



EKTRA Newsflash

Issued Date 9th November 2018

Welcome parents, teachers, and students to Semester 2/2018



Activities Calendar for November to December 2018



Department	Date	Activity
Kindergarten - Primary	Thu. 22 nd Nov. 18	Loy kratong Activity for NC. to Year 3 students
Every department	Wed. 21 st - Fri. 23 rd Nov. 18	23 rd Anniversary Celebration stage play: <i>Insight Music "The Sound of a Million Dreams"</i>
Every department	Fri. 30 th Nov. 18	Cultural Day Activity
Kindergarten - Primary	Mon. 3 rd Dec. 18	National Father's Day for NC. - KG.3 and Year 1 to 3 students
Primary - Secondary	Tue. 4 th Dec. 18	National Father's Day for Year 4 - 12 students
Every department	Mon. 10 th Dec. 18	Holiday - Constitution Day
Every department	Mon. 17 th - Thu. 20 th Dec. 18	Christmas Show for NC. - Year 12 students
Every department	Fri. 21 st Dec. 18	Apology, Reconciliation, and Forgiveness Day for NC. - Year 12 students
Every department	Mon. 24 th Dec. 18 - Tue. 1 st Jan. 19	Christmas and New Year Holiday



Admission of New Students 2019



New student application	Level	Examination Date	Exam Result Announcement	Enrollment
Application of New Students for Academic Year 2019: NC - Y.10	NC. - KG.1	Starting from September 1 st , 2018	Examination Date	Within 7 days after the examination result is announced.
	KG.2 - KG.3	November 29 th , 2018	November 30 th , 2018	
	Y.1 - Y.10			

NO Gifts or Souvenirs Please!



The Christmas-New Year Break is a long holiday. Parents usually travel and buy gifts to give to each other. Sarasas Ektra School asks parents and students **not to give any kind of gifts or souvenirs to teachers or the management.** We want to build a culture of equality for all students. Therefore, if parents find that any teachers or management have requested any gifts, please inform the school's administration offices.



COMING UP !

Sarasas Ektra School's 23rd Anniversary Stage Play

Insight Music "The Sound of a Million Dreams"

On the occasion of the school's 23rd anniversary in semester 2/2018, you will experience a great stage play *Insight Music "The Sound of a Million Dreams"*, a theatrical performance consisting of eight beautiful songs from Insight Music Book. The songs are made into a story about a boy with a dream of being a musician. Despite encountering problems and obstacles, he is determined to follow his dreams, with his love ones who always stand beside and support him. Additionally, there is another Thai traditional performance "Khon" under the theme "Street Possession". The building of the road towards Longa City is analogized as the school's educational foundation building, especially as the first school in Thailand that pioneered bilingual system of education.

The performance is led by Ektra Drama Club, Ektra Music Club, Ektra Chorus Club, and Khon Club (Thai traditional performance). In this performance, students will have a chance to perform their skills which have been developed according to the Multiple Intelligences Theory - a theory which the school has adhered to.

The school invites all parents, students, and others to join and support all musicians, actors and actresses in the stage play *Insight Music "The Sound of a Million Dreams"* during November 21st to 23rd of November 2018 at 6.00 pm.

The performance will be held at the Auditorium, Building 6, 4th Floor, Primary Department.

Remark: The performance on November 21st, 2018 is for musicians', actors' and actresses' parents.

The performances on November 22nd - 23rd, 2018 are for parents, students, and for people from outside of school.

Tickets will be available to buy from Thursday 8th November 2018 at the school's administration office.

Tickets costs 100 Baht.

Special! 15% discount is given if 3 tickets are purchased at the same time (only for the same performance).

**** The revenue collected after deducting costs will be donated to Siriraj Hospital for the purchase of medical instruments and equipment.****

For more information, please contact: 02-213-0117, 02-212-0157, 02-212-9930-1 E-mail : admin@ektra.ac.th

Do you know?

Physical activity helps improve academic achievement

It has been well perceived that exercise benefits physical health. Additionally, regular exercise, especially in children, will benefit brain development. It develops and strengthens memory, skills development, and systematic thinking which will be greatly beneficial to learning.

Dr. Scott McGinnis, a neurology specialist from Harvard University, states that "From many bodies of research, it is found that exercise benefits thinking and memory, but the best form of exercise has not been found yet."

Furthermore, bodies of research from Granada University in Spain identify that children with great physical fitness have greater brain functions in the frontal, side, and rear part- which are parts for thinking, learning, muscular development, and vision.

The paper's main author, Dr. Irene Esteban-Cornejo, additionally states that children who exercise regularly have improved academic performance because their brains are more stimulated. Furthermore, we have also learnt from plenty of bodies of research that global numbers of children with overweight conditions or who are categorized a being obese has raised from 32 million in 1990 to 41 million in 2016. We can clearly see from the data that numbers of obese children has greatly climbed and surpassed those in high-income countries. As economic status for individual improves, this brings about changes in eating behaviours and lifestyle choices.

Exercise is a wonderful medicine. Either walking, playing sports, doing chores, or basically any physical movement that make you sweat, directly benefits the heart. Exercise also helps to reduce stress and anxiety, and greatly helps to improve mental health.

Reference www.health.harvard.edu [link: <https://is.gd/nSMrN7>], www.weforum.org [link: <https://is.gd/85OMgD>]

