



SJN NEWSLETTER

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โรงเรียนเซนต์โยเซฟนครสวรรค์ | St. Joseph Nakhonsawan School

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SJN SCHOOL



SJN STREAM INNOVATION



LET'S SHARE TOGETHER

Encourage children to develop a creative love of reading, enabling them to express their own imaginative ideas. They should demonstrate behaviours such as curiosity, a willingness to ask questions, a love of learning, appropriate language skills, and the ability to express feelings based on their learning experiences. This helps foster a reading habit and readiness in listening, speaking, reading, and writing, while also providing opportunities for balanced development and helping children reach their full potential in accordance with the early childhood education curriculum.





THE WARMTH OF LOVE FROM HOME TO THE CLASSROOM

Participating as a teacher in school activities for our children is an invaluable and memorable experience. Parents are delighted to have the opportunity to share their knowledge, skills, and life experiences with their children and their friends. This not only shows children a different side of their parents, but also allows parents to learn more about their children's personalities—their learning abilities, their collaboration, and their expressions during activities.

This experience helps parents understand and appreciate the role of a teacher more deeply. Teaching children requires patience, attentiveness, and a heart full of love. Parents are proud to contribute to a positive learning environment and feel even more fulfilled when they see their children's smiles, enjoyment, and enthusiasm.

These activities foster a strong bond between parents and children, strengthening the relationship between family and school and building awareness and cooperation to help children grow into well-rounded individuals in terms of knowledge, character, and morality.

A little seed, a green heart



Creating environmental awareness in children helps them learn about the value of nature and the importance of environmental conservation from a young age. It instills good environmental habits, encouraging children to develop routines that involve caring for nature, preserving it, and using resources wisely. It also fosters a sense of responsibility. Caring for trees teaches children about their duties, responsibilities, and the importance of being attentive to what they care for.

Furthermore, it develops learning skills through hands-on experiences, where children learn through activities such as watering plants, tilling the soil, and observing tree growth. These activities can be connected to everyday scientific and mathematical skills. In addition, it strengthens moral values and gentleness. Planting trees nurtures love, compassion, and care for the ecosystem and our surroundings, laying the foundation for sustainable development.

As a result, children can grow into adults with strong environmental awareness who are ready to help make the world a better place to live.

Self-sufficient garden



Activities for Primary 1 to apply the Sufficiency Economy philosophy by focusing primarily on producing safe and sufficient food for family consumption. The benefits of growing vegetables in a home garden and eating them.

Benefits of Consuming Highly Nutritious Vegetables



1. Ensure food safety and reduce exposure to toxins.
2. Reduce household food expenses.
3. Create opportunities for extra income.
4. Provide a variety of vitamins and nutrients.
5. Aid digestion and support a healthy digestive system.



Water Spinach

An All-Time Popular Vegetable



Traditional vegetable farming practices involve applying ancient knowledge and experience to ensure healthy and productive crops. These practices include preparing loose and nutrient-rich soil, selecting well-draining containers, watering properly, using organic fertilizers, and practicing crop rotation to help control pests and diseases. Farmers may also plant flowers to attract beneficial insects and use traditional wisdom, such as soaking seeds before planting, to improve germination.

Chinese water spinach (*Ipomoea aquatica*) is a leafy green vegetable and herb commonly grown and consumed in many Asian countries. Its stem is round, hollow inside, and greenish-white in color. The leaves are green with a white base, and the stems have nodes and contain more sap than Thai water spinach. Chinese water spinach is often grown in soil because it tends to grow better in soil than in water and can absorb nutrients efficiently. As a result, it is widely cultivated and popular for consumption.

The benefits of Chinese water spinach are not limited to supporting eye health. It may also help boost the immune system and reduce the risk of certain diseases. In addition to being delicious and convenient to eat, it is rich in nutrients and provides various health benefits.



The seeds of perseverance become the nourishment of our meals Rice is Life Celebrating 70 Years with a Heart of Sharing



Rice is the staple food of all Thais. But before each grain of rice reaches your plate, farmers must exert great effort, patience, and dedication. That tiny seed is carefully planted and nurtured with water, sunlight, and the love of the grower until it transforms into a golden stalk. Every grain of rice, therefore, is like the lifeblood that empowers those who consume it, giving them strength, wisdom, and the ability to study, work, and live happily.

After 70 years of this journey, we have learned that "rice is life." It not only nourishes the body but also teaches us the value of diligence and perseverance. More important than simply having rice to eat is sharing it and spreading happiness to others. Sharing means creating happiness together, like seeds sown in a vast field that, when they grow, become food and joy for everyone.

Therefore, the rice on our small plates is not just food but a symbol of perseverance, love, and a spirit of sharing that we should preserve and pass on to future generations.



A heartfelt message from your child

A Mother's Day garland is not just a beautiful arrangement of flowers; it is also a symbol of love, gratitude, and respect that children have for their mothers.

As part of the SJN Eco School and SJN Social Skills and Career subjects for Grade 4 students. The students began by twisting wire into the desired number of spirals and then intertwining the ends to create beautiful garlands. They then added flowers and decorated the garlands.



Students' creative and innovative thinking skills

The art of making garlands from velvet wire requires creative, out-of-the-box thinking to produce new works of art. It stimulates students' imagination and encourages the development of innovative ideas, enabling them to find unique solutions to problems and create floral designs that are both unusual and beautiful.สวยงาม

Empowering Learning for an Eco-Friendly Lifestyle



A field trip for Grade 5 students to Phusa Mat Yom Haeng Srattha in Takli District, Nakhon Sawan provided them with a hands-on learning experience at a valuable resource for art, culture, and the environment. The students created unique printed fabrics using the "Eco Print" technique, designing beautiful patterns from leaves, flowers, and other natural materials. These works of art not only promoted environmental conservation and the efficient use of resources but also fostered a sense of responsibility for sustainable living.



The creations of the students, including T-shirts, hats, shawls, and tote bags, reflect their creativity, responsibility, and pride in collectively creating new value from nature.

This activity not only helps students get to know themselves and their local wisdom, but also serves as a foundation for developing future career ideas. It is a significant step in creating a new generation of citizens who care about the environment and are ready to help drive society toward sustainability.

Saint Joseph Nakhonsawan School is proud to be part of developing young people along the Eco School path, which emphasizes experiential learning, creativity, and environmental conservation.



Village savings fund

The village fund and its initiatives lead to job creation and support the New Theory of Agriculture as well as the Nine-Step Ladder to Self Sufficiency principle. This principle includes having enough to live, enough to eat, enough to use, comfort, making merit, giving charity, saving, sharing, and building networks. The final step is building a community network that drives progress through cooperation among local communities.

Students began establishing village fund groups, and a village fund committee was formed with clearly defined roles and responsibilities. Once the groups were established, they started managing village savings. When sufficient funds were deposited, the members collaboratively planned their roles as responsible producers and knowledgeable consumers, using the savings as capital for village production.



his activity not only teaches students about the New Theory of Agriculture and the Nine Steps to Self-Sufficiency, but also transforms them into socially responsible producers and consumers who are media savvy. Students apply mathematical principles such as income and expenditure accounting, profit and loss calculations, and financial planning for village funds. This knowledge is then used to develop skills and strengthen moral values, fostering self-discipline, social responsibility, honesty, and integrity, ultimately leading to career opportunities for students. This learning process aligns with the school's vision

“Saint Joseph Nakhonsawan School provides innovative education in accordance with the spirit and values of the Gospel.”

Innovative Classroom

Fostering Innovation leads to Innovative Thinkers



SMART SANITIZER

Disinfecting spray system for a safe bathroom

The Innovator Club aims to develop students into “thinkers and creators” through an integrated STREAM learning process by creating the innovative SMART SANITIZER.



This project is a disinfection spraying system designed to improve cleanliness, safety, and odor control in school restrooms.

Through this project, students practice applying basic knowledge of electricity, electronics, and pneumatics to solve everyday problems. The learning process also connects to credit units that serve as a foundation for developing their knowledge and skills in the future.





HIPPOTHERAPY

Equine Therapy Activities for Students with Special Needs

Equine therapy is a therapeutic approach that uses horses to support the development of students with attention deficits, balance difficulties, body coordination problems, and challenges in emotional control. The process involves helping students become familiar with horses and learning to ride safely under the supervision of trained professionals. Through these activities, students can develop greater self-confidence, improve social skills, and demonstrate more appropriate behaviors. As a result, equine therapy can significantly contribute to improvements in students' physical, mental, and emotional development.

References

Department of Mental Health. (2020). Guidelines for the treatment of children with Attention Deficit Hyperactivity Disorder (ADHD) for educational personnel. Bangkok: Department of Mental Health, Ministry of Public Health. Equine Therapy Center, Department of Medical Services. (2022). Handbook of equine therapy activities for individuals with special needs. Bangkok: Department of Medical Services.



Creative 3D Design & Print Innovation

The Animation and Multimedia Course

Integrating creativity with 3D technology

**Igniting a new generation of designers
for the world of the future**



Creative 3D Design & Print Innovation

The Animation and Multimedia Course for Grade 12 students seamlessly integrates creativity with 3D design and printing technology. Students design digital models using the Sharp3D application, edit the files in Bambu Studio, and then produce the final products using a 3D printer.

Through this process, students gain hands-on experience with modern manufacturing techniques. They develop analytical thinking and engineering problem-solving skills while systematically expanding their ideas to create “tangible innovations” of their own.

“Learning through imagination to create lasting results.”



Hydrogel clear face mask sheet

In an era when consumers are increasingly interested in natural skincare, product development concepts focus on utilizing safe and environmentally friendly herbal ingredients. The invention of a hydrogel mask made from *Cyperus rotundus* and honey transforms the potential of often overlooked local herbs to a higher level.

Cyperus rotundus Linn a common weed, is known for its remarkable pharmacological properties, including anti-inflammatory, antibacterial, and antioxidant activities, as well as its ability to reduce melanin production that causes dark spots. To enhance skincare effectiveness, this herb is included in this special formula because it acts as a humectant, anti-inflammatory, and wound-healing agent.

This innovation utilizes hydrogel mask technology, which continuously stores and releases active ingredients from nutmeg and honey. The mask adheres closely to the skin, minimizing evaporation and resulting in noticeable yet gentle nourishing effects. This approach addresses the growing demand for organic and vegan skincare products in the consumer market while leveraging local resources and transforming previously considered worthless plants into sustainable and effective commercial products.



Students professional practice program

From research to professional practice

Grade 12



The professional practice program for Grade 12 students at St. Joseph Nakhonsawan School aims to apply knowledge from the Independent Study course to real-world situations. Students are required to conduct research, coordinate with relevant organizations, and systematically establish their own learning objectives.



The vocational training program for students develops 21st-century skills and fosters responsibility, good manners, and the qualities of a good school representative. It is implemented in collaboration with government agencies, private companies, and businesses in Nakhonsawan. The program creates a strong learning environment and supports formal vocational training to enhance students' quality of learning and career opportunities.



All students prepare a summary report of their professional internship to reflect the objectives, skills, and experiences they have gained. These experiences form a crucial foundation for further studies at the university level and future employment.



This program is a great example of self-directed learning that helps students prepare effectively for the professional world.



MUSIC LABORATORY

Kindergarten Level

Musical notes, keyboard, and melodica



Grade 1-6

Keyboard exercises help with note recognition and improve concentration.



Grade 7-9

Guitar playing helps develop concentration and creative emotional expression.



Grade 10-12

Music technology is applied to songwriting, blending technology and AI to create unique musical works.

