ISSUE NO.3 : SEPTEMBER 2021

THE MANTA Pulse

THE UWCT COMMUNITY INTERACTIVE E-MAGAZINE

UWC Day is the annual global celebration of the UWC mission and values, which takes place on the 21st of September every year, to **coincide with the United Nations World Peace Day**. A strong commitment was shown from all in our UWC Thailand community through a myriad of fun, service-based, engaging and challenging activities designed to Reimagine Tomorrow. **Browse through this issue of The Manta Pulse to see it all!**

MANTA RAYDIO

EP. 28 UWC Day - Service

In commemoration of United World College Day 2021, we bring you Episode 28 which is focused on service! We highlight some amazing projects and activists around the world working to make a change. We also explain the service-learning projects we have at United World College Thailand with testimonials from our deejays who have dedicated time to many causes on the island.

REIMAGINE TOMORROW

How did you start your #UWCDay2021? A few of our families hiked in the lush Phuket forests in celebration of nature, peace and a sustainable future for many on campus it was a day of action, community, fun and thought.

The UWC Day on-campus activities for our Phuket Schools Sandbox and Boarding students varied from **life bag packing, debates on social issues, cooking and baking challenges, lip-sync battles, mangrove potting, a trashion show and a peace march**. Those at home reimagined tomorrow by **exploring the Phuket outdoors, hiking, organizing beach cleanups**, collecting mangrove pods, rock climbing and discussing how are can reuse and recycle our waste.

It has been amazing to see our community come together to celebrate UWC day and recognise that we all can be the change we wish to see in the world.

We have seen our community demonstrate our commitment to our mission - "UWC makes education a force to unite people, nations and cultures for peace and a sustainable future" as well as being inspired to make positive changes in our lives by considering what tomorrow looks like, if we are united for peace and a sustainable future.

In this edition of the Manta Pulse we have collected a gallery of images that attempt to share the activities of the day. Enjoy!

Some of our students made some videos about their UWC Day activities.
We have compiled a playlist and you can **watch our students videos on Youtube**

On Campus Activities

Supporting to Feed Our Community

ONE PHUKET

5 STAR MARINE

sutai muay thai

Student Cooking Competition

Off Campus Activities

Beach Cleaning

Community Jungle Hikes

Mangrove Pod Collection

Secondary School Student Debates

Connecting with UWCT Alumni

Teamwork

DIY Art

Risk-taking at Rebel Rock

Bicycle Trip

DIY Granola

Nature Mandala

Mindfulness at home

REIMAGINE TOMORROW

Trashion Show & Student-Council Peace March

Photos by Ton-son UWCT'21, Thailand

Food Distribution for Yamu Community Members

LIMITED EDITION MASKS HAVE ARRIVED

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The new limited edition masks are here in Phuket and we think they look fantastic. Thank you to all who have pre-ordered them.

The Manta PTA will let you know soon the date and time when the masks will be ready for pick up.

IN THE POOL

65 Swimmers Dive into the School Year

It's been a great start to the year for our MANTA swimmers who've been in the water training now for the last 3 weeks. With a current number of 65 swimmers training, **we hope to have a highly competitive group this year**, once competitions start up again.

We welcome Coach Ammara to our coaching staff. A highly competitive swimmer herself, who just competed in the recent Olympic games in Japan, she brings a wealth of experience, knowledge and compassionate understanding to our athletes on the pool deck.
Also a warm welcome to all our new MANTA swimmers, who joined the team this year. **It is exciting to see so many new faces in the pool**. Our coaching team is excited to work with you all, get to know you and support you in becoming a better swimmer while having fun.

The MANTA swim team will fall under the Sport & Wellbeing Programme that we recently launched which means that all coaches and swimmers must be tested weekly (ATK test) prior to participating to be eligible to take part in this programme.

HIGH-PERFORMANCE ATHLETES (HPA)

Ever wonder what it means to be in the UWC Thailand High-Performance Athlete Programme (HPA)? Here at UWC Thailand, we strongly believe that living a healthy, balanced lifestyle is extremely important for students to maximize their learning and excel at their passions. Therefore we have multiple programmes at school, all working towards the same goal. One of these programmes is the High-Performance Athlete Programme (HPA), a programme designed to support our High Performing students in sports to balance their academic, social and sporting life, basically guiding our student-athletes through their busy schedules.

The 2021/22 HPA programme consists of 15 students, varying of swimmers; runners; tennis players as well as muay thai fighters.

We would like to welcome 5 new student-athletes to the programme this year, namely; Alyx, Arthur, Een, Hayyan, Ida and Daniel. We'd also like to welcome back the returning student-athletes who have performed amazingly well over the past few months. As most of you would know, Aniqah proudly represented her country as well as UWCT at the 2020 Olympics in Tokyo. After returning from the Olympics, Aniqah told us that she felt more motivated than ever to keep pushing forward to achieve new heights.

Despite COVID isolations, Jehanara and Sovann both broke National records:

Jehanara:

- 100m freestyle (1:00.16)
- 200m freestyle (2:09.85)
- 400m freestyle (4:33.49)

Sovann:

- 50m freestyle (25:10)
- 100m freestyle (56:03)

Our student-athletes are all working hard and their discipline and dedication is clearly paying off. Not only have we had students at the Olympics, breaking National records, but they are also all breaking personal boundaries striving forwards by making daily progressions relative to their individual needs.

Hunter had a phenomenal weekend and proves time and time again that with effort, dedication and intrinsic motivation, there is nothing stopping his progress and desire to be the best he can be!

- 400 free (3:58.6)
- 200 free: (1:53.2)
- 100 free: (0:52.7)

Daniel has recently joined us, and even though he has spent some time out of the pool due to COVID restrictions back in Uganda, he has definitely been able to find his feet rather quickly.

- 100 free (1:04)
- 50 free (0:28)
- 200 breast (2:55)

Well done to all our athletes for their outstanding performance.
We look forward to what this academic year holds for each of you.

If you wish to discuss the High Performance Athlete opportunities please contact Merrick Fairall our High Performance Athlete Coordinator via email at merrick.fairall@uwcthailand.ac.th

BOARDING HOUSE UPDATE

Having a sense of family and belonging is an important part of life and at UWC Thailand we strive to ensure that our boarding community feels supported and safe. Over the past month our boarding students have learned how to take ATK tests, attended some virtual college prep seminars, made pancakes in the mornings, gone to beach, riden their bikes to the national park and participated in a variety of UWC Day activities. These experiences strengten the sense of community and family and help students balance their academic life.

If you wish to discuss sponsorship opportunities for a scholar here at UWCT please contact our Chief Advancement Officer: nicki.robertson@uwcthailand.ac.th or visit our website https://uwcthailand.ac.th/supportus/

A BREATH OF FRESH AIR

Are you breathing safe air? All learning and office spaces at UWC Thailand are now equipped with **HEPA air purifiers** that are a high-grade filter system that minimizes COVID air particles.

This means students and staff can breathe clean air with minimal risk of infection. **This is exciting news as we prepare to welcome more students on campus from 4th October.**

FROM OUR PARTNERS

Gymnastic Club Phuket

We celebrate successful personal bests in the past 2 weeks!
A 7 year old girl did a 4 sec handstand not moving her shoulder-blades. Additionally a Grade 1 and a grade 2 girl mastered a level 6 skill the back handspring. Many students over came their fear of being upside down on their hands holding them selves up this past week.

Click the link or scanQR Code to visit our page or learn about our **October Camps.**

Gymnastic Club Phuket

View Weekly Schedule

Phuket Academy of Performing Arts

ROCKSCHOOL VOCALS, DEBUT – GRADE 8, OUT NOW!
Rockschool Vocals is back with an updated, refreshed and expanded syllabus! RSL are committed to compiling the most diverse collection of repertoire, with 10 new arrangements of iconic rock, pop, and contemporary tracks from the world's greatest artists. **MORE INFO LINK**

Private Music Lesson
PAPA will be offering Private Music Lesson Boot Camp again during the October break. Piano, Drums and Vocal Boot Camps will run at PAPA Kohkaew from 11 to 15 October. Guitar and Bass Boot Camp will run at UWCT from 18 to 22 October.Space is limited and the slots book up fast.. **MORE INFO LINK**
To register email admin@phuketacademyofperformingarts.com.

UWC THAILAND

Education LIKE NO OTHER.