



INTERNATIONAL SCHOOL  
EASTERN SEABOARD



2025-2026

#4

Sep 5th



# Respect, Reflection, and Readiness at ISE

## Upcoming Events

- Sep 12 Secondary School Sports Day
- Sep 21 ERUC University Fair @ Grand Centara Pattaya
- Sep 29 IB info night
- Oct 2-3 School Photos Day
- Oct 4 SAT Exam



next Monday is:  
**A DAY**

### CONTACT US:

Have questions?  
Reach out to us—we'd love  
to hear from you!  
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## ISE COMMUNITY Wai Kru Ceremony

### 🙏 Wai Kru Ceremony at ISE

This week, our community came together to celebrate the Wai Kru Ceremony, a Thai tradition that honors teachers and expresses students' respect and gratitude. By bowing in thanks and offering symbolic flowers, students honor the important role teachers play in guiding their learning journey. This meaningful ceremony not only preserves cultural tradition but also reminds us that respect, gratitude, and dedication are essential values in the learning process at ISE.

A heartfelt thank you to our Thai Department for preparing this beautiful ceremony and to the students who worked so hard over the past week to make it such a memorable celebration.





**ISE  
COMMUNITY  
Wai Kru  
Ceremony**





## Head of School Wai Kru Speech

Good morning students, staff, and teachers.

It's a privilege to be with you today for this year's Wai Kru ceremony. This is a ceremony that connects generations — showing that learning is not just a transaction, but a relationship built on respect, and shared purpose.

To our teachers: thank you. You are the quiet force behind every breakthrough, every "aha" moment, and every challenge overcome. Your dedication shapes futures.

And to our students: this year, I want to challenge you — not just to do your best, but to go beyond your limits.

Each of you holds so much more potential than you may even realize. The real question is not "Can I do this?" but "What am I truly capable of?" And the answer often lies just beyond the limits we set for ourselves.

Limits have their use — they keep us safe. But they can also be invisible walls we build in our minds.

You might say to yourself:

"I'm not good at sports."

"I'm too shy to speak in public."

"I'm not a leader."

This year, I ask you to break through one of those walls.

It might be trying something new that scares you, asking a deeper question, helping a friend when it's hard, or daring to lead a project you never thought you could handle. Growth doesn't happen in comfort — it happens in the stretch, the challenge, the effort.

There is a Chinese proverb that states: "A gem cannot be polished without friction, nor can man be perfected without trials."

Wai Kru is a reminder that you don't take this journey alone. Your teachers, your peers, and this school community are here to support you — to push you, to catch you, and to celebrate your progress.

So this year, honor your teachers... by striving to become the students, thinkers, and the leaders they believe you can be.

Go beyond your limits. That's how growth happens. That's how change begins.

Thank you, and *śwaśdī ka*



## Elementary & Secondary School MAP TEST



### Measuring Growth with MAP Testing

At ISE, our students from Grade 1 to Grade 10 recently took part in the MAP (Measures of Academic Progress) Test, an important assessment that helps track each student's learning journey. Since MAP is administered twice a year—at the start of the school year and again in May—it provides teachers and parents with valuable insights into both current achievement and growth over time. These results allow teachers to personalize instruction and ensure every student continues progressing toward their full potential.





## Secondary School SCIENCE G6



### Explore the Microscopic World of Plant Cells

Our 6th grade students applied their knowledge about microscopes and plant cell organelles during an exciting laboratory activity in their integrated science class on August 29th. They observed two types of plant cells under the microscope: onion cells and Elodea spp. cells.

Under the careful supervision of their teacher and the lab technician, students observed the cells closely, identified several key organelles, and sketched detailed images of their observations.



They labeled each drawing with the appropriate organelles they recognized.

This was the third time the class worked with microscopes, and students showed growing confidence in using the equipment.





**ISE  
COMMUNITY  
Coffee Morning  
Every Friday**

### Coffee Morning Every Friday

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

Every Friday, 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 Hyoung 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



INTERNATIONAL SCHOOL  
EASTERN SEABOARD



**JOIN US  
AT GLOBAL  
UNIVERSITY  
FAIR**

**SIGN UP TODAY!**

MEET TOMORROW'S BRIGHTEST MINDS

**BE PART OF THE  
THAILAND EASTERN  
SEABOARD SCHOOLS  
GLOBAL  
UNIVERSITY FAIR**

**Sunday 21 September 2025  
11am-2pm**

**Centara Grand  
Mirage, Pattaya**

**SCAN TO  
REGISTER**

*In partnership with*

**RUGBY SCHOOL  
THAILAND**

**Garden International School  
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EASTERN SEABOARD**

**St. Andrews  
International School  
Green Valley**



INTERNATIONAL SCHOOL  
EASTERN SEABOARD



# ISE LUNCH MENU

## WEEKLY LUNCH MENU

8 - 12 SEP 2025



8 SEP

**MON**



**Option 1 (90 THB)**

Fried chicken with garlic & stir-fried cucumber with egg

**Option 2 (70 THB)**

Chicken carbonara spaghetti

**Option 3 (60 THB)**

Sandwich Bar

9 SEP

**TUE**

**Option 1 (90 THB)**

Sicky rice with fried chicken and papaya salad

**Option 2 (70 THB)**

Clear soup pork noodle

**Option 3 (60 THB)**

Sandwich Bar

10 SEP

**WED**

**Option 1 (90 THB)**

Stir-fried chicken with cashew nuts and fried egg

**Option 2 (70 THB)**

Yen ta fo noodle with pork

**Option 3 (60 THB)**

Sandwich Bar

11 SEP

**THU**



**Option 1 (90 THB)**

Stir-fried beef with holy basil and omelete

**Option 2 (70 THB)**

Stir-fried noodles with pork gravy sauce

**Option 3 (60 THB)**

Sandwich Bar

12 SEP

**FRI**

**Option 1 (90 THB)**

Hainanese chicken rice with soup

**Option 2 (70 THB)**

Stir-fried noodles with pork and soy sauce

**Option 3 (60 THB)**

Sandwich Bar

