ISSUE NO.38 / JANUARY 2025

THE MANTA Pulse

THE UWC THAILAND COMMUNITY

INTERACTIVE E-MAGAZINE



24-Hour Race Phuket 2025

Supporting the mission to #endhumantrafficking

Grade 5 Camp

An unforgettable trip to Thai Mueang National Park.

Celebrating Teachers

Honouring award-winning educators.

Learn more about UWC Thailand and follow us on social media









24-Hour Race and Community Weekend

Another year, another incredible achievement!! The 24-Hour Race Phuket 2025 was a resounding success, driven entirely by student leadership and dedication. All teams demonstrated exceptional resilience and endurance, making this event truly unforgettable. More than just a race, the event united our community to support the critical mission to **#endhumantrafficking.**

Your unwavering commitment of all involved, we raised over

THB 200,000

Thank you to all who participated. You are helping to make the change!



Click here for more photos









Head of School Coffee Morning

Mark Beach, our Interim Head of School, recently hosted a Coffee Morning in the New Boarding House Lounge, bringing together parents and community members for an engaging and meaningful discussion.

The session focused on key topics, including plans for the remainder of the school year and potential initiatives for 2025/2026. Mark took the time to address questions, share insights, and listen to feedback, creating an open and inclusive environment for dialogue. Beyond the discussions, the event provided a valuable opportunity for attendees to connect with one another, promoting community collaboration. **These conversations are an important step in nurturing growth and development for the future of UWC Thailand.**

A Journey of Learning and Connection

This month, our Early Years students explored the beautiful Na Naibaan Farm as part of their Unit of Inquiry, ***Sharing the Planet, under the central idea: We are connected to nature.*** The visit offered a delightful opportunity to experience nature firsthand and learn about sustainable farming practices. Through these experiences, students develop a deep connection to nature and a commitment to creating a greener future.

A heartfelt thank you to the parents who joined us, making this day even more special. We look forward to many more enriching adventures together!

Click here for more photos













Making Connections: It Takes a Village!

By **Bianca Starck**,
UWC Thailand Junior & Senior Kindergarten Teacher

What a privilege it is to be part of such a talented and knowledgeable community and witness its impact on teaching and learning through collaboration!

Kindergarten had the honour of welcoming Kru Chase, English and Individuals & Societies Teacher, when he came to share his knowledge and passion for mandalas. What a fascinating and joyful presentation, which expanded our understanding and inspired us to look for mandalas all around us—from the shapes in leaves and flowers to the sounds of music, the planets and stars in the sky, and even the patterns in our food!

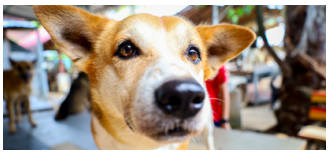
In addition, it contributed to our transdisciplinary approach to teaching in the... **Read more.**

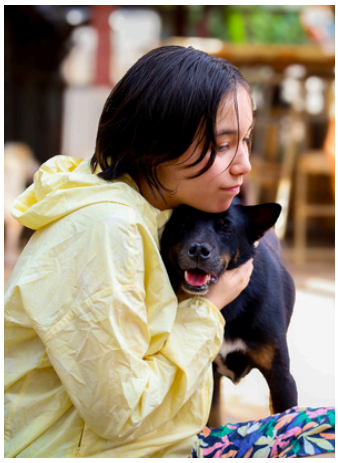
Click here for the full article

Making a Difference at Bodhi Dog Rescue

Every Saturday, our students pay a visit to Bodhi Dog Rescue and Shelter, an organisation that cares for stray and abandoned dogs.

At the shelter, students assist with feeding, cleaning, and spending time with the dogs, directly contributing to their well-being. These experiences not only teach students about animal welfare but also help them develop compassion and a sense of responsibility—key values that align with UWC Thailand's mission of making a positive impact in the world.




Click here for more photos






Caring for our Planet



As part of the ***'Where We Are in Place and Time'*** unit, our grade 1 students learned about the solar system and discovered that Earth is the only planet known to support life. This inspired them to show gratitude by taking action. The students visited Nai Yang Beach to clean up litter, and they were surprised by the amount of trash they found. This experience led to insightful conversations about protecting our planet and how small actions can make a big difference.

After the clean-up, the students worked with Kru Amanda, our Primary-Middle School Art Teacher, to create nature-inspired portraits using materials from their surroundings. This creative activity helped them connect with the natural world in a new way. **It was a day of learning, action, and creativity, showing how we can all help care for our planet.**

Click here for more photos











Exploring Geography Through Travel

Grade 2 and 3 students have been exploring the central idea: “Planning and promoting travel helps us appreciate geography and the diverse places and cultures around the world.”

To begin their journey, students teamed up to complete a geography quiz, sharing answers and reflecting on teamwork. In Literacy, they brainstormed reasons to visit Phuket—like sunny weather, delicious food, and rich culture—and used these ideas to write paragraphs promoting the island. They then grouped together to choose five countries to research further.

Now diving into their projects, the students are uncovering fascinating details about their chosen countries.

Which country would you like to know more about?

Grade 5 Camp Adventures

Not even a week into the semester, our grade 5 students embarked on an unforgettable camping adventure at **Thai Mueang National Park**, where they bonded with peers and developed essential life skills. Through activities like hiking, biking, kayaking, cultural exploration, and community engagement, they strengthened teamwork, problem-solving abilities, and environmental awareness while immersing themselves in nature’s beauty.

This experience encouraged students to work together, share responsibilities, and build trust, reinforcing the importance of communication, collaboration, and mutual support in overcoming challenges—**an adventure to remember!**



Click here for more photos











The World of Science

At UWC Thailand, science comes alive through hands-on experiences that connect theory to real-world applications. Across all grades, students engage in inquiries that deepen their understanding of the natural world while fostering curiosity, critical thinking, and problem-solving—skills essential for success in any field.

Recent activities show how these explorations go beyond the classroom, preparing students to analyze challenges, think creatively, and apply knowledge in practical ways. By linking learning to real-life contexts, students not only expand their scientific knowledge but also build adaptable skills that empower them in future careers, innovation, and global problem-solving.

Exploring the Scientific Process

Grades 4 and 5

Grade 4 and 5 students have begun an exciting Unit of Inquiry centred on the role of scientists and the scientific process. During outdoor experiments, they explored fire by harnessing sunlight and wood to create flames. Through forming hypotheses, testing variables, and drawing conclusions, they are learning how scientists use curiosity and observation to take informed action.









Investigating Cells Under the Microscope

Grades 6

Grade 6 students are exploring the question, ***"How do living things work?"*** by studying cells. Using microscopes, they prepared onion skin slides, stained them with iodine, and carefully observed structures such as cell walls and nuclei. This activity not only introduced them to the intricacies of cells but also developed their technical skills in using scientific tools.

Investigating Impulse and Momentum

Grade 11

Physics students in grade 11 explored impulse and momentum by simulating car crashes. Using Vernier Logger Pro, they measured how crumple zones reduce impact forces during collisions. This experiment offered valuable insights into the science behind vehicle safety and its real-world applications.

Exploring the Human Heart

Grade 12

By dissecting pig hearts, grade 12 Biology students deepened their understanding of the circulatory system. Observing the heart's structures up close allowed them to compare anatomy to textbook diagrams and better appreciate its complexity.

Click here to read more about scientific activities in UWC Thailand classrooms

Peace and Conflict Transformation Day

This month, the Peacebuilding Society hosted Peace and Conflict Transformation Day for Grades 9-12, centered on the theme of 'brave spaces.' Workshops and discussions encouraged students to reflect on personal experiences and actively listen to others, fostering deeper empathy and understanding. We were honored to welcome UWC Pearson College alumnus Qamaruzzaman (Q) Amir, who shared his journey in peacebuilding and led a workshop on how personal peace contributes to national peace.

Throughout the day, students and staff demonstrated remarkable vulnerability and strength, engaging in honest and meaningful conversations. We are especially proud of the students whose dedication brought this vision to life, fostering a space where our community could take another step toward deeper empathy, understanding, and lasting peace.

> **"Even in the darkest times, a single light can inspire a thousand others to shine. Education is that light, and peace is its brightest outcome."**

Raheel, grade 11 (Afghanistan)









Click here for more photos

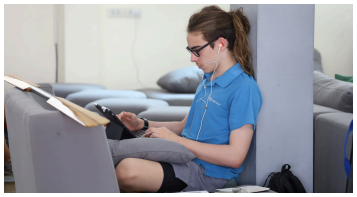
Personal Project Preparation Day

In their final year of the IB Middle Years Programme, grade 10 students explore their personal interests through the Personal Project. This key component encourages critical thinking and creativity.

During the preparation phase, students set goals, plan their timeline, and work with supervisors to define their project's scope. This process helps develop skills in research, time management, and problem-solving, setting the stage for a successful project.













Crafting Paddles for Camp

Grade 9 students are preparing for their upcoming camp by designing and creating paddles in their Design and Technology class. This hands-on project combines creativity and practical skills as students develop problem-solving and craftsmanship abilities.

The paddles will be put to use during their kayaking adventure, showcasing their hard work and design knowledge.

UWC Thailand Student Council

We're proud to introduce the new UWC Thailand Student Council, led by Taha, grade 11 (Sudan) and Josephine, grade 11 (China), in their roles as Co-Heads.

Congratulations to all the newly elected student leaders —who you can read more about **here**—as they amplify student voices and represent our school community!



From left to right: Back row: Jiayi (Lydia), Catarina, Afraa, Marceline, Thanwarat (Bebe), Abbas, and Taha.
Front row: Carlos, Maia, Josephine, and Dimitar.

Early Acceptance Highlights!

We're excited to share that 61 students from the Class of 2025 have already received early acceptances to prestigious universities across the US, UK, Ireland, Netherlands, France, Canada, and Australia! This impressive achievement marks a strong start in their university journeys, and we can't wait to see what the next steps hold as they continue to pursue their academic dreams.

BROWN

THE UNIVERSITY OF CHICAGO 1890

INSTITUT Lyfe MANAGEMENT IN CULINARY ARTS & HOSPITALITY

NORTHWESTERN UNIVERSITY

Exploring Bangkok's Art Scene

This month, **DP Visual Art students, led by Kru Dale, embarked on their first art excursion** to Bangkok since COVID. The trip offered a chance to explore galleries, see artworks up close, and visit professional artists' studios, where they engaged in conversations about the creative process.

As students prepare for their own exhibitions, observing how galleries curate and present artwork provided valuable insights for their displays. Beyond the technical lessons, the experience sparked discussions on art styles and techniques, offering inspiration that will shape their artistic journeys.











Dare to Dream Scholarships



Shelby and Gayle Davis commit 15 million USD annually to support 350 students

We have exciting news to share about a scholarship programme that's changing lives at UWC Thailand and across the UWC movement! Shelby and Gale Davis, longtime supporters of UWC education, are increasing their funding for the Dare to Dream scholarship programme, which will now support up to 350 talented students each year who wouldn't otherwise be able to afford a UWC education.

Since the programme started in 2018, it has already helped 1,259 students access UWC's unique educational experience across our 18 schools worldwide. **Right here at UWC Thailand, we're proud to have Dare to Dream scholars who receive 500,000 USD as part of our community, bringing diverse perspectives and enriching our campus life.** These scholarships cover tuition and boarding costs, making a UWC education truly accessible to exceptional students regardless of their financial background.

This increased support from the Davis family shows their deep belief in the power of UWC education to transform lives. Students who come to UWC through Dare to Dream join our community and develop into young leaders who go on to make positive changes in their home communities and around the world.
We're incredibly grateful to Shelby and Gale Davis for helping make the UWC experience possible for more deserving students and for strengthening the diversity that makes our school community so special.

> **"A necessary step in self-growth is stepping out of your comfort zone and truly challenging yourself, challenging your beliefs, challenging your physical capacities and challenging even your values.**
>
> **UWC Thailand has provided me with opportunities to do such things far more often that I would have been able to otherwise. I am incredibly grateful for the opportunity that has been given to me and I will give my all in the pursuit of my dreams of changing the world for better."**

Lazar,
Serbia (Dare to Dream Student)

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.



UWC THAILAND

Celebrating Teachers

This month, as we celebrated National Teachers' Day, we extended our heartfelt gratitude to the dedicated teachers and support staff who make UWC Thailand a beacon of learning and growth. Their collective efforts create an innovative and transformative educational environment, ensuring a nurturing space for our students to thrive. Whether in the classroom or behind the scenes, their passion and hard work inspire our learners and promote a love for education.

We are also delighted to share that four of our educators have been recognized with the prestigious **Outstanding Teacher and Administrator Awards** from the Phuket Provincial Education Office. These honours celebrate their exceptional commitment, integrity, and creativity in education:

- **Kru Phatcharaphorn (Yui) Phermkaaew,** Representative of the School Licensee, School Director & School Manager
- **Kru Pramot (Jome) Indam**, Physical Education Teacher
- **Kru Natawadee (Ploy) Srithongdee**, Learning Support Teacher and Deputy Safeguarding Lead
- **Kru Masuni (Zone) Mawing**, Specialist Art Teacher & Art Educational Assistant

We are incredibly proud of their achievements and the meaningful impact they bring to our school and beyond.



Counsellor's Corner: January Workshops

This January, UWC Thailand hosted engaging workshops to support parents in guiding their children's growth and development.

The **One Step at a Time (II) session** explored developmental milestones for children aged 6–9, with insights on nurturing independence at home and school.

Workshops on digital habits, including **Guiding Young Children in the Digital World and Raising Responsible Digital Citizens**, provided practical tools for navigating screen time, privacy, and family discussions about technology.

These sessions reflect our commitment to holistic learning and a strong parent-school partnership. Thank you to all who participated!

Join us in the Boarding House Lounge on **12 February from 8:00 - 9:00 am** for the next session.











Celebrating Growth and Connection

This semester, we are proud to share a milestone —the successful completion of our 10-week **Mindfulness Induction Programme** for new staff.

After joining us in August, 21 new staff have successfully completed the programme, meeting weekly to:

- Develop their personal mindfulness practice.
- Lead mindfulness lessons for their peers, embodying our growth model:
- "Be Mindful, Teach Mindfully, Teach Mindfulness."

Participants gained:

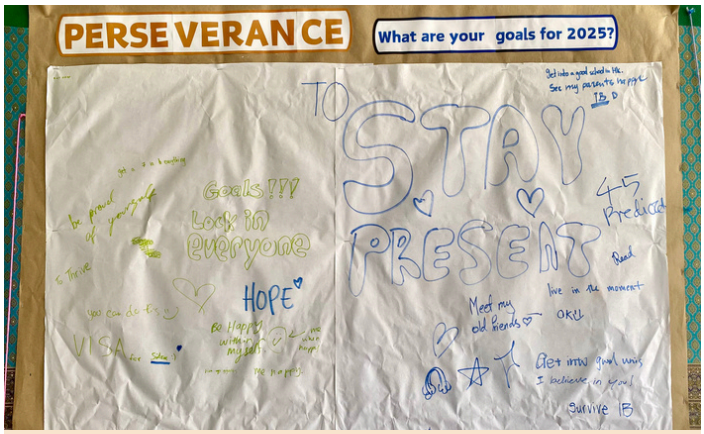
1. Confidence to lead mindfulness with students.
2. A sense of belonging in the UWC Thailand community.
3. Alignment with our motto: *"Good Heart, Balanced Mind, Healthy Body."*

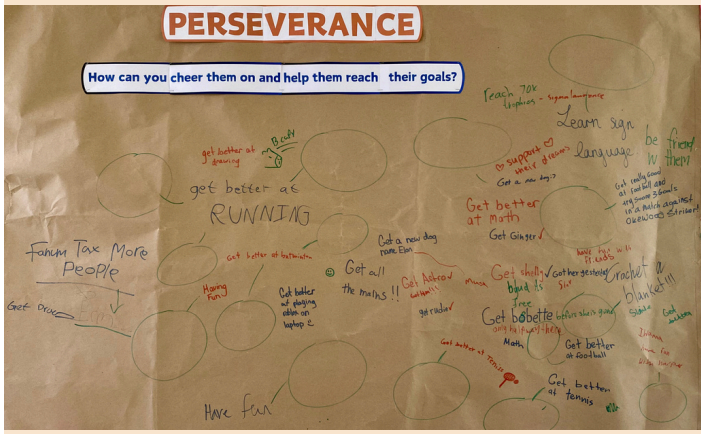
The ripple effects are inspiring:

- Francisco (Paco) Vázquez integrates mindfulness into counseling sessions and staff meetings.
- Others are innovating by combining mindfulness with drama to enrich their classrooms.

Bianca Starck is conducting research on mindfulness and metacognition in the PYP, which she will present at the **IB Global Conference** in Singapore alongside Caryl Medilo Crisostomo.

This programme showcases the valuable opportunities for staff at UWC Thailand to grow, connect, and lead. We look forward to seeing their mindful leadership continue to flourish.





Perseverance and "Right effort"

Julia Feste,
UWC Thailand Head of Mindfulness

In Mindfulness, we often talk about the concept of "Non-striving", defined as being yourself without pushing yourself to achieve anything else. And yet this month, our Social-Emotional Learning & Mindfulness theme was Perseverance, which is defined in the Character Strong curriculum as "Pushing yourself through Challenges and Obstacles". Those two recommendations seem to be at odds with each other, and yet they both hold wisdom. ***How do we reconcile them to find the right course of action when facing challenges?***

Perhaps the answer lies in the UWC Thailand IB learner profile, with the "Balanced" attribute. — we aim to balance different aspects of our lives (intellectual, physical and emotional) as we seek to embody our Motto of having a *"Good Heart, Balanced Mind, Healthy Body"* to achieve well-being for ourselves and others. We recognise our interdependence with other people and with the world in which.... **Read more.**

Click here for the full article

SPORTS & ACTIVITIES ROUND-UP













Click here for more photos

Manta Basketball Teams Shine at ASAC to Kick Off 2025

13 games, only 1 loss! Our Senior Basketball teams made their mark at the ASAC tournament in Phnom Penh, Cambodia, hosted by the Canadian International School (CIS), showcasing both outstanding results and sportsmanship.

Girls' Team
- Back-to-Back ASAC Champions!
Our Senior Girls Basketball Team dominated every game, securing back-to-back ASAC titles under the leadership of Coach Mick Carberry! Not a single game was within 12 points, demonstrating their strength and consistency.

Tournament MVP: Tenzin (grade 12), selected by all coaches.

Boys' Team – A Strong 3rd Place Finish!
Our Senior Boys Basketball Team finished 3rd after a hard-fought semifinal loss to the eventual champions for the second year in a row. Their determination and resilience earned them a place on the podium!

Team MVP: Carden, (grade 12)

Staff Shine at Local Tennis Tournament

We're proud to share that three of our staff members—**Keem, Chris, and Thomas**—represented UWC Thailand at the Melbourne Open Tennis Tournament held at Siam Sports Pro Club. This friendly Men's Doubles event, inspired by the Australian Open, showcased their incredible skills and teamwork. **Congratulations** to Team Keem and Chris for winning the championship title, and to Thomas and his partner Carl for securing second place. It's inspiring to see our staff pursuing their passions and shining both on and off campus. **Well done to all involved!**





Learning Through Competition

Our Junior Football Team travelled to NISC in Phnom Penh, Cambodia, competing in seven matches over two and a half days on full-sized fields. The tournament was a valuable learning experience, requiring real determination and resilience. The team finished 7th out of 10 participating schools.

> **"I'm so pleased with how the team pulled together through adversity. It was great to see them bonding off the field and connecting with players from other schools at the tournament and hotel."**

Steve Wallace,
UWC Thailand Football Coach

Click here for more photos







BIGFF – Girls Football Competes in Bangkok

Eleven players from our Girls Football Team travelled to Bangkok for the Bangkok International Girls Football Festival (BIGFF) from 25-26 January. Despite concerns over air quality, the tournament ensured player safety, allowing our girls to compete and prepare for ASAC in March.









ASAC Senior Football Tryouts Underway

Our Season 3 tryouts for Senior Football kicked off on Wednesday, 29 January, with over 30 boys and 25 girls attending!

These tryouts mark the start of our preparation for the ASAC Senior Football Championships, which we are proud to host from 13-15 March at Thanyapura Sports Resort!

SENIOR FOOTBALL CHAMPIONSHIP
20 ASAC 25
ASEAN Sports and Activities Conference

INTERCULTURAL DAY 2025

Intercultural Day is one of the most anticipated events on our school calendar, bringing our UWC Thailand community together to celebrate the incredible diversity and cultural richness that makes us unique.

WAYS YOU CAN GET INVOLVED

JOIN YOUR CULTURAL GROUP

Connect with your Cultural Group group via **WhatsApp** to connect and plan for Intercultural Day!

PREPARE A PERFORMANCE

Represent your Cultural Group through music, dance, or speech. Sign up by **Monday, 10 February.**

SIGN YOUR GROUP UP FOR A STALL

Share your traditions, food, and customs. Register by **Wednesday, 12 February.**

PARTICIPATE IN THE PARADE OF NATIONS

Proudly carry your flag in the Parade of Nations. Nominate your flag bearer/s by **Wednesday, 12 February.**

Email:
eventsassistant@uwcthailand.ac.th

UWC THAILAND

The Pulse Noticeboard

Stay informed and engaged with what is happening at UWC Thailand

MINDFULNESS

February theme: Honesty

This February, we focus on **Honesty** through mindfulness—being aware of our thoughts and actions, staying true to ourselves, and embracing openness in each moment.

COMMUNITY

Intercultural Day

Join us on **27 February**, to celebrate cultural identities with performances, traditional foods, stalls, and a Parade of Nations, proudly showcasing our community's national colours.

Contact: Khun Thomas

PRIMARY

Arts Week

Primary Arts Week is back! From **3-7 February**, students will dive into creative projects. Parents are invited to the showcase on Friday, 1:40–2:30 pm, in the Gymnasium & Covered Court.

Contact: Kru Jen

SECONDARY

Middle Years Camps

Taking place from **2-11 February**, students in Grades 6 to 10 will experience age-appropriate camps with tailored activities, locations, and durations.

Contact: Kru Rob

SECONDARY

Grade 11 Skills Week

From **3–7 February,** grade 11 students will participate in activities designed to develop the skills needed for success in the IB Diploma at UWC Thailand.

Contact: Kru Katie

PRIMARY

100th Day of School

Our Early Years students will celebrate 100 days in school with exciting events throughout the day on **10 February**.

Contact: Homeroom Teachers

SECONDARY

Grade 12 Mock Exams

Grade 12 students will take Mock Exams from **4–14 February** in the Multipurpose Hall to help prepare for their Final Exams in May.

Contact: Kru Katie

SPORTS AND ACTIVITIES

Holiday Camp

TEEMS Global is back from **17–21 February**, offering an exciting chance to "Think outside the book" for the week off. Registrations are open—contact us for more information.

Contact: Camps

Community

International Mother Language Day

Join our Library Language Carnival from **24–27 February** for workshops, an illustrator visit, and activities celebrating diverse languages and cultures.

Contact: Kru Rebekka