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THE MANTA Pulse

THE UWC THAILAND COMMUNITY

INTERACTIVE E-MAGAZINE



Intercultural Day 2025

A special day celebrating diversity at UWC Thailand.

Middle Years Expeditions

Student experiences from Outdoor Camps.

Host Family Programme

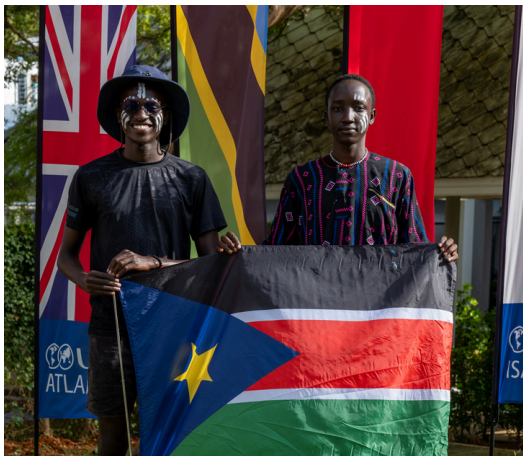
Building connections through Host Families

Learn more about UWC Thailand and follow us on social media









Intercultural Day 2025

The premier event of each year, Intercultural Day 2025 exceeded all our expectations. The day was a true celebration of the diverse cultures within our community, offering an unforgettable experience that engaged all our senses. From the exciting showcase and lively language exchanges to the beautifully arranged table displays, the event was filled with opportunities to connect and learn.

The highlight of the day, aside from the delicious food, was the captivating performances and flag parade, which created an atmosphere of joy and unity. Everyone left inspired and proud, grateful to be part of such a rich and diverse community.

Thank you to everyone who contributed to the success of this incredible day! We hope you enjoyed the festivities and feel inspired and proud to be a part of our global UWC family.



Click here for more photos

Click here to watch the live stream











> **Intercultural Day feels like a moment to truly appreciate the diversity around us. It's not just about sharing our cultures, but about connecting, learning from one another, and embracing the ways our differences make us stronger. It's also an opportunity to promote sustainability by celebrating traditions in ways that respect and protect our planet.**

Zhenying Liang, UWC Thailand Mandarin Teacher and Head of the Sustainability Committee







A Look Back at Intercultural Day Preparations

Looking back before Intercultural Day, our UWC Thailand community worked hard in preparation.

Students explored different cultures through activities like Cultural Passports, engaging discussions, and the Multilingual Story Corner in the library. Primary School parents also joined in, sharing their traditions through interactive experiences. Our spaces came alive with vibrant performances and colourful decorations, reflecting our shared commitment to celebrating diversity.

Intercultural Day wasn't just a celebration—it was a powerful reminder of the strength and beauty found in our global community.











Library Language Carnival









Mindful Writing Workshops: "The Language of Me"
The Library Language Carnival kicked off with the Mindful Writing Workshops: "The Language of Me", where students explored how their home language and other languages shaped their creativity and self-expression. Through mindful activities, they reflected on how different languages influenced their storytelling and emotions, discovering new layers of their voices and identities. The workshop created a space for students to experiment with language and perspectives, embracing the richness of multilingual storytelling.

Author/Illustrator Visit – Phung Nguyen Quang
The event also featured a visit from acclaimed author and illustrator Phung Nguyen Quang on Friday, 28 February. Phung shared his artistic journey and creative process, offering insights that inspired students to embrace their own storytelling and artistic abilities.

In the workshops for grades 4 to 8, students learned illustration techniques such as expressing emotions through facial expressions, as well as background techniques like perspective, shadow, and light. Meanwhile, grades 1 to 3 enjoyed a 30-minute assembly with a My First Day reading, followed by a lively Q&A and interactive activity, sparking the imagination of our youngest learners.

Click here for more photos

Understanding Proprioception

Why Your Child is Pushing, Jumping, and Hugging like a Tackle

By Merryn Atkins,
UWC Thailand Occupational Therapist

Ever noticed your child pressing down so hard with a pencil that it breaks? Slamming doors even after you've asked them to be gentle? Hugging like a tackle? These behaviours might seem random (or frustrating!), but they're often linked to proprioception—our body's deep sense of where it is in space and how much force to use.

Why Proprioception Matters

Proprioception is sometimes called the "universal regulator" because it helps organise the brain and body. It plays a huge role in movement, focus, and emotional regulation—helping kids who feel "out of control" settle down and kids who are sluggish 'wake up'.

Instead of just saying a child is "bouncing off the walls" or "being wild," we can recognize that they are seeking proprioceptive input to regulate themselves. A child who appears tired at writing time might need some proprioceptive input to wake up, while another who is crashing into furniture may be looking for impact to satisfy their sensory needs. When we understand what their body is looking for, we can guide them toward safer and more effective ways to meet those needs.

How Kids Seek Proprioceptive Input

Children instinctively seek out different types of proprioceptive input. Understanding these categories can help us redirect their energy in productive ways:

- **Exertion** – Engaging muscles by pushing, pulling, lifting, climbing, or tensing.
- **Try**: Wall push-ups, carrying books, holding doors, vacuuming, or ... **Read more.**

Click here for the full article







Click here for more photos

Grade 2 and 3 Mini-Exhibition

Grade 2 and 3 students recently completed their Unit of Inquiry, "Where We Are in Place and Time," focusing on travel. They researched destinations, explored key aspects of travel, and worked together to plan a trip. The Travel Fair, the highlight of their journey, showcased their findings through a mini exhibition, where students presented their work to peers, teachers, and parents. This experience helped them develop valuable skills in communication, research, and collaboration, while reflecting on their learning journey.

"I'm so proud of my child for learning how to plan a trip and appreciate its value. Next time, the trip will be even more memorable as she'll be involved in the planning."

Nadia, UWC Thailand Grade 3 Parent

100 Days of School



On 10 February, our Kindergarten students celebrated their 100th day with style and creativity. Joined by their grade 4 buddies, they danced, played games, and proudly showcased outfits adorned with symbols marking the milestone. The highlight of the day was when everyone came together to form a giant "100" with their bodies. It was a memorable celebration of progress, and we're excited to see what the next 100 days will bring!

Arts Week







During Arts Week, our Early and Primary Years Programme students celebrated art in everyday life through sessions in visual art, music, drama, and dance. Students also worked on personal projects, exploring various artistic forms.
The week ended with a special assembly where students shared their creations, celebrating creativity and collaboration.



Outdoor camps and expeditions

Throughout February, UWC Thailand's **Middle Years Programme (MYP)** students embarked on a series of expeditions across Phuket Island and beyond. These journeys were thoughtfully designed to blend adventure with learning, tailored to each grade level. From the Jungle Camp at Khao Sok to sailing around Koh Lon and beyond, each experience aimed to develop skills, encourage personal growth, and deepen students' connection with nature. Days were filled with activities such as hiking, kayaking, dinghy sailing, and biking, while evenings offered relaxation beside campfires before retiring to tents.

Click here for the full article

Khao Sok Jungle Adventure

Grade 6 students ventured into Khao Sok National Park, staying at "Our Jungle Camp." They engaged in jungle hikes, learned survival skills, swam in rivers, and kayaked. This experience fostered a deeper connection to nature and built lasting friendships. Additionally, students participated in a night safari, observing nocturnal wildlife, which enhanced their understanding of biodiversity and the importance of conservation.

Click here for more photos













Koh Lon Island Life

On Koh Lon Island, **grade 7** students participated in a sailing camp facilitated by Java Sailing. They learned to helm and crew dinghies, culminating in a regatta that enhanced teamwork and communication skills. Exploring the island's beauty, they also enjoyed swimming and beach games. The camp's structure encouraged students to step out of their comfort zones, fostering resilience and adaptability.

Click here for more photos

Climbing Spirit Mountain

At Spirit Mountain in Krabi, **grade 8** students attended a camp focused on climbing. They also engaged in hiking, coral restoration, mountain biking, and kayaking. Discussions on eco-friendly practices heightened their environmental awareness, while teamwork and resilience were strengthened. The immersive natural setting provided a backdrop for students to reflect on their role in environmental stewardship.

Click here for more photos





















Phuket Coastal Kayak

Grade 9 students had an incredible 9-day camping experience, where they worked together in teams to navigate a significant portion of Phuket's coastline. The journey was designed to have the students paddle a distance cumulatively from Boat Lagoon to South Kamala Beach, covering approximately 90 kilometres with various stops along the way. The students crafted their own paddles during their Technology and Design class, adding another dimension to the trip.

Phuket & Phang Nga Sailing

During their 10-day camp, **grade 10** students developed sailing skills and prepared for a 5-day expedition on 25-foot keel boats, Platus. After training at the PlayYard, they sailed from the north of the island to Lawa Island National Park and Koh Lon. Along the way, they faced challenges but worked together to overcome them, applying their knowledge and enjoying the stunning scenery. The experience strengthened teamwork and deepened their appreciation for sailing and the outdoors.

Click here for more photos







Manta Days

Following their camps and expeditions, our Middle Years Programme students took part in Manta Days - an extension of their experiential learning journey.

These days, promoted hands-on exploration and reflection, featured DocuMantaray challenges, sustainability projects, community engagement workshops, and camp reflections. Through these varied activities, students gained fresh perspectives, honed essential skills, and deepened their connections with one another while expanding their understanding of the world around them.











"Manta Days gave students a great chance to dive into interdisciplinary projects and subject-specific activities that really enhanced their learning. By keeping things curriculum-focused and meaningful, they helped students grow academically while also bringing everyone together and building connections beyond the classroom."

Chantal Kruger, UWC Thailand Secondary Vice Principal (MYP Coordinator)

Good Hearts in Action

Having a good heart goes hand in hand with taking action.

Our student-led Young Volunteers in Action regularly visit the Happy Child Foundation, where they teach English and provide educational resources like interactive worksheets and learning materials. A week before February break, we were delighted to welcome them to our campus for a day of sports, music, and movement—a joyful opportunity to build friendships, share experiences, and continue learning from one another in a warm, supportive environment.

"Being part of Young Volunteers in Action since grade 10 (2022) has been a humbling and transformative experience. This group is more than just a platform for teaching less fortunate children—it's a movement of compassion, learning, and empowerment."

Margaret (Mega), grade 12 (Philippines)



















Skills Week

Grade 11 students recently participated in Skills Week, a dynamic, week-long programme designed to promote holistic development. Through engaging workshops, team-building exercises, and hands-on activities, they honed essential skills, deepened their understanding of global issues, and reflected on their roles as global citizens.

A key highlight was the Lip Sync Battle, where creativity and teamwork took center stage. Our Primary Years students also joined in, adding to the week's collaborative spirit.

> **"I really enjoyed all the workshops during Skills Week. It was a fantastic opportunity to collaborate with my classmates and build stronger connections, which is such a key part of the UWC Thailand experience. I feel as though my understanding of the learning journey has really improved, and this week helped me grow both personally and as a member of our community."**

Lara, grade 11 (Croatia)

Click here for more photos

Preparing for the Next Chapter

Post-UWC Graduation Pathways

University acceptance letters and scholarship offers are pouring in. As they finish their IB mock exams, our grade 12 students have spent days in anticipation while university offers arrive. With dozens already in the mailbox and only a few left to come, many students now have numerous options to choose from. Some have already accepted places at world-renowned institutions across the US, Europe, and East Asia, while others plan to spend their post-grad year in military service, exploring the world, working, or volunteering as part of their Purpose Year experience.

No matter which path they choose, we are extremely proud of how our programming, care, and transformative education have shaped these young leaders—individuals ready to make waves and spread the UWC mission across the globe.

University of Hawai'i
Concordia College Moorhead, Minnesota
Lake Forest College
Wartburg College
Ithaca College
UCD Dublin
Tulane University
St. Lawrence University
The College of Idaho
Luiss
Union College Founded 1795
Goucher College
University of Lincoln
UF University of Florida
Sapientia et Virtus



Student-Initiated Trips

During the February break, our students travelled to various parts of Thailand, taking part in impactful activities. They visited places like All for Village, Ban Un Rak, Earth Home, Koh Panyee, Mercy Centre, Nature Mind-Ed, and Yaowawit, where they contributed to community development, taught English, supported environmental initiatives, and volunteered with local organizations. These experiences helped them deepen their cultural understanding and grow as compassionate individuals.

Click here for more photos

Host Families

Building Connections

Each year, we welcome new families and students into our legacy **Host Family Programme**—an initiative that fosters meaningful relationships beyond the classroom. This programme allows UWC Thailand community members to connect with students in a casual setting, exploring Phuket, trying new foods, and engaging in enriching conversations.

This year, 75 students have been matched with host families. At the start of the year, both students and families complete a form outlining their hopes for the experience. Some students long for the warmth of younger siblings, while others miss the companionship of pets. Every match is thoughtfully tailored to accommodate the preferences of both students and families.

Creating Meaningful Experiences

Once paired, each Host Family decides how and when they would like to spend time together. Some families enjoy outdoor activities like walks and beach outings, while others prefer shared meals or relaxing at home. The flexibility of the programme ensures that each connection is comfortable and rewarding for everyone involved.

The Host Family Programme fosters a sense of belonging for students, easing their transition into a new environment. For host families, it offers a unique chance to experience new cultures and perspectives firsthand, strengthening the bonds within our school community.



Support Throughout the Year

Our Host Family Team regularly checks in with both students and families to ensure a positive and enriching experience. We provide resources and activity suggestions, particularly during holidays and special occasions when students might feel homesick.

Throughout the year, we also organise community events where host families and their students can come together, share their experiences, and strengthen connections within the broader UWC Thailand community.

The Host Family Programme embodies the core values of our community: openness, connection, and mutual growth through shared experiences.

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

Manta Staff-Parent Association (SPA)

We were delighted to see so many parents join the first Manta SPA meeting on Wednesday, 26 February to support those who put their names forward for the Committee. Following the session, the newly elected Committee held their first meeting, during which they adopted the Manta SPA Constitution, accepted the Manta SPA Code of Conduct, and confirmed office holders.



We are pleased to introduce the Manta SPA Committee:

Back row from left to right: John (JP) Powell, Charlotte Kuratle, Hazel Dalton (Treasurer), Mark Beach, Thomas Simons. **Front row from left to right:** Diana Brender (Secretary), Ana Paula do Amaral (Chair), Amy Yuting Qian, Christina Lee, Naomi Kyaw Thaung.
***Absent from photo:** Kathy Mendis (Vice Chair), Shemaine Sebastian

*The position of Communications Officer remains open, as some members were absent. An announcement regarding this role will be shared via email.





Operations Team Relocation

We are delighted to announce that our Facilities and Operations Team has moved into a newly constructed office located at the front of the school campus. This strategic location enhances our ability to streamline daily operations and provide improved support to the entire UWC Thailand community.

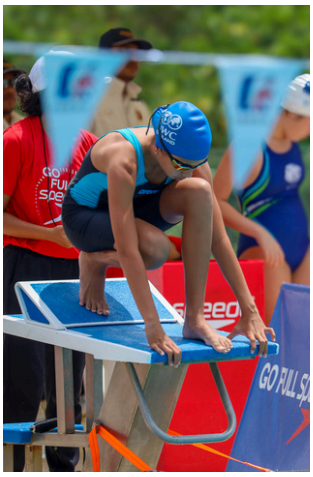
We extend our heartfelt gratitude to Banyapura Limited for their generous support in making this development possible.

Coco, our Head of Operations, Facilities and Risk Management, expressed enthusiasm about the move, stating, ***"The new office space will enhance our team's efficiency. We are grateful to Banyapura Limited for their generous support in making this happen."***

This new facility represents a significant step forward in our ongoing efforts to enhance the educational environment and operational excellence at UWC Thailand.

SPORTS & ACTIVITIES ROUND-UP

















by John (JP) Powell,
UWC Thailand Director of Sports, Activities and Camps

FOBISIA Swimming

29 of our Manta swimmers competed in the FOBISIA Swimming Invitational 2025 at Thanyapura. The event featured over 400 swimmers from 20 schools. Our team was the third-largest in attendance, and our enthusiastic supporters made a significant impact. The Mantas showcased exceptional talent and teamwork, securing **3rd place** in overall team points.

Other records include:

- 187 Personal Best Swims
- 37 Golds
- 31 Silvers
- 13 Bronzes
- 3rd Team Overall (out of 20 schools)

PISAC 3x3 Basketball Championships

A group of 23 students represented UWC Thailand in the PISAC 3-on-3 basketball tournament, delivering impressive performances marked by outstanding sportsmanship. **The Under 15 girls' teams secured both 1st and 3rd places**, showcasing their exceptional skills and dedication. Similarly, one of our **Under 15 boys' teams achieved a commendable 3rd place** out of 12 participating teams.

ASAC Tryouts for Junior Volleyball

Season 3 has been completed for our tryouts, and we had 24 middle school students show interest in representing UWC Thailand for ASAC in May at the Australian International School of Saigon! We are looking forward to seeing the team grow and compete in the coming months!

Primary School Touch Rugby

Early in the month, there were 17 primary students from grade 2 to 4 who achieved 2nd and 5th place in a touch rugby tournament against tough opponents in Bangkok. The Parrots were led by volunteer parents from UWC Thailand. A huge shoutout to these young athletes for playing their hearts out and proving that age is just a number when it comes to passion and teamwork!











Over 150 CCP activities offered!

With just two weeks remaining in Rotation 2 of our Co-Curricular Programme, the diverse learning experiences across campus highlight the programme's strength. This term, we have offered over 150 activities, encompassing a wide range of interests from academic pursuits to athletic endeavours. These opportunities enable students to explore new passions, develop skills, and nurture connections beyond the traditional classroom setting.

Important Dates:

- **Rotation 3 sign-ups** on SchoolsBuddy from 4 to 7 March (allocations on 11 March)
- **Rotation 2 ends**: Saturday, 15 March
- **Break:** One week from 17 to 21 March
- **Rotation 3**: Begins on Monday, 24 March, and ends on Friday, 13 June

Holidays Camps with TEEMS Global

During our February break, UWC Thailand hosted a dynamic holiday camp in collaboration with TEEMS Global. Led by Kru Debbie and Kru Rose, with the support of TEEMS, students engaged in a variety of fun and enriching activities, allowing them to explore new interests and skills.

Registration is open for the Summer 2025 Holiday Camps

Make sure you sign up for the UWC Thailand Summer Camps.

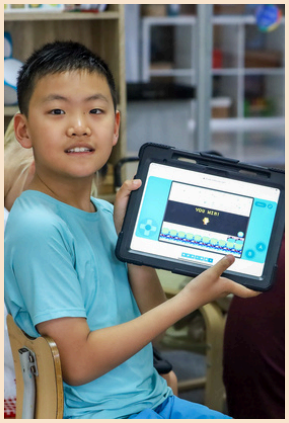
Week 1: Monday, 23 to Friday, 27 June
Week 2: Monday, 30 June to Friday, 4 July
Week 3: Monday, 7 to Friday, 11 July
Week 4: Monday, 14 to Friday, 18 July

Click here to register for Summer Camps













The Pulse Noticeboard

Stay informed and engaged with what is happening at UWC Thailand

PERFORMING ARTS

March MADness

A month-long celebration of the Arts throughout March, highlighting the remarkable talents of our students in Music, Art, Drama, and Dance. Event details will be shared by Arts teachers.

Contact: Kru Frederick

SECONDARY

MYP Track & Field Day

Join us at the canteen field for a dynamic morning as our young athletes display their skills across various events. **Thursday, 6 March, 10:30 am - 3:00 pm** on the canteen field.

Contact: Kru Katie

SECONDARY

Coffee Morning with Kru Mick

Join us for an informal chat with our incoming Secondary Principal, Mick Sheridan, alongside Kru Jon and Kru Katie, on **Friday, 7 March** in the Girls Boarding House at **8 am.**

Contact: Khun Thomas

PRIMARY

Track and Field Morning

Come and cheer on our young athletes as they showcase their talents in a morning filled with exciting events. **Friday, 7 March, 8:30 am - 11.45 am** on the canteen field.

Contact: Kru Ali

SECONDARY

College Fair

Calling grade 12 students and parents! Come and learn about the application process, campus life, and more from university representatives. **Friday, 7 March** in the MPH from 12:45 pm.

Contact: Kru Rebecca

SPORTS

ASAC Senior Football

Come and support our four Senior UWC Thailand teams as they compete against teams from Vietnam, Cambodia, Thailand and Indonesia. **13-15 March.** Don't miss it!

Contact: Khun Thomas

WHOLE SCHOOL

Photo Shoot

Make sure to look your best for the whole school photo shoot taking place from **24-28 March**. ID, class, team and family photos will be taken. Students must wear full school uniforms.

Contact: Khun Thomas

WHOLE SCHOOL

3-Way Conferences

Students will engage in self-reflection and goal-setting sessions to enhance their confidence and academic growth. **27 March (1 - 5 pm) & 28 March (8 am - 3 pm)**, by appointment.

COMMUNITY

Manta Golf Day

Don't miss the inaugural UWC Thailand Manta Golf Day! Enjoy a fun-filled day of golf, food, and laughter! **Saturday, 3 May**, at Mission Hills Golf Club. ***#UnitedOnTheGreen!***

Contact: Manta Golf Day