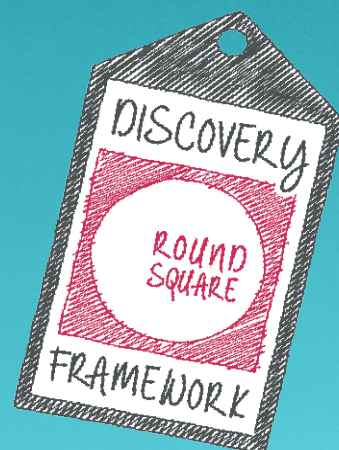




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Dear Parents and Friends,

Welcome to the Spring edition of the Connect Magazine! I'm thrilled to write the opening statement to yet another action-packed issue providing you with updates to what has been happening within our school and community.

Our first two features focus on university destinations, with interviews from university counsellors in the Nord Anglia Education network (including our very own Ms. Ana Rosales), and what some of our Year 13 students plan to do with themselves after they graduate. As an International Baccalaureate Diploma Programme school, we graduate students on to some of the best universities in the world. I'm very proud of the acceptances our Year 13 students have received so far, and I look forward to seeing where they will all decide to go!

Last term, some of our Year 12 students organised a 'Sustainable Week', which encouraged students to reduce the amount of plastic they used, as well as raising awareness about the plight we find ourselves in with global warming. The article in this edition is a thought-provoking piece about the 'plastic problem' bringing to light how much we consume and the damage this is having on the environment.

The Regents Lions have made us all proud at the FOBISIA competitions, namely in the U13 competition and the Golf Invitational. It makes

me incredibly proud to see all the achievements and progress they have made. Special thanks go to our Sports & PE department who have implemented training practices that are allowing our students to excel and compete at the highest level.

Our Alumni Spotlight for this edition is quite special as we sat down with Haroon Wahidi to find out about his journey to Regents and where he is now. Haroon graduated before I became principal, but his path to Regents from his native Afghanistan is famous on school grounds. Offering scholarships to those from disadvantaged backgrounds has been a tradition here at Regents, which I am proud to continue under my leadership.

I would like to extend my congratulations to the 8 students, as well as Mr. Moore and Mr. McKenna, for their successful climb up Mount Kilimanjaro! Last year, the group did not quite manage to make it to the summit, but this year the group began preparations well in advance and their efforts have paid off with this remarkable achievement.

There have also been a wide variety of colourful events that have taken place throughout last term, including the Model United Nations Summit, Book Week, Music Week, Maths Week, Eco Week, Songkran Celebrations, the Snow Queen Production and the Senior Invitational Games.

Follow us on



Sarah Osborne-James, School Principal
principal@regents-pattaya.co.th

UNIVERSITIES



Lindsay Kafitz



Ruth Lahnston



Nancy Gerena



Ana Rosales

Counsellors from the Nord Anglia Education Network

"Find Your Best Fit"

Where you go is not who you'll be, were comments that sparked a debate recently in the media and got many of us thinking, does that statement ring true for the university you choose?

Windermere Preparatory School's International Student Advisor Ruth Lahnston, Counselor Nancy Gerena, British International School Chicago, South Loop's Director of Counseling Lindsay Kafitz, and Regents International School Pattaya's University Counsellor Ana Rosales, say students should choose a university that is the best fit for them.

When do you begin to prepare students for university?

Lindsay Kafitz: We begin to prepare students for their future the minute they enter school. Some of the crucial soft skills they learn in reception and primary school set students up for success later in life. When it comes to university, we begin working with our students in Year 10. We meet with the students early on in the academic year to talk about how universities consider grades all the way back to Year 10. This is when we also talk about the importance of being involved in extracurricular activities and summer opportunities, in order to help their chances with college selection. We begin to build a college list for students in the spring of Year 12. This gives college counsellors enough time to get to know their students, and enough time for students to develop without the pressure of drawing up a college list.

Ana Rosales: This year we began the process in Year 12 and from next year we will start from Year 11. It is important to begin the process early as students need to realise that this decision has an impact on their career and their future prospects. We try to ensure that they keep an objective in mind about what they want to study. Applying to university is not just about which class teacher you like the most; which university has the best name; or what their parents have pre-determined is the best choice for them. That is why we will begin from Year 11 next year to ensure that our students are on the right track. This is why Growing Minds is a crucial component of learning at Regents. It allows students to put their learning

into perspective and begin to think forward to their future after school. In October of this year we will be hosting a university fair at school, bringing in representatives from UK, US, Australian and European universities to inform students of their options and hold sessions and workshops.

What factors do you look at when guiding students on selecting a college or university?

Ruth Lahnston: In the beginning, students come to us saying 'I'm going to a top 50 school', not really understanding why. As they spend time at WPS they meet more than 150 representatives from different universities that come to the school. They listen to them speak, or they go and visit colleges. The following year they may say they would like to look at Harvard, and Boston University because of a certain course. The third year they might say: 'I found this school called Emerson. It's in downtown Boston and I'll apply to Harvard and I'll apply to Boston University, but I'm really excited about this small school, and it's in line with what I want to study'. The more time they spend with us the more they transform and start to understand what ranking is and what it means to them and their goals and interests. They think about what these schools are really doing for them as far as internships, job placements and other opportunities.

Are elite schools always the best option ?

Nancy Gerena: I spend a lot of time working with college representatives. My main job at the school is to be the liaison between universities and our school. It's absolutely wonderful if a student ends up at an Ivy League school but do we know if that school's the right fit for them. Students need to understand why they're going to that school. What's the reason for it? It cannot be the name. It has to be because of the programme, or the opportunities available to them there. Also, because these are highly selective schools, you have to be more than just

intelligent and a good tester. It is about what you are actively doing in high school, and how is that going to continue in their institution? That is an important factor that students must understand when choosing an elite or selective school.

Ana Rosales: The elite schools will of course attract students, and parents, because of the brand equity and other associations attached to attending a school with a name like "Harvard" or "Cambridge". Especially here in Asia, the constructs of society influence families to take this route rather than what would be the best fit. These schools may be the best place for the student, but more often than not this is not the case. We advise that students look for their 'perfect place', and this approach has achieved a 0% dropout rate after students go on to university. We also encourage parents to think about whether it is more strategic to attend a university that is less expensive at the undergraduate level and then plan for postgraduate education at one of the elite schools. There is no perfect university, it is what the student makes of it.

What is the secret to successfully getting into a great university?

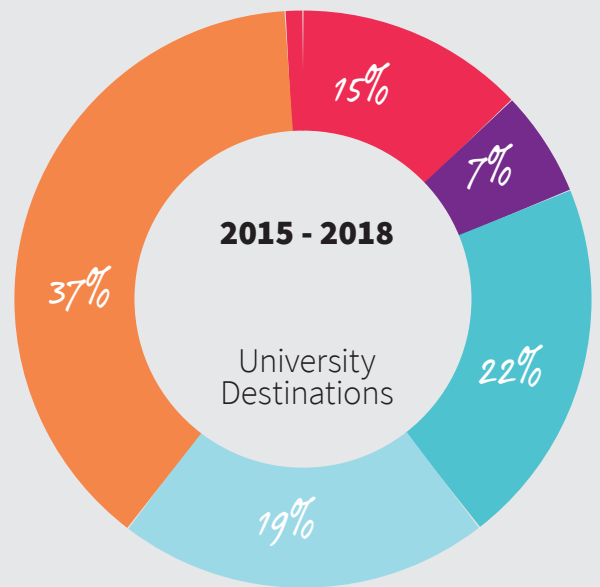
Ana Rosales: It all begins with a strong focus on academics complimented with comprehensive research. This can include visiting your top choice university. Becoming familiar with the place and the staff will boost your name to being more than just a name on a piece of paper. The personal statement is important to showcase yourself.

"We advise that students look for their 'perfect place', and this approach has achieved a 0% dropout rate after students go on to university."

UNIVERSITY DESTINATIONS

For over 20 years, Regents has graduated students on to the top universities in the world. Traditionally, the majority of students attended university in the UK, however in recent years there has been an increase in the number of Regents graduates opting to study at the best universities in Europe, North America and Asia.

The current Year 13s have received acceptances from a number of the top 100 universities, namely: University College London, University of Edinburgh, University of Manchester, Pennsylvania State University, HKUST and several others.



UK Asia Europe North America Australasia



Shashwat is going to the United States of America. He has received offers from Pennsylvania State University and Stanford University.

From: Nepal, Joined Regents: Year 12
Best Regents moment: Kilimanjaro Trip



Maria is going to Vancouver, Canada to study Accounting at Douglas College.
From: Ukraine, Joined Regents: Year 9
Best Regents moment: Submitting the Theory of Knowledge for the IBDP.



Ayuki is going to Vancouver, Canada to study Music at the University of British Columbia.
From: Japan, Joined Regents: Year 8
Best Regents moment: Performing in Alice in Wonderland



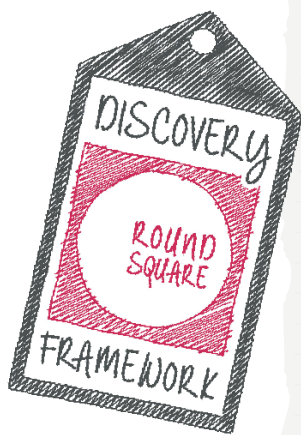
Justin is going to London or the Netherlands to study Computer Science. He has received offers from Imperial College, Kings College and Warwick University.
From: Korea, Joined Regents: Year 12
Best Regents moment: Performing at several school productions and events.



Riju is going to Vancouver, Canada to study Business & Commerce at the University of British Columbia.
From: India, Joined Regents: Year 12
Best Regents moment: Life in boarding



William is going to London to study Business Management at City University London.
From: Taiwan, Joined Regents: Year 10
Best Regents moment: Kilimanjaro Trip



From Colombia to Thailand, a bridge to the other side of the world



Dear Regents,

I'm Mariana, a student from Colegio Anglo Colombiano in Bogota, Colombia. Last year I applied for one of the spots that are given to 20 students in my year group to go on exchange. This is organised through Round Square, an organisation dedicated to connecting schools and students around the world. I knew that I wanted to go to a place that would be very different from home.

I decided to go to Regents because I thought that it would be a great opportunity to get to know Thailand, a country that I had never been before and to get to know people from all around the world since this is quite a big international school. Ever since I got here, I have embraced many skills that will be very useful for the years that are to come. I have gone out of my comfort zone and tried many things that I normally wouldn't try. Things like tasting a durian for the very first time and carrying an 18 kg snake on my shoulders! I was able to do this thanks to the amazing family that has been hosting me in the weekends. I will come back to Colombia with Satoe, the student with whom I'm doing this exchange and will host her for a month. I'm very excited to take her to many beautiful places in Colombia so that she can get to know my country and culture.

Throughout this exchange I have learnt that life is about getting to know new cultures and understanding the world we live in. I encourage all of you to take advantage of this opportunity that we are given at school and that we often take for granted. We are so lucky to be able to have the chance of visiting incredible places, getting to know new people, and forming friendships that can last for a lifetime despite living at opposite ends of the world.

Best regards,
Mariana



INTERNATIONAL EXCHANGES

A world of adventure awaits...



Thanks to our membership of the Round Square Organisation, we are very lucky to have the opportunity to offer exchanges to a range of prestigious schools around the world. The students involved get the chance to spend an extended time studying at other schools, sharing cultural experiences and living with a host family. On their return, they are then encouraged to host a student from the school they visited, and welcome them into our Regents community. The learning opportunities from this are immeasurable, with

students gaining cultural, international and emotional experiences that are invaluable as well as a broader outlook on the world around them.

If you are interested to go on an exchange, please contact our Round Square and Global Campus Coordinator Mr. Patrick McKenna for more details: patrick.mckenna@regents-pattaya.co.th.



THE PLASTIC PROBLEM

In June 2018 a whale was found on the Southern coast of Thailand which died due to the ingestion of 80 plastic bags. In November 2018, another dead whale with 6 kg of plastic in its stomach was found in Indonesia. Each year, over 1 million animals die from either ingesting plastic or becoming trapped in it. In Thailand, the estimated daily use of plastic bags is 8 bags per day per person, which adds up to around 3000 bags per person per annum. Unfortunately, only 1% of these plastic bags are being recycled, the other 99% are disposed in landfills, rivers or oceans or burnt. Thailand is responsible for 60% of the waste disposed in the ocean along with Vietnam, Indonesia, China and the Philippines. However, oceans being polluted by plastic is a problem all around the world. There are 5 gyres full of waste across the ocean and scientists have found microplastics in over 144 aquatic species. More than half of them are consumed by humans. Every year, over 9 million tonnes of plastic are thrown into the ocean worldwide. In June 2018, more than 30 tonnes of litter was cleaned off a beach in the Dominican Republic. Four months later, an almost new looking plastic bottle was found on a beach on Somerset, UK. However, this bottle was estimated to be at least 47

years old, which demonstrates how slowly plastic decomposes. But not all waste is decomposed in the ocean, some is burnt, and some is buried in the ground. Almost 80% of the plastic waste worldwide is decomposed in landfills and the natural environment. In the US, there are 2,000 active landfills which take up a huge amount of space, spaces which were previously inhabited by wildlife. The problem with landfills is not only that they take up space, the plastic that is put there takes hundreds of years to fully decompose. A straw takes up to 250 years and a plastic bottle almost double that time to be fully broken down. Furthermore, the waste in landfills contains toxic substances, which leach into the ground. This means, that the area becomes an environmental hazard for humans and wildlife.

Reuse / Reduce / Recycle

To tackle this problem, follow the three R's: Reduce, Reuse and Recycle. Bring your own shopping bag, say no to plastic straws and use reusable cups and bottles. Some coffee shops encourage their customers to bring their own cups offering a discount on their drink, including our coffee shop. You can bring

your own containers to some food shops to fill with cereals, nuts, seeds etc. instead of buying pre-packaged food in plastic. You can participate in clean-ups and throw your waste in bins rather than on pavements. The UN Environment Council stresses that collecting litter is indeed helping the environment because every piece of litter you pick up is one piece less for animals to accidentally eat. And not only that, keeping our environment clean can restore habitats for wildlife without any dangerous substances coming their way.

Taking Action

Our Year 5 students participated in a beach clean-up earlier this year. Two students, Leisha and Maya, have written a small report: As part of our project on 'Window on Pattaya', we have helped to clean up Pattaya beach. We discovered many shocking things washed up: dead fish, bunches of disused plastic and a collection of bags that were lying on the sand; in the water there was also an old fishing net, about the size of a classroom table, which had been entangled in the water. We were shocked to see the effect of that huge amount of plastic and rubbish left abandoned which is endangering local wildlife.



Did you know?

Microbeads are tiny pieces of polyethylene plastic added to health and beauty products, such as some cleansers and toothpastes. You can make a positive change and help your health and the environment by checking the ingredients of products and avoid buying those with polyethylene!

One of the biggest goals of our Eco-committee is to ban single-use plastic. This is what they want to achieve:

- **research alternatives to plastic packaging**
- **talk with Ms Sarah about future plans**
- **ask Epicure to reduce plastic wrappings in the tuck shops**
- **organise and label recycling bins across the whole school**
- **encourage all students to take responsibility for our rubbish**
- **reuse plastic bottle caps to decorate plant pots and create art**
- **use old water bottles for our project “plants in the classroom”**
- **promote use of re-usable snack boxes**



RISP's annual Model United Nations (MUN) Conference took place on Saturday 2nd March, with over 70 students from Regents International School Bangkok, St. Andrews International School Bangkok, Garden International School Bangkok, Garden International School Rayong and Regents International School Pattaya. The students discussed some thought-provoking topics.

The United Nations Security Council

Students held debates about the denuclearisation of the Korean Peninsula.

The Human Rights Council

Students discussed the question of legalising same sex marriage around the world.

The United Nations Environmental Programme

Students looked at the impact of tourism on the environment and combating plastic pollution in our oceans.

The United Nations Office of Drugs and Crimes

Students debated about the creation of a legal framework to counter illegal drug trafficking and the pros and cons of worldwide legalisation of certain substances.

Assitant Head of Secondary, Ms. Tamara McKenna commented:

"The MUN conference gave students the opportunity to come together and stimulate a real UN conference. The debates were organised and held by the students themselves which challenged their ability to work with students from different backgrounds and other schools, but also to improve their debating skills and to broaden their viewpoint on such worldly and present topics."



Visits from The Juilliard School

Throughout the academic year, Regents has been privileged to welcome a number of visiting artists from The Juilliard School. Artists held workshops for parents, conducted lessons for students and observed lessons held by our Regents Performing Arts staff.

Stephanie Cunningham Theatre Director

Stephanie visited Regents twice this academic year in October and January to work with our Drama teachers and students. As an artist she works to promote theatre as an accessible art form and tool for social change.



Donna Costello - Dance Artist

Donna visited Regents in November and March. She has worked with a multitude of choreographers dancing in diverse settings and has taught for leading cultural institutions in NYC for over 20 years.



Michal Emanovsky - Seoul Philharmonic Orchestra

Michal is currently serving as Associate Principal Horn of the Seoul Philharmonic Orchestra. He came to Regents in March with Jason to work with teachers, students and the school's brass orchestra.

Jason Crimi Seoul Philharmonic Orchestra

Jason has served as Associate Principal Trombone of the Seoul Philharmonic Orchestra for nearly 12 years. He has taught at Seoul National University, Chugye University for the Arts, Chungang University as an Adjunct Professor and is in high demand as a clinician.



In this edition of Alumni Spotlight, we sat down with Haroon Wahidi, who shared his experience growing up in war-stricken Afghanistan and the life changing experience he had moving to Thailand after receiving a full scholarship to study at Regents International School Pattaya from Dr. Virachai Techavijit.

Haroon was born in Kabul, Afghanistan, and is the youngest of 7 siblings. All 9 members of his family still live in Kabul to this day.

In his youth, Haroon grew up under the reign of the Taliban. The Taliban are an ultraconservative political and religious faction that emerged in Afghanistan during the mid 1990s following the withdrawal of the Soviet Union, the collapse of Afghanistan's communist regime and the subsequent breakdown of civil order. In 1996, the year of Haroon's birth, the Islamic militant group captured the city of Kabul. By the time Haroon reached school age, the US-led coalition invaded the country following the terrorist acts on 9/11 and the refusal by the Taliban to hand over Osama Bin-Laden.

Haroon recalls, *"Kabul was a scary place growing up. When I think back, the sensory*

experience of it all was shocking. There were things that I saw in the street that you would never expect to see in Bangkok. There was also the constant background noise of gunfire, helicopters and fighter jets flying overhead. After time, I became familiarised and desensitised to it all."

"...because of the bombings most buildings were destroyed in the city, including my school. So for most of my education, my school was a tent."

Haroon braved his way through the conflict, staying out of harm's way. The moment his life changed was when he met a worker from the UN. He began working for him, translating Persian to English, and after a while the UN relief worker offered Haroon the opportunity to study abroad at an international school. Through his connections, a Skype interview was arranged between Haroon and Mr. Mike Walton, former principal of Regents International School Pattaya.

Without hesitation, and with the support of Dr. Virachai, Mr. Walton offered Haroon a full scholarship to study at Regents, and arrangements were made for him to move to Pattaya.

"It was all such a surreal experience. I was 16 years old, never having left Afghanistan or been on a plane before."

Life at Regents

"I will never forget arriving to Regents. It was the 24th August 2012 and Mr. Dale met me and showed me to my own room! My own room! I can't explain enough how much I appreciated this. I grew up in a 2-room house with 6 siblings, so to have my own room and my own space was surreal. All of the small things that other boarding students took for granted I greatly appreciated."

"I received so much support from the community. My first friend was Benjamin Percy who showed me around and helped me settle in to Regents. The McKennas were also so supportive. I've got a lot of love for Ms. McKenna who taught me English, and Mr. McKenna who helped me get involved with service projects at school."

"Mathematics and physics were my favourite subjects. The most influential teacher I had was Mr. Paul Press. He was my physics teacher, and what impressed me the most was his ability to connect learning in the classroom to real life. He is a big reason why I am pursuing a



career in Civil Engineering. I still keep in touch with him today even though he is currently in Mozambique.”

“Moving from the Afghani educational system to an international school was very challenging. Because I couldn’t go straight into the International Baccalaureate Diploma Programme, I had to drop down one year into the IGCSE. My first year at Regents I had to complete 2-years in the space of 1 year. I put my all into studying and qualified to study the IBDP the year after.”

“I didn’t appreciate it at the time but being at university I am now reaping the benefits of studying the IBDP. I can see that my peers who did not take the IBDP are not at the same level with their writing. All the skills I learned from Ms. McKenna are paying off. I’m still using all the techniques I learned from the IB today!”

Life After Regents

“After graduating from school, I was left in a precarious position. I tried to find work as a gappie at Regents Pattaya, but there were no available positions for me. Mr. Gray then put me in touch with Regents Bangkok and the Principal, Mr. Peter Hogan. He welcomed me

with open arms and offered me 6 months’ work experience. I must thank Dr. Virachai again for helping me to stay here in Thailand.”

“Once my internship was over, I had difficulty in securing a scholarship to continue my studies here in Thailand. I received offers from universities in the UK and Europe, but due to my financial situation I could not afford the living expenses there. With 1 week left on my visa I was out of luck and bound to return home to Kabul. I then received a call from one of my friends who asked what my plan was. Out of nowhere he said, ‘Haroon if you find a university and course, I’ll sponsor your education.’ I couldn’t believe it! I spent that week researching and going to different universities in Bangkok until I got an offer from Rangsit University. I called my friend again and asked him, ‘Are you serious about paying for me because I found somewhere that will take me.’ Without hesitation he said ‘Ok,’ and paid for my education out of his own pocket for 1.5 years.

“He sponsored me until I was finally able to secure a scholarship at Rangsit. It was tough, but I was tenacious and unrelenting. Rangsit don’t usually offer existing students’ scholarships, but I wrote a letter about my

situation, I was active in extracurricular activities and I maintained a high GPA. They changed their policy and awarded me a full scholarship.”

“With one year left here in Thailand, my plan is to finally make the move to Europe to study a Masters.”

“As my time in Thailand draws to a close, I’ve been reflecting on how amazing this place is. The Thai people are so warm, welcoming and accepting; it is peaceful here and I’ve never felt out of place or looked down on. Thailand has a special place in my heart as it has shaped me into who I am today as well as all the people that I have crossed paths with.”

Being at university I am now reaping the benefits of studying the IBDP. I can see that peers who did not take the IBDP aren't at the same level with their writing.

OPPORTUNITIES BEYOND THE ORDINARY...



As part of Round Square and Nord Anglia Education's Global Campus, we extend learning beyond the classroom, offering unique experiences for students. This helps us to ensure students have well-developed thinking skills, are well-placed to achieve future success and possess a determination to make a positive difference on the world around them.

Every year, a select number of staff and students put themselves to the test by attempting to climb Mount Kilimanjaro. This year, eight students climbed the mountain with Mr. Moore and Mr. McKenna, who attempted the climb last year. Since October, students prepared for the challenge. The climb consists of varying degrees of descents and elevations and there is an estimated

30-50% less oxygen reaching your muscles, so endurance and leg strength are far more important than fitness. The students began their training regime, such as organised treks with weighted backpacks, 5 months prior to the climb. The whole school rallied behind the team by taking on the Kilimanjaro Stair Challenge 10 days before the team left for Tanzania. In teams, students and staff collectively tried to climb the height of the mountain to support the team and raise funds and awareness for our community partner, Seeway Trust. In total the school climbed over 5000 flights of stairs equating to 61,500m - 10.4 times the height of Kilimanjaro!

Back from the trip, Mr. McKenna highlighted how unique and valuable the opportunities on offer at Regents really are:



"On expeditions like these, students can experience the Round Square discoveries in real life situations and come out of it as more rounded human beings - this is why Round Square and NAE's Global Campus are so valuable to the education we offer here at Regents."



Led by 4 Regents teachers, 33 Regents students from Years 6 to 12 landed in Tokyo, Japan on the first Saturday of the half-term break before travelling by coach to the snowy Naeba Ski Resort, located on the eastern slope of Mount Takenoko. The students and staff members spent 6 nights in total lodging at iCamp Japan; who helped to organise expert ski and snowboard instructors for our keen students. The students were split into groups based on their various abilities and experiences in winter sports: there were 2 absolute beginner ski groups, 1 intermediate ski group, 2 advanced ski groups and 1 beginner snowboard group. Aside from hours on end of exciting skiing and snowboarding, the students also got the chance to enjoy

authentic Japanese culinary experiences, were amazed by the brilliant fireworks show over the snowy mountains and the highlight for some was in fact, night skiing. So much so, that one of the students, William, did not even hesitate to say “this was the best day of my life!” In keeping up with our students’ daily activities, one of our parents cheerfully commented: “We are blessed we could provide this trip for our kids. Thanks, Regents, for all your efforts and support to make this happen!” At Regents, we are always looking to provide our students with unique and special opportunities; so they can experience something new or build upon skills they already possess, so that they can achieve more than they thought possible.



Book Week

Research suggests that reading is an effective method for exercising our brains, improving general knowledge, expanding vocabulary, decreasing stress, enhancing imagination, and, amongst others, improves sleep. Therefore, Book Week is one of Regents highlights. Wonderful events, such as different year groups reading to each other, the Extreme Reading Challenge and the Poetry Slam inspired our students and teachers alike. One of our favourite activities was a challenge set by Ms Amy to see if students could match their teachers to their favourite books. Working hard to solve clues, students correctly guessed which books our Primary teachers love to read whilst hearing their reasons why. Which characters can you find in the photos?



1st Boys Basketball / Girls Basketball / Girls Football
2nd Boys Football / Swimming / Athletics

U13 FOBISIA RESULTS





“Regents' community spirit was once again illustrated at International Day. It's simply unbeatable.”



INTERNATIONAL DAY 2019

This year's International Day was once again a great success. Not only was it a fantastic day out for the whole family but we are proud to announce that we all managed to help raise a total of 182,186 THB! Our objective for this event was to raise awareness and funds to support the United Nation's Global Goal 4 – Quality Education for All. The Sustainable Development Goals are a collection of 17 goals set by the United Nations regarding social and economic

development issues that we hope to collectively achieve by 2030. Every year, UNICEF challenges students at Nord Anglia Education schools to raise awareness of these goals through creative projects and activities. Whether it's a recycling project for sustainability, fighting against poverty in their community, or other meaningful activities based on the 17 goals, our students are challenged to lead change.





Regents is a truly international school. We are proud to be part of a family that celebrates and nurtures all cultures and nationalities in their midst.



We feel very at home at Regents and feel this very strongly on days like this. Thanks for making our stay in Thailand so enjoyable.



Parent Supporters Group

stay informed
get connected
show support



Something's cooking

Get in touch!

More information about the Parent Supporters Group (PSG) is available on the school website or on the noticeboard in the Parents Room (room 108) in the MFL building. You can also direct any questions, suggestions and concerns to the PSG chairperson by emailing psg_chairperson@regents-pattaya.co.th



Parents Networking Group

"The Parent Cooking Classes supported by the PSG have been occurring monthly since 2016. They are run by and for parents bringing together those who enjoy cooking and eating. Absolutely no cooking experience is necessary but participants all share a desire to learn about food from different cultures.

Over the past four years, we have been fortunate to learn how to prepare dishes from many countries represented at Regents including Thailand, Korea, Japan, India,

China, Australia, Italy and Germany. Before embarking on the cooking, each nationality also shares information about their culture. For example, in November, we heard about the history of Loy Krathong from the Thai Team and in February it was the Chinese Team's turn to teach us about festivities associated with Chinese New Year.

These monthly Parent Cooking Classes are always popular and fill the STEAM Machine with fragrant smells and many laughs as parents meet and cook together."



BOARDING - ADVENTURES APLENTY

After the Christmas holidays, we welcomed back our boarders along with 6 new GAP Staff and Mariana, who is on exchange from Columbia! The boarders have enjoyed several trips so far this term, such as an excursion to Pattaya Floating Market, where they were treated to a tour of the market's 'Thai Culture Village' on an amphibious bus before exploring the many stalls on offer. An amazing

trip to Turtle Island included a speedboat ride to the actual island, a visit to a turtle conservation, lunch on the beach and finally snorkeling at two destinations. Everyone enjoyed getting up close to the turtles and seeing the fish and coral when snorkeling. Our IGCSE and IBDP students, feeling the pressure of the imminent exam season, chose a more relaxing option and ventured off to the Health

Land Spa for well-being massages. At this time of year, there is a considerable shift in focus on academic success. Our prep sessions on the weekdays are certainly proving more beneficial than ever as more boarders are being supported by our specialist duty teachers. It is very rewarding to see so many of our boarders making impressive progress on many levels.

*To find out more about the boarding options at Regents,
contact admissions@regents-pattaya.co.th
We will be happy to give you a tour and answer all your questions.*

Superheroes in the making

Bam!!



POW!

The crowds are stunned by the superhero powers



SUPERHERO TRAINING



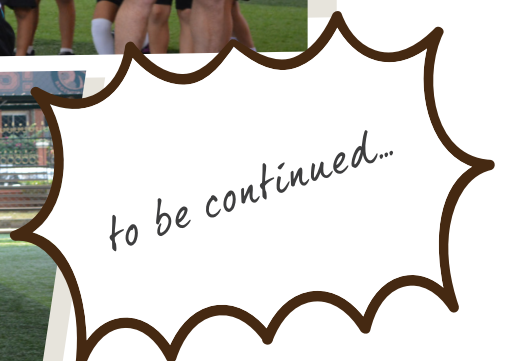
This year the PE department has been focusing on the Early Years and the development of their fundamental movement skills. These skills are vital to a child's physical development and provide the essential foundations for more difficult skills that children require to participate successfully in sports and other recreational activities. They include skills such as running, jumping, skipping, throwing, and catching. We have introduced a scheme of work with the theme of 'Superheroes in Training' during

PE lessons. Each week the children were faced with scenarios in which they would have to help a superhero solve a problem using a range of fundamental movement skills. For example, "running like Flash or throwing like Thor".

The creative element to the lessons has significantly improved the engagement and imagination of the children. The children have grasped the key terminology in these lessons and a firm understanding of how

specifically to perform each skill. The lessons culminated in a superhero themed Sports Day where the children completed their "Superhero Training". This scheme of work has had a significant impact on the children's confidence and progress. They were excited to participate in PE lessons, always asking which superhero they would be encountering and what problem they would have to solve that lesson. This will hopefully provide the essential foundations to encourage a lifelong love for sport.

incredible achievements





Without the tireless efforts by the art department none of us would have made it to the end. I, and my classmates, are so grateful because in the darkest hours they were there to keep pushing us forward.

IB Visual Art Student

The IBDP, in general, has given me the opportunity think beyond the ordinary. I am now more confident in my own abilities and I feel more independent and ready for life after Regents.

IB Visual Art Student





Truly remarkable and stunning pieces on display! The way in which these students are able to express themselves and reflect on their journey through life and current events in society is exceptional.

Sarah Osborne-James
School Principal

The IBDP visual arts course encourages students to challenge their own creative and cultural expectations and boundaries. It is a thought-provoking course in which students develop analytical skills in problem-solving and divergent thinking, while working towards technical proficiency and confidence as art-makers. In addition to exploring and comparing visual arts in different contexts, students are expected to engage in, experiment with and critically reflect upon a wide range of contemporary practices.



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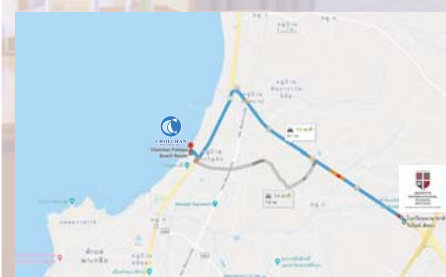


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