



**College of Music**  
Mahidol University

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Pre-College

**Young Artists Music Program**  
**International Music Boarding School**

**Boarders Handbook 2024-2025**

## **BOARDING PRINCIPLES**

- To promote our YAMP Code of Conduct as a basis for daily living and growth: being on time, respect and self-discipline.
- To safeguard and promote the welfare of each boarder by trying to meet his/her intellectual, emotional, social and physical needs.
- To provide an environment in which all students feel valued and where equality of opportunity exists.
- To provide a boarding experience that will be complementary to the home experience and wherever possible to nurture a warm, caring, family environment.
- To promote an atmosphere of tolerance, trust and mutual respect.
- To provide opportunities for responsibility and leadership.
- To provide a standard of accommodation that is comfortable and suited to the needs of boarders, according to age and maturity, and which provides adequate levels of privacy.
- To establish and maintain supportive links with parents and guardians.
- To encourage boarders to achieve a healthy lifestyle.

## **Welcome to Young Artist Music Program International Boarding School**

We are very aware of how nervous you may be feeling. We are looking forward to helping you settle in happily and quickly. This document is to help you become familiar with some points about your new school and in the boarding where you will be living.

Arjarn Richard Ralphs, Principal will have overall responsibility, alongside Deputy Principal Student Management, Arjarn Kittima Molee and Deputy Principal Admin, Ms. Lalin Klinsmith.

To begin with, these will be the people to whom to turn to if you need anything. You will find that all of these residence staff do have evenings off from time to time, in which case, his or her assistants take over.

## STAFF INTRODUCTION



**Ajarn Richard Ralphs, Principal**



**Mrs. Lalin Klinsmith (K. Bowling)**

Deputy Principal for  
Administration Management



**Ajarn Kittima Molee (AJ. Tik)**

Deputy Principal for Student  
and Head of M.6



**Ajarn Kalteera Supaniti (AJ. Nunn)**

Head of M.5



**Ajarn Chonnakan Sitthiwani (AJ. MC)**

Head of M.4



**Aj. Apichat Saturnrum (AJ. Toey)**

Male Boarding Ajarn



**Aj. Saksit Phatharasanti (AJ.Mix)**

Male Boarding Ajarn



**Aj. Manit Khumjum (Aj. Jane)**

Male Boarding Ajarn



**Aj. Karuna Intongkam (AJ. Ame)**

Female Boarding Ajarn



**Aj. Kittiya Chaipun (AJ. Kik)**

Female Boarding Ajarn



**Ms. Thiyanan Thanaiyawit (Aj. Ping)**

Female Boarding Ajarn



**Ms. Wanida Sapkla (K.Koy)**

Boarding Admin Officer

## **CONTACT WITH RESIDENCE STAFF**

Parents and guardians are encouraged to contact any of the residence staff without delay if they are anxious or concerned about any aspect of your welfare. They can be contacted from 1pm up to 10pm and weekends on the email addresses and telephone numbers listed at the back of this booklet.

## **OTHER PUPILS AND YOU**

Our Code of Conduct is so simple to remember:

- Being ON TIME
- RESPECT
- (SELF) DISCIPLINE

We will also give you more information about other guidelines, and these rules operate at all times, whether at school or in residence. We encourage pupils to speak to staff about any problems that they are experiencing, or that they have become aware of in connection with other pupils. You can speak to anyone you like about this in the full knowledge that something will be done.

If you have any concerns, problems or complaints, there is information at the back of this booklet which will help explain what you must do and where you can go for help. This guide is written alphabetically for ease of access. Topics will be added and you will be updated.

## **ABSENCE FROM THE RESIDENCE**

If you wish to be absent from the residence overnight, you must ensure that the correct form (Attached) is completed by your parents/guardians. If you wish to stay overnight or for the weekend with people other than your parents/guardians, then you should ensure that both your hosts and your parents/guardians have completed the appropriate forms.

All requests for absence from the residence must be completed and returned to BA by the preceding Wednesday evening for approval by the Principal.

Forms can be emailed to those requiring them, and a supply is also available from the residence staff. Forms may be returned by email or in person. These arrangements allow us to safeguard the welfare of all boarding students.

## **SCHOOL AND RESIDENCE ABSENCE POLICY**

YAMP absence form (Boarders can collect this form from Residence Team or Khun Tipa. After you have filled it all up with Arjarn's signature, please return it to Khun Tipa, and it will need the Principal's signature.) This form needs to be completed to *request an absence in ADVANCE at least 3 days before expected absence*. If Boarders miss their private lesson, they must also have their Arjarn sign. This form needs to be completed if you have missed a class and College without asking in advance e.g. when you have been sick (if you are absent for more than 2 days through sickness, you need to attach a doctor's note.)

If boarders would like to leave YAMP building earlier from 5 pm to 9 pm in any matters of everyday. They **MUST** always let one of the Residence team know 24 hours in advance every time.

## **ACTIVITIES**

Activities are arranged at the weekends, but you will still have some free time to use constructively providing you must stay within our building. The Boarding Ajarms will discuss with you the activities available week by week.

## **ALCOHOL**

Under no circumstances should pupils purchase alcohol or bring alcohol into the residence. The College alcohol policy applies to all boarders at all times, including evenings and weekends, at all times. Breaches of this policy can result in serious sanctions, including, but not limited, to suspension for a fixed period of time or even expulsion.

## **BEHAVIOUR/DISCIPLINE**

Rules and guidelines are kept to a minimum within the residence, but the usual school rules and Code of Conduct do apply at all times.

## **BEING ON TIME**

For all announced times and any extra sessions, it is important and courteous to be ON TIME.

## **RESPECT**

It is particularly important when living with others that you have respect for staff, other students, their belongings and when necessary, their privacy. It is important that you have respect for and treat the residence, its furniture and grounds with all due care and attention.

If anything is damaged or broken, then you should report it to a member of residence staff immediately.



## **SELF-DISCIPLINE**

A number of duties are allocated to students on a weekly basis in order to ensure the smooth running of the residence and you are expected to carry these out sensibly. You are responsible for keeping your personal belongings and rooms clean and tidy.

## **SANCTIONS**

If you break any of the rules and guidelines, then a number of sanctions may be taken which may include the temporary withdrawal of privileges within the residence. More serious breaches of discipline may involve the Principal and in the event of a serious breach of discipline or anti-social behavior parents will also be contacted.

## **CODE OF CONDUCT EXPLANATION**

Everyone has the right to feel safe and secure at school, and to be protected from harm. Common sense should prevail at all times. The following Code of Conduct was written for the school day but its principles also apply in boarding:

### 1. Being on time.

For all announced times and any extra sessions, it is important and courteous to be ON TIME.

### 2. Respect

Mutual co-operation, respect for property, respect for our environment and above all, each other, are essential. We are valued and should value others.

- Be courteous in speech and conduct.
- Show respect for others – when a member of staff enters the classroom, please be quiet, class leader gives a welcome, take your seat and be prepared to listen.

- Be prepared – wear the correct school uniform on which your full name must be clearly embroidered.
- Respect by listening, and speak only when it is your turn to do so. Listen to other people's opinions.
- Respect and care about other pupils' equipment and property.
- Never take photographs of people without their permission.
- Respect your place when in your uniform – be tidy and attentive to your appropriate appearance and adhere to the uniform policy.
- Care about surroundings and do not drop litter.
- There should be mutual respect between pupils and staff – be appreciative of your teacher.
- Put your hand up if you want to ask a question.
- Tidy the classroom at the end of the lesson and put chairs back under desks. When you leave, do so in a sensible fashion.

### 3. SELF-DISCIPLINE

- Be well-behaved throughout the day.
- Hold doors open for visitors, faculty, staff and friends.
- Listen to Student Leaders and do as they ask.
- Never misuse electronic forms of communication – mobile phones and/or cameras, internet sites, social networking sites et cetera.
- Be attentive and patient.
- Have all the correct equipment including planner, text and exercise books. Always be ready to work and learn.
- Be hard-working and get your piece(s) of work started as soon as possible.
- Follow instructions.
- Always try your best. Complete homework carefully and on time. Take pride in your work and its presentation.

- Act safely move around the school calmly. Keep to left in corridors and stairs.
- Observe all safety practices in classrooms and labs. Use all equipment carefully and sensibly.

## **COMPUTER PROVISION**

Internet access is provided in the residence for you to use. It is essential that these facilities are used responsibly and that only age appropriate web sites and software are accessed. Pupils found to be accessing inappropriate sites will face sanctions. The residence networks are fitted with monitoring software to prevent you from accessing inappropriate sites – any attempt to breach these security measures will be dealt with severely. Everything on the school system is monitored by the Network Manager - any issues or concerns about pupil access will be passed on to the Principal.

All areas are equipped with a wireless internet service. If you decide to bring your own laptop or personal computers, you may connect them to this service free of charge. You are permitted to access the internet subject to the College internet acceptable use policy.

Bandwidth is limited in the residence by external factors beyond the control of the school. It is therefore important that all members of the residence act considerately. Students found to be abusing this privilege to the detriment of others may have access blocked at certain times.

All electronics devices may not be used after lights out. If you abuse these simple rules you will have your computer privileges removed for a period.

Using the internet: Students are advised after you have gone to your room when you clear the common room. You should not to be using your mobile phone when everybody in your room is sleeping. Please be considerate of your roommate.

All students may bring their own router to use internet network from LAN cable to Wi-Fi signal but please register with Boarding Ajarn first.

## **DRUGS**

The College has a clear drugs and substance abuse policy. Breaches of this policy are treated very seriously, and pupils will forfeit their place at the College as a result.

## **EARLY LEAVE/LATE RETURN**

It is expected that all boarding students, including overseas students, will keep to the semester dates. (Term dates are published at least a year in advance, and can be found in the College calendar and on the website.) If, for some exceptional reason, you have to leave before the end of a semester or to return to school late then the Principal's permission must be sought in writing. Please keep such requests to an absolute minimum and to exceptional circumstances.

**We prefer students to board full time all week during term time.**

**ALL STUDENTS in M4 should be back by 5 pm on SUNDAY and have dinner here.**

**\*\*PLEASE SEE EXEAT (Leave and return) FORM\*\***

## **BEDROOM**

1. Not allowed to bring any food/snack up to bedroom at all times.
2. You should keep your rooms tidy at all times.
  - a. Always make your bed and desk keep clean and tidy all the times.
  - b. Keep all surfaces clear and as free as possible for easy clean.
  - c. Shoes can keep outside bedroom but **MUST BE** arranged on shoe racks neatly.
  - d. **SWITCH OFF AIR and LIGHTS** every time after use.
  - e. On Floor Cleaning days by our staff make sure everything possible is off the floor; mats put on the balcony so that our staff can clean all your floors properly.

f. Do not share your any personal belongings , to avoid any misunderstandings and in the interest of health.

g. All dirty laundry **MUST** be kept in laundry baskets, which you must provide.

3. ROOM INSPECTIONS by BAs: Every night.

4. Rubbish Bins: If you need emptying use the bins on the corridor which in the middle of walk way.

5. Please open your curtains, make sure A/C is off and open the door to the terrace to let fresh air circulate in your room, making sure you close the mosquito netting. This will also help to prevent any mold too.

#### Floor Cleaning Schedule:

Day	Male/Female	Room No.
Monday	Female	603.01 - 603.06, 703.01 - 703.06, 903.01 – 903.06
Tuesday	Female	603.07 - 603.12, 703.07 - 703.12, 903.07 – 903.12
Wednesday	Male	604.01 - 604.06, 704.01 – 704.06, 904.01 – 904.06
Thursday	Male	604.07 - 604.12, 704.07 – 704.12, 904.07- 904.10
Friday.	Female	601, 701, 801, 901
	Male	602, 702, 802, 902

## **ELECTRICAL EQUIPMENT**

If electrical equipment is brought to the residence, then it must have the relevant up-to-date safety checks. Unsuitable electrical equipment will be confiscated and returned to parents.

You are not allowed to bring Iron / Kettles / Rice Cookers / Fridges / Televisions or other high rated electrical items as these can overload the systems. You should not overload the circuits by using extension leads.

We recognize that you may want to bring possessions which you would normally have around you at home and this is perfectly acceptable as long as they are used sensibly, at the appropriate times and do not impose on any other students' privacy. All personal items must be named. This includes electronic musical equipment, which all must have headphones. (E.g. Electric keyboard) There is limited space to BEFORE you plan to bring anything, talk with your room-mates and Boarding Ajarn.

## **Emergency Drills**

Semester fire practices are arranged in the residences. In the case of a fire alarm being sounded you should leave the residence quickly and quietly via the appropriate fire exit. Residence staff will go through the fire procedure with you at the start of each year. Some emergency drills may also include "Intruder alert – run/hide/Fight"

## **INTERNATIONAL STUDENTS**

Welcome to Thailand. We hope your stay here is an enjoyable and successful one. This may well be your first visit to Thailand to live and so at first everything will feel very strange. Do not worry because you will very quickly get to know your way around. You must try to mix and join in with all the other students as much as possible and in particular you must try and speak English and Thai whenever you can. International students may provide us with a copy of their own health insurance OR they may contact our school to arrange it at an additional fee.

## **FOOD / SNACK**

Most special diets can be catered for but advance notice is required in writing to the catering manager. You are allowed one plastic container each to be kept your dry food in common room

Pupils can request specific food from the Residence Staff, and a Boarder's Catering Committee meets with the Head of Boarding and the Catering Department to discuss the central catering arrangements and to make suggestions and requests. The Boarding Administrator will publish a duty rota for students each week for dining hall duties.

## **INSURANCE**

Whilst the College will take every reasonable care, it is not possible for the College to assume liability in case of loss or damage to personal possessions of students. Parents are strongly advised to take out their own insurance to cover items of value, which may be brought to College by students. Please keep a record of the type, manufacturer and serial number of all valuable items so that a full description is available in cases of loss. We strongly advise you to secure all of your valuables – both at school, in your lockers and in the residences in your room. We strongly recommend only items related to STUDY.

## **LAUNDRY and DOMESTIC ARRANGEMENTS**

Laundry shop will come Monday-Saturday. A laundry shop will prepare a book sheet and clothes bag for student. Student should follow the steps with the details below;

- 1) A laundry shop will give you a code of number and book sheets with your code, you will use this code from M.4 to M.6. They will write your code at your clothes for a remark.

- 2) Student has to put your used clothes in the bag and write the details in a book sheet, tear one side of book sheet and put it in a bag with your clothes.
- 3) Student has to take your bag clothes and put in a common room on the day that your level will be. The laundry will take them for cleaning. (Your cloths will return within 2 days)
- 4) Boarders must take all your laundry up to your rooms in deliver days. If not, and some cloths lost, a laundry will not respond for that lost. (You can tell Residence Team straight away of something is wrong in anyway.)
- 5) PLEASE provide your own clothes hangers and basket to the laundry shop otherwise your clothes will come back folded.
- 6) Only USE your own book receipt for recording your laundry.
- 7) Please make sure if you start a washing machine or dryer you have time to complete before the room closes. Do not overload the washing machine.
- 8) Every student can have 72 pieces a month (excluding duvet, bedsheet, suit, evening dress, underwear, sock, doll and face mask). Student have to fill in the form and the laundry will charge if it goes over 72 pieces.

## LOCKERS

All students have access to a locker or lockable cupboard or drawer in their room. Please refer to the General Student Handbook for locker at school. **In the interest of safety, upon request from Boarding Ajarn or Staff member, students must release the key for search purposes. All keys remain the property of YAMP.**



## **LOST PROPERTY**

The Security team will collect lost property. If you lose items in the residence you should check with the duty member of staff who should have access to the lost property store. For items lost at school, please contact the Office on 2<sup>nd</sup> floor.

## **MEDICAL MATTERS**

If you have a routine medical problem, you should attend infirmary room on 2<sup>nd</sup> floor at college, during the day, i.e. between 9.00 a.m. and 9.00 p.m. If you are feeling unwell outside these times you should go to Boarding Ajarn for advice and they will contact the Nurse.

The Nurse will provide medical cover for the whole school. She will organize doctors' appointments for you when required. She also has an accident book into which details of any accident that happens are recorded.

## **MEDICATION**

You must hand in all medication, both prescribed medicines and those available across the counter, to the Nurse so that administration can be strictly controlled. In some circumstances, the Nurse may give medication to the residence staff to give to you in an evening, for example. You must not keep any medication in your own rooms. The only exception to this is those medicines that need to be carried on your person e.g. asthma inhalers and epi-pens. A written record is kept of all medication issued to students.

## MISSING STUDENTS

Duty staff will check that all students are present on the following occasions:

- Morning wake-up call \*
- Breakfast at the College \*
- Dinner at the College (5.00 pm)
- Curfew times (9:00 pm) \*
- Lights out \*

\* Please refer to the daily schedule table in page 40.

If at any stage students are found unexpectedly missing the following procedures will be applied:

- The residence in / out board and signing in / out list will be checked.
- All areas of the residence and grounds will be checked.
- The student's friends will be consulted.
- Checks will be made with the Medical Centre and with other staff – including the other houses.
- If not already alerted the Principal or duty Faculty will be alerted and a search instigated.
- Parents may be contacted and consulted for possible destinations.
- If no clues are gathered, or there is concern for the welfare of the student, the police will be alerted. At this point the Dean will also be informed.

## **PACKING LIST - WHAT YOU WILL NEED**

### **ALL ITEMS OF CLOTHING/VALUE SHOULD BE PROPERLY NAMED**

- 1) Duvet plus two covers
- 2) Pillows
- 3) Two bottom sheets
- 4) Two pillow cases
- 5) Two pillow protectors, or extra pillowcases
- 6) Two bath/shower towels
- 7) Two hand towels
- 8) Dressing gown (optional)
- 9) Slippers/indoor shoes
- 10) Two sets of nightwear
- 11) Wash bag containing: flannel, toothbrush, toothpaste, soap, shower gel, shampoo etc.
- 12) Shoe cleaning kit
- 13) Underwear – sufficient to last for 7 days
- 14) School uniform & games kit– sufficient to allow for a wash cycle of 4 days
- 15) Smart school shoes (black)
- 16) Trainers for games / sport
- 17) Casual clothes/shoes (it is advisable to have smart casual for theatre trips etc., as well as jeans/sweat tops etc.)
- 18) Water bottle/container for drinking water
- 19) Clothes hangers
- 20) Equipment and liquid chemical for cleaning room and toilet. (Student may like to do this when they arrive and group together to buy what they needed).
- 21) Washing liquid (in case for using the coin washing machine.)
- 22) 3 boxes of food container for keeping fresh food in fridge, dry food in common room and cutlery in your bedroom. If your boxes are full, please do not buy anything new!! Our Hall Pass

system allows students to visit convenience stores on campus, so you SHOULD NOT need to ‘hoard’ snacks, and our School Shop is open regularly.

The above list is essentials only. You may wish to bring more personal items. Don’t bring too much with you, however, as the rooms in the houses only have limited storage for each boarder - and you will have to take everything home again when you leave the College. Overseas boarders can leave some items in the houses over the holiday periods - but space is limited and so every effort should be made to take belongings home at the end of each half term.

There is a pantry available in each house where drinks and light snacks can be prepared. All kept in your own personal plastic container.

## **POCKET MONEY**

The school cannot administer pocket money on your behalf. All students must have bank accounts at the SCB Branch very close to our College. (Currently, this branch is closed for renovation, but the branch on Sai 4 is available.) Overseas students should see the Boarding Administrator for advice on how best to go about this. A cash machine is available at College situated about five minutes’ walk from the residence.

## **PRACTICE**

You will see from the schedule at the end that you will have lots of time for individual practice. You should book a room on the 5<sup>th</sup> floor, following the advice in the main Student Handbook. We will help you with how to do this during your first few days. You must use a practice room first, however if they are all full you may use the common areas on 5<sup>th</sup> floor. Male and Female students are not permitted to remain alone in the practice room. If we found that, they could face detention as well as a parent notice.

## **Safeguarding (Student Relationships)**

### **1. Why is it important we know where you are ?**

Our school, Ajarns and staff have a duty of care to ensure you are safe at all times. Compared to many boarding schools our students have a lot of time when you maybe around our campus and enjoy all of our College and University facilities. This is part of our safeguarding policy. Days when you have no classes after **1450 – 1700** and again **1730-1830** you do not need to let us know where you are going, but according to our boarding handbook you must stay within our University Campus. Between **0730 – 1450** if you need to go to the Library, printing shop or have classes outside the building we have the Hall Pass which can be signed for weekly classes or day by day by Aj Richard or Aj Suparchai, if Aj Richard is not here.

After **1830** we use the residence Absence Form which enables us to know where you are for safety and in case of an emergency where we might have to evacuate or lockdown the building. We have many regular evening concerts and students regularly use these forms. If it is a bigger event one of our boarding team will also go with you. Of course, at weekend of even some evenings when you wish to stay overnight outside boarding your parents know we have the usual EXEAT forms.

As a boarding school, and this is my fourth boarding school as Principal or Headmaster, we do give you a lot of freedom, but with that freedom comes the responsibility for you to always use the system to let us know where you are so we can have a safe place to work and live.

### **2. Close and intimate relationships**

Like most schools we have a very clear policy on students not having very close or intimate relationships. Some of the reasons are obvious because we have separate boys and girls areas in boarding and this is carries over to the rest of the day, where we expect students not to be alone as a “couple” at any time. This is because any kind of physical intimate behaviour cannot be

allowed, which should be a matter of common sense in any school. However, we also discourage students developing very close relationships for other good educational reasons. This is a time of your life when you should have very broad social interactions with everyone in our community and spending a lot of time with one person can distract you from making the most of your time with us. We also have to recognize that in your teenage years now emotions and feelings are very strong and it is our duty to make sure we guide you how to control these emotions in an appropriate way for a boarding school community and for your future life.

When school does notice two students are very close we will discuss with Parents and make sure our policy is understood and it is our duty to do so.

For older students only: (M5 and M6) There is a much bigger burden on you as students to be responsible now that we have a boarding school and avoid developing closer relationships with younger students and we really need you to understand that you also need to respect the two situations explained in **1** and **2** above. The same guidelines regarding number **2** also applies to all students. You will know, especially M6 students the huge difference in your social maturity from M4 to M6 and it is important for us to allow our younger students to grow up and mature at their own pace. Of course, looking ahead and when you move into undergraduate, where you are the managers of your own time, it will be more difficult should you have a close relationship with a younger student.

## SANCTIONS

Sanctions that can be issued by residence staff for breaches of the residence and school rules include, but are not limited to, the following:

- Removal of privileges
- Writing a letter of apology
- Additional residence duties (e.g. cleaning the kitchen)
- Additional dining room duties (e.g. wiping tables for a week)
- Extra class
- Gating (not being allowed to leave the building)
- Study gating (not being allowed to leave your room)
- Being excluded from trips, residence activities and events
- Regular reporting to residence staff
- Continually untidy bedroom will loss of free time until room tidied.
- Any student leaving the boarding door on 5th floor later than timing as schedule must stay in boarding with Boarding Ajarms from 17.00 pm. every day late. Boarders need to plan ahead, sleep on time, wake up and check you have everything you planned.
- Unattended personal belongings, anything left after everyone already in boarding will be send to lost and found at 2<sup>nd</sup> floor office. We may donate charity.

More serious sanctions can be given by the Principal and include, but are not limited to, the following:

- Weekend detentions
- Suspension
- Removal from boarding
- Exclusion / expulsion

## **SEARCHING A STUDENT'S ROOM & POSSESSIONS**

Such searches will usually be conducted by two members of staff in the presence of the pupil concerned. In exceptional circumstances, however, approval for a search in the absence of the pupil may be given by the Principal- in these circumstances the pupil and their parents will be informed at the earliest possible opportunity.

## **SECURITY**

The whole College is equipped with CCTV and intruder alarms. These facilities are there to ensure the safety of students in our care. If Boarders see anyone in the house who they do not recognize, they should inform a member of staff immediately.

## **SENIOR STUDENTS**

All students in M6 are required to help with the supervision and smooth running of the College. Senior students will be given appropriate and specific duties, but the duty member of staff will help and assist you to carry out any duties.

All students may be asked to help the running of the residence by taking responsibility for certain jobs or representing the residence on the Boarding Council or Catering Committees.

## **SHOPS**

We have our own shop on 5<sup>th</sup> Floor open everyday. The shop is supervised by a Boarding Ajarn and Student Council. We will allow students who have free time come to open and they will be able to use as their volunteer hours. All products will be surveyed by the needs of most students and reviewed by the Residence Team . We also have a policy for students to bring their own product for sell at the shop by contacting Boarding Ajarn directly.



**WEEKDAYS (Monday to Thursday)**

All students must request 24 hours in advance , using the Residence Absence Form (RAF), if you wish to be outside our building after 5 pm. Only in exceptional circumstances may you visit off campus during the week and then only with permission and a member of staff and an EXEAT form from your parents.

**WEEKENDS**

Normally, Sunday afternoons are usual shopping times and you may sign up to go to shopping mall or elsewhere as required and appropriate. In case of extra cost occurred, you must cover it yourself. (Lunch and dinners may not be missed unless on an official trip or event)

**SIGNING IN / OUT**

Duty staff will check this on a regular basis to determine the whereabouts of students. Students who fail to sign in / out correctly will be spoken to and, if necessary, 'gated' for a short period.

All visitors to the residence should sign in and out at security. Also, boarders who have signed out to home but come back on campus must always report to boarding office during on campus at all times.

## **RESIDENCE ABSENCE FORM**

If boarders plan to go off campus or YAMP Building and return on the same day (Mon-Fri from 5pm and Sat-Sun from 8.30am) or extra class every week across 5pm (check in time), you must fill residence absence form to ask permission from Boarding Arjarn. Please submit the form 24 hours in advance. Besides, when you want to leave YAMP building, you must always have your phone with you and be contactable at all times. Students who would like to go off campus before 17.00 pm, you need Principal's signature and permission, and you must go to the principal's office before you leave ONLY.

The School's Hall Pass system also covers 1730-1830 and will be announced by the Principal/Student Management Team.

Don't assume that you can do anything you want – Living in a community we should always ask first!

## **SMOKING**

Please refer to the student handbook.

## **FOOD DELIVERY POLICY**

Food delivery services are allowed but students will be educated and trained follow safe receiving procedures.

a. Drink deliveries (Weekdays and weekend up to boarding team)

- 11 AM. - 6 PM. for M.6 students.

- 3-6 PM. for M.4 and M.5 students but with permission and help from boarding team only.

b. Food deliveries (1-5 PM. Weekend only) with permission and supervision of boarding team.

## **PARCEL POLICY**

In the interest of safety, the system of issuing parcels and letter to boarders after collected all parcel and letter from Boarding Arjarns, students must follow safe receiving procedures and open them in presence of Boarding Arjarns.

## **TELEPHONES**

- If you have a mobile phone, please make sure that you give the number to our Boarding Arjarns so that you can be contacted at all times.
- Mobile phones are not to be used after lights out. If you are found using your phone during this time , you will asked not to, warned not and in a thirs instance we will contact your parents to make a written agreement about usage.
- Cameras and camera phones must not be used to take photographs without the permission of the person / persons being photographed. You must not use your phone or other equipment to take inappropriate images.
- If you receive any texts or calls, which upset you, don't reply but keep the text and inform a member of staff as soon as possible.
- Parents and Guardians are respectfully asked not to telephone students after lights out.

## **TELEVISIONS**

Televisions connected to a satellite service are provided in each of the common rooms. You are therefore not allowed to have televisions in your own rooms.

## **UNIFORM**

School uniform – as notified in the College Student Handbook. At weekends and after 5 pm each evening you may wear your own casual clothes, but should have your ID card on you at all times. Visiting Prince Mahidol Hall for concerts and when out on an official trip you will be expected to wear College uniform.

## **VALUABLES**

Do not carry too much money around with you and you must not leave money and other valuables or locker keys lying around. You should keep all your valuables locked away in your lockers for safekeeping. School strongly recommends NOT to bring valuables to school, and School accept no liability in this regard.

If you have travel documents, passports etc. the residence staff will be pleased to look after them for you. We cannot be responsible for any losses of money or valuables if they have not been securely locked away.

## **VISITORS**

Guests are not allowed in the residences. On some occasions visitors allowed into the residence social areas, but only with permission from the principal. Under no circumstances may visitors of the opposite sex visit bedrooms or common rooms. If anyone is caught breaking this rule it will be treated extremely seriously.

## **VOLUNTEERING (Community Service)**

An essential part of your education is learning to give to others. All students must attend volunteer activity and meditation class at least 34 hours per semester and record your participation in log book.

### **Gaining new skills**

With each new volunteer activity comes training. These skills may seem basic or trivial at the time of training, but may also provide building blocks for future success.

### **Giving time**

One of the most selfless acts anyone can do is donate their time and talents. Teens who are busy with after-school sports or work to help support their families and still make time to volunteer on evenings or weekends show outstanding character and resolve to make a difference.

### **Showing responsibility**

Just like going to a job, committing to a volunteer position shows responsibility. Teens working on becoming more reliable should get involved in volunteer programs relating to their hobbies to naturally build responsibility.

### **Add to your resume/CV**

It will help you with scholarship, university admissions and applying for work

**It makes you feel good !!**



## 3.1 Student Welfare

### Health Services

- Infirmary room service at YAMP Building, College of Music

Our first aid service operates 24 hours a day, during semester break the service is available at the College's infirmary room.

### Welfare of Public Health Care

The welfare of public health care can be divided into 3 major groups by occupation:

1. For the governmental officials, it is called "Comptroller General's Department Welfare". The medical benefits in this group are provided for those who have served as governmental officials from local to governmental agency official position. The welfare arrangement criteria for this group is under the supervision of the Comptroller General's Department.
2. For the employees of private sectors, it is called "Social Security Welfare". The medical benefits in this group, as stipulated by the Department of Employment, are provided for the employees of private companies and agencies. The welfare arrangement criteria for this group is under the supervision of the Social Security Office.
3. Individuals whose employment does not meet the stipulations in No. 1 or No. 2 above will receive the welfare called "National Health Security Welfare". The medical benefit for people in this group is an access to medical services in the hospitals/medical facilities near their residence registered in the house registration or upon their request. The welfare arrangement criteria for this group is under the supervision of the National Health Security Office.

With the above-listed medical welfare arrangements by the government, Mahidol University has integrated them with our student health services, providing students at all levels with more medical and health benefits at the same standard.

## **Student Health Service Requirements**

1. Reimbursement of medical expenses must not exceed the transaction prescribed by the Comptroller General's Department.

Mahidol University has set the rate of medical expenses according to the stipulation of the Comptroller General's Department. As a result, the service may incur unrecoverable expenses and the students have to be responsible for those expenses.

2. Medical expenses are allocated at 30,000 baht/person/academic year

Students at Mahidol University can reimburse medical expenses not exceeding 30,000 baht per person per academic year. However, medical service must be provided by the state hospitals only.

3. Student ID card and official documents must be presented at the time of service.

Receiving services at the hospitals requires every time that students present their student ID card and national ID card (or passport for international students).

## **Health Service Facilities for students**

### **Physical Health Services**

- Mahidol University Salaya
  - Located on the 1st floor of Mahidol Learning Center, Salaya Health Unit provides preliminary medical services.
  - Located on the 1st floor of College of Sports Science and Technology, Sports Science Clinic provides preliminary treatment for muscle injuries.
- Bangkok Noi
  - Located on the 4th floor of OPD building, Siriraj Hospital, Faculty of Medicine Siriraj Hospital Health Unit provides medical services.

## Mental Health Services

- Mahidol University Salaya
  - Located on the 3rd floor of Mahidol Learning Center, MU Friends Counseling and Recreation Center provides mental health consultation services.
  - Located on the 4th floor of PanyaWattana Building, National Institute for the development of children and families, “Clinic-Wai-Teen” (Adolescent Clinic) provides mental health consultations.

**บริการด้านสุขภาพใจ**  
สำหรับนักศึกษามหาวิทยาลัยมหิดล

**การให้บริการให้คำปรึกษาสำหรับนักศึกษา**  
เป็นรูปแบบการให้คำปรึกษาผ่านทางโทรศัพท์ มีขั้นตอนดังนี้  
1) แจ้งชื่อ วันเวลาที่ต้องการพูดคุย และเบอร์โทรติดต่อทาง INBOX FACEBOOK MAHIDOL FRIENDS  
2) เจ้าหน้าที่ยืนยันนัดหมาย  
3) ใช้เวลาในการพูดคุย ประมาณ 30 นาที - 1 ชั่วโมง ให้บริการในวันและเวลาราชการ

**ศูนย์ให้คำปรึกษา มหาวิทยาลัยมหิดล**  
Walk-in เข้าไปที่ MU Friends MLC ชั้น 3 หรือติดต่อผ่านทาง FB Inbox : @MahidolFriends โทร. 02-849 4538 เวลา 09:00-16:30 น. (เฉพาะวันราชการและวันหยุดนักขัตฤกษ์)

**MU Hotline**  
สายด่วนสุขภาพใจ นักศึกษา ม.มหิดล ตลอด 24 ชั่วโมง โทร. 088-874 7385

**คลินิกวัยทีน**  
สถาบันเพื่อชาติเพื่อการพัฒนาเด็กและครอบครัว มหาวิทยาลัยมหิดล โทรศัพท 09 4954 1014 หรือ 0 2441 0602 พัง 8 ต่อ 1213

**หน่วยบริการสุขภาพนักศึกษา คณะวิทยาศาสตร์ (พญาไท)**  
จัดแพทย์ออกตรวจทุกวันพร เวลา 12.00-13.00 น. ติดต่อสอบถาม 02-201 5203

**โรงพยาบาลศิริราช**  
หน่วยสวัสดิการนักศึกษา ห้อง 499 อาคารผู้ป่วยนอก ชั้น 4 Walk-in ไม่มีนัด รับตัวก่อน 9.00 น.

**โรงพยาบาลรามารินทร์ดี**  
แผนกจิตเวช อาคาร 4 ชั้น 2 Walk-in ไม่มีนัด รับตัวก่อน 9.00 น.

**One Call, One Life**  
สำหรับชาวไทย โทร. 02-713 6793 ตั้งแต่เวลา 12.00-22.00 น. English Hotline Tel. 02-713 6791

Platform ปรึกษาจิตแพทย์ออนไลน์ สามารถพูดคุยปรึกษาทั้งเรื่องส่วนตัว และปัญหาการเรียนผ่านทาง Video call โดยเข้าใช้งานได้อย่างเป็นส่วนตัวและปลอดภัย ทุกที่ ทุกเวลา ผ่านคอมพิวเตอร์ หรือโทรศัพท์มือถือ

สอบถามวิธีการใช้บริการ Facebook : @Mahidol Friends

**กรมสุขภาพจิต**  
1323-สายด่วนสุขภาพจิต FB : @helpline1323

## Dental Services

- Maha Chakri Sirindhorn Dental Hospital, Faculty of Dentistry  
**Operating hours:** Monday-Friday at 08.00-16.00 (Wednesday from 13.00 hrs.)  
**Location:** Dental Department, 2nd Floor, Kanchanapisek Medical Center, Tel. 02-849-6600, 2004, 2031, 3053
- Dental Work Siriraj Hospital, Faculty of Medicine Siriraj Hospital  
**Operating hours:** Monday-Thursday at 12.30-15.00 hrs.  
**Location:** Dental Department, 6th Floor, Outpatient Building Siriraj Hospital, Tel. 02-419-7415-17



### **Medical facilities under Mahidol University**

- 1<sup>st</sup> floor of Mahidol Learning Centre, Mahidol University Salaya
- Kanchanapisek Medical Center, Faculty of Medicine Siriraj Hospital
- Siriraj Hospital, Faculty of Medicine Siriraj Hospital

### **Network Medical facilities of Mahidol University**

- Phuttamonthon Hospital, Nakhon Pathom Province

### **Group Accident Insurance**

Due to the fact that the College of Music, Mahidol University is aware of the possible risks and accidents that may occur to students while studying, they will be provided with group accident insurance with 24-hour domestic coverage from Viriya Insurance Public Company Limited. (10,000 Baht per accident)

### **WEEKENDS**

Timings and group sizes MAY be varied at residence staff discretion - please discuss this with them if you wish to do something different from what is stated here or in the residence schedule given to you at the start of each semester - each case will then be considered on its merits!

Don't assume that you can do **anything** you want – living in a community means always ask first!

With residence staff permission you are allowed to visit certain areas of the University Campus. (residence staff will advise on this).

**You must always remember to sign out. Students in M4 and M5 must visit in groups of no fewer than three.**

All boarders are expected to be back at College in time for dinner on Sunday, if you have received permission to go home at the weekend.

**Guide for coming to College during the break:**

1. If you have any exam or even playing or accompany a friend in an exam, you should only sign out after you have finished.
2. If you come to school during semester break, you must be wearing smart casual and have both your national ID/Passport to leave with Guard (This is so we know who is in the building for safety purposes), so you can use your student's ID for practice rooms. (But you will need to show your student ID to the guard as they will only allow our student entrance). During semester break Practice Rooms are open only M - F 0900-1700
3. Dress is smart casual (No open shoes/sandals) - polite dress.

**AND FINALLY ...**

This booklet is intended to give you a broad outline of the residence. If there is something more that you would like to know, please do not hesitate to ask a member of staff. It is hoped that parents will feel that they can make contact with Boarding residence staff at any time if they have worries or concerns. It gives great pleasure to the students to have occasional visits from family and guardians particularly at weekends. We are always pleased to welcome you into the residence.

If you have any ideas how we can strengthen further the links between residence and home, we would be delighted to hear from you.

**Richard Ralphs, Principal**

**June 2024**

## Schedule for Semester

### Weekday Boarding Opening times:

Monday, Tuesday, Thursday at 5pm

Wednesday at 2pm

Friday at 3 pm

### Monday to Friday

M4 must leave boarding and sign out at the lobby by 8 am

M5 must leave boarding and sign out at the lobby by 8.15 am

M6 must leave boarding and sign out at the lobby by 8.30 am

*\* Keep in mind that if every person is to use shower and toilet, (let's say 15 mins each) then the first person to wake up and use needs to be at least 45 minutes before its time to leave the boarding !!*

### Weekdays - Breakfast opens from 07.00-08.50

Please refer to the daily timetable in student handbook 2023.

- 9.00 pm, Practice Room closes
- 9.30 pm, M4 up to residence (Lights out at 10.30 pm)
- 10.00 pm, M5 up to residence (Lights out at 11.00 pm)
- 10.30 pm, M6 up to residence (Lights out at 11.30 pm)

## **WEEKEND ROUTINE**

Boarding Opening times: Saturday to Sunday from 9.00 – 21.00 hrs.

### **Saturday:**

- 8 am to 9.30 am, Breakfast
- 12.00 noon to 1.30 pm, Lunch (BOARDING will close by 12 noon )
- Saturday afternoon choices: Practice/Personal time in building/Common Room/  
Sports/Residence Rooms or special programs announced by Boarding Team.
- 5.00 pm to 6.30 pm, - Dinner
- 9.00 pm, Practice Room closes
- 10.00 pm, M4 up to residence (Lights out at 11.00 pm)
- 10.30 pm, M5 up to residence (Lights out at 11.30 pm)
- 11.00 pm, M6 up to residence (Lights out at 12.00 midnight)

### **Sunday:**

- 8 am to 9.30 am, Breakfast
- 12.00 noon to 1.30 pm, Lunch (BOARDING will close by 12 noon )
- Sunday afternoon choices: Practice/Personal time in building/Common Room/  
Sports/Residence Rooms or special programs announced by Boarding Team.

**(ALL STUDENTS ON EXEAT SHOULD BE BACK BEFORE 5PM)**

- 5.00 pm to 6.30 pm, - Dinner
- 9.00 pm, Practice Room closes
- 9.30 pm, M4 up to residence (Lights out at 10.30 pm)
- 10.00 pm, M5 up to residence (Lights out at 11.00 pm)
- 10.30 pm, M6 up to residence (Lights out at 11.30 pm)

## USEFUL CONTACTS

Name	Internal Phone No.	Mobile	Email
Mr. Richard Ralphs, Principal	5301	094-359-5449	richard.ral@mahidol.ac.th
Ms. Kittima Molee, Deputy Principal-Student Management and Head of M.6	5481	081-909-8439	<a href="mailto:kittima.molee@gmail.com">kittima.molee@gmail.com</a>
Mr. Kiatkong Supayon Director of Music	5403	085-706-2326	kong_bgs@hotmail.com
Mrs.Lalin Klinsmith (School Manager) Deputy Principal, Admin	5249	093-002-6316	<a href="mailto:lalin.kli@mahidol.ac.th">lalin.kli@mahidol.ac.th</a>
Ms. Kalteera Supaniti, Head of M5	5413	089-071-9969	kalteera.sup@mahidol.edu
Mr. Chonnakan Sitthiwani Head of M4		087 102 2696	chonnakan.sit@gmail.com
Ms. Cheeranun Prayotcharoenpol Registrar's Officer	5248	081-307-6966	cheeranun.pra@mahidol.ac.th
Ms. Suchawadee Seeprasert, Registrar's Officer	5247	082-075-4402	verticalmind1983@hotmail.com
Ms.Tipa Pleehachinda, YAMP Secretary	5303	089-442-2906	<a href="mailto:tipa.ple@mahidol.ac.th">tipa.ple@mahidol.ac.th</a>
Ms. Nannapas Sakornrattanasiri, Asst. School Manager	5235	090-981-8895	spenchan69@gmail.com
Mr. Apichart Saturnrum Male Boarding Arjarn	5565	088-226-3052	apichat.sat@mahidol.ac.th

Mr. Saksit Phatharasanti Male Boarding Arjarn	5565	094-793-4592	saksit.pha@mahidol.ac.th
Mr. Manit Khamchan Male Boarding Arjarn	5563	065-909-5632	manit.kha@mahidol.ac.th
Ms. Karuna Intongkam Female Boarding Arjarn	5563	095-519-5111	karuna.int@mahidol.ac.th
Ms. Kittiya Chaipun Female Boarding Arjarn	5563	064-023-5904	Kittiya.cha@mahidol.ac.th
Ms. Thiyanan Thanaiyawit Boarding Admin Officer	5564	061-232-4926	thiyanan.tha@mahidol.ac.th
Ms. Wanida Sapkla, Boarding Admin Officer	5564	086-095-4137	yampboarding@gmail.com

## **STUDENT CONCERNS, PROBLEMS & COMPLAINTS**

### **Do you have any suggestions, concerns, problems or complaints?**

If so, the College would like to hear. You can raise concerns with your Homeroom teacher, Residence staff or any member of staff with whom you feel comfortable.

### **What do I do if I have something that concerns or troubles me?**

The answer is, talk to someone, no matter how big or small the problem appears to be. You may have close friends who are able to help, or older students in the residence or school to whom you can turn (perhaps a member of our Student Council). We hope that you are able to find at least one adult on the staff (teaching or non-teaching) with whom you feel comfortable to talk, should there ever be a problem. Your Homeroom tutor, your Boarding Ajarms, Student Affairs Officers and all other staff are here to help you.

### **As a student, do I have the right to make a complaint?**

Yes. Do not be afraid to raise a concern or to make a complaint. It is your right as a student to be treated properly. And it is your right to complain if you think you are not being treated fairly.

### **How do I make a complaint about something which concerns, upsets or troubles me?**

By talking about it with any member of staff you feel you can trust. Or by writing it down if you find that easier. You can take a friend, an older pupil, or a member of staff with you if you wish to talk to a senior member of staff, such as Arjarn Kittama or Arjarn Richard.

### **Does it matter what the issue is?**

No, it can be a big concern or a small problem. By discussing it, you may be able to come up with some positive ideas.

**What will happen next?**

The member of staff will deal with the matter in person, if possible. If not, he or she will go on your behalf to someone who can help.

**Do others have to know?**

You do not have to inform staff or anyone else that you are complaining. Tell the member of staff about your worries: he or she will understand and will try to help you deal with them.

Please recognize that in a serious situation, which needs confronting not ignoring, the College cannot promise confidentiality. An example of a serious situation would be if you or another student were being 'abused' in a physical manner. If someone tells you they are being abused in this way, or even if you suspect it might be happening, you must tell someone. Concerns about the safety and well-being of students take precedence over every other consideration. Even if you find the issue hurtful or embarrassing, try not to worry. The person you contact will do his or her best to assist you to follow the appropriate course of action. Rest assured we will be considerate of your position and will do all that we can to safeguard your interests and welfare.

**What time must boarders be back in boarding?**

With time restriction on coming back to college, they **MUST** get back to college no later than 9pm unless they have been given special consideration for the reason of late arrival by the School Principal. If Boarders incidentally arrive late, they must inform residence team as soon as possible.



**Would I go home on weekend? And how parent inform the Residence team?**

Refer to boarders go out of YAMP building or Campus, Residence team will maintain the Monthly Exeat Form, which K. Koy sends out an email to parents earlier of the month. But if any changed occur, Parent/Guardian must fill in the Overnight Exeat Form and email to **yampboarding@gmail.com** by **Wednesday at 6.30 pm of each week (before Boarders leave.) or Weekend**, pupils who stay on boarding and need to go out of campus, boarders must see BAs for fill in the Residence absence form for the permission signature and BAs must contact parents by phoned/emailed suddenly. Then boarders need to show the form at the guardhouse.

**Would boarders be able to go up to their bedroom during the day?**

Make sure you take everything out of your ROOMS when you leave every morning. YOU CANNOT go back into Residence until boarding opening time on each day. **In exceptional and urgent cases**, you must ask the PRINCIPAL for a RESIDENCE PASS.

**How boarders out of campus at the night in case of emergency?**

In case of Boarders' sickness or personal business at the night (refer to Boarders' need to go off campus with Residence team to supervised if necessary.) Student must be responsible for all transportation expense occurred yourself.

*Residence*

*Activities*

## 1. Weekend Activities (Additional fee may apply)

Why do we need Weekend Activities?

Activities are organized to make the students feel relaxed and get a new atmosphere apart from music.

What are the Weekend Activities?

Weekend activities are activities that allow all students to relax or spend their free time doing other activities that students are interested in besides studying.

Where will Weekend Activities take place?

In YAMP or Mahidol University.

When does Weekend Activities start?

Weekend Activities will start on weekend and public holidays.

Who would like to participate in Weekend Activities?

All students who live in residence on weekend or holiday.

How is Weekend Activities going?

Weekend Activities in the new academic year will focus on student needs, such as watching movies, doing exercises in Mahidol University or organizing sports events that may be according to the needs of students. We also have festival activities, such as Christmas Day, New Year's Day, as we did every year.





## 2. Residence Committee

Why do we need Residence Committee?

Residence Committee will act as student representatives for boarding to coordinate with BAs. They can support BAs with any comment about boarding rules or any issue about boarding living that happen in residence so BAs can solve it in time.

What is Residence Committee?

Residence Committee is a group of students who are voted to be “Residence Leader” in each year, consisting of 3 boys and 3 girls, and it changes every academic year.

Where is Residence Committee?

Residence Committee use school building as a work field as their duties to patrol, observe, discuss, and attend meeting will support BAs as much as they could.

When Residence Committee start to work?

BAs will choose residence leader before new academic year from the survey of students in M4 and M5 done by BAs. Once M4, M5 and M6 leaders are selected, BAs will provide orientation meeting shortly after.

How is Residence Committee working?

As mentioned earlier. Residence Committee will cooperate with BAs. So, RCs will have meeting with BAs once a week to share any comments, issues, ideas to fix and improve our residence to follow the standard.

What is role of Residence Committee?

We'll focus on neighborliness within the community, monitoring and problem solving for positive and friendly boarding life, representing the students in boarding, and ensuring student life in residence promotes the well-being and is complementary to the attainment of academic excellence in the school.

## Responsibilities of YAMP Residence Committee

- Promote neighborliness, harmony and cohesiveness amongst residents.
- Approve the overall process for regulating student conduct and discipline in residence.
- Assist and advise residence students; aid students with personal, academic, social or other problems whenever possible
- Serve as a role model in conduct and lifestyle for boarder.
- Be proactive in resolving conflicts in the residence.
- Help organize boarding events such as Christmas party.
- Getting feedback from boarder on any issues.
- Give BAs advise about residence rules or procedure.
- Attend meetings with BAs once a week.

## Residence Leader of each year

Boy	Girl
<b>M.6 : Tonnam</b>	<b>M.6 : Fairway</b>
<b>M.5 : Anda</b>	<b>M.5 : Onon</b>
<b>M.4: TBA</b>	<b>M.4 : TBA</b>

## RESIDENCE COMMITTEE GUIDELINE

*“We’ll focus on neighborliness within the community, monitoring and problem solving for positive and friendly boarding life, representing the students in boarding and coordinating with BAs”*

## Student Duty

### 1. Morning call

- M4 wakeup call with BAs (Turn duty every day)
- M5 follow room No.
- M6 have to checked temperature with nurse to every student before breakfast.

### 2. Check in time at 5 PM. and 9 PM.

### 3. Checking common room

- Food zone must clean and tidy
- Sink must clean and without any dishes

### 4. Checking boarding walk way (Ex. Shoes shelf)

### 5. Cleaning 5<sup>th</sup> floor balcony

### 6. Plan and organizing activity for boarding students

- Catering Committee – **Hewky M.6** will be catering committee leader.
- Weekend Activities
- Volunteering Committee
- Sports & Health Committee

### 7. Comment for boarding development

### 8. Introduce and warning boarding students to follow the rules.

#### Meeting Plan

- Residence Leader every Monday - 8PM
- M4 every week for 1<sup>st</sup> month. (only 1<sup>st</sup> month of semester)
- M4 1st week of month – 9PM
- M5 2nd week of month – 9PM
- M6 3rd week of month – 9PM
- Catering committee meeting up to catering team.
- 5th floor balcony for cleaning same duty with morning call follow by room NO.



### **3. Health Activity**

Health, Fitness and Sports of YAMP student

#### **Rational Criteria**

Nowadays, children's overweight problem tends to have a significant impact on their daily lifestyle, such as unhealthy physical health, inability to perform heavy activities with other children (exercise), loss of good personality and likelihood of underlying diseases including hypertension, hyperglycemia, hyperlipidemia, and joint and muscle disorders.

Therefore, the school should encourage such activities to be organized to improve fitness of the students as well as their personality of musical performances for better.

#### **Purpose**

To improve the physical fitness of the secondary school students from M. 4-6 to a better level of capacity.

#### **Sample**

All students M.4 - M.6

#### **Time line**

According to announcement from Army Reserve Training Centre

#### **Method**

1. To complete the first student's physical fitness test (According to announcement from Army Reserve Training Centre)
2. Enter physical fitness activity by sport scientists. Throughout the operation, physiotherapist will take care of all students for a period of 3 months.
3. Complete the test to measure after completion of the project.
4. Complete the project summary.

**Place**

Room 608, YAMP Mahidol University

**Leader**

1. Aj. Mix

**Benefit**

All students have a better capacity at least 1 level from the project assessment criteria.

**Estimate**

A test from the Department of Physical Education, Ministry of Tourism and Sports.

**Ref:** [http://ft.dpe.go.th/app/public/download/Test\\_7-18.pdf](http://ft.dpe.go.th/app/public/download/Test_7-18.pdf)

### The step to join of Health Program

1. Checkup (Pre-test)
2. Join Health Activities (around 2 months)
3. Checkup (Post-test)

### The plan of Health Activities (Sports)

Day	Activities	Time
Monday	Running	5-6 pm.
Tuesday	Body Balance	
Wednesday	Core X	
Thursday	Circuit Training	
Friday		
Saturday	Swimming	5-6 pm.
Sunday		

**\*Raining day, indoor exercises (badminton or table tennis)**

ID..... Class .....
---------------------

## Physical Fitness Test for Students

Name-Surname.....  Male  Female

Date of Birth (DD/MM/YYYY) ...../...../..... Age (years) .....

Congenital Disease .....

Order of Test	Pre Test	Post Test	Results
	Date.....	Date.....	
Heart rate (time/min.)			
Blood pressure (mmHg)			
1.Weight (kg)			
2.Height (cm)			
3.Body mass index (kg/m <sup>2</sup> )			
4.Sit and reach			
5. Push Ups (30 Seconds)			
6. Sit Ups (60 Seconds)		Specialist	
7. Step Up and Down (3 Mins)			

Sign .....

**Rules and regulation for using Badminton and Table Tennis Court at 608**

1. Badminton and table tennis courts are open Mon-Fri 5 PM. - 8.50 PM. and Sat-Sun 8 AM. - 8.50 PM.
2. Please wear sport attire properly: Please wear sport pants. Jeans and slacks are not allowed.
3. Players must wear tennis shoes or sport shoes only. Do not wear sandals.
4. Please be right on time as to respect other user for the next hour.
5. Please bring your own racquet and balls due to our office has no racquet equipment available for rent.
6. Do not bring food and soft drinks to the badminton courts except drinking water.
7. Please help to maintain cleanliness.
8. Wash your hands after finished exercise.

#### 4. Volunteer Activity

Why do we need Volunteer Activity?

Gaining new skills, giving time, showing responsibility and it will help you with scholarship, university admissions and applying for work and last, it makes you feel good. Volunteering is more than spending one's time actively participating in selfless acts or activities that benefit other people. It has a greater impact on society as a whole. These opportunities are one reason why we need to encourage more students to volunteer. By volunteering, students develop life skills and become well-rounded individuals. Starting young provides an opportunity for students to learn and grow into valuable members of society. They develop life skills as they get immersed in activities that are outside of their comfort zones.

What is Volunteer Activity?

Volunteer Activity is community service.

Where will Volunteer Activity take place?

On campus or on boarding due to Covid-19 pandemic.

When does Volunteer Activity start?

Volunteer Activity will start on mid of July or when school open until end of academic year.

Who would like to participate in Volunteer Activity?

All students who live in residence on weekend or holiday.

### How is Volunteer Activity going?

- a. Volunteer to overview all boarding areas, neat and tidy.
- b. Help eye on refrigerators cleaning.
- c. Clear area after using it.
- d. Scheduled timing to support boarding areas.
- e. M.4 will be led by Aj Ame and Aj Mix Volunteering activities as compulsory.  
(Pink scholarship book M.5 Aj Toey and Aj Kik, M.6 Aj Jane and Aj Ping).
- f. Volunteer event support. (On campus must signed by Arjarn who Lead the event.)
- g. Patrolling practice room/boarding area after boarding closed. (9pm)
- h. Food Delivery check point. (following timing rules.)
- i. YAMP shop seller/stock.
- j. Parcel help checking.
- k. An appropriate volunteer activity. Etc.

### **The Volunteering, Community Service and Meditation class.**

All students must join the volunteering; community service and meditation class at least 34 hours/person/semester. Also, students have to provide a journal to record. Kindly see below for more information.

### **The volunteering; off campus.**

Main idea is, as suggested by College, students would do the volunteering for 16 hours per semester (4 hours/weekend/month.). Students will be the ones who run through the entire volunteer project. The place/venue to carry out the volunteer project may be one of the children homes or hospitals near the college or within Phutthamonthon and Nakornprathom province area. The offered activities are, for example, playing music, games, entertaining activities, etc. Students will participate in four days of service each semester.

**The community service; on campus**

As part of the community service on campus, students will do everything to assist Residence Team. They also serve the residence community in a number of other ways, including taking the lead in overseeing the dorms as prefects. Service is considered an integral part of the way we live in a decent and caring community. In doing so, there will be 2 persons working as Residence Assistants helping out for 2 hours a day (or in total, 10 hours per persons out of 90 school days in a semester.)