

Patana

NEWS

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STILLNESS, SLOW THINKING, SLOW PEDAGOGY

Brian Taylor, Cross Campus Assistant Principal on taking it slow

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Raising Funds for Face Shields/**Reflections on Visiting Thai Author**/New App for CSL

STILLNESS, SLOW THINKING, SLOW PEDAGOGY

Brian Taylor, Cross Campus Assistant Principal , Curriculum Technology Integrator

I wonder if things went into over-drive in your household before the break, just like mine? It seems as though, thanks to COVID-19, that educators, parents and students are in a big rush. The rush started after the decision was made to promote social distancing by offering distance or online learning. From quality face-to-face learning in classrooms focused on deep-thinking, we shifted into top gear. Packets of work were prepared, online tools rapidly expanded, new options for content delivery were examined and quickly deployed. We wanted to make sure that our students continued their learning.

In 17 days of CSL, a very short period of time considering the big picture, transformation has taken place. My colleagues in the teaching profession have demonstrated extraordinary levels of creativity and patience. I applaud their versatility, adaptability and nimbleness in responding to feedback. Learning has continued. But maybe now is the time to consider the pace. Learning is, after all, a marathon, not a sprint. Now we are beyond the initial phases of the metamorphosis to online learning we can settle into a pace that is better suited for the long haul. The two-week break came at a perfect time for all of us. It gave us time to reflect, to be still, to think about the important things in our lives: our friends, family and loved ones. In his recent talk at Google headquarters, Ryan Holiday discussed how he draws on timeless stoic and Buddhist philosophy to demonstrate why slowing down is the secret strategy for those charging ahead. Take a look at the titles for the time stamps; I urge you to [watch it](#). Also, my thanks go to parents that have shared their 'pearls of

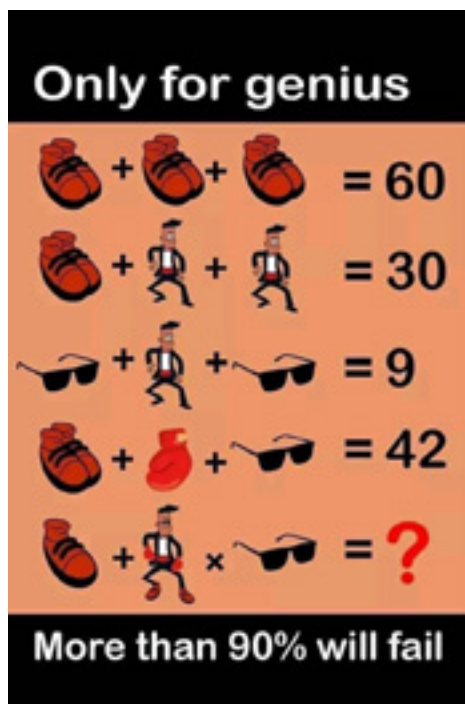
"Stillness is the Key" timestamps

1. Get up early [4:04](#)
2. Start the day phone-free [5:02](#)
3. Go outside [6:52](#)
4. Journal [7:40](#)
5. Do the main thing right away [10:55](#)
6. Routine. Routine. Routine. [13:26](#)
7. Don't watch the news [16:08](#)
8. Explore a hobby [16:50](#)
9. Exercise [20:13](#)
10. Treat relationships seriously [23:00](#)
11. Say "No." A lot. [25:24](#)
12. Let go. A lot. [29:00](#)
13. It's either up to you, or it isn't. [29:27](#)
14. Practice being present. [31:10](#)
15. One of the hardest things is to do next to nothing...
16. The good news about the present is that it keeps showing up to give you a second chance... [33:25](#)
17. Find "enough."



wisdom' during these unusual times. For example, the [Three Stages of Pandemic response](#) from the College of Paramedics. I firmly believe our Bangkok Patana Community is evolving from the Acceptance to Growth stage.

The obvious answer is to slow down, to pause, switch off and take the time we need to reset but doing this requires deliberate action. We begin the process of slow thinking by recognising that taking our time, slowing down and being deliberate in the processes of thinking, is a pathway towards becoming more productive, more creative and more attuned to the world around us. In what seems like a contradiction in terms, the best strategy for coping with the rapid pace of our lives is not to speed up but to slow down. Outdoor education refers to this as slow pedagogy - learning to appreciate and love the outdoors, nature,

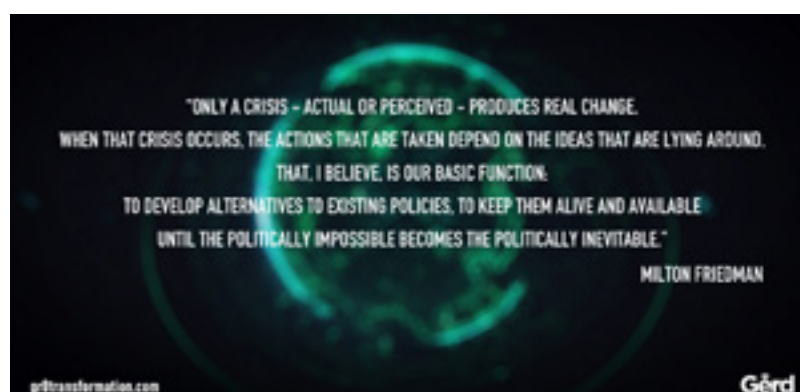


mountains, lakes and oceans. It takes years to evolve – the long walks with your parent(s) when you were young, the ones you fondly recall and try to recreate with your own children, they, like empathy and other soft skills, are all examples of slow pedagogy.

Take for example, the mathematics challenge sent to our family over the recent break. We rushed into answering it and failed many times. Only when slowing down, observing the detail, did we get the [correct answer](#). Try it yourself right now!

In October 2016, we held our Global Learner Conference here at Bangkok Patana. One of the short-listed keynote speakers was Gerd Leonhard. Over the past two decades Leonhard has risen to one of the top 10 futurist keynote speakers worldwide. He has performed at over 1,500 engagements in 50+ countries, with a global audience of over 2.5 million people. Gerd's client list includes most Fortune 500 companies as well as many governments and NGOs. He is a leading global influencer in the field of digital ethics. Gerd has written five books, including the best-selling 'Technology vs Humanity' (2016). Gerd's films on the future of technology and humanity, digital transformation and artificial intelligence have reached millions of viewers. In his

latest [YouTube video-short](#) he looks at how COVID-19 is changing our world.



I have no doubt that the change that has occurred in education, as a consequence of this pandemic, will have a profound and long-lasting impact on the way in which we learn and teach. It's up to us to think carefully, to think slowly, to think strategically, to act with purpose and seek opportunities in the transformation to amplify our humanistic traits, for they will ultimately be our most valuable commodity.

UNI COUNSELORS' CORNER

UNI OFFERS...

Palis (Fresh) Pisuttisarun, Year 13

Congratulations on offers from

- **Harvard University**
- **Stanford University**
- **University of Cambridge**

"I am offered university admission to Harvard, Stanford, and Cambridge and am still deciding between them. I have indicated Engineering and Computer Science as my prospective concentration, but I hope to also pursue Astrophysics, Philosophy, Sociology and Entrepreneurship. I feel beyond privileged to be able to decide between such prestigious institutions and rest assured that any of these options will provide me with the opportunities to fulfil my intellectual and extra-curricular potential."

"I'm excited to bring my unique perspective on engineering to the table. Many people see engineering as a combination of mathematics, physics and computer science, but my vision for engineering goes beyond this. For me, being an engineer allows me to utilise inclusive tech-

nological innovation to break stereotypes, advocate for marginalised communities and literally re-engineer more egalitarian social infrastructures. Engineering has traditionally been a field dominated by the privileged—and as a result—their creations often spawned an exclusionary societal blueprint."

"I hope to combine engineering with my passion for activism and entrepreneurship to innovate our world towards equality. During my years at Patana, I was able to represent the school at the World Mathematics Championships 2018, in which I came first place."



IN THE SPOTLIGHT...

University of Toronto, Canada

Located in the capital city of Toronto, the University of Toronto is a top ranked university, coming in 18th in the world in the Times Higher Education World University Rankings for 2020 and has consistently ranked in the top 25 for the past ten years. The school also ranks in the top 25 globally for such diverse faculties as Health (top 6), Law (top 10), Education and Computer Sciences.

The university has several campuses including the St George campus in downtown Toronto. Offering 700 undergraduate degrees, the school has nearly 60,000 students, of which 21 percent are international students from 160 countries. The university has produced many notable alumni including five Canadian prime ministers among its former students and associations with 10 Nobel laureates. Other notable alumni include the actor Donald Sutherland and the writers Margaret Atwood and Michael Ondaatje.



CAN I GET A SPORTS SCHOLARSHIP?

Karel De Cock, Careers and Universities Counsellor

There are many types of scholarships that universities offer students; academic, creative, community service and athletic to name a few. Predominantly in the US, athletic or sport scholarships are just one way students can help pay for their tuition. Sport scholarships are available from universities around the world; however, the number of scholarships and the value is low when compared to the US. Students will still be able to play recreational sports at all universities, just not for any monetary reward.

Athletes pay the most attention to scholarships offered by their intended college and award value increases if you have more skill, rank and desirable athletic qualities. These students should be actively contacting coaches at the schools they're interested in, as even the best athletes can be overlooked if they don't market themselves well.

Make yourself a portfolio, or your own highlight video. If there are articles of your achievements, keep them together so you can submit them to colleges. The easiest way to become organised is to make a list of places you're interested in and start with a college search; don't sell yourself short but be open to possibilities at smaller colleges and those outside of the top tier athletics. Be mindful also of what's expected of you to be eligible for those top prizes.

US scholarships offered by colleges will be run by the National Collegiate Athletic Association ([NCAA](#)), the National Association of Intercollegiate Athletics ([NAIA](#)) or

the National Junior College Athletic Association ([NJCAA](#)). They all require a set, minimum GPA before handing out scholarship money to athletes. NCAA scholarships, and internships in particular are the most well-known and sought-after opportunities. You'll also need to maintain a good GPA to keep your award and your spot on the team, so your work isn't over even if you do score a coveted place on your dream team.

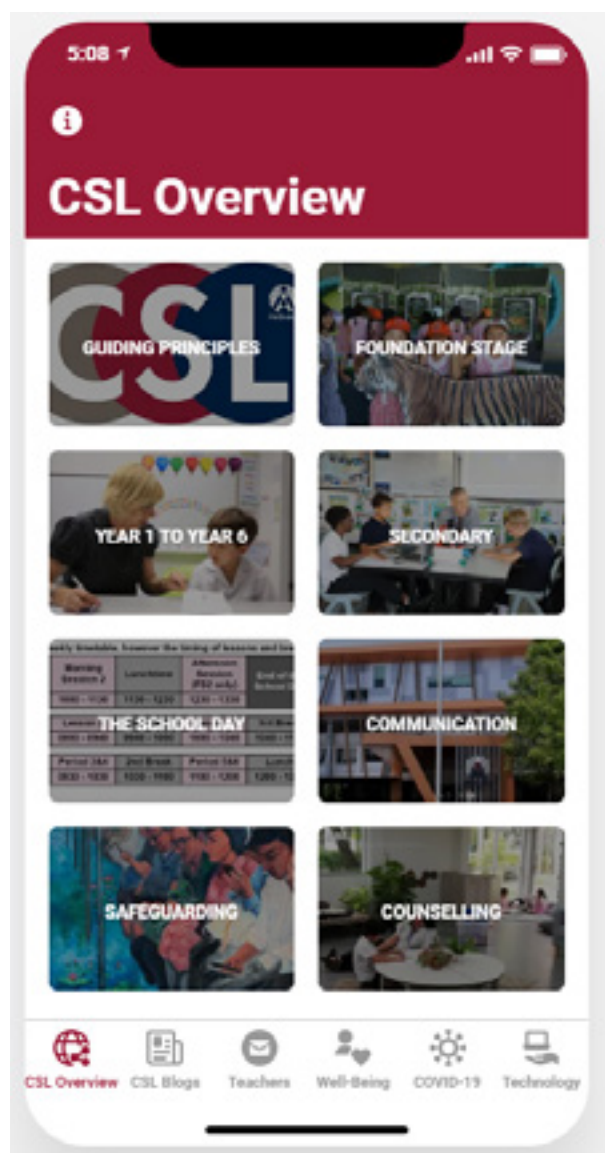
Landing an athletic scholarship isn't all about being the best basketball player, wrestler or bowler on your school team anymore. There are many awards available for athletes who don't plan to make a career of a sport, but because they enjoy the game. Local leagues and organisations in sports like baseball and golf, for example, offer many scholarships just for playing on a team, no matter how good you are. Sure, it helps to be talented in a given area, but if you're not cut out for the lifestyle required to make yourself a marketable athlete at the top level of play, don't be discouraged. You don't even have to play on your college's team. Many rewards require an interest in a sport and the intention to continue playing it when you go to university, even if it's on a club or intramural team.

Click [here](#) for more information about sports scholarships in the US.





#150: CONTINUING STUDENT LEARNING (CSL) App



To celebrate the 150th Taylor's Tech Tips, I've written a CSL@Patana app to help parents navigate more quickly to the blogs and other frequently used areas of Firefly. It's not available on the app store, but you can access it from [this link](#) or simply point your phone at the QR code below. When prompted, add the bookmark link to your home screen. Email me if you have any feedback on how it can be improved. I'll continuously update the content during our CSL programme.



Have a great weekend,

Brian Taylor

Cross Campus Assistant Principal, Curriculum Technology Integrator

Inspiration for this article from: Nigel Coult's blog post '[Taking the Time to Think](#)'

MISSING YOUR ECAs?

While we are all doing our part by staying at home, it's important to make time to have fun and relax after a long day of learning. Did you know we are posting ideas on a [Continuing Student Learning ECA blog](#)?

Subscribe today to have two fun ideas for the family drop into your inbox each weekday morning. The activities range from Karaoke to Fitness, Cooking to Recycling. Get involved and then share your pics on Social Media using the hashtag #bpsecasmustgoon.

STUDENT REFLECTIONS ON VISITING THAI AUTHOR CHART KOBJITTI

Chart Kobjitti visited Bangkok Patana before the end of Term 2 to meet with Year 13 Thai A: Language and Literature students. Khun Chart first came to prominence with the publication of his novel **Khamphiphaksa** (The Judgment) in 1981. Named as Book of the Year by Thailand's Literature Council, he was also awarded the SEA Write Award. He received a second SEA Write Award in 1994 for **Wela** (Time). He was named a National Artist in Literature in 2004, and was among the honorees of the inaugural Silpathorn Award, given to Thai contemporary artists.

Students reflected on the interview with Khun Chart:

"I was looking forward to the interview with Khun Chart. I had heard many stories about his interactions with students and how he had a very entertaining personality. I was not disappointed in the slightest. I occasionally struggled in class when interpreting the book so getting the author's perspective was something much needed. During the interview, his answers to questions were very unexpected and different from how some people viewed the story but some responses were hilarious and got the whole room laughing." - **Noat**

"Although I did not know what to expect from this interview, at the end I was completely satisfied and enjoyed listening in and participating. I had the opportunity to learn about not just his life as a writer but also about how the lessons he conveyed in his stories are reflected in society today. An example would be when I asked about how the characters reflected society back when he wrote the book and if they still reflect society now. The interview was fun, enlightening and made for a great way to end the day." - **Oak**

"It was such an honour to meet one of the greatest Thai writers. Before the interview, I was extremely nervous but K. Chart really helped me relax, which made the process much easier for me. He surprised me and my friends a lot with his answers, by giving really unexpected answers. Most of his answers were actually incredibly funny too, causing the whole room to erupt with laughter."

Over the span of one hour, he taught us a lot of new things and gave us really insightful advice gained from his many years of experience. I would like to thank Khun Chart for the wonderful experience. He really showed us that coolness is timeless!" - **Ann**

Having devoured Khun Chart's book **Kumpipaksa** from start to finish, it was almost shocking to see him in person and hear him talk about his motives and reasoning behind the book we have studied for the past year. We had the rare opportunity to ask Khun Chart about our interpretations and analysis of the book. We heard first-hand his process of writing and interesting use of literary techniques which can be applied to our



responses in the Thai IB exam. In addition, we gained insight into the context in which the novel was produced. This also influences the characters and the integral storyline of the book which allowed me to understand the novel on a deeper level. It's not common to be able to directly quote an author's answer to your own question in an exam!" - **Tang Tae**

*"Having the opportunity to meet Khun Chart was really eye-opening and allowed us to see the book **Kumpipaksa** in a new light. Understanding the novel in the context it was produced really helped us see the connections it had to our society. It was also very interesting to hear about the inspiration that he had for different characters in the novel. It was an overall very fun experience because he established a comfortable atmosphere in which we could casually chat and ask him questions."* - **Pammy**

*"Meeting Khun Chart was a really valuable experience. Although we have studied his famous **Kumpipaksa** intensely and know about the characters really well, we only got to know the book from our own interpretations. The session allowed us to understand the book from Khun Chart's very own perspective, which was really interesting as we had different views on some parts. However, we learned that there is always room for any interpretation and that there is no right or wrong. Khun Chart also made a lot of jokes, which filled the room with laughter. It was also interesting to know about Khun Chart's personal life and how he viewed things differently as he aged."* - **Bam**

CONTINUING STUDENT LEARNING (CSL) SURVEY

CONTINUING STUDENT LEARNING (CSL) PARENT WEEK 2 SURVEY SUMMARY RESULTS

Helen Thew Cross Campus Principal

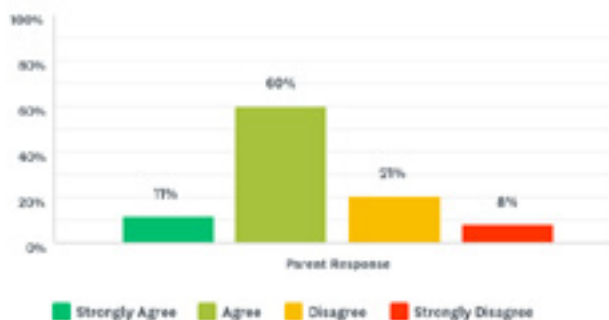
Last term we completed two parent CSL surveys. The details of the results from the second survey were included in the school update letter that was sent to you on the 3rd April but in case you missed seeing them, I share them with you below.

Thank you for taking the time to complete the second CSL survey. We received 704 responses.

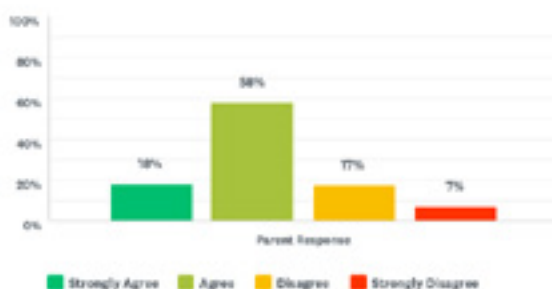
Q1 Which Year group is your child in?



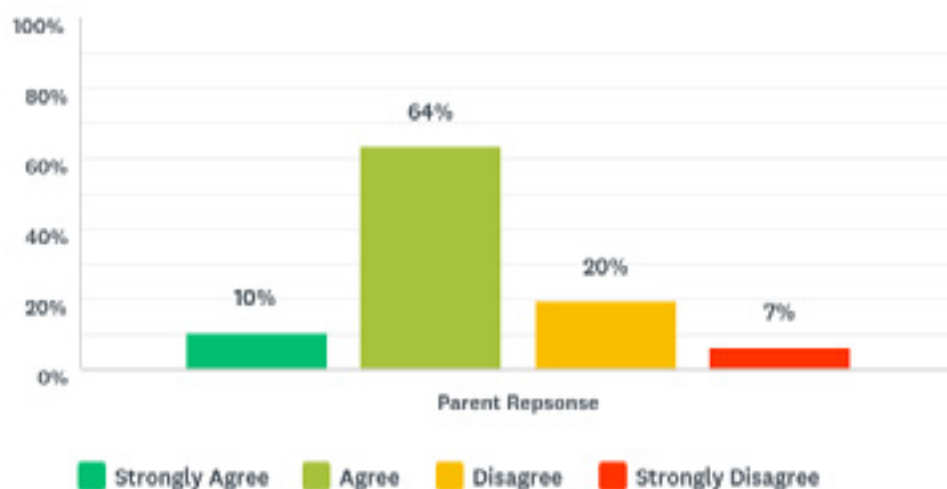
Q2 The amount of learning being set for my child is appropriate (the task can be completed in the time given).



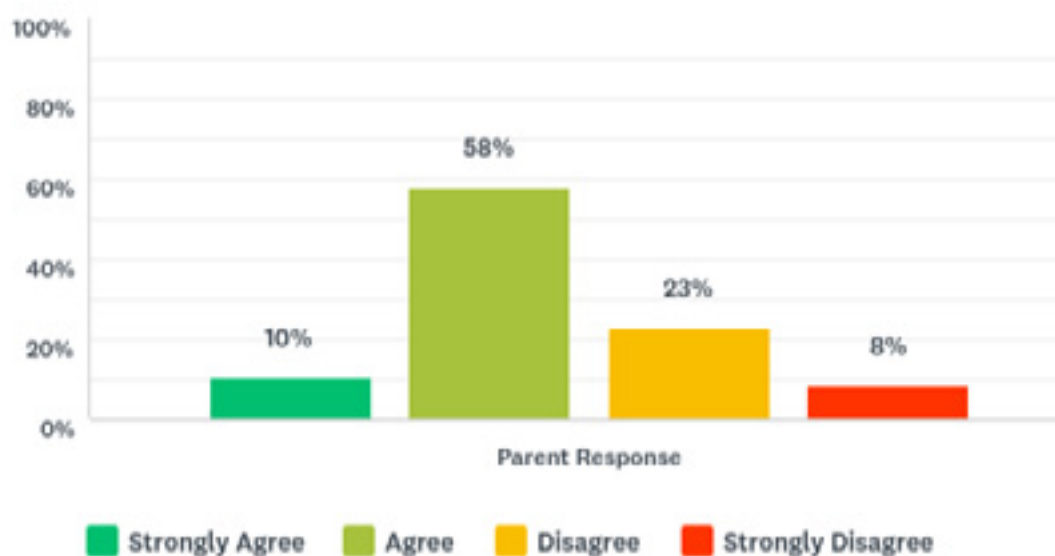
Q3 The teacher is communicating and feeding back with my child in a variety of ways including some face to face interactions.



Q4 The learning is engaging (fun/interesting).



Q5 The learning is appropriately challenging.



We have read through all the comments that you also provided and are passing on your helpful suggestions to the relevant staff. It was good to hear that your child(ren) enjoyed the face to face interactions that they had during this second week with their teacher(s) and friends.

Since resuming CSL on Monday 20th April we hope that students, teachers and parents are all enjoying and benefitting from the additional teacher-student interactions that have been happening this week.

Thank you to all of you who gave your precious time to complete this survey, it has certainly given us lots to think about for future CSL planning. We will continue to seek further feedback from you during this term.

COACH DAN'S TENNIS TIPS

THE ART OF USING TWO HANDS



FASHIONISTA STUCK AT HOME?

Cindy Adair, Cross Campus Assistant Principal, Sports and Extra-curricular Activities

While we are all doing our part by staying at home, it's important to make time to have fun and relax after a long day of learning. Did you know we are posting ideas on a [Continuing Student Learning ECA blog](#)?

We want to know, are you a fashionista? It's time to strut your #stayathome styles. Then post your pic of your fashion show on our Fashion Show Padlet. We want to see your crazy hair styles! Or toilet paper fashion (since we don't have a shortage of that here in Thailand!). Who knows, maybe you have a future in fashion!



STOP: COVID-19

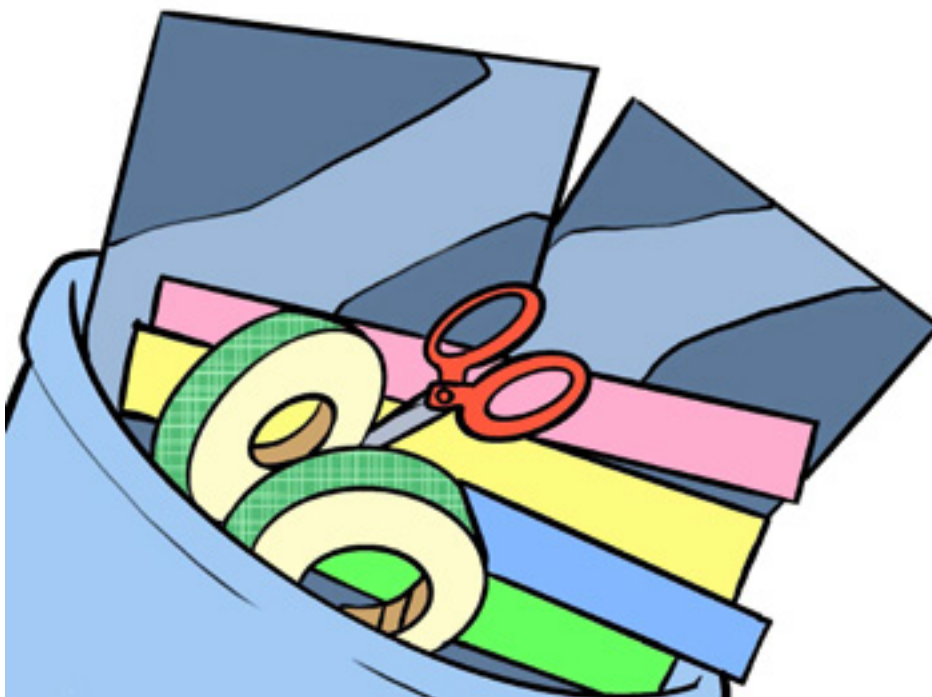
STUDENTS IN ACTION!

With the ongoing Covid-19 outbreak, S.T.O.P: Covid-19 is a club founded to raise awareness of Covid-19 and encourage students to take action. We are organising a face shield donation to hospitals, especially those outside of Bangkok, as they typically receive fewer donations.

Face shields are usually worn over masks to prevent any infectious droplets from entering the eyes, nose or mouth. They are used by most medical professionals in hospitals, but need to be regularly changed. Many hospitals don't have enough face shields, meaning doctors and other medical staff have to work without them, increasing their exposure to Covid-19.

For more information on making face shields for donation, please visit [our donation site](https://stopcovid19.squarespace.com/donate)

<https://stopcovid19.squarespace.com/donate> and complete the Google Form on the website, or email fapu21@patana.ac.th



YOU CAN HELP
BY MAKING
FACE SHIELDS
AT HOME!

WE CAN
PROVIDE YOU
WITH DETAILS
OF THE
HOSPITALS
MOST IN NEED
OF FACE
SHIELDS.

PUZZLE OF THE WEEK

Aidan McDonagh

The Puzzle of the Week features a new mathematics puzzle released every Monday and students have a week to answer. Do you know the answer?

Submit your solution [here](#)



Entries open: 20/04/20

Entries close: 26/04/20



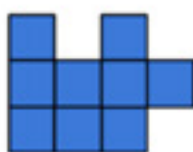
puzzle number
125

Stephen puts 9 squares together to make lots of larger shapes.
He notices they don't all have the same perimeter.

Each square is 1cm x 1cm in size and the edges of the squares in his shapes meet perfectly.



Perimeter = 14cm



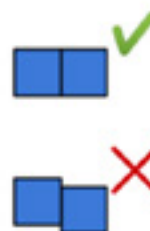
Perimeter = 16cm



Perimeter = 16cm

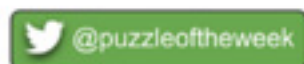


Perimeter = 18cm

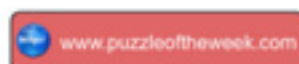


What is the longest perimeter Stephen can make?

Extension: What is the shortest and why? What if Stephen used 10 squares, or 11, or n ?



Puzzle created by Andrew Sharpe



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SUBMIT TO SCIENTIA

Write an article about what you are curious about
and submit to
vata20@patana.ac.th
to be featured on our website,
www.scientiaproject.com!

DESERT ISLAND DISCS



With Lena Perriam
Key Stage 3 Senior Teacher



This column follows in the style of the famed BBC podcast which features a celebrity every week – here we feature our own Bangkok Patana celebrities! What eight songs, one luxury item and one book would you take with you if you were stuck on a desert island?

Today Lena Perriam, Senior Teacher Key Stage 3 is stuck on a desert island.

MS PERRIAM, IF YOU WERE STUCK ON A DESERT ISLAND WHAT EIGHT PIECES OF MUSIC WOULD YOU WANT TO HAVE WITH YOU?

Build me up Buttercup – The Foundations

Here Comes the Sun – Nina Simone

The End – The Doors

Castles Made of Sand – Jimmy Hendrix

Wandering Star – Portishead

Creep – Radiohead

The One and Only – Chesney Hawks

The Magic Number – De La Soul



Listen to Ms Perriam's playlist [here](#)

PICK ONE LUXURY ITEM YOU WOULD WANT TO HAVE WITH YOU. THIS ITEM MUST BE INANIMATE AND OF NO USE IN ESCAPING THE ISLAND OR ALLOWING COMMUNICATION FROM OUTSIDE.

Daniel Craig!! If I am allowed

WHICH ONE BOOK WOULD YOU WANT TO HAVE WITH YOU?

The Shining - Stephen King

Catch the real Desert Island Discs on [BBC](#). Now that you are stuck at home, what are you listening to? Have a list of your own? Let us know! Contact SHKN with your favourites.

[CLICK HERE FOR UPDATES AND
INFORMATION ON THE SCHOOL'S
COVID-19 PROCEDURES](#)

For *daily updates*,
snapshots and *news* on life
at school you can find us here...



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