

NEWSLETTER

The official publication of EIS published three times a year Volume 24 | Issue 3 | May 2022

ior Class 022 Bids Goodbye **PLUS** Meet the New Officers of EIS 14 24 Storytelling Competition Awarded Senior 2022 Charged to Do More 20 for Others 10 Faculty & Staff Retreat 12 Kindergarten International Day Dealing with Teachers & Students' 26

Digital copy available at www.eis.ac.th

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Mental Health

STEM Club Pushes Service

EIS NEWSLETTER | VOLUME 24 | NO. 3 | MAY 2022 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 Prekindergarten to Grade 12.

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ABOUT OUR COVER PHOTO



Seventy six seniors will soon be moving to further studies in various overseas and loval universities. Full story on pages _ and _. Cover photo by Sittichai Pokaew.



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

- Psalm 119:105

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ongratulations on making it through the final quarter of the school year. As we move closer to the SY 2021-2022, I have nothing but gratitude and appreciation for your efforts, confidence, and trust in our dear EIS. We made it through as a family united in a shared desire to honor God and be of service to others.

I am incredibly thankful to all the teachers and staff who served tirelessly and unselfishly to ensure quality and relevant support to our student body, the parents, and the community. My warmest congratulations to the senior class of 2022, who will soon be leaving our portal for further studies. May you carry the EIS light and love, and never forget that you will always have a home in Ekamai International School.

I hope that this final issue of the EIS Newsletter for this school year will serve as a fitting reminder that we can overcome challenges and successfully achieve our goals by the grace of God and our collective effort as a family.

Thank you for making us part of your academic journey this year, and we hope that you will continue to support us in whatever areas you can but most importantly, in prayers.

SAOWANEE KIATYANYONG

School Director

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So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.

- 1 John 4:16



EKAMAI INTERNATIONAL SCHOOL

Empowers

Inspires

Serves

EXPECTED SCHOOL-WIDE LEARNING OUTCOMES

- Complex Thinker
- Quality Producer
- Effective Communicator
- Collaborative Worker
- Self-Manager
- Responsible Citizen



SERVING YOU BETTER



From Thailand,
Catherine
Chulkasate
is the current
General Manager
and the incoming
Treasurer.

If anyone serves me, he must follow me; and where I am, there will my servant be also. If anyone serves me, the Father will honor him.

- John 12:26

kamai International School's vision clearly defines where we are going as it aspires to an excellent global academic education that promotes moral character development for the 21st century in a Seventh-day Adventist Christian environment. Although the pandemic hinders us from praying face-to-face, our Campus Ministries organized and facilitated Weeks of Prayer for employees and students. Positively, some parents and students joined as it was conducted virtually.

We would like you to remain prayerful because God answers our petitions. Here are some of the answered prayers on some significant changes in our campus and the completed facility developments.

U-Shop

The transfer of this new uniform shop helps our students with more secure campus where learning takes place. The renovated space will also allow parents to visit and purchase school uniforms during school hours.

"The only way to grow in grace is to be interestedly doing the very work Christ has enjoined upon us to do."

Building 4 - Cafeteria Building

The multi-million cafeteria building partially started its operations to cater the need of our dear students, teachers, staff, and stakeholders as they dine in to taste healthy food offered in the vast choices of menus. The new classrooms in the same building is expected to be operational in August.

Playground

The pandemic added the time spent by children in front of computers, tablets, laptops, and phones to learn the lessons. So the new playground will help our little children improve their motor skills and develop greater awareness and peer-to-peer relationships as they play outdoors. The expanded learning space also cultivates the child's organizational and communication skills.



Soccer Field

We all expect our students would enjoy to stay a bit longer in school this time because of our modern and international standard soccer field. Playing soccer is a fun sport that can widen social relationship, build strength, flexibility, and endurance aside from improving health.



Ellen White The Review and Herald, June 7, 1887.



School Gates

New gates were installed in the main entrance, Gate 3, and Primary and Elementary School, Gate 6. The new school ID in connection with the smart card system are used for purchases and campus security. You can top up your card through online transactions using Schooney. This supports each one not to stay in the queue longer to add money on it manually.



We thank God for providing us with all these, and we pray that the Lord will grant us wisdom as we use wisely the blessings He entrusted to us. Watch out for more developments as we continue to empower, inspire, and serve at Ekamai International School.

Glory be to God!





SONGKRAN AMIDST PANDEMIC



From Thailand,

Tippawan Aipan
is the head of the Thai
Department.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

- 2 Corinthians 5:17

herever we come from, cultural tradition is something we take with us and share with others. Ekamai International School Thai Department organized an event themed "Songkran Activity, Avoiding Covid-19" to celebrate the traditional Thai New Year, where students, teachers, and staff wore costumes representing the unique culture of Thailand.

On Friday, April 8, 2022, the program includes paying respect to teachers, pouring water, and taking pictures while observing the COVID safety guidelines.

Students flocked to well-ornamented mini-stage prepared by the Thai Department to pay tribute and honor to their teachers while strictly observing the campus-wide safety protocols currently in place.

This may have been a unique way to commemorate the culture and tradition of Thailand, but we are happy that even with the restrictions, we were still able to celebrate successfully. "Gen Prayut called this Thai New Year the "Songkran of hope" after the country began reopening for travellers to salvage the tourism sector and the government embarked on projects to create jobs, boost investment opportunities and expand the economy."

- Bangkok Post, 13 April 2022



Songkran is water festival that marks the beginning of the traditional Thai New Year. The name Songkran comes from a Sanskrit word meaning 'passing' or 'approaching'. It is celebrated from 13-15 April annually in Thailand, Laos, Cambodia and Myanmar, as well as the Tai ethnic minorities in China, Sri Lanka and eastern India.





Thank you so much to our administrators, principals, teachers, and students for your participation in making this year's Songkran event more meaningful. May we continue to create an atmosphere of an internationally competent learning environment as we move forward together despite the challenges.





May God's blessings, love, and grace be upon each of us as we welcome the Thai New Year.









BOOK CHARACTER COMPETITION



From the Philippines,
Jackie Lou
Tugay
is a Library Staff
assigned at the
Elementary School. She
also reads stories to
young students.

This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

- Joshua 1:8

eep reading. It's one of the marvelous adventures that anyone can have," Mrs. Mylene Mae Palmes, Learning Resources Head, shared the quote from Lloyd Alexander at the announcement of the winners. She also thanked the administration, parents, judges, and the students for amazing and exciting book character costumes.

Well done to our Primary and Elementary Section students who took part in our First Virtual Book Character Competition organized by the Learning Resources Department of Ekamai International School.

Students from Pre-Kindergarten to Grade 5 were invited to send their entries from December 2021 until February 4, 2022. The following students stood out following the criteria based on the guidelines, character portrayal, and the good moral character with the emotional expression and acting capability.

"Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers."

— Charles W. Eliot

Primary Section (Kindergarten - Grade2)

Kindergarten 3 - 1st - Sirimon Kosaidilok K3C 2nd - Covy Izaiah Dagaojes K3C Grade 1 - 1st - Patapawn Koeksakulkit G1A 2nd - Samaira Sethi G1A Grade 2 - 1st - Punnicha Tungkanawanich G2D 2nd - Dbjhune Cyvazxian Varron G2B

Elementary Section (Grades 3 - 5)

1st - Pacharatorn Limpodom G5D 2nd - Bhakorn Limpodom G3D and Savit Ngernthaveekhoon G5A 3rd - Aysz laine Cordero G5A









Aside from the certificates of appreciation, cash prizes were also given to the winners.











We encourage all our students to visit our Primary, Elementary, Middle, and High School libraries and constantly read because "Books are the plane, the train, and the road. They are the destination and the journey. They are home." - Anna Quindlen in How Reading Changed My Life.

Congratulations to all the winners and those who participated!









A MUCH NEEDED RETREAT



From the Philippines,
Vergilio
Ouimba Jr. PhD
is the Director's Secretary
and the school's Human
Resources Coordinator.

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

– Matthew 11:28–30

eing the largest institution within the Southern Asia - Pacific Division of the Seventh-day Adventists (SSD), EIS recognizes God as the Creator and as the ultimate source of knowledge, wisdom, and truth. We believe, promote and advance the holistic and harmonious development of human nature's physical, mental, social, and spiritual dimensions.

As world changers, we took inspiration from God's words and celebrated the achievements of God's goodness. Amidst the COVID-19 pandemic, EIS Faculty and Staff with the family members were able to convene and retreat from the hustle and bustle of the stressful situations hitting Bangkok and the world these days. Our guest speakers' encouraging messages and inspirational speeches at the Teachers and Staff Retreat brought exhilarating experiences.

Thanks to our esteemed Thailand Adventist Mission President and Ekamai International School Board Chairman, Pastor Niratisai Aipan, Asia-Pacific "In His wisdom the Lord brings those who are seeking for truth into touch with fellow beings who know the truth. It is the plan of Heaven that those who have received light shall impart it to those in darkness."

-The Acts of the Apostles, 134.

International University President, Dr. Siroj Sorajjakool, EIS Board Member and Bangkok International Church Pastor, Karlo Diel, Thailand Adventist Mision (TAM) Ministerial Secretary/Global Mission/Chaplaincy, Pastor Pada Tarasapanan, and other pastors and officers who participated last March 23-25, 2022 at Romantic Resort and Spa, Khaoyai, Nakhon Ratchasima, Thailand.

It was indeed a successful gathering. Everyone came with a purpose to relax, unwind, eat, and be thankful to spend time with families and colleagues.













"We praise God for His love and protection. We enjoyed ourselves and felt refreshed. Thanks to the speakers, organizers, hotel management, teachers, and staff for helping make our 3-day retreat a success", gleefully remarked Mrs. Saowanee Kiatyanyong, EIS Director, at the closing event.

All glory to God!



KINDERGARTEN ANNUAL INTERNATIONAL DAY



From the Philippines,
Janice Caparida
Quimba, MAEM
is a primary school teacher.
She is the homeroom
teacher of Kindergarten 1C.

The Word of God openly presents both the strengths and weaknesses of the Bible characters that we can relate to them and learn from their successes and failures. Paul wrote, "Follow my example, as I follow the example of Christ,"

- 1 Corinthians 11:1.

tudents and teachers who were used to conventional teaching and learning systems were obliged to adjust and embrace online learning when the pandemic hit various countries around the world. Though the Thai government mandates that all learning must be done onsite lately, still, Ekamai International School resorts to online learning whenever a student or a teacher is infected or in close contact with the virus. Due to the cooperation of everyone in following the COVID protocols, cases were minimal. Thus, this motivated the Kindergarten Department to pursue the annual International Day onsite.

On April 1, 2022, students, teachers, and parents of Pre-Kindergarten and Kindergarten 1ABC celebrated International Day. The students discovered more learning while having fun. They learned about the food, culture, people, and other significant landmarks from the countries of Sweden, Columbia, Turkey, and South Korea.

"Diversity is about all of us and about us having to figure out how to walk through this world together."

- Jacqueline Woodson

"We appreciate the hard work of each teacher and staff for a job well done. I believe that teaching students like this helps them to be curious, learn more, and continue the learning process for the rest of their lives." Mrs. Hazel Ilao, the Kindergarten Coordinator, expressed as she thanked the organizers and parents for their support.











All glory to God for creating us individually, unique, and according to His purpose. Let us pray that as we learn each other's culture, it will help us build the opportunity to understand better and support one another.





We are united with our love for God and others despite our diversity, and we wil continue to shine this light for others to experience God's love.

NEW OFFICERS INTRODUCED



From the Philippines,
Vergilio
Quimba Jr. PhD
is the Director's Secretary
and the school's Human
Resources Coordinator.

It shall not be so among you. But whoever would be great among you must be your servant.

- Matthew 20:26

an you still remember your teachers since Kindergarten? If you do, that is a significant accomplishment, even if there is a change of teachers every year in every school.

That change was not only for teachers but also for the administrators. Once the term ends, we have new leaders coming in to serve.

On May 2, 2022, the Thailand Adventist Mission President, as well as the Licensee and Chairman of the Executive Board of Ekamai International School, announced the newly appointed officers with the online presence of the teachers, staff, mission officers, and department heads to serve effective June 1, 2022, until 2025 or once TAM Quinquennial Session is held.

Empowering the community is the primary goal of the new School Director, who is also serving as the Education Director of Thailand Adventist Mission, Ajarn Jarun Damrongkiattiyot. Prior to his appointment, he was a Teacher for 18 years, then

"Solemn are the responsibilities resting upon those who are called to act as leaders in the church of God today."

-The Acts of the Apostles, 92

served as the Director for five years at Chiangmai Adventist Academy; then a Director for one year and three months at Korat Adventist International School Nakhon Ratchasima. He completed a Master of Arts Education Educational major in Administration at North Chiangmai University. He is married to a Teacher, Mrs. Kanyaphat Damrongkiattiyot, and blessed with two children, Ms. Kritayarat, 18 years old, and Mr. Jiraphat, eight years old. He has been serving Thailand Adventist Mission for 24 years.

Serving EIS and taking care of her two boys, Chawakorn, 17 years old, and Chawin, 12 years old, is a challenge, according to Ms. Catherine Chulkasate. The only lady among the three officers is the new Treasurer of EIS. A mother of two, Ms. Cat just recently graduated Master in Business Administration at Asia Pacific International University, Saraburi.

She started her career in EIS, handling the students' accounts from 1999 to 2006.



Jarun Damrongkiattiyot
Director



Panuwat Kattiya Manager



Catherine Chulkasate
Treasurer

Inspiring others mean a lot to our new Manager, Ajarn Panuwat Kattiya. He started his career at Adventist Ekamai School in 1992 and was moved to BAIS in 2011. His Master of Arts in Education has helped him become the Director of Bangkok Adventist International School for 11 years. His two children, Puchit and Athitiya, are 10 and 9 years old, respectively. Mrs. Kathaleeya, his wife, is serving as the TAM Women, Children, Family's Ministries Director.

Then, later on, came back as an Accountant from 2009 until 2016. She was appointed as the Manager before the EIS Executive Board entrusted her with the Treasurer position.

May we continue to pray and support our new leaders. We are so thankful to the outgoing officers who committed their lives in service to empower and inspire the community.

Congratulations to our new Director, Manager, and Treasurer!



NEW PATHFINDERS & ADVENTURERS INVESTED



From the Philippines,
Evangeline
Tan-Alvez
is the school's Media &
Publications Coordinator.
She also teaches Journalism
and General Business in
High School.

Oh, we are the Pathfinders strong, The servants of God are we, Faithful as we march along, In kindness, truth and purity, A message to tell to the world, A truth that will set us free, King Jesus the Saviour coming back for you and me.

- Pathfinder Song

od's young soldiers were encouraged to respond to the call of the Seventh - day Adventist Church's "I Will Go" spiritual initiative. The Pathfinders and Adventurers were invested in the program through a virtual ceremony via Google Meet on the 13th of May 2022 with the theme "Go on God's Errands."

Mr. Jimmy Carrado, the Pathfinder Director of Ekamai International School, and a team of Master Guides graced the occasion that has solidified the school's commitment to God's mission. Pastor Apisit Poorinantawong, the Thailand Adventist Mission Youth Director, accepted the new members into the program. Pastor Karlo Diel of Bangkok International Church of Seventh-day Adventist delivered a meaningful message propelling the newly invested members to anticipate a life of service for God and others.

Donning of sash, pins, and certificates was led by the Academic Principal, Mr. Ian Cordero, while other master guides assisted.

"We have been called to follow Christ, We are to preach, We are to teach, We are to fight So where you lead me, I will go Touch my lips, By your Strength, I will go."

A final charge to actively respond to go on God's errands was delivered by Ms. Sarita Arora, the principal for student administration.











To the newly invested members, welcome to the Pathfinder and Adventurer family! May God continually use you to further His mission. May your light shine so bright for others to know the love and saving grace of Jesus Christ.





ENDING THE SCHOOL YEAR WITH GRATITUDE



From the Philippines,
Vergilio
Quimba Jr. PhD
is the Director's Secretary
and the school's Human
Resources Coordinator.

Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you."

- Luke 6:38

kamai International School, supported by Thailand Adventist Mission, held the year-end program on May 26, 2022, at the covered court, which catered to almost 300 employees, executive board members, and TAM officers.

The annual event was conducted to appreciate the support of every individual for their dedication and hard work throughout the year in EIS. In her welcome remarks, Ms. Catherine Chulkasate, EIS General Manager, quoted a Bible verse found in Ecclesiastes 3:1, "For everything, there is a season and a time for every matter under heaven. I sincerely thank you for all your contributions from August last year until now. Let us work hand in hand in sharing the Good News to our students, colleagues, and everyone around us," she added.

Special appreciation goes to our respected Board Members who unceasingly pray for the success of every work in the education ministry. The Leadership team deserves applause for their hard work and for making this event remarkable.

The humble worker who obediently responds to the call of God may be sure of receiving divine assistance. To accept so great and holy a responsibility is itself elevating to the character. It calls into action the highest mental and spiritual powers, and strengthens and purifies the mind and heart.

- Christ's Object Lessons, 354.

Moreover, the efforts and dedication of the academic and non-academic department heads are also highly recognized.

All attendees sang a birthday song to all May celebrants as part of the tradition. The afternoon was not complete without our special tribute and the retirement prayers to our supportive School Director, Ajarn Saowanee Kiatyanyong, who turned 60 years old that day.

Behind the trendy masks, it was noticeable that the recipients of gifts, certificates, and cash incentives showed big smiles during the event. We genuinely thank the Ekamai International School administration family treasuring every member promoting and advancing the holistic and harmonious development of the physical, mental, social, and spiritual dimensions of human nature.







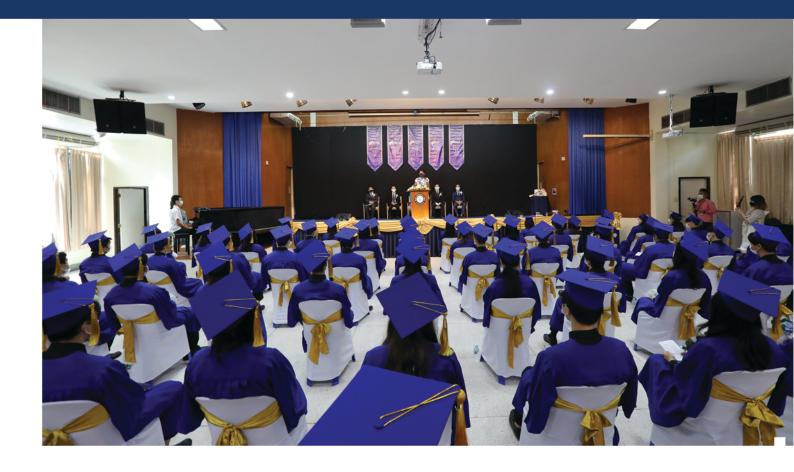


We are immensely grateful for your contribution, and we praise God for your support in making this well-attended event one of a kind.









SENIOR CLASS OF 2022 PRESENTED



From the Philippines

Evangeline Tan-Alvez
is the school's Media and
Publications Coordinator. She
also teaches Business and
Journalism in High School.

"Learn to be content and build your passion even before beginning to pursue them."

- Chaplain Kosin Chanpisut
Guest of Honor, Senior Presentation

total of seventy-six seniors were presented on February 18, 2022, to the EIS community in preparation for the culmination of their high school journey. The physical arrangement of the Milne Auditorium was distanced. Participants complied with the negative antigen Covid testing and put a mask on at all times, consistent with the guidelines set forth by the Ministry of Education and Ministry of Health.

The ceremony opened with a processional of the leadership team, the special guest of honor, and the senior class of 2022, followed by the singing of the king's anthem, a prayer, and a warm welcome from Ms. Esther Nathan, one of the sponsors. The class belted their class song with a myriad of emotions reminiscing their academic journey in the place they called home.

"I am honored to be part of the 30th senior presentation for the class of 2022. Thank you for

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil. to give you a future and a hope.

Jeremiah 29:11

making me part of this special occasion. I want to encourage you to pay attention to what is before you, be watchful, prepare and carry on the ability to survive in the dry seasons of life. Learn to be content and build your passion even before beginning to pursue them," Chaplain Kosin Chanpisut conveyed to the EIS Senior Class of 2022 as the honored guest.

He continued to motivate and charge the students to let their greatness shine, following the example of Nelson Mandela, who built his strength in God. "The same God who enabled Mandela can enable you to become a better version of yourselves and make this world a better place," he ended, generating favorable reactions from the crowd.

The school director Saowanee Kiatyanyong warmly accepted the soon-to-be graduates, and a special prayer was offered after that.

Congratulations to the senior class of 2022. Your EIS family is rooting for you graduate soon and achieve meaningful success for God's glory.









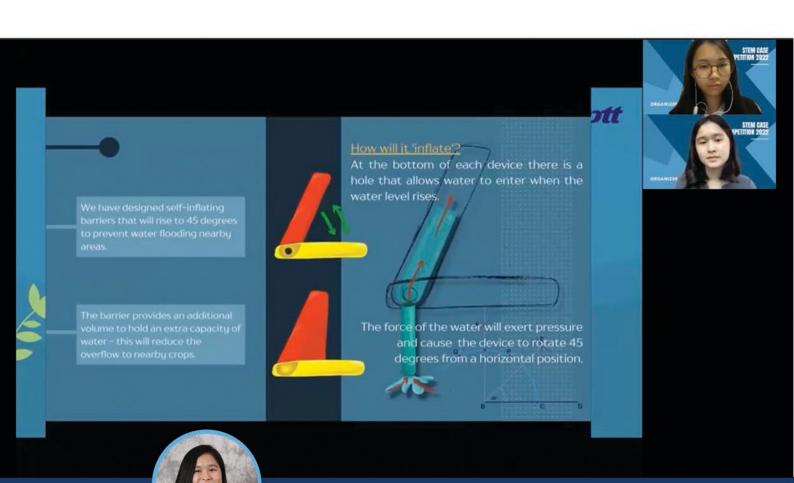












From Thailand,
Pimvalan
Petchmunee
is the president of STEM
Club and a member of
the Senior Clas of
2022.

EIS STEM, A CLUB OF SERVICE



44

By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.

- Hebrews 11:3

he STEM Club, first and foremost, is a club of service. We believe that everyone should have a chance to learn and access STEM activities no matter their financial background. More than ever, we need STEM talents, and more than ever, we should help cultivate them.

With that, STEM Club officers set out to host an online competition where students can freely join in expressing their innovative ideas to solve STEM problems in the real world. As a recurring issue affecting millions of lives and livelihoods in Thailand, the problem we chose to showcase was flooding. The students were challenged to

solve these problems born out of the lack of efficiency in conventional flood prevention methods used and come up with their own better solutions.

We were fortunate enough to receive sponsorship from PTT Group and their help in providing us with a judge, Mr. Pruek Pongprueksa, PTT Sustainability Strategy Development's Senior Analyst. Apart from Mr. Pruek, we also have Dr. Ronnachai Tiyarattanachai, a Professor from King Mongkut's Institute of Technology Ladkrabang with a Ph.D. in Environmental Science, and Mr. Piti, an honorable professor from King Mongkut's University of Technology North Bangkok, to participate as judges.

All of them are talented and experienced people well-versed in STEM. They participated and assisted out of their hearts' kindness to cultivate and help raise our new generation to be responsible citizens aware of their talents and significance.

The STEM Case Competition 2022 hosted by the EIS STEM Club received unprecedented attention from the general public, so much so that we had to set a limit of 35 participating teams to ensure that we could keep our time limit and enable our judges to be able to take their time in scoring each team's solution submission. We reached that limit within just one week of opening up for registration.

Because the problem is showcased and the solutions required are so open-ended, students can approach the situation in any way they want, and the creativity is unique. Some came to the problem through city planning, proposing strategic places where new dams could be built to alleviate the severity of floods, and some suggested building an electric flood pump that would keep our city streets dry and clean. Our winner, The Tree from Bangkok Prep, presented their ideas for a very innovative creation: a self-inflatable flood barrier. Their intelligence shined through to the judges and granted them the win.

We were proud to have played a small part in cultivating and stimulating our new generation and seeing them all in action. The judges all agreed that the future is in great hands.







From the Philippines, Mylene Mae Palmes is the head of the Learning Resources Department.

BEST STORYTELLER AWARDED











But thanks be to God, who gives us the victory through our Lord Jesus Christ.

- 1 Corinthians 15:57

he Learning Resources Department hosted a virtual storytelling comconsistent with petition literacy drive and efforts to encourage students to read and think. The contest was open to elementary, middle, and high sections with twenty-three school participants.

It was a successful initiative showcasing students' creativity and communication skills from stories they resonated closely. Entries were gathered virtually with a panel of judges from all sections, namely:

Category A: Grade 3 - Grade 5 Ms. Divina Reyes, Ms. Leanna Casasanta, and Ms. Charmaine Mendoza Yacon

Category B: Grade 6 - Grade 8 Ms. Esther Nathan, Ms. Shireen Bazliel, and Mr. Timothy Ralph Woodhouse

Category C: Grade 9 - Grade 11 Ms. Ethel Patton Das, Ms. Marijo Escueta, and Ms. Pamela Molina

Congratulations to the following winners who were awarded virtually on April 22, 2022:

Category A: Grade 3 - Grade 5 Winners

5A 1st place Savit Ngernthaveekhoon 2nd place Pacharatorn Limpodom 5D 3rd place Rhea Ann Koshy 3A

Category B: Grade 6 - Grade 8 Winners

1st place Mark Jayson Escueta 6C 7C 3rd place Warinthorn Koosathian 6D

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Category C: Grade 9 - Grade 11 Winners

1st place Vichayanee Dilokwanich 10A 2nd place Gwenneth Glennie Kula Angus 11D 3rd place Phantila Rungruangchaiboon 9B

We are grateful to all the teachers who supported us in this program and for helping us encourage the students to participate.

To all who participated and those who wish to join next time, keep the love for reading burning and you will soon reap its various benefits.

Again, congratulations to all the winners. Your EIS family is so proud of you.













26 CURRICULUM HIGHLIGHT



DEALING WITH TEACHERS AND STUDENTS' MENTAL HEALTH



From the Philippines, Verlinda Denila Quimba, MAEM is the school's Curiculum and Accreditation Coordinator.

Train up a child in the way he should go; even when he is old he will not depart from it.

- Proverbs 22:6

hen EIS returned to onsite learning, the question "How are you doing?" became a meaningful question. My former students who visited me in the office with gleeful smiles answered happily, "I am fine, Maam." But when I asked them again, they showed some hesitations.

Teaching and learning can be stressful. COVID-19 intensified the pressure. Teachers and students alike have been anxious. Distressed. Worried. Angry. Tired.

Everyone was scared when COVID-19 became a pandemic. Almost everyone and everything came to a halt. It has disrupted the learning environment and put additional challenges on both teachers and students. We have been forced to be kept socially and emotionally distant from each other. Depression has settled into many.

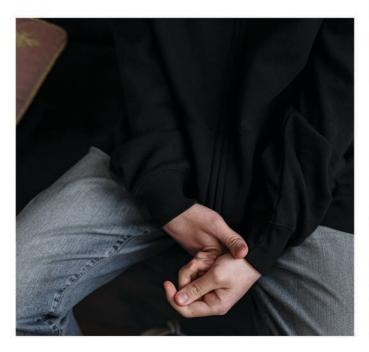
With 15,000 participating teachers in a survey regarding the teachers' mental health done by the Canadian Teachers Federation, teachers are 95% stressed, 94% fatigued, and 81% have anxiety. The research revealed that the mental health of teachers was severely endangered.

How about you? How are you doing? How has this trendy pandemic grasped you mentally? How do you cope with critical situations?

In a YouTube video, Ms. Rebecca Buhrke of Hongkong Adventist Academy talked about Mental Health in Education. Teachers need to know the students' mental health because it connects to their social and academic performances. Students struggling with mental health have a hard time concentrating and learning. They have little or no motivation at all. The same thing goes with the teachers. We become stale, lethargic, and unproductive.

According to several studies and reports, teaching is one of the most stressful jobs in the USA. A study done by Paul Ratanasiripong and his team published in the Journal of Health Research found that teachers in Thailand experience burnout and mental health issues affecting their personal and professional lives.

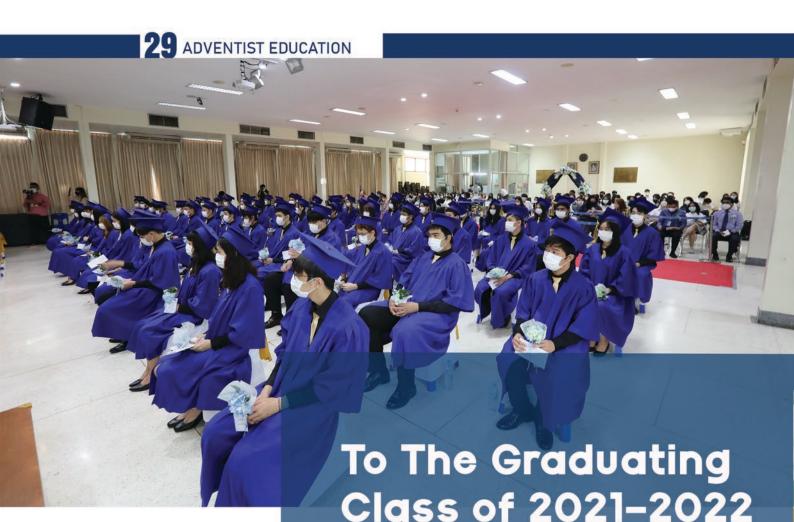
"As a teacher, I have no time to check my students' mental health. I have my issues as well." It would be an easy job if only teachers taught the subject and let the students go. But the teachers' job is far more excellent than that. It is a noble profession. Parents trust teachers for their children's future, safety, and improvement. Even if no students struggle with mental health in the classroom, be culturally sensitive, create awareness and work with the students and parents. Develop a secure attachment with your students. Help the students realize their self-worth is not based on their grades. Show concern and support for their studies rather than bluntly pointing out their mistakes or ignoring the problems.





Mental health affects relationships, work, and physical health. Paul writes in Romans 12: 2: "be transformed by renewing your mind." Renewing our minds is the way to transformation; it is the way that we love God with our minds. Loving God with our minds can be different for everyone but rest assured that if you have mental stress, there is Someone you can turn to. Matthew 11: 28-20, "Come to me, all you who are weary and heavy burdened, and I will give you rest."







From India,
Shireen Regina
Bazliel, M.Ed.
(TESOL)
teaches AP English
and English Honors
classes in High
School.

nother year has ended, and another seventy six students are set to start a new life, a life filled with new challenges, excitement, and bigger classrooms. All set and ready to go to face life at university.

Proud as we, the teachers, are to see you go and all we have done to get you to this point, we all have mixed feelings about saying goodbye. Yet we know from experience that each of you is well equipped and carries the values taught at EIS.

Each teacher has imparted to you a part of themself. An experience, a joke, a lesson, a lot of work, ideas that made you think, collaborative group projects where group members drove you round the bend or made you cry in laughter. Class presentations and competitions rolled into one and then divided to unite again.

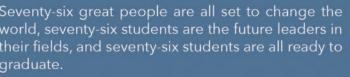
Drama, drama, drama, melodramatics and more melodrama....... and then some more drama, all because you could not say goodbye, or I will miss you, or you are so good, or I am glad we were in the same class.

Now it is time to go out into the world, or I wish to see you again, successful. EIS is a school and a family that you will never be able to forget as it is your Alma Mater and is the foundation you will always stand on. A foundation that is irreplaceable to who you are as a learned individual. Such a foundation is made by strenuous and extensive drilling, pushing, pulling, and pounding life lessons into the students. It is done with a rather tough love, received at times with openness, expressed with force and passion with all of this merging to consolidate at this point your......GRADUATION.

















Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.

-1 SAMUEL 12:24



UPCOMING **EVENTS**

| JUNE | JULY |
|------|------|
| | |

| 1 | Last Day of School | 1 | Last Day of Summer School |
|-------|-----------------------------|-------|---------------------------|
| | Kindergarten Graduation | 4-29 | Summer Break |
| 3 | Her Majesty Queen Suthida's | 4-29 | Office Opens (7AM-3PM) |
| | Birthday | 13 | Asarnha Bucha Day |
| 6 | Summer School Begins | 14 | Buddhist Lent |
| 13 | Q4 Report Cards Out | 25-29 | New Employee Orientation |
| 13-24 | K1-G8 Registration | 28 | HM King Vajiralongkorn's |
| 27 | G12 Registration | | Birthday |
| 28 | G11 Registration | | |
| 29 | G10 Registration | | |
| 30 | G9 Registration | | |

AUGUST

| 1-5 | Pre-school Days | |
|-----|----------------------------------|--|
| 4 | ES/MS/HS New Student Orientation | |
| 5 | PS New Student Orientation | |
| 8 | MS/HS School Begins | |
| 9 | ES School Begins | |
| 10 | Grades 1-2 School Begins | |
| 11 | Kindergarten School Begins | |
| 12 | HM Queen Sirikit's Birthday | |

VISION

Ekamai International School aspires an excellent global education that academic moral character promotes development for 21st the Seventh-day century in a Adventist 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 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 dimensions of human nature.



EKAMAI INTERNATIONAL SCHOOL

Empowers. Inspires. Serves.



Founded in 1946, Ekamai International School continues to offer an unparalleled quality Adventist Christian education. We adhere to solid American curriculum with Thai Language and Culture instruction. Our shared goal is to educate and inspire our students to be moral, responsible, and caring individuals in a global community.

OPEN FOR ENROLLMENT

Pre-kindergarten to High School















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