year 2 were in small groups seeking the way out from the bushes. They shouted excitedly as they found the way to the exit. These students have proven that teamwork skill does work very well.

Students from Pre-Prep class up to Year 2 went to YoYo Land, an indoor children's amusement park on the top floor of Seacon Square. While we were waiting to have lunch, our students had an improvised mini concert on stage. After the children finished their lunch, the YoYo Land staff put up a yellow flag calling the Year 1 and Year 2 students to get ready for play. At another corner there was a green flag for Pre-prep and Prep students to line up.

The yellow flag team had a fun ride on a mini roller coaster for children. Then, we went to the YoYo Land gymnasium zone where we climbed, jumped, and sank in colourful balls. I, my colleagues, and more than 10 students held hands as we went down the big slider and sank in the rainbow of little plastic balls together.

The last attraction that we went to was "World Trip", a children's version of "The Hurricane" at Dream World. Most of the students agreed that it was the most terrifying experience in YoYo Land. The YoYo Land staff invited the teachers to try this one out, too. We enjoyed being on World Trip with our young students, even though the seats were a bit too small for us.



I love how kids can find enjoyment in simple ways. I really had a great time with the students, and look forward to having another adventure with them.



St. Mark's Community Members Participate in Literacy & Numeracy Day 2016

Written by Jordan Hood, Year 7

On Literacy and Numeracy day students showed parents what they have learnt this semester. They did interactive games which require their skill of knowledge and brainpower to compete. There were not just the students participating in this academic talent show, but also the parents joined in our activities as well. All in all Literacy and Numeracy day was about the students being able to display what they can do and how they do it for their parents.



What should we do when our beloved child has a fever?

A fever is a symptom of having a higher body's temperature than usual. Normally, we measure temperature by using a thermometer. Please be informed that **if your child is having a fever with temperature is 37.5 Celsius degree upward, he/she must be taken home.**

How to Take Care of a Fever?

A child who has a fever will feel unwell, and might have convulsions if the body's temperature increases dramatically. Therefore, the child should have fever reducing treatment.

Reduce A Fever

- The medicine that is safe for reducing fever is Paracetamol. The amount of medicine should be taken according to the instruction of a medical professional. Ibuprofen is another anti high temperature fever medicine. However, it can cause stomach pain. Children should not take this medicine before meals, and when they are at risk of have dengue fever.
- Put a towel in warm water (don't use cold water) and wipe the child's body until its temperature decrease to below 38.5 Celsius degree. Try to wipe the body areas that have large blood vessels such as neck, groins, bottom, back, and head.
- Drink plenty of water to compensate for the water that is being drawn out of the body.

When to Visit a Doctor?

- Every child who is younger than 2 months must visit a doctor to determine the cause of fever.
- Children who are older than 2 months who have a fever for no more than 24 hours and are able to eat and feel better do not necessary have to see doctor immediately. However, if they still have fever afterward they should consult with a doctor. A fever that lasts for more than 3 days may be caused by dengue fever and may result in convulsions. In such cases, a doctor must be consulted immediately.

Source: Basic Health Care Guidelines for Public by Department of Health, Bangkok

St. Mark's Community Have Fun Together on Sports Day 2016

Written by Aaron Sirisambhand, Year 7

Photographers: Ms. Rung & Ms. Jaun

On Friday, the 5th of February, we went to the Central Sports Field on the Ramkhamhaeng University campus, which held our yearly sports event, Sports Day!

We participated in different events, such as sprints, relays, and tug of war. For our sprints, different years ran different distances. The older the students, the longer they run.

We had the primary years (1-6) compete in the tug of war together, with their teams. The parents and teachers competed with and against each other, joined by the year 7 students, for the intense

adult tug of war.

Last of all, we all had a long distance run that completed a lap around the entire running track. It was a tiring experience, but it tested our limits. The person who can run fast and at the same time, keep a steady pace without losing energy quickly is the one who can do the best in these types of sprints. Congratulations to Jordan Hood!

We had fun and we all worked together as hard as we could for our teams. We hope we can do even better next year!



Class Activities Focus

Pre-prep Get Ready For Sports Day

Before the real match, Pre-Prep little ones practiced in P.E. lessons. They grabbed a plastic ball and held it, jumped in and out of hula hoops, and ran zigzag on green grass before putting a ball inside the basket. At the end of the game both teams got their baskets full of colourful balls.



Measuring Water Beside The Swimming Pool

Year 3 had a fun day with real life learning experience at the school's swimming pool. After learning about measurement in Maths class, they had a short tour downstairs using measurement cups to pour water in according to the amount required as written in their activity book.

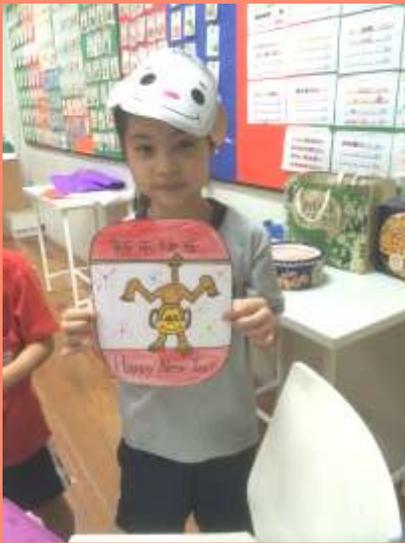
Gong Xi Fa Cai!

On 4 February 2016, St. Mark's Chinese Department organised a



special celebration for Chinese New Year. They learned to make Hong Bao, Chinese New Year cards, and decorations. Special thanks to our Chinese teachers for fun activities, energetic New Year's songs, as well as delicious little oranges and cookies at the party!





Look at our wonderful crafts for Chinese New Year!

Photographers: Ms. Linjia Liu & Ms. Keurkoon Phoomwittaya

Extra-Curricular Activities



English Drama Challenge

English drama club has become a very popular ECA at St. Mark's International School. Led by Mr. Aky Hunt our English teacher, the club members were involved in drama game challenges such as answering questions without saying "yes" and "no". We are delighted to see many young actors and actresses are in our school.



Swimming Tournament On 4th February 2016, swimming club members participated in St. Mark's Swimming competition at Rajamangala National Stadium. *Photographer: Ms. Geradin Lobo (Gigi)*

Importance of Being a Team Player



Photo credit: <https://www.flickr.com/photos/lollyman/>

In 2013, the National Association of Colleges and Employers in the U.S.A. conducted a survey which asked employers what skills they prioritise when they recruit new employees. 200 employers responded and the top three qualities they seek are (Adams, 2014):

1. the ability to work in a team
2. the ability to make decisions and solve problems
3. the ability to plan, organise and prioritise

What does it take to be a team player?

Since the ability to work in a team is a top priority on the employers' list, it is worth exploring what it takes to be a team player. According to Marty Brounstein, there are ten qualities of an effective team player.

1. Demonstrates reliability

A reliable team member is consistent in getting work done, does his fair share to work hard and meet commitments.

2. Communicates constructively

They express thoughts and ideas clearly, honestly and with respect for others.

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

1 Corinthians 9:25



900 Rama 9 Rd, Suanluang
Bangkok 10250, Thailand
Email: info@stmarks.ac.th
Phone: + 66 -2-300-5463

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3. Listens actively

They understand and consider points of view from others without debating and arguing every point and reacting defensively.

4. Participates actively

They take the initiative to help make things happen.

5. Shares openly and willingly

They take the initiative to keep other team members informed.

6. Cooperates and pitches in to help

Good team players, despite differences they may have with other team members concerning style and perspective, figure out ways to work together to solve problems and get work done.

7. Exhibits flexibility

They adapt to ever-changing situations.

8. Shows commitment to the team

They want to give a good effort.

9. Works as a problem-solver

Deals with problems in a solutions-oriented manner. Problem-solvers do not dwell on problems, or look for others to blame, or put off dealing with issues.

10. Treats others in a respectful and supportive manner

Effective team players deal with other people in a professional manner. They look beyond their own piece of the work and care about the team's overall work.

In summary, a good team player participates actively and does more than asked. They develop positive working relationships with team members and adapt easily to changing situations.

Adams, S. (2014). The 10 Skills Employers Most Want In 2015 Graduates. <http://www.forbes.com/sites/susanadams/2014/11/12/the-10-skills-employers-most-want-in-2015-graduates/#2f0c804819f6>

Brounstein, M. Ten Qualities of an Effective Team Player.

<http://www.dummies.com/how-to/content/ten-qualities-of-an-effective-team-player.html>