



Message from the Principal - Toddlers, Early Years & Primary



Rachel Crossland
Early Years & Primary Principal

Dear Parent/Guardians,

Good afternoon and happy Friday to you all.

This week, I have been away from school in order to unpack boxes, arrange a room in halls of residence, and say goodbye to our youngest daughter as we settle her into University life in the UK.

As a parent it is a surreal milestone, to say the least. One moment you are helping them tie their shoes and pack their school bag, and the next you are watching them step into adulthood. As I navigate the classic parental mix of pride, excitement, and a few quiet tears, it only deepens my appreciation for the trust you place in our school every day. Thank you for your warm understanding while I am away from the desk; I look forward to returning next week, fully recharged and ready to celebrate all the big and small milestones your own children will reach this year.

In this newsletter, Ms Jani, our Lead Toddlers teacher, introduces the 'My HappyMind' framework which strengthens our commitment to nurturing the holistic wellbeing of all our children at SBS Bangkok.



Introducing MyHappymind at SBS

We are excited to introduce **MyHappymind**, our new whole-school wellbeing programme at SBS Bangkok! We believe children learn and grow best when they feel safe, happy, understood and confident. Through fun, positive and child-friendly learning, MyHappymind helps children understand their brains, recognise their feelings and develop skills that support their holistic wellbeing.

MyHappymind is an award-winning whole-school programme for children from Early Years through to Year 6 - we further extend the programme into Lower Secondary. It teaches simple, preventative habits that support positive mental health, resilience and self-esteem. The programme is based on neuroscience, positive psychology and research, but the ideas are introduced through fun, meaningful and age-appropriate activities.

Teachers deliver the programme through stories, discussions, movement, visuals and interactive lessons. Children are encouraged to practise what they learn throughout the school day, helping these positive habits become a natural part of their everyday lives.

Meet Your Brain

This term, we are focusing on the first module, **Meet Your Brain**.

The children are being introduced to **Team H-A-P** (short for Hippocampus; Amygdala; and Prefrontal Cortex). These are the three important parts of the brain that help us remember, recognise possible danger, manage emotions, make decisions and choose how to respond.

They are also beginning to explore the difference between the brain and the mind. They are learning that the brain is a physical part of the body inside the head, while the mind describes our thoughts, feelings, memories and imagination. Understanding this connection can help children recognise what is happening inside them. It also reassures them that all feelings are okay and that there are simple strategies they can use when they feel worried, overwhelmed or upset.

Our First myHappymind Assemblies

We recently held our first MyHappymind assemblies for Years 1–2, Years 3–4 and Years 5–6. It was wonderful to see the students taking part with so much energy, confidence and curiosity. They answered questions, acted out different brain responses, discussed everyday situations and explored how the members of Team H-A-P work together.

We are excited to continue this wellbeing journey together and help every child feel understood, supported and ready to grow. We look forward to seeing our students use these valuable skills to develop confidence, resilience and a positive sense of wellbeing.



Phonics Launch

This week has seen the launch of this year's Daily Phonics Programme for Reception to Year 2. This has been a soft launch where Teachers and students have been becoming familiar with the distinct methods of learning the **Read Write Inc** Phonics programme. Our Phonics Teaching Team is excited about their upcoming training with the RWI team in the UK which will happen shortly.

From next week children will be bringing regular books home for shared reading practice and parents are asked to support their child's daily home reading tasks. We will be sending more information on how you can support your child's reading journey in the coming weeks. In the meantime, Reception, Year 1 and Year 2 students are asked to purchase an SBS Book Bag as soon as possible please - available from the uniform shop.



Year 2 - 6 Baseline Assessment Reports to Parents

I hope you have had a chance to review your child's Cambridge Insight Baseline Assessments that we emailed to you this week. The primary purpose of sharing Cambridge Primary Insight Parent Reports is to provide a clear, objective snapshot of your child's foundational learning profile, helping you understand their strengths, learning preferences, and potential growth areas without the pressure of traditional grades.

The reports provide an assessment of core cognitive abilities - such as verbal, non-verbal, mathematical, and spatial skills - and plots your child's outcomes against typical scores of children of the same age. The assessments highlight to teachers where a child naturally excels and pinpoints specific areas where they may benefit from additional practice or targeted interventions.

I encourage you to have gentle conversations with your child and build their confidence by celebrating areas where they may excel or show strong performance. Equally it is important to reframe weaker areas as learning opportunities rather than failures.



Swimming is BACK!

We are delighted to confirm that swimming lessons will begin for Early Years class (Nursery and Reception) next week. The EY Swimming programme will be taught by our PE team who have a wealth of experience in teaching all ages and all abilities. Please see separate email and seesaw posts for further information.

Facility: We operate a Salt-generating Chlorine Pool

Lead Swim Coaches: Mr PJ, Mr Johan

List of items to bring:

1. A separate bag for swimming kit.
2. Swimwear (one-piece) shorts/costume or all-in-one are all acceptable.
3. Goggles if you know your child likes to wear them and will be more comfortable.
4. Towel, (a wearable hoodie towel is ideal), but any towel will suffice.
5. Slip-on Footwear (Crocs or similar) to walk to the pool in.

*Please can children wear PE kit on Swimming days for changing ease (no buttons)!

Swimming Day/Time:

Class	Day and Time
Nursery A	Thursdays (10.40am - 11.35am)
Nursery B	Thursdays (9.25am - 10.20am)
Nursery C	Thursdays (1.20pm - 2.15pm)
Reception A	Fridays (10.40am - 11.35am)
Reception B	Fridays (1.15pm - 2.05pm)

Swimming Routines:

1. Our co-teachers and Teaching Assistants (TA's) will bring each class to the swimming pool area, and support them to get changed. Our changing area is open-plan so that the children can be easily helped and supported by our staff.
2. The PE Teachers/Swim Coaches will also be supporting the children to change where needed.
3. The PE Teachers/Swim Coaches will then lead the children through the shower area to shower before entering the pool.
4. Before entering the water the children will know:
 - What to do in an emergency
 - Safe entry into the pool
 - Hygiene rules around the pool
 - Emergency sounds and signals
5. Children will 'shower' after swimming and return to the changing area where they will be supported to get changed.



Upcoming Events

- **Thurs 17 Sept** - Swimming lessons begin for Nursery
- **Fri 18 Sept** - Swimming lessons begin for Reception
- **Tues 15 Sept** | 3:45pm | U13 Girls Basketball vs AISB | @AISB
- **Fri 18 Sept** | 3:15pm | U15 Boys Basketball vs TSI | @SBS Bangkok
- **Thurs 24th Sept** - Wai Kru Celebration

Reminders

Parent Handbook

May I politely signpost you to the Parent Handbook which is a very useful reference for you. It contains a wealth of information on our policies and processes.

<https://drive.google.com/file/d/18iS6njK6hGwAxJyrw46umLYdy2Ly8ewc/view?usp=sharing>

Communication Protocols

Line Application - This is only to be used if you wish to connect with our Admissions team. Primarily this is used by prospective parents wishing to know more about the school, so busy traffic through this channel can mean a delay in response time. Please do not use the Line Application other than to discuss Admissions related issues.

Email - Google Mail (and Google Chat) - Other than a phone call or face to face meeting, this will become the only way of communicating with:

- Finance (finance@sbsbangkok.ac.th);
- School Manager (schoolmanager@sbsbangkok.ac.th);
- School Receptionist (receptionist@sbsbangkok.ac.th);
- Principals (gcrumbie@sbsbangkok.ac.th and rcrossland@sbsbangkok.ac.th);
- Head of School (ncrossland@sbsbangkok.ac.th).

Closing

I look forward to leaving the Autumnal weather in the North of England and returning to the warmth inside and outside of the SBS Bangkok campus next week.

Warm regards,
Rachel Crossland
EY and Primary Principal





SBS International School
Bangkok
AN ARTHIT OURAIRAT INSTITUTION

SCUBA DIVING CLUB SSI SCUBA EXPLORERS 8-10 YEAR OLDS

Basic scuba skills in the SBS Bangkok pool. Learning to use scuba equipment under direct supervision. Games and challenges that teach buoyancy, communication, and teamwork underwater. Introduction to marine life and coral reef care.



SBS Bangkok's 25m swimming pool
8 weeks, plus one full-day practical session



PRICE
\$19,000

FEE INCLUDES

- Instructor costs
- Dive equipment rental
- Certification

CONTACT

If you have any questions or would like to discuss this amazing opportunity, then please do not hesitate to contact:

Ms. Ainsley
ahenderson@sbsbangkok.ac.th



SBS International School
Bangkok
AN ARTHIT OURAIRAT INSTITUTION

SCUBA DIVING CLUB SSI SCUBA EXPLORERS 10+ YEAR OLDS

Build essential scuba skills through SSI learning, supervised pool sessions and an open-water experience, leading to the internationally recognised SSI Junior Open Water Diver certification.



SBS Bangkok's 25m swimming pool
8 weeks, plus one full-day practical session



With an Open Water Dive trip to Koh Tao



PRICE
\$33,000

FEE INCLUDES

- Instructor costs
- Dive equipment rental
- Certification
- Flights, transfers and accommodation
- Costs for the Open Water Dive trip to Koh Tao

CONTACT

If you have any questions or would like to discuss this amazing opportunity, then please do not hesitate to contact:

Ms. Ainsley
ahenderson@sbsbangkok.ac.th



SBS International School
Bangkok
AN ARTHIT OURAIRAT INSTITUTION

SHARE!
THE SBS BANGKOK
EXPERIENCE

REFERRAL PROGRAMME

Earn THB 20,000

for each successful new student
enrolment you refer.



A thank you to our SBS families and staff

Your trust and recommendations help us welcome families
who share our values and strengthen our community.

Easy steps

1



Recommend SBS Bangkok
to a family you know.

2



Submit the referral
form before they register.

3



Receive **THB 20,000**
for each successful enrolment.

For more information and
submit a Referral:



Let's grow the SBS Bangkok community together!



admissions@sbsbangkok.ac.th



081-577-8222

Terms & Conditions apply.



SBS International School Bangkok

AN ARTHIT OURAIRAT INSTITUTION

**Inspire Academic Success,
Nurture Holistic Wellbeing,
Cultivate Curiosity & Passion**



Follow us on

-  SBS International School Bangkok
-  sbsbangkok
-  sbsbangkok
-  @SBSBangkok

Contacts

-  Info@sbsbangkok.ac.th
-  www.sbsbangkok.ac.th
-  +66 (0) 81 577 8222
-  @sbsbangkok

Admissions

Monday - Friday
8.30am - 4.30pm

sbsbangkok.ac.th