

OFFERING HIGH SCHOOL IGCSE PROGRAM

# ST. MARK'S INTERNATIONAL SCHOOL

## 2015-2016 Newsletter Vol. 8



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# St. Mark's News

Welcome to the last volume of the newsletter for this academic year! Every snippet of life-at-school stories has been meaningful. It can be hard to say goodbye to the students who are graduating and moving on to tertiary studies. However, we are delighted that we have cultivated something greater for the future. We hope all of our students will accomplish things far beyond what we could ever imagine!

*Blessings,*

*St. Mark's Administration*

## School Development Update



St. Mark's is planning to open its second campus on Srinakarin Road for primary and secondary education for the 2018-2019 academic year. Currently we are at the design phase and are moving toward obtaining a building permit. It is planned that students from the current Rama 9 campus will be able to move to the Srinakarin Campus for their upper primary and secondary school education, while the Rama 9

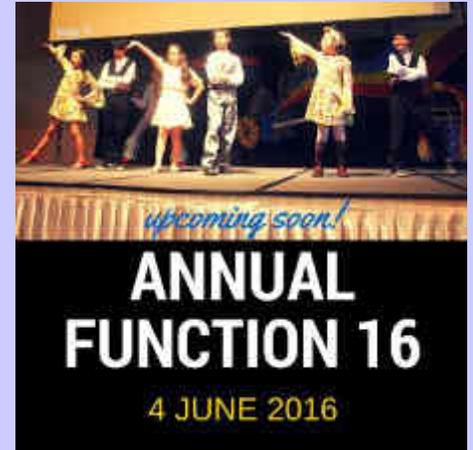
Campus will provide an exciting opportunity for redevelopment to focus on early years and early primary education. While our Srinakarin Campus is going through its development phase, the Rama 9 campus will be used to house our Secondary section of study.

In order to accommodate our continually growing secondary section at the Rama 9 campus, St. Mark's is also expanding the campus to incorporate a new Early Years Centre, which is now structurally completed. The new development at our Rama 9 campus will entail a total of over 1,000 square metres with new development in the following areas: classroom ground floor - 192 m<sup>2</sup>, first floor classrooms - 195 m<sup>2</sup>, basketball court - 170 m<sup>2</sup>, school office area - 70 m<sup>2</sup>, coffee shop & parent waiting area - 195 m<sup>2</sup>, playground - 120 m<sup>2</sup>, toilet and washing area - 28 m<sup>2</sup>, kitchen & stock area 30m<sup>2</sup>. For more detail, please see the building perspective design and visual animation by clicking [here](#). It is expected that this new development will be fully completed by January 2017.



**On 28 April 2016, St. Mark's Administration held a Coffee meeting with parents.** The School's Coordinator Mr. Adam Buchanan discussed upcoming examinations and the students' performances evaluation system. It was also an open forum for keeping our parents community updated about new happenings such as our latest school development.

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



Last Day ECA/Support—19 May 2016

Exam period— 23-27 May 2016

Primary Scout week - 6-9 June 2016

Upcoming School Holiday:

Visaka Bucha Holiday—20 May 2016



The **Hànyǔ Shuǐpíng Kǎoshì (HSK)** is China's only standardised test of Standard Chinese language proficiency for non-native speakers such as foreign students and overseas Chinese. It is comparable to TOEFL assessment in English and is recognised in primary, secondary and tertiary institutions worldwide. Presenting our line-up of 90-percent achievers!



## Shining Performance for ISA 2016!



The annual **International Schools Assessment (ISA)** assesses students in English Reading, English Writing and Mathematical Literacy. All of our Year 3 to 8 students participate in this assessment annually in February. Over 70,000 students from over 200 international schools in nearly 70 countries participate in the ISA. This year, we are pleased that so many of our students ranked in the top ten percent in various subject areas. We congratulate each one on a fine performance!



## A Superb Performer!



A score of 60% on the Level 4 HSK exam is considered to be a baseline benchmark for entrance into universities in China. Therefore, it is of particular note that Jean Kittiyanyanya from our Year 5 class was able to attain this level of fluency in this year's assessment. Two others follow closely behind.





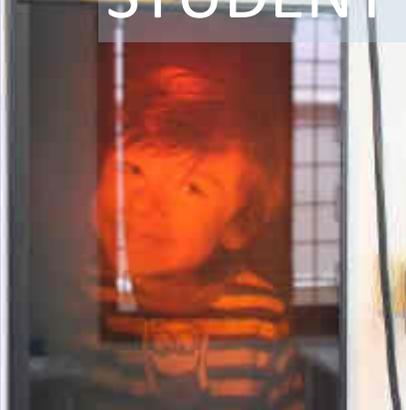
## A Variety of Performances in the Upcoming Annual Function

This year St. Mark's students will be presenting their talents at our Annual Function. As we observed the primary students' different abilities, we decided to have students from different age groups perform together this year, choosing what they wish to perform. They chose to perform music, drama, fashion, science, dance and Chinese Kung Fu shows. There will also be a special traditional performance by our young talents from our Thai Dance troupe. They have been practising their group performances during our morning assembly time. The early years children are also preparing for their shows based on several movie themes. We look forward to watching these amazing performances on June 4<sup>th</sup>!



**On 2 May 2016, St. Mark's community participated in our annual Student-Led Conference where students demonstrate to their parents what they have learned throughout the academic year.** Early years subject activities were divided on different tables where families took turns playing games as students showed their talents in their own unique ways.

## STUDENT LED CONFERENCE 2016



Primary and secondary parents toured around each subject classroom. Not only did they show their numeracy and literacy skills, but they also showcased their abilities in piano as well as Thai music. Parents also joined in playing Happy Birthday on the angklong. In addition, there was a small 3D Holographic photography exhibition set up in the IGCSE classroom. The involvement of our staff, students and parents was impressive. We believe that getting everyone involved in school activities connects us with a shared aspiration that will bring positive results in students' learning experience as a whole.

# Students Experience Focus

## Pathway for Studying a Bachelor's Degree in Psychology

Supachai Ruangmethanon, a.k.a. Shane, our recent IGCSE program graduate, has been offered a place to study a double degree program leading to a Bachelor's in Psychological Science from Chulalongkorn University as well as from the University of Queensland, Australia. Here's our conversation in the interview on his experience at St. Mark's and his aspirations in pursuing a degree in Psychology.

**Q: How did studying at this school help you in preparing for higher education in University?**

*A: Well, my time here at St. Mark's partly inspired me to study Psychology, and my teachers here also prepared me for university by teaching not only the subjects that I needed to enter the course but also lessons on life.*

**Q: How did your interest in Psychology develop?**

*A: I discovered Psychology a few years ago when I came across some books and articles about the subject. I wanted to find out more, so I discussed the topic with other people who had studied Psychology and realised that it was a really interesting subject that I hadn't known about previously.*

**Q: What is your goal for studying Psychology?**

*A: I want to understand why people act the way they do, learn more about myself, and most importantly help other people who are facing problems such as depression and anxiety.*



## Learning Experiences That Give Better Opportunities in Life



When we travel overseas we usually learn simple vocabulary so that we can communicate with the local people. Being at St. Mark's is a valuable in this way because students can make friends with people from different nationalities, as well as practise using different languages. In other words, they are getting ready for extraordinary journeys in the future.

"The best part about learning in this school is the teachers. They are very fun, so you won't get bored in class because they are really fun to listen to, and the class is fun," Rania Bode, Year 4 student said.

"Some of my favourite subjects are English and Science. I like English because the teacher is very fun and we get to play things like hangman, etc... In Science we get to do a lot of cool experiments," she explained and added that, "I can also do better in my Maths, and with Chinese, Chinese is the language that I really want to learn because it will give me a better opportunity in life."

Rania's favourite school event is International Day, the event that students, teachers and parents help each other decorate classes and represent different countries. She said the reason she enjoyed this event was because "you get to dress up and go to different places. We could go up the stage and we could dance. I think it's when you go to the stage that it helps develop your confidence because we get to do things in front of a lot of people."

**Games have always been a part of our students' experience in class, during snack break and lunch time, in extra-curricular activities and in school events. Let's hear what Lucas Kamolrungvarakul, our Year 2 student said about his playing experiences at St. Mark's ...**

"My favourite subject is Technology. I can play games after I finish what I have to do. Some of the games are about Maths, Science and other stuff," Lucas said. Not only do our teachers select educational games for the students to play on PCs, but they also encourage the students to play games that are physical, promoting intellectual as well as collaborative skills.

"During play time after lunch and snack, we usually play chess together. But we don't do it with the same players. We switch players and if we are equal we play as a team," Lucas added. He also mentioned that, "In Bible club, sometimes we play games that are about the Bible. We get to watch movies and if we are good we can have a prize."

In February this year St. Mark's community — teachers, parents and students — played fun and challenging games together. "My favourite day is Sports Day, and I like the tug of war. It's really cool and fun. I like also to do running races," Lucas expressed.



Photograph by Ms. Sukanya Leaman



Photograph by Supachai Ruangmethanon

## Class Activities Focus



### God Made You Extra Special!

If you have visited the Preparatory classroom before, you have seen the big words in front of the whiteboard saying "God made you extra special!" No matter where little children are from or what race they belong to, God created them all uniquely. In devotion time, Prep students learn many Bible stories about God's love such as how He has a great plan to rescue His people of all nations. It is also the time to learn morals, as well as sing and dance along.

## Prep Class Visit 7-11

After the Preparatory class learned about money in Maths, they had a quick visit to 7-11 nearby our school. This activity helped the students to put learning into practice — they had to think what they could buy with the amount of money they had. Also, they learned about making good choices of healthy snacks and drinks. When they got home from school, they proudly showed the receipts to their parents and shared about their shopping experiences.



## Talking Rainbow Lorikeet



In English 1 class, before reading a new book about a rainbow lorikeet, our Year 4 students watched videos showing a community of rainbow lorikeets and a talking lorikeet. Afterwards, they discussed the behaviours that they observed.

## Thai Musical Games



Year 2 Angklong class begins with Thai musical games. We start by listening to melodies that Ms. Ae Apapat Vongsrithong plays. When we hear the “Mi” (or E sound), we have to lie down. After hearing the melodies again, we have to stand up and dance. The next game is played by passing a ball. When the music stops we have to freeze and wait until the music starts again before moving once again. Then, we get started with reading notes, and shaking the Angklong to make different melodies, practising songs in groups.

## Nuclear Power V.S. Fossil Fuels

In English class, Year 7 students presented their analysis about the advantages and disadvantages of the use of nuclear power in comparison with fossil fuels. At the end of each presentation, they shared their own conclusions on which fuel is best by looking at economical factors as well as health and environmental impact.



# Extra—Curricular Activities



## Bible Competition

On 28 March 2016, Alive Club members participated in a fun Bible competition. Having practised with memorising the books in the Bible, they were able to shout out the names of the books in order. When Ms. Tammy called out the names of books in the Bible and the chapters and verses numbers, they had to find them in the Bible, step forward and read out loud. All of them did a great job!



## Thai Dance ECA

Young Thai Dance students have been trained to master this beautiful traditional art form. We are pleased to present them live at this year's Annual Function.



## Village Model Group Project

Recently, our Creative Arts students worked on a new group project. They used paper, markers, superglue, and fluffy cotton to make little models of their own villages.



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

## An Ideal City to Live In

*Written by Aaron Sirisambhand, Year 7*

All of the cities that have the highest quality of living standards in the world such as Vancouver, Zurich, and Auckland share a lot of things in common, such as clean air, low crime-rates, well-maintained roads, convenient facilities that provide both recreational and practical uses, and good businesses.

Something else is transportation. While transport by car is the most popular and convenient, it is quite unsafe and detrimental to the environment since most cars use fossil fuels. Additionally, there are car accidents every day and if we can reduce that, it would be most beneficial. There are some cities that have very well-developed public transportation that can help get people to places just as easily, such as the MTR in Hong Kong, a train system similar to the BTS in Thailand.

# My Happy School Art Contest

Written by Andrea Parreno, Year 7

UNESCO did research on students around Asia and created the Happy Schools art contest, where contestants take a photo or illustrate what a happy school looks like through artwork.

St. Mark's is a happy school! Everyone is happy — the teachers, students and parents. The environment here is friendly, loving, caring and happy. Our amazing art teacher, Ms. Gigi, informed us about the art contest and encouraged us to join. A few of us participated in the contest. Since it was my first time to compete in an art contest, I didn't expect to get first, second or third place. After a few months, Yoonjee and I received e-mails from UNESCO announcing that of the 160 shortlisted people, we were two of the top 30 chosen artists who were invited to join the launch. Yoonjee and I were very excited and happy.

On the day of the launch, Yoonjee's family, my family and Ms. Gigi were there. There was a stage where the director of UNESCO gave a speech. The 3 winners were awarded first. Then we received our certificates.



# Movie Review: The Jungle Book

written by Jordan Hood, Year 7



There have been a lot of movies coming out this year but my personal favourite is the Jungle Book. The Jungle Book is a movie about a kid who was separated by his parents and left in the wild. There he was adopted by a panther who later gave him up to the wolves. The wolves taught him many things about the wild. Although scared by the prospect of man, they gave the boy back to the panther and he led him to the man-village. This movie has a lot of tense moments and kept me on the edge of the seat the whole way. So in conclusion I think that The Jungle Book was a very fascinating movie.

# Nutrition for Children and Teens

*As examination time is quickly approaching, we have here a reprinted article related to children's nutrition. We trust that parents will enjoy reading this information and help us in making sure that each child is physically and mentally prepared for their assessments.*



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

## Start your child's day off right

- Eating a breakfast high in quality protein—from enriched cereal, yoghurt, milk, cheese, eggs, meat, or fish—can help overweight teenagers eat fewer calories throughout the rest of the day and lose weight.
- The ideal breakfast features plenty of “good” carbs (fruit, whole grain toast or cereal, for example) as well as high-quality protein.
- Breakfast on a weekday needn't be time consuming. Boil some eggs at the beginning of the week and offer them to your kids each morning along with a low-sugar, high-protein cereal and whole milk, and an apple to go. An egg sandwich, yoghurt or cottage cheese, or peanut butter on wholegrain toast can be eaten in the car on the way to school.

## Avoid foods that impair mood

- A recent study found that people who drank four or more cups of soda or sweetened fruit drinks a day—including diet versions—had a much higher risk for depression.
- Excessive amounts of caffeine from soda, energy drinks, or coffee drinks can trigger anxiety in kids and teens and may also aggravate feelings of depression when the caffeine wears off. A diet high in processed foods, such as fried food, sweet desserts, sugary snacks, refined flour and cereals, and processed meats, can increase a child or teen's risk for anxiety and depression.

Source: <http://www.helpguide.org/articles/healthy-eating/nutrition-for-children-and-teens.htm>

## Persuading children to eat more fruit and vegetables

- Top a bowl of whole grain cereal with a smiley face: banana slices for eyes, raisins for nose, peach or apple slice for mouth.
- Create a food collage. Use broccoli florets for trees, carrots and celery for flowers, cauliflower for clouds, and a yellow squash for a sun. Then eat your masterpiece!
- Make frozen fruit sticks for kids using pineapple chunks, bananas, grapes, and berries.
- Go food shopping with your children. Let them see all the different fruits and vegetables and have them pick out new ones to try.
- Try fruit smoothies for a quick healthy breakfast or afternoon snack.
- Add vegetables and fruits to baked goods – blueberry pancakes, zucchini bread, carrot muffins.
- Add extra veggies to soups, stews, and sauces, grated or shredded to make them blend in.
- Adding a little tasty fat—such as butter—to cooked vegetables will not only improve the taste but can also help to fill your kids up.
- Keep lots of fresh fruit and veggies washed and available as snacks. Apples, pears, bananas, grapes, figs, carrot and celery sticks are all easy to eat on the run.

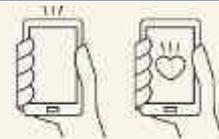
For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7



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