



Issued Date 15<sup>th</sup> July 2019

# EKTRA Newsflash



Welcome  
Back to School



## Calendar for July – October 2019

Date	Department	Activity
Mon. 15 <sup>th</sup> Jul. 19	All	Activities to promote Buddhist Candles Procession
Tue. 16 <sup>th</sup> - Wed. 17 <sup>th</sup> Jul. 19	All	Holiday of Asalha Bhucha Day and Buddhist Lent Day
Mon. 22 <sup>nd</sup> - Fri. 26 <sup>th</sup> Jul. 19	Infant	Ektra Star Kids Activity
Mon. 22 <sup>nd</sup> Jul. 19	Secondary	Thai Academic Midterm exams Y.10 - Y.12 1/2019
Tue. 23 <sup>rd</sup> - Wed. 24 <sup>th</sup> Jul. 19	Primary - Secondary	English Academic Midterm exams Y.1 - Y.12 1/2019
Thu. 25 <sup>th</sup> - Fri. 26 <sup>th</sup> Jul. 19		Thai Academic Midterm exams Y.1 - Y.12 1/2019
Sat. 27 <sup>th</sup> Jul. 19	Primary - Secondary	Competitive examination project of Thailand ASMO 2019 in Y.1 - Y.9 levels
Mon. 29 <sup>th</sup> Jul. 19	All	The substitute holiday for King's Birthday
Wed. 31 <sup>st</sup> Jul. 19	All	Fire training Activity for Semester 1
Thu. 1 <sup>st</sup> - Fri. 2 <sup>nd</sup> , Mon. 5 <sup>th</sup> - Thu. 8 <sup>th</sup> Aug. 19	Infant	Open Morning NC - KG.3 Activity
Fri. 2 <sup>nd</sup> Aug. 19	Primary - Secondary	National Thai Language Day Activity
Thu. 8 <sup>th</sup> Aug. 19	Primary	Activity for Her Majesty Queen Sirikit's Birthday in Y.2 - Y.6
Fri. 9 <sup>th</sup> Aug. 19	Infant, Secondary	Activity for Her Majesty Queen Sirikit's Birthday in NC - Y.1, Y.7 - Y.12
Mon. 12 <sup>th</sup> Aug. 19	All	National holiday for Her Majesty Queen Sirikit's Birthday
Fri. 16 <sup>th</sup> Aug. 19	Infant	Science day Activity KG.1 - KG.3
Tue. 20 <sup>th</sup> Aug. 19	Primary	Science day Activity Y.1 - Y.6
Thu. 22 <sup>nd</sup> Aug. 19	Secondary	Science day Activity Y.7 - Y.9
Fri. 30 <sup>th</sup> Aug. 19		Science day Activity Y.10 - Y.12
Fri. 23 <sup>rd</sup> Aug. 19	Primary - Secondary	The King's Music Memorial Day
Sat. 31 <sup>st</sup> Aug. 19	Primary - Secondary	CSR Activity of Ektra Youth leader group
Mon. 2 <sup>nd</sup> Sep. 19	All	Open for new students' applications in NC - Y.10 levels for Academic year 2020
Wed. 4 <sup>th</sup> - Fri. 6 <sup>th</sup> Sep. 19	Primary	Open Morning Y.4 Activity
Wed. 11 <sup>th</sup> Sep. 19	Secondary	Educational guidance Activities
Fri. 13 <sup>th</sup> Sep. 19	Infant - Primary	World Cultural Day Activity
Thu. 19 <sup>th</sup> - Fri. 20 <sup>th</sup> Sep. 19	Secondary	Final exams Semester 1/2019 English Academic Y.12
Mon. 23 <sup>rd</sup> - Wed. 25 <sup>th</sup> Sep. 19		Final exams Semester 1/2019 Thai Academic Y.12
Thu. 26 <sup>th</sup> - Fri. 27 <sup>th</sup> Sep. 19		Repairing the desirable characteristics in Y.12
Thu. 26 <sup>th</sup> Sep. 19		Final exam Semester 1/2019 Thai Academic Y.10 - Y.11
Thu. 26 <sup>th</sup> - Fri. 27 <sup>th</sup> Sep. 19	Infant	Final exam Semester 1/2019 English Academic KG.3
Fri. 27 <sup>th</sup> , Mon. 30 <sup>th</sup> Sep. 19	Primary - Secondary	Final exam Semester 1/2019 English Academic Y.1 - Y.11
Mon. 30 <sup>th</sup> Sep. - Tue. 1 <sup>st</sup> Oct. 19	Infant	Final exam Semester 1/2019 Thai Academic KG.3
Tue. 1 <sup>st</sup> - Wed. 2 <sup>nd</sup> Oct. 19	Primary - Secondary	Final exam Semester 1/2019 Thai Academic KG.1 - KG.2, Y.1 - Y.11
Wed. 2 <sup>nd</sup> Oct. 19	Infant	Day Camp KG.3 Activity
Fri. 4 <sup>th</sup> - Sat. 26 <sup>th</sup> Oct. 19	Primary - Secondary	UK Academic Trip III : I FOUND ME
Mon. 28 <sup>th</sup> Oct. 19	All	Begin Semester 2/2019



# “Sugar” The great devil destroys health



‘Sugar’ is one of the ingredients that people like to add to their dining experience and it also gives energy to the body, but if eaten in a large quantity or often can cause bad health effects unexpectedly. Excessive sugar in the body will cause it to accumulate in the blood resulting in diseases such as obesity, diabetes, coronary artery disease, and digestive system failures, as well as stomach acid tooth decay. It also makes the pancreas, which produces insulin, function poorly causing high blood sugar levels.



Eating so much sugar is also a catalyst for the removal of chromium from the body through the kidneys. Chromium is a mineral that increases the performance of insulin substances that reduce blood sugar level. The sugar that is accumulated in the body is stored in the liver. If there is too much of it the liver will send it to the bloodstream and it becomes fatty acids that accumulate in the less moving parts of the body, i.e. hips, abdomen and thighs, etc.

Energy in the body is stable when the blood sugar level is stable. So if we eat too much sugar, the blood sugar level will rise and fall suddenly which will give us energy first but, when time passes, it will cause feelings of sluggishness or having no strength, In addition, eating sugar-rich foods also means we tend not to eat enough protein and fibrous foods that are all essential nutrients for maintaining the body’s energy.

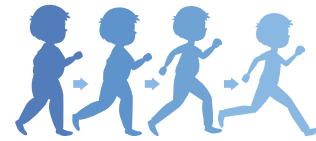
(information from <https://www.self.com/story/8-signs-youre-eating-too-much-sugar>)

A survey conducted by the Department of Health and the Office of Health Promotion Foundation (HPF) found that Thai people consume more than 20 teaspoons of sugar per day, up to three times the recommend amount, especially for children, who like to drink fizzy drinks many times a day,



So we see that many Thai children are overweight. The obesity statistics for Thai children are the highest in the world and the past five years have found an increase of six times in diabetes among Thai children under 15 years. The research also found that 17 million Thai people drink fizzy drinks every day, causing the statistics for diabetes and obesity rise as well.

However, sugar is not prohibited. If consumed in excessive amounts, it will adversely affect the body, but eating a little of sweetened foods is not a problem as long as we are careful and are more careful in choosing food carefully and keep exercising regularly.



Although our school’s Nutrition and Catering department has tried to adjust the taste of the food to have a medium flavor, not too much emphasis being placed on sweetness (one of the principles of the Positive School)\*, most of our current students stick to the foods that are sweet if they can. If students are trained from home, too, they will eventually stop being addicted to sugary sweetness.

Sources : <https://www.thaihealth.or.th> ( <https://bit.ly/2XXtt0n> )



## Positive School

Positive School is a school that is safe both physically and mentally, doesn't allow bullying, teaches academics, gives a quality education, builds good relationships with teachers, students and communities and where people also help and respect each other.

In addition, Positive School is to encourage students and personnel having good nutrition by giving knowledge on nutrition value and promote activities that are appropriated to the need of the body in each age focus on food that is clean, safe and beneficial to the body so that everyone has a healthy mind and good physical health ready for learning and doing various activities each day.



## Public relations news

The school has open areas for external parties who wish to sell food and snacks that are beneficial to health.

**If parents wish to rent space they can contact the administration office from now onwards.**

## Increase green space on school buildings Project



Planting trees to increase green space has many good results, and one of the advantages is purifying the air, which helps increase the humidity in the air naturally. **School would like to invite any parents who conduct vertical gardening businesses to participate in bidding** by contacting the administration office or sending project proposal details to [admin@ektra.ac.th](mailto:admin@ektra.ac.th) (Sarasas Ektra School).



## The plague that comes with the rain



In Rainy season, the weather changes frequently, infectious diseases such as hand, foot and mouth disease, conjunctivitis, influenza, dengue fever and herpanjina (mouth blisters) are likely to spread easily. Most epidemics have similar primary prevention methods such as maintaining a healthy body, avoiding shared use of things with those who are ill or direct contact with them. **washing hands thoroughly is something that everyone can do easily and it is a way that doctors recommend to prevent diseases** because most epidemics are caused by contact with saliva, nasal secretions and shared use of items with sick people.

Not only students' hands must be clean to prevent various infectious diseases but toys and utensils must be clean as well, especially the toys of kindergarten students. School has a policy to clean these toys every Friday evening by removing all of them to wash and then place at the balcony until dry. Classrooms everyday both in the morning and in the evening the school also spray to kill bacteria in the classroom, in the school area, in the school vans to prevent the spread of various infectious diseases as well.

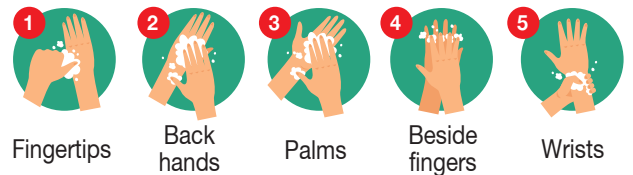


However, various infections often mixed in the air and various areas if our body's immune system is not strong the chance of getting infected can happen anywhere. **Therefore, washing hands is very important and if the child has symptoms or begin to have any risk of being any infectious diseases, going to see the doctor and rest until the child get well considered as the best solution to prevent transmission to others and prevent infection while increasing physical weakness** because if the students has not recovered well and force to come to school will affect both students themselves and the classmates causing continuous infection diseases.

Source: <https://th.theasianparent.com/>

### Tips

● Hand washing is a small activity but can prevent many types of diseases such as diarrhea, flu, hepatitis A, hand-foot-mouth diseases, conjunctivitis, etc. hand washing thoroughly should emphasize 5 important points as the following



● Hand washing also reduces incidences of diarrhea by 50% and flu by 25%

● However, data also shows that only 25% of people give priority to washing their hands after going to the bathroom, most of them women. Men wash their hands less after being in the bathroom. Many germs accumulate.

\*\*Information from Doctor Wachira Paengchun Director General of the Department of health

# OPEN MORNING

The Infant Department has arranged an **OPEN MORNING Activity** for parents who do not currently have children attending the school To be held on Thursday 8<sup>th</sup> August 2019 from 8.00 - 11.30 am. If you, your friends or relatives are currently looking for a school for your children, please come and join us for this activity!

Please register by 7<sup>th</sup> August 2019

0-2213-0117, 0-2212-0157

admission@ektra.ac.th

Scan QR Code for Online Registration



(Parents can take their children to this activity)

## Accepting new students in academic year 2020

School is accepting applications of new students in academic year 2020 from Nursery - Y.6 levels from 1 September onwards and there will be the first round entrance tests of KG.2 - 3 level and Primary at all levels **on October 9<sup>th</sup>, 2019**

The test for Nursery and KG.1 will be an interview appointment. Parents can call to make an appointment at least one day in advance at the administration office, Soi 20. Tests are held from 9.00 a.m. - 12.00 p.m.

For more information please contact the Administration Department at Soi 20, Tel. 02-213-0117, 02-212-9930-1

## School News Today



M.I (Multiple Intelligences) is one of the teaching Methodologies that the school always adheres to as a guideline for students' development and to encourage children to discover their own aptitudes. Therefore, in order to publicize the selection of M.I. (Multiple Intelligences) of students in Year 4 - 12 and to provide the information guidelines to organize the new classes for Year 8 students, the school has made the QR Codes available for parents as follows:



1. QR Code to check the selection of M.I. activities (Multiple Intelligences) for students in Year 4 - 12



2. QR Code as the information guidelines to organize new classes of Year 8 students.

In addition, during the exams, for the parents of the students in Y.1 to Y.12 who would like to know about the lesson content, Foreign and Thai Academic Department, dividing scores criteria and vocabulary, they can download documents from the school website <https://www.ektra.ac.th/ektraWeb/Lesson.html>