



SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

# NEWSLETTER

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# SANSKRITI



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# NOTE FROM THE PRINCIPAL



## Dear Parents, Greetings and Namaste!

Welcome to the new academic year 2024-25! With great excitement and warmth, I extend a warm welcome to both new and old members of our school community. Together, I look forward to another successful year with continued partnership, support, and understanding.

Our theme for this academic year is "Climate Action", underscoring our commitment to environmental awareness and sustainable practices. In alignment with this theme, we are launching project-based initiatives centered around the Sustainable Development Goals (SDGs), empowering our learners to advocate for positive change in their communities and beyond.

To ensure that our educators are equipped to navigate the ever-evolving landscape of education, we have had intensive and rigorous professional development sessions and training for our teachers during the holiday break. These endeavors aim to foster a robust team capable of addressing the dynamic challenges inherent in the field of education, empowering our teachers to inspire and guide our learners effectively.

Additionally, we would like to share some important logistical information regarding extracurricular activities. In the future, extracurricular activities for Secondary level will take place over four days, with adjusted timings for dispersal. Specifically, dispersal for Grades 6-10 will now occur at 4:20 pm to accommodate these activities effectively.

With a warm welcome, we greeted Early Years, Grade 1, and Grade 10 learners on April 25, 2024, followed by Grade 2 to Grade 9 learners on April 29, 2024. The atmosphere was filled with joy, happiness, and excitement as the learners engaged in fun learning.

Here's to a year filled with Learning, Growth, Discovery, and Impactful Action!

**Warmest Regards,**  
Timila Shrestha  
Principal

## An early start with Early Years

The inaugural steps of our tiny tots into the new school year have ignited a flame of joy and possibility! It was a pleasure to observe the vibrant energy and eagerness of the learners to dive into a new learning adventure at Sanskriti on Thursday, April 25, 2024. The school greeted them with fun-filled learning engagements like painting, maze, and ball games followed by music and movement, a photo session in the photo booth, sorting the shapes, and a play dough activity on the first day of school after the session break. It's heartwarming to see them adjust to their new environment by getting to know each other's names, making essential agreements for our classroom, and learning our daily routines. We can't wait to see what the rest of the year has in store for them.



## Exciting Start for First-Grade Learners!

On April 25, 2024, the first-grade learners ventured into a stirring new journey filled with confidence and engaging activities. Accompanied by their parents, they arrived at the school brimming with hopes and expectations, eagerly anticipating the warm welcome from the school team.



Upon entering the premises, they were greeted with a variety of collaborative activities designed to foster bonding between parents and children. Enthusiastically participating, they then enjoyed a delightful breakfast with their parents, setting the stage for a day of excitement.



The day's program commenced with a vibrant morning assembly, where the learners had the opportunity to meet the entire school team, further solidifying their sense of belonging. Subsequently, they immersed themselves in a range of classroom activities, including arts and crafts, pairing activities, PE sessions, and a special first-day photo shoot, marking the beginning of what promises to be a memorable and enriching learning journey.



## ▶ Back to School-Grade 2 to Grade 9

*"You're off to great places, today is your day! Your mountain is waiting, so get on your way!"*

*- Dr Seuss*

Setting their foot the right way on the first day of school is very important as it holds a huge significance in a child's learning journey.

Grade 2 learners dived into super brain yoga exercises, embracing poses designed to boost their focus and energy levels. Learners started their day with kindness, fostering a positive atmosphere. Circle time featured lively discussions, exploring bulletin boards, and the mission and vision of the school, and it focused on being attentive global citizens. Peer talk and socio-emotional regulation, well-being, building connections, and empathy were encouraged. Reflective writing and personalizing cubbies added individual touches to their day.

On the first day of Grade 3, the learners kicked off with an icebreaker, "Guess the name," which helped them form connections with their peers—followed by "All about me" Bingo, where they discovered the differences and similarities among each other. Retiring the school's mission and vision to the learners helped the new and the old learners to embrace their role in shaping each learner's journey. With clear expectations, learners laid the foundation for growth and achievement.



Grade 4 learners returned to school enthusiastically and positively for the new academic year. The day commenced with enjoyable activities, starting with mindfulness sessions to energize them. They were engaged in various fun learning engagements and ice-breaking games, fostering a classroom filled with warmth and laughter. Additionally, learners uplifted their peers by showering them with compliments and nurturing a positive outlook toward their friendships. Here's to a promising year ahead!



Grade 5 set the stage for an extraordinary year ahead. From the captivating mirror image activity to being a buddy activity, their enthusiasm knows no bounds as they engage in a spectrum of introductory games with flair and creativity. By embedding anti-bullying initiatives into their activities and collaboratively establishing classroom rules, they fostered an environment where every voice is heard, and everyone is valued. They also initiated the important step of setting their goals for the year, demonstrating their determination to fulfill them.



Grade 6 learners enjoyed the first day of school as they were engaged in peer interaction to boost connection. They were involved in a lively discussion on kindness and empathy to tackle bullying. They showcased their creativity by making posters of empathetic heroes, highlighting their roles in creating a positive school environment. Adding a fun twist, the learners played Nepali alphabet bingo, enjoying the game while sharpening their language skills.



Grade 7 learners began bonding with their peers through icebreaker games and anti-bullying activities and enjoyed being involved in designing posters regarding the same. They also learned about the International Middle Years Curriculum (IMYC), seeing how it blends with the national curriculum to enhance their learning. The day ended with an entry point to the unit “Brainwave,” sparking curiosity in neuroscience.





8th graders commenced the new session with zest and zeal! They embraced a day filled with creativity and teamwork. They engaged in activities such as an art relay challenge, creating impressive pieces in 10 minutes. They also fostered a culture of kindness, exchanging compliments and building a safe, bully-free environment.



9th Graders initiated a journey of connection and friendship as they introduced themselves and shared their hobbies and personal interests. They were laying the groundwork for a respectful classroom community. Addressing bullying, a lively discussion on kindness and empathy took place. Learners eagerly created posters featuring empathetic heroes and displayed them in class to foster a positive atmosphere.



## ▶ Embracing Empathy and Creativity

In their quest to explore the depths of empathy and emotions, the Grade 8 learners embarked on a transformative journey during their first Entry Point of the International Middle Years Curriculum unit “Brainwave.” Through thought-provoking games and meaningful discussions, they delved into the intricacies of understanding and connecting with others on a deeper level. These experiences not only broadened their perspectives but also instilled in them a profound appreciation for the power of empathy in fostering inclusive communities.

Central to their explorations was the overarching theme of “Health and Well-being.” By delving into emotional intelligence and mental wellness topics, the learners gained valuable insights into the importance of nurturing one’s emotional health. Recognizing that positive emotional energy is the key to overall health and happiness, they embraced the notion that cultivating empathy and fostering meaningful connections are essential components of a fulfilling life.



With their boundless enthusiasm, resilience, and empathy, they were not merely learners but ambassadors of positive change, poised to make a lasting impact in their school and beyond. As Brian Tracy aptly said, “The more positive you are, the better your life will be in every area.” And with their unwavering positivity, these young learners were well on their way to shaping a brighter future for themselves and those around them.

## Grade 10 Learners Dive into Interactive Learning Experience on the First Day Back

In a dynamic start to the academic year, Grade 10 learners engaged in a series of interactive and thought-provoking activities aimed at fostering companionship, self-reflection, and academic readiness. The day commenced with a focus on emotional well-being and transitioning into mindfulness exercises.



The morning session kicked off with a unique icebreaker, where learners shared their feelings through music, movies, and books, setting the tone for open communication and empathy. Discussions on managing emotions and cultivating positivity enriched the atmosphere, fostering a supportive classroom environment.



Following this, learners explored a session of breathing meditation, honing their mindfulness skills and sharing their experiences, promoting relaxation and mental clarity. This reflective practice primed learners for deeper engagement throughout the day.



The 'Two Truths and a Lie' game injected an element of intrigue, prompting learners to unveil personal anecdotes while sharpening their discernment skills. Laughter and friendship filled the room as classmates deciphered fact from fiction, fostering bonds and understanding.



Transitioning to academic expectations, learners collaboratively drafted classroom rules and regulations, empowering them to take ownership of their learning environment. Setting SMART goals for the semester further empowered learners, encouraging them to articulate their aspirations with clarity and purpose.

During the lunch break, learners tapped into their creative potential, crafting 'Dream Cards' that visualized their future aspirations, sparking imaginative exploration and goal setting. In the afternoon, the 'Memory Lane Mixer' provided a platform for learners to reminisce and connect over past experiences, reinforcing bonds and shared narratives. Reflection sessions at the end of the day encapsulated learners' thoughts and insights, fostering introspection and growth.



With a blend of introspection, creativity, and academic preparation, the first days of the new session set a promising precedent for a year of growth, learning, and community building. As learners embark on their academic journey, they are equipped with resilience, empathy, and a shared sense of purpose.



## ▶ “Unplug, Unwind, Unleash: Inside The Retreat Adventure!”

All the administrative and academic staff are set on a retreat to Chandragiri Hills Resort on Friday, April 19, 2024, to unwind from the bustling rhythm of modern office and teaching practices. This retreat served as a platform to rejuvenate the staff to kick start the new academic year with charged zeal. This resort was surrounded by lush greenery and breathtaking views; the retreat was more than just a getaway; it was an opportunity to pause, reflect, and reconnect with colleagues beyond the confines of the workplace to embrace a spirit of camaraderie and adventure.



One of the highlights of the retreat was the award ceremony, where the staff members of 5 and 10 years were appreciated for their loyalty, and the 'Employee of the Year 2024' male and female category was also recognized. Each award served as a testament to the dedication and talent that defines the very ethos and essence of the Sanskritian spirit. Furthermore, everyone enjoyed adventurous activities like sky cycling, ziplining, and swing.



However, perhaps the most valuable takeaway from the retreat was the realization that true success is not measured in numbers and achievements but in the relationships we build and the memories we create along the way.



## ▶ Setting Goals for Success

With the onset of the new academic year, the elementary teachers eagerly embarked on their journey to delve into IPC units related to their grades. Ms. Shreeti Khadka, the Unit Head of the Elementary School, initiated the process by reviewing their existing understanding of the IPC learning process through brainstorming.



In an engaging and interactive session, teachers participated in a game to illuminate the significance of mind mapping and its pivotal role in effective planning. Working collaboratively, educators from each grade meticulously crafted a comprehensive mind map for the inaugural unit titled “Brainwave.”



The newly appointed teachers were guided through an enlightening session led by the Principal, Ms. Timila Shrestha, where they gained insights into setting SMART goals and proceeded to formulate their personal and professional objectives. Simultaneously, seasoned teachers dedicated time to outlining their professional aspirations for the first semester, enriching their own growth trajectories.



## ▶ A Week of Growth, Professional Development, and Collaboration

On April 15, 2024, the teachers embarked on a journey of learning, relearning, and unlearning through a series of enriching professional development sessions. Throughout the week, educators engaged in a variety of activities and workshops designed to enhance their skills, deepen their understanding, and foster collaboration within the school community.

The week commenced with a captivating activity orchestrated by the School Director, Ms. Diptee Acharya, which facilitated meaningful connections and conversations among colleagues and also added a fun ice-breaking moment for all. As the week unfolded, school coordinators Ms. Shromona Shah Thapa and Ms. Dikshya Lamichhane provided invaluable insights into the school's rules, regulations, and policies. Their informative sessions clarified expectations and emphasized the importance of fostering a positive and conducive learning environment for learners.



A particularly enlightening session was led by unit head Ms. Sheryl Shrestha, who delved into the intricacies of the ICA portal and elucidated the school's learning journey and overarching goals. Through her comprehensive explanation, teachers gained a deeper understanding of how to utilize the portal effectively to support learner's learning and monitor progress. Ms. Shrestha's insights proved to be invaluable, offering teachers a clear roadmap for navigating the digital landscape of education.

Further augmenting their understanding of the ICA portal, Vice Principal Mr. Amit Mantri provided additional guidance and support to teachers, ensuring they were equipped with the necessary tools and resources to leverage this powerful platform to its fullest potential. His expertise and dedication to empowering teachers were evident as he patiently addressed queries and elucidated key functionalities of the portal.



Overall, the week-long professional development sessions served as a testament to the school's commitment to continuous growth and improvement. By providing teachers with opportunities to engage in collaborative learning experiences, explore new technologies, and deepen their understanding of school policies and procedures, the school demonstrated its unwavering dedication to fostering a culture of excellence and innovation in education.



## Counseling Session

As we approach the end of another academic year, it's an opportune moment to reflect on the collective journey we've undertaken. Our school counselor, Ms. Swopnil Devkota, a Master's in clinical psychology and a lecturer in psychology for bachelor's students, along with specialized training in psychosocial counseling, hosted a pivotal session with our dedicated teachers.



The main objective of this session was to delve into the triumphs and tribulations of the past year, with a particular focus on the challenges encountered by our students and the invaluable experiences of our educators. Ms. Devkota sought to facilitate open and honest conversations about the challenges faced by our learners and teachers. The session highlighted several recurring challenges and issues, ranging from exam-related anxiety to concerns about the future and struggles with self-esteem and behavioral issues. Through this process, the session aimed to identify practical strategies for supporting student well-being and enhancing learning outcomes by providing poignant reflections on their experiences encountered in the past year. Through candid discussions, participants addressed the importance of creating inclusive learning environments that prioritize student well-being and foster a sense of belonging and holistic development.



## ▶ Empowering Educators with First Aid Training

A training session was led by Dr. Hom Prasad Adhikari, CEO of Suvekchya Hospital, on the various aims of First Aid. He emphasized the importance of basic first aid knowledge amongst educators and how it can make a crucial difference in the lives of young learners. He highlighted the importance of having a well-equipped first aid box and meticulously explained the various tools, medicines, and equipment included in every First Aid Box. Each item serves a crucial purpose in addressing common injuries and ailments, from bandages and antiseptic wipes to pain relievers and adhesive tapes. With the help of medical dummies, Dr. Adhikari showcased the proper techniques for administering CPR, applying bandages, and immobilizing injured limbs. This practical training has helped educators gain confidence, especially in times of crisis.



## UnMath Workshop

In the dynamic field of education, ongoing professional development stands as a cornerstone, driving growth and fostering innovation among educators. Over April 22 and 23, 2024, math teachers embarked on a transformative journey with UN Math, aiming to enhance their instructional methods and positively influence student learning outcomes. This training provided a platform for educators to delve deeper into mathematical concepts, theories, and problem-solving techniques. The workshop emphasizes the importance of conceptual understanding mathematical concepts over rote memorization. Through collaborative activities, peer discussions, and informative presentations, teachers engaged in the exchange of ideas and shared best practices. Additionally, the training offered inventive strategies for utilizing existing resources effectively, promoting the creation of dynamic and immersive learning environments. This reflective approach cultivates a culture of continuous improvement, equipping educators with the necessary tools to adapt their teaching methodologies to meet evolving educational needs.



## ▶ Enhancing Teaching Practises through Comprehensive IPC Training

In the ever-evolving terrain of teaching and learning, it is imperative for all educators to be equipped with the latest strategies and methodologies. In this context, the educators had an enriching IPC (International Primary Curriculum) session to deepen their understanding and application of the essential concept conducted by Ms. Dikshya Lamichhane, Head of Elementary. The session ranged from comprehensive revision relating to IPC to emphasis on interactive learning in the class, which fosters active engagement and participation among attendees and promotes a deeper understanding of the information compared to passive learning methods. One of the key benefits of professional development sessions like this is the opportunity to gather practical ideas and strategies for classroom implementation. Discussing how to integrate various concepts and activities into the classroom setting equips educators with actionable tools to enhance student learning experiences. Addressing the importance of personal goals underscores the significance of individual growth and development, not only for educators but also for students. As a progressive school, we recognize the importance of inquiry and play-based activities. Therefore, the inclusion of games and activities in the session adds an element of fun and creativity while also serving as an effective teaching tools. Games and activities can help reinforce learning objectives, promote teamwork and collaboration, and increase student engagement. Additionally, demonstrating how to adapt these activities for classroom use enhances their effectiveness. A productive session provides valuable insights, practical strategies, and inspiration for professional growth, while high levels of engagement indicate active participation and enthusiasm among attendees.



# THANK YOU

and hope you enjoyed reading!



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