ISSUE NO.40 / MARCH 2025

THE MANTA Pulse

THE UWC THAILAND COMMUNITY

INTERACTIVE E-MAGAZINE



TEDx Youth

Inspiring talks, collective action for change.

Mangrove Planting

Growing a Greener Future.

ASAC Football Championship

Senior Tournament with schools across Asia.

Learn more about UWC Thailand and follow us on social media



UWC Thailand Students Win GoMakeADifference Award

We're thrilled to celebrate a remarkable achievement by our students, whose project "Flourish to Nourish" has been awarded funding from GoMakeADifference 2025!

Designed to empower vulnerable communities in Phuket, the project will provide sustainable garden kits and host workshops to combat malnutrition and promote food security. Selected from over 100 applications across the UWC community, this initiative is a testament to our students' creativity, compassion, and dedication to making a positive impact.

A big congratulations to

- **Lydia** (Grade 11, China)
- **Subreena** (Grade 12, Singapore)
- **Freddy** (Grade 12, Thailand)
- **Yanru** (Grade 11, China)
- **Sofia C** (Grade 12, Italy)

And special congratulations to **Kru Zhenying**, our Mandarin teacher. We look forward to seeing the difference they'll make!

> **"A huge congratulations to the team on this initiative. Your dedication to creating positive change is truly inspiring! We can't wait to see the difference your project will make."**

Heidi Oxley-Whitnell,
UWC Thailand Creativity, Activity & Service Coordinator

More about the project:

Flourish to Nourish

The Nourish & Flourish Gardening Toolkit Project empowers households to grow their own nutrient-rich food through sustainable garden kits and hands-on educational workshops.

Each kit includes seeds, composting materials, and tools designed to support the cultivation of diverse crops. Workshops—offered in English, Thai, and Burmese—teach practical gardening skills, composting food waste, and how to incorporate fresh produce into daily meals. By focusing on marginalized groups, the project promotes self-reliance, improves dietary diversity, and encourages environmental stewardship.

In collaboration with local learning centers, community leaders, and dedicated volunteers, the project ensures both wide reach and long-term sustainability. This holistic approach addresses systemic issues of malnutrition, poverty, and environmental awareness.

Community gardens also serve as spaces for bonding, reconnecting with nature, and developing valuable motor skills that translate into many aspects of life. Inspired by our school's commitment to mindfulness and sustainability, our project team is proud to share this initiative with the local communities who so graciously host us here in Phuket.











TEDx Youth

Together We Change

UWC Thailand recently hosted a TEDxYouth event, organized by our talented student-led team. The theme "Together We Change" was inspired by UWC Day and brought people together to share ideas on how we can create a positive impact through collective action.

The event featured a diverse group of speakers — including students, staff, and guests — who shared inspiring stories and perspectives on the power of working together. Wonderful performances throughout the day added to the vibrant atmosphere.

Congratulations to the organisers and speakers — it was a fantastic reminder of how our shared efforts can lead to meaningful change!

A special thank you to our official sponsor, **AIS** 5G—Thailand's No.1 Network (เครือข่ายที่ครอบคลุมที่สุด ทั่วไทย), for your incredible support in making this event a success!
We are also grateful to Carnival Magic Magic for helping drive the change, Project Artisan, Layan, Phuket for the delicious catering, and Yanfeng for your support.





Click here to watch the recording!



















UWC Thailand shines at THAIMUN Conference

Our students had an unforgettable experience at the 12th annual Thailand International Model United Nations (THAIMUN) Conference, held at Brighton College Bangkok from 22–24 March 2025. Competing alongside over 700 delegates, they showcased their outstanding research, diplomacy, and debating skills.

A special congratulations to **Lazar (Grade 12, Serbia)** for winning the prestigious 'Best Delegate' Award, and to **Shaden (Grade 11, Sudan)**, **Mehdi (Grade 11, Morocco)**, and **Nicolas (Grade 12, France)** for receiving 'Honorable Mention' Awards — an impressive achievement considering only 5% of delegates earned awards at THAIMUN.

We are incredibly proud of our students for their dedication and excellence on this international stage!





Earth Hour 2025

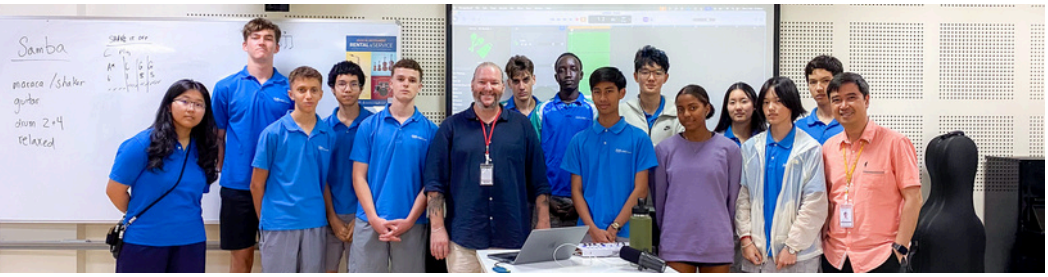
For the second year in a row, the UWC Thailand community proudly took part in the global Earth Hour movement, initiated by the World Wildlife Fund.

On 22 March, from 8:30 to 9:30 pm Phuket time, we went beyond typical activities like reconnecting with nature and took a bold step—embracing a full hour of zero electricity. Almost all lights across campus were switched off.

In the pitch darkness, students turned a symbolic act into an unforgettable experience by ... **Read more**









March MADDness

A Celebration of Creativity at UWC Thailand

March at UWC Thailand is a month dedicated to artistic expression, where students showcase their talents in Art, Music, and Theatre. March MADDness highlights the creativity and dedication of our students as they bring their ideas to life. From captivating exhibitions to powerful performances, this event immerses the school community in the arts.



IB Diploma Art Exhibition: A Multidisciplinary Showcase
The March MADDness IB Diploma Art Exhibition offered a window into the artistic journeys of our senior students across multiple disciplines. This year's exhibition featured not only visual arts but also explored a range of mediums. Each piece—whether a painting, sculpture, or digital artwork—reflected months of exploration, experimentation, and personal expression. Through their work, students addressed themes such as identity, social change, and the natural world, inviting viewers to engage with thought-provoking concepts and creative storytelling.



Music: Artist Visit and Performances
Students engaged in workshops and performances that enriched their understanding of the art form. A special artist visit by David Andrew, a Grammy-winning pianist and composer ... **Read More**

Click here to read more





Mindfulness in Early Years

At UWC Thailand, mindfulness is an integral part of our daily routine, starting in Kindergarten. As this month's mindfulness theme focuses on cooperation, our youngest students explore how working together with kindness and understanding strengthens connections and builds a supportive community.

Through simple mindfulness practices like focusing on their breath, recognizing emotions, and cultivating heartfulness, students develop essential skills in self-awareness and empathy. These experiences not only foster emotional resilience but also encourage peaceful collaboration, helping them navigate relationships and solve challenges collaboratively.

By embedding mindfulness into their daily lives, our Early Years students are gaining a strong foundation for lifelong social and emotional growth.



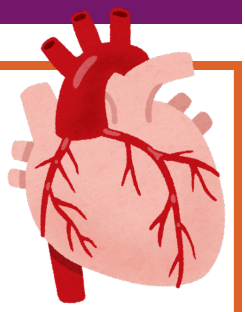









Scientific Adventure



Exploring Science Through Cross-Generational Collaboration

As part of their Who We Are unit, Grade 2 and 3 students swapped their notebooks for lab coats and teamed up with Grade 10 students o explore the secondary science lab. With wide eyes (and maybe a few squeals), they explored animal organs up close, making fascinating connections to the human body.

Using the See, Think, Wonder approach, they took notes, shared their thoughts, and asked thoughtful questions, deepening their understanding through hands-on exploration.

It was a day full of discovery, teamwork, and laughter, proving that science is both serious business and seriously fun.











2024 UWC Cup Regatta

The UWC Cup Regatta was once again a fantastic celebration of sailing and sportsmanship.

Sailors from the UWC Thailand Sailing Squad and other local clubs came together to compete in an exciting series of races, showcasing their skills and passion on the water. The competition was fierce, the atmosphere vibrant, and the spirit of camaraderie evident throughout the event.

A heartfelt thank you to all the participants, volunteers, and supporters who contributed to the success of this memorable day. We look forward to welcoming you back for the next UWC Cup Regatta!

Click here for more photos





Mangrove Planting

Growing a Greener Future

Continuing their commitment to environmental stewardship, our Grade 1 and 2 students, alongside their parents, took part in a meaningful mangrove planting activity.

This experience gave them a hands-on connection with nature as they contributed to restoring vital ecosystems by **planting 700 trees**. With more than **30,000 mangroves planted to date**, this initiative serves as a strong reminder of the lasting impact of collective action.

























Passions on Display

Personal Project Exhibition

The Grade 10 Personal Project Exhibition was a vibrant celebration of curiosity, creativity, and the independent thinking fostered by the IB Middle Years Programme. After months of dedication, students showcased the results of their inquiries, applying the research, problem-solving, and project management skills they have developed throughout their academic journey.

From robotics and gardening to sports and fashion, each project reflected students' personal interests and their ability to take an idea from concept to completion. Engaging with the UWC Thailand community, they shared their creative processes, presented their final products, and received valuable feedback from peers, parents, and teachers.

Congratulations to our Grade 10 students for a successful exhibition — the future looks bright with innovators like you leading the way!

> **"It was wonderful to see students' personal projects in action, showcasing their creativity and hard work while engaging so well with the audience. I felt immensely proud watching them present their accomplishments with such confidence and enthusiasm."**

Chantal Kruger,
Vice Principal MYP Coordinator

> **"This project made me more confident, taught me about online business, and inspired new goals for the future. It has been a journey of growth."**

Abraham, grade 10 (South Sudan)

Connecting UWC Campuses

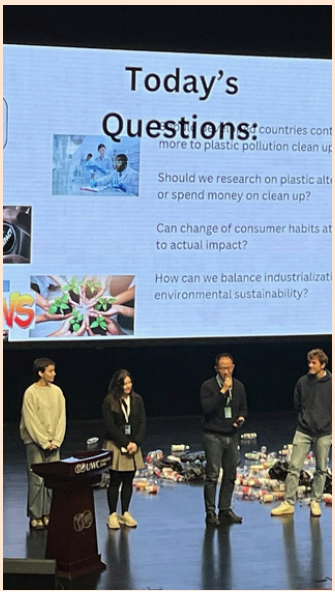
As part of UWC Nexus, a student-led initiative designed to encourage collaboration between UWC campuses, members of our Student Council recently visited **UWC Changshu China**.

Josephine (Grade 11, China), **Catarina** (Grade 11, Portugal), and **Dimitar** (Grade 11, North Macedonia), accompanied by Kru Zhenying, our Mandarin teacher, engaged in meaningful exchanges around student council structures, ongoing projects, and shared experiences. They also explored how both schools interpret and apply the UWC mission in daily life.

During their time on campus, they attended classes and took part in Eco Day, gaining valuable insight into sustainability initiatives and environmental practices at UWC Changshu.

This enriching visit helped strengthen ties between our schools and set the foundation for future collaborative projects across the UWC movement.









Welcoming UWC ISAK Japan

We were delighted to welcome Matilde (Portugal), Suphakan (Thailand), and Mila (Serbia)—Grade 11 students from UWC ISAK Japan—as part of their PEASO project. Their mission was to support international students in overcoming challenges and to raise awareness about mental health.

During their visit, they explored mental health support at UWC Thailand, gathered feedback to bring back to UWC ISAK Japan, and engaged our Diploma Programme students in meaningful discussions. By exchanging perspectives on mental health and wellbeing, they helped create valuable learning opportunities for all.



Empowering Education

UWC Thailand welcomed **UWC Changshu China's Enlightenment team** for an inspiring exchange of ideas and collaboration. Their dedication to empowering underprivileged students through education resonates deeply with our mission of fostering changemakers.

Together, we explored ways to expand access to quality learning and create lasting impact. Here's to strengthening our global movement for education and equity! Here's to building a brighter future through education and strengthening our shared movement for change!



A Burst of Colour

Holi Celebration at UWC Thailand

Our boarding community hosted a vibrant Holi celebration, embracing the spirit of joy, renewal, and cultural connection. Marking the arrival of spring and symbolizing the triumph of good over evil, the festival was a beautiful opportunity to share traditions and create lasting memories.

From enjoying delicious traditional food to the exhilarating experience of playing with colorful powders, laughter and excitement filled the air. Friendly games added to the festivities, making it a day of pure joy and togetherness.

It was truly a celebration of color, culture, and community, and a wonderful reminder of the beauty that comes from embracing and honoring traditions.













Maths Week

This year's Maths Week was a vibrant celebration of numbers, problem-solving, and creative thinking. Across all grades, classes found fun ways to weave maths into lessons, taking concepts beyond the textbook.

A standout moment was the Pi recital challenge, where a Primary student amazed everyone by reciting 326 digits of Pi! Grade 11 students also teamed up with younger peers for interactive activities, building connections and shared learning.

The week ended on a high with our beloved Pi Day—complete with pieing teachers and homemade pies from our community.

Click here to view the photos



Instagram Live

In collaboration with UWC International, our students recently hosted a live Q&A, offering personal insights and experiences.
From hands-on learning beyond the classroom to navigating the International Baccalaureate, they shared valuable perspectives with the wider community.

Watch the recording to learn more about what makes our school special.







UWC Thailand at the IB Global Conference

Purpose, Presence, and Possibility

This March, a team of passionate educators from UWC Thailand—**Katie Feather, Heidi Oxley-Whitnell, Caryl Medilo Crisostomo, Bianca Starck, David Griffiths, and Mick Sheridan**—travelled to Singapore to participate in the IB Global Conference. Set against the backdrop of a world facing rapid change, the conference brought together educators and leaders from across the globe to reflect, collaborate, and innovate around the future of international education.

It was a weekend filled with inspiration, connection, and new ideas—one that reaffirmed UWC Thailand's commitment to a values-driven, holistic approach to learning.

Mindfulness & Metacognition Workshop

Among the many engaging sessions, Bianca Starck and Caryl Crisostomo led a powerful workshop titled *"Mindfulness and Metacognition*... **Read More**

International Women's Day Celebration

To mark International Women's Day 2025, members of our community attended a special lunch event yesterday at the Courtyard by Marriott in Phuket Town. The gathering focused on accelerating action for women's equality, with inspiring speakers and discussions on how we can all contribute to breaking barriers and creating equal opportunities in leadership, decision-making, and beyond.

Reflecting on the event, Ananda, grade 11, (Cambodia) shared:
"My big takeaway is that achieving true equality requires collective action and immediate alteration. Empowered women empower the world."



EARCOS Teachers Conference

The EARCOS Teachers Conference 2025 continues to be a source of inspiration for educators!
From 19-22 March in Kuala Lumpur, **Amanda Molnar** and **Len Peters** co-presented on an innovative approach we've developed at UWC Thailand.
Their session explored how we authentically integrate Social Emotional Learning with Diversity, Equity, Inclusion, and Belonging within the IB Diploma Programme, reinforcing our commitment to holistic education.

With this year's theme, Empowered to Explore and Express, the conference sparked insightful discussions and fresh ideas to bring back to our classrooms.







SPORTS & ACTIVITIES ROUND-UP

















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

PISAC U11 & U9 Primary Track & Field Championships

34 students from Grades 2–5 represented UWC Thailand at the PISAC Track & Field Championships at HeadStart City Campus this month. Our young Mantas gave it their all and earned a 2nd place finish, just shy of the top spot. Their continued improvement year after year is a testament to their hard work and spirit!

PISAC Over 15 Girls & Boys Basketball Championships

Both Senior Basketball teams dominated the PISAC Over 15 Championships, securing first place over BISP, HeadStart, and KIS. The Girls' team allowed just 3 points across the entire round robin—pure domination—while the Boys impressed with tight defense and balanced team scoring. Huge congratulations to all players and to Coaches Mick and Ron for their leadership and dedication!

CCP Rotation 3 – 150+ Activities in Full Swing!

We've launched our final Co-Curricular Programme (CCP) rotation of the year with more than 150 exciting activities available through SchoolsBuddy. From sports to arts to service learning, these experiences enrich our students' holistic education. A reminder that this rotation runs until Friday, 13 June.





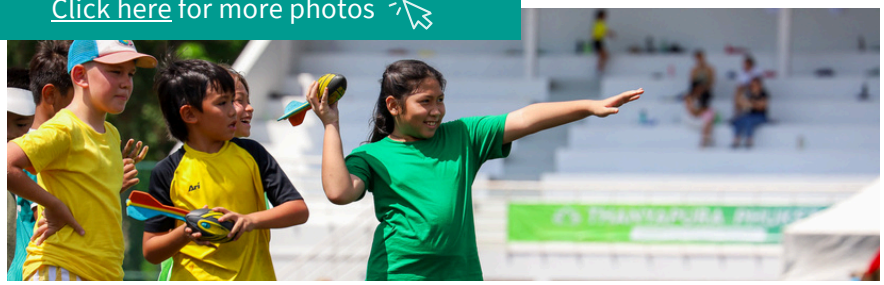
Strength, Spirit, and Sportsmanship on Display

UWC Thailand came together for a fantastic celebration of athleticism and school spirit during our Primary and Secondary Track and Field Events. Students pushed their limits, cheered each other on, and demonstrated remarkable teamwork and perseverance. From sprinting and jumping to relays and throws, the energy and camaraderie on the track were truly inspiring.

A heartfelt thank you to our dedicated Physical and Health Education Team for organizing such a positive and rewarding experience. We also extend our gratitude to the parents, staff, and volunteers whose support made the day even more memorable.

Events like these offer our students the opportunity to stay active, challenge themselves, and celebrate each other's achievements — a true reflection of our school's vibrant spirit.

Click here for more photos











BISP Sea Eagles Swim Meet

UWC Thailand Swimming had 63 Mantas competing at the BISP Sea Eagles Invitational 2025 from 7–9 March. It was a time of strong performances, great sportsmanship, and plenty of smiles. A special congratulations to Isabella, grade 8 (United Kingdom) and Jayden, grade 5 (China) for winning their age groups!

Well done to all our swimmers for their efforts and for representing UWC Thailand so well. A big thank you to Coach Ali, Kru Kathy, and Kru Jome, as well as our supportive parents, for making it all possible!





Goals, Grit, and Glory at ASAC 2025

SENIOR FOOTBALL CHAMPIONSHIP ASAC 2025



This year's ASAC Senior Football tournament saw **56 games, 22 live streams, 18 teams, 4 community meals, 2 champions, 1 torrential downpour, and zero ambulance visits**—a true win on all fronts!

We're proud to share that our **Girls Green team took 2nd place overall**, while our **Boys Green team finished strong in 3rd place.** Our **Blue teams showed great determination, improving with each game**—no matter the final score. **Go Mantas!**



Leading our teams with sportsmanship and tactical skill were:

- **Coach Siaji Oteno** (Boys Green)
- **Coach Ronan Stokes** (Boys Blue)
- **Coach Steve Wallace** (Girls Green & Blue)

Their guidance was instrumental to both our on-field success and the exceptional conduct of our student-athletes.



Our Pitch Managers—**Brian, Debbie, and Marco**—kept everything running smoothly, from keeping the games on time to refilling water tanks and assisting our visiting teams. Massive thanks to you all!

The **Athletics Council** brought energy and support throughout the event, capping it all off with a stunning Highlight Video and a performance by our incredible Thai Dancers during the Closing Ceremony.



The Manta SPA brought the community together with cold drinks and Manta t-shirts, just when we needed them most!

Thank you to everyone who helped make ASAC Senior Football such a fantastic success!

Watch our highlight video to get a glimpse of all the action.

Click here for more photos

UWC THAILAND · ISHCMC RHINOS · NISG nagas · WELLS INTERNATIONAL SCHOOL · LOGOS LIGHTNING · CIS Canadian International School of Phnom Penh · CONCORDIA THUNDER · ACG SCHOOL JAKARTA WOLVES · AIS SAIGON TITANS

Introducing The Thailand Tide: A New Chapter in Our Story

We're excited to introduce The Thailand Tide — a newsletter created for our alum. This is a space to celebrate the journeys, milestones, and insights of our global UWC Thailand community. Whether you're near or far, The Thailand Tide brings you stories that inspire, connect, and reflect the spirit of UWC Thailand.



Scan the QR code to read this issue.
To share your story to be included in the next issue, email us at **alumni.office@uwcthailand.ac.th.**

We hope you enjoy reading these stories as much as we've enjoyed putting them together.