

SELF-AWARE

LIFE SKILLS NEWSLETTER



LAST NEWSLETTER OF AY 2025-2026

Self-Aware was our value for the month of May, as well as the last publication of our monthly Life Skills newsletter. As the school year wrapped up, our students across Primary and Secondary looked inward, reflecting on who they were, what they cared about, and how their growth this year shaped the way they saw themselves and the world around them.





PRIMARY SCHOOL

By Mr. Henry Olivier

RESPECT FAMILY & FUN

As we approached the final days of the academic year, our hearts were full of pride, reflection, and deep gratitude for the journey we shared. This month, our final value was Self-Aware, a value that served as the perfect culmination of everything our students strived to achieve.



To be truly self-aware meant looking inward, recognizing one's unique strengths, understanding emotional landscapes, and acknowledging how personal growth rippled outward into the wider community.

There was no greater testament to this value than the monumental journey our Grade 5 students took during the PYP Exhibition (PYPx). This was never just about the final presentation day; it was a rigorous, deeply personal coming-of-age process.



Over the past several months, the students were challenged to step into the driver's seat of their own learning. This began with an intense period of introspection, as they dug deep to unearth their genuine passions and identify the real-world issues that broke their hearts or sparked their curiosity.



A willingness to ask themselves,

"Who am I, what do I care about, and how can I make a difference?"

SONYA (GRADE 5B)

"The most powerful room in the world is the one you build inside yourself."



"Growth doesn't begin when the world changes. It begins the moment you pause, take a deep breath, and finally meet yourself."

DARLENE (GRADE 5B)



KEIRA (GRADE 5A)

*"The quietest minds often
carry the loudest passions.
Listen closely to who you
are."*



MENTORSHIP & LEADERSHIP

Thank you for mentoring our students,
guiding and supporting them from the
beginning towards the end of their PYPx
journey.



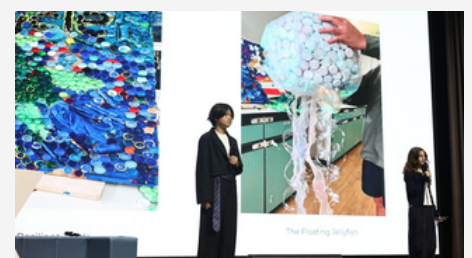
- Mr. Wayne
- Ms. Terry
- Ms. Sharon
- Mr. Chip
- Mr. M
- Mr. Toff
- Ms. Bill
- Mr. K
- Mr. Rob

They worked exceptionally hard, and the
result was nothing short of moving.
Seeing them stand confidently before our
community, speaking as informed global
citizens driven entirely by their own
passions, was a profound reminder of
what young people can achieve when
given the trust to lead. They didn't just
memorize facts; they found their voices.



OUR PASSION STORY

Once the students' passions were ignited, they became the fuel for months of tireless hard work. We watched our students transform into true researchers, critical thinkers, and advocates. They faced moments of frustration, waded through complex global data, and wrestled with how to articulate practical, well-reasoned steps for positive change. When hurdles arose, it was their growing self-awareness and emotional self-management that allowed them to pause, breathe, adapt, and push forward.



WHAT THEY DISCOVERED ALONG THE WAY

Through this process, our students realized that the issues they cared about were often bigger and more layered than they first imagined. Some discovered that poverty was not only about a lack of food or resources, but could also mean a lack of opportunity and future entirely.



Others uncovered different forms of inequality and injustice, from gender gaps in access to sports to resources that were simply too expensive for many people to reach. In response, some students donated equipment to schools and books to promote reading, while others recognized the power of technology and social media to spark change, choosing to raise awareness simply by talking about issues and sharing information.



Some students looked closer to home and realized that things often seen as normal, like fast fashion and big retail stores, were quietly driving inequality and environmental harm. Others found that their own passions, whether in crafts, art, or design, could become tools for caring for the planet and the people around them. The list went on, and what stood out most was every discovery began with a student pausing to ask themselves what they noticed, what they cared about, and what they could do about it.

Self-awareness is not only about understanding our own emotions and strengths, but also about being aware enough of the world around us to notice what needs to change, and brave enough to ask how we can be part of that change.





OUR GRADE 5'S JOURNEY

As the year drew to a close, we looked at our Grade 5 students and saw individuals who were not only ready for the academic challenges ahead, but who were deeply aware of who they were and the positive impact they could have on the world.

Thank you, parents, for your unwavering support, encouragement, and partnership throughout this transformative PYPx journey and this unforgettable school year.

"There are far, far better things ahead than any we leave behind." – C.S. Lewis



**SECONDARY
SCHOOL**
By Ms. Ying Ying Lee

SPOTLIGHT ON LIFE SKILLS

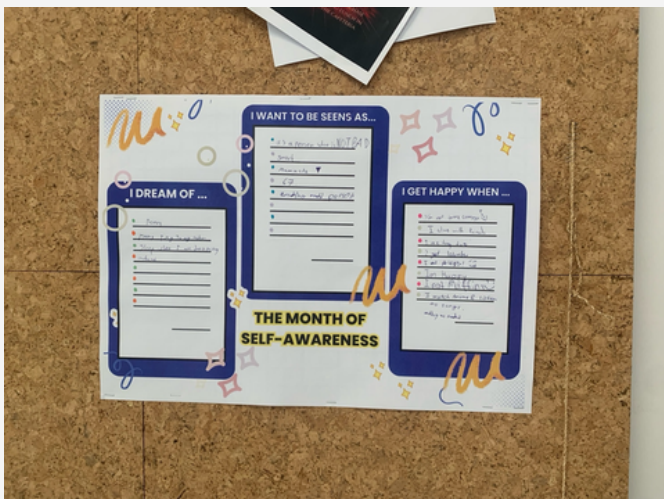
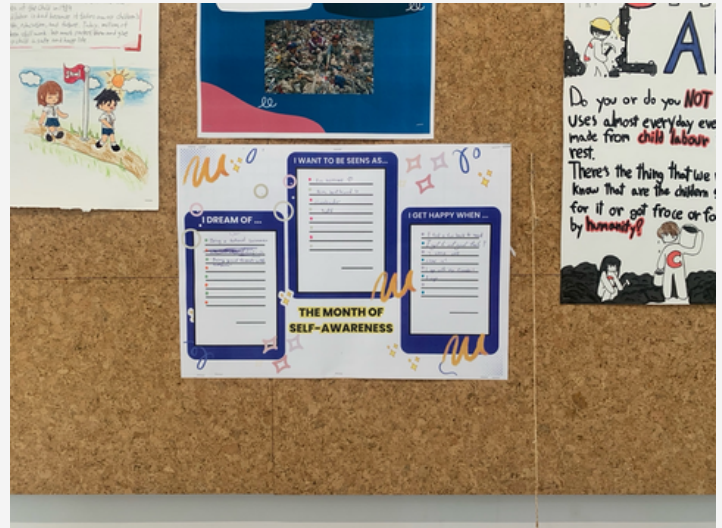
GROWING THROUGH SELF-AWARENESS, PASSION TALKS, & SHOWCASE EXPEDITIONS

This month, our community dove deep into the value of Self-Awareness. Our older students spent the final weeks of the school year reflecting on their individual habits, values, and personal growth. Whether it was high schoolers exploring their personal goals or middle schoolers learning how to manage their emotions during group work, understanding themselves was at the center of everything.



THE MONTH OF SELF-AWARENESS

To help students explore their inner worlds and connect with one another, we created a collaborative **"Self-Awareness Poster"** on our campus bulletin boards. This interactive display serves as a beautiful, safe space where students can openly share their reflections, dreams, and joy.



By answering prompts like

- "I dream of..."
- "I want to be seen as..."
- "I get happy when..."

our students are not only practicing emotional intelligence and mindfulness, but they are also building empathy by reading the diverse thoughts and perspectives of their peers.

PASSION TALK: GRADE 8 STUDENTS

Alongside these posters, our Grade 8 students shone brightly during their Passion Talk. Students were assigned to research and present on topics they are truly passionate about, diving deep into what they love and learning more about themselves in the process. It proved to be a spectacular, win-win self-awareness experience: they discovered new layers of their own identities while showing incredible maturity as they actively listened to and supported their classmates.



Where
Transformation
Happens



D-PREP
INTERNATIONAL SCHOOL
Dream. Discover. Deliver.



PASSION TALK SPEAKERS & 7-WORD STATEMENTS



For months leading up to this, the Grade 8 students worked hard to discover what really mattered to them. They started by creating a simple 7-word statement that focused their entire topic. Because these stories came straight from their own lives, every presentation was completely unique. Some talked about resilience through taekwondo, others connected their love for sports cars to family, and some showed how they use dance to bring joy to people around them.





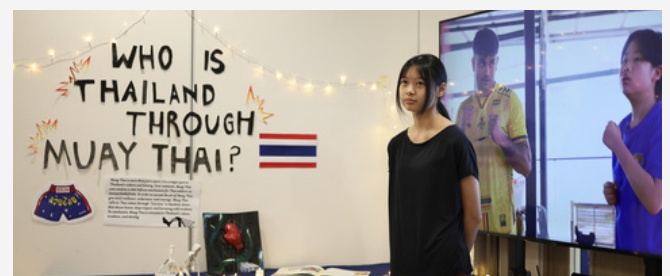
Supported by their mentors, the students spent weeks getting comfortable with the spotlight. They didn't just write a speech; they practiced pacing, learned how to command the stage, and overcame their fear of being in front of a live audience.



Facing the whole school community at the end of Grade 8 took real courage. It was a massive milestone that tested their public speaking, communication, and leadership skills, showing just how far their confidence, self-awareness, and real-world life skills had come.

EXPEDITION SHOWCASE

Meanwhile, our middle schoolers were deeply immersed in their Showcase Expedition. Working closely with their classmates to achieve their project goals, they navigated both wonderful moments of shared learning and the natural conflicts that arise during teamwork.





This expedition provided a valuable, real-time opportunity for students to tune into their feelings during moments of tension, practice constructive conflict resolution, and learn how to solve problems collaboratively along the way. It was profoundly valuable lesson and a precious growth experience, and it is a true honor for us to witness their maturity develop in real time.



This collaborative effort culminated in the Secondary Showcase, where the campus opened its doors to families to see the results of this hard work. The exhibition highlighted diverse academic and creative projects, including cultural displays on Thai identity, coral restoration experiments, and a cinema-themed exhibition with their scientific research presentations.

Students also demonstrated custom-built smart machines powered by AI, curated an art exhibition centered on personal identity, and staged a live theater production featuring original musical and acting performances. The event served as a true reflection of the community's shared dedication, celebrating both the academic achievements and the personal growth of the students throughout the term.



We are so incredibly proud of the honesty, curiosity, resilience, and creativity our students showed across all grade levels throughout the month of May!

SPECIAL FEATURE: Secondary Students' Compassion in Action

Kids Aid Brigade Donation Drive to Camillian Home for Children Living with Disabilities





The Kids Aid Brigade club in our Secondary School recently wrapped up a year-long donation initiative, turning empathy into measurable action. For the past year, club members put their time and energy into fundraising and gathering resources to support a cause close to their hearts.



Thanks to their hard work and the generosity of our community, the club raised **14,000 Baht** and collected over **700 items**, including toys, books, and clothes. All donations were delivered directly to the Camillian Home for Children Living with Disabilities to provide support and comfort.

Seeing our Secondary students lead this project shows the true spirit of our community. By helping others, they also grew in self-awareness, discovering the power of their own empathy and leadership.

