



INTERNATIONAL SCHOOL  
EASTERN SEABOARD



2025-2026

#3

Aug 29th

Nurturing Growth  
and Well-Being at ISE!

## Upcoming Events

- Sep 1-5 MAP Testing
- Sep 4 Wai Kru Ceremony @ 8:30 am
- Sep 12 Secondary School Sports Day
- Sep 21 ERUC University Fair @ Grand Centara Pattaya



next Monday is:  
**B DAY**

### CONTACT US:

Have questions?  
Reach out to us -- we'd love  
to hear from you!  
Email: [ise@ise.ac.th](mailto:ise@ise.ac.th)  
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## ISE COMMUNITY COUNSELING PROGRAM

Hello members of the ISE community! My name is Gloria Gutierrez and I'm the new whole-school counselor at ISE. As the school year begins, the goal of the counseling program is for all students to understand the services available and know when and how to access support. All classes have had an introductory visit sharing the unique role of counselors – they are like teachers, because they teach (supporting personal development in empathy, emotional awareness, social interactions, problem solving) and like other school staff in that the student's safety is the top priority at all times. Secondary students have engaged in community circles, which is a responsive method of encouraging community connectedness and belonging. I've been meeting with students individually on their goals and to reinforce the benefits of access to a counselor. Here are some helpful resources to support children both at home and at school:



### Self Care Ideas

[List of Self-Care Activities to do Together with Kids - old version.pdf](#)

### Camp Kindness

[www.campkindnesscounts.org/kind-world](http://www.campkindnesscounts.org/kind-world)

### Every Day Mind Day

<https://www.unicef.org/thailand/mindday>

**MS. GLORIA  
GUTIERREZ**

Designated Safeguarding Lead

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## ISE COMMUNITY COUNSELING PROGRAM

### 50 SELF-CARE ACTIVITIES TO DO WITH KIDS

<http://www.andnextcomesL.com>

1. Have a dance party
2. Play a game
3. Unplug & read a book
4. Exercise
5. Go for a bike ride
6. Go for a walk or a hike
7. Cuddle up & watch a movie
8. Paint your nails
9. Diffuse essential oils
10. Draw, paint, or craft
11. Journal
12. Write a collaborative story
13. Bake or cook a meal
14. Order take out or go out for supper
15. Drink warm beverages
16. Do some Mad Libs
17. Just play!
18. Watch music videos on YouTube
19. Go swimming
20. Go to the library & pick out books
21. Tell jokes
22. Meditate
23. Do yoga
24. Blow bubbles
25. Garden
26. Go on a picnic
27. Swing at the park
28. Go out for ice cream
29. Give each other massages
30. Call or FaceTime with family or friends
31. Watch funny videos on YouTube
32. Listen to music
33. Take a nap
34. Learn something new
35. Listen to an audiobook
36. Write poetry
37. Skip rocks on a pond
38. Make an inspiration collage
39. Go fishing
40. Go berry picking
41. Explore a new museum, park, or area of town/city
42. Scrapbook
43. Take silly pictures
44. Write things you like about yourself & your child & have them do the same
45. Plan a trip to somewhere you've never been before
46. Do a puzzle
47. Brush and/or braid each other's hair
48. Lay in a hammock & cuddle, read, or talk
49. Build a fort & play a game or read inside it
50. Go to a pet store & watch the fish swim around

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### Join the ISE School Counselor Advisory Council

The Counseling Program at ISE is seeking parents, community members, and students for the Counseling Department's Advisory Council, which meets twice each year – if you are interested, please submit the Interest Form. We will contact interested parties for additional information within the next few weeks.

#### Interest Form

<https://forms.gle/71QWndWFR753Ksaw7>



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## Pre- Kindergarten FINE MOTOR SKILLS PK2



Our PreK 2 children are settling in well. We provide them with a comfortable space that resembles a home. They are beginning to pay more careful attention to their surroundings.

I have prepared a variety of activities that will help them strengthen their hands as well as practice precise and delicate movements. All of these open-ended activities are challenging enough to make them interesting to young children. These activities help children focus their attention, strengthen executive function skills, and prepare their hands for writing.



### Picture 1

Playdough strengthens hands and allows for artistic expression and sensory experiences.

### Picture 2 (Front page)

We are learning how to apply just enough pressure to push the train without derailing it.

### Picture 3

Puzzles boost various cognitive processes while also giving the fingers and hands a good workout.





**Pre-  
Kindergarten  
FINE MOTOR SKILLS  
PK2**



**Picture 8**  
Threading a string through such a tiny hole is difficult for little hands. Hand-eye coordination and spatial awareness skills are required. The challenge is enticing.



**Picture 4** Mark-making. These two children are beginning to draw objects and name them. They are also using an impressive pincer grip on those crayons.



**Picture 5**  
Replacing the cap on a marker requires hand-eye coordination and control of delicate movements.





**Pre-  
Kindergarten  
FINE MOTOR SKILLS  
PK2**

Picture 6  
Using scissors strengthens hands and provides sensory stimulation. Also, it's fun to work with natural materials.



Picture 7  
Using tools to construct things develops hand-eye coordination and builds spatial awareness skills. This is also really fun.





## Coffee Morning Every Friday

We invite our parents to enjoy the Eagles Cafe every Friday morning from 8:00 to 9:00 am.

Beginning next Friday September 5, the Eagles Cafe will be open to parents who wish to come inside and enjoy a coffee, tea, or snack.

Our leadership team, Ms. Emily Cave, Ms. So Hyung An, Mr. Mark Vatsis, and Khun Krid Yoovithaya will also be available in the cafe during this time for informal discussion and simply to share a relaxing drink with our ISE parents.

Let's end the week together and start the weekend well by meeting at the Eagles Cafe... We hope you join us one Friday soon!

From the ISE Leadership Team





# ISE LUNCH MENU

## WEEKLY LUNCH MENU 1 - 5 AUG 2025

1 SEP  
**MON**



**Option 1 (90 THB)**

Chicken stake  
with roasted  
vegetables

**Option 2 (70 THB)**

Fish noodle soup

**Option 3 (60 THB)**

Sandwich Bar

2 SEP  
**TUE**

**Option 1 (90 THB)**

Stir-fried chicken  
with holy basil  
and fried egg

**Option 2 (70 THB)**

Spaghetti with chicken  
in tomato sauce

**Option 3 (60 THB)**

Sandwich Bar

3 SEP  
**WED**

**Option 1 (90 THB)**

Roasted red pork  
with rice and  
boiled egg

**Option 2 (70 THB)**

Fish maw soup  
with chicken

**Option 3 (60 THB)**

Sandwich Bar

4 SEP  
**THU**



**Option 1 (90 THB)**

Teriyaki bread  
chicken

**Option 2 (70 THB)**

Noodles with  
red pork

**Option 3 (60 THB)**

Sandwich Bar

5 SEP  
**FRI**

**Option 1 (90 THB)**

Fish steak with  
French fries

**Option 2 (70 THB)**

Clear chicken  
noodle soup with  
chicken

**Option 3 (60 THB)**

Sandwich Bar

