



# THE BULLETIN

AIT INTERNATIONAL SCHOOL NEWSLETTER

AUGUST - OCTOBER 2018 ISSUE | VOLUME 1 | ISSUE NO. 1



## WHAT TO EXPECT

HOUSE DAY

UN DAY/  
INTERNATIONAL  
DAY OF THE GIRL  
CHILD

STUDENT  
COUNCIL 2018 -  
2019

STUDENT-  
CENTERED  
PICTURES

AND MORE...

## HEALTH AND WELLNESS DAY

BY: AUREL AND ARYA, GRADE 5 VOYAGERS

On September 14, 2018, it was our Health and Wellness Day and the students had regular classes from 8:05-8:45. After snacks, we all gathered in the assembly to start the program and Mr. Elvis gave an introduction about health and wellness. We discussed how to stay healthy mentally and physically, and we also tackled the 3C's which stands for Choices, Challenges and Changes. After that, Mr. Kevin gave an inspiring message about our health. Then, everyone headed back to their classes.

Grades 1 - 6 had some activities that their teachers discussed with them. Grade 1 discussed school safety; Grade 2 did the four (4) types of yoga for headache - concentration, back pain, and increasing height; Grade 3 discussed food plating and they made their own food plate using the food pyramid and Grade 4 talked about food groups, tasted different types of food, and organized the food under go, grow and glow.

*continue reading on page 4 & 5*

# From the Director

## Mr. Kevin Mauritsen

Dear Parents and Friends of AITIS;

As this is the first issue of the AITIS Bulletin for the 2018-2019 school year I wish to welcome you and provide information regarding the school.



The mission of AITIS is to provide holistic education in a stimulating and caring international environment that will help build a positive attitude towards learning. Our education is based on values that will support the growth of a reflective and responsible member of the society.

AITIS utilizes a recently updated/rigorous and sustainable American based curriculum that stresses STEAM (Science, Technology, Art and Math).



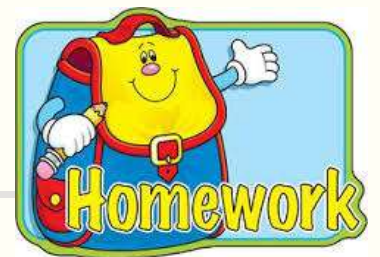
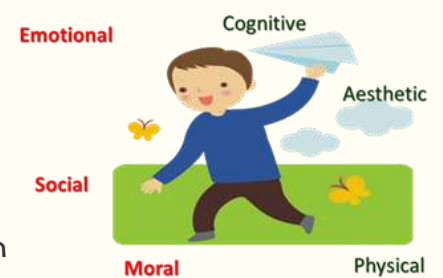
The curriculum is aligned both horizontally and vertically, throughout the grade levels through our established Scope and Sequence.

AITIS has an established "Homework Policy" that clearly defines what homework is and the amount of homework that is assigned per grade level. Gratuitous homework assignments are forbidden by this policy. Children need to engage in other activities that help them learn including but not limited to: music lessons, dance classes, sport participation and simple play. This aligns with our commitment to educating our children "holistically".

For the first time in AITIS history we have added a second 6th Grade classroom! To accomplish this we have hired a new teacher: Mrs. Aparna.

We have also added a second "purpose-built" classroom to our campus. AITIS appreciates the donation by the Kuala Lumpur, Malaysia AIT Alumni Association led by Mr. Tiger and Mr. Koo for their generosity and Mr. Sanjeev (AIT) for his efforts on behalf of our children.

AITIS also thanks the Parent Teacher Association for their contribution to this project.





# From the Director

## Mr. Kevin Mauritsen

AITIS has added 30 new iPads for our students' use. The new iPads will ensure that our students have access to vital resources and reference material to assist them with their studies, reports and projects.



On behalf of all teachers, staff and students I ask that parents help us in our efforts to keep the AITIS campus GREEN. I encourage everyone to



use the trash bins located throughout the campus. I

especially encourage AITIS facilities such as House and the parking their trash to the bins



parents who use the Thai Summer area to take rather than

leaving it for someone else to pick up.

The AITIS community consists of students from over 29 different countries and cultures. Together we have created a unique "AITIS Culture" that ensures all students have a sense of "belonging".

A big part of that effort language while on campus. Please (and yourselves) to speak English



is that we use the proper encourage your children while at AITIS.



Thank you!

Kevin Mauritsen, M.Ed  
Director & Principal  
AIT International School



**continuation from p. 1**

On the other hand, Grade 5 made posters about Healthy Eating Habits and each group got different topics like Wasteful Eating Habits, Food Processing, Reading Expiry Dates and Food Labels, and Food Safety; and Grade 6 tackled Unhealthy Food and they made a poster, too. Then after lunch, all the students had regular classes.

We are sure that everyone had fun. The students also learned how to stay fit and healthy, how to follow a healthy diet, how to stay safe, how yoga can help, to be wise in choosing food to eat, and ,last but not the least, not to waste food.











# Eight Keys to End Bullying

MRS. HASMINA GUIANI AMBOR

AITIS COUNSELOR/SPECIAL EDUCATION TEACHER

No one is born hating another person...People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite. --Nelson Mandela

Can we stop bullying? Signe Whitson says yes—by consistently reaching out to both children who bully and those who are bullied.

Everyone has a story when it comes to bullying. As a school counselor, and a licensed educator, I have heard many first-hand accounts of bullying, from triumphant efforts to end unwanted aggression to heart-wrenching stories of relentless torment. I am routinely appalled by how ubiquitous cruelty has become.

Yet, despite the pain, I am hopeful. I believe we have an opportunity to change the culture of bullying among young people and I think the answer begins with those who live and work with young people every day. It is not complicated policies or grandiose programs that make the most difference, but rather consistent, daily, nurturing acts of reaching out to both children who bully and those who are the receiving end of cruelty that bring about the most meaningful and lasting change.

Here is an outline of key steps that have the greatest impact on helping children:

1. Know bullying when you see it.
2. Establish connections with kids.
3. Stop bullying whenever you see it.
4. Deal directly with cyberbullying.
5. Build social and emotional skills.
6. Turn bystanders into buddies.
7. Reach out to kids who bully.
8. Keep the conversation going.



Source: <https://psychcentral.com/lib/8-keys-to-end-bullying-strategies-for-parents-schools/>





## **TEAM STRENGTHENING** by Ms. Megha Gurung

On the 1st of September, 2018 the entire staff of AIT International School attended a Professional Development workshop on “Team Strengthening”. The workshop was held at OFM Santitham Park.

As the first PD of the School Year 2018-2019 it was successful in ensuring that the staff had a wonderful and meaningful time together. They also got valuable pointers on teamwork, collegiality and communication skills.







## Becoming a Student Council

BY MAREOLIN SASHA T. PILONGO

**On August 30, 2018, a new batch of student leaders were elected to help the school and AITIS students. I, Sasha of Grade 6 Explorers, was elected as the Student Council President.**

It started when our school counselor announced the distribution of application forms. I was hesitant to join at first. However, I realized that I must do it, and that I wanted to help our school and be a good example to other students. When qualified candidates were chosen, we were asked to make a poster and prepared a 1-minute speech for our room-to-room campaign.

My sister helped me in designing my poster and I wrote my speech. I submitted my poster and it was displayed with all the other posters on a board. We went to all classes from Grades 3 to 6. I was nervous even if it wasn't my first time to speak in front of other students. I got used to it in the end.

During the election day, something went bad. Two of my friends and I were absent. I was sick and we didn't get the chance to vote. That's when my hopes went down a little.

July 31 was the day that our counselor announced in the assembly the new set of officers for the S.Y. 2018-2019. The second time I heard my name was when I truly believed that I was in the council! I was so happy! That probably didn't show on my face but, yes, I was really happy not only for myself but also for the other elected candidates as well. We had a get-together with all the elected and not elected candidates during snack-time, to thank everyone for joining the elections.

Weeks and weeks past till it was September 29, Leadership Day. The new council members and class representatives came to school on a Saturday for the "Leadership Lessons from a Penguin" workshop. Previous officers like Kait, Van Anh, Phimlada and Rit also joined us in all the activities. I learned that anyone who tries new ideas, takes risks, never gives up and works together could be a leader and you don't have to be recognized for that.

Now that I am part of the student council, I will try to make AITIS better and prevent bullying from happening in our school. Of course, I won't be able to do this alone but, with the help of all the student council members, dedicated teachers and supportive administrators and AITIS students, we will be able to achieve the change we want to see for the improvement of our dear school.

I WANTED TO  
HELP OUR SCHOOL  
AND BE A GOOD  
EXAMPLE TO  
OTHER STUDENTS.  
- SASHA



# AITIS by Saenrak, Lesandu, Kritchayarn & Napat

## HOUSE DAY

On September 3, 2018, the Zero Period was implemented for the meeting of the Four Houses which are the Purple, Yellow, Red and Blue House. It was the initial meeting held for the school year 2018-2019. In the beginning we were all introduced to the teachers that belong to our own houses. Then we were introduced to the Houses Mission.

The AITIS Houses were founded to help establish an atmosphere that promotes working together for a common purpose and willingness and ability to work with others to accomplish a common goal. Through the student-centered activities, members learn to make good decisions and choices; have positive relationships with family, teachers and peers; and be caring individuals, critical thinkers, and responsible global citizens. Members will also learn valuable lifelong lessons in environmental awareness, sportsmanship, teamwork, collaboration, resilience, leadership, and service all of which are essential parts of holistic development.

The AITIS believes that things in life come easier if we know how to get along and cooperate with others.

The houses already have their respective name, cheer, and officers. Heather is the captain of Respectful Yellow and the vice - captain is Avishi. The Positive Purple's captain is Chawis and Samay is the vice -captain while for Unique Red, Robin was the captain and Mahasamut is the vice- captain. The Legendary Blue, Boongyal is the captain and vice - captain is Sandee.

Some of the houses were able to play getting to know you games and everyone was with a BIG SMILE coming out from their respective house meeting!



**PURPLE HOUSE**



**YELLOW HOUSE**



**RED HOUSE**



**BLUE HOUSE**



# *United Nations/International Day of the Girl Child*

## *18 October, 2018*

BY JAN RIYAMEL, GRADE 6 EXPLORERS




**International Day of the Girl Child is celebrated annually on the 11th of October. The observation supports more opportunity for girls and increases awareness of gender inequality faced by girls worldwide based upon their gender. This inequality includes areas such as access to education, nutrition, legal rights, medical care, and protection from discrimination, violence against women and forced child marriage.**

**AITIS CELEBRATED UN DAY AND INTERNATIONAL DAY OF THE GIRL CHILD ON THE 18TH OF OCTOBER 2018.**

The Pre-K Section Nursery class made the Bolivian costume from painted paper, and headdress. They also danced a Bolivian song.

Pre-K 1 Cuddly bears made paper dolls of their assigned country Seychelles and danced. Pre-K 1 Creative Caterpillars made paper dolls of their assigned country Turkmenistan and also danced with their country's song.





The first grader's watched a video on children's rights and wrote about their rights. The second graders also watched a video on children's rights and followed it with a discussion about the topic. They also made a hand poster about "What's Right?" and "What's not Right?".



The third and fourth graders did role plays and made posters about children's rights and responsibilities and sang "I Am but a Small Voice."



The grade five and six did debates. The topics for fifth grade were "Why are there more male super heroes and very few female super heroes?" and "What are the opportunities given to women verses men?". The topic for Grade 6 Explorers was "Men are given more respect than women" while the topic for Grade 6 Adventurers was "Men-branded careers versus women-branded careers". The International Day of the Girl Child celebration ended with in class exchange of personal experiences among students.



I hope by celebrating UN International Day of the Girl Child, the students have learned about what is happening in the world around them.







# Student Corner

## Parrot

Here comes a parrot  
Sitting on a perch,  
Never will eat a carrot  
With the man in the couch!

The parrot wants the couch  
And also wants him out  
Oh poor man listening to the  
parrot shout.  
"Just give me the couch,  
Then I'll shut my mouth!

The poor man has to crouch  
To try in the birdcage pouch

By Kiragorn

## MY FIRST BIG FRIEND

Have you ever felt as if no one is there to keep you company except your sibling? That was how I felt before I met Arya. She was my friend even though she was 3 years older than me. "You didn't have to do that Peter!" Scolded my mother. I saw two girls beside my mom. I asked her, "Who are they?" She said, "This is Arya and that is Avishi."

While I was walking back home, then my mom showed me a place where children are playing.

There I met Arya, Avishi and other young children. I asked the children for their names and introduce myself. They were Arya, Avishi, Nysa, Aahana, and Rudrakshi. That was how we all became friends.

Arya later became my neighbor and we really became close friends and that was how she became my First Big Friend!!!!

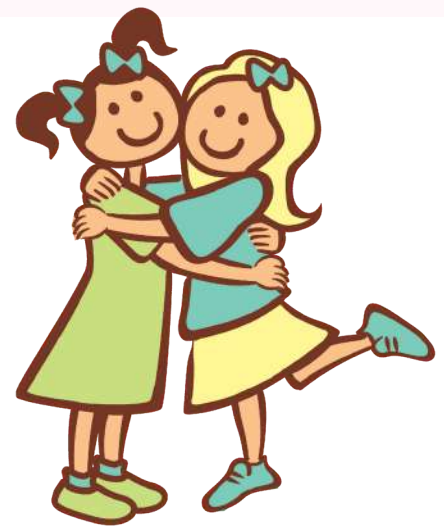
By: Aishee Pal  
Grade-2 Eager Beavers

## Being the Oldest Sister!

I hate being the oldest!! Being the oldest is hard work. I always need to do many chores while my little sister is playing in the yard. It's like my mom likes my sister more than me. When I was a kid, I liked being the oldest but I found it was also boring!!

I hate being the oldest because when my sister doesn't have the same ideas as I do, it always starts a fight and ends with someone getting punished or hurt. Another reason why I hate being the oldest is because I always need to do the chores for my sister like fixing the bed and keeping the toys. But the worst of all is when my mom punishes me because of my sister. And that is why I hate being the oldest!

~ Chanyatada Grade 3 Bright Sparks







## My Dream Career

In my opinion, I feel like, in this age we're only limited to a few jobs like a fire fighter, police man, teacher, chef, astronaut, president or doctor. But my dream career is to be an artist.

The person who attracted me to be an artist is, my sister. She is pretty good at drawing and sometime she helps me to draw. The other thing that inspired me are the people online, who are amazing and talented people that make amazing drawings. The two online artists who inspired me are Jaiden and James and they are also animators.

My mom and dad supported me by making me take drawing classes every Saturday. But the lessons that it taught me was that, if you stubbornly stick to one style and never experiment, practice your basic or never leave your comfort zone, you will never improve and that applies for more than just art and that is what it taught me.

When I will go to college, I will be learning about art. I will be taking art classes when I go to college I will take Oil painting, coloring and subjects along that line.

Lastly the most important thing that I need to do is practice more if it doesn't turn out nice the first time. I need to keep trying and give my 100% to succeed.

- Mahasamut Pramongudomrat - Grade 5 Ace Achievers

## My Family

I have a small family. There are three members. My Dad, Mom and myself. Dad's name is Alfredo J. Anceno. My Mom's name is Marisol Ortega Compendo Anceno. We like to go to Dasa Bookstore together. My family loves to visit the park because we like to walk around. My family has pets. We have fishes. We are going to get a dog next year when I am 8 years old. Family members help each other. My Dad helps me play the piano. He also helps my Mom to swim. We had a change in our family. We moved to a new house in ST 3. We like to go to TOPS Supermarket.

Sofia of Grade 1 Lily

## About Me

**My name is Su Yamin. I am kind, smart, respectful, responsible and pretty.**

**My favorite subject is Math, because it's fun to learn, and write. I study in Grade 2. My teachers are Mr. Elvis and Mrs. Neeta. I like my teachers, because they are fun teachers and teach us well.**

**My best friends are Inaya, Nysa, Boonrab, and Terapa. They are kind, smart, responsible and respectful. My favorite food is rice, chicken, fish, French fries and chips.**

**I live in ST 10, the room number is 101. I am 7 years old. I live in AIT and my house is near the school. My favorite toy is Lego. I love my parents because they read books to me at night and play with me in the morning and afternoon, I have a sister, her name is Phyo Thiri, and I like her because she gives me a turn to play. She plays with me Lego and goes out to adventure places with me!**

- Su Yamin- G2 Trail Blazers



## Why Our School AITIS Should Be Upgraded to High School

Should our school be upgraded to high school? Some people say that our school should be upgraded to high school so they don't have to think where they are going to drop their children in the morning or they don't have to think where to find a high school. Others say it should not be upgraded because the upper grades will bully the younger ones or the school will need more money to pay funds to bring more teachers to teach the high school teenagers. After thinking deeply, I believe that our school should be upgraded.

Some people say that the space of AITIS will shrink, some say that they would need resources, some say that if we build more buildings it would destroy nature and its course, some even say that the fees will go very high, student from high school might bully lower graders, the high school students might be distracted with inappropriate stuff, they might also vandalize the toilets, and they might skip school setting bad examples for the children.

I disagree. High school students can be a big influence to little children, but if they bully, the school administration can put CCTV in every corner of the school and if they still bully, the principal can put bullies in detention. If AITIS gets upgraded to high school, AITIS students won't have to search for other schools for further studies. The popularity of the school will go higher. They won't have to adapt into their new school environment. There will be a bigger canteen and variety of foods. Also, upgrading the school means that we will get more learning equipment (like computers, library books, science lab, music, and PE equipment).

So for every reason above, I think the school should be upgraded to high school and if there are any disciplinary issues, they can be dealt with by making strict rules.

Zachary Tristan  
Grade 6 Adventurers

## My Future Career:

### Interior Designer

When I was smaller, I like to imagine of decorating bedrooms. I also sometimes play games of decorating modern houses because I really like the style. I think the colors are basic and the designs are very beautiful.

I like to decorate houses because it makes me feel happy. Whenever I'm bored, I always decorate. I also craft rooms from boxes and decorate them by myself. It was very fun! One time when I told my mom that I like to decorate, my mom told me that I need to learn interior designing and I thought that's a very good idea.

I really want to invent designs that use electronic and designs that we have never seen before. I am sure that I will make a lot of money for my family and I will be very famous. I also want to make a bed that can be folded into a sofa or anything else.

I also play a game in Roblox which is called Bloxburg. I really like this game the most and I usually spend much time on this game more than others because I am free to decorate everything by myself. I also play another game called #oneroom. This game is like decorating rooms in real life. I really love to be an interior designer someday!

Kanyatorn  
Grade 5 Voyagers



## Phones Should Not Be Allowed in School

Raise your hand if you have a cell phone and if you bring it to school every day. Why do you do it? My name is Yamel and today I am going to talk about why cell phones should not be allowed in school. Phones should not be allowed in school because phones may cause students to cheat, are a distraction, and may cause cyberbullying.

Schools should not allow students to bring their phones to school because student can use their phones to cheat. About 25% percent of students think that using their phones to text a friend answers or using it to search the internet is not cheating. My first piece of evidence on this is about two girls named Jessica and Laura who were best friends. They talked so much that the teacher had to separate them. This worked until one day; the teacher gave the class a test. Jessica's paper and Laura's paper were the same. The teacher asked them about this; Jessica and Laura both lied and said that they did not cheat, but really they were texting each other in class the whole time. My second piece of evidence is from a study done from the Beneson Strategy Group. Their research showed that over 35% of teens admitted that they used their cell phones to cheat. Over half said that they used the internet to cheat. My third and last piece of evidence on this is that, since students carry their cell phone with them almost anywhere, it is very easy to snap a picture of your test paper and send it to someone else.

People say that even if students do not bring their cell phones, they can still cheat. Cheating during exams did not start with cell phones. That is true, but phones make it easier for students to cheat. Phones increase the temptation to cheat during tests, especially since most schools take exams online.

Phones are a distraction. Students can use them to play games, watch videos, and text. Even little things like alerts and notifications that light up your phone can distract you. My first evidence of this is a quote from a teacher, "When I was teaching, all too often I turned around from writing something on the blackboard to find students text-messaging or otherwise playing on their phones." This proves that phones are a distraction for students. My second piece of evidence is another quote by a middle school dean, "It's extremely dangerous because I know a lot of people who drive and text and even walk and text, so when given the opportunity to use their cell phones in class,

I want to change the world because many people waste water and food. I want people to realize that water and food are important and they should not waste it. I also want them to stop killing animals and cutting trees only to have more money. Paper is made from trees so please use paper wisely. Some people also don't care about the environment and just throw garbage everywhere especially into rivers and oceans. They should stop doing these bad things. Some of our country's seas are not clean and beautiful anymore. Please change the world and save it.

Nuanploy Buranajaroenkij  
Grade 3 Clever Tigers

*continuation on page 16*



they will avert their attention to what they think is more interesting like social media than what teachers have to say." Cell phones have the capability to text other student, access videos, play video games and go to the internet. All these can prove to be a distraction for students.

Students think that if they bring their phone to school, they can record the lecture of the teacher and listen to it later. However, what if it is too noisy. The only thing students will hear are the screams and laughter of their fellow students. That is why students should leave their phones at home and listen while the teacher is talking. Cyberbullying is a problem in schools. The students can cyberbully if they bring their phones to the classroom, even though classrooms are supposed to have safe environment. Schools pledge to have a bully free environment. Rumors and news about other students will spread quickly because students have social media at the tip of their fingers. My second reason is another quote by WR News, Senior Edition, "Cell phones set the wrong tone of learning, school officials say. Plus, they argue some kids use cell phones to send mean messages to other students." Another example of this is about a girl who got cyberbullied just because people did not like her. Her bullies made an anonymous account on Instagram and bashed her on it. She almost dropped out of school if she did not tell her mother.

Schools should ban students from bringing phones to school because they can cause cheating, distraction, and cyberbullying. Jessica and Laura cheated on their test. Cell phones can access videos, video games, and the internet, all of which are distractions. The girl got cyberbullied. All of these happened because students brought their cell phones to school.

Jan Riyamel  
Grade 6 Explorers

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# Student - Centered Activities

## Pre-K Section









# Student - Centered Activities Elementary Section













# The Newly Elected PTA Council 2018 - 2019

**AFSHANA PARVEN**

PTA CHAIR

**SIMMI RANJAN KUMAR**

PTA SECRETARY

**PRACHA KOONNATHAMDEE**

PTA TREASURER

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