MERITTON
BRITISH INTERNATIONAL SCHOOL

ADDRESS
168 Moo.7, Tambon Nongkwai,
Ampher Hangdong, Chiang Mai
Thailand 50230

CONTACT
Phone: (+66) 91-440-8880
Email: info@merittonbritish.com
www.merittonbritish.ac.th

MBIS NEWS

Issue 04 Volume 01 November 2021



MBIS NEWS Issue 04 Volume 01 | November 2021

Message from the Head of School



We are nearing the end of Term 1 and Christmas and New Year will soon be with us. At this time of year at Meritton, we focus on the values Kindness and Compassion. It is traditionally a time of giving, helping people in need and spending time with friends and family.

These values came across strongly in this month's international Values-based Education conference, which Meritton was invited to co-host with a partner school in the Philippines. Students from around the world made videos of personal statements and projects they do to help others, the environment or, in the case of Meritton students, our wildlife. As teachers and staff, we were very proud of our students who were articulate, creative and thoughtful. They really represented our school well. You can read more about this later in this issue of the newsletter.

When the world's problems seem so vast, like the environmental crisis, it is easy to feel powerless. Here we are, just a small school in Chiang Mai, Thailand - what can we do? But I believe even the smallest actions can make a difference. If we imagine all the kindness and compassion in the world is like the sea, then even when you pour the smallest cup of water into it, you are raising the level of goodness overall. And just like the little bird feeders MBIS students made from recycled materials and showed to over 200 students and teachers at the conference, the ripples from our acts of kindness have the potential to be felt at every corner of the world.

The message I got from the conference and which I would like to share with you, our families, during this festive season, is that we all need to take action, and encourage our children to take action. Bringing up our kids to act on positive values is giving the word real hope that we will realise a kinder, more compassionate, future.

Warm regards,

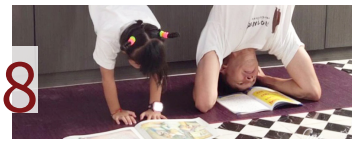
Neil Amas
Head of School

content



04 Kindness and Compassion

Value of the Month



08 MBIS Reading Stars!

Reading Week Family Photo Challenge 2021



15 VbE Students‘ Values Conference Asia 2021

Value of the month: Kindness and Compassion 04

คุณธรรมประจำเดือน:
ความมีเมตตาและเป็นผู้มีน้ำใจ 06

MBIS Reading Stars: Family Photo Challenge 08

VbE Students‘ Values Conference Asia 2021 15

Year 3 Wax Museum 18

Loy Krathong Day 19

GET ACTIVE with PE Teacher, Mr Craig! EP.4 23

Coming Up 24

Contact Information 25

Value of the month

KINDNESS & COMPASSION

Kindness and compassion help spread happiness around. When we give, we go beyond 'me' and 'mine' and create natural feelings of openness, confidence and joy. When we receive, we feel safe, cared for and valued.

The best thing we can do for our children is be a good role model. Our kids look up to us, copy our habits and are bound to live up to – or down to – whatever expectations we have of them. So, we need to do our very best to show them what kindness and compassion mean through our actions and careful guidance.

Here are eight ideas on how you help your child realise the benefits of both.

Tips for encouraging Kindness and Compassion at home

1) Notice and show appreciation for any act of kindness your child shows, big or small.

2) Tell stories about kind and compassionate acts you have done or witnessed. Inspire your child!

3) Create opportunities for compassion: if your child loves animals, visit an animal rescue centre together and volunteer to help or offer a donation.

4) Grab any opportunity you can to show kindness to others in front of your children: “Did you sleep well?” “Can I help you with that?” “Well done, I can see you worked hard on that!”

5) Help your child develop empathy by asking “What would that feel like?” or “How would you feel if that happened to you” or “How do you think she would like to be treated?” Compassion follows when we are able to step into someone else’s shoes.

6) The ‘Kind Speech’ mantra: encourage your child to ask himself before he speaks: “Are my words true? Are they helpful? Are they kind?”

7) Kindness can start with a simple “please” or “thank you.” There are plenty of ways to help your child practice good manners.

8) Point out the feeling. Once your kid recognises how good it feels to both give and receive kindness, she will feel naturally motivated to be kind.



คุณธรรมประจำเดือน

การแสดงความเมตตาและเป็นผู้มีน้ำใจ



ความเมตตาและความมีน้ำใจช่วยกระจายความสุขไปยังสิ่งรอบตัว เมื่อเรารู้จักการให้ เราจะไม่ยึดติดในสิ่งที่เป็น ‘ฉัน’ หรือ ‘ของฉัน’ แต่เราจะกลายเป็นผู้ที่มีจิตใจกว้างขวาง มั่นใจ และรื่นเริงโดยธรรมชาติ เพราะเมื่อเราได้เป็นผู้รับ เราจะรู้สึกอบอุ่น ปลอดภัย และมีคุณค่า

สิ่งที่ดีที่สุดที่เราสามารถทำเพื่อเด็ก ๆ ได้คือการเป็นแบบอย่างที่ดี ลูก ๆ มักจะดูพ่อแม่เป็นตัวอย่าง พวกเขาเลียนแบบพฤติกรรมและคล้ายกับถูกคาดหวังให้ต้องเจริญตามรอยในทางที่ดี – หรือแย่ – ที่พ่อแม่มีต่อลูก ดังนั้นเราจึงต้องแสดงถึงความหมายของความมีเมตตาและความมีน้ำใจด้วยการกระทำ

และนี่คือตัวอย่าง 8 ข้อที่จะช่วยส่งเสริมให้ลูกของท่านตระหนักถึงคุณประโยชน์ของคุณธรรมทั้งสอง

เคล็ดลับสำหรับครอบครัวที่จะช่วยให้เด็ก ๆ แสดงความเมตตาและเป็นผู้มีน้ำใจที่บ้าน

1) รับรู้และตอบรับในทุกการกระทำที่สื่อถึงความมีเมตตาจากลูกของท่าน ไม่ว่าสิ่งนั้นจะเล็กหรือใหญ่ก็ตาม

2) บอกเล่าเรื่องราวเกี่ยวกับความมีเมตตาและความมีน้ำใจที่คุณเคยทำหรือเคยพบเห็นมาก่อน เพื่อเป็นแรงบันดาลใจให้แก่พวกเขา!

3) สร้างโอกาส: หากลูกของเรารักสัตว์ ลองพาลูกไปเยี่ยมชมศูนย์ช่วยเหลือและอุปการะสัตว์ต่าง ๆ แล้วลองอาสาช่วยดูแลพวกมัน หรือช่วยบริจาคเงินเป็นต้น

4) คว้าโอกาสใด ๆ ก็ตามที่คุณสามารถแสดงความมีเมตตาต่อผู้อื่นต่อหน้าลูกของคุณ: อย่างเช่น การแสดงความเป็นห่วงเป็นใยเพื่อนร่วมงาน การเอ่ยถามคนแปลกหน้าว่า “คุณต้องการให้ฉันช่วยยกของไหมคะ” หรือกล่าวชมลูกว่า “เก่งมากเลย พ่อเห็นถึงความพยายามของลูกนะ”

5) ช่วยลูกของคุณพัฒนาความเห็นอกเห็นใจด้วยการตั้งคำถาม “ลูกจะรู้สึกอย่างไร” หรือ “ลูกจะรู้สึกอย่างไรหากเรื่องนั้นเกิดขึ้นกับหนู” หรือ “ลูกคิดว่าเพื่อนเขาอยากให้เราแสดงออกต่อเขาอย่างไร” ความเห็นอกเห็นใจจะเกิดขึ้นเมื่อเราสามารถนำใจเขามาใส่ใจเรา

6) ใช้เทคนิค “ฝึกคิดก่อนพูด” : ส่งเสริมให้ลูกได้ฝึกตั้งคำถามกับตัวเอง เช่น “คำพูดเหล่านั้นเป็นความจริงหรือไม่ มีประโยชน์ต่อผู้อื่นหรือไม่ และมีความเมตตาหรือไม่”

7) ความเมตตาและอ่อนโยน สามารถเริ่มต้นด้วยคำพูดง่าย ๆ เช่น “กรุณา” หรือ “ขอบคุณ” และยังมีวิธีอีกมากมายที่จะช่วยให้ลูกของท่านได้ฝึกฝนมารยาทอันดีงามต่างๆ

8) ชี้ให้เด็กๆ ได้รับรู้และจดจำอารมณ์ และความรู้สึกทุกครั้งที่พวกเขาได้รับความเมตตาจากผู้อื่น หรือเมื่อพวกเขาเป็นผู้ให้ความเมตตาแก่ผู้อื่น จะทำให้พวกเขาเป็นผู้มีความเมตตาโดยธรรมชาติ

TOP 3 MBIS STARS

Reading Week Family Photo Challenge 2021

1



Bellair Family

2



Mandy & Endy Family

3



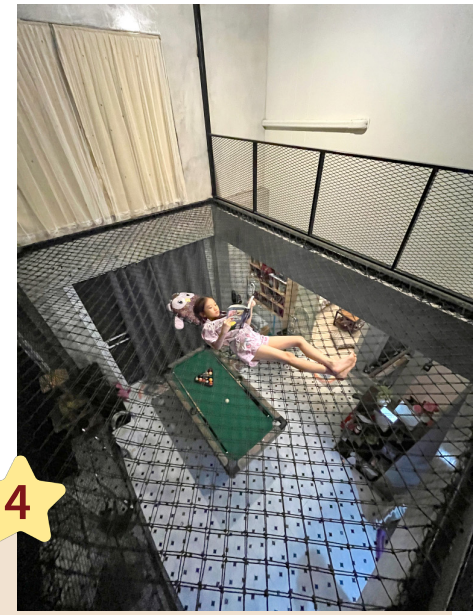
Margo Family

Family Photo Challenge

Reading week

We asked our families to send us photos of them reading in unusual places. Teachers and staff then voted for their favourite three. We were looking for creativity, weirdness and a good laugh! It was tough though - there were so many great pictures so we have featured them all in our newsletter.

Thank you to all MBIS families for participating in this fun event and celebrating the joy of reading.



4

5 Tips to Encourage your Child to Read

1) Be a role model
Let your child see you read.
Have a family reading time every week.

2) Keep a variety of reading materials in the house
Books, comics, posters, magazines, atlases - make your home a reading zone.

3) Encourage your child to practice reading aloud
Listen often and encourage her. Don't interrupt to make minor corrections - fluency and confidence are more important for early readers than getting every word right.

4) Little notes around the house
Lists, chores, house rules, notes in his school bag - make it fun and stick them everywhere!

5) Establish a reading time and stick to it.
Whether after school, after dinner or before bed, make reading together a habit.

6) Never stop reading to your child!
The most important one: a child who has been read to will grow up loving books. Put your heart into it - laugh and cry with the hero! It will pay off in the future.



5

Reception Participants











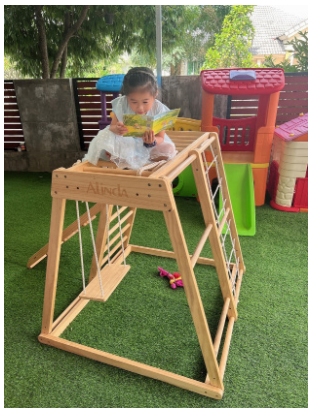






















Year 2 Participants















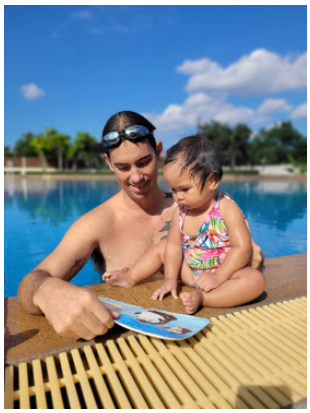
















Year 3, Year 4, and Year 5 Participants





















Year 6 and Year 7 Participants






















MBIS Teachers were having fun reading too!



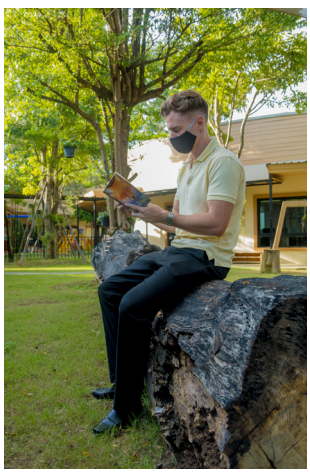












VbE Students' Values Conference Asia

Scan here
to watch on YouTube



Meritton British International School co-hosted the first-ever VbE Students' Values Conference Asia! At midday on Friday, 12th November 2021, around 200 participating students from The Philippines, Indonesia, South Africa, The United Kingdom, and Thailand shared videos they had made to answer two key questions:

1. How can positive values make the world a better place?
2. How can I inspire others to live with positive values?

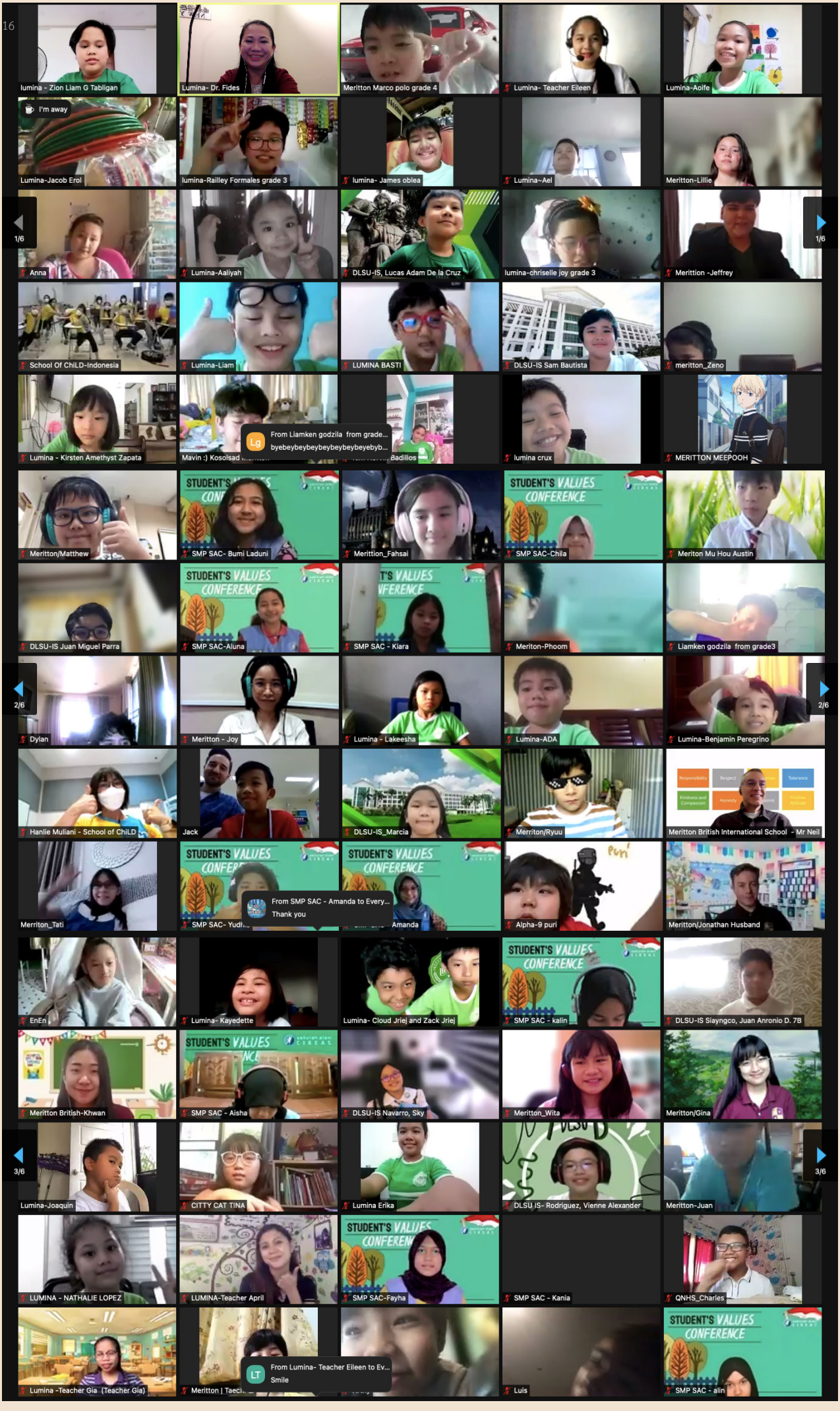
Mr Neil Amas, our Head of School, co-hosted the event with Dr. Fides del Castillo, Director of Lumina Montessori, during the session. It was a wonderful opportunity to meet students and teachers from other schools across the continent in real-time. Delightful connections between values schools were made.

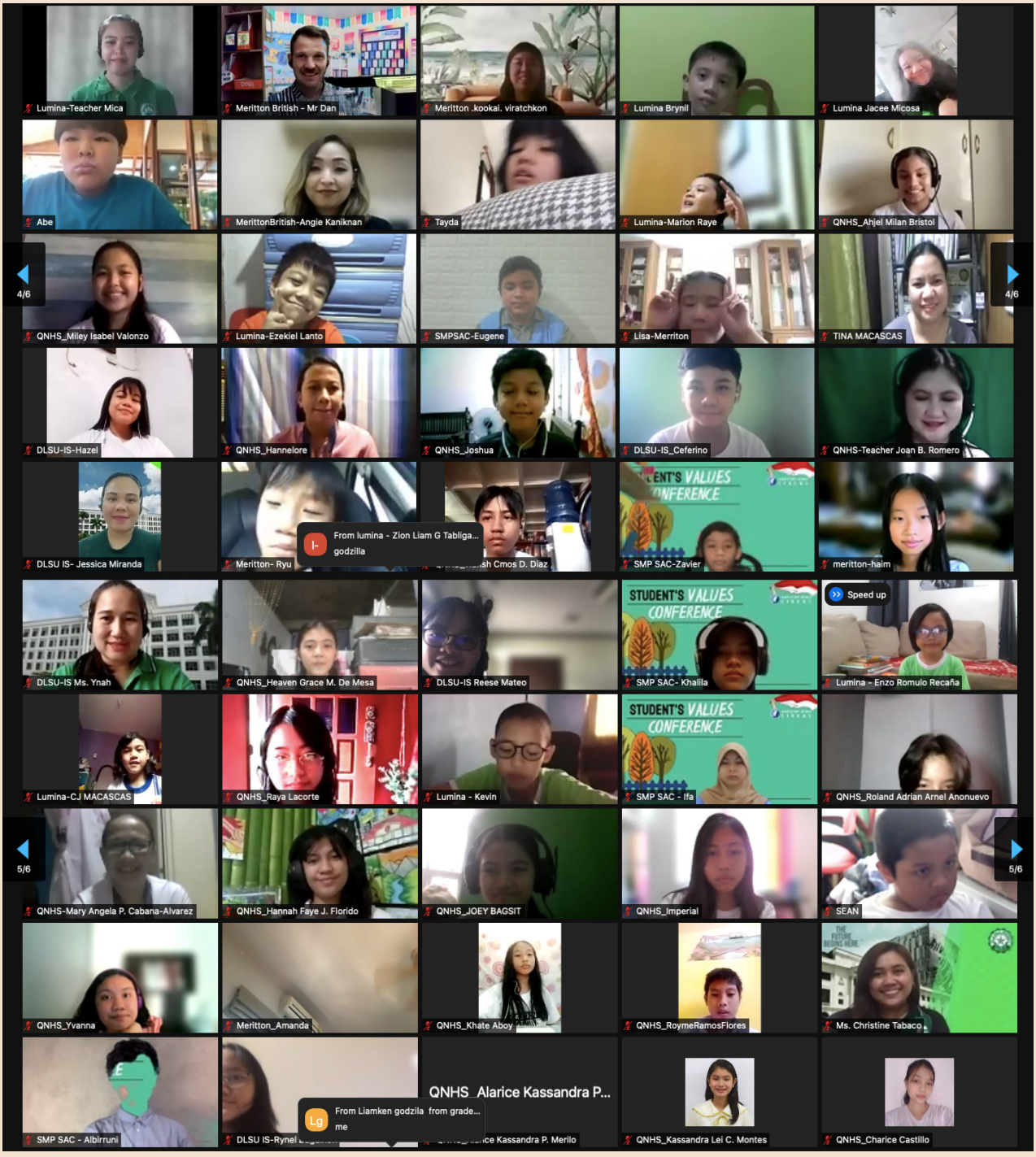
MBIS students showed how to respect the environment by making bird feeders from recycled materials.

Please watch the video of our representative pupils from Year 4, Year 6, and Year 7 here!

We cannot wait for the next one!

VbE Values-based Education
The beating heart of education
NPRE
LUMINA FOUNDATION For Integral Human Development
MERITTON British International School


lumina - Zion Liam G Tabligan
Lumina- Dr. Fides
Meritton Marco polo grade 4
Lumina- Teacher Eileen
Lumina-Aoife
I'm away
Lumina-Jacob Erol
lumina-Railley Formales grade 3
lumina- James oblea
Lumina~Ael
Meritton-Lillie
1/6
Anna
Lumina-Aaliyah
DLSU-IS, Lucas Adam De la Cruz
lumina-chriselle joy grade 3
Meritton -Jeffrey
1/6
School Of ChiLD-Indonesia
Lumina-Liam
LUMINA BASTI
DLSU-IS Sam Bautista
meritton_Zeno
Lumina - Kirsten Amethyst Zapata
From Liamken godzila from grade...
byebeybeybeybeybeybeybeyebyb...
lumina crux
MERITTON MEEPOOH
Meritton/Matthew
SMP SAC- Bumi Laduni
Merittion_Fahsai
SMP SAC-Chila
Meriton Mu Hou Austin
DLSU-IS Juan Miguel Parra
SMP SAC-Aluna
SMP SAC - Kiara
Meriton-Phoom
Liamken godzila from grade3
2/6
Dylan
Meritton - Joy
Lumina - Lakeesha
Lumina-ADA
Lumina-Benjamin Peregrino
2/6
Hanlie Muliani - School of ChiLD
Jack
DLSU-IS_Marcia
Merriton/Ryuu
Meritton British International School - Mr Neil
Merriton_Tati
SMP SAC- Yudi...
From SMP SAC - Amanda to Every...
Thank you
Amanda
Alpha-9 puri
Meritton/Jonathan Husband
EnEn
Lumina- Kayedette
Lumina- Cloud Jriej and Zack Jriej
SMP SAC - kalin
DLSU-IS Siayngco, Juan Anronio D. 7B
Meritton British-Khwan
SMP SAC - Aisha
DLSU-IS Navarro, Sky
Meritton_Wita
Meritton/Gina
3/6
Lumina-Joaquin
CITTY CAT TINA
Lumina Erika
DLSU IS- Rodriguez, Vienne Alexander
Meritton-Juan
3/6
LUMINA - NATHALIE LOPEZ
LUMINA-Teacher April
SMP SAC-Fayha
SMP SAC - Kania
QNHS_Charles
Lumina -Teacher Gia (Teacher Gia)
Meritton | Taech...
From Lumina- Teacher Eileen to Ev...
Smile
Luis
SMP SAC - alin


Lumina-Teacher Mica
Meritton British - Mr Dan
Meritton .kookai. viratchkon
Lumina Brynil
Lumina Jacee Micosa
Abe
MerittonBritish-Angie Kaniknan
Tayda
Lumina-Marion Raye
QNHS_Ahjel Milan Bristol
4/6
QNHS_Miley Isabel Valonzo
Lumina-Ezekiel Lanto
SMPSAC-Eugene
Lisa-Merriton
TINA MACASCAS
4/6
DLSU-IS-Hazel
QNHS_Hannelore
QNHS_Joshua
DLSU-IS_Ceferino
QNHS-Teacher Joan B. Romero
DLSU IS- Jessica Miranda
From lumina - Zion Liam G Tabliga...
godzilla
Meritton- Ryu
SMP SAC-Zavier
meritton-haim
DLSU-IS Ms. Ynah
QNHS_Heaven Grace M. De Mesa
DLSU-IS Reese Mateo
STUDENT'S VALUES CONFERENCE
SMP SAC- Khalila
Speed up
Lumina - Enzo Romulo Recaña
Lumina-CJ MACASCAS
QNHS_Raya Lacorte
Lumina - Kevin
STUDENT'S VALUES CONFERENCE
SMP SAC - Ifa
QNHS_Roland Adrian Arnel Anonuevo
5/6
QNHS-Mary Angela P. Cabana-Alvarez
QNHS_Hannah Faye J. Florido
QNHS_JOEY BAGSIT
QNHS_Imperial
SEAN
5/6
QNHS_Yvanna
Meritton_Amanda
QNHS_Khate Aboy
QNHS_RoymeRamosFlores
Ms. Christine Tabaco
SMP SAC - Albirruni
From Liamken godzila from grade...
me
QNHS_Alarice Kassandra P...
QNHS_Kassandra Lei C. Montes
QNHS_Charice Castillo

Year 3 Wax Museum



Welcome to a virtual wax museum at Meritton where students from Year 3 to Year 7 brought famous historical figures to life! We normally invite families to visit the pop-up museum at school, but we did it differently (again) this year. Students sent us photos and videos of their own homemade creations.

Year 3 presented famous explorers.
Look out for Marco Polo, Neil Armstrong, Edmund Hillary, Zheng He, Sacagawea, Nellie Bly, Ada Lovelace, Zheng Yi Sao, and Amelia Earheart.







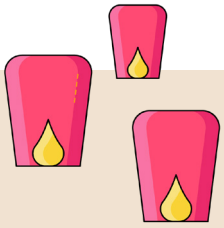








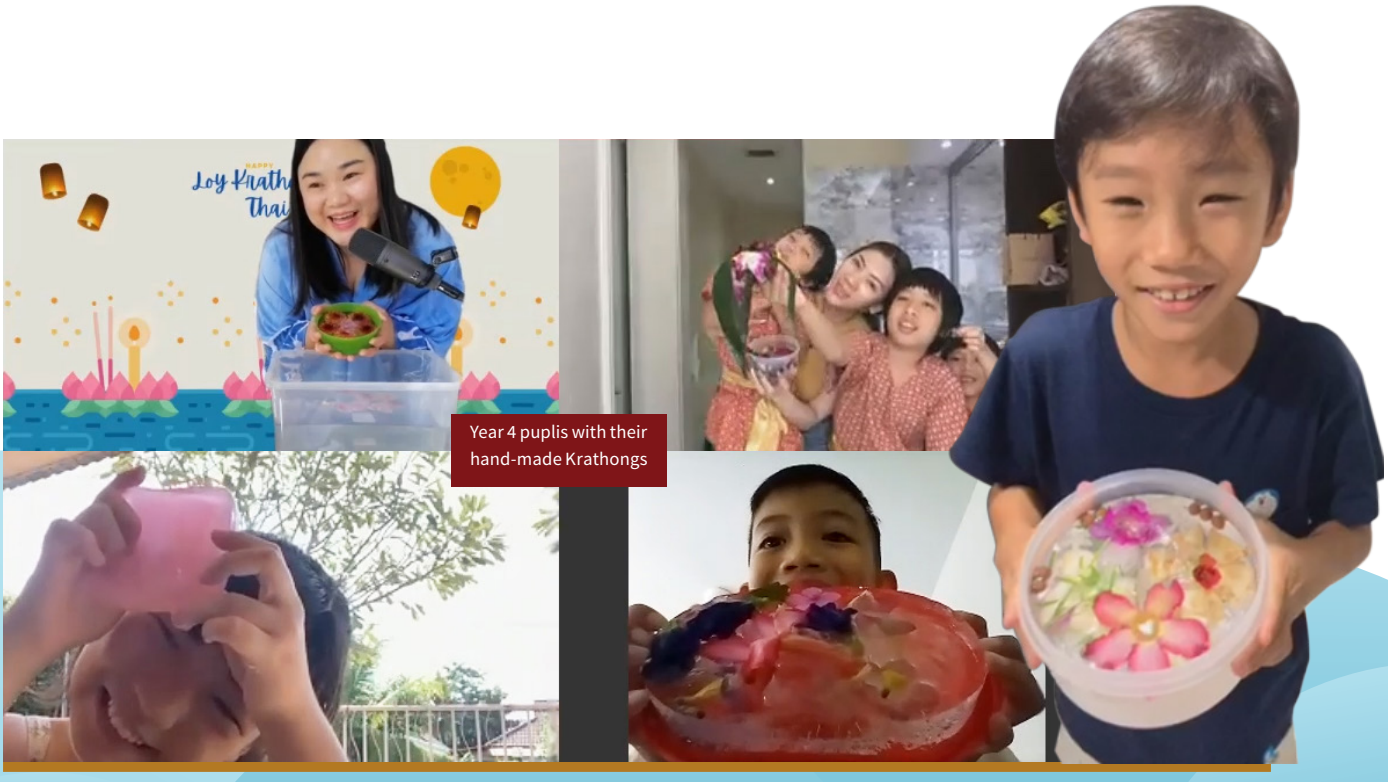
Loy Krathong Day



The full moon of November reminds us to be grateful to the life-giving forces of rivers. Loy Krathong Day came quietly along with a chilly breeze.

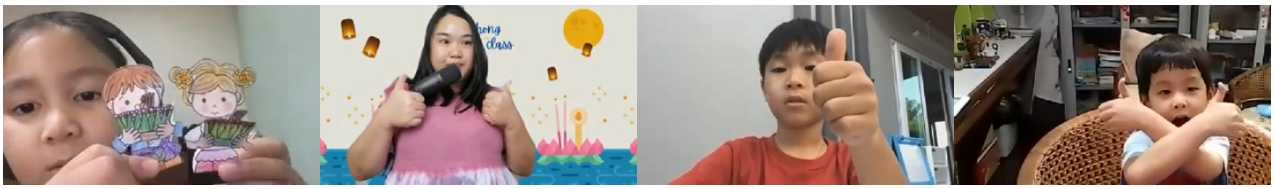
Our students celebrated this traditional Thai festival with each other online. They learned the story of the Loy Krathong festival, dressed-up in Thai or Lanna traditional costume, sang and danced the festival song ' วันเพ็ญเดือนสิบสอง - *Wan pen duan sip sorng* ', and crafted eco-friendly Krathong by themselves.

Early Years pupils coloured their Krathong with colour pencils with Ms Gina, while primary students floated Krathong online through an interactive platform with Kru Noei! It was a great opportunity to spend time with family and being online provided the additional benefit of reducing waste to the rivers.

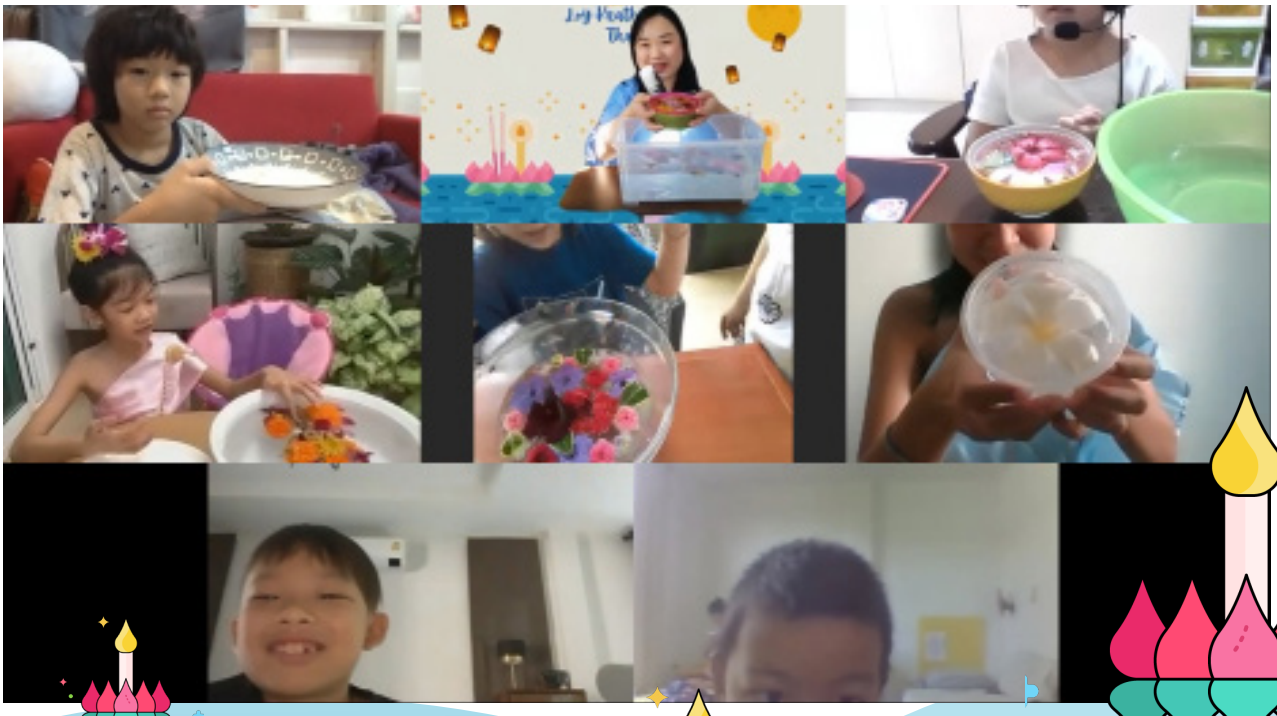


Year 4 puplis with their hand-made Krathongs

Thai Class with Kru Noei

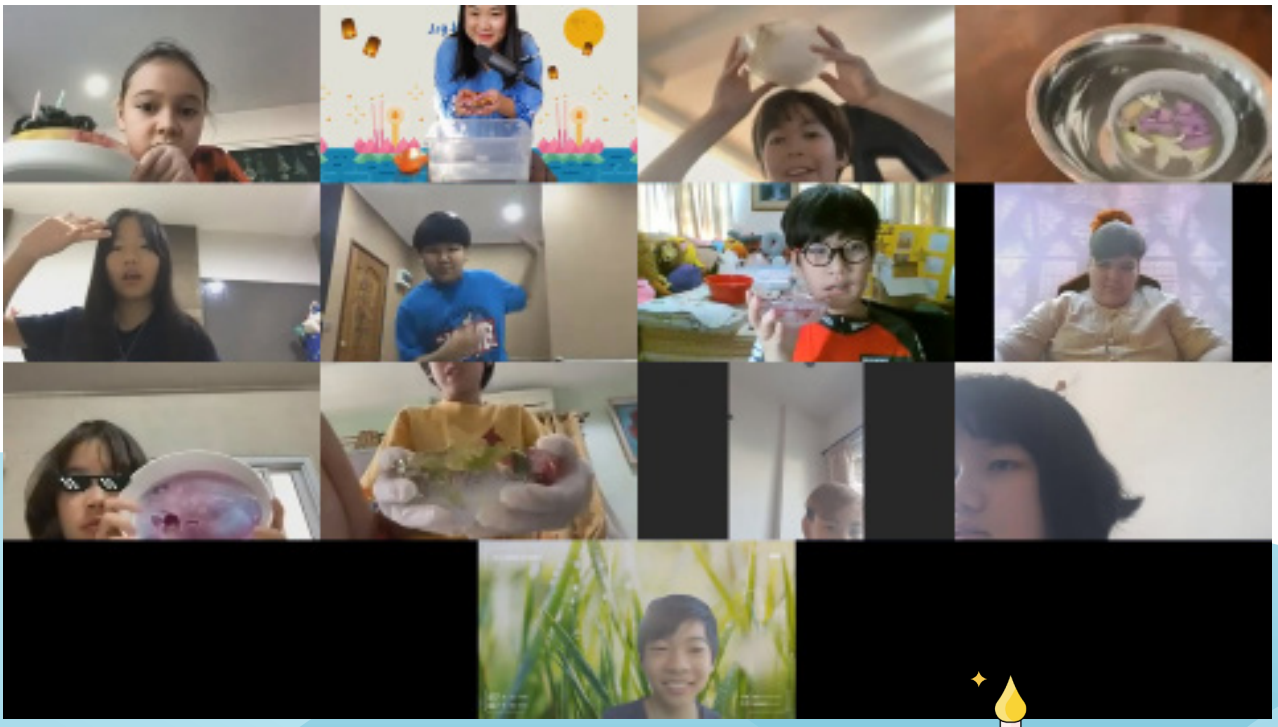












Art Class with Ms Gina



Early Years in Traditional Costumes





GET ACTIVE
with P.E. Teacher, Mr Craig!
EP.4



Let‘s keep moving with PE teacher Mr Craig. More quick and easy exercises for the whole family. Enjoy!

Scan here
to watch on YouTube

Coming Up

December is many people's favourite month. It is not just the last month of the year, but it is traditionally the period of kindness, compassion, happiness, and joy. Meritton students usually write their blessings and hang them on a tree during Kindness Week, the last week of term. They raise funds for charitable causes in Chiang Mai, and in doing so learn the joy of giving without wishing for anything in return.

Though the end of year Christmas and Values Celebration is our biggest event of the year, we cannot currently predict how it is going to be this time round, due to Civid restrictions. However, we can promise you that we will do something special to mark the end of this strange and challenging year.

From 20th December 2021 to 4th January 2022 is the term break. Please stay safe and enjoy this precious time with loved ones. We will be back again on Wednesday 5th January 2022!

December 2021 - January 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6 Public Holiday	7	8	9	10 Public Holiday	11	12
13	14	15 Kindness week	16	17 Christmas & Value Celebration	18	19
20	21	22 School Holidays	23	24	25	26
27	28	29 School Holidays	30	31	1	2
3	4	5 First Day of Term 2	6	7	8	9

CONTACT INFORMATION

Call

Office	(+66) 91-440-8880 or (+66) 53-131-119

Email

Academic Department	principal@merittonbritish.com
Finance and Accounting Department	accounting@merittonbritish.com
Visa Department	visa@merittonbritish.com
General Information	info@merittonbritish.com

Social Media

Website	www.merittonbritish.ac.th
Facebook	www.facebook.com/MerittonBritish
Instagram	@merittonbritishschool
YouTube	Meritton British International School
Line	@meritton

Office Hours:
Monday to Friday
08.00 AM - 05.00 PM (GMT+7)
*except public holidays