



EKAMAI INTERNATIONAL SCHOOL

NEWSLETTER

The official publication of EIS published three times a year.

Volume 2 | Issue 1 | October 2018

COMMISSIONED TO SERVE
Pre-session & Dedication

NEW ADDITION TO THE EIS FAMILY
Employee Orientation

UNIVERSITY ACCEPTANCE 2018
Scholarships and Grants

NEW SCHOOL SYSTEM EXCITES ALL
Plusportals for Teachers, Students, & Parents

STUDENT COUNCIL OFFICERS
Call for Unity

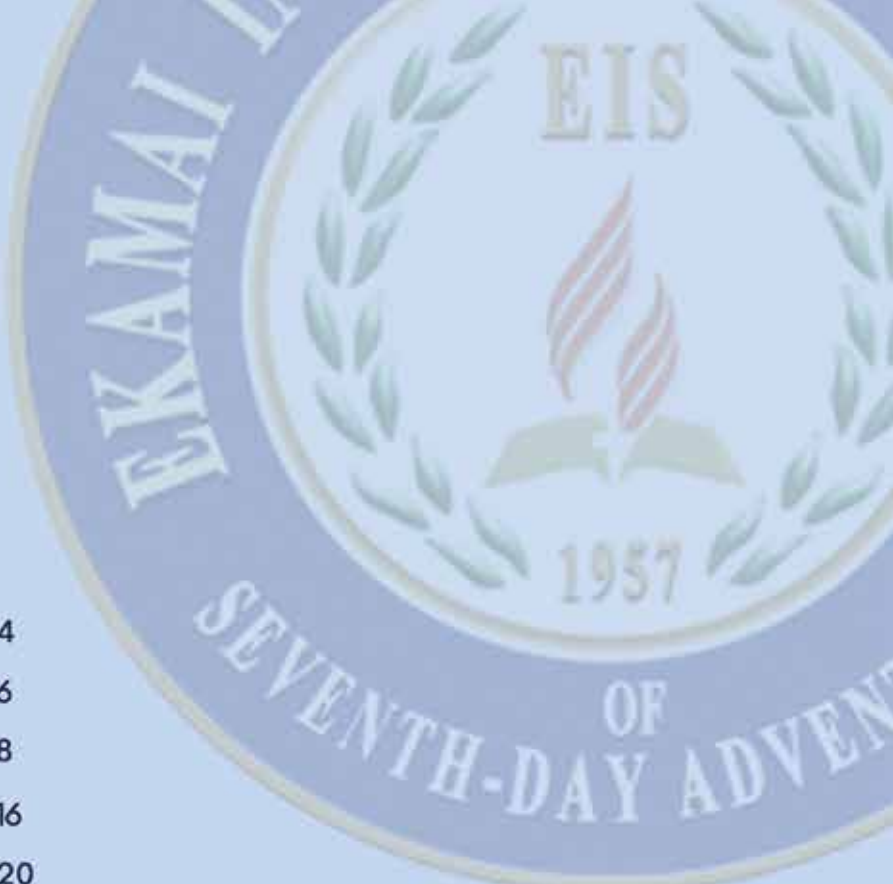
COLLEGE BOARD ANNOUNCES AP
Passers and Achievers

Digital copy available at **www.eis.ac.th**

EIS NEWSLETTER | VOLUME 21 | NO.1 | OCTOBER 2018
 The school's official publication published three times in a school year. EIS was established in 1946 as a Child Training Center, and later became known as Adventist English School. In 1992 it became Ekamai International School. EIS is a holistic Seventh-day Adventist Christian learning institution that provides education from Pre-Kindergarten to Grade 12.

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ABOUT OUR COVER PHOTO



Teachers Appreciation Day is an annual celebration that honors and value all the educators. Read full story on pages 6-7.



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**God's word is a lamp unto my feet,
 and a light unto my path.**

Psalm 119:105

MESSAGE FROM THE DIRECTOR



EMPOWERS
INSPIRES
SERVES

Welcome to the new school year!

On behalf of the EIS Leadership Team, I would like to convey our sincerest gratitude to all of you who have been part of the growth, development, and success of Ekamai International School.

This new school year is another testament of God's love and His perpetual guidance and grace. We praise the good Lord for every new beginning. True to our commitment to provide a holistic Adventist Christian Education, we endeavor to involve you and every member of the EIS family towards the attainment of this goal.

This first issue of the EIS Newsletter for school year 2018-2019 features encouraging success stories, and documents campus-wide events fostered oneness and unity such as the New Employee Orientation, Junior Fundraising Day, Unity Week, Teacher Appreciation Day, American University Fair, Life Support and Health Training, and Charity Run. It also recognizes the achievements of our students like Ice Hockey Champions, AP Achievers, University Acceptance and Scholarships, New Student Council Officers, and many others. Moreover, in the Faith in Action section, we feature worship events and other initiatives that can uplift our spiritual journey such as Celebration Sabbath, Commissioned to Serve, and Maker Heals Medical Missionary Training.

We want you to be part of this publication, please send in your story or article to info@eis.ac.th or to evangelinea@eis.ac.th, and we will try our best to publish any contributions from you. We value your participation, and we desire a shared and inclusive media ministry where we can all be part of.

We will continue to pursue excellence and service for God's glory. Thank you and God bless.

Prachack
PRACHACK JITBUNYAD
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Ekamai International School
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Rendering service with a good will as to the Lord and not to man, knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a slave or free.

Ephesians 6:7-8



NEW MEMBERS OF THE EIS FAMILY WELCOMED



But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

— Peter 2:9



W

henever a new school year opens, and new members are added to the EIS family, a welcome program is specially prepared for them. The orientation for new employees is a 4-day program that transpired from July 31st until August 3rd, organized and arranged by the Leadership Team and Human Resources Coordinator, Mr. Vergilio Quimba Jr., together with the active participation of the selected faculty and staff.

By Richmond Ilaos, Teacher



The first day initially started with the registration, acquaintance and a video presentation, followed by a worship and a devotional to start the day right with God. The worship program started with a song service led by Mrs. Hazel Ilao, followed with a prayer by Ms. Catherine Chulkasate, then the Word of God shared by Mr. Ian Cordero. For the intermission, the Thai Department rendered a special Thai dance presentation.

Then Ms. Sarita Arora, Principal for Student Administration together with Mrs. Tippawan Aipan, Thai Department Head, briefly introduced about the Thai Language and Culture that teachers have to be acquainted about to have better cultural awareness and understanding to improve their stay in the kingdom of Thailand. A special Thai culture training was conducted especially for the non-Thai employees. After the training, the day was mainly allocated for the Human Resources matters concerning the submission of documents, the opening a health check-up at Bangkok Adventist Hospital. Professional development was conducted by Pastor Kevin Costello, SSD Associate Executive Secretary reminding about the importance of the mission, vision, and philosophy of the school and whether it is visibly applied in the organization. A trip to Rattanakosin Museum is a part of the Thai Language and Culture training for the non-Thai employees.

"Well on the first day I was quite nervous, but to my surprise, the hall was half-packed and full of friendly faces. I feel that this is a huge step for me to learn and become a professional teacher. As I have listened to the speaker, Pastor Kevin Costello, SSD Associate Executive Secretary had mentioned about our Mission, Vision, and Philosophy. Somehow I felt that all these days it's been hanging there in our classroom and we've never paid attention even to read it at all.

**I was quite nervous,
but to my surprise,
the hall was
half-packed and full
of friendly faces.
I am blessed to
be here and to serve
the Lord in His
institution.**

- Chanyaporn Kiatyanyong

Admittedly, I've never spent the time to read and even ponder on our mission, vision, and philosophy. I've realized that Ekamai International School recognizes God as our creator and as the ultimate source of knowledge, wisdom, and truth. We believe, promote and advance the holistic and harmonious development of the physical, mental, social and spiritual dimensions of human nature. After each day of the session, I felt that I am blessed to be here and to serve the Lord in His institution. I would like not just the new teachers to

learn about our Mission, Vision, and Philosophy but the old employee as well. Johann Wolfgang von Goethe once said that "Learning it is not enough we must apply. Willing is not enough; we must do." -Ms. Chanyaporn Kiatyanyong, Grade 1 Teacher Assistant.





TEACHERS HONORED AND APPRECIATED



But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.



- Peter 2:9

By Penpatra Penkirt, 11H

The Teacher Appreciation Day, or Wai Kru, was held on September 5, 2018, an integral part of traditional Thai culture as celebrated by Ekamai International School. Teachers are those to whom students respect and look up to, so a day is dedicated for students to demonstrate their respect to their teachers. Since they pass their knowledge to their students with love, kindness, and good will, teachers are very important to the country. Thai people also consider teachers as second parents because school is a second home.

The event started with the national anthem, then Mr. Tommy Thomas, High School Principal, gave the opening speech. Student representatives delivered speeches afterwards, and a teacher representative also spoke to the students. The speeches taught students a great lesson, and many of my fellow classmates were touched by the speeches.

The Thai Music club, also known as the Banana Band, performed a splendid piece of Thai music for the teacher's day. The song had significant meaning for the teachers and the students, and the performance was very incredible that most of us watching couldn't take our eyes off of the band members. Meanwhile, Kru Monjai Chansuwan along with her students prepared a very beautiful traditional Thai dance for the teachers. The young girls practiced hard and danced very elegantly on that day. Everyone was impressed by the magnificent show.

After all the numbers, each class representative went to present flowers to their beloved teachers, conveying their respect and love to them. All the students were given the opportunity to give flowers they prepared to their teachers as well.

Teacher Appreciation day not only reflects the close ties between the teachers and students, but also the gratitude of the Thai society towards the benefactors.

It shows the teacher's love and kindness toward students, the delicateness of our minds, while containing many important moral teachings.

Janine from grade 12 represented the student body in honoring the teachers of EIS. Here is an excerpt of her speech, Teachers play a large part in the fate of our futures. It's not something we think about regularly, or on a daily basis - but it really is the truth, because we often think of

God understood our thirst for knowledge, and our need to be led by someone wiser; he needed a heart of compassion, of encouragement, and patience; someone who would accept the challenge regardless of the opposition; someone who could see potential and believe in the best in others So he made teachers.

teachers as people who willingly endure a mediocre paycheck to look after a bunch of kids - a third parent, even. However, teachers have more impact than what they would give themselves credit for. Everything teachers do or talk about will inevitably affect their students in some way. Think of it like ripples in a pond. Whether it would be how a teacher approaches a certain subject or how they are able (or unable) to relate to their students, it all is reciprocated towards the people they teach. From

my experience, I've had the amazing opportunity to learn with some teachers who were able to turn the subjects I thought I hated the most - into subjects that I actually grew to look forward to, and they have definitely shaped me into the person I am today. Beholders, protectors, and enforcers of the future - that's what I think teachers really are.





SEAMLESS CONNECTION WITH PLUSPORTALS



Your kids' progress and homework in your pocket Great app. One thing that'd be nice is if telephone numbers in the directory were "tappable" to dial directly.

— Andrea Fleisher



This year Ekamai International School has acquired a school management information system developed by Rediker Software which is currently being implemented in order to provide a seamless connection between the school, students and their families.

What is PlusPortals? It is a family of interactive web portals for administrators, parents, students, and teachers.

By Richmond Ilao, Teacher



PlusPortals

Student



Parent



Teacher



Admin



An All-in-One Solution to be able to instantly share data in real-time, interact with and provide access to the following:

Share with PlusPortals

1. Scores and Grades in real-time, including homework, quiz and test scores, as well as exams and final grades. 2. Attendance, daily and by period. Give parents the ability to submit tardy

and absent letters. 3. Class Schedules with detailed class information. The class a student is scheduled to be in is highlighted. 4. Discipline with details of infractions. 5. Personalized, combined calendars that include homework, tests, field trips, sports, and other school events. You can connect the PlusPortals calendar to Google, Outlook or iCal. 6. Alerts and announcements so your school community stays informed about upcoming events and happenings. 7. School directory of parents, students, and staff. Give your school community the ability to choose what information they wish to share, if any, in the directory. 8. Portfolio documents from Administrator's Plus that include student work, transcripts, letters, completed forms, and more. 9. Lesson Plans taken to the next level by incorporating resources and online quizzes. Publish lesson plans for parents and students to view. 10. Automatic email notifications when new data gets posted to PlusPortals. Parents and students can select how often they wish to receive these notifications in their inbox.

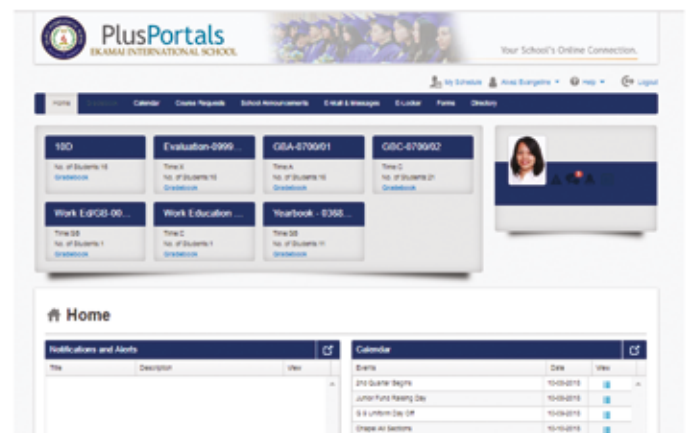
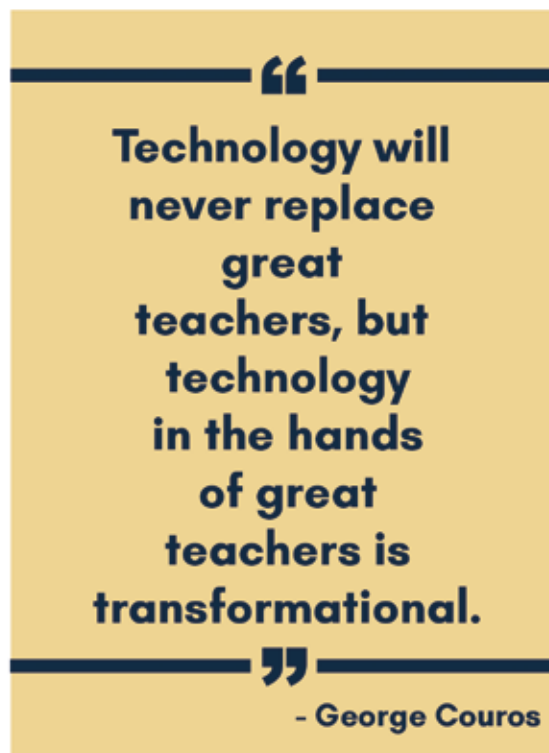


Interact with PlusPortals

1. Class Pages with homework, quizzes, announcements, links, and documents to keep parents and students up-to-date. 2. Digital Classroom features including online quizzes and homework submission with teacher comments. 3. Groups feature for connecting teachers and staff with students and parents for extracurricular or academic groups. 4. Unit Builder, allowing administrators to create and edit Lesson Planner units for teachers on an administrative level, and attach links and files that are visible only to teachers. 5. Google Drive and Microsoft OneDrive document access for teachers and students. 6. Google Calendar integration with the ability to feed multiple calendars from Google into the PlusPortals Calendar. 7. Integrated email and messaging capability for parents, students, teachers, and staff to easily communicate with one another. 8. Course requests can be submitted by parents or students and

approved by school staff before being received into AdminPlus. 9. Update demographics. Give parents the ability to update their child's personal information online. 10. Google Translate to view the portals in a different language.

Scan the corresponding QR code to download either the iOS/Android app or better yet the web-based PlusPortals you can access on your computer.





JUNIOR FUNDRAISING DAY

FILM, FOOD & FUN



Fundraising is the gentle art of teaching the joy of giving.

— Henry Rosso



On the eighth day of October, the junior class of Ekamai International School hosted the widely anticipated Junior Film Show. The Junior Film Show has always been a savored and joyful event of EIS, as the juniors work persistently for fundraising the other events that they would be organizing during their senior year. This year, the booths were filled with mouthwatering snacks and sweet drinks, in addition to some fun activities.

By Anthika Sachaphimukh, 12C

The lines for each food, drink, and game were really long. As you enter the fair, you would already feel overwhelmed by the loud cheers at the dunk tank a few steps ahead; the scent of popcorn pulling you in, only to encounter the other snacks and drinks ranging from shaved ice to flavored milk. Undoubtedly, fried Mama and fried taro were a huge hit, not to mention the bouncing castle, mostly filled with elementary and middle school students, and drawing the lucky eggs.

During the day, the students were also invited to the Milne Auditorium to watch a film, exclusively selected by the juniors, where the elementary students watched "Ferdinand" while the middle school and high school students watched 'Wonder'.



“

**Most giving is 80%
emotion and 20 %
rational.**

**And the best way
to get to someone's
emotions is
to tell a story.**

”

- Unknown

Overall, the event was a great success. The students went home with loads of new memories and experiences. However, this event would not have been a success without the help and cooperation and all the teachers and students. Let's wish that this jubilant tradition of EIS never comes to an end.





AMERICAN UNIVERSITY FAIR OPPORTUNITIES & CHALLENGES

“

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

- Malcolm X

”

By Iris Angelica Zoe Alvez, 12C

Every student in high school would always ask themselves these questions: Which university should I go to? Should I study abroad? Or should I stay in my home country?

Education is indeed one of the most important and crucial investments an individual can make, for it molds the future that lies ahead of them.

On September 21st and 24th, 2018, Ekamai International School hosted two American University Fairs with several university representatives from different states and counties across the United States. Universities such as Slippery Rock University, Full Sail University, and Michigan State University were present, with encouraging messages of success. Students from grades 11-12 were given the chance to meet the university representatives face to face to interact and communicate about the opportunities that are waiting for each and every one of them. Through the help of the representatives, students gained knowledge about the application requirements and process, as well as the programs offered by each university, and, most importantly, the scholarships available for various skills and talents.

Education fairs like these serve as a helping hand for students who are still unsure about the degree they want to major in and the kind of atmosphere or learning environment they prefer. It is a wonderful platform for students to search for the university that will perfectly match their interests, skills, and talents.



“
**Education prepares
the student for the
joy of service
in this world and
for the higher
joy of wider service
in the world
to come.**
— Ellen G. White
”



Not only does it prepare students for their university life, but it also serves as the best time for students to decide upon the kind of career they want to pursue in the future.





LIFE SUPPORT TRAINING

EQUPPING ALL FOR EMERGENCIES



By Evangeline Tan-Alvez, Media Coordinator

As part of the school's continuing efforts of educating and developing all members of the EIS family to respond to emergency situations, the administration has organized a life support and health training to its faculty and support staff on October 5, 2018 at the Milne Auditorium for the English speaking teachers, and at the Student Center of Building 9 for the Thai Speaking suport staff.

Dr. Nick Walters, a medical doctor from Bangkok Adventist Hospital conducted the life support training that covered first-aid, cardio pulmonary resuscitation for both adults and children, and how to respond to emergency situations. The lecture and hands-on training were beneficial and purposeful as teachers are the frontliners in the classroom setting.

Simultaneously, some staff composed of campus supervisors, security guards, nurses, cafeteria and snack bar staff, and other teacher assistants and teachers attended the health training workshop conducted by Cdr. Napat Meesomperm, RTN., Surgical Office Chief Medical Officer of Somdech Phra Pinklao Hospital. Participants engaged into actual first-aid treatments, self-defense, and other life protection and preservation exercises.

"It was interesting to learn something practical and important in cases of emergencies. When we cannot seek help elsewhere, we need to know the basics of life preservation. God has gifted us with this blessing of being able to live, so it is our way of giving back to Him to also take care of ourselves in cases of emergencies or situations where this kind of training will come into play," conveyed Mr. Vergilio Quimba who was attentively listening and participating during the workshop.



The purpose of human life is to serve, and to show compassion and the will to help others.

- Albert Schweitzer

"We don't just teach our students here at EIS, we also care for their safety and well being while they are on our campus," Ms. Sarita Arora, Principal for Student Administration said during the closing ceremony of the training.

True to its commitment of a holistic Adventist Christian education, EIS is initiating similar programs that will equip all its family members for any eventualities and emergency situations, and how to properly respond to such.





124 SENIORS PRESENTED AS GRADUATION INCHES CLOSER



By Bhavika Shrestha, 12A

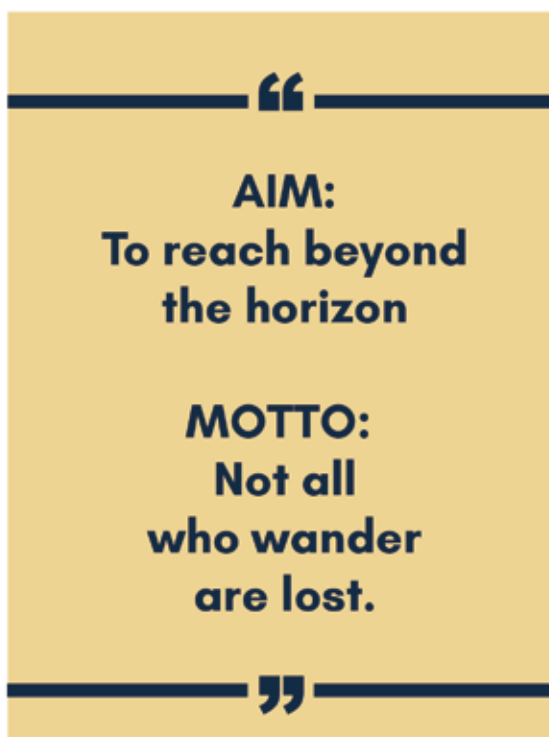


On October 17, 2018, 124 seniors of the class of 2019 gathered in the auditorium for their annual Senior Presentation, ready to be presented to the entire high school audience and the administration staff. Considered one of the most anticipated highlights of the students' senior year, it was a memorable event that was only one step from unlocking the door to the real world for the graduating students. Yet, realizing that they will have to leave this school soon, the seniors viewed the occasion with depressed faces.

"I can't believe we're going to graduate soon! It only felt like yesterday we were sitting in class and doing our work," came from hallways days before it happened.

This attitude reflected in their behavior as they walked solemnly down the aisle, with their partners side by side and their bouquet of daisies held in their hands. In contrast, as for the younger high school students, they held up their phones to take pictures of their older friends, knowing how proud they are with them and hoping to "cherish those [past] memories till the end of time".

Mr. Sankimon Felix Roy Rymbai, Grade 12A homeroom teacher, opened the ceremony with a warm welcome, a couple of remarks, and the recognition of the many seniors about to graduate on May 26, 2019. Shortly after, pictures of the senior students as their younger versions appeared adjacent to their current selves, marking their growth as people.



Overall, the event was a great success. The students went home with loads of new memories and experiences. However, this event would not have been a success without the help and cooperation of all the teachers and students. Let's wish that this jubilant tradition of EIS never comes to an end.



The main speaker of the ceremony, Ms Chintapat Chanlongbutr, mother of Jirakit, discussed in her speech about the willingness to take risks and reminded everyone to "never give up and continue to achieve success." Afterwards, the seniors sang their theme song, "New Horizons," saying that they "are wanderers" going to "close their final chapter" of the school year. Then the event came to a close, but not before the wide photo to be hung up in the school office was taken.

For lunch, the seniors dined on a special buffet at Bourbon St., Ekamai, with a diverse menu full of exquisite cuisine such as buffalo wings, chicken florentine, jambalaya, and lemon tart.

"I think that the presentation went well," said Samuel Thaik Din, Senior Class President, "even though there were some problems at the beginning and confusions. In the end it didn't matter because it was our day and our time to bond with each other and with the school."



CARE FOR YOURSELF & OTHERS

FIRST EIS CHARITY RUN

By Lin Tan-Alvez, Media Coordinator

The Physical Education Department of Ekamai International School has organized its first Charity Run on October 21, 2018 at the Rama IX Park. The beneficiary of this first ever locally organized run are the marginalized children near the Cambodia border. Headed by Mr. Peerachote Wong-ngam, the PE Department head, and other PE teachers, students, staff, and some parents jogged at the largest green space in Bangkok.

"I would like to thank you for coming and supporting this charity run despite the rain and the challenging weather condition that is delaying this event," said Mr. Peerachote during the opening ceremonies. "Since it is still pouring, you can start by walking, and be cautious of the wet grounds to avoid any accident," he continued.

Some teachers and staff who were also participants of the event were the first finishers, while the top 10 students to reach the finish line were given due recognition. Each runner was given 4 lapses to finish the 6 kilometer loop of the park that was extra challenging due to the continual pouring of the rain.

"Once it started raining before the run, I had doubts and concerns of the bad weather. I was worried of having to run under such weather condition in general, and did not anticipate the event to begin anytime soon. Once the event began, I started off slow and steady, worried of getting wet and dirty from the rain and puddles. However, I soon realized that I could achieve something more. As a result, I started running with my full effort. I ran and told myself to never stop despite of how much tiring it could be. Throughout the duration of my run, I took my mind off of all the obstacles and only pictured myself crossing the finish line. Upon finishing the race, I have realized that seeking discomfort has allowed me to push myself to the limit and live life the way that would make myself happy," shared Phumipat Pippatanasak, one of the first to finish the race.



**You only start living
life to the fullest
once you push
yourself out
of your comfort
zone.**

- Phumipat Pippatanasak
Top 10 Finisher

High school students walked and jogged amidst the rain with some even on raincoats and umbrellas. The charity run successfully ended with everyone beaming and dripping.





UNITY WEEK FOSTERED ONE IS ONE FAMILY

By Jenima Gurung, 12C



Unity Week is an event organized by our school that aims to unite every one as one family despite our diversity in culture, faith, nationality, worldview, background, and personality.

Every section outsmarts each other by following the theme of each day for a week. This year the winning grade for middle school and high school competed for the prize of a pizza party and a uniform day off. The theme on Monday was hat or cap day, Tuesday was fancy shoe day, Wednesday was color house day, Thursday was sunglasses day, and finally, Friday was jacket day.

This campus-wide event further strives to foster oneness of school spirit and unity through the various daily themes that each student aims to achieve collectively.

Wearing different kinds of hats, colorful shoes, and sunglasses, accessories such as wristbands to represent our color houses, and hoodies, sweaters or jackets are just examples of showing togetherness.

This year the winning grade for middle school was grade eight, while for high school was grade nine. Participating in Unity Week not only shows working together as a team but also encourages togetherness while respecting individuality and diversity. Participants from pre-school to high school gathered together to celebrate their accomplishments and show that school can be a fun environment for everyone. Furthermore, this also encourages solidarity within teams, and it teaches us to work in a group.





LITERACY

A POEM FOR LEARNERS

By Ms. Shireen. R. Bazliel (M.Ed. TESOL)

Kindergarten literacy was alphabets and sounds.
Where animals made sounds and now they are onomatopoeia???
Where matching picture to word was fun and now it is called SPATTER
Kindergarten was where ideas blossomed and now the thought blossoms

Primary literacy was simple sentences and stories
Where the character's name was just a name but now it has a reason?
The setting was a place to enjoy but now it means reflection of a season?
Nursery rhymes were fun tossing along: But it is no more a song

Elementary literacy was reading and answering questions
Too many questions Oh! These Questions
How I want to question the questions?
I learnt that words have opposites, antonyms and homonyms,
I thought it was simple till I began to sing the Hymns

A question here is ok and a question about where is ok too I guess!!!
A question on, Who? What? Where? When? Why? How? is not ok
Especially when my brain is a royal mess?
It is then I question Literacy?
Do I have to read and write and think too? Oh yes I do? I DO!!!!!!
I hate thinking!!! It feels like I am sinking
This is Middle school Literacy.

Welcome to High School Literacy
Where colors and symbols, have my brain wrapped in foil,
Noun verbs, adverbs and adjectives were good friends once
Syntax and diction now drive me round a bend
Where tone sets the mood, and TPCAST has no caste
Yet SOAPS-TONE, DIDLS and DUCATS
Are three best friends who were members of a Cast?

All bemoaning the fact that not everything is the same
And yet the same is still the same.
All through from Kindergarten to High school my mind has been stretched?
Stretched again till the stretch has no more stretch,
But that my dear is the complete stretch of literacy.

Literacy is to Read Write and Remember Everything and then again to be Literate



COLLEGE BOARD NAME

AP ACHIEVERS AND PASSERS



Delight yourself in the Lord, and he will give you the desires of your heart.



- Psalm 37:4

By Jenima Gurung, 12C

In the late spring 2018, there were many students who partook in the AP exams such as: Macroeconomics or Microeconomics, English Language and Composition, Chemistry, Calculus BC, and Biology. The results were exceptional with the scores of 5, 4, and 3. AP exams are advanced placement exams of courses that some students might excel at better than the normal course. AP classes or exams are college-level curriculums, and if you have confidence and faith in yourself, then I say: take the risk.

In some universities, if you have taken AP classes and received an outstanding score on the exam, then you are not required to take that subject anymore, and instead, you are allowed to take more advanced classes. AP exams are assigned by Collegeboard to test your level of thinking, check where you stand in that particular subject, and give feedback on what you might need to improve on.

"The practice tests that Ma'am Shireen assigned us from time to time in class really helped with preparing myself for the English AP exam. Before exam day I also took the afternoon off to relax for a bit (instead of cramming in as many practices as I could) because I think it helps me clear my head." – Janine Charoonruk 12C

"To master an AP exam, all you need to do is to analyse the past test and find out what the test makers want to see from you. For both the AP Calculus BC and Physics 2 exams, I reviewed the past papers in class and made sure everything was clear. I researched not only about what I was not sure, but also what is related to the topic. In the morning, before the test, I solved some questions to be ready for the test." – Junnosuke Kamohara 12A

Macroeconomics and Microeconomics

Min Tae Kim 4

Sun Hee Eom 4

English Language and Composition

Janine Charoonruk 4

Bhavika Shrestha 4

Prisa Sukmanop 3

Chae Young Hyun 3

Jenima Gurung 3

Putthida Chalermphao 3

Tobias Bergose 3

Chemistry

Nayoung Lee 5

Pattadon Khobunsongserm 3

Thiti Thitipankul 3

Calculus BC

Junnosuke Kamohara 5

Shinnosuke Kamohara 5

Bhavika Shrestha 5

Jae Won Choi 4

Zaigham Nisar 3

Biology

Thiti Thitipankul 4

Physics 1

Shinnosuke Kamohara 4

Physics 2

Junnosuke Kamohara 5

Congratulations to all our AP achievers!





NEW STUDENT COUNCIL PUSHES FOR UNITY

SUDEV

By Phanthila Wuttithaweewat, 12D

The Ekamai International School Student Council (SC) has been representing the EIS student body for many decades. They have dedicated themselves to developing and improving the school and the wellbeing of the students.

"For the unity of the EIS populace," said Nicholas Ranza 12A, SC president of EIS school year 2018-2019.

Welcoming a new year and a fresh start, new SC officers have been selected as representatives of the student body. We have our vice president Sudev Bhatia 12A; our secretary Natcha Eiamsirikij 11D, treasurer Thanattam Thospornvichai 11D, IT coordinator Ratchadej Wongsakul 12E, Religious officer Christopher Tingle 11D, sports coordinator Sovan Dhakal 11C, Male athlete Jun Kim 11C, Female athlete Chyanee Khuprasert 12C, and out artist Bowen Zhao 10A.

The SC began their work even before the school year started, and has already achieved some recognised accomplishments.

One such accomplishment was the Alumni tournament, consisting of basketball and football tournaments, which forged a bond across the many generations of the EIS family.

The SC worked to make this activity successful by giving their all. They had also set up the freshman orientation for new freshman students to be able to adapt to their new beginning of being a high school student. They started functioning as the students' representatives right after they were inducted into their respective positions.



**I run for the SC
presidency not only
to unite the EIS student
populace but also
to serve. Unity in
strength, we triumph
together.**

- Nicolas Ranza, 12A
SC President

With this new school year, they had brought new sports equipment to the hands of students who enjoy playing sports, while encouraging students to have a healthy and fit body as a whole. The EIS SC will also be introducing new abstract trophies for events such as the EIS Games, Sportsmanship cup, and many more. They have also finished renovating the senior lounge and flooring. These are only some of the minor changes the SC has made to the EIS society, and there will be many more to follow.



The dedication of the student council has been recognised and appreciated by the EIS populace, who are still looking forward to further accomplishments of the Student Council of Ekamai International School.



ICE HOCKEY CHAMPIONS

SIBLINGS KEEP WINNING

“

My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.

Proverbs 3:1-6

”

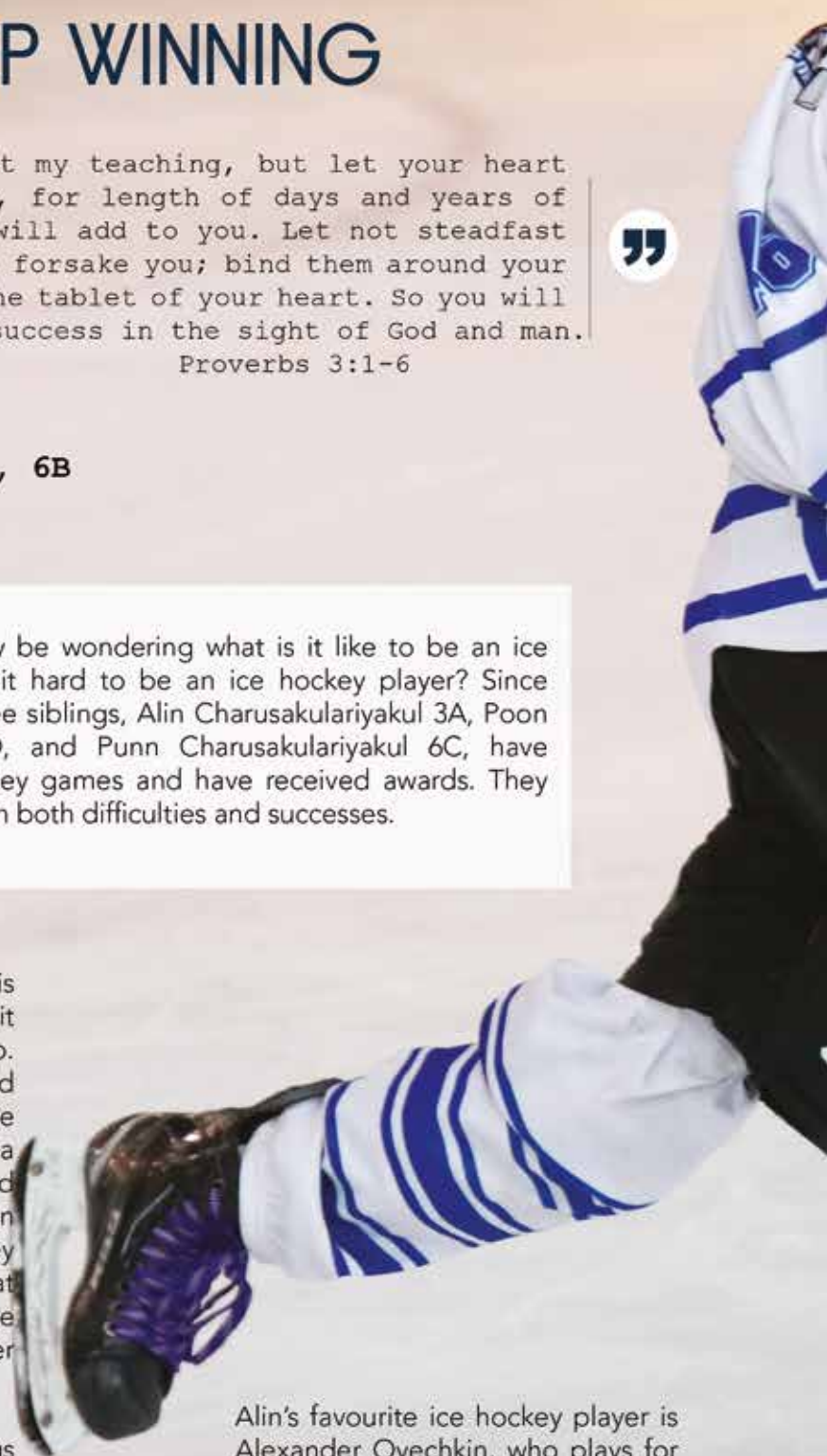
By Nalisa Decharin, 6B

Many of you may be wondering what is it like to be an ice hockey player? Or is it hard to be an ice hockey player? Since summer 2015, the three siblings, Alin Charusakulariyakul 3A, Poon Charusakulariyakul 4D, and Punn Charusakulariyakul 6C, have played many ice hockey games and have received awards. They have also been through both difficulties and successes.

Alin likes playing ice hockey because it is enjoyable, fun, and fast. Poon said that it is speedy, powerful, and cheers him up. Punn added that it is a quick and amusing sport. All three siblings agree that playing ice hockey puts them in a good mood. Alin and Punn confessed that they would be willing to miss an exam or school event to play in a hockey game, depending on the event at school, or how big or important the game is; while Poon said he'd rather attend school.

After winning a game, all three siblings are overjoyed, but still recognize that they have to continue practicing. After a loss, they are happy for the winning team, and are all the more determined to practice more. In the future, they wish to become professional NHL (National Hockey League) players; but for now, they look up to their favourite captains.

Alin's favourite ice hockey player is Alexander Ovechkin, who plays for the Washington Capitals, because he has a good slapshot. Poon likes Sidney Crosby, captain of the Pittsburgh Penguins for his backhand shot. While Punn likes Connor McDavid, the Edmonton Oilers' captain, because he can skate fast and firm.





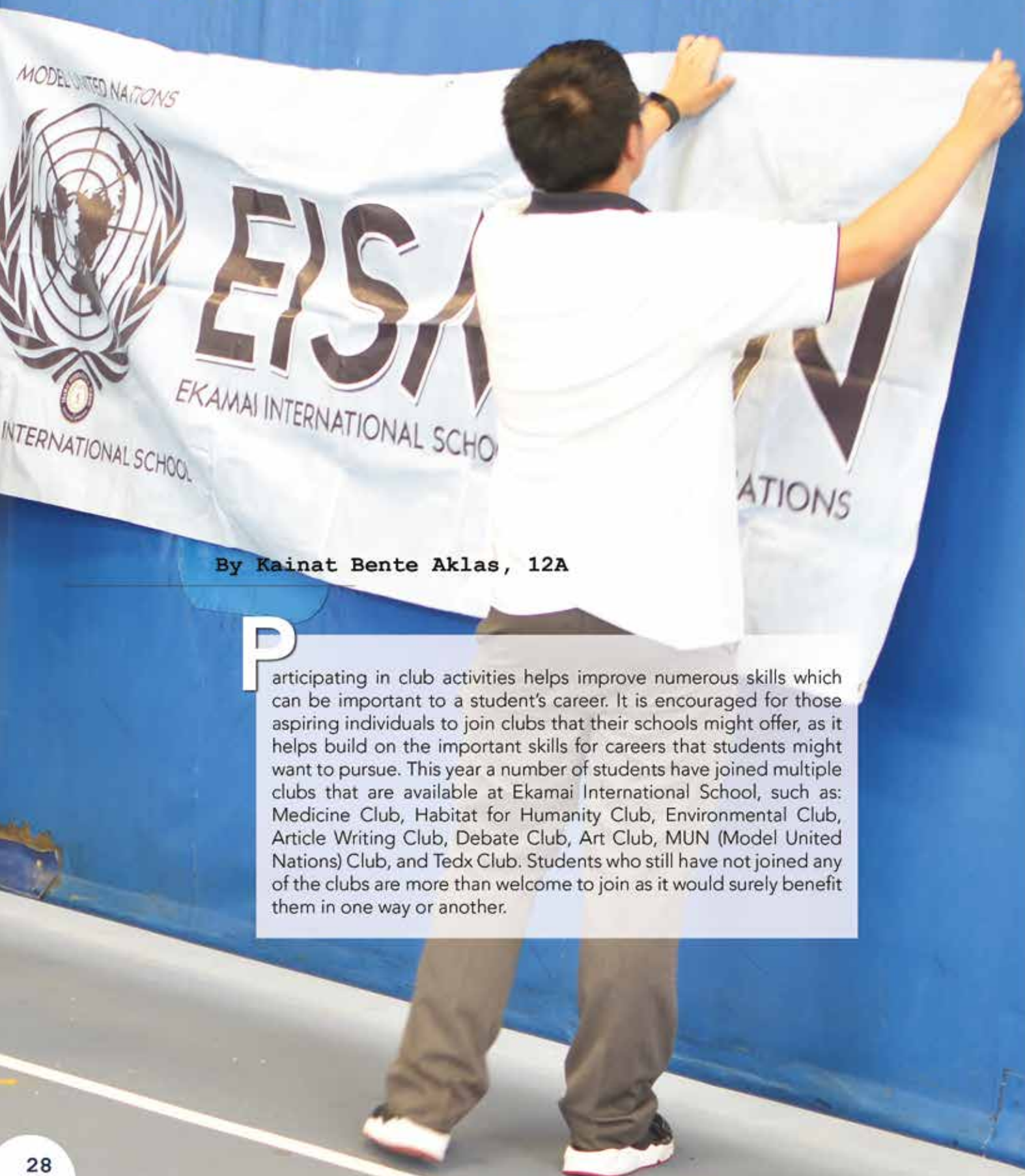
Keep on practicing, and you can achieve your goal!





PURSUE YOUR PASSION

CLUB SIGN UP & MEMBERSHIP



By Kainat Bente Aklas, 12A

Participating in club activities helps improve numerous skills which can be important to a student's career. It is encouraged for those aspiring individuals to join clubs that their schools might offer, as it helps build on the important skills for careers that students might want to pursue. This year a number of students have joined multiple clubs that are available at Ekamai International School, such as: Medicine Club, Habitat for Humanity Club, Environmental Club, Article Writing Club, Debate Club, Art Club, MUN (Model United Nations) Club, and Tedx Club. Students who still have not joined any of the clubs are more than welcome to join as it would surely benefit them in one way or another.

Students who aspire to be in the medical field would have great opportunities by joining the medicine club as they can appeal their spectrum by participating in diverse activities provided by this club.

"The Article Writing Club aims to promote happiness among students by helping them find their true passion. Students join not only to improve their writing skills but also to get a chance to get their work published in the school newsletter which covers the main events that take place in school," as told by Jenima Gurung 12C, the president of the Article Writing Club.



Those students that vigorously care for the environment are more than welcome to join the Environmental Club as the club's main purpose is to create awareness of environmental issues and to make the school a greener place by making small changes. "We are collaborating with Art Club and Habitat for Humanity in a project to improve the lives of people as well as protecting the environment. We believe that everyone can make the world a greener place by just changing a few things," said one of the Club's Officers, Risa Sukmanop 12A.



One of school's oldest and biggest clubs is The Habitat for Humanity Club which is a non-profit organization that seeks to build a world where everyone has a decent place to live in. Students that are passionate in giving and serving others and the environment have an opportunity to fulfil their passion by joining this club. "Honestly it's a really fun and exciting club. You get to go out and meet all kinds of people, experience the world outside of school, while also helping others. It kills more than two birds with one stone! Also, it doesn't take much work or skills for you to be a part of the club, as long as you have the heart, that's all that matters!" as told by Putthida Chalernmpao 12B, one of the officers of the club.

If you would like to know more about the clubs offered at EIS, feel free to talk to the presidents of the following clubs via their personal LINE ID:

The Habitat for Humanity: saranyap

Article Writing Club: g_jenima

Medicine Club: nadia2678

Environmental Club: imCYH



You can also visit the Student Council office and the Principal for Student Administration office for the complete list of active clubs where you can be part of.



SENIORS '18 SCHOLARSHIPS AND UNIVERSITY ADMISSIONS



Colleges are becoming more conscious of their roles – too frequently neglected – in social mobility. They're recognizing how many admissions measures favor students from affluent families. They're realizing that many kids admitted into top schools are emotional wrecks or slavish adherents to soulless scripts that forbid the exploration of genuine passions.

– New York Times



By Piangruthai Jittaseno, HS Counselor

Every year Seniors of Ekamai International School invest time and competencies to brave the competitive university admission, scholarships and grants. The Seniors Class of 2018 is no different. Here are the full list of acceptances from prestigious universities both local and abroad.

Alicia Brenda Giri Charles
Gap Year

Anchalika Tanumathaya
Design and Architecture (INDA)
Chulalongkorn University
Architecture(SOA+D)
King Mongkut's
University of Technology Thonburi

Amarin Jindatongdee
Business Administration
Thammasart University

Andrew Makhijani
Interaction Design and Development
George Brown College, Canada

Anirudh Kwatra
Business Economics
Mahidol University International College

Annie Andosakoonchode
Journalism-Mass Media Study (BJM)
Thammasat University

Anyapat Ittisanronnachai
Joint International Psychology Program (JIPP)
Chulalongkorn University
College of International Management (APM)
Ritsumeikan Asia Pacific University 50% of
scholarship

Apapatra Teerapatum
Language and Culture (BALAC)
Chulalongkorn University

Aphirak Thakral
Entrepreneurship
Bangkok University

Arachaporn Borvonparadon
Business Marketing
University of Essex, United Kingdom £ 2,500
scholarship

Arucha Sumpunkulpak
Business and Management
University of Sussex

Arush Pratap Singh
In progress to study Computer Science at a
university in India

Bela Siripotjananont
Communication Arts
Chulalongkorn University
Business Economics
Tokyo International University 30% scholarship

Belle Bunyakida
Bioscience and Technology
Kasetsart University

Chainarin Asadamongkol
Faculty of Medicine Int'l Program
King Mongkut's Institute of Technology
Ladkrabang
Faculty of Dental Medicine - Rangsit University
Faculty of Medicine Int'l Program - King
Mongkut's Institute of Technology Ladkrabang
Faculty of Engineering (Thai Program)
Chulalongkorn University
Faculty of Engineering (Thai program) - King
Mongkut's Institute of Technology Ladkrabang
Faculty of Engineering (Thai program) - Kasetsart
University

Chanida Naewsakol
Joint International Psychology Program (JIPP) Chulalongkorn University

Chatcha Wongngoen
Journalism-Mass Media Study (BJM)
Thammasat University
Communication Arts - Bangkok University (100% scholarship)
Business English Communication (BEC)
Thammasat University

Chatchanok Chinchacharoen
College of International Management (APM)
Ritsumeikan Asia Pacific University
(1,062,400 JPY of scholarship)

Chayanin Uethian
Joint International Psychology Program (JIPP) Chulalongkorn University

Chien-yu Wang
International Business - Mahidol University
International College

Chinnakrit Medrawutinan
Software Engineering - King Mongkut's Institute of Technology Ladkrabang

Dong Heon Kim
Chungang University
International Logistics, Korea
Hanyang University - Business, Korea

Ekarin Singprasong
Business Administration - Mahidol University
International College

Elena Narang
Business Administration - Mahidol University
International College

Fathima Salam
In progress to a university in Malaysia

Gorramuth Prasertkull
Business Administration (BBA) - Chulalongkorn University

Hassalak Paradee
Business Administration (BBA) - Chulalongkorn University

Hee Jae Chung
Faculty of Law - Nagoya University

Hsin Hsiang Chou
International Business - Mahidol University
International College
Veterinary Medicine - National Pingtung
University of Science and Technology, Taiwan

Jenisa Chaichuenchob
International Business Law (LL.B) - Thammasat University

Jeremy Harrison
Pre Major - Blinn College, United States

Jin Ju Kang
British & American Studies- Thammasat University
Communication Arts - Bangkok University

John Patrick C. Gonzales
Business Economics - Mahidol University
International College
Aircraft Maintenance Engineering - University of
South Wales, United Kingdom

Jung Min Yun
Architecture - University of Cincinnati, United States (10,000 USD of scholarship)
Architecture - University of Oregon, United States (\$9,000 per year (\$45,000 in total))
Architecture - Virginia Polytechnic Institute and State University, United States
Architecture - Southern California Institute of Architecture, United States
Architecture - The Ohio State University, United States



SENIORS '18 SCHOLARSHIPS AND UNIVERSITY ADMISSIONS

Jun Sang Yoo

Hanyang University
Organic and Nano Engineering, Korea

Kanitpong Tangtrongchit

Creative Digital Technology - Thammasat University

Kantaphat Pattarakultanased

Business Economics - Mahidol University International College

Kavin Singh

Computer Science - University of Toronto, Canada

Kavisara Thuthavorn

Business Administration (BBA)
Chulalongkorn University

Khwanchanok Chatsrirung

Creative Digital Technology - Thammasat University
Computer Engineering - Sirindhorn International Institute of Technology
Software Engineering - King Mongkut's Institute of Technology Ladkrabang
Computer Engineering - Kasetsart University

Koranut Numlarp

Software Engineering - King Mongkut's Institute of Technology Ladkrabang

Krish Kukreja

Computer Engineering - Mahidol University

Kun Kim

Computer Science - Mahidol University International College

Lada Kunpalin

British & American Studies - Thammasat University
International Studies Asean-China (IAC) Thammasat University
London School of Economics, United Kingdom
Language and Culture (BALAC) - Chulalongkorn University
Communication Arts - Chulalongkorn University

Lapanuch Timkhunpitak

Communication Design - King Mongkut's University of Technology Thonburi

Maeluenie Teeravarnkongsiri

Biomedical Engineering - King Mongkut's Institute of Technology Ladkrabang
Biomedical Science - Mahidol University International College

Malisa Maneechawakajone

Communication Design - Chulalongkorn University
Design and Architecture (INDA)
Chulalongkorn University

Manolo Jan Momongan

Medical Technology - Velez College
Philippines

Marilou Martino

Business Marketing - Bangkok University

Mathavee Sachdev

Bachelor of Commerce - University of New South Wales, Australia
Bachelor of Commerce - Macquarie University

Matthew John McMullin

Computer Innovation Engineering - King Mongkut's Institute of Technology Ladkrabang

Meenmaethee Amratisha

Media and Communication - Mahidol University International College
Communication Art - Bangkok University (10,000 THB of scholarship)
Business English Communication (BEC) Thammasat University
Communication Arts - Mahidol University International College

Moya-Jayne Harris

Gap Year

Na-taat Panukchoklap

Computer Innovation Engineering - King Mongkut's Institute of Technology Ladkrabang

Nam Hoon Kim

College of Literature, Science, and the Arts
University of Michigan, United States
Engineering - University of Washington, United States
Biochemistry - University of California, San Diego, United States
Biology - Case Western Reserve University, United States

NaNa Yashiro

International Business - Mahidol University
International College

Napat Phengsalae

Aeronautical engineering & commercial pilot -
King Mongkut's Institute of Technology
Ladkrabang

Natcha Lertsongsak

Business Administration (BBA) - Mahidol
University

Natcha Nanthavithaya

Business Administration (BBA) - Thammasat
University

Natnaree Kulchan

Traditional Chinese Medicine- Chulabhorn
International College of Medicine, Thammasat
University

Nattanitta Authisanonth

Biomedical Engineering - King Mongkut's Institute
of Technology Ladkrabang
Software and Knowledge Engineering (IUP)
Kasetsart University
Faculty of Dental Medicine - Rangsit University

Nattaya Aksornchat

Faculty of Dental Medicine - Rangsit University

Natthapatt Sooppapipatt

Doctor of Dental Surgery Program - Mahidol
University

Natthapon Rodmala

Electrical Engineering - Sydney TAFE, Australia

Naveena Khanijoh

Business Administration (BBA) - Assumption
University

Nithinan Leangpanich

Economics - Chulalongkorn University

Nonpisit Seemakorn

Pre-college - Mahidol University International
College

Nonthicha Prasongsuton

Computer Innovation Engineering - King
Mongkut's Institute of Technology Ladkrabang
Engineering - Sirindhorn International Institute of
Technology

Nuthadanai Kanithasevi

Computer Science - Mahidol University
International College

Pallavi Rawal

Language and Culture (BALAC) - Chulalongkorn
University
Communication Arts - Chulalongkorn University
Business Administration - Tokyo International
University, Japan (80% scholarship)
College of International Management (APM)
Ritsumeikan Asia Pacific University, Japan (65%
scholarship)

Pana Samathapand

Medicine - University of St. Andrews (UK)
Medicine - King's College London (UK)
Dentistry - Mahidol University (UK)
Medicine - Otago University - New Zealand
Medicine - Aston University Birmingham (UK)
Medicine - Charles University, Czech Republic
Medicine - Segi University – Malaysia

Pannika Vichaitanaruks

Social Policy and Development (SPD)
Thammasat University

Panutad Kuwijitsuwan

Pre Major - University of Washington, United
States
Engineering - University of California Santa Cruz,
United States
Engineering - Chulalongkorn University, United
States
Engineering - University of California Davis,
United States

Passawee Wongsathitporn

College of International Management (APM)
Ritsumeikan Asia Pacific University, Japan
(1,000,000 yen scholarship)

Patcharanat Wongsittipat

Business Administration (BBA) - Assumption
University



SENIORS '18 SCHOLARSHIPS AND UNIVERSITY ADMISSIONS

Patcharapa Sungthong

Political Science (BIR) - Thammasat University

Pattarasaya Krobthong

Economics - Srinakharinwirot University

Pemika Yuwawanitchakorn

International Studies Asean-China - Thammasat University

Phimlaphat Vutthithaveepat

Communication Arts - Chulalongkorn University

Phirankhridth Dejchotpisitt

Computer Innovation Engineering - King Mongkut's Institute of Technology Ladkrabang

Phumarin Ritngam

Computer Innovation Engineering - King Mongkut's Institute of Technology Ladkrabang

Pishapa Poomsuwan

International Business - Mahidol University International College

Pongsakon LinBusiness Administration (BBA) - Thammasat University
Business Law (LL.B) - Thammasat University**Poomrapee Niyamasindhu**

Business Administration - Thammasat University

Pornapat Tirapairojana

Joint International Psychology Program (JIPP) - Chulalongkorn University

Pornsinee SetpraphaFaculty of Medicine (PCCMS) - Ramathibodi Hospital Mahidol University
Doctor of Medicine - Rangsit University
Business Administration (BBA) - Chulalongkorn University**Pornthep Thachaphat**

Civil Engineering - King Mongkut's Institute of Technology Ladkrabang

Porpim Jindasakchai

Faculty of Medicine Int'l Program - King Mongkut's Institute of Technology Ladkrabang

Faculty of Dental Medicine - Rangsit University

Faculty of Medicine Int'l Program - King Mongkut's Institute of Technology Ladkrabang

Bioscience - Mahidol University International College

Biomedical Engineering - King Mongkut's Institute of Technology Ladkrabang

Porsuk Phlalop

Gap Year

Praewa Borisootsoontorn

International Hospitality Management Mahidol University International College

Prince Paris Wongsaroj

Business and Management, London School of Economics - United Kingdom (60% scholarship)

Putipong Tananunnitikon

Business Economics - Tokyo International

Ramil Charoonsak

Communication Arts - Chulalongkorn University

Faculty of Medicine - King Mongkut's Institute of Technology Ladkrabang

International Business Law (LL.B) - Thammasat University

Joint International Psychology Program (JIPP) - Chulalongkorn University

Ravisara Paerueanthong

Faculty of Dental Medicine - Rangsit University

International Studies Asean-China Thammasat University

Risa Kawakita

Pre Major - Berkeley City College, United States

Samran Klipdokaem

Gap Year

Samuel Errando Wardhana

International Business - Mahidol University
International College

Sapon Chupongstimun

College of Letters and Sciences - UC Berkeley,
United States
College of Literature, Science and Arts, University
of Michigan, United States
College of Letters and Science, University of
Wisconsin - Madison, United States
Biology, Texas A&M University, United States
Ecology, Behavior and Evolution, UC San Diego,
United States
Pre-Biology, UC Santa Barbara, United States

Saranvasa Punnalardku

Business Administration (BBA) - Assumption
University (50% scholarship)
Business Administration (BBA) - Mahidol
University

Sarthak Gurung

In progress to a university in Nepal

Sartsawat Janekarnkit

Software Engineering - King Mongkut's Institute
of Technology Ladkrabang

Sijhana Virakul

Language and Culture (BALAC) - Chulalongkorn
University

Sirawich Limpiwilart

Aeronautical Engineering and Commercial Pilot
KMIL

Siri Thitipankul

International School of Engineering (Automotive
Design & Manufacturing Engineering)
Chulalongkorn University

Sitatham Puechkamut

Faculty of Medicine (PCCMS) - Ramathibodi
Hospital Mahidol University
Doctor of Medicine- Rangsit University

Sivakorn Suppakarnpanich

Engineering - Foothill College, United States

Smith Sermsrisuwan

Doctor of Medicine (CICM) - Thammasat
University
Doctor of Medicine - Rangsit University

Tanya Rishi

International School of Engineering (Information
& Communication Engineering) - Chulalongkorn
University

Teeradol Imamnuaysup

Computer Science - Queen's University Belfast,
United Kingdom (3000 euro scholarship)
Business Economics - Mahidol University
International College
Computer Science - Washington State University,
United States
Computer Science - Fraser International College,
Canada
Computer Science - Bellevue Community
College, United States

Teerarat Pattanamontri

Gap Year

Teeravee Khuprasert

Business Administration (BBA) - Thammasat
University
Economics (BE) - Thammasat University

Thamonwan Sriruenthong

Doctor of Dental Surgery Program - Mahidol
University

Thanatad Songpetchmongkol

Software Engineering - King Mongkut's Institute
of Technology Ladkrabang
Industrial Engineering SIIT - Thammasat
University
Engineering (TEPE) - Thammasat University

Thanawin Premratananont

Business English Communication (BEC)
Thammasat University
Journalism-Massmedia Study (BJM) - Thammasat
University

Thanida Sirichotvongsa

International Business Law (LLB) - Thammasat
University

Thanut Pheeraphan

Software Engineering - King Mongkut's Institute
of Technology Ladkrabang
Computer Innovation Engineering - King Mong-
kut's Institute of Technology Ladkrabang
Computer Science - University of Northampton,
United Kingdom

Theerapat Santanaprasit

Mechanical Engineering, King Mongkut's
University of Technology Thonburi



SENIORS '18 SCHOLARSHIPS AND UNIVERSITY ADMISSIONS

Theerin Techatraisorn

International Business Law (LLB) - Thammasat University

Thitirat Siripaiboolpong

Software Engineering - King Mongkut's Institute of Technology Ladkrabang
International School of Engineering
(Information & Communication Engineering)
Chulalongkorn University
Twinning Engineering Programmes (TEP)
Thammasat University
Chemical Engineering - Sirindhorn International Institute of Technology

Tzung-Chin Hsieh

Aeronautical Engineering - King Mongkut's Institute of Technology Ladkrabang

Urvi Dhawijswarnkul

Hospitality Management - Blue Mountains International Hotel Management School Australia

Vacharee Sachaphornskul

Business Administration (BBA) - Mahidol University

Vanabud Chaiprakorb

Communication Design, Chulalongkorn University

Veerut Hengnopparatkul

Computer Innovation Engineering (CIE) - King Mongkut's Institute of Technology Ladkrabang

Voraphon Srikuruwal

Business Administration (BBA) - Mahidol University

Wimutiporn Potipimpanon

Business Administration (BBA) - Chulalongkorn University

Witchakorn Wongsawanporn

Business Management - La Sierra University, United States (6550 USD scholarship)
Management - State University of New York at Buffalo, United States

Yada Ponpittayalert

Communication Design, Chulalongkorn University

Ye Jin Kim

Business Administration - Yonsei University

Yu Min Shin

In progress to a university in Germany and Korean

MULTIPLE WIN FOR A YOUNG MUSIC GENIUS



Author and NBA coach Pat Riley once said, "A champion needs a motivation above and beyond winning." This holds true to Supisara Ngamprasertpong 8E, a music champion who recently won several awards from different music competitions around the globe. She devotes her time in honing her skills to excellence and motivating herself to be better in every competition.

By Iris Angelica Zoe Alvez, 12C

She was awarded second place at the Grand Price Virtuoso 2018 on April 11, 2018. Virtuoso is an international music competition in Gläserner Saal, Musikverein, Vienna, Austria. She placed third at the Brilliant Talent Discovery Award on April 16, 2018 in Singapore, and most recently Supisara won first place at the Golden Classical Music Awards, an International Competition open to strings, piano, wind, chamber music and vocal disciplines of all nationalities and ages. This recent feat will bring her to the Weill Recital Hall of the famous Carnegie Hall in the United States for a special performance by selected winners in November 2018. What is even more impressive about Supisara is not all the trophies, medal, and awards she has collected from all these competitions, but her active involvement in various social causes such as the Share the Happiness program of the Thai Red Cross and other community outreach initiatives.



The EIS family is so proud of you, Supisara! Keep winning and caring!



THE MAKER HEALS FAST

A NATURAL HEALING SEMINAR

By Evangeline Tan-Alvez, Media Coordinator

survived a 10-day fast – but it's not what you're thinking.

"I love food," confessed one of the attendees, who went to a buffet the evening before the 10-day session started. Ms. Lin bore all when she said, "I cheated," at the culmination of the seminar. A friend gave her a vegan brownie, and since it was almost lunchtime she had 2 bites – only to suffer from an upset stomach just moments later. Quickly she went to the toilet, and prayed really hard. "I was asking God for forgiveness. I know I was overcoming and winning [in the battle against] self-indulgence, but because of the cheat, I suffered immediately and instantly." The principle of fasting is not simply refraining from eating for a period of time, it is not to lose weight, and it is not just to remove waste and toxins from the body so the body can restore itself. Fasting is having true repentance and denying self.

The path of self-denial is the path to health (1). – Ellen G. White, health reformer

Intemperate eating is often the cause of sickness (1). And what does intemperate eating entail? Consuming the wrong types of food, with the wrong portion sizes, and at the wrong time of day. We crave, we indulge, we fall ill and contract diseases. If we harness and control what we consume, then we can live healthy lives.



"He said, "If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you.""

–Exodus 15:26



High fat diets lead to oxidative stress (2) and contribute to cardiovascular disease and cancer to name a few. To minimize oxidative damage in the body it is recommended to: exercise; consume a good amount of fruits and vegetables; eat fish periodically; and avoid red meat, smoking, and consuming alcohol (2).

Michael Pollan, New York Times bestseller author and food activist summarizes what to eat in 7 simple words: Eat food, not too much, mostly plants.



Water is the main constituent of the human body's cells, tissues, and organs; thus, water is vital for life (3). Water transports nutrients to cells and removes wastes from cells (3). Although we may not be high-performance athletes, a good hydration level



is required for the body to function optimally (3). Drinking water helps enlarge blood vessels, and eliminates wastes from the body (3), such that the body can restore itself.

The Maker Heals 10-day natural healing seminar took place from July 6 to 15, 2018 at Ekamai International School, and many attendees joined



to learn how to make lifestyle changes, and share healthy eating principles with family members and neighbours who may be sick and desire a natural approach to healing.

I survived a 10-day fast – and from start to finish I declared: All to Jesus, I surrender.

1. White, E.G. (1938). *Counsels on Diet and Foods*. Washington, DC: Review & Herald Publications. p 189.
2. Halliwell, B., & Gutteridge, J.M.C. (2015). *Free Radicals in Biology and Medicine*. (5th ed.) Oxford, UK: Oxford University Press.
3. Jéquier, E. & Constant, F. (2010). Water as an essential nutrient: the physiological basis of hydration. *European Journal of Clinical Nutrition*, 64, pp 115-123.



LET GO OF SIN AND COME TO CHRIST

A Celebration Sabbath Call

By Iris Angelica Zoe Alvez, 12C

Twice every school year the faculty and staff of EIS come together to worship and celebrate the Sabbath as one family. The first Celebration Sabbath this school year 2018 – 2019 was held on September 22, 2018 at the Bangkok International Church of Seventh-day Adventists (BIC). The worship began with Sabbath School, where Mr. John Shimray, Health and Science Department Head, welcomed the EIS family, and invited a mother and daughter duo, Mrs. Ivy and Iyesha Dagoajes, to lead in singing.

“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

— Exodus 20:8-11

The High School Chaplain, Kosin Chanpisut, led the opening prayer, and a heavenly rendition of There is No Other Name by Jun Riel Galgao and Iris Tigley followed after. The Middle School Chaplain, Mr. Gandeewaran Gandhithason, shared a personal testimony that centers on his life experiences rooted in Psalm 23.

The life-changing Chiang Mai community service experience of the Class of 2018 during the winter break in December 2017 was presented through a video mission spotlight. Ms. Sarita Arora, Principal for Student Administration, testified how they reached out to the students in Ban Maema by walking uphill to the village to pray with the families. "EIS students were exposed to a different reality by witnessing the Ban Maema students chop down firewood and walk for hours from their villages to attend such a small and simple school. This is how EIS continues to empower, inspire, and serve others – by emulating exactly what Jesus would do," said Ms. Amara Sims, one of the teachers who accompanied the 80 plus senior students for this community service trip.



During the Divine Worship service, a prayer of thanksgiving and dedication was offered by Pr. Arnold Galvo, BIC Church Pastor, for the new audio and lighting system that was just installed the day prior to the event. Mr. Prachack Jitbunyad, EIS Director, publically thanked the generous sponsors Mr. Prasit and Rosa Chirawongviroj. He also mentioned that the grand piano in the Milne Auditorium was also donated by the same family last year.




Before the speaker shared the message, the BIC choir and orchestra blessed hearers with a musical selection entitled, "Honored, Glorified, Exalted." Pastor Arnold Galvo encouraged everyone to let go of "every habit or practice that leads into sin and brings dishonor upon Christ, ... whatever the sacrifice" (God's Amazing Grace, p. 273), and be ready to receive the latter rain of the Holy Spirit, proclaim the loud cry, and take a step further and reach out to many suffering and searching souls surrounding EIS.



COMMISSIONED TO SERVE

Dedication Service & Pre-session

By Evangeline Tan-Alvez, Media Coordinator



Annually the faculty and staff of Ekamai International School open the new school year with a Dedication Worship Service that aims to corporately plea and pray to God for guidance, wisdom, and blessings. This school year, 2018-2019, was unitedly welcomed by all members of the EIS family on August 8, 2018, through a special worship led by Pastor Niratisai Aipan, President of the Thailand Adventist Mission.

"We are not here by coincidence or chance. God has bestowed upon all of us a position to perform in this school at the right time and place where His mission will be uplifted and pursued", a committed but soft-spoken Pastor Aipan conveyed during his message. "We are all here starting this new school year to ask God for wisdom and knowledge, so we don't just teach but we will fulfill God's mission and cause. Let us use our skills and abilities to advance God's service and glorify Him in whatever position we serve," he continued amidst a full attendance in the Milne Auditorium.

Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality.

- Romans 12:9-13

Pastor Aipan, along with other officers of the Thailand Adventist Mission, took turns in praying for specific concerns and supplications that will foster and strengthen everyone's faith journey and service at Ekamai International School.

"Let us unitedly serve wisely and justly. Let us ensure that everything we do will be pleasing to God's sight. Let us strive to do right for His glory," Pastor Aipan concluded.



Members of the leadership team, administrators, department heads, grade level leaders, teachers, office staff, service staff, and outsourced employees were all consecrated to God's service, mission, and purpose. Commissioned to Serve was this year's pre-session theme and "Following Jesus" by Leonard Weaver served as the session's theme song.





BENEFITS OF A CARING CLASSROOM



Our ideas of education take too narrow and too low a range. There is need of a broader scope, a higher aim. True education means more than the pursual of a certain course of study. It means more than a preparation for the life that now is.



— Ellen White, Education

By Shireen R. Bazliel, High School Teacher

A classroom of care is a place where “a group of students engage in intellectual discussions, have the freedom to express themselves respectfully and build positive relationships with teachers and fellow students,” paraphrased from Sue Bredekamp (2014). This is a classroom, where active learning happens and this signifies security and a guarantee that they will be challenged. This is the class where students beat down the door to get in and stay in. There are clear rules and active participation and flexibility towards the upcoming radical ideas but with research to back it up.

Bredenkamp (2014) specifies rules which encompass the foundations of a caring classroom.

1. Educators take care of students by having positive relationships with people in the class.
2. Educators take care of each student by encouraging a positive building up of each person.
3. Educators take care of the school as they plan intensive intellectually stimulating intervention programs.

However, when these boundaries are pushed and the rules are broken, then it is not a "mistake never to be forgotten," but rather as "misbehavior and pushing of the boundaries to be acknowledged and dealt to understand the reasoning (Gartrell 2011). When teachers deals with behavior and separates it from the mistake, condemnation and labelling then it becomes a caring classroom (Bredenkamp 2014; Fox, Dunlap, Hemmeter, Joseph, and Strain 2003). When children feel accepted completely irrespective of their behavior and are told how to rectify it they feel safe (Bredenkamp (2014) states that a student must be given ample amount of time to research, express, and share - if not discuss the topic and its relevance. A caring teacher finds a balance between the individual and the group. The individual is, however, not allowed to overpower, intimidate, bully or depreciate the value of another in the group. The group is where they learn from each other as equals (Vygotsky, 1978). It is imperative that the teacher creates a balance between being impartial fair and yet encourages intellectual stimulation of the mind with practical advice and proper teaching techniques.

The teacher must never forget that the student is there to learn and then practice. The teachers should make sure that the class is well balanced in all teachings methodologies.

Too much of any one strategy is not a balance, to quoted Bredenkamp (2014), who specifies a four part progress of a caring classroom.

“Strength, time, intellect, are but lent treasures. They belong to God, and it should be the resolve of every youth to put them to the highest use.”
- Ellen White

References:

Bredenkamp, Sue. 2014. Effective Practices in Early Childhood Education: Building a Foundation, 2nd ed. Upper Saddle River, N.J.: Pearson.

Gartrell, Dan. 2011. A Guidance Approach for the Encouraging Classroom. Clifton Park, N.J.: Wadsworth Cengage Learning

Vygotsky, L.S. (1978). Mind in Society: The development of higher psychological process. M.Cole, V. John-Steiner, S.Scribner,& E.Souberman (Eds. & Trans.) Cambridge.MA: Harvard University Press





SERVICE BEYOND SELF

HABITAT FOR HUMANITY TRIP



As each has received a gift, use it to serve one another,
as good stewards of God's varied grace.

- 1 Peter 4:10



By Evangeline Tan-Alvez, Media Coordinator



In a humid Sunday morning, forty seven students and three teachers boarded a double-decker bus and headed to a quint temple school in the province of Ayuthaya. Armed with a strong desire to help, the members and officers of the EIS Habitat for Humanity Club organized this whole day community outreach at Wat Chang School on October 14, 2018.

"We are grateful for everyone's presence here today. The club officers are thankful for your participation in this activity," said Habitat for Humanity Club president, Saranya Pansuan during the opening ceremony attended by the members of the Wat Chang school administration and faculty.

Everyone is driven with pure service despite the discomforts of heat, paint smell, and the workload ahead of them. The club's mission that day was to paint three sections of the school namely; the library, the playground, and the second-floor hallway. The group was divided into each work sections with a teacher leading out in the team. Everyone eagerly put on their gloves, masks, and headed to their respective work assignments right after the short briefing from the Wat Chang school director and administrators.



"I am blessed to be invited and take part in this community outreach. My group which is the library painters were so determined and focused on what was assigned to them. They were not even talking during the duration of the work and mainly concentrated on accomplishing the task. This is a great paying it forward exercise," shared Ms. Hearty Joy Gagnan who was one of the teachers supervising the trip.



The joy of services painted in the faces of the club members and officers were enough validation of their commitment to reach out to the community in need. Despite being soaked in the sun for hours, there were no complaints but just sheer service beyond self.



PATHFINDER LEADERSHIP TRAINING ENCOURAGES TEAMWORK

By Aanchal Chand, 7B

The leadership training is held every year about 2-4 times. It consists of the grade levels, 5-8. Only the Leader, Scribes, and Guidons participate. This year it was held on September 6-7. Each time the leadership training is held, there are high schoolers offering to help and contribute to the activities. They organize games and activities. Mr. Jimmy Carado, EIS Pathfinder Director and some volunteer teachers offer to help as well.

The leadership training is one of the biggest Pathfinder overnight stays in Ekamai International School. Every time a leadership training is held there are many stories to tell! It is very entertaining and enjoyable as you build trust within your team. You are also required to cook your own food. On dinner there are always heavier meals, instant foods as in Mama, microvable foods, aren't allowed! Students are required to cook actual meals, they require a dessert as

NATTHAPAT SOMTON WINS KBOT ASIA COMPETITION

By Evangeline Tan-Alvez, Media Coordinator



The Hongkong Soong Ching Ling Children Education Commission, Department of Industrial System Engineering of the Hongkong Polytechnic University and Eye On International Education Association has recently hosted the Kbot Asia Competition with the theme AI, Stem and Technology Innovation Education among teenagers.

The competition focuses on innovative ideas and it is a platform for children to share their ideas from teams coming from Hongkong, China, Korea and the Philippines. The competition was held from August 19 to 22 where Natthapat's team took home an award.

Congratulations for your EIS family!

CHAWINNUT NEAMKASIPONG DECLARED CHAMPION IN ONSITE CHALLENGE

Chawinnut Neakasipong from grade five recently received the first place trophy from the Robert Competition held on August 20-22, 2018 in Hongkong.

He joined a team of four and entered three competitions namely; Offsite Project where they got the third price, the Four Wheels car where they took home the Merit award, and the On-site Challenge where their team was awarded the highest accolade of the competition.

Keep achieving Chawinnut. The EIS family is so proud of you!





FORMER SC PRESIDENT

NOW CHAMPIONING IMMIGRATION ISSUES IN AMERICA

By Evangelina Van-Alvez, Media Coordinator

Suhail Prasathong led the student body as the Student Council president during the school year 2012-2013, but his passion for leadership, as well as his courage to unearth relevant issues that affect many, have continued even after his graduation from EIS in 2013. He moved to the United States at the age of 18 in search of greater advancement such as higher education, and to seek for opportunities where his potential can thrive.

He traveled to more than 18 countries at an early age, which exposed him to a wealth of experiences and pressing issues. His journey kicked off at Monroe Community College in Rochester, New York where he pursued an Associate in Computer Engineering. While there he served as President of the Student Government; it was in this position where his worldview changed, and he started looking for avenues where he can best convey his thoughts and ideas.

In his TEDx talk speaker's profile, Suhail Prasathong explicitly states and acknowledges that he is on a non-immigrant visa and uses "privileged immigrant loosely to address a broader point:" how a heartbreaking story about immigration unearthed the concept of a privileged immigrant. Suhail went on to the Rochester Institute of Technology to pursue a Bachelor's Degree in Computer Engineering and continues to speak on issues he cares about at national conferences, local community events and beyond.

"I want to offer a challenge for all of you here today: If there is anything that you are truly passionate, care, and truly love, be it education or immigration or even small changes in your life that you have been wanting to change but cannot change because you are afraid of what the consequences might be, do it.

Do it now. Have the audacity to make that change, because complacency is tragedy," he stressed in his TEDx RIT talk published on May 2, 2018, that can be accessed in the TED website or found on the TED YouTube channel. In retrospect, Suhail wrote in the yearbook senior message, "A lot of us whine about every aspect of EIS but in hindsight, there is no other place I'd rather graduate from.

Thank you to EIS for everything that you've given me. I am proud to be an EISian."

“
**Have the
audacity to
make that
change,
because
complacency
is tragedy.**
”





COMING BACK HOME

SUCCESSFUL ALUMNI PAYS TRIBUTE TO ALMA MATER



By Evangeline Tan-Alvez, Media Coordinator

A group of successful graduates from EIS Class of 2014 came back home to honor their alma mater with the achievements they received in graduating from prestigious universities in Thailand. Beaming with joy, they reminisced their days in EIS and reflected on the wisdom, experiences, and bonds they shared and acquired.

Four years after graduating from Ekamai International School, these alumni have maintained their friendship and came back home to share their accolades and accomplishments. Those who paid tribute were the following:

Krittapas Leangsiriwattanakul
BBA Thammasat

Natanon Dhanasetavut
BBA Thammasat

Thawanhatai Kruayatidee
BE Thammasat

Duangkamol Jong-udomsab
BBA Chulalongkorn

Pornpitcha Dansirisanti
GSSE Thammasat

Isreeya Mitaree
EBA Chulalongkorn

Sittinadh Wanotayan
ISE Chulalongkorn

Kanika Termsedcharoen
INDA Chulalongkorn

Sirithorn Chottanakul
BBA Mahidol University
International College

Matika Pornpattanasavai
BBA Thammasat

Jesada Suriwan
ISE Chulalongkorn



Siripong Soonthornpun
SIIT Thammasat

Wisith Tassnapanaya
EBA Chulalongkorn



The EIS family is overwhelmed with your individual feats. As you continue with your career path or whatever endeavors you are planning to pursue in the coming future, may you continue to shine for God, for your family, and for Ekamai International School.

EIS is a place of memories.

- Krittapas Leangsiriwatt

**This place is not just
a learning place but it is a
place where happiness,
love, and friendship
begin.**

- Kanina Termsedchareon

EIS is like a second home.

-Matika Pornpattanasavai



Congratulations to all of you, and know that Ekamai International School is so proud of your accomplishments and success. The school is also grateful that you found your way back home.

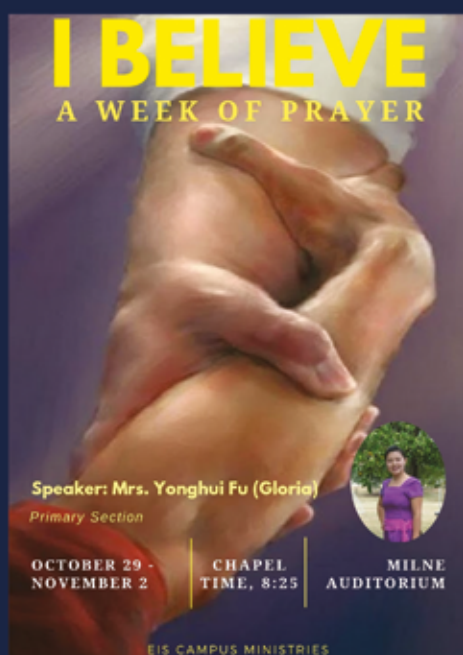


WEEK OF PRAYER

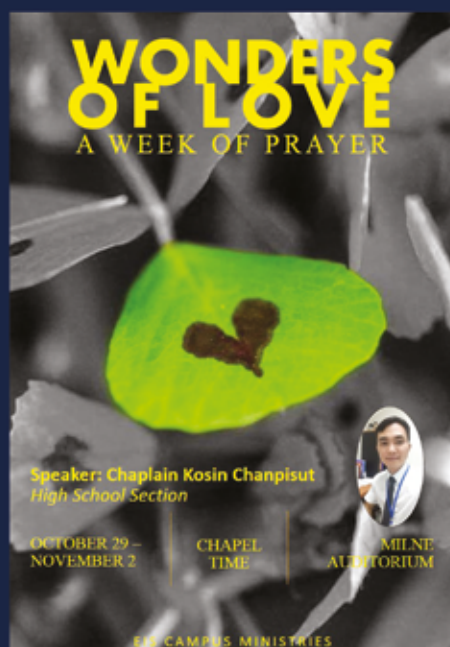
October 29 - November 2, 2018

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

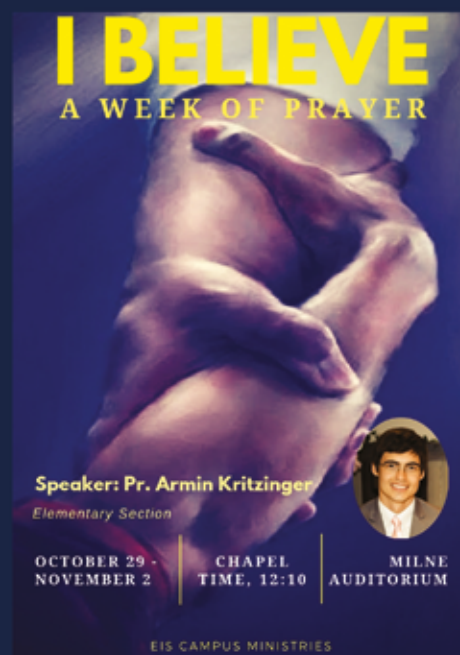
John 3:16



Primary School



Middle & High School



Elementary School

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7



UPCOMING EVENTS

NOVEMBER

- 9 Pathfinder/Adventurer Fair
- 12-16 ES Friendship Week
- 18 EIS MUN Conference
- 20-22 Book Fair
- 22-23 Grade 4 Camping
- 25 EIS Charity Run
- 27 PS Music Presentation
- 29 HS Chat with Counselors
- 30 Grade 7 Community Service

JANUARY

- 4 Office Opens (7am-2pm)
- 7 2nd Quarter Report Cards (G12)
- 10 2nd Quarter Report Cards (G1-11)
- 15 Grade 8 Community Service
- 16 Teachers' Day
- 22 Grade 8 Pre-TOEFL
- 23 Grade 10 PSAT
- 23-25 Grade 5 Camping
- 28 General Business Sale
- 30-1 Grade 6 Camping

DECEMBER

- 5 National Father's Day
- 6-11 2nd Quarter Exam
- 7 Grade 4 Community Service
- 10 Kindergarten SPTC
- 12-13 EIS Games
- 14 Substitution for Constitution Day
- 16-20 Senior Community Service
- 17-Jan 4 First Semester Break
- 17-19 Office Opens (7am-2pm)
- 20-Jan 3 Office Closed

FEBRUARY

- 5 Chinese New Year
- 11-12 Grade3-8 ITBS
- 14 Junior Love Day
- 19 Makabucha Day
- 20-22 Grade 7 Camping
- 25 PS Talent Show
- 26 ES Talent Show
- 27 MS Talent Show
- 28 HS Talent Show

VISION

Ekamai International School aspires an excellent global academic education that promotes moral character development for the 21st century in a Seventh-day Adventists Christian environment.

MISSION

Ekamai International School offers Christ-centered quality global academic programs. We endeavor to create an internationally competent learning climate marked by God's presence and love, respecting uniqueness and diversity, care and development of potentials and abilities.

PHILOSOPHY

Ekamai International School recognizes God as our creator and as the ultimate source of knowledge, wisdom and truth. We believe, promote and advance the holistic and harmonious development of the physical, mental, social and spiritual dimensions of human nature.



Ekamai International School

Empowers. Inspires. Serves.



Founded in 1946, Ekamai International School (EIS) continues to offer an unparalleled education. We adhere to solid American curriculum with Thai language and culture instruction. Our goals are to educate and inspire our students to be moral, thoughtful and caring individuals in a global community.

OPEN for Enrollment **NOW**
Pre-Kindergarten to High School

www.eis.ac.th

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