



INTERNATIONAL SCHOOL
EASTERN SEABOARD



2025-2026

#9

Oct 10th

Celebrating Cultures and Showcasing Growth

Upcoming Events

Oct	11-22	October break
Oct	13	Rama 9 Memorial Holiday
Oct	21	Faculty Inservice Day (no students)
Oct	22	Unity day
Oct	22	Students returning from the break DAY
Oct	29	Open House @ 9 am
Oct	31	Halloween Celebration



Wednesday after break:
B DAY

CONTACT US:

Have questions?
Reach out to us—we'd love to hear from you!
Email: ise@ise.ac.th
www.ise.ac.th



LINE: @ISE1994



ISE International School
Eastern Seaboard,
Thailand



[iseinternationalschool](https://www.instagram.com/iseinternationalschool)

SUSTAINABLE
DEVELOPMENT GOALS



ISE COMMUNITY STUDENTS LED CONFERENCES

Over two exciting days, our students took the lead in sharing their learning journeys with their parents!

They proudly presented their strengths, goals, and growth plans from the first quarter of the semester.

For parents who couldn't attend, you can still view your child's progress and performance anytime through ManageBac, where grades and assessments are always available.



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ISE COMMUNITY MID AUTUMN FESTIVAL

● Mid-Autumn Festival Celebration at ISE

This week, our ISE community came together to celebrate the Mid-Autumn Festival, enjoying a day filled with cultural activities, traditional food, and joyful connections. The celebration began in the FAC, where students proudly represented their countries and shared how the Mid-Autumn Festival is celebrated in Japan (Hiyori and Yui), Korea (Faythe), and China (Rayah).

A heartfelt thank you to our Language Department - Mr. Ocean, Ms. Ji Hyun, and Ms. Yuka - for their creativity and dedication in organizing such a meaningful event. We also extend our appreciation to the Japanese, Korean, and Chinese families who prepared and shared delicious traditional food, showing their enthusiasm for sharing their cultures with our community.

Mid Autumn Festival was a wonderful way to wrap up the first quarter of the semester celebrating culture, community, and togetherness at ISE!



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ISE COMMUNITY MID AUTUMN FESTIVAL



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Secondary School PE G6 to G10



Students at ISE kicked off the year in PE with our Adventure Challenge Unit - a series of fun, team-building activities designed to strengthen communication, collaboration, problem-solving, and other key life skills. Through these challenges, students are not only getting active but also developing character and learning the value of working together!

It's a fun way to build physical fitness while strengthening essential life skills like teamwork and perseverance.





Secondary School PSAT G10 & G11



My Experience with the PSAT

By Justin Stoneking, G10

On October 8th, I participated in the College Board PSAT/NMSQT exam, which took place in Room 301 with Grades 10 and 11. Although it was my first time taking the PSAT, I found that it wasn't as stressful as people often make it seem on social media. Before the test, I practiced with several past SAT papers to review the types of questions that appear on both the SAT and PSAT. This helped me feel more confident and familiar with the structure. One piece of advice for future test takers—bring a hoodie! The room was a bit cold.

I strongly recommend reviewing past papers before taking the PSAT. Many questions are quite similar, and practice really helps you understand the format. The English sections required careful reading and precise vocabulary choices, while the math sections varied from easy to challenging. The second math module even adjusts in difficulty based on your performance in the first one.

Overall, I learned that preparation truly builds confidence. The PSAT is not something to fear—it's an important step toward success in the real SAT and a great opportunity to understand your strengths and areas to improve.





Secondary School ESAC BASKETBALL U15

My Experience as a Basketball Player

By Archie Moore, G9

ARCHIE MOORE U15 Basketball



- Competing in the ESAC games has been fun so far, and we are improving game by game.
- As the point guard, my goal going into the games were simple: to lead the team with confidence, create scoring opportunities, and keep our offense organized under pressure. I spent hours before the games working on my ball-handling, conditioning, and reviewing different plays so I could make quick, smart decisions on the court.
- Our match against Garden was intense from start to finish. Although we lost 46 - 36, it was a hard-fought game that showed how much we had grown as a team. I finished with 9 points and 6 assists, but what stood out most to me wasn't the stats. It was the moment I gathered my teammates after a tough run by the opponents and called a new play. Watching us execute it perfectly reminded me why teamwork matters so much in basketball.
- There were moments of pressure and frustration, but also of excitement and pride. I had to stay calm, and everyone had to stay focused, even when things didn't go our way. That responsibility taught me how important leadership and communication are - not just in sports, but in any challenge.
- In the end, the ESAC Games reminded me that success isn't only about winning; it's about growing as a player and as a person. I learned to trust my instincts, support my teammates, and to keep pushing forward no matter the score. That lesson is something I'll carry long after the final buzzer.



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**ISE
ANNOUNCEMENT
MARKETING
TEAM**

ISE
INTERNATIONAL SCHOOL
EASTERN SEABOARD

SHOP NOW

++ AT SCHOOL SHOP

LIMITED

**GET YOUR FAVORITE
MUG & TUMBLER**



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



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ISE LUNCH MENU

WEEKLY LUNCH MENU

20 OCT - 24 OCT 2025

22 OCT
MON



Option 1 (90 THB)

Option 2 (70 THB)

Option 3 (60 THB)

23 OCT
TUE

Option 1 (90 THB)

Option 2 (70 THB)

Option 3 (60 THB)

24 OCT
WED

Option 1 (90 THB)

Grilled chicken
with jew sauce



Option 2 (70 THB)

Noodles with
roasted pork



Option 3 (60 THB)

Sandwich Bar

25 OCT
THU



Option 1 (90 THB)

Red pork with rice
and boiled egg



Option 2 (70 THB)

Spaghetti cabonara
with ham and
mushroom



Option 3 (60 THB)

26 OCT
FRI

Option 1 (90 THB)

Teriyaki Chicken
with rice



Option 2 (70 THB)

Clear soup noodle
with pork



Option 3 (60 THB)

Sandwich Bar

