

# Regents

ISSUE 2, APRIL 2017

# CONNECT



REGENTS INTERNATIONAL SCHOOL  
PATTAYA

A NORD ANGLIA EDUCATION SCHOOL

Enquire online: [www.regents-pattaya.co.th](http://www.regents-pattaya.co.th)

# REGENTS SUMMER SCHOOL

03 July - 21 July



Explorers 3 - 5 years

Voyagers 6 - 8 years

Pioneers 9+ years



REGENTS INTERNATIONAL SCHOOL  
PATTAYA  
A NORD ANGLIA EDUCATION SCHOOL

WEDNESDAYS  
THURSDAYS  
FRIDAYS

# Regents Little Lions

A creative and fun filled educational programme for toddlers (1-2.5 years) and their parents/guardians  
For more information, please contact [joanne.smith@regents-pattaya.co.th](mailto:joanne.smith@regents-pattaya.co.th)

**Regents Connect, Issue 2, 2017**

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Cover: Regents celebrated a community of over 50 nationalities as part of the annual International Day.



*Dear Parents and Friends*

We have attempted to pack many of the incredibly exciting opportunities we have had since our first edition into one magazine and it has been very difficult! I know you will enjoy reading about the many achievements. As we enter a new era at Regents, I am delighted to introduce our new Principal, Sarah Osborne-James. She has visited the school many times and I know she is really looking forward to joining us in August.

What strikes me most, as I read the articles, is the experiences our students have at Regents - from inspiring speakers like Andy Barrow and Brian Davidson to the Round Square activities. The trip to Tanzania was a real highlight, and in the work we have done with our community

partners, you can see each day at Regents changes your children. Of course, these are big events that have a visible impact. Our students are a real credit to the partnerships we have with you and our wider school communities. Students like Saliha and Jack provide role models for all our children to aspire to. Behind each article and picture there is a huge team of parents, students and staff who can all take pride in what we achieve.

Thank you for your support!  
"It takes a village to raise a child..."

Grant Gillies  
Acting Principal

Handwritten signature of Grant Gillies in black ink.

In memory of His Majesty King Bhumibol Adulyadej - an extraordinary example of home learning from Kalman Zelaznik and Katie Crabb, Year 6, who painted these portraits of the late king to support their class topic.





Mr Noppasitcha Na Nakorn, Deputy Head of Education in Pattaya, Dr Virachai, founder of Regents, Mr Brian Davidson, British Ambassador to Thailand and Mr Grant Gillies, Acting Principal

## *British Ambassador Opens New Science Labs*

In February, Regents International School Pattaya was very pleased to welcome His Excellency the British Ambassador to Thailand, Mr Brian Davidson, who officially opened our state-of-the-art science laboratories. Accompanying Mr Davidson was Mr Marcus Winsley, Director of Trade and Investment. Other special guests included Dr Virachai, founder of Regents and Mr Noppasitcha Na Nakorn, Deputy Head of Education in Pattaya.

The new science labs at Regents are designed to enhance the students' learning experience in a subject area that is always advancing and evolving. The timing of the new labs coincides with an exciting Nord Anglia Education initiative which will shortly see Regents enjoying the fruits of a collaboration with MIT (Massachusetts Institute of Technology) to further inspire the students to acquire the skills needed for the 21st century.

The Ambassador's visit began with a tour of the school led by students and the Head of Primary, Karyn Walton and Head of Secondary, Michael Seaton. On the tour, the Ambassador met Y12 student Luke Daly who received the top mark in the world for IGCSE Design & Technology in 2016. Luke was able to present some of his designs when the tour stopped in the D&T Studio.

The Ambassador then met with senior science students who took the opportunity to explain some of their latest experiments and theories, before Acting Principal, Grant Gillies, invited the Ambassador to cut the ribbon to officially open the labs. It was then the turn of the Year 12 IB students to invite the Ambassador and Mr Winsley to a Q&A session - covering subjects ranging from BREXIT to terrorism, and from the 21st century workplace to a day in the life of an ambassador.

Mr Davidson clearly enjoyed his visit and was full of praise for all he had experienced: "A truly inspiring day spent at Regents. Amongst the many highlights - being shown around by confident and very informative Year 6 students; seeing the highly creative arts and design projects; opening the new science labs (which adds even more to the already fantastic facilities at the school); and being grilled on British foreign policy and life as a diplomat by some very sharp Year 12 students. I look forward to returning the favour and welcoming the students to the Embassy in Bangkok very soon."

Regents is very grateful to the Ambassador and our other special guests for what was a very enjoyable and informative event.



Ms Osborne-James was born and raised in Birmingham, UK and graduated from the University of Warwick with a Bachelor of Arts in Education. She has a Masters of Education in International Education Administration from Endicott College, Beverly Massachusetts and a certificate of International School Leadership with the Principals Training Center.

During her 21 years in education, Ms Osborne-James has served on various Boards and Associations including the prestigious International Baccalaureate (IB) Heads Council and Executive Board member of the Latin American Heads Association and UNCOLI, the Union for International Schools in Colombia. She has experience of international accreditation and has collaborated with the Council of International Schools and the Latin American Heads Association, chairing and participating in accreditation team visits around the world. She has also led the successful accreditation process in all of her schools and has experience of working with various accreditation agencies and boards.

Ms Osborne-James is married to Chris, who is also an educator and football coach, and they have a 13-year-old son Zachary. Zachary will be joining Regents (Year 9) and loves sports.



## *Introducing our Principal-Elect*

Nord Anglia Education is delighted to announce that Ms Sarah Osborne-James has been selected as the new Principal of Regents International School Pattaya. Ms Osborne-James will take up the position in August 2017.

### **What attracts you to Regents?**

I first connected with Regents in 2007 through Round Square collaboration and have been keeping an eye on the school ever since. I am passionate about holistic, contemporary education and making the world a better place through responsible and sustainable service and action. I love that Regents is a Nord Anglia Education School, where students can benefit from global learning opportunities, as well as a Round Square school and offers the IB.

### **Who are your role models and why?**

Strong people who have shown determination, drive and discipline to achieve their goals - people who have stood up for what they believe in and people who have made a difference in the world.

### **What is your worst memory of school?**

Opening my GCSE results and being incredibly disappointed, followed by advice from the

school counsellor to “give up” dreams and ambition of becoming a teacher.

### **What is your best memory of school?**

Being voted Head Girl at school by teachers and peers.

### **What should excellent schools aim to do?**

Bring out the best in everyone - every student, teacher and community member - through a shared vision. Produce well-rounded global citizens who have strong skills, knowledge, positive attitudes and ambition to be agents of change in the world.

### **Describe your leadership style in a tweet.**

Passionate and progressive, visionary leader who loves to empower members of her school community.

### **What is the best piece of advice you have received?**

“Enjoy yourself, it’s later than you think” frequently sung by my best friend’s father as we were teenagers - he died shortly after. This always helps me keep perspective and make sure I have balance in my life and take time for people.

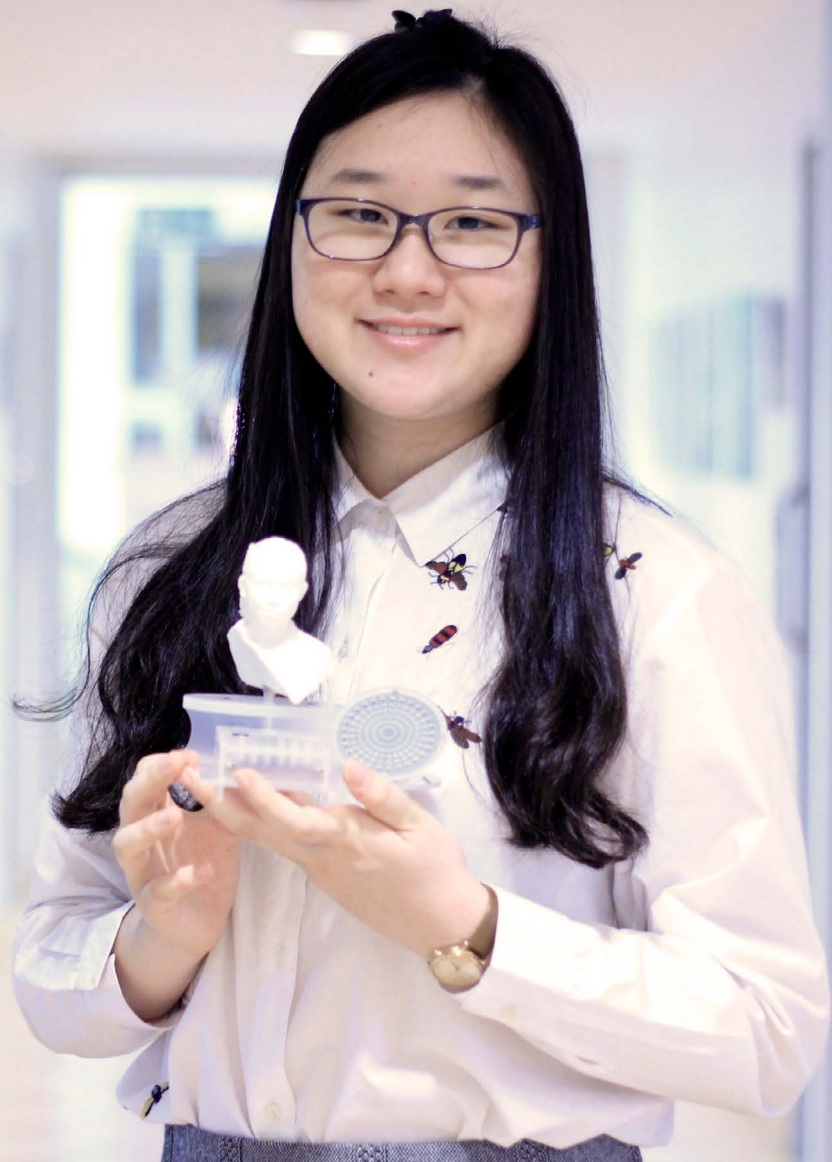
### **What do you do to relax?**

Play tennis (quite badly), jog and swim. Connect with family and friends overseas. Love to travel.

### **What are your hopes for Regents?**

Build on the strong foundations, past and history and provide stability and leadership needed to be the strongest, contemporary school in the area where all community members are proud of their school; a school where all students are able to flourish and follow their dreams in a happy and safe learning environment.

# Student Innovation



## A Yearbook for the Blind

It was a very special day when Regents Year 13 student, Dayoung Min, presented her Design & Technology invention to Got, a student at Father Ray's School for the Blind.

The invention uses the latest digital technology to capture images and sound recordings of students at the school, in what is perhaps best described as a 3D yearbook for the blind. Essentially, the project is a 3D printed model of the student which is held on a detachable platform. The model contains electronics and a user interface which are used to record and play messages of the student. The combination of touch and sound is used to trigger memories of a close friend, colleague, teacher or a loved one.

Dayoung got the idea when enjoying the Regents Yearbook and tried to consider how blind students might access memories of

their time at school. She explains: "Since blind people cannot visually interpret two dimensional photographs, they struggle to recall some of their memories." Dayoung found the whole experience to be a huge learning curve: "Throughout the process, I had to come up with creative and yet analytical strategies to solve problems. I had to constantly think about the possible options I could choose in advancing the product, and analyse them to understand which one was the most suitable." To this end, Dayoung is very grateful to the Head of D&T, Mr Daly, D&T Teacher Mr Smith and also her classmates for their advice and feedback.

However, Dayoung believes the greatest reward from doing the project was the feeling she received from helping others: "I was very proud that I helped Got to have a new experience which can also possibly help other

blind people to share the experience as well in the future."





## Global Finalist in Google Science Fair

Head Girl, Saliha Rehanaz describes being chosen as a Global Finalist in the Google Science Fair 2016, as “a dream come true”. Apart from visiting the Google Headquarters in San Francisco, California, highlights for Saliha included eating pancakes made by robots and meeting other talented teenagers who are making the world a better place with science. As just one of 16 finalists chosen from thousands of projects from around the world, Saliha’s achievement is indeed impressive.

Saliha’s product is called Sreshto Menstrual Pads. Sreshto are eco-friendly sanitary napkins which take only two years to bio-degrade. Saliha explains: “On average, one woman uses 12-16,000 menstrual pads in her lifetime. One pad takes over five centuries to degrade. When I found out about this, I realised what a major problem this was to our environment. Not only were landfills being flooded with

menstrual pads, they were also a major cause for many deadly diseases, because they are an optimum place for microorganisms to grow.” Incorporating her sister’s idea of using natural and chemical-free absorbents, Saliha created Sreshto using jute and coconut husk.

Besides helping the environment, Saliha says that Sreshto aims to make female hygiene products accessible to women all over the world; “I hope to create jobs for women by allowing them to make Sreshto and sell them to other women in their local communities. Sreshto also encourages women and girls to continue their work and education, because around the world, on average, over 120 days of work and school are missed due to periods. Sreshto aims to break the perception that menstruation is a social taboo and start the conversation among the youth, so more people are aware of these problems.”

*To learn more about Saliha's project, please see*

[goo.gl/Pw8aFA](https://goo.gl/Pw8aFA)



## Prototype to Production

Year 9 Design & Technology student Jack Daly has taken a brief from Regents teachers who were frustrated at losing track of whiteboard pens, remote controls and interactive board pens, and turned it into a winning product. With positive feedback from Mr Spear and Mr Eagen who trialled the prototype in their classrooms, Jack then approached Acting Principal Mr Gillies for permission to produce multiple units. Jack has come full circle on the design project and understands very clearly what he and his classmates learned: “We learned how to create a product to meet the needs of a real community and how to turn a design into an innovation, adding value by optimising the design and preparing it for the market.” An added benefit of the project is that all profits will go to Jack’s chosen charity, Agape Day Care Home, which cares for vulnerable children in Pattaya.

# Global Campus

## A Unique Programme

While most premium independent schools offer an international co-curricular programme, what is unique about Nord Anglia Education's Global Campus is the breadth and depth of opportunities available to our students. Indeed, NAE schools are the ONLY schools in the world enjoying the benefits of collaborations with recognised world-class organisations such as The Juilliard School and MIT. Add to that the influential global reach of UNICEF, with which our schools work to support worthy campaigns like Global Goals, and you have a powerful, one-of-a-kind educational offering. Over the next few pages, we present summaries of just a few of our Global Campus activities and trips from Term 2.



## Working Together for Positive Change

There may be no committee at Regents more passionate than our Eco-Committee, which welcomes new members at any time. The Eco-Committee, which includes staff and students from across the Primary and Secondary schools, is working toward Regents joining 49,000 other schools in 64 countries and becoming an Eco-School. One of the Eco-Committee's more recent campaigns has been to support the UN led Global Goals initiative. This initiative was agreed by 193 world leaders

in September 2015, and saw 17 Global Goals for Sustainable Development devised. If these Goals are realised, it would mean an end to extreme poverty, inequality and climate change by 2030. Our Regents community, including the young and not-so-young, is getting right behind the campaign.

For more information on these initiatives see: [www.ecoschools.global](http://www.ecoschools.global), [www.globalgoals.org](http://www.globalgoals.org), Moodle: ROUND SQUARE: Eco Committee.



*"...a trip of a lifetime and a really powerful learning experience"*



## *Eco-Conference 2017, Kathmandu, Nepal*

In March, a group of Year 10 and 12 students set-off for the Kingdom of Nepal to take part in an Eco-Conference hosted by the British School of Kathmandu. The conference attracted 65 students from eight international schools across the Asia-Pacific region. Our students share their thoughts on the experience.

**Sharika Fotedar:** 'I really enjoyed the week in Nepal: it was fun meeting new people and gaining knowledge about our environment.'

**Ayushi Prakash:** 'This trip gave me a lot of confidence and taught me to be independent. I also learned a lot about the country of Nepal.'

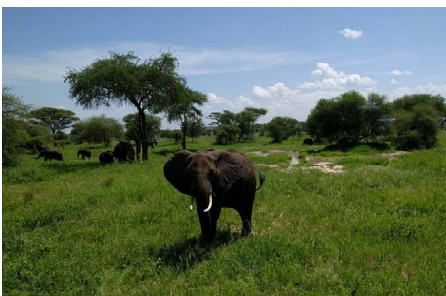
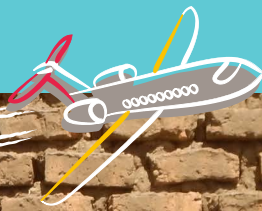
**Aryut Shresta:** 'This conference was so practical and thought-provoking. I also met a student who plays a flute with his nose! Advice to future campers: remember to pack a sleeping bag!'

**Miranda Wilson, Gappie:** 'Nepal is a fascinating country. It was incredible to experience the country first-hand whilst learning about the environmental issues that plague it and finding out how we can help the country and take action now!'

**Ilulia Arnswald:** 'The trip was unforgettable and eye-opening and introduced me to new ideas of sustainable development. Nepal itself is an amazing country. I loved discovering its culture, cuisine and people.'

**Aaditi Sharma:** 'The trip really helped me understand the cultures and the variety of ecosystems to be found in the different countries. I also met a lot of students from different countries and cultures and it really helped me improve my confidence and taught me to be more independent.'

**Ross Lawson-Smith:** 'This was a trip of a lifetime and a really powerful learning experience. It was also a lot of fun and a chance to make new friends.'



## Tanzania - Impactful Service

In January, a group of Year 12 students along with Mrs Neylon and Miss Felts travelled to Tanzania to take part in an exciting, informative, thought-provoking and uplifting service trip.

This was all topped off by an amazing two day safari in Tarangire National Park, which included a night of wild camping. The students saw a huge range of animals, honed some wildlife photography skills, and learned from their guide about the wildlife and the way of life for local tribes such as the Maasai.



The group took the opportunity to build goat sheds, smokeless stoves and even install solar lighting for local families who were living in conditions of total poverty - a new and humbling experience for all participants. The students also helped the Nord Anglia Education partner charity Seaway to improve the educational prospects for local children by building desks for a local school, helping to build classrooms and installing windows and doors in teachers' accommodation.

Students and teachers arrived back in Thailand with the realisation that they are all well-off, healthy citizens with a great education and precious opportunities. Many students commented that their experience had profoundly affected them, and that impactful service work is something they definitely want to do again, perhaps even playing a role in their future careers.



## *Virtual Choir*

Congratulations to all our Primary and Secondary Choir students who were involved in an exclusive global music experience this term. Utilising the power of music to

connect with over 40 other schools in our NAE family, the Global Campus will boast the world's largest virtual school choir. A Virtual Choir brings together voices from all over the world in a new way. A piece of music has been written exclusively for NAE Schools and Regents has a unique part within that piece

of music. Separate singers and choirs record their parts which will be edited together into one single performance - the result is a Virtual Choir combining thousands of voices from around the world. We do not know what the final piece of music will sound like yet, but cannot wait to hear it!



## *Creative Minds*

Student finalists in the Global Campus writing, illustration and photography competitions gathered in the Principal's Office to celebrate their success.





## *For the Love of Music - An Interview with Juilliard's Kathryn Andersen*

Our Juilliard curriculum specialist, Kathryn Andersen, talks about her passion for music, and how our Juilliard collaboration enriches the musical life at Regents.

### **Kathryn, please tell us about your earliest memory of being drawn to music.**

As a child, my mother would often play music for me as I was going to sleep and waking up. In the mornings, she'd come into the room, draw up the shades and sing, "Good morning to you! Good morning to you! We're all in our places with sunny faces. And this is the way to start a new day." I can still hear her voice singing the melody and feel the sun shining on me. What better way to start the day than with music?

### **How much was music a part of your life throughout school?**

I was fortunate to discover my love of the violin and music thanks to my first violin teacher, Alla Zernitskaya. She emigrated from Russia and began a stringed instrument programme

in the public schools in my town. I remember her visiting my classroom and playing for my class in third grade. I fell in love with the sound of the violin. I ran home from school that day and told my parents, "I want to play the violin!" Not long after, I started taking lessons and music has been part of my life ever since. In sixth grade, I started to attend string orchestra rehearsals before school every day - at 6:45am! In addition, I often had an ensemble class or lesson during school a few times a week.

### **What has being a musician taught you?**

Over twenty years as a musician has taught me how to listen. As artists, we work to express genuine human experiences and emotions and the ways each person does this are unique and beautiful. Even if we speak a different language or live in a different country, we are united by a love of music. Music has the

incredible ability to bring people together and create opportunities for true connections.

### **What has been one of the biggest challenges in your career to date?**

It's not always easy to pick up your instrument and go to the practice room every day. The rigour and dedication needed to develop your technical and musical skills can be difficult at times. I find inspiration from other musicians and try to get together with friends whenever possible to read chamber music or attend concerts.

### **How has being part of The Juilliard School enhanced your career?**

Not only do I work for Juilliard now as a Music Curriculum Specialist, but I also attended the school as a graduate. While a student there,

I studied with Ron Copes of the Juilliard String Quartet. He is an incredible musician, dedicated teacher, and inspiring mentor. I was also surrounded by other colleagues who were passionate about improving their skills as performing artists. Being in classes and rehearsals with my friends each day motivated and helped me make great progress. As an alumna of Juilliard, I stay in touch with many friends and made connections with other alumni. The music world is quite small so no matter where the concert may be, I seem to find myself among other Juilliard musicians!

**Describe a typical visit to Regents?**

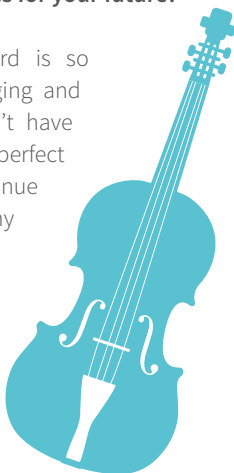
Although I'm on campus for just three days, the music team and I make the most of the time together. The schedule is always quite busy as I love to observe classes, teach some lessons myself, and, most importantly, meet with the music teachers to discuss the Juilliard-Nord Anglia Performing Arts Programme and teaching practices. We're always working to come up with fun and engaging activities for your students!

**What is the best piece of advice you have received during your career?**

The first time I performed at Carnegie Hall - I was probably 15 or 16 years old - my youth orchestra, the Empire State Youth Orchestra, was on tour in New York City. The concert was just beginning and as concertmaster, I was about to walk on stage to tune the orchestra. Before the door opened, however, my conductor stopped me and said: "Take a moment and look around. This is Carnegie Hall." Since then, I've performed in numerous concert halls with many different musicians but I always try to remind myself to take a moment to appreciate the experience. I never want to forget how fortunate I am to be spending my life doing what I love.

**What are your hopes for your future?**

My work at Juilliard is so interesting, challenging and rewarding, I couldn't have dreamed up a more perfect job. I hope to continue working to share my love of music - improving the quality of music education and reaching as many students as I can!



EAL students help younger children with their reading.

## *EAL - Rising to the Challenge*

Starting at a new school is a challenge for any child, but when you have a limited grasp of the language of instruction, then it becomes an even bigger challenge. Thankfully, Regents is well placed to support these students with its excellent EAL provision.

Head of Secondary EAL, Mr David Puckey explains; "We offer English tuition which is tailored to the needs of each child. That includes immersion programmes, in which the students are supported to remain in mainstream National Curriculum lessons alongside their English-speaking peers to ensure rapid progress in an English-rich environment. It also includes intensive programmes, in which small groups of students receive intensive language teaching combined with the learning through English of Science, Geography and History."

"In Secondary, intensive specialist courses,

like our distinctive and highly-successful REAL and RISE programmes, are designed to improve the language skills of students who have only beginner level English to the point where they can undertake the IB Diploma and GCSE qualifications with a high degree of confidence. For students with more advanced English, we provide qualified and experienced in-class support for them to learn within mainstream English National Curriculum lessons."

"Having been at Regents for over 10 years, and having worked extensively in both Primary and now Secondary, I have enjoyed seeing so many of our children flourish as a direct result of their English language development. The belief and confidence that they gain, enabling them to express themselves authentically, is probably the most important and rewarding aspect of the EAL programmes throughout the school."



## *Work Hard, Play Hard*

Regents continues to defy the declining global boarding trend with its growing, international community and Head of Boarding, Mr Steven Rand, is very sure of the reasons why: "We are an established, experienced, well-equipped community on a large green countryside site, well away from the busy streets of Bangkok, yet close enough to make travel to us easier than to many areas within the city. We offer

fantastic supervised trips at weekends and our sporting facilities provide excellent opportunities after homework is complete each evening." Mr Rand continues: "Our boarders are encouraged to work hard and to play hard – being encouraged towards independence, they also know that they have our staff's full support as they grow."

Regents has introduced taster boarding experiences for both internal and external students. If your child (Y3-6) would like a 'taste' of boarding, we list the boarding weekend options for the remainder of the current term. To register your interest, contact our PA to Head of Boarding, Onuma Webb at [Onuma.Webb@regents-pattaya.co.th](mailto:Onuma.Webb@regents-pattaya.co.th)



### *FOBISIA Maths Challenge in KL*

Some of our best Year 6 mathematicians participated in FOBISIA Maths in Kuala Lumpur, Malaysia, competing against 33 other schools from around Asia. Regents Primary teacher, Mr Higgins, reports: "Aside from having to solve some seriously difficult maths that would leave most adults stumped, the children also got out and about in KLCC Park, solving real life maths challenges in the shadow of

the spectacular Petronas Towers. In the final event, each team had to design a rollercoaster using bamboo sticks, sticky tape and rubber tubing – yes maths, but perhaps not how we know it! Although our students didn't get into the top three, they can be very proud of their efforts and perseverance throughout the competition."

- 19/20 May: Cinema and bowling*
- 26/27 May: Climbing @ 'The Deep'*
- 2/3 June: Bangkok Cultural trip*
- 9/10 June: Underwater World*
- 16/17 June: Cartoon Network*



*"Thou shalt not is soon forgotten but Once upon a time lasts forever"*

## *ONCE Upon a Time*

Do you believe in the magic of storytelling? The audience for this year's Secondary School Production, ONCE, certainly do, having been enthralled by a series of three acts devised by drama students from Years 7 to 12. Based on Philip Pullman's 'Grimm Tales' and inspired

by the music of the 1920s, ONCE entertained, sparkled and taught us about love, friendship and gratitude.

A huge thank you to Head of Drama, Ms Claire Hullock, for her passion and belief in the

students. Ms Hullock was very ably supported by Ms Emily Andrews who led an outstanding student orchestra; Mr Michael Thomas, Mr Ross Crichton and a whole host of staff and parent supporters.





*(Philip Pullman)*



*Performing Arts*





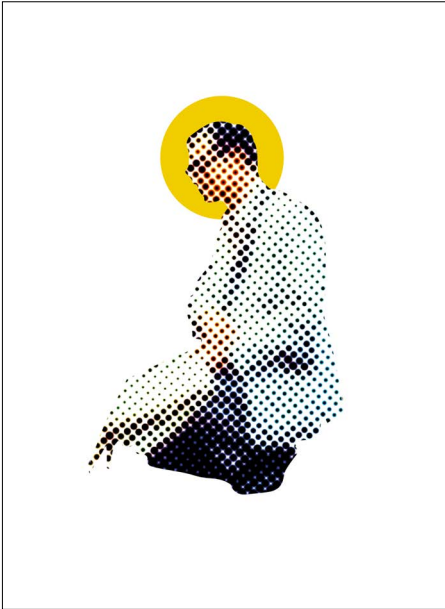
# Music Highlights



## Regents Rocks!

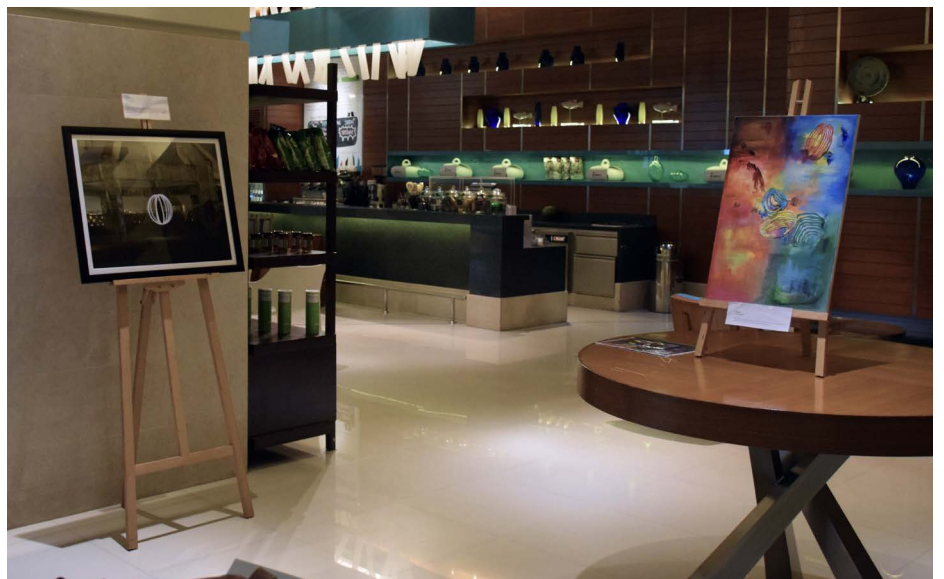
It was an extraordinary term for showcasing the very best of our student music talent. From Battle of the Bands to the Primary Concert, and from weekly recitals to House Music Competitions – Regents rocked!





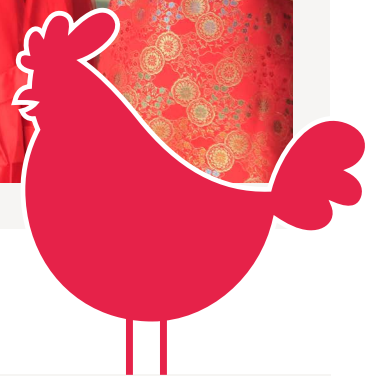
## IB Art Exhibition

This year's IB Art Exhibition represented the culmination of two years of hard work for Year 13 Art students and was an opportunity for their friends, family and interested members of our community to celebrate what was a diverse and thought-provoking collection. The works also went on public display at the Holiday Inn.



## Chinese & Korean New Year

Regents Early Primary children led the Chinese and Korean New Year celebration in a parade around the Oval, as we said goodbye to the Year of the Monkey and welcomed in the Year of the Rooster.



## Celebrating our Cultural Diversity



## International Day

Regents International School Pattaya's annual International Day was bigger and better than ever, as it celebrated the over 50 nationalities enrolled at the school. Organised by Mr Paddy McKenna, highlights included a Parade of Nations, an international fashion show, dance contest, football matches and a number of traditional games.



## Songkran

Falling at the end of another very busy term at Regents, the Songkran Festival allowed the community to come together once again to celebrate the Thai New Year - and get involved in some serious water fighting as well!





### *Athitthan Orphanage*

Members of Girls' Boarding and the Primary Library spent a lovely Sunday afternoon at the Athitthan Orphanage as part of their community partnership. All the donated goods were collected during the term and Khun Ann, who runs the orphanage, was very grateful to receive them.

## *Round Square Outreach*

As a Round Square School, a big part of Regents is our community outreach. This past term has seen a number of imaginative fundraising and outreach initiatives, all entered into with the same overriding aim – to help enhance the lives of the disadvantaged in our local community. We describe just a few of those initiatives here.



### *Hand to Hand*

Hand to Hand Foundation seeks to protect and support the marginalised in Pattaya by providing services such as helping them acquire legal documentation and offering food, clothing and education. Last term, some children joined a Year 3 music class, led by Mr Clement, to play the xylophones.



### *Flip Flop Challenge*

Several Regents families flew to Chiang Mai for a 5km Flip Flop Challenge in March to raise money for Women with a Mission. Back at Regents, students supported the effort by wearing flip flops to school and donating 20THB each, raising 23,720THB which will be used to fund the education of Burmese migrant children at the Hway Ka Loke School.



# Sporting Round-Up

## *Inter-School Sailing*

In January, Regents Sailing Team competed in the Thailand inter-school sailing championships and finished a very creditable 2nd place after two solid days racing. The team beat Bangkok Patana, Shrewsbury, Harrow, LFIB and Uttardit on their way to the final, where they were narrowly beaten 1/2 by Bangkok Prep. A truly amazing result and the reward for months of hard work during Friday afternoon sailing CCA.

David Williams,  
Head of Outdoor Education





## *Fobisia U13*

Our young Lions demonstrated grit and determination at the U13 Fobisia Games in Bangkok in March. Every member of the squad brought home a medal. Highlights included the boys' football where they swept the opposition away in the first two games. They lost in the third match but managed to pick themselves up with a win and a draw in the final two matches, convincingly finishing in the silver medal position. Another highlight was the girls' basketball team performance. Mr Hart

comments: "Their effort and commitment were outstanding, competing in what was a very physical and end-to-end tournament with fantastic team spirit. For our Lionesses it all came down to the last game with four teams in contention for the silver and bronze medals. The team won their last match, but missed out on the silver medal by two points on goal difference, finishing in the bronze medal position and bringing our medal total to 75 for the U13 FOBISA Games 2017."



## *Senior Invitational Games*

Regents International School Pattaya's boys' football team captured a silver medal on the final day of the Senior Invitational Games held at Regents in February, to cap off a most successful international tournament. The silver medal was added to bronze medals won by the boys in basketball and the girls in football.

The tournament showcased the reasons why team sport is such an essential part of a young person's education. Congratulations to the Regents PE Department, led by Mrs Roslyn McConnell, who once again set the benchmark for organisation of an international school sports tournament. Thank you to our participating teams for a memorable weekend of sport.



## *Fobisia U15*

Despite the cold conditions in Beijing, the Regents U15 swimmers and athletes participated in the FOBISIA Games with great spirit and commitment, bringing home an impressive 83 medals in the swimming and athletics events combined - 9 gold, 32 silver and 42 bronze. Both boys' and girls' football teams also collected bronze medals.

The students worked exceptionally well as a squad, making the most of the international competition. To be selected as a member of a representative sports team brings many personal challenges, including regular physical training and mental focus. However, the rewards, over and above winning medals, are manifold - opportunities to visit world heritage sites like the Great Wall of China being just one of them!





## *Inaugural NAE South East Asia Games*

Five teams, three countries, over 100 Year 5 and 6 children with a love of sport and a desire to compete – that was the successful recipe for the inaugural Nord Anglia South East Asia Games, held in November at Regents International School Pattaya. It was wonderful to see students from five different Nord Anglia Education schools from Thailand, Vietnam and Cambodia come together in what, for most of them, was the first competitive international sports fixture they had experienced.

Organised and run by Regents PE staff, the tournament saw boys and girls competing

in Tee-Ball and Basketball. While winning medals for their respective schools was the ultimate goal, the many other rewards for the competitors were obvious as they learned first hand about teamwork, perseverance and sportsmanship. It was a delight to see the teams making friends with each other, and these new, cross-cultural friendships were very apparent on the Sunday night when the teams met for a Gala Dinner.

At the end of a most rewarding weekend, Regents took Bronze medals across the board - congratulations!





*Inspiration*



## *Being the Best You Can Be*

In March, Regents was delighted to welcome Mr Andy Barrow, who inspired the students with his personal story of triumphing over adversity, and his key message of *being the best you can be*.

In 1997, at 17 years of age, Andy Barrow was playing rugby for his local club when he suffered a spinal-cord injury that left him paralysed from the chest down, with limited use of his hands. The following year, his life was transformed again when he discovered

wheelchair rugby and joined the London Wheelchair Rugby club\*. Andy now looks back on an extraordinary sporting career as a triple Paralympian, three-time European gold medallist and former captain of the Great Britain wheelchair rugby team. Andy, along with Ryan Barnett from the Father Ray Foundation, spoke to students across the Primary and Secondary schools, encouraging them to take positives from everything in life.

Andy believes that:

- Success is achieved through hard work and perseverance
- Everyone has the qualities they need to be the best they can be, but nothing will change unless you change it
- You should only do the things that make you happy, give 100% to whatever you do, and take opportunities as they arise

You can read more about Andy Barrow on his website – [www.andybarrow.co.uk](http://www.andybarrow.co.uk)



## *Our Parent Community*

Once again, we thank our parent community who have contributed their time and interest in Regents over the past term. From joining cooking classes to attending workshops, from coaching sports teams to supporting our wonderful cultural celebrations, they make Regents a better place in so many ways.

We are pleased to share a recipe from one of our parent cooking classes on the next page.





## Shopping list

- 500 g plain flour
- 6 tablespoons olive oil (or lard)
- 1 teaspoon salt
- ½ teaspoon baking powder
- 300ml lukewarm water (adjust as needed)
- Fillings such as parma ham or salami; Cheeses such as mozzarella, vegetables such as tomatoes, roasted pumpkin, zucchini or marinated vegetables; and spreads such as pesto, tapenade

*Why not try... Italian Piadine and join our parents cooking classes this term?*

**Method:** Place flour, baking powder and salt in a large mixing bowl. Drizzle over the olive oil and begin to mix the dough. Start adding the water bit by bit, kneading the dough as you go. Add just enough water to make a smooth but firm dough. Knead for approx. 15mins then allow to rest for another 15mins (wrap in cling film). Divide the dough into six equal pieces, then roll out thinly into circles (about 8 inches). Heat a cast iron griddle or a non-stick

frying pan (coated with cooking spray) until nice and hot. Place a piadina on the griddle/pan and cook until light brown spots begin to appear on the dough. Turn-over and cook the other side. Once all are cooked and ready for filling return to pan, add your favourite fillings, place another piadina on top and lightly cook until ingredients are heated through, flipping over once. Cut with a pizza wheel and enjoy!



### Term 3 Cooking Classes:

- 17.05.2017: Japanese cooking
- 24.05.2017: American cooking
- 14.06.2017: Chinese cooking

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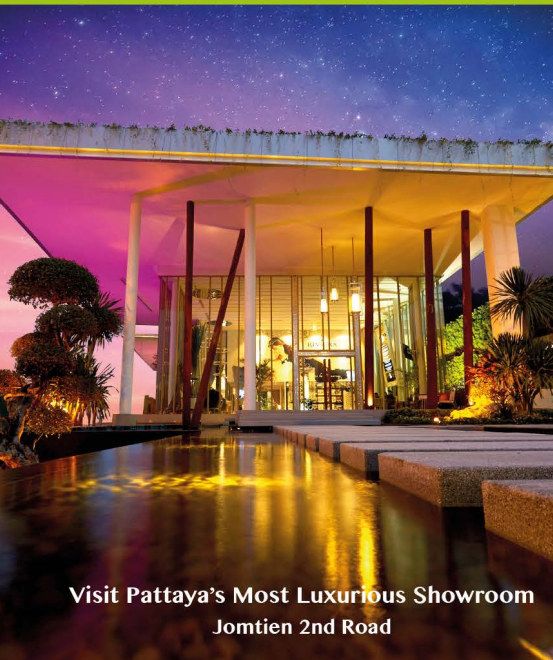
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