

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

April 2023





NOTE FROM THE PRINCIPAL

Dear Parents, Greetings and Namaste!

Welcome back to school! I am thrilled to have you all with us for another academic year. I would like to extend a hearty welcome to our new learners and families, as well as to those returning. We are thrilled to have you all as part of our school community, and we look forward to working with you to make this year successful.

At our school, we believe in fostering a safe and inclusive learning environment where all learners can thrive. We strive to provide a high-quality education that not only challenges our learners but also prepares them for their future endeavors.

We want to take this opportunity to remind everyone that in our school, we firmly believe that bullying has no place within our community. We emphasize the importance of promoting a safe and inclusive environment where every learner feels respected, valued and protected. To raise awareness about bullying, we started the school with anti-bullying week in April and organized various activities and initiatives to educate learners about bullying, its consequences and the importance of kindness, empathy and respect.

In addition, most classes started the Brainwave unit in IPC and IMYC. These sessions have provided them with an opportunity to engage in activities that will help them to enhance their cognitive skills, improve their focus, and increase their creativity which will help them improve their learning skills.

Furthermore, we had orientation sessions for our new and old teachers to ensure that they are equipped with the necessary knowledge and skills to provide the best learning experience to our learners. We are committed to providing our teachers with all the support they need to deliver quality education.

We look forward to a successful academic year ahead, and we thank you for your continued support in our efforts to provide a safe and enriching learning environment for your children.

Best Regards,
Timila Shrestha

▶ A great start to the school year

The first day of school marked the start of a new journey for learners as they embark on another academic year filled with opportunities for growth and learning on Thursday, April 28, 2023. Our learners kicked off the year with fun activities, including creating *Mother's Day* cards with the help of their Art teacher. A *"first day at school"* photo captured the excitement of the moment and provided a lasting memory for them. Physical education activities like yoga, warmup exercises, team games, and obstacle races stimulate the brain and prepare learners for the day ahead. Friendship bands also helped our learners to build strong relationships among classmates, and a school tour helped our learners feel more at ease in their new environment. Finally, a colouring worksheet provided an enjoyable way to assess students' skills and knowledge. These activities provided a great start to the school year and set the stage for an endeavour of growth and learning.



▶ Learning and Growing Together

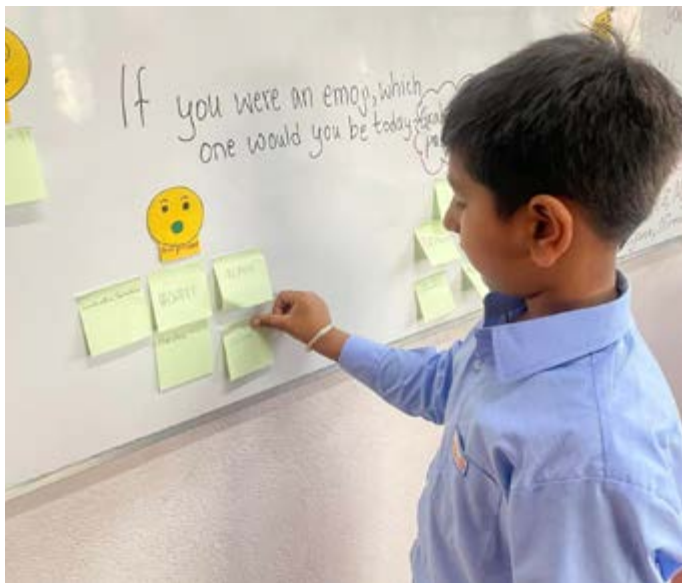
"The secret of your future is hidden in your daily routine." - Mike Murdock

Learners in Grade 2 had a fantastic first day of school ! The learners were engaged in various activities that helped them build relationships with each other, learn about the classroom rules they had made for themselves, and establish daily routines. The learners were actively involved in making their own ID cards and labelling their lockers, as this can help them to feel more responsible for their learning environment. They also emphasised on the personal learning goals as this can help them to develop important skills and qualities that will serve them well throughout their lives. It was wonderful to see the learners excited to express their emotions and share their expectations with each other and their teachers. We hope that we will have an exciting year of learning together.



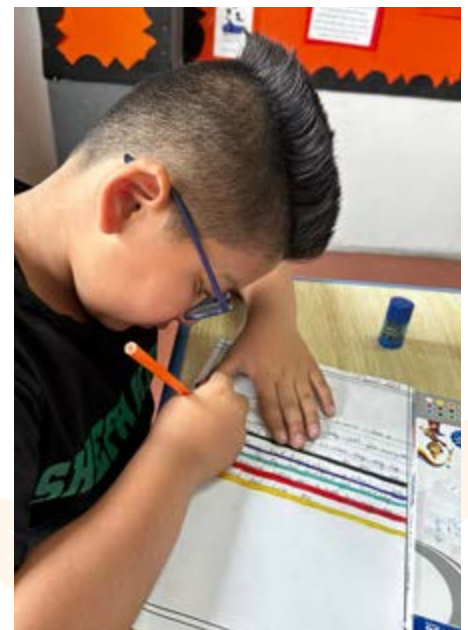
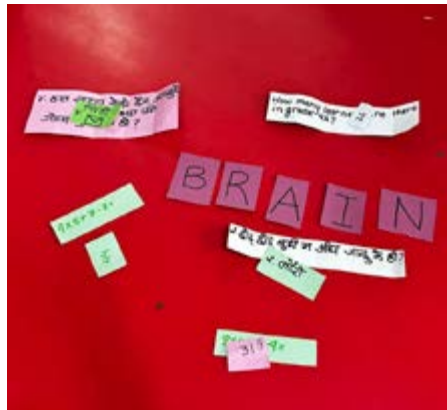
▶ Embracing Learning with Enthusiasm

Learners in Grade 3 kick started their new academic session with great joy and enthusiasm on April 25, 2023. With new year and new beginning they checked in their feelings and expressed how they felt. The learners were able to engage with many collaborative and self expressing activities. As a part of these activities, one of them was **'About Me'** posters where they expressed themselves. Furthermore, they were also given to make their own classroom rules, which allowed them to take ownership and responsibility for their new classroom environment. Likewise, to establish a positive learning environment and enhance their creative skills, the learners made their own poem expressing their understanding about anti-bullying. This activity was a great way to build important values such as kindness, respect, and inclusivity. The learners were able to engrave a positive attitude toward learning by engaging in these fun learning activities.



▶ New Beginnings

On April 25, the learners in the fourth grade started off with enthusiasm and eagerness. They were able to engage in a variety of hands-on activities that were both enjoyable and thought-provoking, leading to a strong level of motivation and interest in learning. As a part of these activities, they were given the opportunity to create their own classroom rules, which allowed them to take ownership and responsibility for their new classroom environment. To further promote creativity and establish a positive learning environment, the learners were also engaged in writing their own songs and rap related to anti-bullying. This activity was an excellent way to foster a sense of community and belonging, while also promoting important values such as kindness, respect, and inclusivity. By engaging in activities that are both fun and educational, the learners were able to establish a positive attitude toward learning from the very beginning.



▶ Wrinkled Heart

Anti-Bullying week was celebrated with the overall objective of creating awareness among the learners about bullying and how to address this concern. Various activities were conducted during the week to educate learners and collaboratively work together in creating a bully-free classroom and respecting different cultures and traditions in a diverse world. Learners practised personal goals like being better collaborators, good communicators, thinkers and becoming more resilient during the week of Anti-Bullying. Grade 5 did a wonderful activity, *'The Wrinkled Heart'* during the Anti-Bullying week. It was a powerful visual activity which showed learners to speak kind words and respect everyone. It was a simple activity and a reminder to be kind to everyone. The activity taught the learners to be upstanders if someone disrespects another person. Learners were curious and empathetic and joined together as a class to create a bully-free classroom. It was a great way of reaching out to everyone to create awareness about being a Buddy and not a bully.



▶ Entry Point: Brainwave

"The groundwork for all happiness is good health." – Leigh Hunt

Learners in Grade 6 started their Entry Point of the IMYC unit, 'Brainwave' by actively participating in various activities which helped them and enabled their sense organs to perceive and respond to the surroundings. It was a fresh and beautiful morning for the learners to understand that stress is an inhibitor to learning and the best state for learning is a relaxed and calmed mind. Learners were asked to close their eyes and were given different objects in groups to touch, hear, smell or taste the food. The activity helped learners to understand about the five sense organs – eyes, ears, nose, tongue, and skin. Learners also expressed their feelings with the help of creative mood emojis.



► The first day of Session

The first day of the new session on April 25, 2023, was an exciting start for our Grade 7 learners. They began the day with a series of activities designed to promote mindfulness, including meditation and exercises. Additionally, the learners were introduced to each other and engaged in various activities that allowed them to get to know one another better. They shared their likes and dislikes, discussed their personal goals for the month, and even talked about experiences they've had with bullying, as well as ways to prevent it. The learners also took the opportunity to set class expectations and the consequences that would follow if those expectations were not met. This discussion allowed everyone to have a say and ensured that everyone was on the same page. Overall, the first day of the new session was both productive and enjoyable for everyone involved. It set a positive tone for the rest of the session and left the learners excited to continue their learning journey together.



▶ Embracing Adaptability, Overcoming Challenges

"A nation's culture resides in the heart and the soul of its people." Mahatma Gandhi

Grade 8 learners embarked on their academic journey with a fresh perspective and a determination to excel. The first day of the new academic year, Tuesday, April 25, 2023 marked the beginning of a new chapter in their lives, and Grade 8 started off by aligning themselves with one of the school's personal goals, **'Adaptable'**. With this goal in mind, our learners challenged themselves to work together with perseverance and creativity. They put their artistic abilities to the test by drawing circles without using their hands, and the results were simply amazing. The activity reflected their outstanding collaborative skills and a willingness to take on new challenges. It was truly heartening to witness our learners enthusiastically embracing the opportunity to step out of their comfort zones and try something new. Their positive attitude and willingness to learn will undoubtedly stand them in good stead as they navigate through the academic year. As we look forward to the future, we are confident that our Grade 8 learners are fully prepared to take on the challenges and opportunities that await them. We have no doubt that they will continue to exhibit the same level of determination and adaptability that they have demonstrated on their first day of the academic year.



▶ New day, New Beginning

"School bells are ringing loud and clear; vacation's over, school is here." -Winifred C. Marshall

On April 25, 2023, the learners in Grade 9 had a fantastic first day of school for the new academic session. They participated in a variety of enjoyable activities that helped them get to know their new classmates and teachers. The learners shared their interests, likes and dislikes using thread ball and they played team games like trust game, human *Tic-Tac-Toe* which enabled them to work collaboratively and enhanced their thinking skills as they had to make strategies for their team. It was wonderful to see the happy faces of learners after almost a month and the learners also looked excited to meet their friends and to be upgraded in the new class. First day of the academic year was more focused on interactions, knowing each other, fun games etc. rather than academics. The learners shared their expectations from their teachers and school whereas the teachers talked about the School Mission, Vision, Personal Goals along with the classroom expectations, staircase expectations, cafeteria expectations etc. The teachers also helped the learners set their goals for the first semester. All in all, the first day of the academic year 2080 was full of amusement for everyone.



विद्यालयको पहिलो साता

२०८०/०१/१२ मा विद्यालयको नयाँ शैक्षिक सत्र सुरुवात भएको थियो। विद्यालयको पहिलो हप्ता कक्षा १० का विद्यार्थीहरूका लागि विशेष रह्यो। पहिलो दिन उनीहरूले सिकाइ सिपमा केन्द्रित हुँदै सहयोग, सहकार्य, समानुभूति र सञ्चार सिपको विकास गराउने खेलहरूमा सहभागी भएका थिए। भनिन्छ, राम्रो सुरुवात गर्नु नै आधा काम सकिनु हो। विद्यालयको साभल दूरदर्शिता, लक्ष्य र व्यक्तिगत सिकाइका लक्ष्यहरूमा विस्तृत छलफल गरी उनीहरूले आफ्नो वार्षिक लक्ष्य पनि निर्धारण गरेका थिए। दोस्रो दिन भएका हेपाइ विरुद्ध (एन्टी बुलिङ) को सप्ताहव्यापी क्रियाकलापहरूमा पोस्टर निर्माण, नारा लेखन, बुक मार्क निर्माण, कथा तथा कविता लेखन र सामूहिक छलफल जस्ता कार्यहरू भएका थिए। यी क्रियाकलापहरूमा विद्यार्थीहरूको उत्साहजनक सहभागिता रहेको थियो।



▶ Celebrating Mother's Day

The learners in Grade 11 made sure to dedicate April 20, 2023 to show how much their mothers mean to them. They wrote beautiful poems and sang songs dedicated to their mothers and recited them in the classroom. The poems were written with so much emotion and showed how much the learners love their mothers. Truly, this was a sensational moment for everyone. Everyone also shared special memories they had made with their mother. This made the learners realise how much their mother means to them. It was absolutely joyous to see such a sight. Afterwards they also shared with each other about what they were going to do for their mother for this occasion. Some said they will give them beautiful gifts, some said they will cook for their mom or some even said that they will take their mother out to special places. Overall, the learners enjoyed celebrating this day and it made them love and respect their mothers more. This day was immensely heartwarming and made everyone realise how crucial the existence of a mother figure is in a child's life.



▶ Setting the Stage for Success: New Session Orientation for Teachers and Staff

Well-planned welcome and orientation sessions for the staff can set the tone for a successful and fulfilling academic year ahead. By fostering a sense of community, collaboration, and commitment to excellence, *Sanskriti International School* creates a supportive and inspiring environment that benefits learners, staff, and the broader community. On April 16, 2023, the school director, Ms. Diptee Acharya conducted a session for the existing and new staff with a warm welcome and emphasised the importance of teamwork and collaboration in achieving the school's goals. Every staff member was introduced and involved in a team-building activity to help new teachers feel welcomed and integrated into the school community. The remaining day was spent with the Principal, Vice Principal and HR sessions. The sessions were designed to provide an overview of the school's policies and procedures, the importance of academic excellence and a clear understanding of the staff's role in maintaining a safe and supportive learning environment. The sessions were a valuable and positive experience for everyone. By the end of the sessions, everyone felt excited and confident about the upcoming academic year.



▶ End of the year

Grade 5 graduation

"Success doesn't rush. The greatest reward is the journey!" - Oscar Wilde

Learners in grade 5 were engaged in a marvellous Graduation Ceremony on April 1, 2023, cherishing their wonderful years in Primary school. While some learners shared the learning journey of their primary life, they looked ready and confident to move forward to middle school. Learners also showcased various dance and music performances to impress their proud parents, teachers and the school in the audience. They were resilient and collaborative throughout the ceremony. It was an incredible moment which was witnessed and applauded by a great number of proud parents.

Congratulations to all the Grade 5 Graduates!



THANK YOU

and hope you enjoyed reading!



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