

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

Jan 2024





NOTE FROM THE PRINCIPAL

**Dear Parents,
Greetings and Namaste!**

As we embark upon the fourth semester of this academic year 2023-2024, I am pleased to share some exciting updates and events happening at Sanskriti International School for the month of January.

The winter break was focused on making and creating a robust team of educators through various Teachers Training Sessions focusing on different aspects of teaching and learning. Our dedicated team of educators continued to strive for excellence, and we are delighted to announce the professional development opportunities for our teachers. Our training sessions include Math Training, 3Di Training, and LIM refreshment sessions. We believe that investing in our teachers' professional growth ultimately enhances the educational experience for our students. Additionally, our staff members were engaged in reflective tasks to further enhance their teaching practices and foster a culture of continuous improvement.

The first day of school for the fourth semester was scheduled for 17th January 2024 for Grade 10 learners and 23rd January 2024 for the rest of the school. We were excited to welcome our students back and embark on another enriching journey of learning and discovery together.

In line with our commitment to fostering a strong sense of community, Coffee Mornings were hosted for parents and guardians. This informal gathering provides an excellent opportunity for meaningful conversations and networking within our school community. We were delighted to see your participation, thank you!

Furthermore, we organized a New Parent Orientation session for prospective parents interested in enrolling children to our school. This orientation provided valuable information about our school's mission, values, and resources that helped parents to understand our school.

I am also thrilled to announce the addition of new electric school vans to our transportation fleet. These eco-friendly vehicles support our commitment to sustainability.

As always, we remain committed to providing the best possible educational experience for our students and fostering a supportive environment where every child can thrive. Thank you for your continued support and partnership in our shared mission of nurturing future leaders and lifelong learners.

Best Regards,
Timila Shrestha
Principal



▶ Back to School

The excitement of being back to school was visible in the faces of our Early Years learners on January 25, 2024. Learners were engaged in different activities and games i.e. animal hunt, puzzle board with ball, movement card game and clay activity where learners reflected on the unit, “*Once upon a time*”. They enhanced the different skills like fine motor and gross motor along with skills to collaborate, communicate and be resilient. Learners shared their winter vacation experiences with their friends and facilitators. Lastly, they watched a short animation movie, “*The magical pot*”. Through engaging and experiencing different activities, they not only expanded their knowledge but also honed their communication skills.



▶ Exploring Safety Through Interactive Learning

Grade 1 learners have been immersed in a hands-on activity centered around the crucial theme of 'Safety'. This engaging endeavor is part of their International Primary Curriculum Unit, 'Who Am I?' The classroom was buzzing with enthusiasm as the children delved into the world of safety protocols, covering roads, school premises, and the playground. The interactive nature of the exercise allowed our little learners to actively participate and absorb valuable lessons on ensuring their well-being in different scenarios.



Drawing from their prior knowledge of road models and traffic symbols, the learners applied their understanding to real-life situations. This practical approach not only reinforced their existing knowledge but also empowered them to implement safety measures proactively.

As we foster a learning environment that goes beyond textbooks, we are proud to witness our Grade 1 learners embracing the importance of safety in a fun and interactive manner. We believe that instilling these lessons early on contributes to building responsible and conscientious individuals.

Be a Buddy

"A true friend is forever a friend." — George MacDonald

Being a buddy is more than just a title; it's an ethos, a commitment to fostering genuine connections. Friendships stand as pillars in the edifice of life's significance. On Thursday, January 25, 2024, Grade 2 learners actively engaged in an activity, maintaining a culture of support and collaboration. Together, they cultivated an environment where laughter and growth coexisted. As buddies, they exchanged ideas, shared joys, and crafted remarkable creations during circle time. They seek to comprehend diverse perspectives, extend support, practice attentive listening, and cultivate a space where kindness thrives, both during recess, physical activities, and collaborative endeavors. In the spirit of *"small gestures can have a big impact"*, they became helping hands, making a significant difference in the activity.



This journey not only enriched their comprehension of teamwork but also laid the groundwork for a foundation that emphasizes empathy and collective advancement. The Grade 2 learners have authentically embraced the essence of being buddies.



Blend of Language and Technology

Grade 3 learners were filled with excitement as they embarked on their educational expedition, delving into the realm of integrated learning. Their journey unfolded the enchanting facets of English Language Arts and 3Di. In a seamless fusion of language and imagination, these young learners skillfully wove intricate tales using vibrant 3D storyboards. The classroom buzzed with creativity, as the learners explored the magic of linguistic expression and brought their narratives to life through the dynamic medium of 3D storytelling. This immersive experience marked the beginning of a transformative adventure in their academic exploration.



▶ *Unlocking the Secrets of Shapes: A Grade 4 Adventure in Perimeter*

On January 29, Grade 4 learners at our school embarked on a hands-on journey into the world of perimeter. They discovered the magic of adding side lengths to unlock the secrets of perimeter, their faces beaming with newfound understanding. This wasn't just about crunching numbers; it was about igniting curiosity and a love for learning. Learners saw familiar objects with fresh eyes, understanding them not just as furniture and tools, but as geometric puzzles waiting to be solved. The classroom walls buzzed with teamwork and collaboration, as learners tackled complex shapes together.



By the end of the session, Grade 4 had transformed into a laboratory of geometric exploration. They didn't just grasp the perimeter; they learned valuable lessons about problem-solving, collaboration, and the joy of hands-on learning.

Outdoor Learning Trip-Habeli

Grade 5 learners at Sanskriti International School embarked on an unforgettable outdoor adventure in Habeli, immersing themselves in the beauty and richness of the natural world. Their journey included a series of engaging activities, from exploring the community forest to participating in a temple cleanup and indulging in a captivating forest walk.



Through these hands-on experiences, learners not only learned about the flora and fauna of the area but also gained valuable insights into the history and culture of Habeli. By actively participating in cleaning up the temple, they demonstrated their commitment to community service and environmental stewardship, fostering a sense of responsibility and respect for their surroundings. The forest walk provided an opportunity for learners to engage their senses and connect with nature on a deeper level, inspiring curiosity and wonder. Learning about the intricate ecosystem of the forest and the significance of preserving it for future generations, learners developed a sense of appreciation and reverence for the natural world.



▶ This outdoor adventure not only expanded their knowledge but also nurtured their innate connection with the environment, encouraging them to become resilient and environmentally conscious individuals. Through experiences like these, Sanskriti International School continues to foster a holistic approach to education, instilling values of respect, responsibility, and resilience in its learners.



▶ Empowering Ethical Leaders: Grade 6 learners Embark on a Semester of Personal Growth and Positive Change

Grade 6 learners enthusiastically commenced their fourth semester by embracing the personal learning goal of the month, which focused on 'Ethical' behavior. To kick off this theme, learners engaged in an activity exploring ways to cultivate an ethical and bully-free classroom environment.

During the session, learners discussed and pledged to uphold ethical values, promising to be kind to others, show care when witnessing someone in distress, and seek adult assistance if a situation warranted it. The overarching commitment was to do their best to include others in their interactions, thus fostering an atmosphere of ethical conduct.



Furthermore, learners seamlessly connected their individual goals to 'Leader in Me' Habit number 4, "Think Win-Win." This involved practical application as they were presented with scenarios, challenging them to devise solutions that were not only ethical but also ensured a win-win situation for all parties involved. This holistic approach to personal and interpersonal development is a testament to the learners' commitment to being ethical leaders in their classroom and beyond.

▶ Embarking on Ethical Reflections and Collaborative Thinking: A Thoughtful Beginning

On the first day back after winter vacation, the enthusiastic learners of grade 7 embarked on a meaningful exploration of the personal goal of the month, 'Ethical,' coupled with the habit of the month, 'Think Win-Win.' This initiative aimed at fostering a sense of ethical responsibility and collaborative thinking among the learners. Engaging in a variety of activities, including storytelling, group scenario creation, problem-solving, and role-playing, the learners delved into real-life examples of ethics and the principles of thinking win-win. The class discussions were not only insightful but also interactive, encouraging learners to share their thoughts and ideas with peers and teachers alike.



The connection to the International Middle Years Curriculum (IMYC) Unit, 'Courage' was seamlessly woven into the lesson. Recognizing that courage is fundamental to making decisions, the learners explored the significance of courage in their daily lives, both inside and outside the classroom.

By the end of the session, the learners not only understood the personal goal and habit of the month but also actively shared their newfound insights with friends and teachers. This exchange of ideas fostered a sense of community and mutual understanding, reflecting the interconnectedness of the IMYC Unit ‘Courage.’



As we look ahead, the hope is that the lessons learned on this first day extend beyond the classroom. The learners are encouraged to implement the values of ethics and thinking ‘win-win’ not only within the school premises but also within their families and the broader community. By doing so, they are poised to become responsible individuals who contribute positively to their surroundings, embodying the spirit of courage in their everyday decisions.

▶ *Advocating love and kindness*

It was a heartwarming and enlightening experience for Grade 8 learners on their first day back after winter vacation. The learners engaged in an anti-bullying activity, where each learner meticulously crafted their heart templates on different colored papers, embodying a colorful start to the day. The facilitator's powerful message on the whiteboard, "Before you speak, think and be smart. It's hard to fix a wrinkled heart!" sparked thoughtful discussions as learners shared their interpretations. With each learner creating a small ball from their heart template and then smoothing it out, they seamlessly connected the activity to the real life situations and thought about the impact of unkind words. Just like the wrinkles in the heart, the words can't be taken back. Under the personal learning goal for the month, ethical reflections were shared, exploring the significance of supporting friends ethically. The day concluded with a powerful pledge against bullying, as learners collaborated to craft vibrant posters advocating love and kindness.



Literature Love

"You will learn most things by looking, but reading gives understanding. Reading will make you free." Paul Rand

The learners of grade 9 began their fourth semester catering to the 4Cs of the 21st century i.e. critical thinking, collaboration, communication and creativity via Literature Circles in the last week of January 2024. Each group was assigned different jobs to complete their literature circles on 'The Kite Runner' where they were assigned with chapters 21-25 to work in their groups. The purpose of Literature Circles is to engage the learners to read the novel and respond to literature giving the learners more responsibility when reading novels. To complete the job responsibility, the learners were divided into groups with different assignments like; Literary Luminary, Discussion Director, Summarizer, Word Wizard, Illustrator, and Connector. This class activity helped the learners to be cooperative, a good communicator, and a presenter. Learners presented their work to the whole class as a celebration of their achievement. This is one of the ways to ensure that there is visible learning in the class and it also helps the learners in revising the chapters. Literature Circles aid learners to explore the book, analyse the characters and delve into the plethora of settings and characters.



▶ Joint Send Up Exam-2080

Sanskriti International School, in collaboration with Nisarga Batika School, held a Joint Send Up-2080 to prepare learners for the upcoming Secondary Education Examination (SEE) which will be held by the National Education Board (NEB). The Joint Send Up was conducted from January 25th to February 2nd. The Joint Send Up was an excellent opportunity for learners to assess their preparation for the SEE exam, which is considered a critical turning point in their academic journey. Both schools collaborated to ensure that their learners were adequately prepared to face the upcoming SEE exam with confidence.



The exam center for learners from **Nisarga Batika School** was at Sanskriti International School and the learners from Sanskriti International School sat for their exams at Nisarga Batika School. The exchange of centers was a well-planned move by the schools to prepare learners to attend exams outside their usual school environments. The Joint SEE-2080 was a significant milestone for learners from both schools, as it provided learners a good practice to prepare for the future challenges in their academic journey. The Joint SEE-2080 held by Nisarga Batika School and Sanskriti International School was a significant step towards improving the education system in Nepal. It demonstrated the schools' commitment to provide quality education and prepare the learners for the future challenges in their academic journey.



▶ Transformative Guidance: Binaya Vaidya Leads Sanskriti International School Learners on the Path to Effective Habits

Binaya Vaidya, a dedicated educator at Sanskriti International School, has embarked on a mission to guide Grade 11 and 12 learners through the transformative principles encapsulated in Stephen Covey's seminal work, *"The 7 Habits of Highly Effective People"*. In the ever-evolving landscape of education, Vaidya's dynamic approach has ignited a fervent exploration of habits essential for personal and professional triumph.



With an infectious zeal for learning, Vaidya spearheaded an introspective journey among learners, urging them to scrutinize their constructive and detrimental habits. Through captivating presentations infused with Covey's profound insights, Vaidya has made the timeless principles of effective living accessible and relatable to the impressionable minds under his tutelage.



In his venture to empower learners beyond mere comprehension, Vaidya delved into the psychology of habit formation, offering practical strategies to dismantle entrenched patterns and forge new, empowering behaviors. By transcending the limitations of sheer willpower, Vaidya equipped his learners with the tools to navigate the intricate terrain of habit formation with confidence and resilience.

Learners embarked on a collaborative group project under Vaidya's mentorship to consolidate their newfound knowledge, focusing on the practical application of habit formation. Through the lens of the three core elements—Knowledge, Skill, and Desire—learners strived to grasp the theoretical underpinnings of effective habits and imbue these principles into the fabric of their daily lives.



Their collective efforts culminated in a series of initiatives to foster positive behavioral patterns within the school community. From initiatives promoting conscientious time management to endeavors fostering a culture of mutual respect and collaboration, learners exhibited an unwavering commitment to personal and communal growth.



Vaidya's unwavering commitment to infusing the classroom with enthusiasm and relevance has forged an indelible mark on the educational landscape of Sanskriti International School. By integrating Covey's time-honored principles into their academic and personal pursuits, Grade 11 and 12 learners are poised to navigate life's myriad complexities with purpose, productivity, and an unwavering dedication to continuous improvement. Through Vaidya's guidance, these young minds have been endowed with the tools necessary to chart a course towards fulfillment and success in their academic endeavors and beyond.

Professional Development Exploring the World of Math: A Journey into Innovative Teaching Techniques

During TWD of January 21 and 22, 2024, our dedicated Sanskriti teachers embarked on an exciting two-day Math training adventure given by Mr. Dev Raj Gurung. The mission of the workshop was to unlock the potential of our Math classes and make them not only interesting but also profoundly fruitful. The focus of our training was on utilizing Math materials, particularly the Math Kit, to transform our classrooms into engaging spaces where learning becomes a tangible experience. The philosophy behind this approach is simple yet profound - by touching, feeling, and interacting with Math materials, our learners can better understand and retain key concepts.



The training sessions were dynamic and interactive. We delved into the art of crafting educational materials using A4-sized colorful papers, ensuring that our classrooms would be visually stimulating. But it didn't stop there; we explored innovative ways of teaching algebra and geometry. Algebraic tiles, dice games, clinometer geometrical kits, and the fascinating world of Meta Cards became our tools of choice.

One highlight was our immersion into the Math Lab, a treasure trove of various Math kits within our school premises. It was an eye-opener! The plethora of tools available, including Geo Geometric sticks, left us buzzing with inspiration and ideas.

Our Math teachers are now equipped with a newfound understanding of how to integrate these materials seamlessly into their lessons. The goal is clear: to make Math not just a subject of rote procedures but an adventure in critical thinking. As the saying goes, ***“Practice with thinking, not practice with procedures.”***



The impact of this training will soon unfold in the classrooms expecting a more vibrant and interactive class where learners are encouraged to explore, question, and engage with the subject on a deeper level. We are excited about this transformation, believing that it will not only make Math enjoyable but will also foster a genuine love for learning.

In the coming weeks, anticipate the emergence of creative projects and activities from our Math classrooms. We are confident that this new approach will not only enrich our learners' understanding of Math but also kindle a curiosity that will last a lifetime.

▶ Empowering Teachers through Leaders In Me Refreshment Workshop.

Sanskriti believes that in a world that constantly evolves and presents new challenges, the ability to teach and lead effectively is more crucial than ever. The “**Leaders In Me**” refreshment workshop, inspired by Stephen R. Covey’s influential book, “*The 7 Habits of Highly Effective People*,” was held on January 24, 2024, with the aim to instill essential leadership and life skills in the teachers, preparing them to navigate both personal and professional landscapes with confidence and integrity.

The 7 Habits Framework:

Habit 1: Be Proactive

The workshop began by encouraging teachers to take responsibility for their actions, focusing on their circle of influence rather than their circle of concern.



Habit 2: Begin with the End in Mind

Teachers were then taught to define clear personal and professional goals, understanding the importance of vision in leadership.

Habit 1: Put First Things First

Time management and prioritization were the key skills developed in this segment, helping teachers to focus on what truly matters.



Habit 1: Think Win-Win

This habit emphasizes the importance of cultivating a mindset that seeks mutually beneficial solutions, a cornerstone of effective leadership and teaching.

Seek First to Understand, Then to Be Understood:

Communication skills were honed here, with a focus on empathetic listening and clear, assertive expression.

Habit 1: Synergize

The power of teamwork and leveraging individual strengths for a common goal was explored in this part of the workshop.



Finally, participants learnt the significance of self-renewal and continuous improvement, essential for long-term effectiveness.

What set the “Leaders In Me” refreshment workshop apart was it emphasized on practical application which teachers could use as their classroom practices. Teachers were engaged in various activities, from role-playing scenarios to group discussions, ensuring that they didn’t just reflect and understand the habits intellectually but can apply them in real-life situations. This experiential learning approach helped the teachers to cultivate the habits as the daily routines to foster lasting change.



▶ Exploring the wonders of STEM in action

Our recent 3DI session proved to be a fruitful experience for our dedicated teachers at Sanskriti International School, where they gained valuable insights into a variety of educational apps, software, and technologies suitable for Grades 1 to 5 and 6 to 10. From interactive apps tailored to specific subjects to cutting-edge educational software and the latest technological advancements, our educators are now equipped with a diverse toolkit to make classroom learning more dynamic and engaging. The knowledge gained promises to bring about a positive transformation in our classrooms, offering learners an interactive and tech-savvy learning environment that fosters curiosity and creativity. The ways for integrating such learning into our National Curriculum was worth noting. We look forward to the continued integration of these innovations, collaborative learning among educators, and the positive impact on our learners' educational journey.



THANK YOU

and hope you enjoyed reading!



www.sanskritiinternationalschool.edu.np

00977 1 4270523/573 | info@sanskritischool.edu.np

Thulobharyang, Halchowk, Swayambhu, Kathmandu, Nepal

