



# NEWSLETTER

## Welcome note from Director



Welcome to our very first edition of the Panyaden School Newsletter. Each month we will be putting together news, events, students' work and special features. Read, enjoy and please let us know what you think!  
Neil Amas, School Director

## Upcoming Events

- December 2, 2011: Father's day. Planting vegetables for the King.
- December 7-12, 2011: Panyaden School booth at NAP Fair (Nimmanhemin Soi 1).
- December 19 - 23, 2011: New Year and Christmas celebrations.
- January 21, 2012: Whole school field trip: picking strawberries together (parents, teachers and students).

[More \(visit our blog\)...](#)

## Teacher Spotlight

**Kru Gabriella, a teacher with 17 years experience, teaches Prathom 1 - 2.**

A very talented basketball player in her youth, Teacher Gabi traded hoops for noodle soup when she and her young family decided to up sticks from Canada and move to Chiang Mai.



*"I was told when I took a teaching post at Panyaden to expect a lot of hard work because it is a new school. Well, it is, but I love it!"*

## Parent Spotlight

**Khun Jiraporn Srimanut, mother of Sun Sun and Zen Zen (Nursery and K1)**

*"I love Panyaden School because of the environment and the food. Our children have the freedom to play outside instead of being confined to buildings, which makes them healthy and strong. The natural surroundings also have a calming effect. The food is really healthy and well-balanced. There is absolutely no junk food here, which is great for my boys." And how can we improve? "I would like to know more about how my boys are doing and to get more feedback from teachers after school." Thank you Khun Jiraporn, we will work on that!*



## Student Spotlight



**Justin, age 3 and a half.**

*"I just can't seem to sit still. I like it when Kru Stuart and Kru Ar have to run and catch me." Well, he didn't say that, but we are sure he thinks it!*

## Student Work / Activities

### Nursery/K1

We were lucky enough to have some brave firefighters on deck to put out the classroom fire.



A great team effort saved the day. We then got back to continuing our preparations for celebrating the Loy Kratong festival and making EM balls for the floods in Bangkok.



Somebody left the door open and some animals made their way into our class, the monkeys and crocodiles had a meeting and the decision was made to make a map and take them back to the zoo.



We have had fun and adventures during our animal themes and we are looking forward to our coming themes on ocean creatures, birds, bugs and insects.

### K2-K3

The butterfly class has been learning about nature. We took time studying soil, water, and are currently learning about plants and how they grow. In December we will be studying bugs! Students will get up close and personal with our creepy crawly friends and use their imaginations to create their own bug model.



In January we will discuss ways that we can save our environment. Students will brainstorm ways to save our earth and then test out their ideas.

### Prathom 1-2

The Dragonflies have been learning about *Stories People Tell*. We are listening to new legends, myths, fables and fairy tales - not only from books, but through puppet theatre, slide show, magnetic board, Japanese board theatre, skits, and songs, etc.



The students are also bringing in their favourite stories to present in class.

In December we'll get ready for a fabulous feast: not just by inviting our favourite characters to spend a day with us and celebrate, but by starting a new theme: *Food*.



### Prathom 3-4

The timely issue of floods in Bangkok have provided a relevant backdrop (and some wonderful temporary students) for our Power of Water unit.



In our Myths and Legends unit, students are enjoying Aesop's fables, Thai myths and legends, as well as Native American stories.

However, our favourites have been the creative, often hilarious, tales composed by the students themselves.



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## Special Events

**Self-sufficiency: growing our own for the King**  
December 5th is the 84th birthday of His Majesty the King of Thailand, also known as Father's Day.



To see what our students did to commemorate the King's ideas about self-sufficiency...

[\[Read more...\]](#)

## PTA Questionnaire

Parents: *"You are doing well but there is still room for improvement!"*

Panyaden parents give us the thumbs up for our efforts so far in this first ever school year and make some useful suggestions on how we can improve.

[Read results of our parents questionnaire...](#)

## Small hands, big heart

Even the smallest amount of kindness adds to the level of kindness overall.



For more on how parents, teachers and students got together to send water-purifying 'EM balls' to Bangkok's flood victims, [please see our blog...](#)



## The 12 wise habits

At Panyaden School we aim to excel in the following 12 wise habits. These are not only for our students, but for all of us. Teachers, administrators and parents. We assess our students in these attributes but also ask our teachers to score themselves to measure their progress in these areas over time. Why not try it yourself !

1. การสำรวมระวังอินทรีย์ (อินทรีย์สังวร ระวังรักษา ตา หู จมูก ลิ้น กาย ใจ) Using the senses wisely (Indriyasamvara)
2. การเป็นผู้รู้จักประมาณ (มัตตัญญูตา) Knowing the right amount ("Mattannuta")
3. การไม่เบียดเบียน (อวิหิงสา) Not harming ( Avihimsa)
4. การอดทนอดกลั้น (ขันติ) Being patient and tolerant ("Khanti")
5. ความยินดีในกิจที่ทำ (ฉันทะ) Desiring knowledge, truth and goodness ("Chanda")
6. ความซื่อสัตย์ (สัจจะ) Being truthful ("Sacca")
7. ความเพียร (วิริยะ) Persevering ("Viriya Chakriyanuyok")
8. การเสียสละ (จาคะ) Being generous (Caga)
9. ความเมตตากรุณา (พรหมวิหาร) Being kind and compassionate ("Brahmavihara")
10. การมีสติ Being mindful and alert ("Sati")
11. การมีจิตแน่วแน่ (สมาธิ) Being calm and focused ("Samadhi")
12. การคิดเป็น (โยนิโสมนสิการ) Applying the mind skilfully ("Yonisomanasikara")

## Thought for the day

The Buddhist approach to life is that we are all learning and training and educating ourselves right through our lives. This is the first appearance of this idea of lifetime learning as far as I'm aware anywhere in the world. Teachers are students, parents are students, children are students..... and as we are all learning we are all aware that we have the capacity to make mistakes, that we need to help each other and support each other and be humble enough to be able to look at ourselves, at the ways in which we haven't been successful and make changes in our lives. Venerable Ajahn Jayasaro speaking at Panyaden School, May 7, 2011