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MERITTON NEWS

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Value of the Month:
PATIENCE

Message from the Head of School

Welcome to the latest edition of Meritton News.

As we enter the second half of Term 2, we now begin the approach to the end of the school year. It has been another year of disruption due to the pandemic which now, thankfully, appears to be becoming a less serious health threat. It is pertinent that our current Value of the Month is Patience – something we have all needed a lot of over the last two years!

I once heard it said that ‘if your 5-year-old child shows patience, you can be sure he will have a good future,’ (but please don’t worry if he isn’t very patient yet, he still has lots of time to practice!) The research backs this up. Impulse (or emotional) control is known to be a far more important indicator for future success in studying, family life and career than high academic scores. That’s one very good reason why we place equal importance on values and academics at Meritton.

A lot has been said about the impact of the pandemic on education around the world, and we at Meritton have not been immune to that. Long periods of online learning can be detrimental to many students, especially younger ones. However, I am proud of the efforts of our teaching staff and students who, despite this disruption, have been




able to keep engaged in learning for the vast majority of the time. Over the next few weeks we will be assessing the academic progress of our older students (Year 4 up) through in-house Cambridge ‘Progression Tests’. This will be a great opportunity to find out where they are at right now and where we will need to focus our attention next year.

Now that life is slowly getting back to normal in Thailand, we are looking forward to a much brighter future at school. We are pleased to say we are getting a lot of interest from new families and enrolments are increasing. Some of the classes for younger students are filling up fast, so please do confirm your place for next year if you haven’t already.

We wish you a most enjoyable last two months of the school year. Thank you, as always, for your support (and patience!)



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Value of the month

PATIENCE

If there was an official job description for parents, 'Patience' would probably be top of it. It's difficult enough being patient ourselves, let alone teaching it to our kids! Here are some suggestions about Patience that we hope you find useful.



TIPS FOR PARENTS

Here are seven tips for encouraging patience at home.

1.) Don't give in to unreasonable demands.

When our kid asks for yet another hour on his device or to eat a sweet snack before dinner or watch TV instead of doing his chore, resist the urge to give in. It's difficult to do when you are tired after a long day at work, but by delaying our kids' gratification, we are teaching patience.

2.) ... even when it's a tantrum!

Make sure to never give your child what she wants just because she throws a tantrum. Help your child calm down before she gets what she wanted or you will be reinforcing the wrong behaviour.

3.) Point out patience

Use every opportunity to point out the results of your child's patience, or lack of it, reflecting back without judgement. "You waited patiently for your turn and now you are playing so happily!"

4.) Don't interrupt!

Unless it's an emergency, our kid should never be allowed to interrupt us mid-sentence. Calmly saying, "I'm talking to your uncle right now, I'll be with you when we've finished" teaches your child the importance of patience as well as respect.

5.) Patience through play

Games where you have to wait for your turn are a great way to teach patience.

6.) Take it slow

Instead of dashing as fast as you can when your child asks for something, take your time – and if you are doing something else, then finish it first. Avoid giving instant gratification.

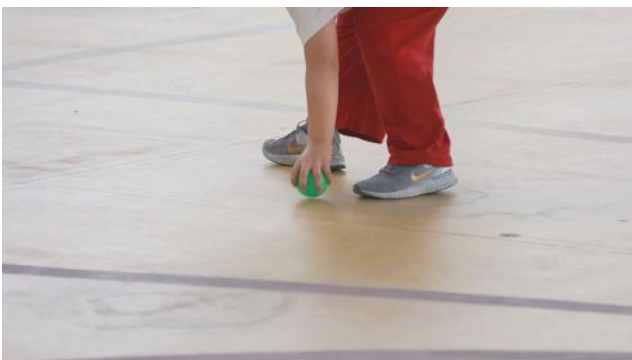
7.) You are the example

If you get stressed or lose your temper every time life gets hard, you can guarantee that you will soon see your child acting the same way! Likewise, if your child sees you waiting patiently for something you want really badly, then he is more likely to emulate that behaviour himself.



คุณธรรมประจำเดือน

ความอดทน



ถ้า หากกว่ามีการระบุดุคุณสมบัติของอาชีพพ่อแม่อย่างเป็นการ ‘ความอดทน’ น่าจะเป็นคุณสมบัติอันดับต้น ๆ ที่พ่อแม่พึงมี ซึ่งการมีความอดทนต่อตนเองก็ไม่ใช่ว่าสิ่งที่ย่างยู่แล้ว ยังไม่ต้องกล่าวถึงการสอนลูก ๆ !

และนี่คือข้อแนะนำเล็กน้อยเกี่ยวกับความอดทนที่พวกเราหวังว่าจะมีประโยชน์ต่อท่าน

เกร็ดความรู้ที่จะช่วยส่งเสริม ความอดทนที่บ้าน

1.) อย่าโอนอ่อนไปกับคำขอที่ไร้เหตุผล

เมื่อลูกของเราขอต่อเวลาเล่นโทรศัพท์เพิ่มขึ้นอีกหนึ่งชั่วโมง หรือทานขนมขบเคี้ยวก่อนรับประทานอาหารมื้อเย็น หรืออยากดูทีวีแทนที่จะทำงานบ้าน พ่อแม่จะต้องไม่ใจอ่อนไปกับคำขอร้องเหล่านั้น แม้ว่า จะเป็นเรื่องยากเมื่อท่านเหน็ดเหนื่อยมาจากการทำงาน ทว่าความเข้มงวดและประวิงเวลาการให้รางวัล คือการฝึกฝนความอดทนอย่างหนึ่ง

2.) ... แม้ว่าจะฟาดงวงฟาดงา!

พ่อแม่จะต้องใจแข็งที่จะไม่ทำตามความต้องการของลูกอย่างเด็ดขาด ถึงแม้ว่าพวกเขาจะโวยวายและทำให้มันเป็นเรื่องใหญ่ ช่วยให้ลูกใจเย็นลงก่อนที่จะมอบสิ่งที่เขาหรือเธอต้องการ มิฉะนั้นอาจกลายเป็นการสนับสนุนพฤติกรรมที่ผิดได้

3.) ชี้ให้เห็นถึงความอดทน

ใช้ทุกโอกาสที่จะแสดงให้ลูก ๆ เห็นถึงผลลัพธ์ของการมีความอดทนของพวกเขานเอง หรือผลลัพธ์ของการไม่มี พ่อแม่สามารถสะท้อนให้พวกเขาเข้าใจได้โดยไม่ต้องตัดสิน “ลูกสามารถอดทนรอให้ถึงเวลาได้ ตอนนี้นูกลูกละสามารถเล่นได้อย่างมีความสุข!”

4.) อัยารบกวณ!

นอกเสียจากว่าเป็นเรื่องฉุกเฉิน ลูก ๆ ของเราไม่ควรถูกอนุญาตให้พูดแทรกระหว่างที่พ่อแม่กำลังพูดอยู่ ท่านควรกล่าวอย่างใจเย็น “พ่อกำลังคุยกับคุณลุงอยู่นะครับ ถ้าเสร็จแล้วพ่อจะไปหาลูกนะ” สอนให้พวกเขาเห็นถึงความสำคัญของการมีความอดทนและมีความเคารพในขณะเดียวกัน

5.) ความอดทนระหว่างการเล่น

เลือกเล่นเกมที่ผู้เล่นจะต้องรอให้ถึงตาของตน ก็เป็นวิธีการฝึกฝนความอดทนที่ดี

6.) ค่อยเป็นค่อยไป

แทนที่จะรีบร้อนตอบสนองความต้องการของลูกอย่างเร่งด่วน ท่านควรใช้เวลาของท่านให้เต็มที่ และถ้าหากท่านอยู่ในระหว่างการทำธุระอื่นอยู่ ควรทำสิ่งนั้นให้เสร็จสิ้นเสียก่อน เพื่อหลีกเลี่ยงการให้รางวัลแบบฉับพลัน

7.) ท่านคือตัวอย่าง

หากท่านมีความเคร่งเครียด หรืออารมณ์ฉุนเฉียวทุกครั้งที่ต้องเผชิญกับปัญหา ท่านสามารถมั่นใจได้เลยว่าลูก ๆ จะเลียนแบบพฤติกรรมเช่นนั้นของคุณในเร็ววัน! เช่นเดียวกัน หากลูกของท่านเห็นว่าพ่อแม่สามารถเฝ้ารออย่างมีความอดทนต่อสิ่งที่ต้องการอย่างมากได้ เช่นนั้นเขาก็จะมีแนวโน้มที่จะลอกเลียนแบบพฤติกรรมที่ดีนั้นด้วยตัวเขาเอง



The CATs in the HATs

Year 1 enjoyed their time crafting and colouring their hats so they could become **CATs in the HATs!** The students enjoyed transforming into the famous Dr Seuss character. It was a great opportunity to get creative, get messy and have a lot of fun!



Reading Week

28 Feb - 3 Mar 2022

Reading Week at Meritton was a great success again this year. Our goal was to encourage a love of reading amongst our students. We did this by sharing books and stories with friends, dressing up as a favourite book character, writing a letter to authors, making a 'book nook' for the bookshelf and donating used books to kids in need.

Large colouring piece by Year 1 students





**RING!
RING!**

1.) Stop, drop and read

Everyone in the school, teachers, staff and students, brought their favourite book with them throughout the 4 days of Reading Week. **Ring! Ring!** When we heard the bell, everyone at school stopped what they were doing and opened their book. Part of our Reading Week campaign to encourage a love of books, every student and member of staff stopped to read no matter where they were - in the classroom, in the office, climbing a tree or in a meeting! Whole-school silent reading is a great way to bring everyone together for a higher purpose!





**STOP.
DROP,
AND
READ!**



Book Nooks By Year 6 and 7





2.) Character costume

On Thursday, we dressed up as book characters to celebrate World Book Day 2022. There were wizards, mermaids, princesses, ninjas, a secret agent, and even a pigeon in our school!

Hopefully all parents can participate with their children at the campus next time!





Book Character Costume



CHILDREN'S BOOK DRIVE



Donate a book,
shape a life.

Reading Week activity from
28th February - 3rd March 2022

ALL BOOKS WILL BE HANDED
TO CHILDREN AT

School for Life

3.) Book drive

All the collected books were donated to [School for Life](#) at Doi Saket, Chiang Mai. Mr Dan, Ms Gina, and representative primary students delivered nearly one hundred books from our families to the hands of kids in need. School for Life's little guides took us to see around their beautiful campus, which is surrounded by nature.

We are grateful to Meritton parents for their support. We hope that our books will contribute a little towards encouraging the joy of reading to the children at School for Life.







Happy Songkran

8 April 2022

This was our first Songkran at Meritton since the pandemic started in 2020. We followed Lanna traditions with the help from local artisans from Hangdong, who taught our students how to make Lanna flags.

In the morning, students performed Thai dance. During the day, each class crafted their own Lanna flags (ตุงไล่หมี), Chinese zodiac flags (ตุงตัวเป้ง), and made Lanna style doughnuts (ขนมวง)!

After lunch, teachers sprinkled water over their students' heads in a traditional blessing ceremony and all displayed hand-made flags on the sand pagoda, another tradition of Songkran.

At the end of the day, students went home with good wishes from their teachers for the holiday with their families.





OPENING CEREMONY



Because students had to stay in their bubbles, the opening ceremony was live streamed so the whole school could watch. We watched Thai dance performed by Year 5, Year 6, and Year 7 students in their classrooms. The MCs spoke in three languages, Thai, English, and Mandarin. Finally, Mr Gary, our principal, was invited to give new year blessings to the staff and students.





STATION 1

Lanna Flags

(ตุงไส้หมู)



STATION 2

Chinese Zodiac Flags

(ตุงตัวเป้ง)





STATION 3

Thai Traditional Games and Dances



STATION 4

Lanna Doughnuts (ขนมาวง)





Teachers gave blessings to their students.





Chiang Mai Education Fair 2022

On the 26th of February, Meritton participated in the Chiang Mai Education Fair 2022 at Shangri-La Hotel. Our teachers, principal and admissions team were there to greet parents and explain our curriculum and values-based education program.



Ryuu, our student representative from Year 5, did an excellent job telling his short story about Positive Attitude, one of his favourite values. Listen to Ryuu's speech here: <https://youtu.be/fEEO8WPNASo>



We were proud of Anna and Austin, who performed violin duets during the talent show.

VIRTUAL CAMPUS TOUR 2022



We have launched a virtual campus tour for anyone who has not been able to visit us in person.

In the video, our students take you on a tour to the Early Years classroom and play areas, followed by a look at our clean air system. You will also visit facilities for Primary and Lower secondary, including classrooms and outdoor learning areas.

See on Meritton website here: <http://www.merittonbritish.ac.th/virtualtour.php>

On the same page, Mr Gary, our principal, informs you about Meritton's learning approach and curriculum. Mr Joe highlights how being a good role model is key to promoting values at school.

Our doors are open 24/7 for all online visitors!

Scan here
to watch on YouTube



Link: <https://youtu.be/eGQzJ1ZU5Do>

Coming Up



Next week we will start a new value, Empathy. During the first week of May we will run Sports Week, which will replace our usual Sports Day. Despite Covid restrictions, our Sport Week team will be making sure students get lots of opportunities to get healthy and compete in various athletic events and fun sports every day of that week.

April - May 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 Empathy Assembly	26	27	28	29	30	1
2	3	4	5	6	7	8
Sports Week						
9	10	11	12	13	14	15
16 Subt. Visakha Bucha Day	17	18	19	20 Empathy Celebration	21	22
23	24	25	26	27	28	29

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