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## 2015-2016 Newsletter Vol. 7

*Academically Aspiring*

*- Caringly Christian -*

*Experientially Enriching*



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# St. Mark's Students' Happy Schools Arts Shortlisted On The Top 30 Entries of UNESCO ASIA PACIFIC



Congratulations to two of our Year 7 girls, Andrea Parreno and Yoonjee Lee, for having their artwork shortlisted in the top 30 entries of UNESCO's Asia-Pacific art contest on the theme of "What Makes a Happy School?" We are delighted to see our students' creativity and talents being showcased internationally.

On 25 March 2016, UNESCO Bangkok held a special event at The Commons, Sukhumvit to launch the new report *Happy Schools: A Framework for Learner Well-being in Asia-Pacific* – as well as to showcase the entries from the Happy Schools Art Contest from artists across the Asia-Pacific region. The Happy School Arts Exhibition is open for visitors to come and appreciate

viewing the work from 25 March 2016 to 3 April 2016. Please [click here](#) to view the E-exhibition online.

According to UNESCO Bangkok's study of the Happy Schools Framework, the main outcome calls out for education systems to shift away from traditional measures and to instead embrace diversity of talents and intelligence by recognising values, strengths and competencies that contribute to enhancing happiness.

For more information please see the *Full Press Release: 'Happy Schools': UNESCO report offers first-ever framework on promoting learner well-being and happiness* <http://goo.gl/LoyYau>

Please read about the selection criteria for the art contest [here](#)  
Full caption information for each image [here](#).



Artist: Andrea Parreno, age 12  
"Different Nationalities, Different Interests, One Happy School"



Artist: Yoonjee Lee, age 12  
"A happy school is not only education, but also friendship"



# St. Mark's News

All of us have favourite stories to tell. In this issue, we are pleased to present our students' stories from their own unique perspectives. This issue of our newsletter features our Year 4 students introducing their own written pocket books. Also, we included the special "Teachers Opinion Focus" section, and interviews with students about their experiences at St. Mark's. You'll also get to hear from our student journalists about what happens at school after 3.15pm, You will also hear about the Student 'Cowcil' Project, and about how technology has an impact on human relationships. Finally, we have an article about building leadership skills in children. We hope you enjoy our latest newsletter!

*Blessings,  
St. Mark's Administration*



## Year 4 Students Share Their Stories of Inspiration



As part of their Thai studies, our Year 4 students practiced their creative writing skills and presented their ideas by creating pocket story books, filling them with original illustrations.

On 25<sup>th</sup> February 2016, they talked about their handmade books during the morning Thai Culture Assembly time. These stories reflected the inspirations of these young people such as the willingness to travel to the UK, a passion for athletics, experience in using digital technology, overcoming bullying or inventing a walking chair. Their amazing stories were very well done!

*See page 11 for a story written by Pean –Eak Songmanee.*



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



## Student-Led Conference 2 May 2016

### Upcoming School Holidays:

Chakri Holiday— 6th April 2016

Term Break - 11th—17th April 2016

Photo-Taking Session 2— 27th April 2016

Coronation Day Holiday—5th May 2016

Visaka Bucha Holiday—20th May 2016

Exam Period 23th-31th May 2016

## INTERACTIVE MEDIA ZONE



## A Day in the Life of St. Mark's



Life at St Mark's International School  
St. Mark's International School

[Click here to watch the video](#)

# Corporate Affiliation with Bumrungrad International Hospital

Staff and students of St. Mark's are eligible to receive discounts of 10-15% on numerous medical services offered at the prestigious Bumrungrad International Hospital as part of our corporate affiliation.

## Receive up to

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**Present one of the following:**

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# Class Activities Focus

## Early Years Create Mini Mice



As a great start to the morning, Pre-Preparatory and Kindergarten students joined in a simple craft activity together. They made classic looking mini mice by using white cups and black and red papers. We are so proud of these little ones.

## Nursery Kids Experience Floating in Water



The youngest group of St. Mark's students held hands and walked to the special place for safe sensory play with water. At

this small swimming pool, teachers helped Nursery students to use kickboards and float in water. Not only does swimming help young children develop their muscle movement, but also it unleashes their boldness to be free and have fun.

*“ Our teachers and assistant staff bring out the best in our students from the early steps of their life’s pathway keeping them safe along the way. ”*

## Year 7 Measure the Mass and Density of Different Objects



Year 7 students worked on a group activity in Physics class regarding mass and density measurement. They used equipment in the Science Lab to measure the mass and density of three different objects. After calculating the results of their research, they presented their analysis on the reasons that some objects have a similar density.

## Extra-Curricular Activities

### If you visit the school after 3:15pm ...

If you visit the school after 3:15pm you will see people playing sports, hear music playing, see paint splattering and observe 'drama' acting. You might think from all the noise that the school is under attack but hold your horses, these are just the ECA's of St Marks in action. ECAs, Extra Curriculum Activities, not Everyone Chomps Apples, is an extra way to create, learn and have fun after school.

*Written by Jordan Hood, Year 7*



### Imaginative Paper Mobiles

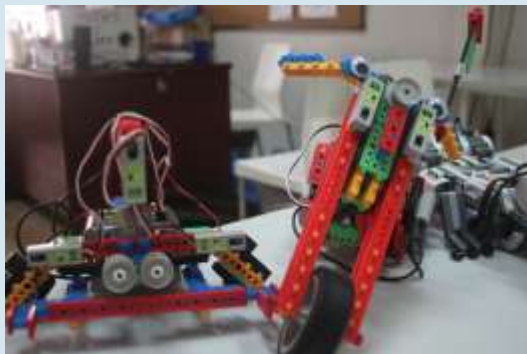
Our members of Creative Arts showed that together they could make beautiful items for decoration. The paper mobiles that they made can be put in their bedrooms, bringing forth imagination and wonderful dreams in the midst of night.





## Making Brand New Automatic Robots

Robotics ECA members worked together to create new automatic robots. These robots are able to walk without using remote controls as they view the world through the eyes of laser sensor systems. The students searched for inspirations in robotics creation guide books, and helped each other in creating original creative robotics.



## Table Tennis Club Members Are Now Confident Players

It's now been more than half year since the start of Table Tennis ECA. From practising their skills with the Ping-Pong machine, they now focus on having matches with each other, as well as competing with their trainers!

# Teachers Opinion Focus

## Shaping Our Future Community Leaders



Mr. Mitchell Kuntz was a trainer in Army JROTC where he was awarded a Leadership Excellence Award. He is now an English teacher and Enterprise Studies lecturer at St. Mark's International School. He would like to share with us about his passion in teaching and how our community plays an important role in building new leaders in our society.

**Q: How do you define your passion for teaching?**

**A:** Well, teaching is really shaping the future. Students are going to be future leaders. They are going to potentially be business

leaders in our community, or work for non-government agencies. They might even be teachers themselves someday. So, what we are teaching at school extends far beyond just academic studies, but also shapes who they will become as people. What make them successful learners? I found that it directly correlates with how much we care about them.

**Q: What is the best part of teaching here at St. Mark's International School?**

**A:** For me, the best part of teaching here at St. Mark's is the sense of community that we have in this school. It is a community in a lot of ways; by the ways we offer support to the students, the faculty, the teachers and each other. It is an excellent environment for both students and teachers.

## Helping Nursery Children Grow Through Stories and Songs

*Ms. Emily Dayak holds a Bachelor Degree in Human Development from the United States. She worked as a childcare provider, as well as a teaching assistant in a primary school in the United States.*

*Ms. Emily is a nursery teacher at St. Mark's International School. She believes that she will be able to make a difference in providing an excellent education to our young students.*

**Q: How do you define your passion for teaching?**

**A:** My passion for teaching is defined by working with kids, watching them progress, change and develop. I teach them to learn about our world through my dedication to tell them bible stories, singing songs with them and reading them books.

**Q: What is the best part of teaching here at St. Mark's International School?**

**A:** I love the small community of students as well as staff, and I believe it's a good community of parents, staff and teachers that help each other out. I also really like receiving encouragement from the other teachers.





# First Graders Fun Time!

## ***Collaborative Learning Through Play, Arts and Language***

Play is an essential method of learning for young students. Our teachers have been providing fun games, and opportunities for them to express their creativity throughout the semester.

“My favourite thing to do is playing and doing some fun activities,” Amelia Aimphan, St. Mark’s Year 1 student said. English and Arts are her favourite subjects, and she is a member of the Creative Arts ECA.

“I love doing painting and I can put sticky tape on it and I can paint it,” she said smilingly. Like her classmates, they enjoy everything that is related to drawing, colouring, and putting things together with their hands.

In English class, Mr. Mitchell Kuntz, prepared coloured paper, glues and scissors for them to work on their group projects. After finishing up their mini project, they talked about what they had done in front of classroom.

“Me and my friends made Ice-cream, cake, pizza, and a cupcake,” Amelia proudly presented the work that she did with her teammates.



Matilda Cash (left) and Amelia Aimphan (right)



Year 1 English Class Activity

## **Experiencing New Cultures and Activities**

*“I think the best thing about learning at St. Mark’s International School is meeting new people from different places and experiencing new classes and new things that are different from other places,” Jordan Hood said.*

Jordan is a Year 7 student at St. Mark’s International School and one of our student journalists. Being a foreign student from Australia, he has learnt a lot of culture here in Thailand and has made friends through playing games and sports.

“Probably my favourite events in this school are Sports Day and Scout Week. You will do a lot of activities and challenges, “ he added.



Jordan pointed out that students can learn a lot by doing activities both in their free time and in classes. He added that, “I enjoy experiments a lot because you get to do something instead of just writing. You can learn by doing!”



# THE STUDENT COWCIL PROJECT

How our student council began..

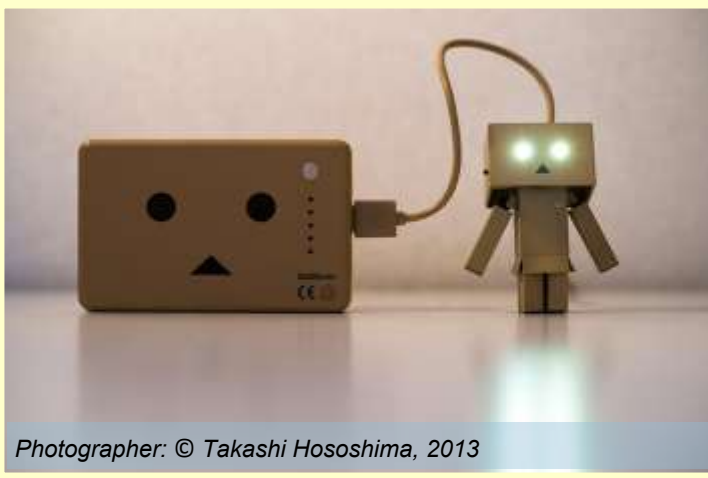
*Written by Andrea Parreno, Year 7*

It was the beginning of High School for us, Year 7. It was time to meet new students and teachers. We had our first few classes with the new Thai teacher, Ms. June. One of our first projects with her, was to form a student council. We made three groups. Students from different years were involved in this project, too. Melanie and I decided to pair up and look for our three last members for our group. We decided to have Thien, Kyu and Matthew, and they agreed to join. We, The Student Cowcil (that's our group name), were prepared and ready for the upcoming speeches we had to give in front of the school.



Speaking in front of the whole school was nerve-racking! After we gave our speeches, we all hoped we would win the voting and become the student council. The voting started the next week, early Thursday morning. We had to cross out a rectangle for which group we wanted to vote for. Then we would have to slip it into boxes to be counted later on. Once the voting ended, the teachers counted how many votes each team got. I was pretty scared to see who would become the student council. The teachers finally announced the votes. We won! The Student Cowcil won! It was pretty unbelievable, but amazing! We finally became student council!

Until now, the student council is still going on. We now have meetings with Mr. Adam where we discuss about work and responsibility we have to put into the student council. This is a new experience for us, and it is pretty exciting.



Photographer: © Takashi Hososhima, 2013

## How Technology Has An Impact On Human Relationships

*By Aaron Sirisambhamd, Y7*

***Technology is a great thing. No doubt about that. But with every great innovation, comes with some downsides. So, what are the good impacts and the bad impacts of technology in human relationships?***

With the rising popularity of mobile phones and apps that allow for convenient communication, there is no doubt that talking to each other has never been this quick and easy. You can communicate with your friends, family, co-workers, and more in just mere seconds, unlike in the past, when it would take weeks, sometimes even months to send just a single message in the form of a physical letter that had to travel overseas into the recipient's letterbox.

But let's not forget to mention physical interactions with other people who live nearby you.

Physical interactions between people nowadays have become rarer as the need for talking to people face-to face has decreased, since it is so much more convenient to just text or call a person than physically talking to them. Because of this, a lot of young people's social skills and confidence in speaking have been affected, leading to some awkward situations that could be avoided with more experience in talking in real life.

In conclusion, technology has many advantages that we can definitely make use of, but moderation is important and there are things that we must be careful of so that we don't end up being disadvantaged.





# 15 Tips for Instilling Leadership Skills in Children

Here are 15 great tips to help you instill the right skills in the future leaders in your life.

- 1. Set a good example** By allowing your children to see how well you balance your business and personal roles, you'll teach them accountability through effective leadership.
- 2. Encourage team activities** Early on, identify your children's interests and encourage their participation in group activities. Whether it's joining a scouting troop, participating in sports or joining the school band, children learn valuable lessons about teamwork through these activities.
- 3. Emphasize perseverance** The best leaders learn to handle failure as gracefully as they handle success. Children need to learn to handle the loss and move forward when the other team wins or someone else is elected class president.
- 4. Build negotiation skills** Instead of giving your children a firm "yes" or "no" to a request, make an offer and allow them to counter that offer by offering solid points. Teach them negotiation skills like never giving up something without asking for something else in return.
- 5. Hone decision-making abilities** Children should learn how to make good decisions as early in life as possible. Because children become overwhelmed by too many choices, narrow down the options to two or three, whether a child is deciding on afternoon activities or a movie to watch.
- 6. Practice confident communication** You can actually turn a simple dinner into a confidence-building exercise by having your children speak directly to servers. Allowing them to order and speak directly to servers will help them gain confidence in themselves and be able to communicate what they need.
- 7. Encourage work.**

Often children are eager to begin working in some capacity. If your child wants to set up a lemonade stand, support them and encourage it. Once your children are old enough, they can take on work opportunities like babysitting and mowing neighborhood yards, provided you live in a safe neighborhood.
- 8. Enroll in summer camp** Summer camp is filled with opportunities to participate in team-building activities. Once youth reach a certain age, they may even be asked to help counselors. While many camps require counselors to be 18, a regular camp attendee may be able to land a spot assisting counselors, where they'll be tasked with leading groups of younger children.
- 9. Have family game night** Instead of spending an evening staring at your respective screens, consider an evening of board games instead. A family game night not only provides a unique way to spend time together, it helps children learn to be a good sport, play by the rules, and think strategically.
- 10. Teach project planning skills** As a family, you likely have many planned events, from family vacations to visiting relatives. As you prepare, don't leave children out of the planning process. Treat each event as though it were a business project, holding brainstorming sessions and delegating smaller tasks to your young family members.



Photo source: <https://www.flickr.com/photos/losalamosnatab/>

- 11. Use vision boards** One fun way to teach children goal-setting is through the use of vision boards. They'll have fun cutting out pictures and arranging them on a board, and in the process they will learn how to visualize what they want to achieve.
- 12. Avoid jumping in** When your child works on a project or activity, it can be tempting to jump in and help, especially if you see your child struggling. Instead, consider stepping back and letting your children work through it themselves. After the fact, you can review the obstacles and challenges that emerged during the task and ask for ideas on how things could have been done differently.
- 13. Find a mentor** As great an example as you are to your children, a mentor can be invaluable. A trusted friend or family member can be a great mentor, especially if that person is accomplished in an area in which your child expresses interest. There are also organizations that can supply screened members as mentors.
- 14. Encourage reading** Studies have shown the benefits of reading for fun in childhood, with children who read having greater intellectual progress in a variety of subjects. Young readers tend to learn more about the world, even when the reading is of a frivolous nature.
- 15. Reward optimistic thinking** The fact that optimism is connected to success should not be lost on your family. Reward optimism, especially when that optimism is connected to attempting to reach a goal.

*In small ways, today's leaders can prepare younger generations for their future as business leaders. Each of these suggestions will not only create better leaders, but can help children perform better in school and develop better personal relationships throughout life.*

**Written by John Rampton, 2015**

**Source: <http://www.entrepreneur.com/article/241619>**

*The heart of man plans his way, but the Lord establishes his steps —Proverbs 16:9*



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