



EKTRA Newsflash

Issued Date 3rd December 2020



Welcome parents, teachers and students to Semester 2/2020 with Ektra Newsflash for New Year's Eve and welcoming the new year in 2021, there are many news stories like always.



Activity Calendar : December 2020 - January 2021

Date	Department	Details
Thu. 3 rd Dec. 20	Primary - Secondary	National Father's Day Activity for Y.2 - Y.12 students
Fri. 4 th Dec. 20	Infant - Primary	National Father's Day Activity for NC. - Y.1 students
Thu. 10 th Dec. 20	All	Holiday : Constitution Day
Fri. 11 th Dec. 20	All	Holiday : Substitution day for National Father's Day
Fri. 18 th - Wed. 23 rd Dec. 20	Infant - Primary	Christmas Performances for NC. - Y.6 students (EXCEPT Y.4 students)
Mon. 21 st - Wed. 23 rd Dec. 20	Secondary	Christmas Performances for Y.7 - Y.12 students
Thu. 24 th Dec. 20	All	Apology, Forgiveness, Reconciliation Day (AFR Day)
Fri. 25 th Dec. 20 - Fri. 1 st Jan. 21	All	Holiday : Christmas Day and New Year Day
Mon. 4 th Jan. 21	All	School starts
Fri. 8 th Jan. 21	Infant	Children Day Activity
Sat. 9 th Jan. 21	Primary - Secondary	Parents meeting for Y.6 and Y.9 students
Mon. 18 th - Tue. 19 th Jan. 21	Primary - Secondary	Midterm examination (Thai teachers) 2/2020 for Y.1 - Y.9 students
Mon. 18 th - Wed. 20 th Jan. 21	Secondary	Midterm examination (Thai teachers) 2/2020 for Y.10 - Y.12 students
Fri. 22 nd - Sat. 23 rd Jan. 21	Secondary	Scout Camp for Y.8 students

**NO
Gift
Policy**



**No gifts and
souvenirs, please!**

On the occasion of this coming Christmas and New Year, Sarasas Ektra School still maintains it's '**No gift Policy**' in order to create a culture of performing duties to the fullest potential for all students with equality without incentives. Therefore, asking for cooperation from all parents, **to please refrain from giving any gifts/souvenirs/all types of gifts to teachers and administrators including gifts for other occasions whether it is birthday or souvenir from parents' travelling abroad, etc.** Also **please refrain from bringing snacks/cakes to birthday parties for students and teachers in special cases** (only allowed for activities that are organized together by school). If parents find that any teachers or administrators have requested for any gifts, souvenirs no matter what form of communication from the school personnel, please inform the school office.



**Donating money to help
support funds for the Filipino
victims of the typhoons**



Many of you may have heard about the three typhoons: Typhoon Molave, Super Typhoon Goni, and Typhoon Vamco which recently hit the coasts and inland areas of the Philippines in the recent weeks. The devastation of these typhoons were widespread and included heavy rainfall, mudslides, acute flooding which all contributed to people becoming homeless and cause a number of casualties.

On the occasion of Christmas, **the school would like to invite everyone to take part in delivering happiness and support to the Filipino victims of the typhoons by donating money to help support at the allocated donation points.**

(At the registration point to watch the Christmas shows)

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EktraActivities



Understanding & Raising Awareness about 'Hate Speech' on online social media.

What is Hate Speech?

Hate speech is the communication of negative prejudices that expresses hatred and causes conflict between individuals and groups. This may be through aggressive language, fake news and incitement to hatred and discrimination against people with whom one disagrees. It results in a divided society. Some media through which hate speech is often expressed include social media platforms such as Facebook, Twitter, Instagram and YouTube. Quotations, images, videos, fake news items, and cartoons are means by which hate speech is transmitted to large numbers of people and then forwarded on.

Those who practice hate speech often defend their practise by saying they are just exercising their right to free speech. That may be so, but the result is bullying and

intimidation which leads to fear and submission among those who are subjected to it. Freedom of speech has to be used responsibly. It can be used to express a point of view and difference of opinion, even strongly, but must not attempt to cause harm. One has to be careful in expressing a point of view that your expression is not harmful to the safety and wellbeing of the person who is the target of it. **Cyber-bullying is hate speech because it makes no attempt to consider the welfare of the person at whom it is directed.** It intends, forcefully, to cause distress and harm. It is a form of psychological violence.

Incidentally, hate speech does not have to include swearing or comparing the victim with evil people or dictators. It can be nasty and damaging enough just using normal language (e.g., "she's so fat", "He's so dumb").

5 suggestions to avoid and discourage hate speech and to use social media in a constructive way



1 Beginning at home,

parents must be a good example of those who avoid hate speech and express themselves with consideration for those with whom they disagree or do not approve. For example, they may disagree with certain politicians or political beliefs, perhaps strongly, but their language in doing so at home should be civil, not hateful. We need to keep in mind that any society is made up of people who disagree about some things and that must be acknowledged and respected.



2 Be very careful in consuming any media,

especially social media. Just because someone says something on television or social media doesn't mean it's right. Social media especially is full of fake news. Be careful in reading, viewing or hearing it. Always check it if it looks like hate speech. Do not just believe it, and, especially, do not pass it on (in some cases that may be illegal). Fake news can be very harmful.



3 Remember that some "news",

not only fake, is presented on media with the intention of attracting interest ('clickbait') and profit to the media organization itself. The more clicks, the more money they make, so the sensational or scandalous stories they report are not checked to see how true they are. Stories about violence and social upheaval are often exaggerated to create interest. This can encourage anger, hatred and violence in the community influenced by these reports.



4 Do not respond to hate-filled

stories, images, etc. on social media with 'Likes'. It's sometimes better not to comment, too, as that leads to further angry and hate-filled comments from others. This is exactly what the purveyor of hate speech wants.



5 Think before you post on social media,

and be careful to re-read what you intend to post before sending it. Remember that what you send may have consequences that you do not intend or wish for. People may misread or misunderstand what you have written. Others, even friends, may find your comments hurtful. You may also later wish you hadn't written it, especially if you did so when you were angry or in a bad mood. Expressing a view is better done in face-to-face conversations, in an email with friends, in a group or class discussion at school, in a school newsletter, or maybe in a formal debate if you are expressing your own opinion. Social media may not be a good place for discussion about things you really care about. We must also be aware that a social media post may one day be used against us by people who wish to do us harm. Always be careful what we say. Words can be weapons that may be turned against ourselves.



Christmas Shows Schedule in the Academic year 2020

Every December, the school organizes student Christmas show performances done by every class at all levels. We would like to invite all parents to come to encourage, watch the performances and also celebrate the festival of happiness with our children together. The performances are scheduled as follows

At 7 th Fl, Dominic 2 Bldg. Kindergarten Dept. (Soi 20)	Date / Time	Fri. 18 th Dec.	Mon. 21 st Dec.	Tue. 22 nd Dec.	Wed. 23 rd Dec.
	08.20 - 08.35	Welcome Speech			
	08.40 - 09.00	Kindergarten Choir	KG.2C	NC.1	NC.2
	09.10 - 09.30	KG.1C	KG.2B	KG.1B	KG.1D
	09.40 - 10.00	KG.1A	KG.3B	KG.1E	KG.2D
	10.10 - 10.30	KG.2A	KG.3D	KG.2E	KG.2F
	10.40 - 11.00	KG.3A	KG.3E	KG.3F	KG.3C

At the Auditorium, Bldg. 6 Primary Department (Soi 20)	Date / Time	Fri. 18 th Dec.	Mon. 21 st Dec.	Tue. 22 nd Dec.	Date / Time	Wed. 23 rd Dec.
	08.30 - 08.50	Y.5C	Senior Primary Chorus	Junior Primary Chorus	08.30 - 08.50	Senior Primary Chorus
	08.50 - 09.10	Y.5A	Y.1A	Y.1D	08.50 - 09.10	Y.1B
	09.10 - 09.30	Y.5B	Y.2D	Y.1E	09.10 - 09.30	Y.2F
	09.30 - 09.50	Y.5F	Y.2A	Y.2G	09.30 - 09.50	Y.3F
	09.50 - 10.10	Y.5E	Y.3A	Y.3B	09.50 - 10.10	Y.3E
	10.10 - 10.30	Y.5D			10.10 - 12.05	Lunch
	10.30 - 12.30	Lunch			12.05 - 12.25	Y.6D
	12.30 - 12.50		Y.1C	Y.1F	12.25 - 12.45	Y.6F
	12.50 - 13.10		Y.2C	Y.2B	12.45 - 13.05	Y.6A
	13.10 - 13.30		Y.2E	Y.2H	13.05 - 13.25	Y.6B
	13.30 - 13.50		Y.3C	Y.3D	13.25 - 13.45	Y.6E
					13.45 - 14.05	Y.6C

At the Sport court 1, Baptist Bldg. Secondary Department (Soi 26)	Date / Time	Mon. 21 st Dec.	Tue. 22 nd Dec.	Date / Time	Wed. 23 rd Dec.
	08.30 - 08.45	Chorus	Chorus	08.30 - 08.45	Chorus
	08.45 - 09.05	Y.11D	Y.11C	08.45 - 09.05	Y.8A
	09.10 - 09.30	Y.7D	Y.10B	09.10 - 09.30	Y.11E
	09.35 - 09.55	Y.9C	Y.8D	09.35 - 09.55	Y.10D
	10.00 - 10.20	Break		10.00 - 10.20	Break
	10.25 - 10.45	Y.10C	Y.9B	10.25 - 10.45	Y.9E
	10.50 - 11.10	Y.7B	Y.11B	10.50 - 11.10	Y.10E
	11.10 - 12.10	Lunch		11.30 - 12.30	Lunch
	12.10 - 12.30	Y.10A	Y.7C	12.35 - 13.05	Y.12C
	12.35 - 12.55	Y.8C	Y.9D	13.10 - 13.40	Y.12A
	13.00 - 13.20	Y.11A	Y.7A	13.45 - 14.15	Y.12B
	13.25 - 13.45	Y.9A	Y.8B	14.20 - 14.50	Y.12D

- Remark: 1. The schedule might be changed depending on circumstances. Please follow School's news at www.ektra.ac.th
 2. School would like to encourage the students to use materials or wear clothes that they already have for their Christmas costumes. There is no need to buy anything new for their show.
 3. Parents who come to watch the performances, the school kindly requests for cooperation to dress politely, nothing sleeveless / no shorts please.



● AFR Day ●

Activity Guidelines

The school has had a “Stop Bullying Policy” for many years. The policy aims at nurturing our students so they grow up with pride. Students are instructed to honor, respect and help others. To make outcomes of the policy concrete, AFR Day is arranged during Christmas season. **AFR stands for Apology, Forgiveness and Reconciliation.**

AFR has a concept from that throughout the year, some students may have had disagreements, got downhearted, or had misunderstandings with others. To prevent these negative feelings from getting stuck in our hearts across the year, “**Apology**” is the first important thing which we need to do. **Anyone who apologises first, does not lose honor or becomes guilty, but is humble enough and sees limitations of humans that we all can make mistakes.** The hearts of those who apologise to others are kind and ready to forgive. After apologising, **forgiveness** is another essential thing that follows. **Those who receive an apology and who can forgive, usually have good hearts. They can see real value and kindness within others.** After apologising and forgiveness, reconciliation is the result. **Reconciliation brings images of nice conversations and laughter among friends. This is a true great blessing that will stay with us forever.**

AFR Day this year will be held on 24th December 2020. It consists of a religious Christmas ceremony and AFR activity which follows after. There will be awards and New Year presents given to students, and there are also various shows performed by teachers and students. On this day, students are allowed to bring food and some snacks to share to friends and teachers in classrooms for special New Year celebration.



To maintain orderliness, please follow the instructions below.

1. **Please bring proper amounts of food and snacks to avoid leftovers.** It is unnecessary to bring them for the entire class because everyone brings their own food and snacks too. They will be put together in one place before sharing. So, there will be plenty of food and snacks for everyone. Additionally, the school still provides regular lunch for students in NC up to Year 9.
2. If possible, parents can take this opportunity to invite all family members to make some snacks or desserts and share them to your child's classmates. This is a quality moment to strengthen relationship within families.
3. To help reduce waste and to prevent outsiders from entering the campus, **please do not order food from stores and have them delivered to the school.**

Remark

1. Parents can drop off and pick up students according to your child's regular school time (when school ends / when afterschool courses end).
2. Students in NC to Year 3 can dress up in colorful outfits.
(We encourage students to stay economical, so please do not buy any new clothes.)
Students in Year 4 to Year 12 will wear their regular student uniforms.
3. The school will be closed from 25th – 31st December 2020 and 1st - 3rd January 2021. Administration offices open on 4th January 2021.



May Jesus Christ bless you and your family to experience happiness, prosperity, and good health. **Merry X'Mas 2020 and Happy New Year 2021**

