



August 14, 2009
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RAIS NEWS

...a caring community

*"If you don't like something, change it; if you can't change it,
change the way you think about it."*

- Mary Engelbreit

*10th
Anniversary*
Excellence in Education

Mr. Peter Munasinghe

A Teacher's Prayer

I want to teach my students more
than lessons in a book;
I want to teach them deeper things
that people overlook -
The value of a rose in bloom,
its use and beauty, too,
A sense of curiosity
to discover what is true;
How to think and how to choose
the right above the wrong,
How to live and learn each day
and grow up to be strong;
To teach them always how to gain
in wisdom and in grace,
So they will someday make the world
a brighter, better place.
Lord, let me be a friend and guide
to give these minds a start
Upon their way down life's long road,
then I'll have done my part.

- Jill Wolf



Coming Up Next Week.....

- August 16 - Pathfinder Officer's Training
- August 17 - Reading & Math Diagnostic Testing for G1-8
begins and ends on August 28
- August 19 - Fire Drill
- August 21 - Chapel Period: Study Habits and Skills
by: Guidance Department
- Pathfinder Orientation

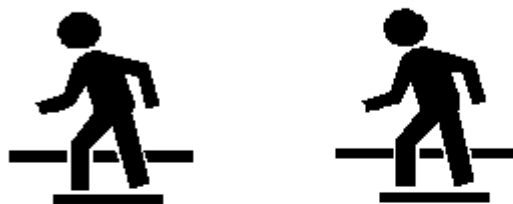
Mrs. Suvimol Gomasatit

ATTENTION PLEASE !!

A new road safety campaign to enforce existing land traffic laws that force pedestrians, drivers and motorcycle riders to obey the rules was launched on August 1.

Under the law, jaywalkers face a 200 baht fine if they refuse to use pedestrian bridges or zebra crossings, while road users face a 1,000 baht fine if they fail to stop at zebra crossings.

The move comes after frustration that pedestrians are failing to use the more than 600 pedestrian walkways and thousands of zebra crossings in Bangkok



Mr. Peter Munasinghe

Truly A Caring Community

Two officers from the "World Vision" visited RAIS on 13th August and requested RAIS family to assist them in their projects to help the poor children of Thailand. The main purpose of this project is to identify deserving children of poor families and to assist them with food, clothing and school uniforms. Almost all of our students accepted the challenge to help the needy students in this country by pledging to put aside some of their pocket money for the cause of the poor. The officers of the World Vision left tiny boxes with each student to save money for this noble cause. The enthusiasm generated by the students and faculty indicates that we are truly a caring community. We are certain that the parents also will encourage their children to be concerned about the welfare of the less fortunate ones in our community. Once Christ said; "I tell you, whenever you did this for one of the least important of these followers of mine, you did it for me." Mt. 25:40.



Failure to Prepare Is Preparing to Fail

Another school year has just started. As students, as teachers, as parents, what are your plans?

Each one needs to know where he or she is going. Students need to have a schedule for their study time and assignments. They need to allocate time for leisure, as well as, time for family and friends.

When it is done, it is good to see how much time was wasted. The time wasted can never be taken back. While planning include what grades to achieve each quarter such as A's, B's, C's, etc. Plan and work towards it.

Teachers, of course, have their curriculum and curriculum maps. They still need to make necessary adjustments to suit student needs. Moreover, they have their goals and objectives to reach in a student-centered learning environment.

As parents, they should have short term and long term plans for their children. It is true that parents provide shelter, food, books and school supplies for their children. In turn, they expect great things from their children. Do they have set goals for their children as agreed upon by both parties regarding their children's studies and future? What they will be? Do parents allocate family time for their children? It is something lacking in our society today.

To succeed in life, it is the responsibility of each person to plan ahead and plan well. It is said, "***in the long run men only hit, what they aim at. . .***"

Mr. Udam, in his devotional talk, on Tuesday said, "***Lord, don't let me remain where I am. Help me reach where You want me to be.***" May this be our prayer.

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Prevent sickness store food properly

When in Doubt throw it out!

Food may look, smell and even taste fine, but nonetheless can still harbor bacteria that might cause food poisoning. Learn to store food safely to avoid bad bacteria, such as E. coli and salmonella.

Some food storage safety tips:

- 1. Observe the "2-hour" rule.** Foods requiring refrigeration, including poultry, meat, eggs, cooked seafood, produce, leftovers and take out food, shouldn't be at room temperature longer than 2 hours. When the air temperature is above 90 F, perishables should be refrigerated within 1 hour.
- 2. Store leftovers safely.** Hot foods can go straight into the refrigerator or freezer. They shouldn't be left out to cool on the counter. Cool hot foods rapidly by dipping the bowl or container in ice or cold-water bath. Leftover from a large pot will cool more quickly when divided into smaller, shallower containers. In general, leftovers should be used or frozen within 3 to 5 days.
- 3. Dont crowd.** A refrigerator that is too full will result in blocked

4. Know when to toss. An opened package of luncheon meat can be safely stored in the refrigerator to 3 - 5 days. Unopened, it will keep for 2 weeks. Three to 5 days is a safe storage time for deli or homemade egg, chicken, ham, tuna, or pasta salads. Cooked or uncooked fish should be tossed after 1 to 2 days. The same goes for fresh sausage and uncooked ground beef.

5. Set the temperature. A refrigerator temperature should be at or below 40 F. The freezer should be kept at 0 F.

6. If in doubt, throw it out. Any foods that look or smell suspicious should be tossed.

