



Samakee News



A CfBT Accredited School
2 Star Accreditation Grade



Message from the Head of School

Dear Parents,

After such an uncertain period in our community, it was delightful to welcome the children back to school on Friday and to have a successful day of learning. Our bus service resumes this morning and we look forward to taking advantage of the extended hours and to working and playing hard until the end of term.

Many of you will be aware that Mrs. Pam is retiring at the end of this term and as always at these times, it is sad to say goodbye and we thank her wholeheartedly for



her contribution to the school and to the children's successful learning. A new teacher has been recruited, Sethi De Clercq who comes to us from Belgium. Sethi has experience working both in Early Years and Primary and also has experience with children with special needs. On Friday, Sethi spent the morning in our early years unit getting to know the children,

staff and routines and also meeting some parents. It was a pleasure to welcome him and the children were keen to interact and chat with him. I know that he will stop by whenever he can before the end of term and we look forward to Sethi joining our early years team in August 2010.



Kind regards,

Monica Sudhirak

Special Dates to Remember!

Piano Recital Assembly—Tues Class 28th, Thurs Class 4th	
PTG Meeting	26 May
Class Swap—10:30, 28th	28 May
Assembly—Taekwando / Piano Recital (Tues)	28 May
Last Day for Clubs this term	4 June

Changes to School day—now 8:00-2:30

Moving to Learn

When we improve "body skills" such as balance, co-ordination, muscle strength, posture, oculomotor control (eye trading) rhythm and listening skills not only do children move better but it can help them learn better.

Reading improves when eyes can track along the print in a smoother and more co-ordinated fashion. Handwriting is easier when stronger back and stomach muscles result in better sitting posture. Communication, paying attention, and staying focussed can be achieved with greater ease when auditory processing (listening skills) is improved.

When both sides of the body move in a smooth, co-ordinated fashion we know the two sides of the brain are working well together.

This is called brain integration and is important when academic tasks become more demanding requiring the brain to multi-process e.g. when reading requires not just understanding the words but whole stories and concepts. When the brain is well-integrated understanding and problem solving is easier.





A number of children have been working hard on improving these skills this semester. They have been rocking, rolling, jumping, bouncing, slithering, sliding, crawling, creeping, crunching, gliding, climbing, swinging, clapping, stomping, shaking, dancing, throwing, catching, wobbling, hopping, skipping and listening, listening, listening!! While having loads of fun, of course.



Everybody, especially every little body, can benefit from a more active lifestyle. Better body - better brain! Please remember this during the coming school holiday. Keep your children on the move so they will be "brain fit" and ready for the learning challenges of another school year.



St. Andrews International School Samakee

Weekly Menu 2009-2010



	AM Snack time	PM Snack time		
Offered everyday:	Bottle of milk	Drink of juice		
	Pieces of fruit (e.g. apple, pineapple, guava, orange or banana) Pieces of raw vegetables (e.g. carrot, cucumber, cabbage, cauliflower) White and brown bread with various 'spreads'. Steamed rice			
Monday 24th May.	Tuesday 25th May.	Wednesday 26th May.	Thursday 27th May.	Friday 28th May.
Snack time (a.m.)				
Fresh fruit	Mixed selection	Biscuit	Banana	Fresh fruit
Lunches				
Thai Food <ul style="list-style-type: none"> - Stir fried vegetables with pork - Herbal giant fish with sauce - Omelet in clear soup Western Food <ul style="list-style-type: none"> - Mashed Potatoes - Baked beans - Beef or pork meat balls - Corn on the cob 	Thai Food <ul style="list-style-type: none"> - Japanese style noodles "YA KI SO BA" - Pork nuggets - Clear soup with noodles "Ramen" - Fried vegetables Western Food <ul style="list-style-type: none"> - Sandwich selection - Potato chips - ABC soup - Cucumbers 	Thai Food <ul style="list-style-type: none"> - Stir fried green vegetables with shrimps - Omelet with tomatoes - Red curry with chicken - Thai meatball soup Western Food <ul style="list-style-type: none"> - Shepherds pie (beef or pork) - Carrot soup 	Thai Food <ul style="list-style-type: none"> - Sticky rice - Som - Tum - Chicken drumsticks with sauce - Lab Moo Western Food <ul style="list-style-type: none"> - Cabonara - Steamed broccoli & cabbage 	Thai Food <ul style="list-style-type: none"> - Kao Moo Dang / red pork - Boiled eggs - Marrow soup - Cucumbers Western Food <ul style="list-style-type: none"> - Beef or chicken hotpot - Salad
Selection of homemade Yoghurt	Fresh fruit	Trifle	Fresh fruit	Banana cake
Snack time (p.m.)				
Toast	Popcorn	Fresh fruit	Rice cakes	Cracker & Tuna dip