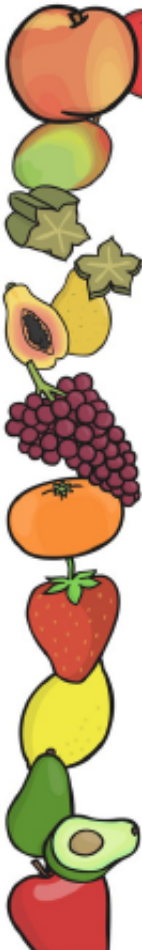




Newsletter


Udon Thani International School

8th May 2015 | ISSUE 5



Don't miss! Health Month Photos -- > Page 7

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UPCOMING ACTIVITIES

Month of May
Health Month

Tuesday 12th May
7.30am - 10.00am
School Merit Day

Wednesday 27th May
PTA Meeting

Thursday 25th - Friday 26th May
Half-Term Break

School Merit Day

Parents are invited to participate in our merit making ceremony from 7.30am - 10.00am on Tuesday, 12th May 2015. More information is on page 8.

Message from the Head of School

Dear Parents

We are well into our third and final term and we have some fun school activities happening. On Wednesday we launched our healthy eating month where we stressed to kids the importance of eating vegetables and fruit every day. We have challenged them to make sure their plates have lots of colour and shown them different fruits and vegetables for different colours. We have also asked students to find out why certain fruit and vegetables are good for them. We strongly encourage parents to discuss with their children about healthy eating to build on what is happening at school. We will be holding a special assembly each Wednesday during our healthy eating month.

On Tuesday May 12 we are also planning our School Merit Day. Nine local monks will visit the school and we will make offerings to them. Staff, parents and students are encouraged to get to school early at 7:30am to celebrate this event.

Finally, our teachers have been sending home weekly updates of things that are going on in the classroom. We would like to encourage as much parent involvement in our school as possible, so if there are things you could help us with in our inquiry units or other subjects, please contact us. Our students love to see their parents get involved while it provides a different perspective for the other students in the class as well.

Best regards

Dr Lindsay Stuart
Head of School

Inquiry corner

Inquiry-based Learning

By Mr Dan Stratford, Deputy Principal/Curriculum Coordinator

It was great to see so many parents and families at the Parent Curriculum afternoon! After an introduction video on inquiry-based learning, the participating parents went to see how the Central Idea - 'Plants are a life sustaining resource for us and other living things' could be learnt across three subjects, Language, Mathematics and Science. Thanks to all those who came. We would like to share this video with you to watch at your leisure:

<https://www.youtube.com/watch?v=u84ZsS6niPc>

The importance of inquiry-based learning cannot be underestimated. Our K1 class students may well retire in the year 2080. Many of the professions that our students undertake are not yet invented and the accelerated development of technology means we need new ways to prepare them for adult life. Our students are encouraged to generate questions and equipped to pursue their own research enabling them to make the most of their knowledge, interests and skills.

We appreciate all the feedback from the curriculum sessions and encourage you to come to our next meeting which will focus more on the work that goes into preparing the lessons that were shown this week.

Early Years Update

By Mrs Rachel Bernstein, K1 Teacher

We are happy and excited to welcome Kin into our K1 class. We enjoy getting to know our new friends who have joined us this term. We are continuing to learn what it takes for seeds to grow. Students are starting to recognise the seed to plant sequence.

K1 and K2 are starting to prepare for an assembly based on the theme of acceptance. The short assembly will be next Friday 15th May. Please feel free to join us. The assembly will take place right after the morning flag ceremony.



By Miss Karyn Scimgeour, K2 Teacher

Last week K2 began to identify different patterns both manmade and natural. They went on a scavenger hunt to take photos of the different patterns they can see around the school and will be sorting these into different categories this week. They chose their favourite patterns to create their own masterpiece.

In Maths, we continued to look at colours and created basic colour wheels. The students also experimented with blending colours to create new ones, as well as making colours darker or lighter by adding white or black.

In English, we continued to look at single phonetic sounds and practiced blending them. We learned about the word 'responsibility' and what it means to be responsible. Students have been given different monitor roles where they are responsible for ensuring certain tasks are completed throughout the day.

Last week was our first time swimming and everyone had lots of fun. I promise to share some photographs of this in the next newsletter. Don't forget to check out the K2 Parent's notice board outside our class .



Blending colours (Max & Daewa)



Creating patterns (Daewa)



Creating Blending colours (Jinhliong)



K2's First Show & Tell

Primary Years Update



*By Mr Cormac Johnston,
Year 1/2 Teacher*

The Year 1 and 2 class have been working hard on their UOI by looking at sustainability and biodiversity. Students have been very busy planting a wide range of seeds and plants using various sizes of plastic containers and watering them daily. Students have also begun to estimate how much water they need and where to place the plants in order to get sufficient sunlight.

In Maths, students are working hard in their busy ants and maths stations and consolidating their numeracy skills. We are currently looking at right angles which fits in nicely with our UOI.

In English we are working on our daily journal writing linked to our UOI on the environment and also practising our phonics skills and reading strategies.

By Mr Michael Delcavo, Year 3/4 Teacher

The Year 3/4 class is up and running with their new unit, 'How we express ourselves'. We have looked at the history of advertising and markets. We have seen the importance of getting the word out about new products and how those messages have been created. We have also seen how messages can be manipulated to target groups and maybe give false impressions of their product.

Students have a new awareness of the commercials they are seeing on television. The group will go out of the school for their own inquiry on May 7th to see advertising in action. They will get to meet with people who make advertisements of companies that need advertising to see how messages are created and how audiences are found.

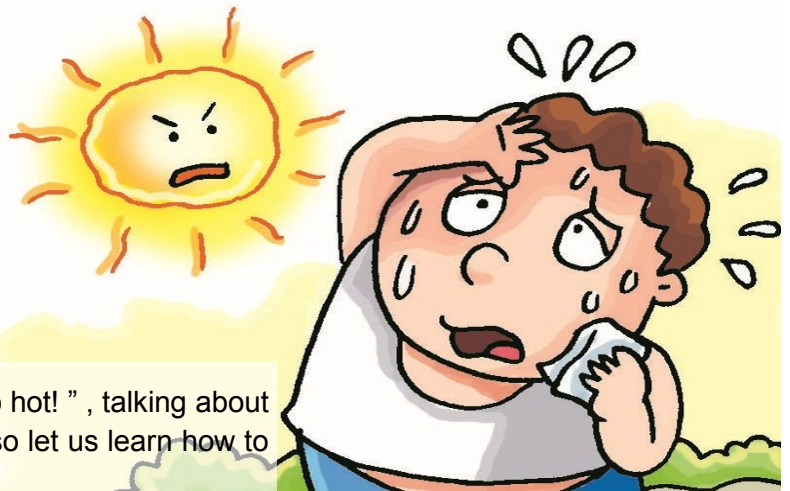
Students have learned a lot in Maths and have made huge progress through things they have not been exposed to there before. The improvement has been extraordinary.



Language and Culture

Let's talk about the weather!

By Miss Ke-Ai, Chinese Teacher



“天气好热 (tiānqì hǎo rè) ! The weather is so hot! ”, talking about the weather is one of the most popular topics so let us learn how to say it in Chinese!

天气 (tiānqì) means weather, we can say “天气好 (tiānqì hǎo) ” when the weather is good and say “天气不好 (tiānqì bù hǎo) ” which means the weather is not good. When you want to know what the weather is like today you can say “今天天气怎么样 (jīntiān tiānqì zěnmeyàng) ? ”. One way to find out is to check out the weather forecast (天气预报 tiānqì yùbào) . “天气热记得多喝点水哦! (tiānqì rè jìdé duō hē diǎn shuǐ ó) ,” the weather is hot, remind yourself to drink a lot of water!

Health and Safety

Healthy eating month

By Mr Michael Delcavo, Health and safety coordinator

This month is healthy eating month at UDIS. We are looking closely at the eating choices the students make. We will be taking photos of plates of food at lunch time to see which are well balanced and which ones could be more balanced.

We will also be inquiring into foods that are different colours. We will see what benefits green foods might have and what purple foods might offer as well as the other colours. Students will get a homework assignment around this topic.

We are encouraging students to make good decisions around food knowing that many times they have to select the foods they are going to eat on their own.

Please help us by talking with your child about foods that are beneficial to their diets.



Healthy habits

By Mr Michael Delcavo, Health and safety coordinator

Healthy habits can make a big difference for us and we know it is a good idea to practice healthy habits but what specifically can these habits do for our well-being?

Controls Weight

Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight. You can do small things like walking instead of driving a vehicle or take the stairs instead of the elevator.

Eating a low-fat diet can also help control weight. When you start the day with a healthy breakfast, you help avoid hunger spasms throughout the day.

Improves Mood

Doing right by your body pays off for your mind as well. Physical activity stimulates brain chemicals that often leave you feeling both happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique, so you may also feel better about your appearance, which can boost your confidence and self-esteem. Decrease your stress and boost your confidence with your healthy habits.

Boosts Energy

Do you ever feel tired after you eat? Saturated fats and sugars will drain you. When you eat a balanced diet including whole grains, lean meats, low-fat dairy products, and fruits and vegetables, your body has the fuel that it needs to manage your energy level.

Regular physical exercise also improves muscle strength and boosts endurance, giving you more energy. It also helps boost energy by promoting better sleep — helping you fall asleep faster and deepening your sleep.

Combats Diseases

Healthy habits can help prevent certain health conditions – such as heart disease, stroke, and high blood pressure. Regular physical activity and proper diet can help you prevent, or manage, a wide range of other health problems, including metabolic syndrome, diabetes, depression, certain types of cancer, and arthritis.

Improves Longevity

When you practice healthy habits, you boost your chances of a longer life. The American Council on Exercise reported on an eight-year study of 13,000 people. The study showed that those who walked just 30 minutes each day significantly reduced their chances of dying prematurely, compared with those who exercised infrequently. Looking forward to more time with loved ones is reason enough to keep walking.

School Merit Day

Time	Details
7.30 -8.00	กิจกรรมทำบุญตักบาตร พระสงฆ์ 9 รูป Offering food to the 9 Buddhist monk's alms bowl
8.05 -8.30	พระสวดมนต์ The Buddhist monks chanting ceremony
8.30 -9.45	ถวายภัตตาหาร สังฆทาน และปัจจัย Plates of food offerings to consecrated monks Catered breakfast for the monks for staff and students
9.45- 10.00	ประพรม น้ำมนต์ รอบอาคารและชั้นเรียนต่างๆ Monks sprinkle holy water around the new building เสร็จพิธี End of ceremony

Contact us

Office hours: 8.00am - 4.30pm

School Number: 042 110 379
(for all general enquiries)

Urgent matters: 095 668 9636

Head of School: lindsay@udis.ac.th

Deputy Principal: dan@udis.ac.th

Assisting Principal: emmi@udis.ac.th

K1 teacher: rachel@udis.ac.th

K2 teacher: karyn@udis.ac.th

Y1 teacher: emmi@udis.ac.th

Y1/2 teacher: cormac@udis.ac.th

Y3/4 teacher: michael@udis.ac.th

School Secretary: wannapa@udis.ac.th

Email suggestion box: suggestions@udis.ac.th

Message from our community sponsors

Bangkok hospital checkup promotion.

We have a Community Partnership Programme (CPP) for all interested businesses.

Find out more on our website
(<http://www.udoninternationalschool.com/en/general-information/cpp/>)

or contact the School Office for more information.



SKY ICU AMBULANCE
EMERGENCY EVACUATION

โรงพยาบาลกรุงเทพอุดร
ดูแลคุณด้วยประสบการณ์ บริการมาตรฐานสากล

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MEDICAL CARE WITH THAI HOSPITALITY.

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ทุกวันนี้ที่มีความหมาย...ผู้ป่วยฉุกเฉินจำเป็นต้องได้รับการช่วยเหลืออย่างรวดเร็วและปลอดภัย โรงพยาบาลกรุงเทพอุดร พร้อมให้บริการคุณด้วยทีมแพทย์เฉพาะทางทุกสาขาและทีมงานมืออาชีพ ตลอด 24 ชั่วโมง

บริการรับ-ส่งผู้ป่วยทั่วโลก โทร.1719

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(Aeromedical Transport)

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(Mobile ICU)

ห้องอภิมobilหัวใจเคลื่อนที่
(Mobile CCU)

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