



THE BULLETIN

AIT INTERNATIONAL SCHOOL NEWSLETTER

FEBRUARY - APRIL 2023 ISSUE | VOLUME 7 | ISSUE NO. 3

Dear Parents and Friends of AITIS,

The 3rd quarter (February to April) of the School Year 2022-2023 has been full of exciting and enjoyable activities that kept our students fully immersed. We thank our parents and well-wishers who have worked together with us in making the events a success.

*"We are only as strong as we are united, as weak as we are divided."
– J. K. Rowling*

NEPALI SCHOOL VISIT

This year AITIS had the pleasure of hosting an innovative experiential learning school from Nepal called the Nisarga Batika School. As part of their school curriculum, they usually take their grade 7 students to visit other countries, on an educational trip. This year a group of thirty-seven students (from grade 7) and six teachers came to Thailand and visited AITIS on 7 February.



The visitors were welcomed by a Thai traditional dance presented by the dancers of grades 5 and 6. The visitors in turn presented a Nepali song and a multicultural dance showcasing the diversity and cultural harmony of Nepal.

The event was also attended by Mr. Russell Rein, AIT Vice President for Administration (VPA), and Mr. Karma Rana, AIT Institute Secretary. After the program students and teachers of both schools had a chance to interact with each other and share a slice of their school life and experiences.



It was indeed a short but wonderful visit for both the visitors and the host school.



SCHOOL CAMP

The school camp for grades 3 to 6 was a huge success. This year's camp was held at Baan Klang Khao Resort in Nakhon Nayok.



The students were very thrilled to finally go on the camp after a gap of almost two plus years.



The camp provided the perfect opportunity for students to experience positive interactions with each other outside of the classroom. The various fun activities, team sports, and teamwork challenges organized by the teachers helped to develop new relationships and deepen existing bonds of friendship

AITIS CAMP COMMITTEE

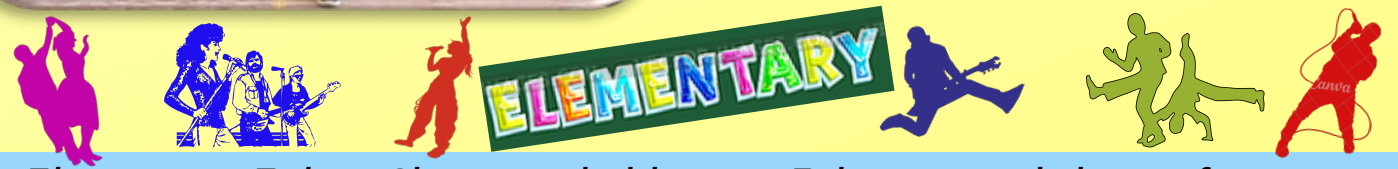


AITIS TALENT SHOW



TALENT SHOW - The Talent Show this year was divided into two segments spread over two days. The Prekindergarten Talent Show was held on 22 February where many students from nursery to kindergarten displayed a range of talents like singing, dancing, Wushu gymnastics, magic show, Rubik's cube solving, and playing musical instruments. The children displayed immense confidence in showcasing their talent before the supportive audience.

**PreSchool
MEETS**



The Elementary Talent Show was held on 23 February and the performances were done house-wise. Each house had to put up eight performances choosing from the given eight categories; Singing, Dancing, Sports Demonstration, Sketching, Poetry Recitation, Puppet Show, Pantomime, and Musical Instruments.





The two judges for this event were Mrs. Oluwayemisi, the School Principal, and Ms. Megha, the School Coordinator. All four houses put in a lot of effort to present a grand show for the audience.



The Talent Show was a grand success; not only did it boost the confidence of the children it also created opportunities for the house members to collaborate and show off their talents.

LIVING WITH SNAKES: A COMPREHENSIVE TRAINING PROGRAM:

On the occasion of World Wildlife Day on March 3 the students of AIT Wildlife Watch Group and Natural Resources Management organized a training program "Living with Snakes: A Comprehensive Training Program for Safe and Human Co-existence". The training program provided in-depth knowledge about snake behavior, types and identification, response to snake encounters, and first aid for snake bites.





The program was conducted by expert trainers from the Arsorapit Wittaya

STAFF PROFESSIONAL DEVELOPMENT



On 11 March the entire staff of AITIS attended a Staff Professional Development Program at school. The entire program was divided into two segments. The first segment was titled "Mental Health Challenges Post Covid in Elementary Schools and the session was conducted by Ms. Cholakorn Meethong, clinical psychologist, and her team from Me-Hug Counselling Company. This session aimed to help teachers reflect on the long-term effects of Covid-19 on student learning, mental health challenges, lost instructional time, and how we can help children cope with the gap created by this pandemic while also keeping our mental health in check.



The second segment titled "Climate Change & Sustainability: Role of Schools" was conducted by Ms. Sireesha Bantu, Director, Office of Sustainable Campus (OSC), and her team. The team discussed pressing topics like Sustainable Development Goals, Water & Energy Conservation, Waste Segregation & Management, and how school children can play a vital role in saving the environment.



PRACTICUM IN HEALTH PROMOTION NURSING

Some students from the Faculty of Nursing at Thammasat University came to AITIS to conduct their practicum in health promotion nursing for their Bachelor of Nursing Science (International Program). In keeping with this they interviewed some students from Grades 3 and 5 asking them questions about their general health and their daily habits and practices. The aim was to promote positive health behavior and impart knowledge about protecting against diseases. .





AITIS is always happy to collaborate with its neighbors to promote healthy relationships with them

“Taking pictures is
savoring life intensely,
every hundredth
of a second.”

--Marc Riboud--

ANNUAL CLASS PHOTOS

On 16 March the Annual Class Photos were clicked for all students and staff. We would like to thank all families for ensuring that the children came to school neatly dressed and ready for the photos.



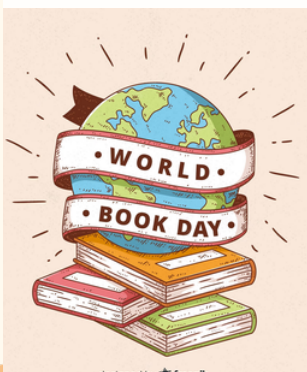
FUN AND FOOD FAIR

With great pomp and show AITIS once again hosted the Annual Fun & Food Fair on a big scale, after a gap of nearly two years. This year the event was held on 5 April in front of the AIT Conference Centre.





Lip-smacking delicious food from various countries, fun games, entertaining performances, and a chance to win amazing prizes at the raffle draw made this event a grand achievement. A big "THANK YOU" to all students, parents, teachers, and well-wishers of AITIS who got together to make this event memorable and successful.



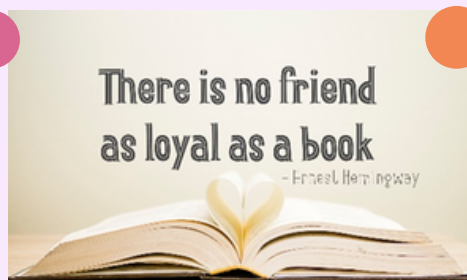
AITIS celebrated World Book Day on 24 April when all the students and staff dressed up as a character from a book of their choice. Children shared about the character they had chosen and also made mini comic books and lapbooks which were displayed in the school assembly. Overall it was an enjoyable and exciting day for all the students and teachers at school.





As we come closer to the end of another school year we would like the entire AITIS family to persevere to end it on a positive note. Let us continue to be each other's support system as we work towards our common goal of ensuring the all-round development and growth of our children.

Thank you,
Sincerely,
Ms. Megha Gurung
School Coordinator, AITIS



AITIS School Camp Report By: Inaya (Grade 6)

This year, we went to Bang Klang Khao Resort for our exciting 3-day camp at AITIS. This camp was so many things all at once that describing it is difficult. The only thing that can properly describe my feelings about this year's camp is something Nancy Newhall once said, "The wilderness holds answers to questions man has not yet learned to ask." Camping is a fun experience, especially with other AITIS students; we had many different activities and groupings that provided us with many new memories.



As usual, students from grades 3-6 were mixed together to form groups led by a sixth grader. This was an exciting opportunity for us because we looked up to the older students as role models last year. This time, it was thrilling to serve as an example for younger students. As a group, we participated in a variety of activities. I thoroughly enjoyed the experience of working together and collaborating on various tasks. It allowed me to get to know my fellow campers better and develop the skills necessary for group work. We were assigned an animal as our symbol. We had to choose the unique characteristics of the animals that represent us as a group. Each animal that represented a particular group was an animal that belonged to and worked as a unit in a group. An elephant, for example, possesses intelligence, resilience, and strength. We also had to come up with a motto, such as "We turn me into a we." This activity helped us bond as a team and understand the value of working together to achieve our goals.



The camp had different activities as groups but we also bonded with our friends in our cabins and during meals. Of course, we had three meals a day and were given snacks to replenish our energy from time to time. This gave us time to really talk and interact with our friends. We were in close quarters with one another during camp because we stayed in cabins. This fosters a sense of unity and shared experiences, both of which can lead to meaningful connections. People in cabins usually sleep only a few feet apart, which nurtures a sense of trust and vulnerability.

Before going to bed, we could share stories or simply talk. The close quarters and relaxed atmosphere of a cabin often lend us campers to sharing stories and experiences. This can lead to deeper connections as people learn more about each other and relate to each other's experiences. Finally, people often bond in cabins during camp simply through the act of being present. Being away from the distractions of everyday life and technology allows campers to be fully present with each other.



Every day at around 6 A.M., we awoke fresh and early. Khun Sarita and Mrs. Vinita greeted us in the morning with engaging exercises and yoga to start each day with activities on our way. The activities at camp were challenging but enjoyable. We went through obstacle courses that put our strength, agility, and problem-solving skills to the test. Sometimes the obstacles required us to assist our teammates, which aided in the development of trust and patience among our groups. It was challenging at times, but we persevered and felt a sense of accomplishment when we finished each course. We were also given the chance to try out new activities. These activities not only physically challenged us, but also taught us valuable lessons about teamwork, communication, and trust.





One of the activities that stood out to me was when we had to create a skit using futuristic technology based on our imagination and creativity. It was astounding to see how my group members came up with different ideas and combined them to create an amazing performance. It was an interesting way to show off our imagination and creativity. Of course, no camping trip would be complete without a bonfire. We first witnessed a play about how the gods were repeatedly asked by humans for light before the god of fire eventually "gifted" light to us in exchange for taking care of our planet. We huddled together by the fire and enjoyed roasting marshmallows. We sang songs and bonded over the shared experience of being at camp. In my opinion, it was my favorite moment of pure joy and connection that brought us all together.

as a group, as well as a survival skill we learned at camp. We cooked over our own fire. Each team member contributed in the preparation of the food we were going to eat. Some students assisted in the cutting of onions and garlic, while others attempted to light the fire so that everyone could contribute and the meal could be prepared more quickly. We learned how to make pasta, but the most difficult part was actually starting the fire, which took a long time. But I'm glad we listened to our teachers and learned how to make a proper fire to help us in the future. Although adding the ingredients was simple, it taught my teammates to be patient. We ate our own meal, knowing that it was the result of our hard work as a team.





In conclusion, attending camp was an unforgettable experience. It provided me with the opportunity to develop new skills, make friends, and allowed me to connect with nature. I am grateful for the opportunity to attend camp and highly recommend it to other younger students. It is an experience that you will not forget even when you leave this school. Whether it's exploring nature, making new friends, or pushing yourself out of your comfort zone, there is something for everyone at camp.

The Nepal School

By: Su-Yamin

Grade 6

It was 7/2/23, the day when the students from Nisarga Batika School, Nepal came to visit us. We waited from morning to noon until they came in their vans. Only G6, G5A and G5B were allowed to go out and greet them. Before the introduction started, Mrs. Yemi gave a speech and welcomed them. We wanted to let them know about us, so we introduced ourselves with a welcoming Thai Dance. Once we finished the Thai Dance, the students from the visiting school, came in front and introduced themselves by singing a song and a traditional dance from their country.



We went back into our classrooms with some group of Nepalese students that were preassigned by our teachers. When we all sat down in groups, we started watching videos of their school.



Once both videos were finished, we interacted with the students. It was a good experience for the higher grades as it helped in communication and a way to interact with others.

PRESCHOOL



AITIS "Rising Stars" TALENT SHOW 2023 **Mrs. Nanette Q. Gatela**

According to Ralph Waldo Emerson, "Every artist was first an amateur". AITIS Talent Show 2023 theme: Rising Stars is a welcoming platform for our Pre-Elementary students when they showcased their hidden talents.

Thirty - three (33) students from Nursery to Kindergarten participated enthusiastically and exhibited this year's talent show.



Some sang songs, some showcased their foot-tapping moves, while others recited rhymes, a magic show, rubric showdown, and a boy band group.

The Pre- Elementary students wore colorful attires, using fascinating props making the audience spellbound. These events not only nurture the intrinsic qualities of students but also remove stage fear in them, which will surely help in their personality and total development.



Lastly, it was so heartwarming how the youngest group of AITIS students displayed their best behavior as an audience. They watched every show enthusiastically and never forgot to clap their hands as support to their friends on stage.

Kudos to those parents for the time and effort you have invested in your child. Indeed you have ignited the talent of your child. Well done!



TALENT SHOW



ELEMENTARY RISING STARS



The morning dawned with a nip in the air in late February and the students of AITIS were eagerly looking forward to the talent show. There was an excited flurry of activity, setting up the stage and making seating arrangements for all. The teachers and students pitched in to help the team. The stage was set and it held the promise of something awesome about to happen. It was time to assemble the students for the show, but we were in for a setback. The air quality index showed red! We couldn't begin the show until it turned yellow!



In the late morning when the light turned yellow, we could finally start the show. Teachers and students sprung into action and assembled in record speed. The show took off promptly after our Principal Ms. Yemi gave some words of encouragement to the students. Inaya's poem "Rising Stars", which she wrote for this special occasion, set the tone for our talent show. The house masters and students cheered for their groups and exhibited their competitive spirit.



There was a rollout of extraordinary talents in various categories like singing, dancing, poetry recitation, sketching, pantomime, puppet show, playing musical instruments, and sports demonstrations like boxing and taekwondo. The judges had an onerous task ahead of them. The performances were intriguing and competitive and the audience was enthralled. With much reluctance, we took a break for lunch.



Soon after lunch break, we reassembled and got on with the rest of the show. Poetry recitations were powerful with expressions and actions. Taekwondo presentations had coordinated motions and techniques that also involved high kicks. Singers regaled us with their lovely voices singing popular songs. Group dancers were energetic, entertaining, and the crowd's favorite!

Towards the end, the pantomime act about "FEAR" got special mention for the lesson it conveyed.



The event came to a close with a group dance. It was a fitting finale to the talent show. Everyone breathed a sigh of relief that the talent show, AITIS Rising Stars 2023 was able to take off and conclude on a positive note.

By: Mrs. Karthygai Ravindran

AITIS STAFF PROFESSIONAL DEVELOPMENT
FIRST SESSION:
MENTAL HEALTH CHALLENGES POST COVID IN ELEMENTARY SCHOOLS.
BY: MEHUG
11TH MARCH, 2023.



This first session of the workshop with teachers kicked off with some fun activities such as:

*A warm-up exercise about **MINDFULNESS**, where every teacher expressed his or her state of mind whenever stressed using the Mentimeter app. We were given an opportunity to express the states of our minds while stressed, and everyone identified his or her signs of stress and learned how to manage it.*

*Then the **Icebreaker**. Here, teachers were asked if they could have any celebrity come over for dinner, who could it be? There were diverse responses and teacher's choices of celebrities came from different works of life. Ranging from: Movies, Activism, The Literary World, Religion, and Music.*

Delving into the workshop topic on how to deal with mental challenges post covid, teachers were encouraged to continue with these routines while welcoming the students back to school:



- Build a close relationship with the students.
- Encourage play and sports
- Listen to children's concerns without being judgmental.
- Be a good role model of coping with behaviors to the students.
- Watch out for any warning signs in the students as they resume.

We further discussed mental illnesses in children as serious changes in the way children typically learn, behave, or handle their emotions which cause distress and problems. Then, we were asked to watch out for warning signs of mental illness in our children which include:

- Persistent sadness that lasts two weeks or more.
- Withdrawal from social activities/interactions.
- Outbursts or extreme irritability.



- Changes in mood or behavior of personality.
- Changes in eating habits, loss of weight, or weight gain.
- Difficulty sleeping.
- Changes in academic performance or missing school.

However, teachers were motivated to also protect their own physical and mental health as well by maintaining healthy eating and sleeping habits, resting, exercising, and connecting with friends and family.

Going on, the facilitators of this workshop identified a major consequence of COVID-19 pandemic on education as the lingering effects of unfinished learning leading to learning loss. The term learning loss refers to any specific or general loss of knowledge and skills or the reversals in academic progress, most commonly due to extended gaps or discontinuities in a student's education. Who is most affected by learning loss?

- Younger students: they had less access to remote learning and were thus more affected.
- Long weeks of school closure: a study from Poland shows that 26 weeks of school closure led to learning loss equal to more than one academic year.

How to recover from Learning Loss: there are three major ways of recovering from learning loss and they are:

Attention: these are sets of evolved brain processes that lead to effective behavioral selection. These include:

interactive activities, mindful practices, movement, break lessons, visual aids, and the use of technology.

Adaptation is the adjustment to environmental conditions such as clear expectations, individualized support, and positive reinforcement.

Atmosphere is the tone or mood of a place or situation such as positive classrooms and a stimulating learning environment.



After the pedagogy on Post Covid Mental Health Challenges in Elementary Schools by the facilitators, teachers were allowed to loosen up a bit with a group activity to demonstrate our different Morning Check-in in our classrooms and it was such an amazing experience to see what goes on in our various classrooms on a daily basis.



Finally, to round off this session of the Professional Development workshop, the facilitators listed and explained some Mindfulness-based techniques and ideas which teachers can generally administer to their students through the use of mindful meditation focused on the present moment. Teachers were taught to focus on a particular phenomenon (such as the breath), and as thoughts wander, they were asked to bring their awareness back to the present moment through:

- Observing
- Describing
- Acting with Awareness
- Non-Judging
- Non-Reacting
- Belly Breathing
- The warrior pose
- Sound meditation
- Art
- Forest bathing
- Counting while breathing



With these mindfulness exercises and ideas, this first session of the workshop was brought to an end and it was quite an interactive and educating program to ratchet up awareness of some mental health challenges in the lives of both teachers and students in elementary schools post covid.



SECOND SESSION: SUSTAINABILITY: THE IMPORTANCE OF SDGs IN THE SCHOOL ENVIRONMENT



Sustainability refers to the ability to maintain or support a process continuously over time. AITIS teachers were taken through the steps of SDG's importance journey as well as its current problems. The 17 SDGs' sustainable development goals to transform our world were reeled out and discussed in line with the universal call for its improvement.

Next, why is sustainability so important? Sustainable living practices not only help reduce pollution but also conserve natural resources like water and energy. Businesses and people that care about sustainability are also less likely to encroach upon the natural habitats of wild animals, thus helping protect the biodiversity of our planet. In these ways:



- **Only one Earth:** In the universe are billions of galaxies, in our galaxy are billions of planets, but there is Only One Earth. This global campaign calls for collective, transformative action to celebrate, protect and restore the planet.
- **Resilience:** While sustainability looks at how current generations can meet their needs without compromising that ability for future generations, resilience considers a system's ability to prepare for threats, absorb impacts, and recover and adapt after disruptive events.
- **Global challenge:** this refers to the various major problems that constitute a hindrance to the actualization of some of the earth's fundamental needs such as the problem of climate change, healthcare issues, globalization, and the future of the internet.



- **Changing habits:** sustainable habits are those habits that help us to live a better life and also protect the environment.

Hence, for sustainable development to be achieved, it is crucial to harmonize three core elements: economic growth, social inclusion, and environmental protection. These elements are interconnected, and all are crucial for the well-being of individuals and societies.



Thus, in conclusion, the facilitators sensitized the teachers on Green House Emissions and how to reduce it. Since the Industrial Revolution, the world's development has relied on the assumption of an abundant and infinite supply of energy resources, such that we produce, use, and dispose of energy waste in a linear fashion.



This economic model, where natural resources and waste resulting from their use are not integrated, has resulted in significant greenhouse gas (GHG) emissions into the atmosphere. Therefore, to reduce GHG emissions to the atmosphere through a closed loop, there is every need to involve the 4Rs (reduce, reuse, recycle, remove).



AITIS Fun and Food Fair 2023 Draws Huge Crowd by Nata Grade 5A

The AITIS Fun and Food Fair held on April 5 at the AITCC Pond area was a grand success with hundreds of visitors in attendance. The emcees of the event were Ms. Marifel and Ms. Ara, who kept the program lively and entertaining throughout the day. The guests of honor included the President of AIT, Prof. Yamamoto, and other high officials from the AIT.

The highlight of the event was the raffle, with 146 prizes up for grabs. The top prizes included a washing machine, refrigerator, and an air purifier, among others. Visitors eagerly awaited the raffle draw, hoping to win one of the exciting prizes.



Apart from the raffle, the event had several game stalls catering to students of different grades. From the exciting "Spin the Wheel" game for Grade 1 students to the challenging "Dart" game for Grade 6 students, the event had something for everyone. Other games included "Magic Pot," "The Bull's Eyes," "Lucky Hearts - Ring Toss," and many more.



Foodies had a great time exploring the various food stalls from different countries, including India, Vietnam, Bangladesh, Philippines, Sri Lanka, Malaysia, Thailand, and Italy. The aroma of the delicious food wafted through the air, tempting visitors to try out different cuisines.



In addition to the food and games, there were several fun stalls, including a Music Request Stall by Mr. AJ, Sing and Dance Performances by AITIS Students and Teachers, and a Photo Booth by Mrs. Nanette. Visitors also enjoyed getting Henna tattoos and exploring the Garage Sale.



The AITIS Fun and Food Fair 2023 was a huge success, thanks to the hard work and dedication of the AITIS staff, students, parents, and sponsors. Everyone had a great time, and the event raised funds for a worthy cause. We all are already looking forward to next year's event, promising an even better experience for all.



The program started at 10:35. It was a regular school day, except we wore colorful clothes and sprayed water on each other. The moment Mrs. Yemi announced Songkran had started, students flooded to the assembly where there was a silver pot full to the brim with water, silver bowls placed neatly around it.

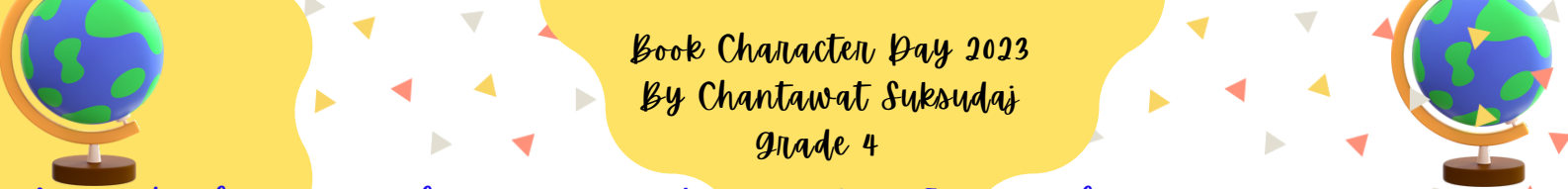


There were chairs placed in a straight line across the hallway leading to the canteen. Teachers were sitting at the chairs as students lined up to pour water on their hands using the silver bowls. This was a sign of respect to the elders.



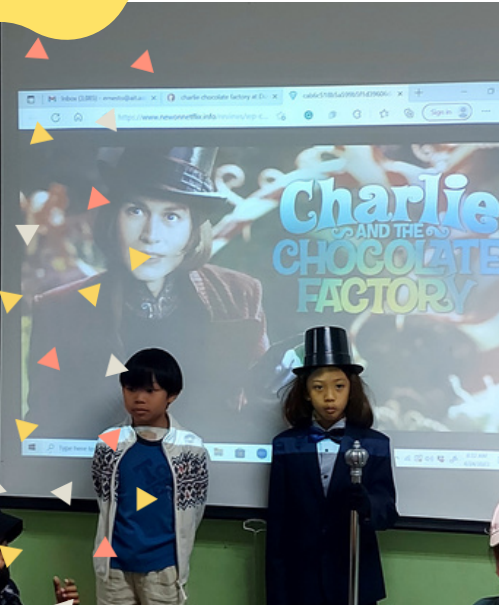
Right after the students were done, they immediately went to every sink and faucet in the school and filled up their hands, bowls, and water guns with water and threw it at their friends. Laughing and giggling filled the entire school. Everyone's clothes were drenched, but no-one cared because they were too busy having fun. Khun Kru Aporn turned on the water hose and sprayed at everyone, how fun! As the program ended, students returned to their classrooms and changed into dry clothes, or dried themselves if they didn't have any.

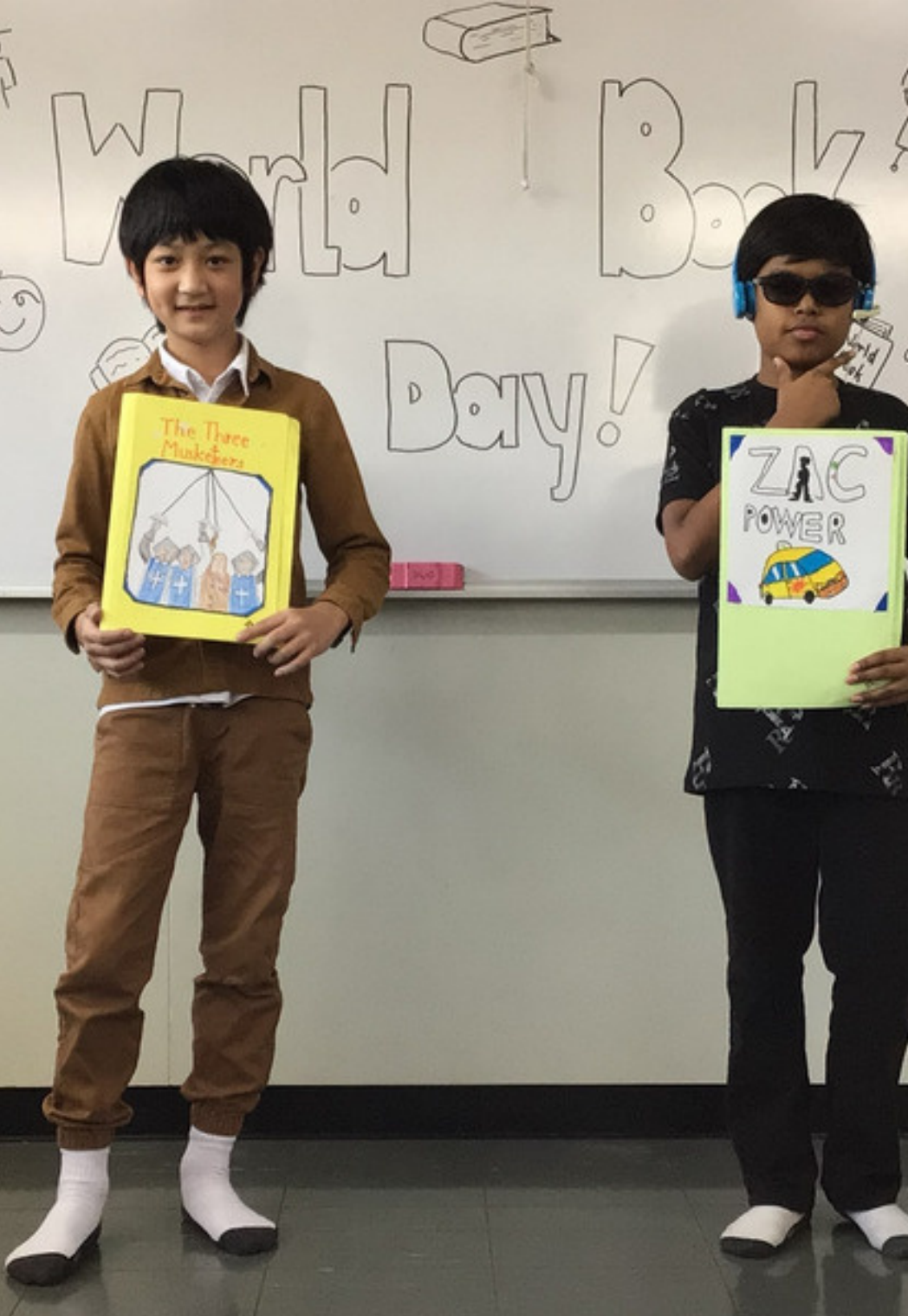
This year's Songkran was the best by far!



Book Character Day 2023
By Chantawat Suksudaj
Grade 4

On 24 April 2023, we celebrated Book Character Day. It was a lot of fun to see my friends and teachers in different book character costumes. Some really looked very funny. I felt excitement rushing through my veins on that day! It was really hot that day because I needed to wear 2 layers of clothes but it was alright.





Before Book Character Day. I always check everything that I will be needing for that day so on that day I would not forget anything. We did a presentation in our costumes inside the classroom. We were asked to say something about the characters that we have chosen for our Book Character Day. My partner and I wore the Demon Slayer costumes. My friend and Book Character Day partner, Yanapa, was dressed as Kanao while I was dressed in a Tanjiro costume. Most of my male classmates were in Dogman costumes. Yanapa and I both explained in front of our classmates and teacher what our characters are like. It was very embarrassing at first but we got through it, it became all right. I hope you enjoyed my Book Character Day experience.



Welcome to the School Counselor's Corner



5 WAYS TO TEACH YOUR CHILD TO STAND UP FOR THEMSELVES

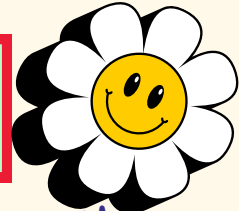
Source: <https://bit.ly/3n9QqiT>



Love has started kindergarten, which is different for all of us. She is in a school setting which she has not been in before. The relationships we had with her other caregivers were different. We set them out and selected them. School is different as we were told who would be her teacher. We selected the school based on some things that were important to us.



STANDING UP FOR YOURSELF IS A FORM OF SELF-CARE.



Her first week of school we had an issue where another child touched her in an inappropriate way. She was very vocal when telling us about it and we told the teacher. Then last week she had another incident with another child who said some things that were also inappropriate.



This is an adjustment for us and for her. She has not had these issues before. I will say that Love is vocal and will let adults know when she is uncomfortable. I take a lot of pride in that. However I still feel the need to make sure she knows how to stand up and speak up for herself at all times. I'm not only speaking about in school, but also at home, at dance, and any other situation.



5 WAYS TO TEACH YOUR KIDS TO STAND UP FOR THEMSELVES.



- **Listen:** When your child comes to you with a problem or dispute, listen.
- **Set The Example:** Make sure you are standing up for yourself
- **Practice:** Act it out. Work through example situations and practice how they can handle a situation
- **Watch & Observe:** When your child has a dispute with other kids watch and see how they work it out. Intervene only when necessary
- **Teach Assertiveness:** this can be done and not be considered rude.



It is hard for me to think about the many challenges that kids have to face today. I know that I must equip my kids to deal with issues that I have to deal with as an adult.

This part of parenting is trying and difficult because we want our kids to live in a world full of rainbows and butterflies. Until reality sets in and you realize that these conversations are required.



GET TO KNOW OUR TEACHERS!

1. Tell us about yourself and how long have you been a teacher?

My name is Mrs. Shandhini and I'm from India. I have two daughters. My husband works in AIT and I have been teaching for 8 years.

2. How long have you been working at AITIS?

I've been teaching in AIT for 8 years.

5. What event or activity in school is one you look forward to the most every year and why?

UN Day gets an opportunity to see different cultures on one platform.

6. If there was one lesson you would like your students to remember you by, What would that lesson be?

I would love to know that my students will remember me as approachable and helpful towards creating a positive classroom learning environment.

7. What is your contribution to the school?

Teach student's good values, morals and ethics. Also inspire them to achieve great things in the future.

8. Aside from teaching, can you name one of your favorite hobbies that you enjoy doing during your free time? and why?

I enjoy watching movies or video series, these are my stress relievers.



Interviewed by Athit

3. What is the one thing you enjoy about being a teacher here at AITIS and why?

It is always a pleasure teaching creative young minds of AITIS, children who come from diverse cultural backgrounds..

4. What do you think makes AITIS so special or unique?

AITIS promotes unity and diversity.



Interviewed by Boontemduang

1. Tell us about yourself and how long have you been a teacher?

"I am a single Filipina (not yet married). A teacher for 20 years who used to teach preschool children, but now teaches in elementary school."

2. How long have you been working at AITIS?

"I've been teaching in AITIS for 6 years now."

3. What is the one thing you enjoy about being a teacher here at AITIS and why?

"I enjoy my time teaching at AITIS because there is no need for me to travel."

4. What event or activity in school is one you look forward to the most every year and why?

"It's Annual Day, because it's the end of the school year, we meet the parents, and children to showcase their performances."

5. What is your contribution to the school? "Help maintain the G1 garden, became an emcee in some school events e.g. Sports Day, among others"

6. What do you think makes AITIS so special or unique?

AITIS is not a big school and you get to know everyone. Students are polite and humble.



8. Aside from teaching, can you name one of your favorite hobbies that you enjoy doing during your free time? and why?

I like singing and listening to music because it helps me relax and relieve my stress."

7. If there was one lesson you would like your students to remember you by, what would that lesson be? "Difficult roads often lead to beautiful destinations."

Get to Know our Teachers



Interviewed by Boonrab

1. Tell us about yourself and how long have you been a teacher?

"I am Mr. Ernesto Esguerra, Jr. from the Philippines, married to Mrs. Jennifer. I have been teaching for 17 years"

2. How long have you been working at AITIS?

"6 years."

3. What is the one thing you enjoy about being a teacher here at AITIS and why?

Being a teacher offers a lot of opportunities, such as learning new things everyday.

4. What event or activity in school is one you look forward to the most every year and why?

I always look forward to school camp, because it allows me to share the things I love, like being close to nature with the company of friends and meeting new ones."

5. What is your contribution to the school? I'm a part of the team that revived the Sustainable Garden in the Elementary Section.

6. If there was one lesson you would like your students to remember you by, What would that lesson be?

"I would like my students to remember Science lessons about atoms. However big you become, you are still a small dot in this vast universe. So, keep your feet on the ground."

7. What do you think makes AITIS so special or unique? AITIS is a melting pot of different cultures and nationalities. It values respect.

8. Aside from teaching, can you name one of your favorite hobbies that you enjoy doing during your free time? and why?

I love gardening because it brings joy and reduces stress. It allows me to set a goal for myself and nurture something.



Interviewed by
Ajanta and Siraphop



1. Tell us about yourself and how long have you been a teacher?

My name Khun Monta. I am from Thailand. I am married and I have two daughters.

2. How long have you been working at AITIS?

I have been working for 24 years in AITIS.

3. What is the one thing you enjoy about being a teacher here at AITIS and why?

I love students, and I love to help them.

4. What event or activity in school is one you look forward to the most every year and why?

I love Fun and Food fair! Because we can have a lot of fun and there are so many activities and a lot of food.

5. What is your contribution to the school?

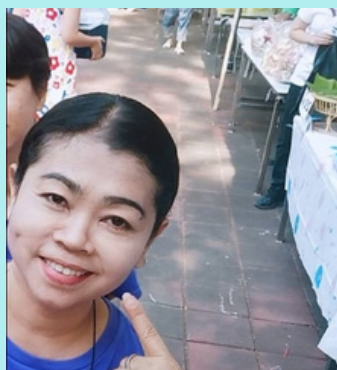
I help the teachers and students.

6. What do you think makes AITIS so special or unique?

In AITIS, children are taken care of very well and no one is left behind.

7. If there was one lesson you would like your students to remember you by, What would that lesson be?

I do my the work as best as I can.



8. Aside from teaching, can you name one of your favorite hobbies that you enjoy doing during your free time? and why?

I like to go out with my friends.

CREATIVE WRITING

Title: Aditi Did it (by Thiri-G/A)

I know of someone who always does something good to me

When she sees trash on the floor she picks it up. She likes helping. She is my best friend. She likes doing it.



and to others. She is Aditi. She is my best friend.

She has a baby sister. She likes taking care of her, day and night. She loves her sister.



When I have a friend with me she likes them. She is kind to others.



She likes saying nice words like please and thank you. She is very kind to me and others.



My Surprise Story
By : Janvi 1-B

One day, it was Kavindra's birthday. I knew what to give, a little kitten. I went to the pet shop and bought a kitten. I went to Kavindra's home. I gave the gift to Kavindra. She opened the box. The kitten jumped out. She played with it. She said "Thank you" to me.



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Ruechawich 2A



Mubashira- A Friend You Need

By Ajanta, Grade 5B Periwinkles

Friends are those you can talk to, you can connect to, and you feel the most comfortable with. I have a lot of wonderful pals, but today I want to write about someone special.

Mubashira also known as Ibu (I don't know where that name originated from but I have called her that ever since) is one of my closest friends who is a tall, quiet, introverted half-American girl. In our group of friends, she is incredibly chatty despite how quiet she is outside.

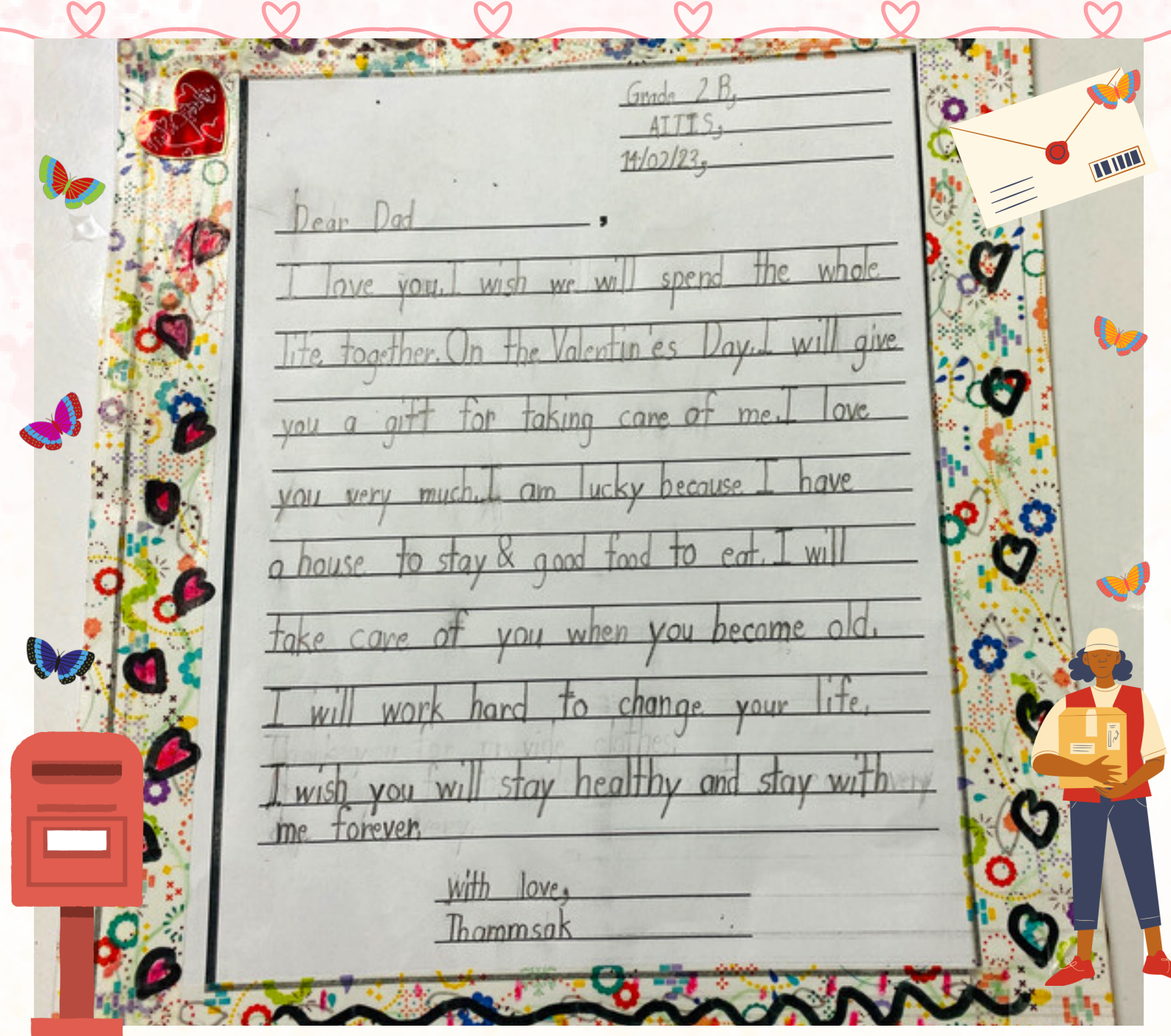
Mubashira has a wolf-cut with fluffy, medium-length hair.

She has light brown pupils in almond-shaped eyes. She is one year older than me.

Mubashira is also quite intelligent. She skipped Grade 1 since she moved on to Grade 2 right away. She is currently in grade 7 and is doing advanced math, which is also handy for me as I am not particularly good at mathematics.

My favorite thing about Mubashira is how witty she is. She is also a really chill, patient person who handles everything calmly instead of becoming frustrated. She also prefers to think logically rather than emotionally. Her greatest skill is her ability to quickly comfort someone. Although she will attempt to comfort you even if your issue is not too serious, things really make more sense when she explains them.

We haven't really spoken in person in a while, but because we do voice calls virtually every day, it really doesn't matter. But I do miss hanging out with her in real-life.



Grade 2 B,

AITIS,

14/02/23,

Dear Dad,

I love you. I wish we will spend the whole life together. On the Valentine's Day, I will give you a gift for taking care of me. I love you very much. I am lucky because I have a house to stay & good food to eat. I will take care of you when you become old. I will work hard to change your life. I wish you will stay healthy and stay with me forever.

With love,

Thammsak

Riddles

by Yoon Min

Grade 5A



I am a symbol of knowledge
What am I? **A Lightbulb**

I am a messenger where you give
objects to, but I am not alive
What am I?
Post Office

I am up-to-date, well-known, and
give people information
What am I? **Newscast**

I can be correct or wrong and I
am used for questions
What am I?
Answer

I am the feeling that comes over you when you see something amazing
What am I? **Awestruck**





The Basket of Badluck



By Neti Chitsomboon
Grade 4

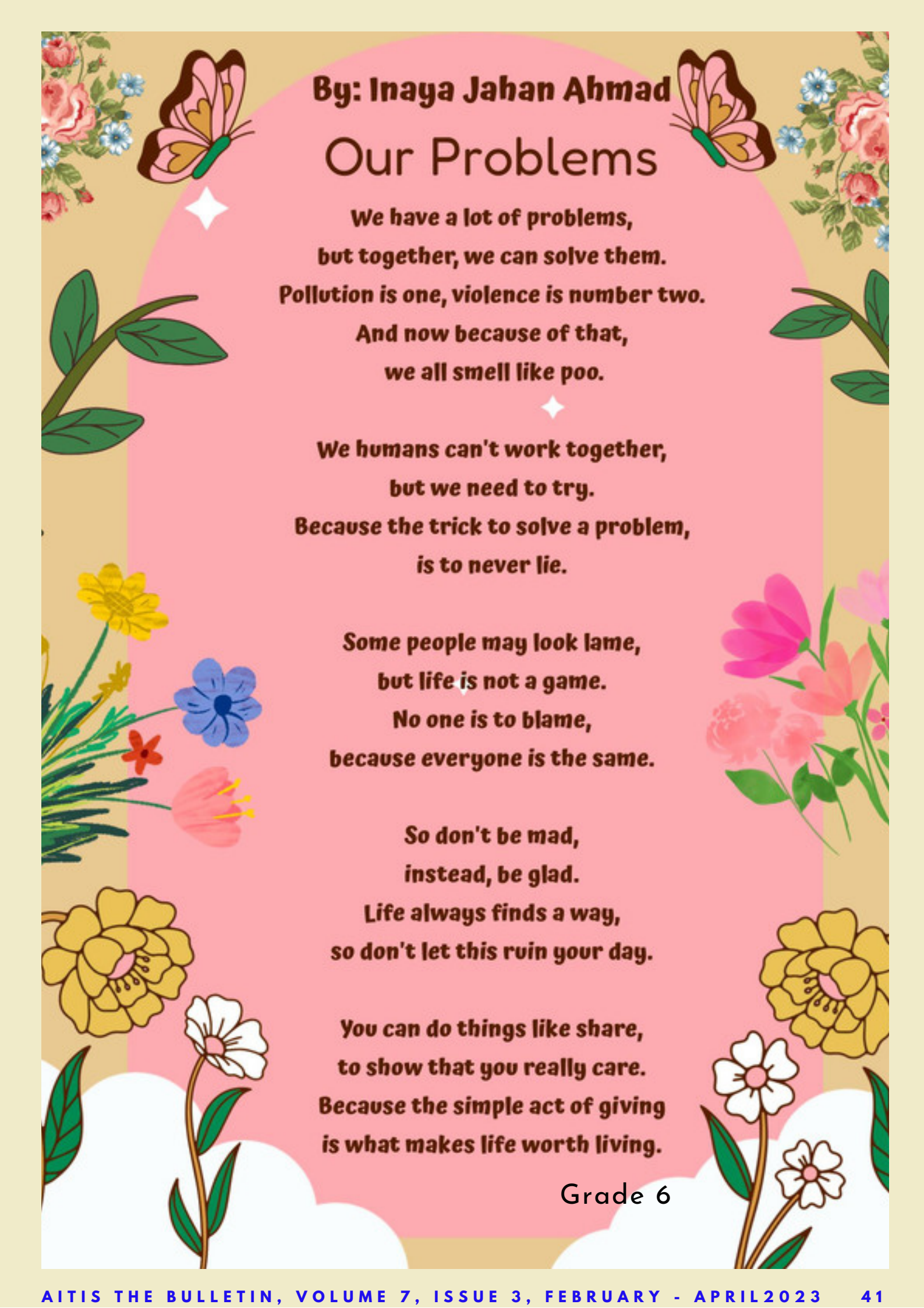
Once upon a time, there was a boy named Ethan. He was 10 years old and he lived without his dad but only with his mom. His family doesn't have much money because his dad does not have a job. Until one day, Ethan found a basket in front of his house. "Hi there!" said the basket. "Umm... Hi!" said Ethan. "I have to tell you something," said the basket. "If you wish to get something, you're probably gonna get it because I'm the Magic Basket."

You can wish for 50 times only because the one who wishes beyond the 50th time will get bad luck forever (that means you can give it to someone else to make the wish then get bad luck} The first thing he wishes for is a lot of money and after he wishes for the 30th time. He started to get scared about the bad luck so he went to his friend's house, Thomas. He explained about the basket and Thomas agreed to keep the basket. When he came back, he needed to run back to Thomas's house because his mom was angry with Ethan because he didn't clean his room.

He ran to the farm and hid in the hay and for some reason, his mom couldn't find Ethan. Suddenly when he got a chance, he ran to Thomas's house, "Can you give me the basket now, please?" said Ethan, "I don't have it," said Thomas "I already gave it to Jenna. So he ran to Jenna's house. "I already gave it to Billy, and it also has 2 more wishes left! So, Ethan ran to Billy's house. "Can you give the magic basket to me please?" Asked Ethan "Okay but it only has 1 wish left." said Billy.

So Billy gives it back to Ethan then slams the door. Ethan ran to his house then went into the backyard. He started to make fire and after that, he said "I WISH FOR MY ROOM TO BE CLEAN" then he started to throw the basket into the fire. Five minutes later, 20 mins later, nothing happened, so that means that throwing the basket into the fire is working so it cannot give bad luck.



The page is decorated with a vibrant floral and butterfly border. At the top corners, there are clusters of pink and blue roses. Two pink butterflies with yellow and green markings are positioned near the top center. The sides of the page are adorned with various flowers, including yellow daisies, blue and red blossoms, and pink tulips. The bottom corners feature large yellow and white flowers. The background is a light pink circle on a yellow background.

By: Inaya Jahan Ahmad

Our Problems

**We have a lot of problems,
but together, we can solve them.
Pollution is one, violence is number two.
And now because of that,
we all smell like poo.**

**We humans can't work together,
but we need to try.
Because the trick to solve a problem,
is to never lie.**

**Some people may look lame,
but life is not a game.
No one is to blame,
because everyone is the same.**

**So don't be mad,
instead, be glad.
Life always finds a way,
so don't let this ruin your day.**

**You can do things like share,
to show that you really care.
Because the simple act of giving
is what makes life worth living.**

Grade 6

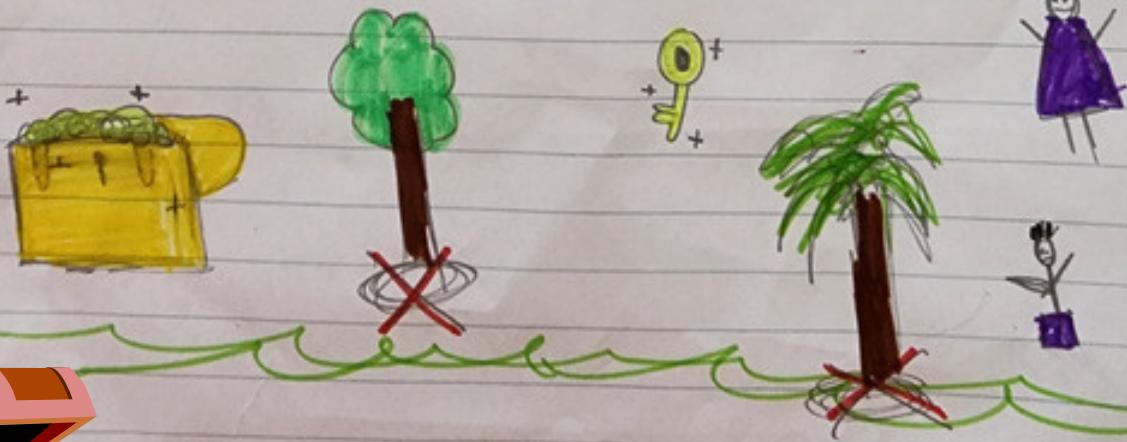
Page 205

DATE

Adjectives (Writing Application)

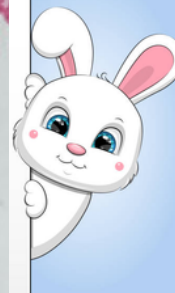
The Hidden Treasure

Grandma found a piece of fine paper. It said, "Hidden under the big oak tree is a treasure". Grandma thought it was a fortune, so she called grandpa to help her find this treasure. They were excited! They went to the forest where oak trees grows a lot. They dug everywhere but cannot find it, they are confused. Then Grandma saw a big brown oak tree. Grandpa dug under the tree. And found a yellow box, it was covered with gold. Grandma and Grandpa were so happy, but the problem was they cannot open it. Grandpa tried everything but failed. Grandma tried checking the paper if there was any clue to open it. But Grandma saw a picture of a yellow key under a big pine tree. Again Grandma and Grandpa set off to find it. They went where many pine trees were grown. They dug everything, but nothing was there. Untill they found a big pine tree. Grandpa dug out giant key. They are happy when they open it. It was full of gold, silvers, etc. They were amazed by it. It was amazing adventure for grandma and grandpa that made their fortune!



By Pitlapasana

Pitlapasana
Grade 3A

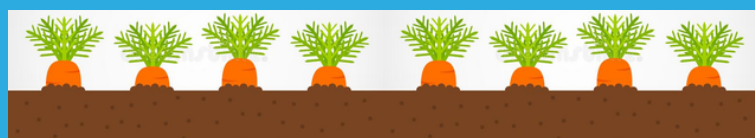


My Sick Rabbit

When I was walking by the street, I saw a rabbit lying by the bushes, it seemed very hungry. In my lunch box I had carrots, an apple, and sandwiches. Then I gave carrots to the rabbit, it hungrily eats up the carrot, after that, the rabbit hops all the way with me back home, then I kept it as a pet. I put a pet. I put a pretty bow on it's head and then I gave it lettuce but it didn't eat. So, I gave it more lettuce but it stills doesn't eat. So, I gave it a piece of carrot now it nibbles fastly, then I gave it more. The next day, it ate 9 carrots; 3 for breakfast, 3 for lunch, 3 for dinner, until it got sick. Then it learned a lesson not to eat too much carrot

by Narinsicha

Narinsicha
Grade 3B



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Grade 2C

Student-Centered Activities

Pre- Kindergarten



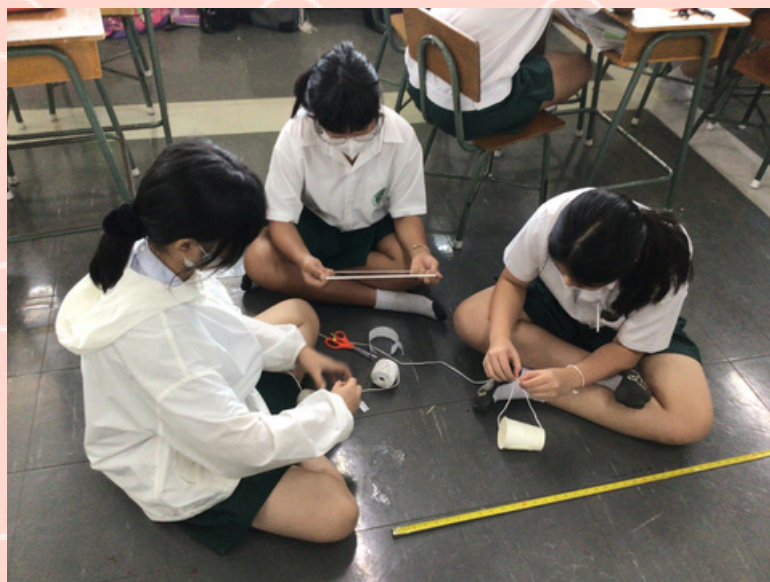






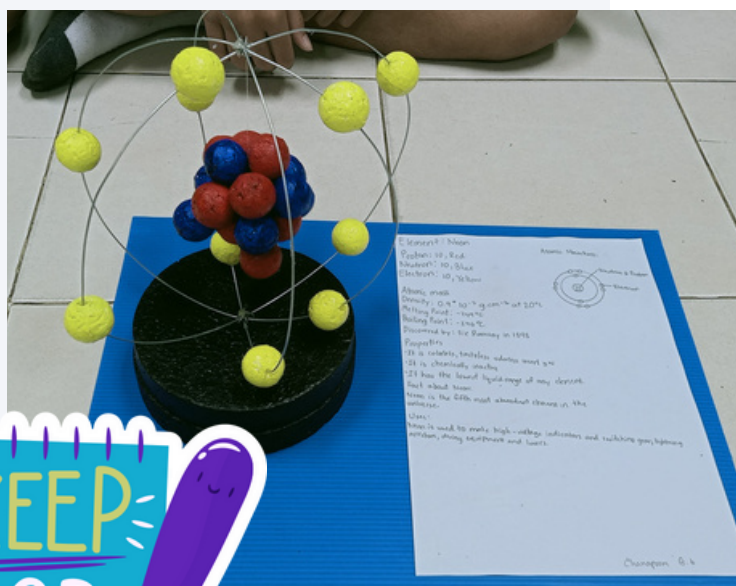
Student-Centered Activities

GRADE SCHOOL ACTIVITIES











Please don't mind the mess...
THE KIDS ARE
MAKING MEMORIES



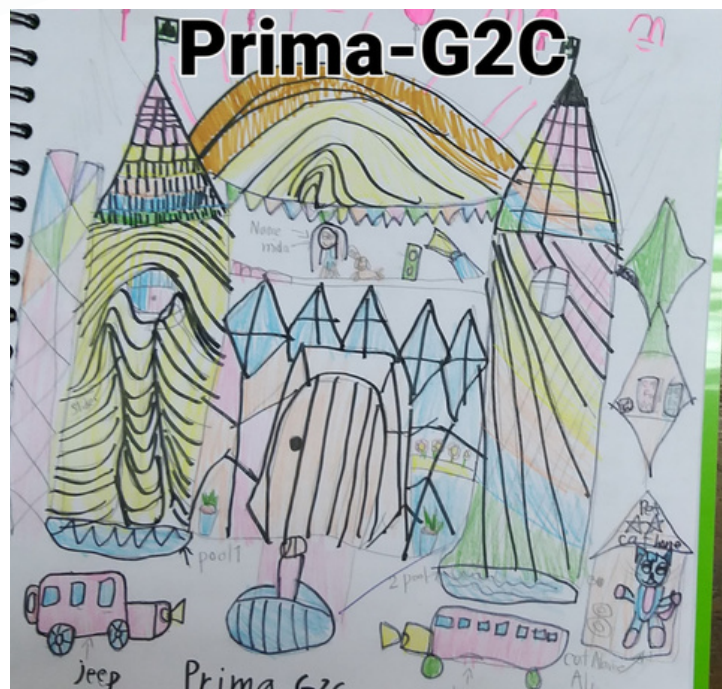


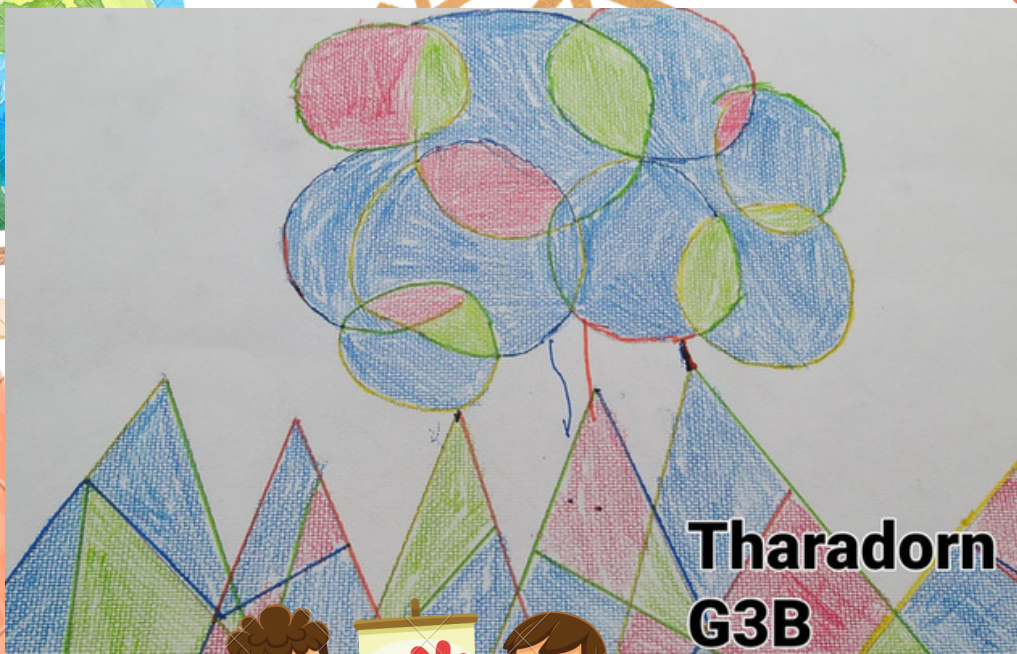
MEMORIES



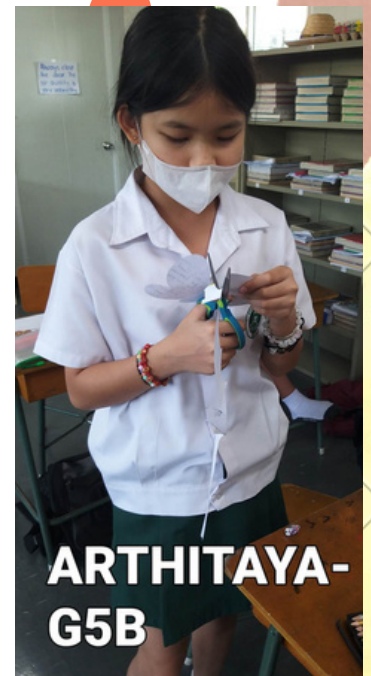
Student-Centered Activities

Subject Teachers





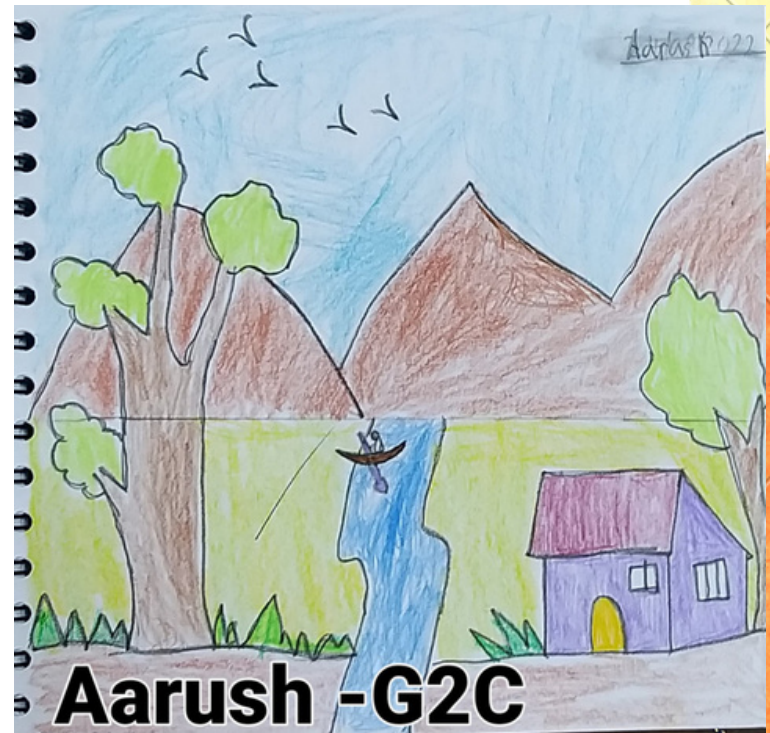
**Tharadorn
G3B**



**ARTHITAYA-
G5B**



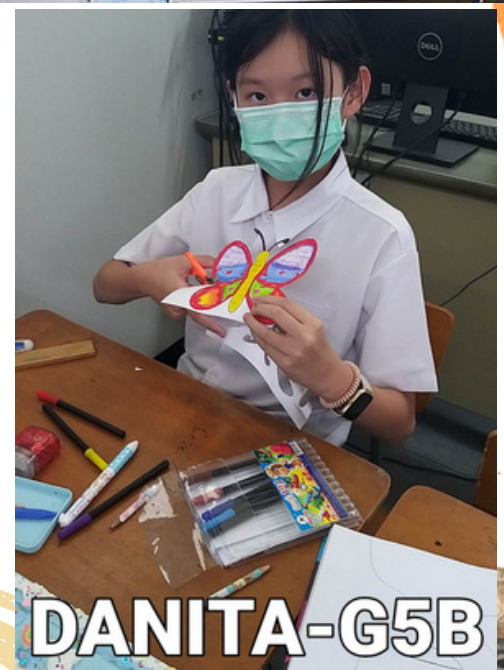
Ramida G3B



Aarush -G2C



G5A



DANITA-G5B

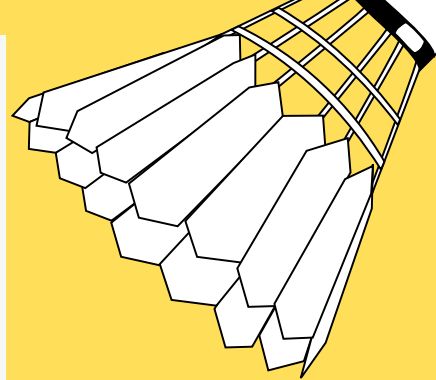
PRESCHOOL



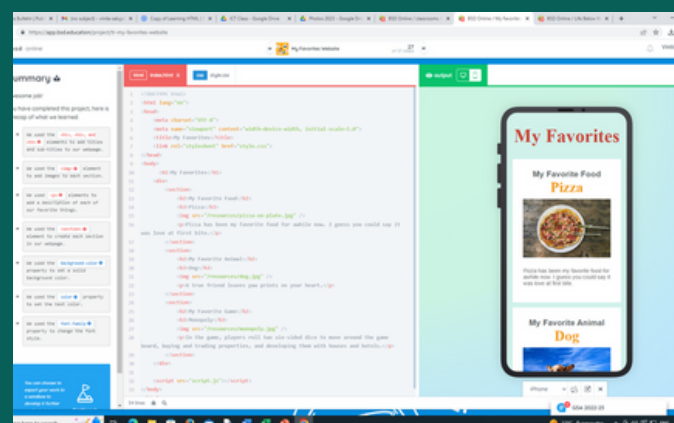
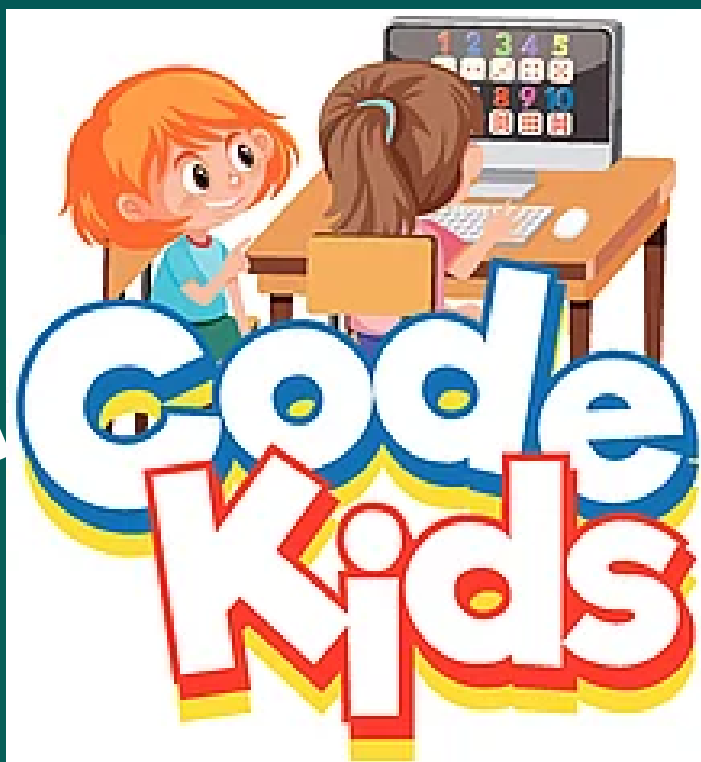
PHYSICAL EDUCATION

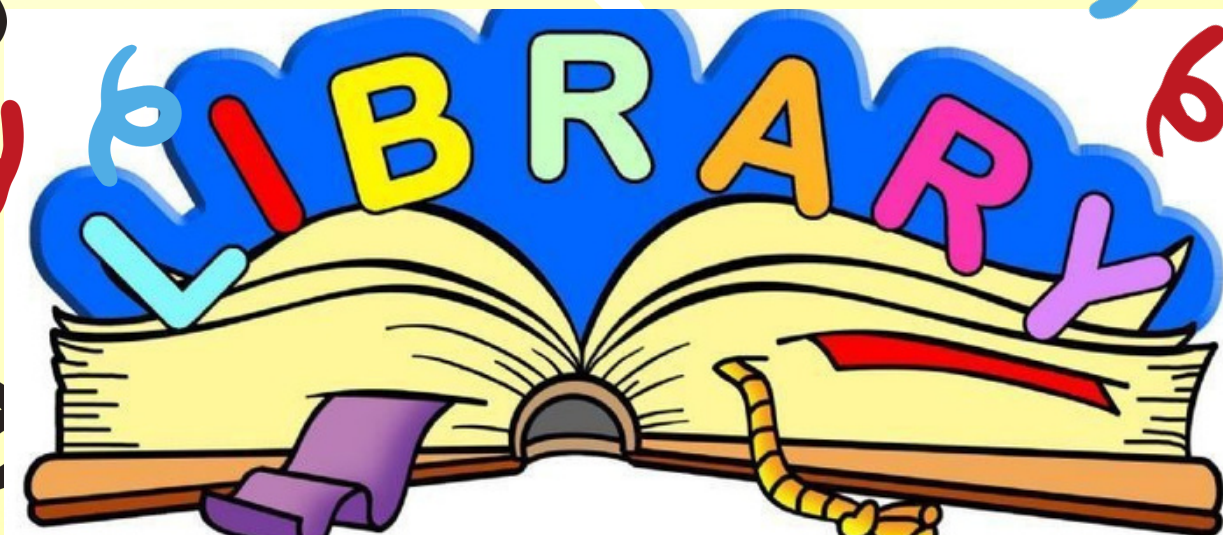
















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