



CHIANG MAI INTERNATIONAL SCHOOL

CMIS Weekly Newsletter

CMIS NEWS

This Week at a Glance:

No Classes: School Closed for October Break - Oct. 24 thru 28

Saturday, October 22

- Hume Lake Camp: Gr. 9 to 12 begins.

Wednesday, October 26

- Hume Lake Camp: Gr. 7 & 8 begins.

Monday, October 31

- Classes resume after Oct. Break.
- EARCOS Administrator's Conference in Bangkok thru Wednesday, Nov. 2.

Tuesday, November 1

- PTIS Career Day and College Fair
- Prayer meeting in the upstairs conference room @ 1:30 p.m.

Wednesday, Nov. 2

- No Scheduled Events

Thursday, Nov. 3

- No Scheduled Events

Friday, Nov. 4

- No Scheduled Events

Cafeteria Note:

Please follow this link to the elementary lunch program menu for this week:

[Set Lunch Menu](#)

Also, check out the [daily menu](#) for Oct. 31 thru Nov. 4, 2011

Good luck to the CMIS Soccer Team on your trip to Taiwan.

Fall is in the Air! Well, we've made it through the first quarter, and are looking forward to a relaxing October Break. The air is noticeably cooler and the season is starting to change. Thanks to everyone who contributed to the success of Thursday's Harvest Festival, which served to welcome in the fall season and to celebrate the sense of community we enjoy at CMIS. It was especially nice to see parents and students involved in different aspects of the festival, and everyone working together to provide a fun, safe environment for our students.

Parents, please remember the Parent-Teacher conferences on Friday. Elementary parents should have been contacted by their child(ren)'s teachers to schedule appointment times. The Elementary Specials Teachers (Art, Computers, Library, Music, PE, & Thai) will be available throughout the day (except for lunch time) for parents who want to stop by and visit. Secondary School teachers will be available to meet with parents in the auditorium during the morning, and will be keeping scheduled appointments to meet with selected parents in the afternoon. Report cards were issued to the students on Thursday afternoon, so please review your son or daughter's report card before meeting with the teacher.

Shortly after we return from the break, the CMIS Theater Arts Department will be stepping up their preparations for this fall's drama presentation of the William Gibson classic, *The Miracle Worker*. Performances will begin on November 17, and will conclude on Saturday, November 19. We look forward to seeing our talented young performers, under the direction of CMIS Drama Teacher Stephan Turner, present the remarkable story of Anne Sullivan's struggle to teach the deaf and blind Helen Keller to communicate. We appreciate the tremendous amount of effort and practice that goes into a performance of this nature, and we want to commend the commitment and dedication of the cast and crew.

Have a safe, enjoyable break, and we will see you back at the start of school on Monday, October 31.

— Raymond Whitney, newsletter editor ([newsletter](#))

PTG NEWS

Harvest Festival Success: It was great seeing so many folks working together to create our Harvest Festival this year. I saw LOTS of students having fun, and lots of parents, too! Thank you so much. You did a fantastic job!

The dates for the November PTG meetings have been changed as follows:

Elementary: Tuesday, Nov. 15 at 8 a.m., **Secondary:** Tuesday, Nov 22 at 8 a.m.

Parent Link Luncheon: On Wednesday, Nov. 9, at 12:30 p.m., there will be a luncheon for the new CMIS Parent Links at the home of LeaAnn Hoppe.

We want to thank our Parent Links for serving in this role and have an opportunity to share suggestions. Remember that the Parent Link role is meant to be a simple one. It is not about creating more activity, but rather about enabling better communication regarding what is going on at each grade level. All parent links will be receiving an invitation by e-mail.

— LeaAnn Hoppe, PTG President (leaann.hoppe@gmail.com)

Elementary School News

Self-Discipline: Well, I am a little disappointed that no one brought a poem to share with me. I hope that doesn't mean no one wrote one. That would be sad. If you have one, please drop by and read it to me. I would love to hear it.



Okay, this is the last article on **Self-Discipline**, so let's see if we got all the details and facts correct:

1. You **use detachment** so your emotions won't control you (or be excessive – that means react in a really strong manner).
2. You **speak and act calmly** when you are angry or hurt.
3. You **get things done** in an orderly and efficient way (that means homework, assignments, studying for a test, home jobs, or chores. Anything you are responsible for or said that you would do, you do. That also means doing something when you are asked the first time.) This is a big one to follow through for adults as well as children.
4. You **create structure** in your life.
5. You **do what is expected** without someone having to watch that you do it and do it correctly. Your word means your promise.
6. You **do things on time**.

So how do you measure up against this list? *Can you say:*

"I have self-discipline. I use my time well and get things done. I choose my actions and reactions so I make good choices and people know I will do what I said I would. I am disciplined."

If you would like to see your report card get even better for the next quarter, practice the virtue of **self-discipline**. It will help you make better choices when you do your homework and when you study for tests. When you plan to get your work done on time, these things will help improve your grades and your scores. You can do it, you are **self-disciplined!**

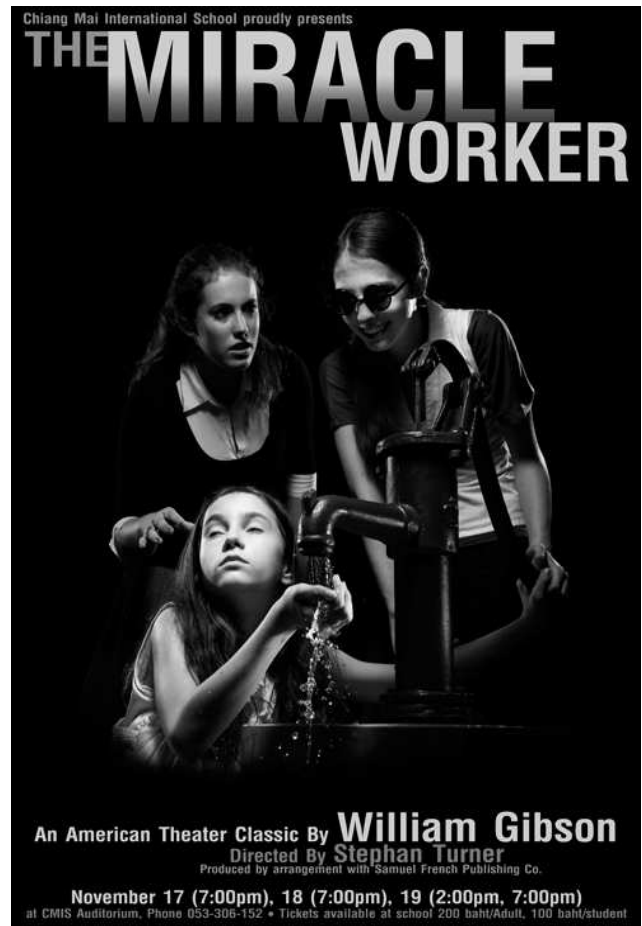
May you and your family have a wonderful school break ,and I look forward to seeing you back on Monday, October 31.

— Barbara Burleigh, Elementary Vice-Principal ([elementary](#))

Happy Harvest!



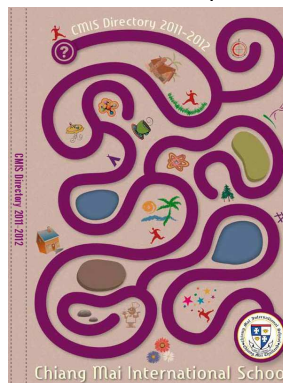
The Miracle Worker - Coming Soon to an auditorium near you - Nov. 17 thru 19, 2011.



2011-2012 PTG DIRECTORY

After the October Break, you should receive a copy of this year's PTG Directory. One copy is provided at no cost to all CMIS families, and will be sent home via the youngest sibling's homeroom teacher. Additional copies may be purchased through the school office for 100 baht each.

This Directory was produced by the CMIS PTG, paid for by the advertising sponsors, and is intended for personal use only. No soliciting or commercial contacts are permitted. Please thank the sponsors by using their services.



Special thanks to Ning Jinkaojai, Debbie Potter, Raymond Whitney, and Khun Yo Pongpeth for their work in soliciting advertisements, coordinating the information, and designing the cover.

— The PTG

Community Interests

Go Hadley Go! Fundraiser November 8 @ CMIS @ 3:00

Hadley Stevenson, a 13 year old former student at CMIS, was in an accident in England at her new boarding school. She broke her back, and while the hospital care and surgery has been world class, sadly, she is unlikely to be able to walk again. Hadley will be hospitalized for the next three to four months, during which she will start physical rehabilitation and learn to use a wheelchair. Hadley misses her friends and the community at CMIS!

Let's send someone to London from CMIS to support and encourage Hadley Stevenson!

A lot of CMIS parents and teachers train at CrossFit Chiang Mai (including Hadley's dad), so we are going to take a CrossFit fundraiser used to support the Wounded Warrior Project to support our own wounded warrior Hadley!

INSPIRED BY



How you can be involved:

1. **Sponsor** a competitor – pledge baht per point or a lump sum!
2. **Compete!** The fundraiser is exercises scored for points! There will be 4 divisions, allowing *anyone* to compete who is interested. Just come to one of the orientation sessions to find out what to do.
3. **Contribute** a greeting card or something to be taken to Hadley.
4. **Volunteer.** We need volunteers to help count reps/points, as well as manage equipment, hand out water, and keep score.

DETAILS: CMIS on November 8 (Tuesday) at 3:00 on the covered basketball court. For more information about how you can be involved see CROSSFITCHIANGMAI.COM or email MONICA@CROSSFITCHIANGMAI.COM

CAREER COUNSELING NEWS

**University Admissions info:
UCLA (University of California)
at Los Angeles in BKK
during October break:**

When: October 28 from 6 to 8 p.m.

Where: The Le Meridien Hotel

What: This two-hour session will outline UCLA's admissions process and give students and parents a chance to ask questions of admissions officials.

Reservations are required. RSVP online by October 26 at [http://](http://www.admissions.ucla.edu/asiatour2011/)

www.admissions.ucla.edu/asiatour2011/

**PTIS International
Education Expo 2011:**

On Tuesday, November 1, 2011 PTIS will host its annual education expo. There will be over 30 universities represented from the USA, Canada, UK, Singapore, Australia, and Thailand. There will also be seminars on how to apply to the UK, Canada, USA, and Australia, as well as over 20 career presentations.

For further information, please contact 053 301 500 ext. 5350 or jonh@threegeneration.org

**British Council Schools and
Colleges Fair 2011:**

The fair will be held on Saturday, November 5 at the London room, Plaza Athenee Hotel, from 1 to 6 p.m. In addition to schools information desks, there will be seminars on various topics to enhance knowledge of UK education and to help parents prepare their children for their future. If you have questions or need further assistance, please contact: Chanya Tangsuk by phone or e-mail at 02 657 5633 or chanya.tangsuk@britishcouncil.or.th or Scott Morgan at smorgan@cmis.ac.th



CHIANG MAI INTERNATIONAL SCHOOL

13 Chetupon Road
P.O. Box 38
Chiang Mai, Thailand
50000

Tel: (053) 306-152, 242-027,
306-153, 306-234
Fax: (053) 242-455
E-mail: info@cmis.ac.th

*“Educational excellence in
a caring community
committed to Christian
values, equipping
international students for
lives of learning and
positive contributions
locally and globally.”*

Upcoming Events:

- **Nov. 8:** Secondary School Parents' PTG meeting from 8 to 9:30 a.m. with coffee and snacks @ 7:45
- CrossFit Fundraiser @ 3
- **Nov. 9:** Exchange Day: Friday Schedule on Wednesday
- Parent Workshop @ 7:00 p.m.
- **Nov. 10:** Bake Sale sponsored by StuCo at morning recess and lunch
- **Nov. 11:** No Classes: Teacher Professional Development Day
- **Nov. 11:** I Dream Visual Arts Show @ San Dee Gallery featuring CMIS student work

We're on the web:
www.cmis.ac.th

Health Corner

Should my child drink “Sports Drinks”?

(taken from kidshealth.org and medscape.com)

All children need to stay hydrated in order to stay healthy, and drinking plain water will adequately fulfill this role. The average young athlete can, and should, get all the necessary nutrients and hydration by eating healthy foods and drinking plenty of water before, during, and after exercise. During games and competitive events, drinks should be available at all times and regular water breaks should be scheduled about every 15 to 20 minutes to prevent dehydration. The amount of water needed can vary depending on the child's age, weight, intensity of the activity, and weather conditions; increasing when there is high temperature and high humidity.



According to the Council of Sports Medicine and Fitness from the American Academy of Pediatrics (AAP), “Sports Drinks” may be beneficial for children who participate in prolonged rigorous physical activity lasting longer than an hour (such as long distance running and biking, or high intensity exercise such as soccer, basketball, or prolonged competition, such as in tournaments).

These drinks contain carbohydrates as sugars, which can provide an immediate source of energy at a time when the body's stores are becoming depleted. “Sports Drinks” also contain electrolytes like Sodium and Potassium, which the body loses through sweat, that are necessary to keep the body's fluid levels in balance and for muscles to work properly without cramping.

“Sport Drinks” are sweet, which may aid hydration in children who otherwise wouldn't drink during periods of intense activity. These drinks are high in calories and can increase the risk of tooth decay and excess weight gain if the child has a weight problem, but if the child is active and drinks these in moderation, this shouldn't be a problem.

However, “Sports Drinks” are not necessary for the casual athlete and should not be consumed on a regular basis. It is recommended that those children who are sedentary or under 6 years of age should NOT consume these drinks. “Sports Drinks” are also not recommended as a beverage to have with meals; juices, low-fat milk, or water should be consumed instead.

Although the cafeteria has “Sports Drinks” on sale for those children who are very physically active, we would like parents to advise their children about the consumption of these drinks, as we will educate them here at CMIS. If you have any questions or concerns, please visit me at the Health Office or e-mail me at chartmann@cmis.ac.th.

— Carol Hartmann, Health Officer, CMIS (chartmann)

SECONDARY SCHOOL NEWS

Advanced Notice: For those of you who want to get a jump start on planning your Christmas holiday, the final exam schedule for this December is as follows:

Dec. 19:	Dec. 20:	Dec. 21 (half day):
P1 & 2 = Block A finals	P1 & 2 = Block D finals	P1 & 2 = Block E finals
P3 & 4 = Block B finals	P3 & 4 = Block F finals	
P5 & 6 = Block C finals	P5 & 6 = Block G finals	

This is a change from the past, so please be aware that all students will be expected to be at school ALL DAY on each of these days.

Enjoy your October Break, and we look forward to seeing you back at school on Monday, October 31.

— Andrew McRady, Secondary School Vice-Principal (secondary)