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THE MANTA

THE UWC THAILAND COMMUNITY

Release

INTERACTIVE E-MAGAZINE



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“There is more in us than we know if we could be made to see it; perhaps, for the rest of our lives we will be unwilling to settle for less.”

Kurt Hahn, UWC Founder



Learn more about UWC Thailand and follow us on social media

Leading the way to the UWC International Congress 2024

UWC INTERNATIONAL CONGRESS 2024
29 FEB - 2 MAR PHUKET, THAILAND



The UWC International Congress signified the culmination of all the planning, organising, and arranging efforts. Over the past few months, the UWC Thailand community had rallied together, pooling our resources to prepare for what promised to be one of the most memorable events on campus in this decade. Numerous work groups were formed, and a multitude of students, staff, parents, and UWC friends actively participated.



Student Congress Working Group

- The **Parents Congress Working Group** played a pivotal role in preparing for the event. Through regular meetings, the group worked to build community engagement and support in the build-up events that took place.
- Our **Staff Congress Group** worked to co-construct the student programme, supported communication between national committees and students, and were invaluable in sharing information with staff.
- The **Student Congress Working Group** was a driving force behind infusing the event with a student-centric perspective. They played a vital role in spreading the word and raising awareness about the event, hyping up excitement among fellow students and ensuring widespread excitement and participation. Nothing was too much for this group.
- Our **Student Ambassador** team played a vital role in showcasing our school to visitors. They invested their time to learning about the school, providing informative tours, answering questions, and warmly introducing our vibrant community.
- The **Marketing & Communications Interns** were instrumental in developing promotional materials and actively contributing to the creation of engaging social media content.



Student Ambassadors and Marketing & Communications Interns

Thank you to everyone for the part that you played!

Be on the lookout for a more in-depth issue about the UWC International Congress 2024!



UWC Thailand Intercultural Day

1 March

Intercultural Day stands as the highlight of our year, celebrating the vibrant diversity of national identities within our community, now joined by global UWC guests. To ensure a memorable experience, numerous community members have generously volunteered their time and energy to organise the event.

Intercultural Day Committee

- The Intercultural Day Committee was dedicated to planning, organising, and ensuring the seamless coordination of all elements involved in making Intercultural Day a resounding success.

Performing Arts team

- The Intercultural Day show mesmerised spectators thanks to the tireless dedication of our Performing Arts team. Leading up to the event, this team spent weeks organising auditions, rehearsals, and running through performances, all to ensure a seamless and entertaining evening.



More on Intercultural Day coming soon!



Outdoor camps and expeditions

Throughout February, many of our students embarked on camps and expeditions to explore the wonders of Phuket Island. Each journey was a unique blend of adventure and learning, carefully crafted to suit their respective grade levels. From the Jungle Camp at Koh Sok to sailing expeditions around Koh Lon and beyond, every experience aimed to foster skill development, personal growth, and a deep connection with nature. Days were filled with activities like hiking, kayaking, dinghy sailing, biking, and more, followed by evenings relaxing beside a crackling campfire before retiring to their tents for the night.

Night on campus

On one of the most anticipated days of the year, our grade 1 students spent the night camping on campus. The day began with a hike in the nearby jungle and was followed by a visit to "The Gibbon Rehabilitation Project". The evening concluded with a bonfire where many camping songs were sung.

It's always such a meaningful day for them, and one they will talk about for the rest of the school year.

[Click here](#) for more photos 



Sawasdee Lagoon

Our grade 2 students set up camp at the Sawasdee Lagoon. Eager to begin their exploration, students boarded the buses early in the morning and set off for two days of hiking, kayaking, walking in the river, learning about the local environment and biodiversity, and the most anticipated, a lot of enjoyable hanging out and connecting with each other.

[Click here](#) for more photos 



Sustainable living

Grade 6 and 8 students set up their tents for a 6-day and 8-day camping adventure in Koh Sok and Krabi respectively. Though in different places, all students engaged in a similar lineup of activities. They embraced the outdoors and learned essential survival skills and the ways of sustainable living. Along with that, they also honed their skills on the water, spending time kayaking, and demonstrated their strength while hiking on another occasion.

[Click here](#) for more photos 



Sailing away

Grade 7 and 10 students spent their camp days sailing around Phuket's archipelago. While grade 7 students engaged in Dinghy Sailing in Phuket and Koh Lon, grade 10 students took their Keelboats to Phuket, Lawa, and Koh Yao Yai. Before they had set off on their sailing journeys, they spent time preparing, learning, and tuning their skills in calm waters. Along with the outdoor adventure, they also practiced mindfulness in nature, which helped them stay calm and overcome any difficulties in water with a clear head.

[Click here](#) for more photos 

Paddling around Phuket

To prepare for their camp, our grade 9 students dedicated the first half of the year to crafting their own paddles in the woodworking shop. This involved both designing and building kayak paddles.

This month, they finally put their newly constructed 'blades' to use as they embarked on a 9-day camp, paddling along the shores of Phuket.

[Click here](#) for more photos 



Early and Primary Years Arts Week

Our Early Years and Primary Years Programme students pooled their creativity for Arts Week, an interdisciplinary experience aimed at showcasing the significance of art in our daily lives. During the week, our students engaged in Arts Time, a series of daily art activities led by teachers from diverse fields. Additionally, they devoted time to working on their own art projects, which they proudly exhibited in a collaborative showcase celebrating various forms of artistic expression.

[Click here](#) for more photos 



Day of Friendship and Love

Embracing the spirit of Valentine's Day, UWC Thailand recently celebrated the Day of Friendship and Love, offering our community a heartfelt opportunity to express love and gratitude beyond romantic gestures. Throughout the day, our students seized the chance to convey their appreciation to their peers, teachers, and staff members. Some arrived bringing flowers, others shared chocolates or heartfelt cards, yet each moment was filled with genuine spirit and warmth.



[Click here](#) to see our students sharing their thoughts on what friendship and love mean to them.



The Playground Transformation Journey

Caryl Medilo Crisóstomo,
UWC Thailand Early Years Coordinator and Kindergarten Teacher

The Early Years Teachers, as a team, have always believed in the power of play to ignite young minds and foster holistic development. However, looking out onto our school playground, we saw the untapped potential and needed play equipment our little learners could have more fully inspired.

That's when we knew it was time for a change – and thus, the Playground Committee was born. With the combined efforts of parents, teachers, and school leaders, we were able to bring our vision to life. Every addition was carefully chosen, from slides to tyre rings and construction areas, to promote physical activity, imaginative play, and social interaction.

The generosity of our parents knew no bounds. Whether it was through donating equipment, their time to help with resources, or contributing financially to pay for the labour... **[Read more.](#)**

[Click here](#) for a full article 

Global School Playday

The Early Years and Primary Years Programme students celebrated Global School Play Day with boundless enthusiasm. Throughout the day, they enthusiastically participated in a variety of unstructured play activities, fully immersing themselves in experiences that fostered physical, social, emotional, and cognitive growth. From engaging in imaginative games to tackling cooperative challenges, every moment was embraced as an opportunity for learning and exploration.

[Click here](#) for more photos 



Manta Days

Following a week of explorations and camping, our Middle Years students spent a week participating in the Manta Days.

The Manta Days involved project-based work and reflective exercises. Across the week, they actively participated in an array of activities, spanning documentary challenges, sustainability projects, community engagement workshops, and reflective sessions. These Manta Days served as a platform for our students to experience substantial personal growth, offering them countless opportunities for development and self-discovery.

[Click here](#) for more photos 



Student Leadership across the Movement

Our current Student Council Co-Heads, Isabel from grade 11 (Tanzania, Italy, and the United States), and Lazar from grade 11 (Serbia), embarked on a trip to UWC ISAK Japan, along with former Student Council Co-Heads Yliane from grade 12 (Paraguay), and Raidul from grade 12 (Bangladesh).

During their visit, they actively pursued their mission to foster connections, exchange knowledge, and establish a lasting legacy of cooperation between our campuses.

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Being at UWC ISAK Japan was truly inspiring and re-energising. Connecting with new faces and engaging in classes and clubs reminded me of the power of learning and collaboration. Let's keep the flame of connection alive and continue to grow together across UWC campuses.

Isabel, grade 11 (Tanzania, Italy, and the United States)

[Click here](#) for a full article 

Engagement Beyond the Classroom

Student-Initiated Trips across Thailand

Heidi Oxley-Whitnell,

UWC Thailand Community Engagement Coordinator, Creativity, Activity & Service Coordinator, and Secondary P.H.E Teacher

At UWC Thailand, our commitment to community engagement extends far beyond the confines of the curriculum and term time. We allow students to initiate and implement Student-Initiated Trips, collaborating with trusted communities across Thailand to partake in various social and environmental programmes.

Imagine this: 8 students attending the same program, yet each returning with a profoundly different story to tell. From cultural immersion to service projects and everything in between, the journey is as individual as the student embarking upon it. **[Read more.](#)**

[Click here](#) for the full article 



Proud to be UWC Parents!

The last Proud to be UWC Parent session focused on Fostering a Wellbeing Mindset: A Gift and a Responsibility. Led by Aleka Bilan, Director of Wellbeing and Julia Feste, Head of Mindfulness, parents looked at three key components for raising children: Life Satisfaction, Emotional States, Meaning & Purpose.

For more on this topic log on to the [parent portal](#) and watch the recording.

Join us for the next session on Friday, 29 March to discuss Empowering Student Agency: Parenting with Purpose



If you wish to discuss sponsorship opportunities here at UWC Thailand, please contact Nicki, our Director of Philanthropy and Strategic Initiatives: nicki.robertson@uwcthailand.ac.th or go to the [support us page](#) on our website.





Navigating the Boy Code:

Seven Strategies to Understand and Connect with Your Boys

Merryn Atkins,
UWC Thailand Occupational Therapist

Understanding the inner world of boys can be confusing sometimes, and beneath the surface are complex young people who generally speaking are different to their female counterparts. To really connect with boys, we've got to understand why they act the way they do, and appreciate the unique emotional twists that shape their reactions. *(Note: The ideas are not limited to boys, but generally more suited to boys).*

Why Boys Act Out: Young boys, in general, can struggle to communicate their feelings. Their emotional vocabulary might still be in the early stages, and the understanding of what their body is signaling is evolving. As a result, they express themselves through actions, which may sometimes appear aggressive or irrational. This behavior typically stems from deeper emotions such as fear, sadness, or feelings of inadequacy. It's crucial to understand that, generally speaking, boys develop differently than girls. Frustration may arise when they can't match their female peers' milestones. Recognising this developmental difference is key to nurturing their self-esteem and motivation.

Dealing with Stress: By the end of the day, many young boys find themselves stressed out. Navigating the complexities... [**Read more.**](#)

[Click here for a full article](#) 

Our Digital Footprint



Stephanie Douglas,
UWC Thailand Science and Mathematics Teacher

Have you ever wondered how much energy is being used to store and save those 50 copies of the same picture of you and your friend in front of a smoothie stand in slightly different poses? Where are all of our photos, files, etc.. stored and how is it powered? What is the extent of our digital footprint?

In order to understand our digital footprint, we first need to understand how electricity is measured. Electricity uses a unit of measurement called Watts. Often you see a prefix in front of Watts such as kilo or mega; these are used for measuring larger amounts of energy; Kilo = 1000 and mega = 1,000,000.

Generally, kilowatts-hour are used when talking about household everyday use and this is what you see on your monthly bill. The average yearly rate of a house in the USA is ~7,200 kilowatt-hours or 600-800 KW-hours per month. To put it into perspective, a large appliance such as a refrigerator would use between 300-400 kilowatt hours per year. A smartphone uses about the same if not more in the same period of time.

So, where is all of our data stored? What is "The cloud"? The information-communications-technologies (ICT) ecosystem encompasses all of our digital "toys". There are tens of thousands of huge warehouse buildings used to store all of our data around the world. These data centers contain the information essential for all of us to go about our daily lives.

Data centers account for between 1-10% of the total energy consumption of our planet. Shockingly, this is comparable to the amount of energy used by literally everyone on earth in the year 1985... [**Read more.**](#)

[Click here for a full article](#) 

SPORTS ROUND-UP

Big win for our Manta Triathlete

Big congratulations to Sophie, grade 6 (Singapore), who participated in the TriYAS 2024 held in Abu Dhabi, United Arab Emirates!

Our Manta athlete came out victorious in her group; Junior Triathlon (200m swim | 10.4 km bike | 2.5 km run) with a time of 44:07 minutes.



Track and Field Day

The end of the month brought an exhilarating Track and Field Day for both our Primary and Middle Years Programme students. Over two days of action-packed events, students competed in various activities including the 200m run, Long Jump, Vortex Throw, and Relay Race, among others.

They demonstrated tremendous energy, sportsmanship, and enthusiasm! While medals were appreciated, it was the spirit of participation that truly shined. To add to the excitement, each day concluded with students being treated to ice cream, making the entire experience even sweeter.



[Click here for more photos](#)



The Pulse Noticeboard

Here's whats coming up at UWC Thailand, and in our community!

COMMUNITY

International Womens Day

International Women's Day on **Friday, 8 March** celebrates the social, economic, cultural, and political achievements of women around the world.

OUTDOOR EDUCATION

Sailing Regatta (UWC Cup)

On **Sunday, 9 March**, join us at the UWC Thailand Outdoor Education Centre for the UWC Cup. Come cheer on our sailors and help us warmly welcome our guests.

Contact: [Kru Rob](#)

SECONDARY SCHOOL

Personal Project Exhibition

Join us in the **Multi-purpose Hall on 13 & 14 March from 9:30 am** for a rich showcase of the personal projects that our students have been diligently working on.

Contact: [Kru Emma](#)

PRIMARY SCHOOL

3-way Conferences

Thursday, 14 March, and Friday 15 March

As we approach the midpoint of the second semester, it is time for 3-way Conferences. For more information, please contact Homeroom teachers.

COMMUNITY

Pi Day

Occurring annually, Pi Day is almost upon us! On **Thursday, 13 March**, join us in celebrating this day through various math activities, a Pi reciting competition, and much more.

Come and join us for some fun!

COMMUNITY

Proud to be UWC Parents!

Friday, 19 March from 8:15-9:00 am in the Boarding House lounge.

Session 5: 'Empowering Student Agency: Parenting with Purpose'.

See you there!

WHOLE SCHOOL

Official School Photographs

Student, class and family photographs will be taken on Tuesday, 5 to Thursday, 7 March. **Students must wear their full school uniform. No PE shirts.**

[Book your family photo here.](#)

MINDFULNESS

Mindfulness theme: Diversity and Perspective

Through a range of in-class and out-of-class activities, our students, staff, and broader community will explore the essence and value of diversity.

Contact: [Kru Julia](#)

GRADE 10 & 11 PARENTS

Counsellors Coffee Morning

Join us for an informative session to explore the university application process.

Tuesday, 5 March from 8:00-9:00 am in the Boarding House Lounge.

Come with all your questions!

View the [Manta Weekly](#) to stay informed and engaged with what is happening at UWC Thailand.

