The newsletter that connects school life and learning.

# ASB TIMES

ISSUE 1
OCT. 2015

THE AMERICAN School of Bangkok

WESTERN ASSOCIATION OF SCHOOLS AND COLLEGES

THE SCHOOL OF LEADERS

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# TABLE OF CONTENTS


| | |
|---|---|
| Message from Administrators | 4 |
| OPEC / WASC Visit | 5 |
| PTO Corner | 6 |
| School Activities | 7 - 22 |
| University Application | 23 |
| Sports Updates | 24 - 26 |
| Senior Supplement | 28 |


## PUBLICATION INFORMATION


The ASB Times is published four times in an academic year by The American School of Bangkok. The ASB Times provides community members with school news.

Administrators, teachers, staff, parents, and students of ASB receive this publication. The ASB Times is also mailed to ASB's close associates and leading organizations in Bangkok. For more information, please e-mail us at info@asb.ac.th


## SCHOOL VISION

The American School of Bangkok graduates are prepared to be critical thinkers, independent learners, effective communicators and global citizens.

## SCHOOL MISSION

The mission of The American School of Bangkok is to foster academic excellence in a caring community, where diversity is celebrated, and mutual respect among adults and students is practiced. We provide the foundation for life-long learning and the skills and values needed to become responsible leaders in the global community.


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www.asb.ac.th

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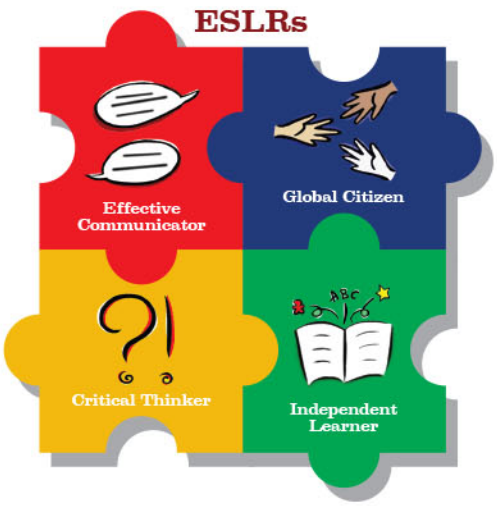



### Effective Communicator

**ASB students effectively communicate with others, by actively listening, reading, writing, and speaking. Students are encouraged to express themselves and learn from one another.**

### Global Citizen

**ASB students take what they learn beyond the classroom. They are empathetic to world issues, whether happening in their own neighborhood or on the other side of the world. By becoming involved with charitable organizations within Thailand, as well as internationally, ASB students are actively learning and caring about many issues in the world.**

### Critical Thinker

**ASB students are taught to question what they learn. It is not enough to merely gain knowledge. Students must also take that knowledge and use it as well as improve upon it. All students at ASB are trained to constantly think about what they are learning and to interpret this knowledge through their own experiences.**

### Independent Learner

**ASB students are trained to learn and think for themselves. From nursery through high school, ASB students are given a wealth of opportunities for learning, and more importantly they are taught how to use their own individual skills and strengths to reach their maximum potential.**

# MESSAGE BY ASB DIRECTOR

Dear ASB Community Members,

Welcome to the first edition of the ASB Times for the school year 2015 - 2016. The successful production of this newsletter depends upon the wonderful contribution from our administrators, faculty, staff and students, who reach out to us through this publication. I would like to commend the effort of everyone who worked very hard to put this entertaining, informative and eagerly awaited ASB Times together. This year, we will try to commercialize the ASB Times and extend its distribution to organizations and schools around the city. Our Entrepreneur class students and teachers will take a lead in this project, to learn about real life marketing and distribution processes of the publication. Parents, please support them when they approach you for marketing tips and contributions, and take this opportunity to promote your business in the community. Thank you in advance for your support in this area.

This academic year 2015 - 2016 has been off to a great start. First of all we received exciting news from the Western Association of Schools and Colleges (WASC). They granted us three additional years of accreditation status through to June 30, 2018. This accreditation status is based on all of the information provided by the school, including the school's report, and the satisfactory completion of the on-site accreditation visit last spring. The accreditation is also based on ASB's demonstration of continued commitment to high-quality student learning and ongoing school improvement. The American School of Bangkok expresses heartfelt thanks to all ASB community members for your kind assistance in the process of accreditation.

Secondly, we received a confirmation from the College Board, USA to implement the AP Capstone program in the school year 2016 - 2017. The AP Capstone is an innovative diploma program from the College Board that equips students with the independent research, collaborative teamwork, and communication skills that are increasingly valued by colleges. The AP Capstone program aims to empower students in learning at a collegiate level. This is another milestone for the American School of Bangkok. Please contact Mr. Gilbert Mueller at gmueller@asb.ac.th for additional information regarding the program.

Thirdly, I was extremely thrilled at the parent turnout at both campuses for our Mother's Day celebrations, Open House and college fair events. We appreciate your attendance and involvement in building upon the school community spirit. Please continue to attend all school activities!

**Mrs. Lakhana Tavedikul**
Director of The American School of Bangkok

Fourthly, our sports teams are doing exceptionally well, and both the ASB boys' and girls' basketball team will be travelling to Hong Kong this November to participate in an invitational competition against many well-known international schools in the region. If you are interested in supporting the trip, or accompanying our students to the competition, please contact our Athletic Director, Mr. Paul Stoddart at pstoddart@asb.ac.th for more information.

Lastly, our annual Bangna Family Fair 2015 will be held on Saturday, November 21st 2015 at ASB Green Valley Campus from 11:00 a.m. - 9:00 p.m. This event is organized under a fun American theme. Bring your families and friends in American cowboy attire to the fair, and be ready to experience: a fun-filled day with enticing international cuisine; spectacular performances by ASB students and teachers; children's games and prizes; an exclusive shopping zone; line dances, music and live band. The net proceeds generated from the event will be used to support AMCHAM's Adopt-a-School program. There are a lot of ways you can contribute to the fair.

Please contact fair coordinators at both campuses (Ms. Pookie at Green Valley campus, or Ms. May at Sukhumvit campus) for additional information.

We look forward to continue celebrating our school's accomplishments with you.

Warmest Regards,

## WE WELCOME YOU TO THE ACADEMIC YEAR 2015 - 2016!

# DEAR ASB COMMUNITY

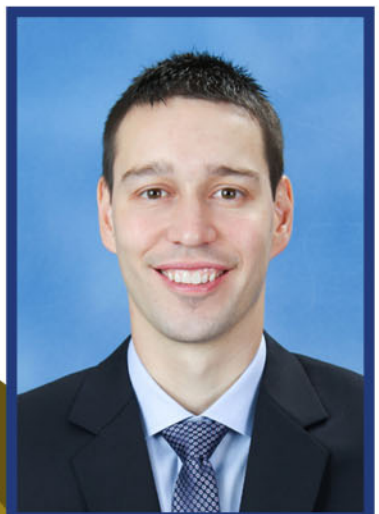
I would like to extend a welcome back to all of our returning students this year, and also extend a special ASB welcome to our new students and families here at Green Valley. We hope you feel at home as a member of our school community, and look forward to assisting you with the transition to your new school.

Wow, we certainly are off to a wonderful start here in Green Valley. Though we are only a month into the new school year, the campus is buzzing with student activity. Last week I had the opportunity to observe a few of our athletic teams in action, and I must say, what it treat it was. While I am happy to report that we came away victorious in many events last week, I am more pleased to inform you of our student - athletes sportsmanship as a whole. As a principal, it brings me great pleasure to observe our students engaging in healthy competition; laughing and smiling, encouraging each other, treating game officials with respect, and congratulating the opponent. I encourage you to support our athletic teams by attending any of the various competitions that we host on campus each week. For more information, please be sure to contact our new athletic director, Mr. Paul Stoddart. Additionally, our after school tutoring and activity program is now in full swing as well.

By now you likely have had an opportunity to visit our campus this year and view the positive changes that have taken place over the summer months. For example, did you know that we now have a brand new, state-of-the-art science lab? Or, have you seen the renovations that have taken place in the Residential Learning Center? Of course, you also may have come across some new faces as well as we have a few new staff members that have joined us from around the world. I again feel fortunate to have such a talented and eager group of new teachers that have joined us this year at the Green Valley campus. It truly has been a pleasure getting to know our new teachers and staff, and I look forward to supporting them in any capacity this school year.

I would also like to take this opportunity to invite our parents and families to get involved with their child(ren)'s education here at ASB. Whether that means attending one of our monthly PTO meetings, volunteering in your child(ren)'s classroom, or attending the Bangna Family Fair, we certainly welcome and encourage you to join in the fun. It is of great importance that your children see that you are interested and vested in their education.

As always, if you have any questions or concerns, please feel free to stop by my office, either spontaneously, or if you prefer, schedule an appointment with myself or Ms. Pookie. I look forward to a great school year here at ASB - Green Valley.



**Ryan Barnick**
Principal, Green Valley Campus

# DEAR ASB COMMUNITY

What a great start to the new school year! It is hard to believe that nearly six weeks have gone by since we returned to school. Not only is everyone in full swing academically, but we have also done many other activities that enrich the school and students. I would like to share some of these things with you now.

Our school wide orientation in the first week of school really set the pace for what we are expecting of our students, and everything that we have in store to make this the best year possible. Parents and students had a chance to meet all of the new teachers at the Sukhumvit campus and as well were informed of our expectations for students, and our upcoming activities and events. The second week of school our foreign language department orchestrated a beautiful Mother's Day celebration for all of our students and parents to experience. Not only did we celebrate the Queen of Thailand and her birthday, but we also shared our ideas and love for our own mothers in our lives and everything they mean to us. It was a lovely event and a great way to start off school year.

Within the first three weeks of school our middle and high school students went on their overnight trip. We used three different resorts for the trips and each age group had a fabulous time. The days were filled with team building activities, sports, art, dancing, practicing mindfulness, and many other activities that helped students to understand themselves more while making new friends and reinforcing older relationships. I had the distinct pleasure to coordinate the grade six and seven feel trip and it was an exhilarating, exhausting time. The students were extremely well behaved, participating and collaborating in all of the activities that our hard-working teachers put together for them. It was easily one of the best trips that I have been on since I have been at ASB.

As ASB becomes more immersed in the exciting world of educational technology, we continue to utilize it more and more as a part of our students' everyday lives. By the time this newsletter comes out we will have finished our first round of MAP testing, and will be ready to share the results we receive with our parents. Teachers are constantly training and discussing how to best use MAP data to drive what they do in their classrooms in order to meet all of our students needs. We are also very happy to be expanding our use of the IXL program and Achieve 3,000. As we piloted these programs last year we found the students very enthusiastic to use them, and we have evidence that they helped to drive literacy and math skills to an even higher level. At our recent parent orientation we had workshops which demonstrated all these technological innovations. If you would like to learn more about them we invite you any time to come see us so we can let you know what we are doing.

It has been a great start to the school year, and I look forward to many exciting events coming up. As always, we welcome you to be a part of all of our activities at school and are eager to hear from you at anytime.

**Thomas Yates**
Principal, Sukhumvit Campus

# GREEN VALLEY CAMPUS NEW TEACHERS 2015 - 2016

**Alissa Kordprom** (Science)
Originally from Milwaukee, Wisconsin but have been living abroad for the past 7 years. My first trip to Thailand involved studying tigers and elephants in the Huai Kha Khaeng Wildlife Sanctuary near Kanchanaburi. I love traveling, being outdoors and volleyball. I am looking forward to getting the students of ASB as passionate about the sciences as I am!
**Favorite Book:** The Wild: From Lost to Found on the Pacific Crest Trail
**Favorite Movie:** Everything from Monty Python
**Favorite Food:** Does coffee count as a food? It should
**Favorite Music:** I'll listen to anything. But go tos are alternative, punk and the blues
**Favorite Quote:** "Life would be tragic if it weren't funny." - Stephen Hawking

**Arunee Lorruangsilp** (Thai Language)
What can make me happy beyond successful teaching are cooking, planting, traveling and reading.
**Favorite Book:** The Stranger
**Favorite Movie:** Wong Kar Wai's
**Favorite Food:** Spicy food / Thai food
**Favorite Music:** Easy listening
**Favorite Quote:** There is no coincidence, everything happens for a reason.

**Claire Hermer** (Kindergarten 1 Homeroom)
I am happy to be back at ASB!
**Favorite Book:** Cutting for Stone by Abraham Verghese
**Favorite Movie:** Living on One Dollar
**Favorite Food:** Thai
**Favorite Music:** Classical and Country

**David Lucas** (Math)
Originally from Australia, but I have spent the last 20+ years living & working abroad. I have spent my last 4 years in Thailand. I am married and have 3 daughters. My favorite hobby used to be SCUBA Diving (a Dive Instructor with 5,000+ dives) but now my main hobby is whatever sport my daughters are playing (usually basketball).
**Favorite Book:** The Man Who Sold His Ferrari (also The Walking Dead Comics)
**Favorite Movie:** Remember the Titans
**Favorite Food:** Massaman Kai (Northern style Thai)
**Favorite Music:** Music from the 80's & 90's (does this show my age?)
**Favorite Quote:** "Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad."

**Elizabeth Berezinski** (Grade 5 Homeroom)
I am from Phoenix, Arizona, and I love running and reading. I also love learning about the world - history and geography especially! One of my very favorite places on the planet is the Grand Canyon - it is positively gorgeous, and is different every single time I go. Some of the best hiking can be found there. I look forward to a fantastic year with the fabulous fifth grade!
**Favorite Book:** Shiloh by Phyllis Reynolds Naylor
**Favorite Movie:** Big Hero 6
**Favorite Food:** Sushi
**Favorite Music:** Pop
**Favorite Quote:** 'The future belongs to those who believe in the beauty of their dream.' - Eleanor Roosevelt

**Lindsey Whitt** (Science)
I am from the "sticks" in Missouri, USA. I enjoy being outdoors and playing / watching sports. My favorite hobby is eating. I am most excited this school year to be teaching such hardworking and friendly students, and I am least excited about missing deer season.
**Favorite Book:** The Other Boleyn Girl
**Favorite Movie:** Grease
**Favorite Food:** Fat, Juicy Steak
**Favorite Music:** Country
**Favorite Quote:** "Be the change you wish to see in the world."

**Mandy Debilzan** (Nursery 1 Homeroom)
I am from Hawaii and I love the sound, the smell and the beauty of the ocean. I also love kids and that is the reason why I pursued teaching and we ended up here, which I am thankful for. As most young Hawaiians like to have kids young, we did also, so I am proud to say that I am a wife and mother of three kids. Life is a wave and I am thankful to be able to ride it wherever it takes me.
**Favorite Book:** The Bible
**Favorite Movie:** Elf
**Favorite Food:** All kinds of pasta
**Favorite Music:** Country & Christian
**Favorite Quote:** "Life is not waiting for the storm to pass, it's about learning to dance in the rain."

**Megan Bales** (Grade 2 Homeroom)
I was born and raised in Winnipeg, MB, Canada. I love traveling and spending time outdoors. My main interests outside of teaching are reading, dancing, music and art. I am really looking forward to the upcoming year with the grade twos.
**Favorite Book:** Extremely Loud and Incredibly Close
**Favorite Movie:** Almost Famous
**Favorite Food:** Cheese
**Favorite Music:** Indie folk
**Favorite Quote:** 'When the power of love overcomes the love of power, the world will know peace.' - Jimi Hendrix

**Michael Debilzan** (Learning Support)
I'm not a very complicated guy. I like to keep things simple and be the best at whatever I am doing at the moment. My wife and 3 kids are my whole life. I hope and pray that I can be the best husband and father, relative and friend. Often I fail, but I try to learn from my mistakes.
**Favorite Book:** The Gospel of John
**Favorite Movie:** Happy Gilmore
**Favorite Food:** Mexican
**Favorite Music:** Shai Linne
**Favorite Quote:** 'For what shall it profit a man, if he gain the whole world, and suffer the loss of his soul?'

**Sara Marie Circo** (Grade 2 Homeroom)
Originally from Wisconsin, home of the greatest cheese in the world, I love traveling to foreign places and meeting new people. My interests outside of school are figure skating, reading, and lounging by the pool. I am excited for the grade 2 students to continue to make me laugh every single day.
**Favorite Book:** Ms. Peregrine's Home For Peculiar Children Series
**Favorite Movie:** Pitch Perfect
**Favorite Food:** Spaghetti
**Favorite Music:** Anything except screaming music
**Favorite Quote:** 'If it's both terrifying and amazing, then you should definitely pursue it'

# SUKHUMVIT CAMPUS NEW TEACHERS 2015 - 2016

**Andrew Morrisey** (ELL Language Arts & Social Studies)
I am born and raised in the Chicago area with a Bachelor's in Teaching. I like to travel as much as possible and have visited 26 countries.
**Favorite Book:** The Devil in the White City by Erik Larson
**Favorite Movie:** The Fugitive
**Favorite Food:** BBQ / Mac N Cheese
**Favorite Music:** Hans Zimmer
**Favorite Quote:** "You miss 100% of the shots you don't take - Wayne Gretzky" - Michael Scott

**Calyssa Meaghan Hoy** (Grade 2 Homeroom)
I grew up in Toronto, Canada and am a true Canadian at heart! I got my Bachelor's degree in Psychology and my Bachelor's of Education from Queen's University in Kingston, Canada. When I'm not teaching, I love to dance, play the ukulele and travel the world. Even though I am going to miss snow at Christmas and sweater weather, I am so excited to live in Bangkok and to be part of the ASB family.
**Favorite Book:** A Fraction of the Whole by Steve Holtz
**Favorite Movie:** The Sound of Music, Amelie, Ratatouille
**Favorite Food:** Sushi
**Favorite Music:** Folk / Indie
**Favorite Quote:** "There's always room for dessert"

**Christina Ming-Chieh Lin** (Grade 1 Homeroom)
I grew up on the beautiful west coast of Canada and received my B. Mus and B.Ed at Queen's University. Even though I miss Canada, I am excited to start off my teaching career in Bangkok and to explore all that this fascinating city has to offer! In my spare time, I enjoy practicing yoga and watching movies.
**Favorite Book:** The Velveteen Rabbit
**Favorite Movie:** Love Actually, Elf
**Favorite Food:** Chocolate
**Favorite Music:** Classic Disney Soundtracks

**Claire Connor** (Library Teacher)
Sawasdee ka! I am originally from a small town in upstate New York, but I have lived most of my life in Asia. Although I am currently the librarian, I have also taught grades Pre - K to 5. I am happy to be back in Thailand and to be working at ASB!
**Favorite Book:** Gone With the Wind
**Favorite Movie:** Across the Universe
**Favorite Food:** Chocolate, Pizza, Thai, Indian
**Favorite Music:** Rock, Oldies, Jazz
**Favorite Quote:** "Traveling - it gives you home in thousand strange places, then leaves you a stranger in your own land." - Ibn Battuta

**Dashiell Spiegelman** (ELL Teacher)
I was born and raised in Chinatown, NYC and I went on to study Literary Arts at Brown University. Before coming to ASB I worked as a teacher for 4th through 12th grade students as well as a mentor for a family of Nepali refugees, and a facilitator for art workshops in a medium security men's prison. I've also helped start two social justice non - profits and worked as a union representative, a bartender, and a manager. I love to climb and use my hands, stop by my room and ask me to show you any of the cool tricks I've learned over the years-it would be my pleasure!
**Favorite Book:** Anything by Tamora Pierce / Terry Pratchett / Etgar Keret
**Favorite Movie:** Princess Mononoke
**Favorite Food:** Fruit
**Favorite Music:** Hip - hop
**Favorite Quote:** "A ship in harbor is safe, but that is not what ships are built for."

**Ellen Ho** (Learning Support)
Hi! I'm from a suburb of Chicago, Illinois, U.S.A. I got my Bachelor's Degree in Math with Secondary Ed certification, and Master's Degree in Curriculum & Instruction with ESL endorsement. I love to travel and have been to Hawaii, Puerto Rico, Canada, various places around the U.S.A, Australia, Western Europe, Japan, South Korea, and now Thailand! This is my first year in Thailand and I look forward to a great year at ASB!
**Favorite Book:** Game of Thrones
**Favorite Movie:** The Secret Life of Walter Mitty
**Favorite Food:** Anything
**Favorite Music:** Alternative Rock
**Favorite Quote:** "To see the world, things dangerous to come to, to see behind walls, draw closer, to find each other, and to feel. That is the purpose of life." - The Secret Life of Walter Mitty.

**Emma Christine Nelsen** (K-12 School Counselor)
I grew up in a small town in South Dakota, USA and got my Bachelor of Arts in Psychology at Augustana College and a Master's degree in K - 12 School Counseling at the University of South Dakota. I love being a school counselor, because it allows me to advocate for students and to get to know them on a deeper level. In my free time, I enjoy reading, traveling, baking, photography, and music. I am excited to join the ASB family as the new school counselor!
**Favorite Book:** Pride & Prejudice by Jane Austen
**Favorite Movie:** Away We Go
**Favorite Food:** My Mom's homemade Fettuccine Alfredo & Walking Tacos (a tasty midwestern concoction)
**Favorite Music:** Indie & Folk
**Favorite Quote:** "For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find that you're not, I hope you have the strength to start over".
- F. Scott Fitzgerald

**Grace W. Dalrymple** (Language Arts and Social Studies)
I am from a small town called Burdett, New York. I grew up on a dairy farm with lots of cows and pet cats. I studied visual art at Brown University and got my masters in teaching at Denver University. In my free time I like to draw and dream of the beach. I enjoy traveling, going on adventures and doing art projects with kids.
**Favorite Book:** Inkheart by Cornelia Funke
**Favorite Movie:** First Wives Club
**Favorite Food:** Lobster
**Favorite Music:** Indie Folk
**Favorite Quote:** 'In dreams, we enter a world that's entirely our own.'

**Kristin (Kaye) McNeill** (ELL Math & Science)
Hello all! I'm originally from the east coast of Canada, but have been living in Thailand for more than 4 years. I've been teaching Mathematics and Science for 5 years and exclusively ELL learners for 6 years. It's a pleasure to join the ASB family and I look forward to the year ahead!
**Favorite Book:** I Am The Messenger
**Favorite Movie:** Good Will Hunting
**Favorite Food:** All of the fruits!
**Favorite Music:** Walk off the Earth
**Favorite Quote:** "Good, Better, Best. Never let it rest. Until your good is better and your better is best."

**Kuan-Fan Lin** (Chinese Teacher)
Hi! I am from Taiwan and it is my third year teaching Chinese in Thailand. I got my bachelor's degree in education with educational technology and curriculum development. I love to challenge myself, set the bar higher and find any opportunities to grow. When I am free, I like to play any kinds of sports. In addition, I enjoy staring into space so much. It is great to be part of ASB.
**Favorite Book:** Harry Potter
**Favorite Movie:** Jurassic Park
**Favorite Food:** Sushi and Sashimi
**Favorite Music:** New acoustic

**Lee M. Maguilang** (Library Teacher Assistant)
Mabuhay! I am from the Philippines. I lived in Indonesia for 8 years before coming to Thailand. I love to travel, work with different people and experience new cultures. Looking forward to a happy and meaningful life here at ASB.
**Favorite Book:** Never Go Back by Lee Child
**Favorite Movie:** Lord of the Rings, Harry Potter
**Favorite Food:** Sinigang, Chicken Pork Adobo, Pancit
**Favorite Music:** Classic Music, Relaxing Instrumental Music, Acoustic
**Favorite Quote:** "Life is such a wonderful gift. Be a blessing to everyone!"

**Manika Singh** (ELL Teacher)
Hi! My name's Manika and I'm a third-generation Indian living in Thailand. I have a Master's degree in English Language Teaching from Warwick University, England. I have been teaching for five years now and I'm really looking forward to my time here at ASB! When I'm not teaching, I enjoy practicing Reiki, meditation and hanging out somewhere with a nice view.
**Favorite Book:** Wheels of Life by Judith Anodea
**Favorite Movie:** The Godfather Trilogy
**Favorite Food:** Home-cooked Indian food
**Favorite Music:** Easy Listening
**Favorite Quote:** "If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them" - Bruce Lee

**Mark De La Fleur** (ES Computer Teacher)
My path began in Oklahoma and has taken me through Washington, D.C. where I went to high school, and Clermont-Ferrand, France, where I went to university and began my teaching career. I taught in Hanoi, Vietnam, followed by Chiang Mai, Thailand, where I taught for 12 years. I am also a French translator for a film festival as well as a student - I am currently completing my Master's degree in Instructional Technology. I love weightlifting, playing the saxophone and playing football / soccer.
**Favorite Book:** Cat's Cradle by Kurt Vonnegut
**Favorite Movie:** Monty Python and the Holy Grail
**Favorite Food:** Kai Yang + Som Tam, Maguro Sashimi
**Favorite Music:** Radiohead, Dexter Gordon
**Favorite Quote:** "Education is not preparation for life; education is life itself." - John Dewey

**Mark B. Nelsen** (Grade 5 Homeroom)
Hi! I grew up in Rock Valley, a small town in the northwest corner of Iowa. I received degrees in Music and Elementary Education from Augustana College in Sioux Falls, SD. After graduating I taught 5th grade in Sioux Falls for two years. My hobbies include reading (comic books, science fiction and science non-fiction mostly), guitar, and outdoorsy activities. I'm excited to get to know the students and staff at ASB.
**Favorite Book:** "The Martian" - Andy Weir
**Favorite Movie:** Star Wars: Original Trilogy,
**Favorite Food:** Bratwursts with Sauerkraut
**Favorite Music:** Folk / 90s Rock / Indie
**Favorite Quote:** "The Road goes ever on and on, Down from the door where it began. Now far away the road has gone, and I must follow, if I can. Pursuing it with eager feet, Until it joins some larger way. Where many paths and errands meet. And whither then? I cannot say." J.R.R. Tolkien

**Matthew Ignash** (AP Biology & Biology Teacher)
I am excited to be here at ASB to challenge both my students and myself to grow as individuals.
**Favorite Book:** Dune by Frank Herbert
**Favorite Movie:** Beetlejuice
**Favorite Food:** Anything with potatoes
**Favorite Music:** Country
**Favorite Quote:** "If you think you are too small to make a difference, try sleeping with a mosquito." - Dalai Lama

**Nick Pettit** (Middle School Humanities)
Hello! I am from South-Western Ontario, Canada. I lived in Japan before I came to Thailand. In Canada, I graduated from Western University with a Master's degree in History. I specialize in educational technology. It's an honor to join the ASB family!
**Favorite Book:** Last Command
**Favorite Movie:** Return of the King
**Favorite Food:** I will try anything once!
**Favorite Music:** Classic Rock/Classical Music
**Favorite Quote:** "Do or do not..there is no try."

**Sheryl Soyoung An** (Science / Math)
Hi everyone! I am from Toronto, Ontario, Canada. I was born in Korea but raised in Canada. I got my Bachelor's degree in Science with biology and psychology at Trent University and Bachelor's degree in Education at Queen's University. This is my first time in Thailand and I already love it - super excited to be part of ASB.
**Favorite Book:** Fifth Business by Robertson Davies
**Favorite Movie:** Her
**Favorite Food:** Pizza, McDonald's, poutine, and ice-cream
**Favorite Music:** Indie / Rock and occasionally EDM

# COMBINED CAMPUS FACULTY ORIENTATION 2015

By: Lee Byron

A couple of weeks before the students arrive at school, the teachers come in and participate in workshops, training, and also have time to start planning the upcoming year. With guest speakers, in-house speakers, and members of the leadership team delivering insightful and educational workshops there was plenty for the teachers, new and returning, to digest and contemplate. These sessions are designed to aid teachers in their instruction, and also to give them more of an understanding about the most up to date pedagogical practises.

Some of the workshops held were as follows:

- Dr. Larry Ward held sessions on: Leadership Styles, Organizational Change, Strategic Planning, and Stress Management.
- Mr. Dennis Rozzi held sessions on Differentiation, using MAP Data, and Differentiation for ELL students.
- Ms. Nisanart Tavedikul (Gift) held sessions on Mindfulness, and Mindfulness practice. Some of the main benefits to the teacher orientation weeks are that new and returning teachers get to meet each other, exchange ideas, and attend beneficial workshops.

# JOINT CAMPUS PROFESSIONAL ACTIVITIES DAY

By: Lee Byron

On Monday 7th September, all staff of ASB joined together at the Green Valley campus for a full day of personal development. Ahead of the main agenda was a meeting for H.O.D.s (Heads of Department). There were important issues to discuss and decide on as the group was broken down into four focus groups. Then everyone met up in the gymnasium. The day was introduced by Mrs. Lakhana Tavedikul, the School Director, and Ms. Nisanart (Gift) Tavedikul, the Assistant Director.

Throughout the day there were workshops on differentiation; mindfulness techniques and strategies for personal growth and also for use in the classroom; a practice for a dance which will be revealed at the Bangna Family Fair; and a segment of time put aside for combined campus department meetings.

To round out the day there was a fun basketball game, then a relaxing and tasty BBQ.

# MOTHER'S DAY ASSEMBLIES

On the 11th August, 2015 there were assemblies at both campuses for the traditional Mother's Day celebrations, where we have a chance to thank not only our mothers, but also anyone else who cares.

Some incredible speeches were given by students and parents on the day. Below are some of them:

## MOTHER'S DAY

By: Jessica Rothbrust, Grade 4A

I am happy to have the opportunity to come up here and talk about my mom. My mom takes good care of me. She gives me my meals and helps with my homework. She is by my side when I am hurt. She is always there for me.

It is very fun to be with my mom. She always takes me on fun adventures and interesting places. She takes me to water parks, adventure parks, science museums and to a very fun art school. It is always fun when my mom is around.

Today is mother's day and I wanted to thank her for everything she has done for me because I would not be who I am and where I am if it is not for her love, support, and care. I love you mom and Happy Mother's Day!

## LOVE YOU MOM

By: Kao Navapol, Grade 12B

My mother always told me, "Once we look back on our mistakes, we'll realize how pointless it is, just thinking about them". I guess she's reasonable, as life makes ironic choices that we wish could reverse, but instead, reflect on both the good and bad times. Despite how much I've grown, lived for seventeen years, my mother remains the same. She's the light in my life, pushing me into further accomplishments and delights. Regardless how silly my childhood is, she gave me the clothes that I wore, people I met, and my progress. She has been my inspiration, teaching me to be better and kind.

When I was young, my mother and Grandmother raised me to be happy and charitable. While both work hard, they still made time for me and my needs, food, toys, and more. There are no words to describe what a mother is, but a feeling of great love and responsibility. As I grow, I became socialized with other people and a step, leaving her into the real world. Life is not hard being a kid - no worries or regret, just freedom. I never fully know how my mother felt when I was angry or depressed, as if she'd even cared. My mother would warn me about something, and that seemed like blaming me, or unreasonable. I don't know anymore, it feels like outrage and a little hurt inside.

Entering my teenage years, I have school work that I need to do-leaving more distance between us. No more playing, not many conversations left, or any leisure. I am in my senior year and I am having college tests to prepare for. As I am aging this September, so is she. Time didn't feel in place anymore. We always argue about things we can't even clarify. No matter how much I feel, I can't hate her. My mother's still the same-the fun-loving and confident woman, as she was growing up. This year, I feel like hugging her and keep remembering that she is and will always be there for me.

She's the first role model in my life I can't live without. She endures so much. Our time of togetherness, today, proves many things: her hard-work, affection and mind. Hence Happy Mother's Day to the one who lives to see us learn and become into whom we are. Without her in my life, love would've been a mystery. Thank you for the odd childhood you share, arguments that got me angry all the time, efforts that make me concerned, flaws you detected from nothing, and most importantly, the sacrifice you've made for me every day. You're loved and I wish you well. For eternity, I will always be yours truly. I love you Mom!

## THANK YOU MOM

By: Evelyn Narula, Grade 6

The best person in my life is my mother. I was born in her hands. She loves me so much. She took care of me since I was a baby. Mum you brought all the joy in me. I want to tell you that I love you so much. I love you more than you'll ever know. Thank you for sending me to a good school. Thank you for taking good care of me. Thank you for being by my side when I am sad and thank you for every single thing you gave me. Mum, when I grow up, I will work and earn money for you. I promise I will tell you everything. I promise I will study hard for my education and knowledge. My life without you will be lame and dull. Mum, the last thing I want to say is thank you very much for all the love you gave me since I was born till now. I love you so much mum.

## MY SPECIAL MOTHER

By: Zoe Doneth, Grade 7

Mama…Ma…Mommy…Mom…Mother

There's so many ways to say mom. Whether you are big or you are small, your mom will always be there for you no matter what. No one can replace mothers. A mother is a person like no other. My mom makes me feel special. When I was little my mom sang me this song it's called 'You are my Sunshine 'and indeed my mom is my sunshine.

**You are my sunshine, my only sunshine**
**You make me happy when skies are grey**
**You never know, dear, how much I love you**
**Please don't take my sunshine away**

*Mom is such a great word. M-O-M…Those three letters to me are so special. There are so many ways my mom helps me. My mom asks me if I'm okay, when I get hurt.

She says good job for doing good on a test. My mom always wants me to do my best at school and everywhere else. When I'm doing something the wrong way my mom is there and tells me the right way. She's always been a positive influence on my life

I admire my mom with all my heart, she's a great role model. She is a very important person too. My mom stands by my side, through the worst and through the best. I have a special bond with my mom that cannot be broken. She is a special friend that I can rely on no matter what, she is my best friend forever and ever. I will love my mom forever. My mom is everything to me!

When you see your mom, make sure to say how much you love her. But most importantly HAPPY MOTHER'S DAY! Happy Mother's Day to the moms out there.

Your mom is a very special person, and never forget that. I love you Mom!

# THANK YOU FOR ATTENDING THE PARENT ORIENTATION AND OPEN HOUSE EVENT

By: Veena Narula

The ASB Parent Orientation / Open House was held on Tuesday, September 8, 2015 at ASB Sukhumvit campus and on Wednesday, September 9, 2015 at ASB Green Valley campus. The parent turnout on both days was amazing. It was a great pleasure to meet them.

Members of the ASB Leadership Team gave parents an overview of the new additions to the academic programs, and extended an invitation to them to upcoming events. Parents also had the opportunity to visit classrooms and speak to their child's teachers. At the end of the day, parents attend workshops on ways to enhance literacy at home; learn about IXL and Achieve 3,000 programs; how to effectively prepare their children for college; and learn more about the incorporation of mindfulness into daily routine.

The event gave parents a glimpse of many exciting things that were happening at school. A very informative session indeed!

By: Simon Link, Special Activities Coordinator

# SUKHUMVIT CAMPUS AFTER-SCHOOL PROGRAMS FOR ASB STUDENTS OFF TO A GREAT START!

I am pleased to share our news with the community of ASB parents and students that over twenty ASB teachers have opened After School Programs in the first semester of this academic year at the Sukhumvit Campus. Based on each ASB teacher's special interests and skills, we have designed a variety of programs for our students to enjoy, including academics, sports, and social activities.

We also welcome a new partnership with the IWICA, an organization which specializes in educational robotics design and engineering programs for students of all ages. Students in the program will be learning all about designing, building, and operating robots, and will be preparing to enter the next World Robotic Olympiad.

Registration for Semester 1 After School Programs is still open, and students can join a program at any time. Some popular programs include:

**Sports programs:** Basketball, Ping Pong (table tennis), and Soccer.
**Social programs:** Educational Games and Model Building.
**Academic programs:** English, Thai, Chinese, Spanish, Art, Computers, Robotics, and Math.

*After School Program session fees are 600 Baht per one-hour session.

Students can relax and unwind during their programs (from 3:00 - 4:00 after school) and explore their individual areas of interest along with their peers. School vans are available for students participating in the programs.

A full catalog of After School Programs is available in the Sukhumvit Campus Admissions Office, and I am happy to answer any questions about our programs by email: slink@asb.ac.th

By: Mandy Debilzan

# NURSERY 1 AT GREEN VALLEY

If we have not had the opportunity to meet my name is Mrs. Mandy, and I am from Hawaii. I have 4 years of teaching experience with young learners, varying from infants to 16 year olds, at both bilingual schools and International Schools. I have a double major in Education and Political Science and a Masters Degree in Business. I believe in education and I am an advocate in pursuing education because life never stops teaching.

As I have joined ASB as the N1 teacher, I am enthusiastic and excited about this opportunity. I am so happy with the group of students in N1. They are inquisitive, fun, loving and they love to take part and learn every day. They are learning how to cooperate in class during learning centers.

In the month of August we did many things. As the students are only 2 - 3 years old, we started with their social and emotional development. The focus was to get the kids adjusted to the school environment, to make new friends and to listen to teachers and assistants. The objective was to be able to make the transition from home to school, to be able to separate from their parents and to learn how to share. In language arts we have Themed Learning on "All about me." The students focused on letters A & B, their name and their body. The focus was on being an effective communicator and independent learner. The objective was to be able to say their own name when asked, and to begin to hold a pencil correctly. In Mathematics, we began to learn about the number 1 and the shape of a circle. The focus was on being a critical thinker. The objective is to be able to get a number sense of 1 and to be able to identify the shape of a circle.

Overall, our main objective in Nursery One is to instill a love of learning in children at a young age. The areas of importance that we focus on are: math through colors and shapes, language through learning the alphabet and prewriting, and development through emotional and social development.

After getting the students used to a school environment, in the last weekend of August, I moved the class around and created student centered play areas. The learning centers are prepared for rotation and integrated learning. In the centers, students can think critically and use their imagination to build real life concepts using manipula - tives, or to learn independently and create letter walls. Through play, the children have now started to learn about all the different subjects through self access centers, giving them the chance to be indepen- dent learners, critical thinkers, effective communicators and global citizens.

The access centers give the children key literacy skills through hands on learning. I look forward to seeing how the students progress in the next month.

By: Keila Tasanaprasert

# NURSERY 2 WILL DO OUR BEST!

In Nursery Two we are learning while having fun. We have been focusing on establishing new routines and doing our best. The children are getting acquainted with their classmates and teachers, spreading their wings and experiencing the world away from their home environment.

Some of the most important objectives in our Nursery Two program are to instill a mindful - love for learning in our students, emotional and social development and becoming independent learners, effective communicators, critical thinkers and global citizens.

In our program we help our young children explore their own learning through hands-on centers which are prepared for integrated and differentiated learning. We aim at nurturing and teaching the whole-child age appropriately with caring and kindness.

The first theme for this school year is: All About Me! We have experienced a variety of literacy activities with our theme in mind. The following are a few examples: The children had their first experience in drawing their monthly portrait for the month of August. As an art craft, the children made their "Me" paper plate face. We read, "I Like Me!". In our LA lesson we are learning to follow directions while we practice our listening and visual skills. In math class the children learned to sort objects by color, shape, and size. As an extended lesson, they also classified animals in different environments (farm, zoo, sea). They were also introduced to patterns i.e. copying, identifying, extending, and creating. They had fun in the math center making math meaningful through hands-on manipulatives.

It has been a great start of the new academic school year. Stay tuned as our N-2 children blossom and grow into conscientious, enthusiastic learners!

# EARLY YEARS SWIMMING FUN

By: Claire Hermer

# KINDERGARTEN 1 AT GREEN VALLEY

Welcome to our Kindergarten 1 Classroom! We have had a wonderful start to our academic year. The students have done an excellent job learning about, and following classroom expectations and routines! Our theme for the first month of school was, "All About Me". The students thought about and discussed what makes them unique. They learned about how their body helps them to do things and what their body needs to stay healthy. The students turned our Dramatic Play Learning Center into a doctor's office. This allowed them to practice using vocabulary in context, practice social skills, creative thinking and problem solving skills. It has also allowed them to have authentic writing experiences. When looking at books about going to the doctor's office, the students noticed that the office in the book had signs and that doctors needed to write down how their patients were feeling and implemented these ideas into their learning center.

The students have learned that good readers use strategies to help them to make meaning from the text. The students have begun to practice, visualizing, inferring, predicting, making connections and retelling a story. They have also begun to practice decoding strategies such as using picture clues (Eagle Eye) and saying the first letter sound (Lips the Fish).

Our differentiated learning centers cater to a variety of learning styles and the readiness levels of the students. The centers allow students to practice phonics and phonemic awareness skills along with reading and writing strategies both independently and in a small group setting.

We have had a great start to the year!

Writers Workshop Gallery Walk Students Notice what their peers did well as writers and illustrators!

By: Samantha Wolff

# 3RD GRADE PRESIDENTIAL ELECTIONS

It's election time here at good ol' ASB! This means our 3rd graders have been hard at work preparing for their campaigns.

Our class was responsible for preparing a speech and a campaign poster stating legitimate reasons as to why they believe they should be elected Grade 3A's new Class President.

Our campaign posters needed to include our full names, a catchy slogan, title, a picture, and of course needed to be creative and appealing. The presidential speeches included facts about our candidates, ways to create a better classroom and school environment, and most importantly, what leadership qualities each student had to offer.

After the students presented, our class was taken throughout the election process and voted for who they believed was the best choice for Class President. A special congratulations to Daigo Ito for being voted in as our new Grade 3A Class President!

# FUN IN KINDERGARTEN 2

By: Yazmin Razack

Welcome to another exciting year here in K2! Our kindergarten 2 class is made up of a diverse set of eager learners. One very important thing we will focus on this year is our learning centers in K2, which will cater to students at all levels, with open-ended activities that are suitable for a variety of readiness levels. The learning centers are used a lot in our class to teach important concepts in math, language and reading skills. The centers allow small groups of students to practice literacy skills with hands-on activities like manipulating letters, looking at and discussing books, or playing rhyming games. These centers are an important piece of our early learning experiences.

In general the learning centers have a variety of activities to choose from, giving the students the definitive choice of what to work on. Learning centers are ideal in the classroom environment because students at different levels can complete activities based on personal abilities and preferences, which make it easier for them to transition from one skill set to another.

By: Kimberly Strever

# LIBRARY CLASSES AT GREEN VALLEY

This week in library class, students learned about how to care for books. Ms. Catherine read the entertaining book 'Never Let a Ghost Borrow Your Library Book: Book Care Guidelines from the Library Secret Service' by Karen Casale, which outlined some rules with humor and great illustrations. After finishing the book, the students had the opportunity to prove their knowledge and join the "Library Secret Service." Ms. Catherine gave them a test, including questions like "How should you hold your book while walking through the hall?", "Show me how to turn the pages," and "Where should you keep your book when you are not reading it?" Once every student demonstrated their understanding, each of them received a, "Deputy of the Library Secret Service" badge! Needless to say, they were very excited to join the service and continue to read and love their books!

By: Elizabeth Berezinski

# SCIENCE COMES ALIVE IN GRADE 5

Students are actively experiencing science this quarter in the context of classification and plants. While some may squirm at the thought of the sweet scent of nineteen shoes in the middle of the classroom, the grade five students tackled the different ways they could categorize those shoes to introduce exactly why scientists classify plants and animals. As one student reflected, "Scientists won't get confused if they have a set of rules when they want to know livings things' characteristic."

Later in the week, students marveled at the manner in which vascular plant stems transport water to leaves by carefully observing celery stalks. Patiently, the students recorded their observations at timed intervals before arriving at their conclusions. Brimming with enthusiasm, these young scientists are ready to continue to build their experiences and knowledge on a variety of topics throughout this school year!

By: Elizabeth Berezinski

# SNUGGLE UP AND READ

Wearing pajamas to school? That's exactly what the Green Valley campus elementary students did on August 28th. Students were invited to get comfortable for a morning of activities revolving around literacy.

Students rotated through literacy stations including, "Read to Me", "Read to Myself and Others", a group collaborative craft, and worksheets including crossword puzzles and word finds. These activities were based around the theme, "Caring for our Planet." After lunch, students enjoyed viewing the movie, "Wall - E." This culminating activity spanned the grade levels to reinforce the importance of reducing our waste, reusing the items we can, and recycling to keep our planet green.

It was heart - warming to see students supporting each other, working together, and enjoying a shared love of reading with one another. Whether helping each other complete a task, getting comfortable with a favorite story, or making a new friend in a different grade, fun was had by all. It was a morning filled with smiles.

You are welcome to come and see the gigantic posters students created together. We love books!

By: Gilbert Mueller

# MODEL UNITED NATIONS UPDATE

The world's woes are inching closer to the school, and that's just fine with a handful of Eagle diplomats who will pose solutions to these problems.

Annually, ASB joins the Model United Nations where students around the world simulate the activities of the actual United Nations. This year ASB has invitations to MUN sessions in Thailand, Singapore, Taipei and the United States.

The school is also hoping to host a mini MUN for students at each campus and select schools in the area. To date 15 students at the Sukhumvit campus, and a group from Green Valley have joined.

At these gatherings delegates assume the citizenship of a nation. From that country's point of view, the student diplomats write resolutions that conform to strict protocols. These much scrutinized documents involve research and debate into problems including nuclear proliferation, disease, starvation and human trafficking.

And a lot more.

Senior Chayanan (Champ) Reakmongkol who attended sessions last year at Shrewsbury and School of the Eastern Seaboard said, "It was an extremely mesmerizing experience. When the debate about the resolution started, I was in wonderment about how each delegate was passionate and knowledgeable."

Champ highlights a personal benefit of participating in the program. Beyond adding knowledge of an issue and expanding horizons by having to advocate for positions that may conflict with personal views, the MUNSters meet new friends and develop confidence.

Another senior, Student Council President Riggo Charfaurous adds, "MUN is a sensational experience. Getting to know the delegates of all walks of life is a very interesting practice. MUN has helped me develop my confidence and public speaking skills."

Echoing Rigo's comments, senior William Kim adds, "It is a fantastic opportunity to develop self confidence and gain insight into the world stage."

By: Simeon Creer and Chia Yang

# BRING MUSIC TO YOUR EARS!

We are on our way to learn many things in music. Beginners are learning basic elements in music through learning guitar and advanced band students are playing arranged songs together. We are looking forward for the school performances where we can show you our skills and talents.

# MEET ASB STUDENT COUNCILS

By: Benjamin Carlone

## ELEMENTARY STUDENT COUNCIL - SK

Elementary Student Council has gotten off to a great start! We have elected students to represent the Sukhumvit Elementary School for this school year. They have been busy already choosing their own leaders, organizing a book sale, and planning Freaky Fridays for the school. We are looking forward to a wonderful year!

1A - Jory James Schneider 1B - Jack Ratthaphum Breal 2A - Rioko Doi 2B - Rayden Light Kanah-Dunne 3A - Nadine Moira Silvya Earley & Yuna Tokiwa Patimanon 3B - Oscar Benjathep Settvik & Maftuna Talipova 4A - Jessica Rothbrust & Yura Sugai 4B - Soohyeon Yoon & Sela Mei Batol Garcia 5A - Chaiyaphol Shipman & Minhyeok Cho 5B - Ippo Taniguchi & Misaki Obata

By: Sumira Matthews

## MIDDLE SCHOOL STUDENT COUNCIL - SK

A huge congratulations to SK Middle School Student Council 2015 - 2016! These students are leaders in training where they will act as a voice for all Middle School students. They are eager to get ideas from fellow classmates and teachers so they can improve the overall Middle School student experience! If you have any suggestions or ideas that you would like to see in our school, please share them with any of the council members.

Abigail Smith - Vice President Events Coordinator Junior Sasidharan - Vice President Finance Buddy Sasidharan - Vice President Athletics and Recreation Anna Yang - Vice President Communications Britain Smith - Representative Mirakbar Maksudov - Representative Mark Vilailuck - Representative

## HIGH SCHOOL STUDENT COUNCIL - SK

## ELEMENTARY STUDENT COUNCIL - GV

Huge congratulations to the students who got elected as members of the Elementary Student Council at Green Valley Campus. We look forward to lots of exciting activities organized by your team!

Grade 1 - Nidhi Math and Salvador Irizarry Grade 2 - Alexander Heather and Nathapha Sae Lee Grade 3 - Sohta Ise and Siri Neatpisarnvanich Grade 4 - Kalvin Curvey Esporna and Cathleen Simanjuntak Grade 5 - Hagar Sawisa and Zach Berezinski

By: Eugene Knight

## MIDDLE SCHOOL STUDENT COUNCIL - GV

This year we have 18 students in Middle School Student Council. Leading the group is our President, Akanksha from 8th grade and Vice President Jimena, 7th grade. Te-Lan (Jason) Huang from 8th grade is our Treasurer and Zoe Doneth from 7th grade is our Secretary. Taylore Hilou and Juila Korsah - Dick are 8th grade class representatives.

7th grade is also well-represented with the following members: Weriya Phanwilai, Narisa Chakrapee, Chanakarn Mongkonpruthangkoon, Pribmanee Phichairatanaphong, Fay Pramoj, Seo Hyun Lim and Eric Knaack.

From 6th grade we have class representatives Priscilla Simanjuntak and Teresa Tsuji, as well as members Neha Math, Tiara Pereira and Evan Webb. We're all looking forward to an exciting year with this group of enterprising students.

## HIGH SCHOOL STUDENT COUNCIL - GV

And here are our high school student council members at Green Valley Campus:

Standing row (left to right): Sangki Wangchuk, Nery Milagros, Wilson Herrera, Nouf Aldosari, Eugyen Om, Nay Chi, Praewpayom Sibuakhab, Gaoganya Rungrueng, Christina Cornick, Nan, Cloé Vallejo, Natalie Van Ogtrop, Kannapat Pattaranavakul, Jesse Vleghert, Jason Tran, Aung Kyaw, Heidi Jung, Jenna Thompson, Nicolas Van Ogtrop, Ms. Emma Urban

Kneeling row (left to right): Paphaphin Lertwijitsap, Martina Nguyen, Ploy Nutchanok, Kan Puttal, Emily Wang, Clara Prouteau, Sofia Pineda, Michaela Tuason, Inzali Thein Lwin, Jack Sutton

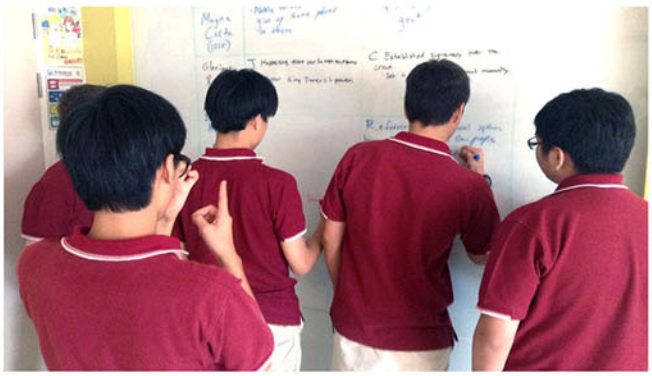
By: Matthew Upham

# HIGH SCHOOL HUMANITIES DEPARTMENT - ROUND UP

The High School Humanities Department is excited to start the new year with our newest member, Suzanne Hegarty. Welcome aboard, Ms. Suzanne!

Mr. Matthew's Honors World History class has just finished examining World War I. The end of the war redrew the borders of the Middle East. Students examined modern sociological and demographic maps in order to determine what would be more logical and realistic political divisions for this region.

Mr. Matthew's Grade 12 AP Comparative Government & Politics course has started an examination of the politics, society, and economics of the United Kingdom. Here, students are collaborating on identifying, evaluating, and analyzing critical junctures in UK history. This class will also examine Russia, China, Iran, Mexico, and Nigeria in preparation for the AP test in May.



By: Robert Lyren

# FILM AND VIDEO PRODUCTION CLASS

In our Film & Video Production class students have had an exciting beginning to the school year. We began our class by learning some basic filming strategies and proper techniques for filming scenes. Students have already filmed and edited three short scenes that served as exercises in filming conversations between two people. We have focused a lot of attention on proper filming technique. Additionally, we have been viewing samples of some great films in class to learn about story, character, music, plot, and editing.

Students completed their first critical analysis of a film, and are currently planning their first complete short film. We are looking forward to a great year in Film & Video Production class.

By: Lee Byron

# BRING YOUR OWN DEVICE (BYOD!)

ASB Sukhumvit's Middle School program has evolved greatly over the past four years. Not only have we implemented a Project - Based Learning Program, which is the only one of its kind among Bangkok international schools, we have also become full - time users of Google Apps for Education. This increased use of technology and collaborative software is to ensure that our students gain the skills they will need in high school, university, and their future jobs.

To make sure your son or daughter has the tools necessary to excel in this program we are implementing a BYOD (Bring Your Own Device) program. Therefore we strongly recommend that students come to school in the 2015 - 2016 school year with the following supplies:

- A laptop or tablet computer that has a keyboard, can connect to the internet, can use Google Apps for Education.
- A charging cord if the battery runs out.
- A backpack or bag appropriate for carrying this device and keeping it safe.
- A small pair of headphones (do not need to be expensive).

**#Please note that a phone is not considered an acceptable device for the Bring Your Own Device program.**

These devices will be used for everyday class activities, research, and accessing our interactive learning programs. With ASB adopting the IXL language and math program, and the Achieve 3,000 reading program, a device is advantageous for any student. In addition, our computer labs will still be used for application - specific learning activities in Integrated Technology classes, developing skills such as photo and video editing, 3D modeling, and use of publishing software. For many students this will mean no change from the usual. For others, BYOD presents an excellent opportunity to develop personal responsibility for their possessions, and the ability to access the astounding variety of learning resources available, instantly.

By: Sheryl An

# SCIENCE LABS AT SUKHUMVIT

Students in Ms. Sheryl's science labs have been focusing on writing lab reports and scientific methods since the school year has started. Being really keen on the foundational skills of science, students explored simple experiments like the Coke and Mentos experiment, and Layering Liquids experiment. Students may have already known what would happen when Mentos is added to the coke, but on top of this, students had to use their research skills to explain why this reaction occurs.

In Layering Liquids experiment, students were given 7 different liquids to work with: water, rubbing alcohol, dish soap, milk, corn syrup, honey and vegetable oil. Their task was to explore and investigate which liquid had the lowest / highest density and to layer all seven liquids so that they were all visible, and not mixed. Some students did a really good job predicting and experimenting that by the end of the lab, they were able to layer all seven liquids. If you're curious how this works, you can also try at home.

# LIFE SCIENCE

By: Matthew Ignash

This year in the life sciences classes we have a central goal of incorporating the use of plants and organisms into our curriculum. The Biology, Food Science, and AP Biology students started the year by planting seeds for a vegetable and fruit garden that will be on the Sukhumvit campus. Produce from the garden will be used in the Food Science course and the Canteen. In addition the students are developing plant experiments looking at the effect of different conditions such as salinity and acidity on the growth of the plant.

The Food Science course has been organized around the students learning the science behind cooking and the historical impact of different foods on our civilizations. The students started the year by making their own butter, which was used with the muffins that were made in class. As part of the unit the students learned about the physical and chemical changes that occur through baking and churning of butter. Students also explored the impact of dairy on cultures and the effect on lactose intolerance. Currently students are exploring the nutritional content in food that can be seen in the photo of the calorimeter below. If you have Aurasma installed on your phone the picture will link to a video of the calorimeter and Kintaro Taniguchi discussing the lab results. You will need to follow my account mignashasb.

Additionally, ASB Sukhumvit is offering a new course in Anatomy and Physiology. Students are learning about the organ systems of the human body and will be exposed to diseases and immunology in the spring.

# SCIENCE AT GREEN VALLEY

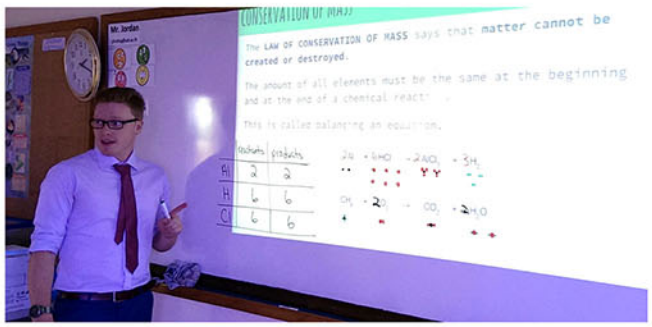
By: Jordan Dusting

Hello ASB Parents and Students! There have been some major changes to the ASB Green Valley Science Department this year with new teachers, new standards, and a new science lab! This piece will focus mainly on the changes and current events of the science program at ASB Green Valley, but be sure to check back in for issue 2 of the ASB Times which will discuss the developments in the mathematics department.

We have three new additions to the Department of Science and Math faculty: Alissa Kordprom (Grade 6, Grade 7, MS ELL, and HS ELL Science), David Lucas (Algebra 2, Pre-Calculus, AP Calculus, and and Lindsey Whitt (Grade 8 Science, HS Physics, HS Chemistry, HS Environmental Science, Geometry, and Applied Mathematics). All three have already demonstrated their excellence in teaching and have made a great addition to the ASB family. We are very excited to have them with us for the next two years.

During the summer a major overhaul of the science lab took place. Included in the renovation were new plumbing, gas lines, eyewash stations, lab benches, and a state of the art fume hood. The space is very functional and is now a staple in the science and math department. I would like to thank Mr. Top for his collaboration on the layout and design, Mr. Chris for organizing the contractors and managing the timeline, as well as Mrs. Gift and Mrs. Lakhana for their support in moving our science department forward.

This year in the science department we are testing the waters with the Next Generation Science Standards (NGSS). The NGSS are a set of standards "rich in content and practice and arranged in a coherent manner across disciplines and grades to provide all students an international-benchmarked science education" that currently serves as best practice in the United States. We are already trying these new standards in our K-9 science classes and have received positive feedback. Students are encouraged to think outside the box as they engage in hands on investigations and explorations by collecting, analyzing, and making inferences from data that they collect. We are confident that the implementation of these standards will send our graduates off to colleges and universities well prepared for the 21st century learning environment and workplace.




# MIDDLE SCHOOL SCIENCE

By: Lindsey Whitt

Curiosity. Excitement. Ingenuity. Each aspect is a vital piece of the puzzle that is creating a meaningful, enjoyable science classroom. As a science teacher, it is my responsibility to create excitement in the classroom by allowing students to use their ingenuity to explore their curiosities. The Next Generation Science Standards encourages a hands - on, engineering approach to teaching science. NGSS allows teachers to engage students in ways that were not prioritized in previous science curriculum. For example, a vital component of these standards is engineering. In my Grade 8 Science class, the students learned the physics of car crashes, to reinforce Newton's Laws, and collisions. At the conclusion of the mini-unit, I asked students to design a car for an egg, with limited resources. Students created a design with their group that included safety features to protect their egg from inertia. After their design was approved, students built their "cars." The class and I tested their designs by sending their "car" down a ramp whose end was against a wall. This created a fatal collision for an unprotected "passenger" and a great way for students to explore inertia in real life. With NGSS as a class framework, I was able to hopefully make physics meaningful to my students.

By: Alissa Kordprom

# ENVIRONMENTAL SCIENCE

Science here at Green Valley is off to an exciting start! Through authentic, hands-on learning activities and labs, students are starting to question and explore the world around them. The grade 6 students have been studying weather and the transfer of energy through various natural cycles. They recently completed a lab on heat absorption, comparing the similarities and differences between water and land.

Grade 11 Environmental Science students have been designing their own lab to research the effect different solutions have on the lifespan of flowers. Students were able to design their own labs and put a lot of effort into identifying the individual variables that needed to be controlled or manipulated.

The high school ELL students have been engulfed by the periodic table, studying the elements, chemical bonding and learning how to draw atomic models. In order to help develop their English skills, each student was assigned elements and had to create drawings to demonstrate their understanding of the vocabulary. They then had to present their elements to the class! They all did an excellent job! Keep an eye out for the life-sized periodic table coming soon!

By: Emma Urban

# MALALA YOUSAFZAI ACES HER BRITISH SCHOOL EXAMS

To celebrate Malala Yousafzai earning straight A's on GSCE exam scores, students in Ms. Emma's grade 9 English I class and grade 10 Global Issues class watched and reflected on her speech that she delivered to the United Nations on her 16th birthday back in 2013. The speech was part of her campaign to fight for children's rights to free compulsory education around the world. Malala survived an assassination attempt by the Taliban due to her fighting for girls' rights in her home of Swat Valley, Pakistan. She is the youngest person ever to win the Nobel Peace Prize.

# HOMEWORK CONTRACTS

By: Amanda Morin

Homework can be a hot-button issue for both you and your child. Setting up a homework contract is a good way to defuse some of that tension and avoid homework battles. It's also a way to make sure you and your child both know your responsibilities.

**What is a Homework Contract?**

A homework contract is an agreement that outlines what you and your child will do to make sure her homework gets completed on time and well. It addresses the issues that are specific to your child's homework struggles.

For example, if your child has issues with time management, you can specify the time of day she'll do homework. If she leans on you for help more often than you think she should, you can outline when and how you'll help her with homework.

Your child's homework contract may also outline rewards and consequences for following or failing to follow the contract.

**How can a homework contract help your child?**

Developing good study habits is an important part of learning. Those habits don't always come naturally to kids with learning and attention issues. A homework contract can help reinforce the skills your child needs to be an independent learner.

**Using Sample Homework Contracts**

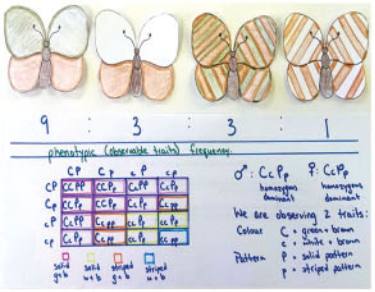
You can use the contracts as a guide to create one that meets your child's unique needs. Keep in mind that you may have to revisit the contract as your child's workload changes or if things aren't working as you expected.

https://www.understood.org/~/media/47fcf2fcffb647b4b131809a5df68dad.pdf
https://www.understood.org/~/media/e54c1bf2baee41eeb1eff498ec5cecbb.pdf

By: Jordan Dusting

# BIOLOGY AND INTEGRATED SCIENCE

In biology we have started off with the theory of evolution and the factors that affect it. On a suggestion from Mr. Matt Ignash, the students set up an experiment with 4 different types of butterflies. They gave them adaptations that would either help them survive in the natural environment around Green Valley or that would make them easy prey. We asked the elementary students to act as our butterfly predators. Their goal was to hunt butterflies during their break and lunch time. There was an overwhelming participation from the elementary students, which resulted in our biology class getting some excellent data.




In our grade 9 integrated science class we are currently exploring the building blocks of matter: atoms, elements, and compounds.

We explored the difference between neutral atoms, ions, and isotopes in a virtual lab. We are now investigating the ways that elements are able to combine to make molecules and compounds. We are looking forward to getting into the new science lab to do some investigations on chemical reactions.

Good luck to all the students on their first report cards as the first quarter comes to a close and we look forward to seeing parents at our teacher-parent night in October.

# THE CORNER OF FOREIGN LANGUAGES AT SUKHUMVIT CAMPUS

By: Jordan Dusting

***Hola! Salut! Ni Hao! Sawesdee Krup! Konichiwa! An Neong!***

HOLA! Well, here we are in this new school year 2015 - 2016 at ASB Times!

Some of you may know me and others may not, especially some students who are not in my class for Spanish or French. My name is Mr. Jose - Spanish & French Teacher, and I am also the Head of Department of the Foreign Languages Program at ASB, Sukhumvit Campus.

Our Department of Foreign Languages is composed of teachers who teach Thai, Korean, Japanese, Chinese, French and Spanish. The purpose of this little introduction is to introduce each teacher of our department to the parents and students in the upcoming issues of ASB Times.

For this first issue, Mr. Kuan Fan Lin, our Chinese Teacher, will explain what our expectations are for this school year, and what he proposes to work on with you in his Chinese classes.

Hi, welcome to the Chinese class. I am the Chinese teacher, Mr. Lin. First of all, I want to tell you: "Chinese is not only hard for you, but it is also hard for Chinese person". Which means that we are learning and growing up with each other.

In the Chinese class, you will need to use your smartphone, tablet and laptop at least once a week. We integrate education technology into classroom. The purpose is to make Chinese more fun and exciting.

We are playing Kahoot and Head's up game by using E-tools. Through these games, we can help students to practice speaking and reading. Moreover, they will know their strengths and weaknesses, such as word recognition, spelling and pronunciation.

And we do have some activities without using E-tools. We have competitions for groups or individuals. The winner will get a chance to have less homework. So, fight for it!

# TEAM BUILDING

## GRADE 6-7 FIELD TRIP

By: Nicholas Pettit

The team-building field trip to Supalai Resort in Khao Yai was a blast! Everyone did their part to make this the best Grade 6 - 7 ASB field trip we have had yet. The accommodations were very nice with spacious rooms and a big swimming pool to cool off at the end of two jam - packed, fun days.

Students were busy with activities such as Charades, Kickball, Pictionary, Nature Art Mandalas, Nature Photography, Volleyball and more. It was an excellent opportunity to meet new friends from both campuses! Our "Mindfulness Variety Pack" of games, skits, and posters brought the students from the Green Valley and Sukhumvit campuses together and enabled us to be mindful of ourselves and the importance of teamwork.

On the first and second days, person - hunt was a hit success. Everyone wanted to keep playing until there was a clear victor from either the boy's or girl's team. Our 'jail' seemed to always be full of exhausted prison from either side, eagerly waiting for survivors to come up with a clever strategy to free them. The shout of "JAIL - BREAK" was heard loud and clear - from boys and girls alike - signalling an imminent charge on the home zone.

Topping it all off was the "Minute to Win It" tournament. Teams of 4 competed in a series of short games like cup stacking, kick the bucket, ring toss etc. We then celebrated our memorable experience with an on-stage dance party.

## GRADE 8-11 FIELD TRIP

By: Sumira Matthews

On a bright early morning of August 26th, students from Grades 8 - 11 brought in their overnight bags filled with adventure ready clothes, shoes and plenty of snacks ready for their field trip. This year, the Grade 8 - 11 students set to go off to the Greenery Resort in Khao Yai where they got to spend quality time with their peers. During the 3 days, students participated in many exciting challenges such as building the tallest tower with only 5 pieces of paper and a meter of tape! Students from both campuses put their minds together and worked their way trying to beat other teams in hopes to gain bragging rights. Ms. Kim bought a blank canvas where students added their artistic skills and collectively created a beautiful piece of art. On Thursday night, the students got the nice surprise of a dance party. Friends were immediately getting pulled up on the dance floor to enjoy a night full of dancing. In Greenery Resort, students were continuously having fun and learning about each other, and most importantly, about themselves!

## FUN-FILLED DAYS!

By: Matthew Ignash

Students recently participated in the ASB field trip at the Greenery Resort at Khao Yai. The retreat was organized around the themes of Collaboration,Values, Biofeedback, and Live a Healthy Lifestyle. The students and staff participated in activities for cross - campus community building. Students enjoyed the opportunity to bond and share with their classmates and teachers at both campuses. The collaboration on building towers, boats, and clearing minefields was enjoyed by the students and staff. Below are pictures from the retreat of these activities.

# FIELD TRIPS

## SENIOR FIELD TRIP

By: Toey and Kao, Senior

On the 26th of August, the usually quiet basketball court was crowded with, not only the chatting of students at the assembly, but also the screeching of luggage against the floor, in preparation for the high school senior field trip. The seniors arrived and were behind schedule.

The place was grand yet rural and far away from the main road. In addition, the activities were enjoyable. The Photo Scavenger Hunt made the seniors from both campuses chaotically scattered for 30 minutes, trying to obtain all images. They ended up exhausted and without any vitality to continue their next game. It had been a fun and exhausting day; only leisure and dinner can fix it. At nine, the seniors went to the Conference Room to discuss plans of tomorrow. The next day will be better, they thought that night.

The second day arrived in the spirit of the Hunger Games, a game of "Capture the Flag" with dyed water balloons as weapons. The seniors had breakfast at eight before the teachers handed out paper to write on. As seniors, they discovered great people and themselves in many ways before leaving into the real world. It was now 1 p.m. as the games begun. The seniors were divided into five groups, depending on their color. In separate corners, the game was full of tactics as people tried to stay in and avoid being soaked. All of this, to obtain the bow from the bushes. The paint on their clothes and hands became evidence from the battle. Later that night, there was a dance party from a bunch of introverts to a loud and raving crowd. The second night was wild and entertaining and it left a smile on the seniors' faces and great memories to keep.

In the morning of the third and last day of the fieldtrip, the students and teachers went to eat breakfast for the last time at the resort before heading back. The tired yet satisfied students arrived right at the end of school and went home to rest for the weekend.

The last year of school has become one of the seniors' joyous times, and it's coming to an end. This field trip has shown so much: friendship, cooperation, and youth.

By: Emma Nelson

# COUNSELOR'S DESK

## What is a School Counselor?

School Counseling is a comprehensive program designed to promote and enhance student performance and achievement by addressing the academic, career and personal / social needs of all students. The program is administered by professional counselors and is delivered through individual counseling, classroom guidance, and small group counseling.

**What do your school counselors do with all their time?**

- **Guidance Curriculum -** Teach guidance lessons and lead classroom discussions in the areas of academic, career and personal social development
- **Individual Student Planning -** Work with students one - on - one on an as needed basis in the areas of goal setting, career planning, academic program planning, course selection and the interpretation and application of assessment information to guide academic program planning
- **Responsive Services -** Responsive services are usually shortterm in nature, and designed to meet students' immediate needs. They may be provided in a direct format through individual and group counseling, including crisis counseling, or indirectly through consultation, peer facilitation or outside referral.
- **System Support -** This time is to be used for activities that establish, maintain and enhance the total school counseling program. Because this component doesn't involve direct student interaction, we try to limit it to less than 25% of our time.

## Elementary News: Helpful Tips for Transitioning Back to School

(from the Counseling Kind)

After spending summer with family, the transition back to school can feel like you're starting all over, even if your child isn't new to the school routine. Try some of these tips to ease the "back to school" anxiety for both parents and children!

- **Check your feelings at the door.**

If you are really nervous or scared to drop your child off at school, your child will feel it too. Find time to express your feelings separately. Help your child to focus on their school day by saying "I can't wait to hear about your day later" or "I'll see you at dinner time."

- **Talk about the Positives.**

Emphasize the positive things about going back to school, such as spending time with old friends, meeting new classmates, buying cool school supplies, getting involved in activities, and showing off the new duds or snazzy accessories.

- **Make your goodbyes quick.**

Long and repeated goodbye rituals can prolong your child's fear about you leaving them at school. A hug, kiss, and "have a good day" are all your child needs to start their day. Write your child an encouraging note. Packing a short note in your child's lunchbox or backpack can give them something to look forward to.

- **Avoid walking with your child into their classroom after the first couple of weeks.**

There will be opportunities for you to come into their class, but your child needs to know they can do it on their own. Check out these books to help yourself and your child be ready for back to school!

The Kissing Hand - Audrey Penn
Llama Llama Misses Momma - Anna Dewdney
Franklin Goes to School - Paulette Bourgeois
This School Year Will be the BEST! - Kay Winters

**A** **Benjamin Strever** (GV) Counselor (Social and Emotional)
**B** **Meca Fanega** (GV) Counselor (Academics)
**C** **Miho Katsumata** (SK) Counselor (Social and Emotional)
**D** **Emma Nelsen** (SK) Counselor (Academics)

## Middle School News - Teaching Mindfulness to Teens

(retrieved from Left Brained Buddha)

1. **Model Mindfulness.** We won't be able to convince adolescents of the benefits of a mindfulness practice without modeling it our - selves. It doesn't mean we always need to be paragons of contented bliss, but we should demonstrate our ability to manage stress and respond, not react to setbacks. If we want students to take mindfulness seriously, they need to see it in action. Teenagers can spot a phony a mile away.

2. **What's in it for them?** Teenagers may see mindfulness as completely unrelated to their busy and connected lives. But there are many ways that adolescents can benefit from a mindfulness and meditation practice.

**A few research nuggets that you could share with them:**

- Studies show that students who meditate before an exam perform better than students who do not.
- Meditation helps improve performance on standardized tests.
- Meditation can improve concentration.
- Meditation can help with anxiety, stress, and depression.

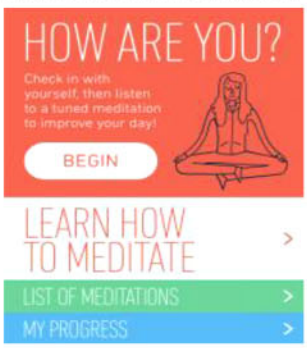
3. **Teach Teens About Their Brain.** We can teach teens how mindfulness can help their brains function more skillfully.

The TEDx talk, Mindfulness & Neural Integration, by Dan Siegel, author of Brainstorm: The Power and Purpose of the Teenage Brain, has a great demonstration that you can use with teens or even younger kids] to teach them about the parts of the brain, using their hands as a model. (This can be found on YouTube). The demonstration focuses on three structures of the brain: the brainstem (our "reptilian" brain, responsible for breathing, heart-rate, etc.), the limbic system/amygdala (our "mammalian" brain, involved in emotion and memory), and the cortex (our "human" brain, responsible for thinking and self - regulation). The hand model reveals how close the amygdala is to the prefrontal cortex, and how mindfulness can help the thinking part of the brain process the raw emotion of the limbic system. And that can lead to better decision - making - it allows a mindful pause, a skillful response instead of an unthinking reaction. We can teach teens that mindfulness is a form of training for their brains: meditation has actually been shown to increase gray matter in the portion of the brain responsible for self-awareness and compassion. Meditation can play a role in the neuroplasticity of the brain - our experiences can actually transform our brains, the way exercise can transform our bodies.

4. **Teach Teens About Their Mind.** When we practice mindfulness, we learn that much of the chatter of the mind is just that: chatter. It's not reality; it's worry, it's anxiety, it's baseless projection. Mindfulness teaches teenagers to recognize the downward spiral of thoughts before it gets out of hand, perhaps learning to label it as simply "worrying." They can acknowledge the anxiety without getting caught up in it, without it leading to the rumination that ultimately ruins their mood. Adolescents may think that's just what minds do. . . and it is. But there are ways to approach the mind skillfully. This is often eye-opening to teens!

5. **There's an App for That!** There's a bit of irony in recommending apps to practice mindfulness, especially to get teens to practice disconnection from their uber - connected cyberworlds, but these apps can be helpful ways to get teens invested in practicing mindfulness techniques.

**Here are some meditation apps for teens:**




Insight Meditation Timer. Shows a map of all the meditators in the world using the app! Stop, Breathe, and Think. This app opens with a short "interview" where the user selects several words to describe how they are feeling, and then the app recommends guided meditations for their current state Smiling Mind. Designed for adolescents

We can all benefit from incorporating mindfulness practice into our busy lives, especially teenagers. These tips will hopefully help you encourage the adolescents in your life to get on a cushion, or even a couch, and spend some time in digital detox, in stillness, in mindfulness.

## High School News - College Planning Checklist

(Retrieved from www.collegeboard.org)

____ Narrow the list of possible postsecondary institutions. Visit when possible.
____ Check internet websites for scholarship information.
____ Check internet for virtual tours of schools in which you are interested.
____ Take the SAT (Scholastic Achievement Test) or TOEFL
____ Obtain the applications from the college or technical institute.
____ Gather all necessary information needed to complete the application.
____ Follow all procedures and dates given on application.
____ Fill-out application completely.
____ Proofread application for errors.
____ Request a transcript from the registrar.
____ Complete FAFSA (If attending college in the USA)

Scholarships awarded by colleges / universities usually come under one of the following categories: academic, departmental, performance / athletic, leadership / service, and minority. Privately funded scholarships are also available.

Good Sites: www.fastweb.com and www.zinch.com

Tips For Learning About College Scholarships:

1. **Start with a personal inventory, ask yourself.** Do I want to participate in a competition? If so, what are my talents and interests? What subject do I plan to major in? What career do I plan to pursue? Do I want to apply for all types of aid or only scholarships?

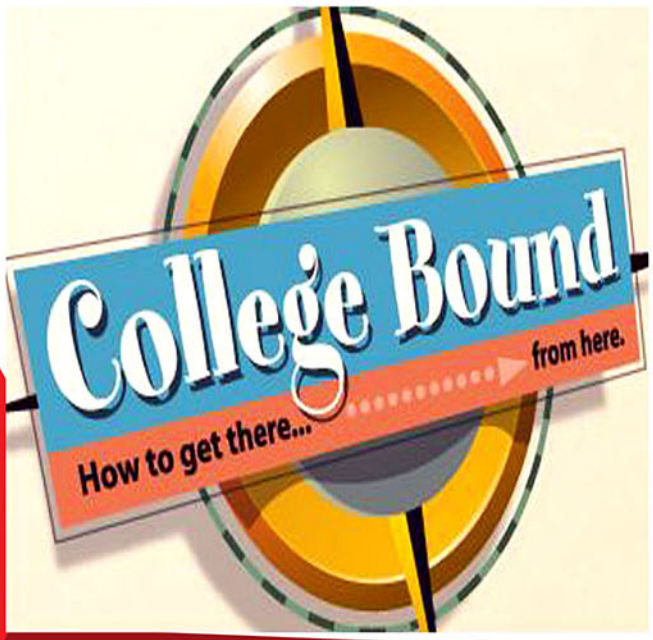
2. **Research local scholarships first.** Stop by the counseling office, counselors will have information regarding scholarships.

3. **Check membership organizations and employers.** Explore categories you have not have considered, i.e. religious, community service, fraternal, military, union and professional. Many companies offer scholarships or tuition programs for children of employees, so don't forget to ask your parents.

4. **Use a free scholarship search service.** A scholarship search company collects information on awards and compares your student characteristics with scholarship restrictions. Based on your answers to a questionnaire, you receive a list of possible scholarships. Free scholarship search services: Scholarship Search, Fastweb, and Sallie Mae.

5. **Contact your State Department of Higher Education.** Almost every state has a scholarship program for residents; however the awards are usually limited to students who attend college in - state.

6. **Research institutional scholarships.** Research what kinds of scholarships are available at the colleges that interest you. Are scholarships awarded automatically if a student matches certain criteria? i.e. GPA or SAT scores. What is the application procedure? What materials are required? Is the award renewable? What are the requirements to maintain the award?




Alumni News: Meca Fanega

A

B

C

## A DREAM BIG

By: Stella Fanega, Alumni Class of 2013
Environmental Engineering at Swansea University

As a high school graduate from the American School of Bangkok I have learned a great amount of skills from both my fellow classmates and teachers. Given this opportunity to be part of the ASB Times allows me to inspire and motivate young students to use the resources the school has. It is indeed a great opportunity to start building your portfolio as a young individual.

Now let's move on to the real deal here. My name is Stella Marie Fanega. I am currently residing in Chicago, Illinois. I am an incoming junior at North Central College with a major in Broadcast Communication. My career involves photography, fashion, writing, and being on TV. I am very fortunate to be part of a great community with an amazing support system from both my friends and families near and far.

I spent my whole summer of 2015 creating a fashion blog calling it, "StellaSpeaksFashion." With this interest, I get to use my photography skills capturing my outfit of the day and writing something unique about it. My blog is all about being who you are as a person through fashion. I am a fashion blogger who believes that everyone is beautiful / handsome in his or her own way, and that wearing something authentic and daring can bring out one's true identity.

With my skills in writing and fashion photography, it has given me the opportunity to be the Social Media Editor of North Central College's very own Campus Newspaper. With that said, I was also asked to be part of the biggest Fashion Event called, "Fresh off the Runway," in Chicago. This gives me the chance to meet talented and hard-working models, as well as connecting with TV channels like NBC Chicago.

My advice to ASB students is to dream big and work your way out of your comfort zone to become successful.

## B ENJOY LIFE, BUT STUDY COMES FIRST!

By: Kanny Smith, Alumni Class of 2014
Environmental Engineering at Swansea University

I really enjoy my life in the UK. Swansea might not be a big city, but it has everything that I need: a sports center, a shopping center and green area with a beach right in front of the university. Trying to manage my time between my studies, sports and personal time can be hectic, but it was fun at the same time. I was part of the university's basketball team, so we have practice schedules and games every week, and as an engineering student, we have a lot of projects to do, so obviously it has been a tight schedule for me. It was the first time to be away from my family. At first, it is not easy living alone in a place I have never been to and meeting people I have never met before, but eventually, I get used to it, and Swansea has now become my second home. Once you are in the university, you have to do your own laundry, cook your own meals, and no one will wake you up in the morning to go to school anymore, but here's the catch-you have all the freedom to yourself! But that does not mean you can do whatever you want with that freedom. It is time for you to take care of yourself and know what's the right thing to do. It is not always easy having all the freedom because most people with freedom can lose track sometimes. So, have the time of your life in the university, but don't forget, study comes first!

## C "TRIO OF ROCKETS NAMED NGCA ALL-AMERICAN SCHOLARS"

By: Naphanan Phongpaiboon, Alumni Class of 2014 University of Toledo

Phongpaiboon, who posted a 78.3 stroke average to go along with an impressive 3.85 GPA in her rookie campaign, notched her top finish by tying for ninth place at Campbell's Fighting Camel Classic with a season - best 228 (74-78-76). She carded a season-low two - over par 74 on two occasions at the Campbell event as well as the web.com Intercollegiate.

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THE AMERICAN CHAMBER OF COMMERCE, THAILAND
IN COOPERATION WITH
THE AMERICAN SCHOOL OF BANGKOK
PRESENTS

# BANGNA FAMILY FAIR 2015

AN AMERICAN FUN-FILLED FAMILY FAIR

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FAMILY AND FRIENDS...COME IN COUNTRY AMERICAN COWBOY OUTFITS!

# 21 NOV. 2015

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# BANGNA FAMILY FAIR IS AROUND THE CORNER!

By: Veena Narula

It is that time of the year to bring fun and entertainment to parents, students, teachers, staff and the whole of Bangkok community. The American School of Bangkok, in partnership with the American Chamber of Commerce (AMCHAM) Thailand, is proud to announce our annual charitable fun-filled event - the Bangna Family Fair

**Objective:**

The American School of Bangkok organizes a charitable fun fair every year to celebrate cultural diversity, promote international cohesiveness within our community, and allow the school to reach out to the greater community with genuine humanitarian spirits for those who are in need by providing a fund - raising venue for a Thai or international charitable program.

**Event Overview:**

The Bangna Family Fair 2015 will be held on Saturday, November 21st 2015 at the American School of Bangkok (Green Valley) from 11:00 a.m. - 9:00 p.m. The event features an exquisite international cuisine; spectacular stage performances by ASB students, teachers and invited guests; fun children's games and prizes; an exclusive shopping arena; cartoon mascots; petting zoo; horse - riding; a Kiddies' land and play zone; line dancing, live music and band. The net proceeds generated from the Bangna Family Fair 2015 will be forwarded to AMCHAM Adopt-a-School Program, to help needy schools in Thailand in the construction of playgrounds, libraries, water tanks and water filtration systems, and other needed facilities for which government funds are limited.

The American School of Bangkok extends an invitation to everyone in the community to attend the fair.

**Participation:**

An individual, companies, hotels, restaurants, airlines, organizations and embassies are welcome to participate in the Bangna Family Fair 2015 by:

- Renting booth space to promote your company product or services.
- Donating money and / or prizes for our game booths.
- Advertising on our web site, event promotional booklet and promotional flyers.

**Event Website:**

Please check www.asb.ac.th/bnfair for additional information about the fair.

**Event Contacts:**

**Mananya Manarodkit** (Pookie)
Tel: 02-312-5660 ext. 205 Email: mmanarodkit@asb.ac.th
**Pattaravadee Petlim** (Poon)
Tel: 02-312-5660 ext. 248 Email: ppetlim@asb.ac.th
**Sunan Kaewounruan** (May)
Tel: 02-620-8600 ext. 166 Email: skaewounruan@asb.ac.th
**Tiwaporn Ruangsang** (Koy)
Tel: 02-620-8600 ext. 112 Email: truangsang@asb.ac.th

## WEAR THESE EVENT T-SHIRTS EVERY FRIDAY UNTIL AND ON THE FAIR DAY!

ASSORTED SIZES AVAILABLE

# INTERNATIONAL DOT DAY

By: Kimberly Strever

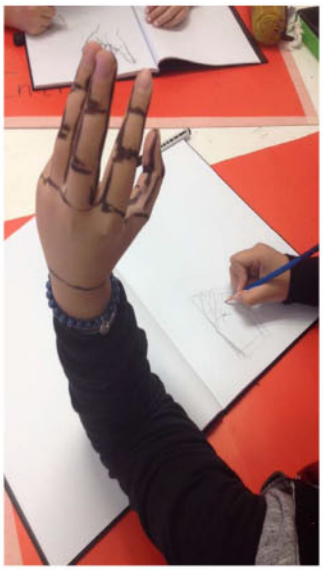
ASB Green Valley, 1st grade through 12th grade, is joining the global celebration of creativity, courage and collaboration, with the Peter H. Reynolds' book The Dot on September 15.

The Dot is the story of a caring teacher who dares a doubting student to trust in her own abilities by being brave enough to "make her mark". What begins with a small dot on a piece of paper becomes a breakthrough in confidence and courage, igniting a journey of self - discovery and sharing, which has gone on to inspire countless children and adults around the globe.

And each year on International Dot Day, the inspiration continues. What started as a story in the pages of a book is transforming teaching and learning around the world as people of all ages rediscover the power and potential of creativity in all they do…" - Reynolds Center for Teaching Learning and creativity

The high school art classes are doing great this year. They are starting off with practicing their skills of drawing. We are learning the concepts of how to draw the hands by breaking it down into steps. Students draw on their hands, with washable marker, to simplify their hands into basic shapes. Then they try to piece those shapes together by following the steps of drawing. So much progress has been made in such a short time. Their hand drawings are turning out beautifully. Check out some of their work!

In the upper level high school classes students are looking at the human form by also breaking it down into simple shapes. They create pieces looking at an actual model, skeleton, and wooden shapes of a figure. By seeing the figure in different ways, the students are able to draw the figure differently and more easily. Check out their compositions, and them creating!



# HIGH SCHOOL ART - SK CAMPUS

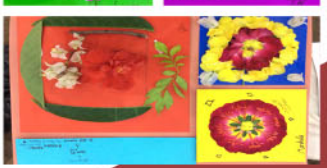
By: John Rush

We have some fantastic art happening this year. Once again our students are showing us their creative abilities in producing art. The high school visual art classes include: intro of art, art 2, AP art, and 3D design. So far we have looked at perspective drawing, the pop art movement, colorful 3D foam sculptures, and the AP students have begun working on their portfolios. We look forward to seeing a lot more great art work in the near future!

# MANDALAS

By: Amy Diener

Students in the Grades 6/7 fieldtrip to Khao Yai created mindful mandalas with Ms. Amy, Ms. Grace, and Ms. Tomomi. The students investigated the meanings of mandalas as a practice of concentrat on, healing, and balance through a reading. Then, they went on a mindful nature walk collecting flowers, leaves, and other forms of nature. The students utilized these natural items to create a mandala starting from the center and radiating outwards. Some students glued down the natural items keeping a final piece. However, others placed the items and photographed, and then afterwards let them gently blow away in the wind!



By: Paul Stoddart

# A WORD FROM OUR ATHLETICS DIRECTOR

Welcome to the 2015 / 2016 academic year and what I believe will be another successful year of athletics at the American School of Bangkok. Now entering my fifth year with the school, I am very excited to be the new Athletic Director at ASB. Linda Reinhart, the Athletic Coordinator at the Sukhumvit campus will also be working hard to continue our cooperation with all parents, teachers, coaches and administration. The success and growth we have experienced recently has been due in a large part to this dedicated network. Together, I know we can continue to create a school environment where we value both academics and athletics. At ASB, education must always remain the top priority, but athletics should be encouraged to all students to further their mental, physical, social and emotional growth. Along with the debut of the IPGA, there will be a number of new athletic programs initiated this year including lunch time intramural sports, the return of the cross country team, and a larger focus on swimming.

**THIS YEAR WE PLAN TO RUN OVER 40 TEAMS.**

| SEASON 1 | SEASON 2 | SEASON 3 |
|---|---|---|
| Varsity and JV Volleyball U15, U13, U11 Basketball Cross Country | Varsity and JV Basketball U15, U13, U11 Football U15, U13 Badminton Varsity Touch Rugby | Varsity, JV, U15, U13 Softball Varsity and JV Badminton U15, U13 Volleyball U11 Teeball, Golf, Swimming |

At ASB we give experienced teachers the opportunity to be a mentor and a role model as a coach. Our coaches encourage, motivate, and inspire students to be healthy, well rounded, and mindful members of our community.

Our goal is to provide the best athletic program for your child. We are only able to provide these excellent programs with your support. We ask every student that participates in the ASB Athletics program to pay an, "Athletic Participation Fee" of 1,000 Baht. These funds will assist the Athletic Department in paying for expenses that include replacing uniforms, hiring officials, field maintenance and paint, transportation, medical supplies, BISAC dues, athletic equipment, and any other expenses associated with our athletic programs.

Students are required to pay this fee only once per school year no matter how many sports they may participate in. In addition, each athlete will receive a new ASB athletes token of appreciation for the hard work and dedication representing ASB in all competitions.

Thank you for your continued support. GO EAGLES!

# SEASON 1 GAMES

By: Paul Stoddart

Season one of the 2015 - 2016 BISAC season and the ASB EAGLES is off to a wonderful start. So far we have won league games with our football, basketball and volleyball teams. We will be competing in a number of tournaments over the next month along with our league games and friendlies. Also a big thank you to all the coaches and players for working so hard, and for representing ASB so well! GO EAGLES!

# CHELSEA FC ECA AT ASB GREEN VALLEY

The American School of Bangkok and Chelsea FC have developed a partnership this year to run an after school soccer training program for students. So far there have been a number of rewarding sessions for our budding football superstars, and these sessions will continue throughout the year. The Chelsea FC Soccer School Bangkok offers a fantastic insight into the game, and unique philosophies for boys and girls of all abilities. The ECA program is created and delivered by official Chelsea FC Coaches. If you want to meet new friends, have fun, or become the next Chelsea FC superstar, then come out and try the new after school program!

**What is provided:** Fun educational sessions to enhance natural development and improve players' skills and techniques. Chelsea FC Foundation promote fair play, respect, discipline and anti - bullying.

There are limited spaces available for this ECA session so please book quickly to avoid disappointment. Don't miss the chance to be involved with a pioneering authentic Chelsea FC Program. Thursdays at ASB Green valley campus (Bus service available for sukhumvit footballers).

**DATES:** SEPT 3, 10, 17, 24 OCT 1, 8 (Will continue after October break).

**For more information please contact:** Paul Stoddart, ASB Athletic Director at pstoddart@asb.ac.th or call 085 - 966 - 5434

# GIRLS ATHLETICS CLUB AT GREEN VALLEY CAMPUS

By: Emma Urban

Since the second week of school, the Girls Athletics Club has been meeting at least once a week to run a few kilometres out and around the Green Valley Campus, and conducting High Intensity Interval Training (HIIT) workouts in the school's weight room. The girls have been building up their stamina and strength, which is helping them in the other athletic extracurriculars that they are currently participating in during Season 1 of athletics, including varsity soccer, varsity volleyball, cross - country, and others. Keep up the healthy attitudes, Lady Eagles!

# ATHLETICS AT ASB

By: Linda Reinhart

Season 1 started with a two week conditioning program for all athletes to prepare them for the physical challenges of tryouts. Following the conditioning training, athletes were given an opportunity to participate in tryouts on one of the following sports: Varsity Boys and Girls Soccer, Boys and Girls Volleyball, Junior Varsity Boys and Girls Soccer, Boys and Girls Volleyball, U15 / 13 / 11 Boys and Girls Basketball. In creating combined Sukhumvit and Green Valley rosters for each team there are 57 players from Sukhumvit who are now playing on Season 1 teams. After two weeks of competition ASB Teams have experienced many successes with wins over ICS and TCIS. Coaches for Season 1 are Aidan Hamill - Soccer; Willie Gillory - Basketball, Sean Sullivan - Basketball, Linda Reinhart - Basketball, and Sumira Mathews - Volleyball.

U15 Boys Basketball - Ali Arbazz Gilani, Yuhi Ito, Patchara Permvongsenee, Sangmin Sim, Cherdchanok Vilailuck, Peerapat Yimlertluk

U13 Boys Basketball - Mason Anthony, Shuban Sasidharan

**U13 Girls Basketball Team:** Shahd Sherif, Britton Smith, Lily Mansour Future Champion Under 13 Girls Basketball Team. Go Eagles!

CHELSEA FOOTBALL AT ASB

Max, an official Chelsea FC Coach, presented Chelsea's Football Program and expanded on what attributes are required to be an outstanding football player. Chelsea's ECA started sessions on Thursday, September 10 and will continue until Thursday, October 8 at Green Valley Campus. Practice sessions run from 2:45 to 3:45. Additional sessions are expected for season 2 (November to February) football players. Cost of the each session is 500 Baht. Below are examples of skill development that Max introduced at Sukhumvit to introduce students to Chelsea's program:

# GIRLS VARSITY SOCCER TEAM

By: Emma Urban

The girls varsity soccer team participated in the RIS Phoenix Friendly tournament on Saturday, September 12. Despite having a fluctuating roster for that point in the season, the girls managed to have an excellent showing at this tournament. They won their round robin game against Shrewsbury, which bought them a spot in the bronze medal game against NIST - they weren't successful on paper in the match, but showed immense progress since their first season game only two weeks prior. Goal scorers included Ploy Nutchanok, Co - Captain Natalie Van Ogtrop, and Shanique Lucas. Solid as always in nets was Co-Captain Kan Puttal. Way to go, Eagles!

# FINA BY INVITATION ONLY FOR PARTICIPATION - BEN KAEWKARINKANOK HONORED

By: Linda Reinhart

Ben Kaewkarinkanok, a former Thai National Swimmer, was invited by the Thai National FINA Swim Certification Board to participate in FINA's August 12 to 15 Development Program Technical Coaches Clinic. Participation in the Clinic was by invitation only and this is an honor for our Swim Teacher and Swim Coach, Ben Kaewkarinkanok as well as representing ASB in such high esteem.

Information presented by FINA included: 1) LTAD Long Term Athlete Development; Fundamental-Learning to Train; Training to Train; Training to Compete; Training to Win; Retirement; 2) Energy System & Training Classification; 3) Energy System & Training Performance Monitoring; 4) Planning for Success (Season Plan, Monthly Plan, Weekly Plan, Daily Plan); 5) Importance of developing strength and conditioning for swimmers; 6) Mechanics of Starts, Turn & Finishes.

At the completion of the 5 Day Swim Clinic, Ben Kaewkarinkanok, ASB's Swim Teacher and Head Swim Coach, successfully passed the examination from FINA and is recognized as a FINA Coach in Swimming. FINA CERTIFICATION EXAMINATION.

# YEARLY PHYSICAL FITNESS ASSESSMENTS

By: Linda Reinhart

Each academic year students in grades 1 - 12 are assessed in the fall to set a baseline for each student, and a class as a whole. Students apply the goal setting model to guide them in improving their health related fitness. Throughout the year classes build on the results to assist students in reaching both their goal and improvement for the spring physical fitness assessments. Once students analyze their results it is important for them to understand how these results impact the their health status as determined by the health continuum. Students are informed of the benefits of being on the high end of the health continuum and how this impacts their future health lifestyle. The physical education department assesses the components of "fitness for health" in the fall and spring. The health related tests include cardiovascular, muscular strength, muscular endurance, flexibility, and agility.

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