



Sarasas Ektra School



Global Assessment
Certificate™

News

December 2021

Coming Soon

- **Christmas Holiday**
25th Dec - 3rd Jan.
- **Assessments / Exams**
All Mid-Semester scores are due in early January.

Covid-Healthy

Eating a balanced diet of healthy food is important - try to avoid all processed snacks and fast food.

Kee active to make sure the body is physically well. There are many videos and guides on you tube if you need help.

Talking with friends and family can help reduce your anxiety or stress. Connect with them regularly, on-line or in person.

Relax by meditating, by reading, trying a new hobby or even learning a new skill.

Adequate sleep is a factor necessary for wellbeing, all students should be getting at least seven hours of good sleep each night.



Back in the Classrooms

It was great to see so many students back in the classrooms last month, and many have said they are so glad to be back in school. Ronnakrit (Y.12B) - below left - says he can study more effectively in school, and Rujirada (Y.12A) - below right - says she feels very excited to be back in school because she missed



learning in the classroom: it is great to be back after such a long semester of on-line learning. All the teachers at school wish all the students great success in their studies for the rest of the year.



The New Normal

Now that Covid has been with us for a while, we are going through the 'New Normal' in that the wearing of face masks, the social distancing and the regular use of sanitizer are just everyday practices. It is where we are right now, so we just need to accept that this is how it is...until the virus is irradiated or there is an all conquering vaccination.



See Ya...2021

After a long and mostly on-line year of studies, let us all hope for good things in the next calendar year. We all need to be safe from Covid and keep ourselves healthy, so now is the time to wave goodbye to 2021 and prepare for the new year of 2022.



Very, very best wishes to all the Ektra family for the new year...with health and wellbeing at the top of the list. Let's proceed into 2022 positively.