



FOO PRINTS

AIMS OFFICIAL NEWSLETTER | DECEMBER 2025 | VOLUME 9 ISSUE 11

A New Era Begins: The 2025 School Year Unpacked

Upcoming

Sport Fest

- January 14-15, 20-23

Adventure & Pathfinder Camp

- February 4-6

Imprint Your History

Footprints is AIMS' newsletter, released twice a year and produced by the Journalism Class. It's where we share updates about what's happening around the school. If you'd like to be part of it, reach out to us at footprints@aims.ac.th.

Construction Update

This school year, the construction of the new high school building is expected to be completed. Teachers and students are very excited about the upcoming building.

PSAT

Middle and high school students have recently completed the PSAT test and are now planning their next steps based on the results received.



The 2025–2026 school year has begun with vibrant enthusiasm at AIMS! Teachers joyfully welcomed students back, and it was heartwarming to see many familiar faces. Everyone is eager to create new, unforgettable memories together this year!



Notice Board!

Donation to the Orphanage

AIMS is donating to an orphanage to help children in need. Students and teachers are happy to share love and kindness with others.



Grade 11 Fundraising for the Junior-Senior Banquet

Grade 11 students are selling delicious French fries to raise funds for the upcoming Grade 12 banquet. Sales are from Monday to Thursday, 2:40–4:00 PM, so don't miss your chance to grab some tasty snacks! Let's all join in and show the true AIMS spirit of teamwork and support!



Administrator's Desk

Mrs. Patricia Foster

Dear Parents and Guardians,

As the first semester comes to a close and we prepare to enter a new year, we feel truly blessed and grateful to share the progress our school is making.

Staff Updates

We are delighted to welcome our new Grade 4 teacher, Teacher Naw Tracy Tun. She graduated from Asia-Pacific International University with a B.A. in Primary Education. Teacher Tracy previously served at AIMS as an assistant teacher in Level 2 for 4 years, supporting teachers in Grades 1–3 and teaching Social Studies to Grade 3 students.

We also warmly welcome Mr. Alby Mathew, our new ICT Manager, along with his assistants, Mr. Brayent Simbiak and Mr. Christian Espejo; our Chinese language teacher, Ms. Zixuan Liang; and our accounting teacher, Ms. Palak Anand. In addition, we have welcomed several new assistant and substitute teachers: Ms. Li Chen Chen (Level 2), Mr. Joel Johnson (Level 3), and Mr. Prakrit Visutthikulchai (Thai Department).

Construction Update

The construction of the new high school building is progressing well and is currently 20 days ahead of schedule. The targeted completion date is December 2026. The new building will boast a wide range of improved facilities, including nine 64-square-meter classrooms, science and computer labs, art and music rooms, subject teachers' rooms, homeroom teachers' offices, four staff offices, a large library, a spacious cafeteria, a mini-mart, conference and multi-purpose rooms, and an employee meeting room.

Cafeteria Update

We are also pleased to share that this year our cafeteria offers a wider variety of tasty and nutritious dishes. Many of these new dishes have quickly become favorites among our students.

Christmas Program

We want to express our sincerest gratitude for your support and participation in the Christmas program. Parents assisted in selecting costumes, purchasing gifts for the Christmas boxes, and helping in many other meaningful ways. The collecting and wrapping of gifts for underprivileged children created a warm and joyful experience for both the givers and the recipients.

Thank you

Thank you for your continued partnership with AIMS. We look forward to another semester of growth, learning, and community together.

Warm regards,

Semester Highlights



Top to Bottom: Christmas Program - Family Day - Loy Krathong - Father's Day

Photo Credit: AIMS Media Team



In remembrance of
Her Majesty Queen Sirikit
The Queen Mother



Pathfinder Officers' Training

Natouch Tanuphon, Mark Jiro Marcelino, and Juan Niño de Guzman Paño

August 27-29, 2025, at Phaya Yen, Pak Chong — AIMS Pathfinder Club hosted an officer's training campout with the purpose of training this year's batch of Pathfinder Officers and leading them to God. The skills taught throughout this campout included marching drills, officer commands, knot-tying, basic first aid, and other basic survival skills, as well as team cooperation.

This year's Pathfinder Officers were taught and trained to be aware and develop their God-given capabilities in their role as leaders.

According to Teacher Kathy, who joined the campout, the purpose of Pathfinder is to train, equip, and strengthen leaders to guide the Pathfinder Club. Teacher Kathy notes that the students of this batch, despite learning similar skills in past campouts, are eager to learn more.



Teacher Kathy Interview Q&A:

Purposes of the Camp

Ans. Aware and develop their God-given capabilities in leadership

2. Tr. Kathy's contributions to the campout

Teacher Kathy helped and watched over the kids along with cooking, guiding, and photographing

Athens (G8) Interview Q&A:

Why did you join the Pathfinder Campout?

Ans. Athens joined the training camp to learn more about leadership skills



Photo Credit: AIMS Media Team

Wai Kru

Nalin Taweeyanyongkul, Hannah Felicity Catlia Panggabean, and Abigail Matthews



Wai Kru Reflections – September 11, 2025
Wai Kru remains one of the most vibrant reflections of gratitude in our school, uniting teachers and students in meaningful celebration.

Teacher Linda emphasized genuine participation that brings joy, suggesting reflective activities be included in the school system. Teacher Maidei highlighted diversity and integrity, proposing digital presentations and mentorship to deepen understanding.

Student representative Nisa shared the cultural value of expressing thanks, though she admitted learning often remains untouched. Teacher Ajay observed that some attend out of duty, urging revisions to restore sincerity. Student Satang believed it must come from the heart, not mere tradition.

Teacher Cake praised students' sincerity but encouraged clearer symbolism and creative reflection. Teacher Tad reminded everyone that modernization is welcome, yet the roots must never be forgotten.



In conclusion, all perspectives affirm that Wai Kru is a respected tradition. It's authentic, heartfelt, and forever memorable in our school community.

Spiritual Emphasis Week

Thanapipach Srisawad, Leonel Josh Das, and Thanakrit Sangwiwatthanakul



Spiritual Emphasis Week (SEW) was actually a good time. It let students chill out from all the regular school stuff and just think about faith and, like, being a better person. Every day started with these sessions. We had speakers who gave talks from the Bible, got everyone talking, and helped people reflect on their own stuff. It was a pretty valuable break, seriously. Spiritual Emphasis Week (SEW) was done every morning, focusing on Bible lessons, discussions, and time for reflection. The planning was done top-notch; all the speakers excited it well and on time as well as the week ran very smoothly without any problems and comotions.

Different speakers came in to share messages on many interesting topics such as the prodigal son, all connected to the Bible and centered around the theme of fairness. In classrooms, students got involved with role-plays and discussions to help them connect with the lessons practically.



Music was part of SEW, but many felt the theme song was too slow and mostly lacked the energy needed to engage the student body. Overall, SEW was considered a meaningful and valuable program. With improvements in delivery style, more engaging activities, and clearer lessons, it definitely has the potential to impact students even more going forward. Even more, there were a few areas for improvement, such as the sessions were often short and mainly lecture-based, offering few activities beyond listening making students bored.

It seemed like the students found it hard to stay focused at times, especially when familiar stories, like the Prodigal Son, weren't delivered in an exciting way and it often made them feel bored. Teachers frequently had to step in for review or summarization of the main points so students could better understand and reflect. Another clear challenge came from the speakers' delivery. Their grammar, word choices, and use of slang occasionally distracted the students and made the messages harder to follow. Teachers suggested that future speakers should use much clearer language, focus their talks more directly on Jesus, and incorporate more visual aids, like PowerPoints.

The event took place at the basketball court, which is located near the ongoing reconstruction of the cafeteria. Because of the construction work, the area was often noisy, making it difficult for some groups to concentrate and discuss their activities. Many interviewees suggested that next year's event be held in a quieter and more comfortable location, preferably with air conditioning, to provide a better environment for everyone. One interviewee also mentioned that it would be more engaging to invite someone knowledgeable about the event's topic to speak and motivate students, rather than relying on third-party sources. Overall, while SEW was enjoyable, many believe there is still room for improvement next year.



Many students, teachers, and staff shared their thoughts about this year's SEW, and their reactions were quite different and mixed. When asked about their most and least favorite days, most agreed that the first day was the least favorite because it required a lot of adjustment.



However, the following days went more smoothly and according to plan. For the staff, the most challenging part of preparing for the event was the limited time they were given, and they hope that next year they will have more time to organize the event.

AIMS Church

Nalin Taweeyanyongkul, Hannah Felicity Catlia Panggabean, and Abigail Mathews

The AIMS Church event was a truly inspiring gathering where high school students came together to use their gifts to glorify God. It was a heartfelt reminder that our talents are not just for ourselves, but for serving others and honoring Him. Nalin had the opportunity to share my testimony about kindness, while Donnel spoke beautifully on the power of forgiveness and tenderness. The messages touched many hearts and reminded us of God's unending grace. Adding to the atmosphere, Micah performed a special song by playing his violin, accompanied by Amanda on the piano, filling the room with peace and worship. The event was not only a showcase of skills but also a reflection of our faith, unity, and gratitude toward God. It was a blessing to be part of a moment where students encouraged one another to serve with love and purpose.



Photo Credit: Journalism Team



University Fair 2025-2026

Journalism Team



Our high school students and their teachers were taken to Ruamrudee International School for this year's University Fair on Tuesday, October 29, via transportations provided by the school. The University Fair aided students from various schools - ours included - in finding what university is possibly fit for their academic future.

Photo Credit: Journalism Team



We left before the first bell and traveled for a little over an hour before arriving at RIS. The University Fair took place in the school's basketball court, where we were given about an hour to explore the booths. The court was crowded with students, teachers, and visitors from different schools. Some booths were familiar from past fairs, while others were new.



A student from KAIS shared that the fair helped them learn about college options, tuition fees, and student life. They also learned from real stories shared by representatives. They explained that the purpose of attending such events is to explore future paths and understand available opportunities. An organizer from Chulalongkorn University explained that the goal of the fair was to help students discover their interests and understand application requirements.



University Fair 2025-2026

Journalism Team



They said this year's fair was special because it had more universities and faculties than before. The atmosphere was exciting, with many students asking questions and showing interest.

Many universities look for students who are capable, curious, and ready to grow both academically and socially. Preparing for university requires discipline, good study habits, time management, and confidence.

Since university offers more freedom but heavier workloads, students should learn to plan ahead and build resilience.



University fairs help students ask questions, explore programs, and discover careers. It is normal not to know what to study yet. Students can join activities, try new subjects, or use tools like personality tests to understand themselves better. By grade 12, they should at least have a general idea of their interests. Some universities even allow exploring majors first, and gap years are also an option.

The representative from Chulalongkorn University said their school offers many clubs to help students connect and also provides exchange programs where students study in Thailand first, then abroad. We also spoke with students from other schools. Carl liked the culinary booth, Kan learned more about dentistry requirements, Rod became more open to other careers, and Isaac discovered more university options.



Photo Credit: Journalism Team



CHRISTMAS PROGRAM: The Kindness of the Heart



Natouch Tanuphon, Mark Jiro Marcelino, and Juan Niño de Guzman Paño

Adventist International Mission School has once again held their annual Christmas Program which highlighted shared Christian values such as love, compassion, and kindness found across the word. This year, our message was clear. We wanted to emphasize on acts of kindness and how it can be applied to every aspect of everyday life. Our Christmas dinner occurred at the AIMS soccer field.

We welcomed parents, students, alumni, guests, as well as students from schools in the Nakhon Rachasima City area and the Saraburi City area. Asia-Pacific International University had provided the venue for the first half of the program. Parent feedback has been generally positive. Mr. David Inglis said, "I think the overall thought that I had, I liked the question and answer section." He also notes that the



Many parents also appreciated the performances by the students, especially the skits and musical numbers that focused on kindness in daily life. Several guests shared that the event helped bring the community together and created a warm, family-friendly atmosphere. Teachers mentioned that students were highly engaged throughout the preparation process, which helped them better understand the true meaning of Christmas.

FAME IN FRAMES

Student Achievements



Wachirasak Chumphonanan
First Place

Symphony Classical Youth Music Competition 2025
August 11, 2025 | Singapore



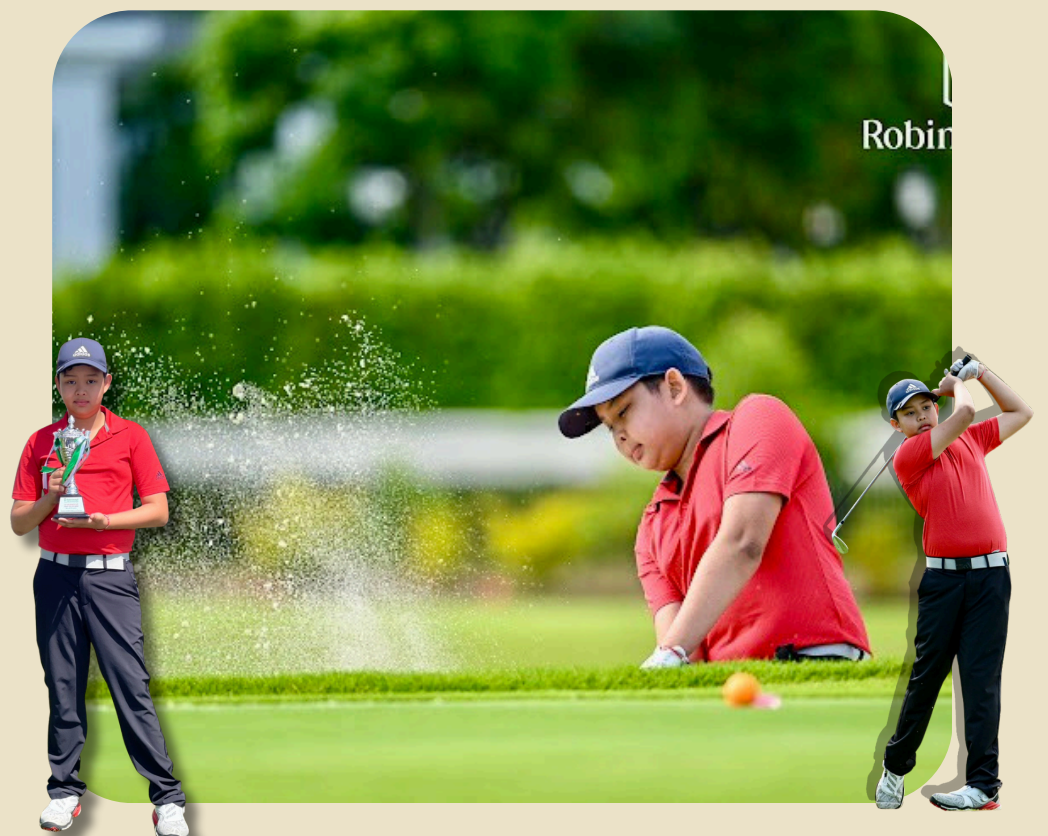
Thanathada Promvaree
Finalist and Social Impact Award

International Friends for Peace 2025
October 21-24, 2025 | Thailand



Tinnatorn Ritthichairoek
Decathlon Category Award

Decathlon Ninja Fight Club | Muay Thai
November 23, 2025 | Thailand



Nop Singto
Second Runner Up

Challenge at Robinswood Golf Club
October 25, 2025 | Thailand



Natchapol Niamprem
Gold Medal Pianist Award

Music School Association Thailand Competition
October 14, 2025 | Thailand



Yada Kongdeepian
Group Dance Category Awardee

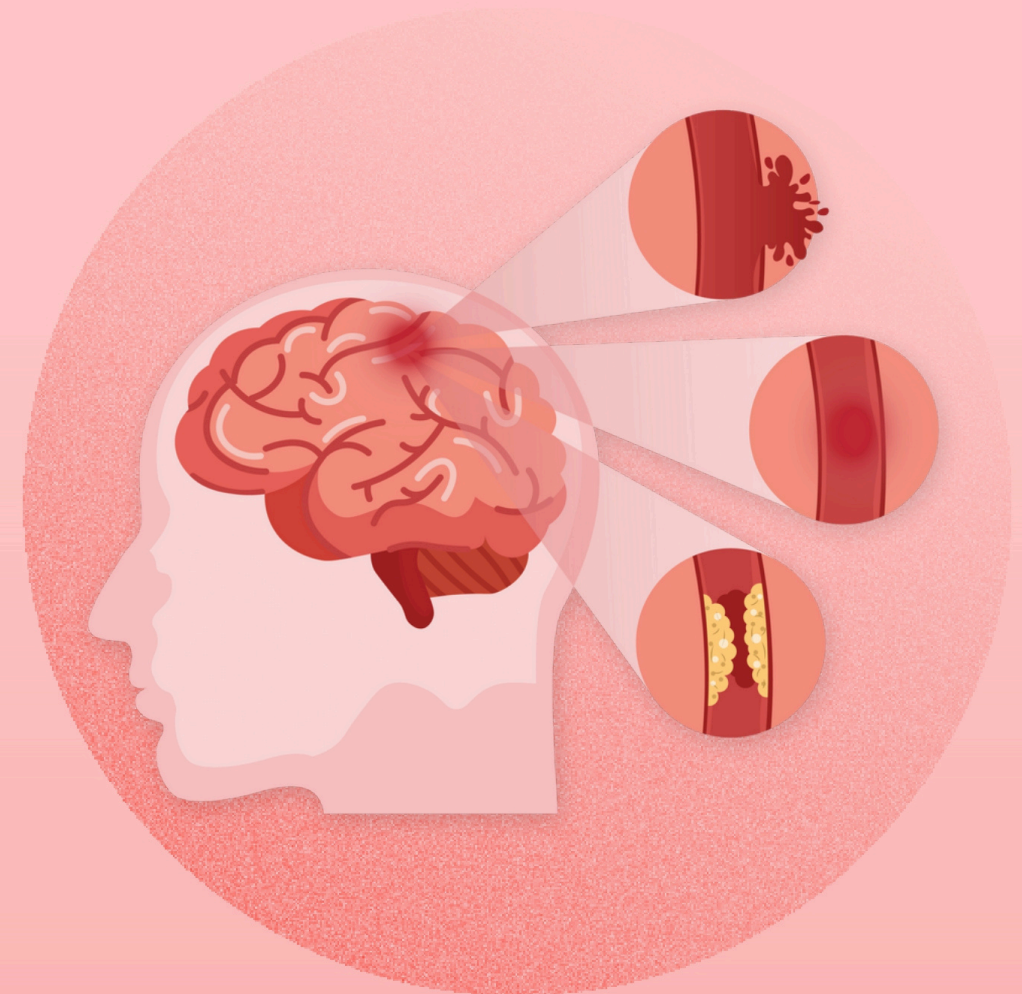
AGC Dance Competition
October 16, 2025 | Thailand

STROKES

A stroke, or Cerebral Vascular Accident (CVA), occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. This is most commonly caused by atherosclerosis (thickening and hardening of arteries) or a hemorrhage.

Chances of Developing a Stroke

Around one-fourth of victims under age 70 die from the first attack, after that the figure doubles



CAUSES

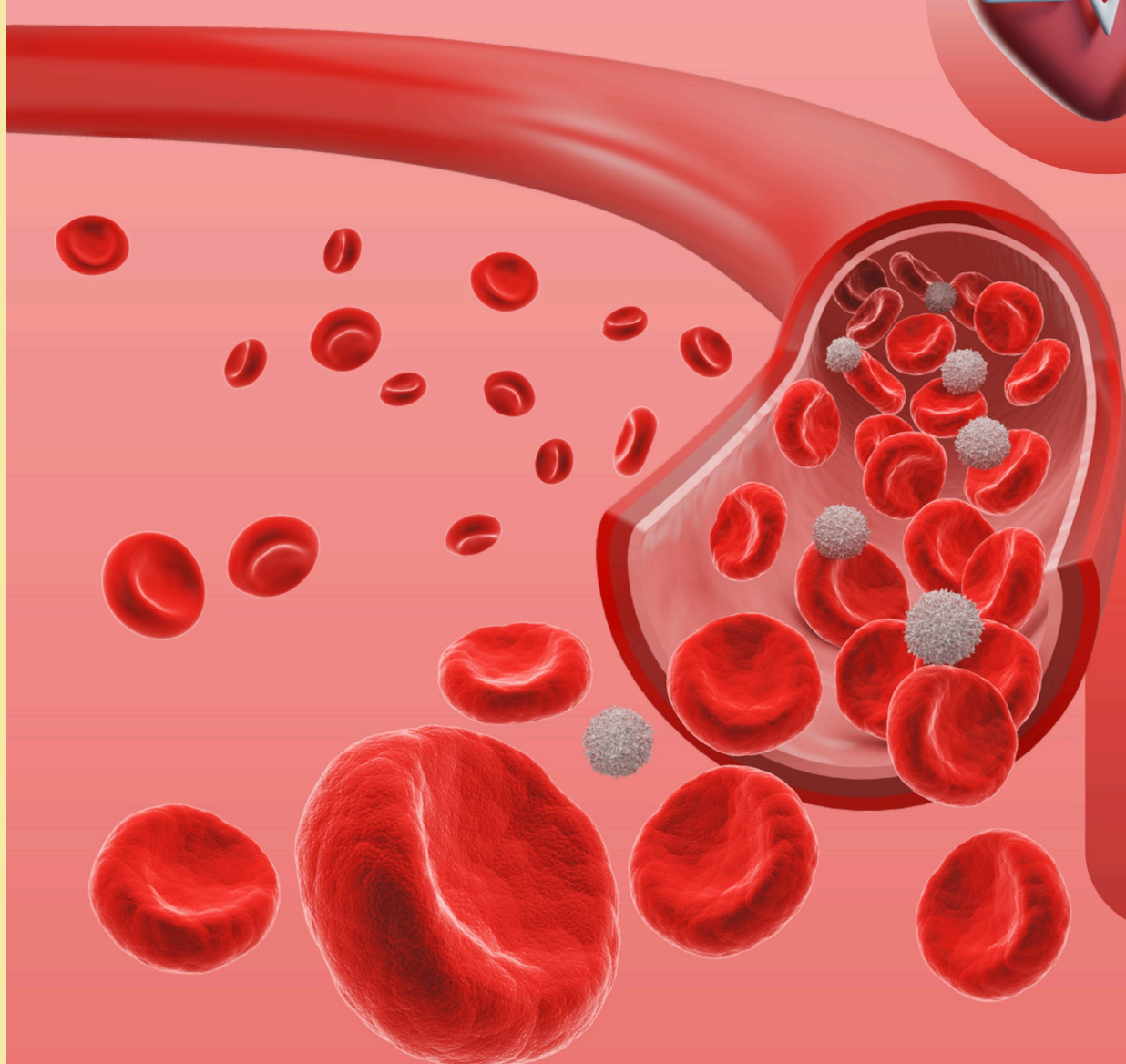
- Related to atherosclerosis (a thickening, narrowing, and hardening of arteries supplying the brain).
- The roughened, ragged inner surfaces of damaged arteries become seedbeds for clot formation and plaque buildup.
- Hemorrhages, or blowouts, are associated with uncontrolled high blood pressure which forces blood through cracks in stiffened artery walls.
- Aneurysms (ballooned-out areas in certain arteries causing a rupture.)

MAIN RISK FACTORS

- Hypertension (#1 risk; increases risk 8 times than normal blood pressure)
- Atrial Fibrillation (irregular heartbeat; increases chance 6 time)
- High Cholesterol & Triglycerides
- Smoking
- Diabetes, Obesity, Sedentary Lifestyle
- Transient Ischemic Attacks (TIAs) are "mini-strokes" and major warning signs.

PREVENTIONS

- Know & control your blood pressure.
- Do not smoke.
- Eat a very low-fat, low-cholesterol, low-sodium, high-fiber diet.
- Normalize your weight.
- Exercise actively and regularly.
- Treat underlying conditions like atrial fibrillation and high cholesterol.



Kan, Focus, and Lowell

HYPERTENSION

What's So Hyper About This Tension?

What is it?

Hypertension is a disease defined as a systolic blood pressure reading consistently over 140, with no symptoms. It can cause progressive changes in the blood vessels until the first sign hits, usually a stroke or a heart attack.

Symptoms

While high blood pressure, as itself, have no symptoms, symptoms of a hypertensive crisis can be severe.

These include:

- Severe headaches
- Shortness of breath
- Vision changes
- Chest pain
- Nosebleeds
- Dizziness or confusion
- Nausea or vomiting

Causes

High Salt Intake
Obesity
Alcohol
Smoking
Lacking of Exercise
Estrogen
Arterial Plaque

Prevention

Healthy diet (low salt)
Regular exercise
Maintain healthy weight
Limit alcohol
Avoid smoking



By: Brielle, Yikai, and Rebecca

Diabetes



TYPES

Type 1 diabetes is a chronic (life-long) autoimmune disease that prevents your pancreas from making insulin.

Type 2 diabetes (T2D) is a chronic condition that happens when you have persistently high blood sugar levels (hyperglycemia).

TREATMENT

Type 1 Diabetes - essentially no cure, patients have to take insulin for life. However, an improved diet can lower the dosage of insulin required

Type 2 Diabetes - blood sugar levels can be easily normalized in weeks with just a high fiber and low fat diet.

SIGNS

- **Excessive thirst (polydipsia)**
- **Excessive appetite (polyphasic)**
- **Excessive passage of urine (polyuria)**
- **Slow-healing sores**
- **Blurry vision**
- **Tingling**

OSTEOPOROSIS

WHAT IS OSTEOPOROSIS?

A bone disease that develops when bone mineral density and bone mass decreases, or when the quality or structure of bone changes.

This can lead to a decrease in bone strength that can increase the risk of broken bones (fractures).



EFFECTS OF ESTROGEN



Estrogen helps keep bones strong by balancing bone-building cells and bone-breaking cells.

When estrogen drops during menopause, women are more likely to develop weak bones and face a higher risk of osteoporosis.



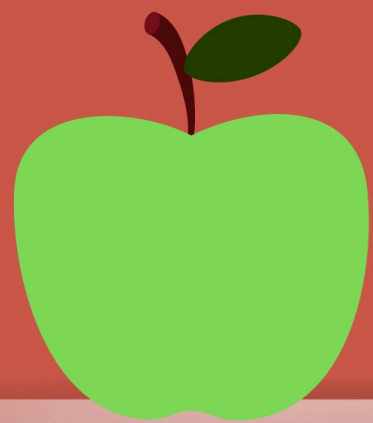
PREVENTION

Osteoporosis prevention includes eating enough calcium and vitamin D.

It also means exercising regularly and avoiding smoking and too much alcohol.

BY GOTEN WIRUN TERM

Reversing Heart Disease



Eat Healthy: Fruits, vegetables, whole grains, lean proteins. Limit salt, sugar, and unhealthy fats.



Exercise Regularly: 30 minutes a day



Maintain a Healthy Weight: Keep your heart strong.



Avoid Smoking & Limit Alcohol: Protect your heart from damage.

Patient, Heal Thyself

Chokun, Jex, Cheerna

STUDENT LEADERS

2025-2026

AIMS Student Council



This year's Student Council worked together to build a stronger school community through events, service, and leadership. From organizing activities to supporting school programs, we aimed to represent our peers and make this year more connected and meaningful for everyone.



Snapshots from our volunteer day at the Mobile Clinic in Muaklek, Saraburi, serving the community alongside the Mission Faculty of Nursing (AIU) and the Christian Medical Foundation of Seventh-day Adventists. Grateful for the experience, the teamwork, and the chance to make a small difference.

Journalism

2025-2026

Journalism Team



Join the AIMS Journalism class next year and be part of an exciting adventure in storytelling! Help produce our official newsletter, Footprints, by conducting interviews, covering school events, and writing engaging articles. Your unique voice can inspire and connect our community. Let's come together to create captivating stories and leave a lasting mark on AIMS history. We can't wait to see what you bring to the team!

Journalism Class of 2025-2025

Grade 11

Wirun Tonket
Nalin Taweeyanyongkul
Thanapipach Srisawad
Thanakrit Sangwiwatthanakul

Grade 10

Hannah Felicity Catlia Panggabean
Abigail Mathews
Mark Jiro Marcelino
Leonel Josh Das
Natouch Tanuphon
Juan Juan Niño de Guzman Paño

Adviser

Arjem Noryn Agum

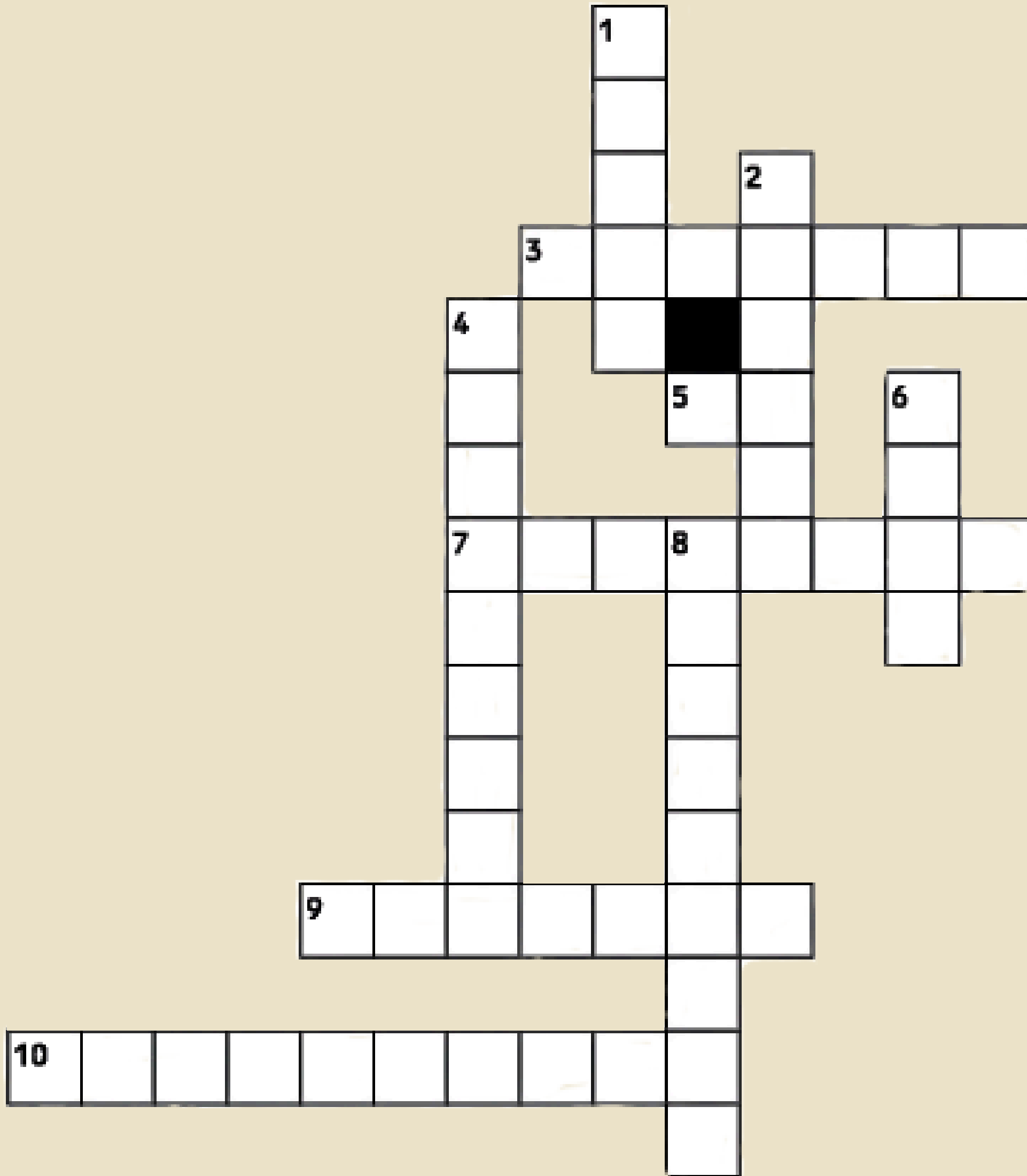
The Recess

By **FOO PRINTS**



Crossword Puzzle

High school Math & Science terms used in everyday life



Down

1. [type of chemical bond] attraction between oppositely charged ions (hint: cat have paws)
2. adjacent/hypotenuse
4. ax^2+bx+c (hint: ____ equation)
6. the inner radius of a corner; often used in racing
8. creator of the modern periodic table

Across

3. a type of cell division that results in two daughter cells that are genetically identical
5. 3.14
7. a straight line passing from side to side through the center of a circle
9. rod-shaped bacteria
10. the longest side of a right triangle