



Welcome everyone to semester 1 of the academic year 2020.
 The school wishes to take this opportunity to express gratitude to all parents for trusting and supporting the school. Our staff in all departments are committed to safeguarding and looking after your child as if a part of our own family. Every student will be at school with warmth and happiness.

Holidays in July

Referring to the cabinet's declaration on 30th June 2020 stating that the 27th of July 2020 is scheduled to be a national holiday as a substitution day of Songkran Day, nationwide educational institutions and other corporates are granted in regard to individual decision on the declared holiday based on what is deemed proper.

It is understandable, based on current economic and political statuses, that many corporates nationwide are in rehabilitation stages from the passing crisis. Hence, there are possibilities that this day may not be a holiday for most parents. As a result, there would be no one at home to help look after children AND parents would be unavailable to bring children on vacations. Together with a reason that students have had much extended holidays, **the school will not take the 27th July 2020 as a holiday. For 28th July 2020, the King Rama X's birthday, the school will take this day as a holiday.**



Activity Calendar : July - August 2020

Date	Department	Details
Fri. 24 th Jul. 20	Secondary	New students' orientation
Tue. 28 th Jul. 20	All	His Majesty King Maha Vajiralongkorn's Birthday
Thu. 30 th Jul. 20	Secondary	Feast Day and Wai Kru Day, Year 9-12 students
Fri. 31 st Jul. 20	Primary-Secondary	Feast Day and Wai Kru Day, Year 5-8 students
Mon. 3 rd Aug. 20	Primary	Feast Day and Wai Kru Day, Year 1-4 students
Tue. 4 th Aug. 20	Infant	Feast Day and Wai Kru Day, NC.-KG.3 students
Mon. 10 th Aug. 20	Secondary	Student Council Election
Mon. 10 th Aug. 20	Secondary	National Mother's Day Activity, Year 7-12 students
Tue. 11 th Aug. 20	Infant-Primary	National Mother's Day Activity, NC.-Year 6 students
Wed. 12 th Aug. 20	All	Holiday: National Mother's Day
Mon. 17 th - Tue. 18 th Aug. 20	Primary-Secondary	Midterm exam (subjects taught by Thai teachers) 1/2020, Year 1-12 students
Wed. 19 th Aug. 20	Secondary	Midterm exam (subjects taught by Thai teachers) 1/2020, Year 10-12 students
Sat. 29 th Aug. 20	Secondary	CSR activities led by an adolescent leaders' group

The school opens.

Name & surname change request and calls for other documents can be done **online**.

Submission of name & surname change request form for students and parents AND submission of documents required for transcript requests, student status certificate requests and certificates for VISA application requests can be done online at the school's website:

www.ektra.ac.th



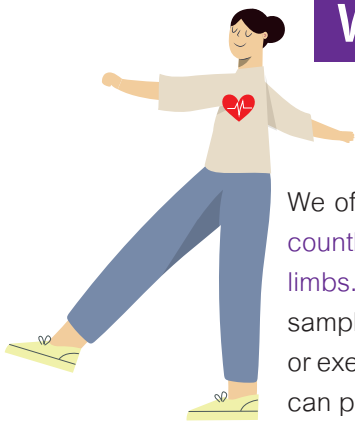
- Information Change Request (Name, Surname, Address Change Request Student / Father / Mother)
- Online document request (Student Status Certificate, Certificate for Application / A copy of the student's Transcript)
- Additional Forms
 - Resignation
 - Request Form
 - Tuition Fee and Other Fees Petition Form

Documents requested can be collected after 3 business days at administration offices.

Remark: Complete payment of tuition fees, food fees, air-conditioning fees and afterschool course fees are required prior to the collection of requested documents.

What is marching?

What are its benefits?



Marching is an orderly, continuous form of walking with a clear rhythm and in unison. We often see marching in parades, but marching is still considered as the easiest exercise with countless benefits as it does not require any equipment. It stimulates blood flow as we move our limbs. According to a study published in 2013 in the American Heart Association which 48,000 sample individuals had been studied for 6 years, it was found that individuals who regularly walked or exercised had their risks of stroke reduced for 9.3 percent. In addition, walking or doing exercise can potentially reduce cholesterol level up to 7 percent.

It is reported by the Stroke Association of England that a daily 30-minute walk can help reduce potential health risks and stroke up to 27 percent. Regular walking also helps reduce hypertension, diabetes and dementia. Regular walking also helps strengthen bones and muscles, supports good night sleep, and result in good emotional health as serotonin hormone secretion is stimulated so depression, worries and stresses are reduced.

Source: <https://en.wikipedia.org/wiki/Marching>

Associate Professor Pharmacist Jirabhorn Angvidhayadhorn, Ph.D. Department of Pharmaceutical Chemistry, Faculty of Pharmacy, Mahidol University <https://pharmacy.mahidol.ac.th/th/knowledge/article/445/เดินเพื่อสุขภาพ/www.betterhealth>



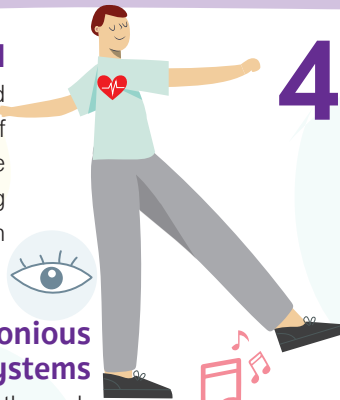
You may not know much about benefits of marching. Let's get to know more about how good marching is.



1 Building patience, endurance and discipline Marching can build patience and diligence. It also teaches students in terms of continuing to do some repeating tasks despite tiredness. This is a great way of building discipline which is a key element of success in students' future career and successful lives.

2 Building physical strength and harmonious functioning of different nervous systems For example, optical nerves can be trained through observation of friends' movement while doing marching. In addition, muscles can be trained while doing marching since multiple muscles have to function harmoniously to maintain good body balance while lifting legs and stepping forward. Well trained muscles from marching yield benefits to students' daily movement such as getting up from beds, moving up and down in staircases, crossing roads, etc.

3 Stimulating brain functioning Since some brain parts are minorly used so they are less activated, they can especially be stimulated while marching. Certain kinds of chemical substances acting as brain cells' energy are synthesized and fed to those cells. As less-activated brain cells become more activated, efficient brain functioning is resulted.



4 Stimulating blood flow and the lymphatic gland Swaying arms can stimulate functioning of the lymphatic gland near the shoulders. This helps stimulate our body's natural detoxification and strengthen shoulder muscles so they become strong and flexible. Continuous body movement is a kind of exercise which helps support heart's and lungs' health. Blood flow is stimulated and endurance is also built.

5 Practicing musical skills Listening to music while doing marching stimulates learning in terms of moving bodies along with musical rhythm. Students can implement what they learn from marching with their music classes or in daily lives.

6 Building teamwork skills By doing marching, students got a chance to participate in activities together including their teachers. All of them learn to do activities and do some required tasks within their marching lines in harmony. This helps improve personality. Meanwhile, marching builds unity and students can put what they have learned into their real lives. For instance, implementing their teamwork skills while required to work with lots of people.



Due to the current COVID-19 outbreak, the school kindly asks for cooperation from parents to be careful in terms of personal hygiene such as **wearing a face mask or frequent hand washing**. This also include **keeping the school posted in regard to any cases which you or your family members are in close contact with those who travelled to places with high infection risk or those who are reported infected**. This is for everyone's safety. Please take this as a serious issue, in case the school is ordered to closed due to infection reported, every student will be affected as their studies are interrupted, and this may pose inconvenience to parents as you may have to leave home for work.