



EKTRA Newsflash

Issued Date 14th December 2018



The school appreciates all parents, supporters, students, and students who attended and supported the stage play – *Insight Music “The Sound of a Million Dreams”* performed for the school’s 23rd anniversary celebration November 21st to 23rd, 2018.

All the goals for the performances have been fully achieved. Total amount of money obtained from the activity is **157,079 Baht**. After the cost is deducted, it will be donated to Siriraj Hospital for purchase of medical equipment.

Attention!!

The stage play DVDs – *Insight Music “The Sound of a Million Dreams”*

- are on their way. If you are interested in ordering the DVDs, you can order them at the school’s administration offices **from today until 20th December 2018.**

Each DVD costs 100 Baht. Please note that you can also watch the stage play via YouTube.

For more information, please contact 02-213-0117, 02-212-0157, 02-212-9930-1

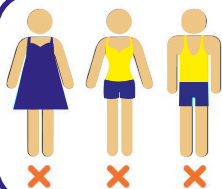


Calendar for December 2018 – January 2019

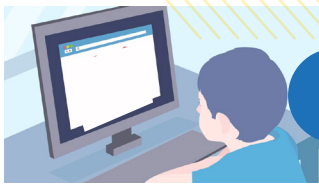


Date	Department	Activity
Mon. 17 th - Thu. 20 th Dec. 18	All	Christmas Show (NC. - Y.12)
Fri. 21 st Dec. 18	All	Apology, Forgiveness, and Reconciliation Day
Mon. 24 th Dec. 18 - Tue. 1 st Jan. 19	All	Holidays – Christmas and New Year
Wed. 2 nd Jan. 19	All	School Opens
Mon. 7 th Jan. 19	Secondary	Midterm Exam 2/2018 (Thai Teachers) Y.10-Y.12
Tue. 8 th - Wed. 9 th Jan. 19	Primary – Secondary	Midterm Exam 2/2018 (Foreign Teachers) Y.1-Y.12
Thu. 10 th - Fri. 11 th Jan. 19	Primary – Secondary	Midterm Exam 2/2018 (Thai Teachers) Y.1-Y.12
Fri. 11 th Jan. 19	Kindergarten	National Children’s Day
Mon. 14 th - Tue. 15 th Jan. 19	Primary – Secondary	Sports Carnival 2018 Y.1 – Y.12 Good News for Ektra Family !! If any color teams can bring the most alumni or alumni’s parents to the Sports Carnival, extra points will be given. (Please dress properly)
Tue. 15 th Jan. 19	Kindergarten	School is off (1 day) since the Sports Carnival 2018 organizing teams need spaces to prepare the activity.
Wed. 16 th Jan. 19	All	School is off (Teachers’ Day)
Thu. 17 th Jan. 19	Kindergarten	Sports Carnival 2018 NC.-KG.1
Fri. 18 th Jan. 19	Kindergarten	Sports Carnival 2018 KG.2- KG.3
Sat. 26 th - Tue. 29 th Jan. 19	Secondary	Scout Camp Y.8
Sat. 26 th Jan. 19	Secondary	GAC. Entrance Exam (Y.9)

Wearing appropriate dress while on the school's premises



We kindly ask for your cooperation to dress properly while on the school's premises. Please avoid wearing vests, shorts, tight outfits and transparent clothing. In case it is necessary to wear these outfits, please put a cover on **for paying respect to the school's premises and for being a good role model to students in terms of appropriate dress.**



How can we adjust ourselves in this digital age?



In this quickly changing world, we cannot separate children from technology. Today, technology becomes our 5th basic need. However, whilst the digital era is glowing, worrying statistical data are being found in Thai society.

In general, there are approximately 300,000 Year 1 students – or about 37.61% of the total Year 1 enrolment - whose IQ levels have been assessed at lower than standard (90 points). This percentage is greater than what is specified by World Health Organization (WHO) that the percentage of those having lower-than-standard IQ level should be less than 25%. Moreover, it is found that those having an IQ level lower than 70, which is considered as having intellectual disabilities, accounts for 5.8% of the students and requires urgent attention, according to the information obtained from an interview with Squadron Leader Boonrueng Trairungworawat, M.D., Director – General of Department of Mental Health.



Dr. Janthita Prueksanondha, Head of Development and Growth Unit, Department of Pediatrics, Faculty of Medicine, Chulalongkorn University, referring to current children's IQ development, said that **children's IQ levels are determined by two factors; genetics and nourishing environment. Thus, a proper environment in which children are nourished can support proper physical and mental development. These can help build their IQ development, and it can eventually be better than that of parents.** A factor that is greatly affecting Thai children's mental development is digital devices use. Parents might be proud of their children when they are capable of using

these devices with ease. However, they may forget that these devices can be a cause that makes their children lack interaction with others – two-way communication in this case. Thus, parents should be aware of this and need to know how to select good or useful media for their children. Good or useful media can be something that builds children's experience and supports their learning. Whilst children are with digital devices and media, parents must be with them. Time spent should be limited to only one to two hours a day, so that children can have their spare time spent on other useful activities. Finally, **children under two years of age should be kept away from TVs.**

Furthermore, some TV programs and plays today are full of vulgar language which builds hatred through different forms of bullying, making fun of others' inferiority complexes, and use of improper language in all kinds of conversation. Children exposed to these TV programs and plays without proper guidance will slowly absorb this vulgar language and negative values and bring them to their daily life without feeling guilty. In the long run, they will become established and so hard to fix.

The school would like to obtain parents' cooperation **to be aware of the different media available** and give guidance to our children regarding proper use of language before they grow up.



Reference:

<http://www.thaihealth.or.th> (link: <https://is.gd/K9Jlmt>) and <http://www.thaihealth.or.th> (link: <https://is.gd/lbXzdd>)

Please abstain from giving presents to teachers and administrators.



As Christmas and New Year holidays are coming, the school wishes to express sincere appreciation to everyone for the cooperation and kind support you have given to all the school's activities. Please be reminded that the school does not wish any kind of return for our efforts on behalf of your children.

Thus, we kindly ask for your cooperation **to abstain from giving presents, rewards, and any kinds of souvenir to teachers and administrators. Instead, please give us just your best wishes alone,** to symbolize the goodwill and amiability which have always been given to us by everyone.

We wish everyone to be filled with happiness and prosperity in this Christmas and New Year season. All the best in 2019.



Sarasas Ektra's Christmas Performances 2018

We will soon hold our annual Christmas Festival to commemorate the birth of Jesus Christ. Throughout his life, he displayed love, modesty, humility and help to all people he met. Also, School will have its annual Christmas Performances to share happiness and fun to everyone. The performances will encourage the students to be confident, cohesive, and allow them to showcase their language abilities. Parents are welcomed to watch the show to support their children, and capture memorable moments with them according to the schedule below.



	Date / Time	Mon. 17 Dec.	Tue. 18 Dec.	Wed. 19 Dec.	Thu. 20 Dec.
At the Court in front of Building 1 (Soi 20)	08.45 – 09.00	Infant Choir	NC.1	NC.2	NC.3
	09.00 – 09.15	KG.1C	KG.1D	KG.1A	KG.1B
	09.15 – 09.30	KG.1E	KG.1F	KG.2F	KG.2B
	09.30 – 09.45	KG.2A	KG.2C	KG.3C	KG.2D
	09.45 – 10.00	KG.3A	KG.2E	KG.3B	KG.3D
	10.00 – 10.15	KG.3E	KG.3H	KG.3F	KG.3G
At the Auditorium, Primary Department (Soi 20)	08.30 – 08.50	Teacher's Band	Junior Primary Chorus	Ektra Primary Band	Senior Primary Chorus
	08.50 – 09.10	Y.3F	Y.4C	Y.6B	Y.4A
	09.10 – 09.30	Y.4B	Y.2D	Y.5B	Y.3D
	09.30 – 09.50	Y.5D	Y.5A	Y.3A	Y.6E
	09.50 – 10.10	Y.2E	Y.1D	Y.1F	Y.1A
	10.10 – 12.30	Lunch			
	12.30 – 12.50	Y.6A	Y.6F	Y.6C	Y.6D
	12.50 – 13.10	Y.4F	Y.3C	Y.4D	Y.4E
	13.10 – 13.30	Y.3E	Y.5E	Y.5F	Y.2B
	13.30 – 13.50	Y.5C	Y.2C	Y.2A	Y.3B
	13.50 – 14.10	Y.1C	Y.1E	Y.1B	
At the Sport court 2, Secondary Department (Soi 26)	Date / Time	Tue. 18 Dec.	Wed. 19 Dec.	Date / Time	Thu. 20 Dec.
	08:30 – 08:45	Chorus	Chorus	08:30 – 08:45	Chorus
	08:45 – 09:05	Y.10A	Y.7A	08:45 – 09:05	Y.7C
	09:10 – 09:30	Y.7D	Y.10B	09:10 – 09:30	Y.10C
	09:35 – 09:55	Y.9C	Y.8D	09:35 – 09:55	Y.8A
	10:00 – 10:20	Break		10:00 – 10:20	Break
	10:25 – 10:45	Y.11E	Y.9A	10:25 – 10:45	Y.11D
	10:50 – 11:10	Y.7B	Y.11F	10:50 – 11:10	Y.9B
	11:10 – 12:10	Lunch		11:10 – 11:30	Y.11B
	12:10 – 12:30	Y.10D	Y.10E	11:30 – 12:10	Lunch
	12:35 – 12:55	Y.8C	Y.9D	12:10 – 12:40	Y.12E
	13:00 – 13:20	Y.11A	Y.11C	12:45 – 13:15	Y.12A
	13:25 – 13:45	Y.9E	Y.8B	13:20 – 13:50	Y.12D
				13:55 – 14:25	Y.12B
				14:30 – 15:00	Y.12C

Remarks : 1. The schedule might be changed depending on circumstances. Please follow School's news at www.ektra.ac.th
 2. School would like to encourage the students to use materials or wear clothes that they already have for their Christmas costumes. There is no need to buy anything new for their show.