

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

# NEWSLETTER

January 2025



# NOTE FROM THE PRINCIPAL



## Dear Parents, Greetings and Namaste!

As we enter the vibrant month of January, I extend my heartfelt wishes for a Happy New Year to each of you. The dawn of a new year and semester brings fresh promises, renewed enthusiasm, and ambitious goals for the days ahead. Let us embrace 2025 with positivity, determination, and a shared vision for growth and success.

We began the year on a high note with the resounding success of our first-ever, 10-day Winter Camp and Winter Pro Sports Camp. These camps provided a platform for learners from our school and other schools to engage in meaningful learning experiences, showcase their talents, and utilise the winter break at school to the fullest. The culmination of these events was truly special, as parents joined in to celebrate their children's efforts during the certificate distribution ceremony. It was a heartwarming sight to witness the synergy of learning, fun, and family involvement.

January also marked a significant milestone for our Grade 10 learners, as the Pre-Send Up was successfully conducted in collaboration with Nisarga

Batika School. These assessments allowed teachers and learners to "sharpen their saw" in preparation for the upcoming Send Up and SEE examination. We are proud of the dedication shown by our learners and teachers during this crucial time.

The 4th semester for Grade 10 commenced on January 15, 2025, and the rest resumed school on January 23, 2025. Seeing the school come alive with the energy, enthusiasm, and promises of a productive semester ahead was genuinely refreshing. As always, we remain committed to fostering an environment where each learner can thrive academically, socially, and emotionally.

Let us continue this journey of excellence together, keeping our goals in sight and our spirits high. With the collective efforts of our dedicated staff, supportive parents, and hardworking students, I am confident that we will make 2025 a year to remember.

**Warm Regards,  
Timila Shrestha**

## Celebrating a successful Winter Camp 2025!

On January 12, 2025, the much-anticipated Winter Camp came to a spectacular close with a heartwarming Showcase and Farewell event. The evening celebrated creativity, teamwork, and the pure joy of learning as learners, staff, and families gathered to mark the culmination of 10 unforgettable days. The camp offered a rich tapestry of experiences, from art, music, and speechcraft to thrilling outings. Learners explored JUMP's exciting, fun station, engaging in recreational activities that had them leaping joyfully, and visited the National Zoo, where they learned about wildlife up close. To build resilience and gross motor skills, they took on the challenges of wall climbing at The Asterisk Park, discovering strength they never knew they had.

We sincerely thank Silver Mountain School of Hotel Management for their invaluable support and collaboration. Their expert guidance allowed our learners to embark on an exciting culinary journey, savouring delicious dishes crafted under the chefs' mentorship. This partnership greatly enriched our camp experience, adding immense value to our student's learning and growth.



The festivities culminated with a vibrant Mini Sports Day, where learners showcased their athleticism, teamwork, and sportsmanship. Creativity then took centre stage with awe-inspiring displays of artwork, pottery, and Fab Lab creations, each reflecting our young participants' dedication and innovative spirit.

Inside the auditorium, the energy was electric. Learners captivated the audience with soulful singing performances and compelling speechcraft, earning enthusiastic applause. Adding a magical touch to the evening was a surprise performance by the talented Ms. Seema Golchha, whose ventriloquist and comedy act had everyone in stitches, filling the room with laughter and delight.

The event concluded on a high note with the distribution of certificates to our hardworking participants. In her inspiring closing speech our Principal, Ms. Timila Shrestha reflected on the friendships, fun, and growth that defined the camp. It was a moment of gratitude, celebration, and lasting memories.



## The Winter Sports Pro Camp 2025

From January 3 to 12, 2025, Sanskriti International School was abuzz with excitement as the Winter Sports Pro Camp unfolded. The camp was designed to nurture the athletic talents of our learners from Grade 7 onwards, and it focused on two dynamic sports—basketball and futsal. Over these ten days, the school’s sports facilities became a hub of energy, enthusiasm, and camaraderie.

The camp was led by two outstanding coaches, Mr. Binod Maharjan and Mr. Raju Tamang, whose exceptional guidance and dedication played a pivotal role in shaping the skills of our young athletes. Their expertise enhanced the learners’ technical abilities and instilled in them the values of discipline, teamwork, and perseverance. The campers were challenged, motivated, and encouraged to push their limits, fostering growth on and off the court.

A certificate distribution ceremony marked the culmination of the Winter Sports Pro Camp presided over by our esteemed School Principal. Learners’ outstanding sportsmanship and teamwork were recognised and celebrated, making the event a truly memorable experience for all involved. The proud smiles and certificates in hand were a testament to their hard work and dedication throughout the camp.

The Winter Sports Pro Camp 2025 was more than just a sporting event; it celebrated determination, collaboration, and the joy of learning. We look forward to many more such enriching experiences in the future!



## Welcome Back, Sanskritians!

We were overjoyed to open the gates of learning once again and welcome our incredible community of learners back to school for the 4th Semester on Thursday, January 23, 2025. This new chapter marks a fresh start filled with endless opportunities to explore, create, and grow. It's time to dream big, set ambitious goals, and embrace the magic of learning.

Our enthusiastic learners reconnected with their peers and teachers, immersed themselves in exciting games, tackled new challenges, and uncovered new passions. It was heartwarming to see the energy and excitement radiating across our campus!



The day began with meaningful and inspiring activities to foster a culture of kindness and mindfulness. Learners created a Kindness Chain as part of a kindness activity, symbolising unity and the power of small, compassionate acts. They also participated in an impactful Anti-Bullying Campaign, engaging in hands-on activities to reflect on the importance of empathy and inclusion. To wrap up, learners practiced Mindfulness Techniques to ground themselves and embrace the semester ahead with focus and positivity.



## Exciting Entry Point: "Who Am I?"

On Wednesday, January 29, 2025, excitement and curiosity filled the air as our Grade 1 learners embarked on their new IPC unit, "Who Am I?" through an engaging Entry Point. The day was marked by a fun-filled activity that sparked enthusiasm and set the stage for an exciting journey of self-discovery.

The highlight of the day was the intriguing Negative Blur Pictures activity. Learners eagerly examined their distorted images, trying to recognise themselves and their friends. Laughter and excitement echoed through the room as they began guessing, "Who's who?" This interactive experience fueled their curiosity and encouraged self-awareness and recognition.

Adding to the excitement, the learners began writing their first autobiographies, 'This is Me'. Through this activity, they made meaningful connections with the unit while integrating English Language Arts. Learning about ourselves has never been this engaging!

Throughout this unit, our young learners will participate in activities that promote self-discovery, self-expression, and an appreciation of diversity among their peers. We can't wait to see them grow and learn more about themselves and each other!





## ▶ Exploring Beyond Classroom

Our Grade 5 learners stepped out of their comfort zones and set off on an unforgettable outdoor learning experience in Habeli to explore diverse landforms, maps, and breathtaking natural surroundings.

From visiting the historic Natural Philosopher's Stone to discovering towering trees and wild plants, each moment was filled with curiosity and excitement. The serene environment, enriched by the sounds of barking deer and lush greenery, provided a unique learning atmosphere that deepened their appreciation for nature.



Outdoor learning fosters resilience, teamwork, and critical thinking, allowing students to connect classroom knowledge with real-world exploration. This immersive experience in Habeli was not just an adventure—it was a lesson in discovery, growth, and environmental awareness.



## Starting with Kindness

The first day back to school after winter break is always special, but it was nothing short of inspiring for the sixth graders at Sanskriti! The learners kicked off their new term with a series of engaging and meaningful activities, setting the tone for a positive and collaborative year ahead.

The morning began with a burst of creativity as learners were tasked with creating a Winter Highlights Collage. Using A4 sheets and colourful art supplies, the sixth graders captured their favourite moments from the holiday season. The collages were a vibrant celebration of the joy and warmth of winter.

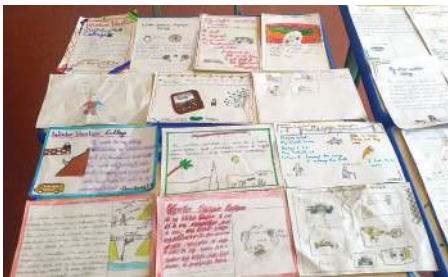
The activity also served as a great icebreaker, allowing learners to reconnect with their classmates and reflect on happy memories before diving back into their studies.

Next up was an activity that combines creativity with compassion. Learners created a “Kindness Chain” by writing acts of kindness on paper strips. Each strip represented a kind deed they’d done or planned to do, from helping a friend with homework to saying something nice to a classmate.

The colourful links were then connected to form a chain, which now hangs proudly in the classroom as a reminder of the power of kindness. Standing Up Against Bullying

The day’s final activity was a meaningful discussion about anti-bullying. Learners shared their thoughts on being an ally and brainstormed ways to create a more inclusive environment. Using real-life scenarios, they practised how to respond to bullying and support their peers.

The learners have set a strong foundation for the rest of the school year with these activities. By fostering creativity, kindness, and mutual respect, they are on their way to making 2025 a year to remember



## Embracing Sustainability and Creativity with WCN's Green School

On Tuesday, January 28, 2025, Grade 6 learners had an unforgettable day filled with creativity, environmental awareness, and hands-on learning, with incredible support from the WCN (Wildlife Conservation Nepal) team. The activities—"Let's Decompose Biodegradable Waste: How Long Does It Take to Decompose?" and "Making Photo Frames"—were designed to educate learners on sustainable practices and foster their creativity.

The first activity, "Let's Decompose Biodegradable Waste," enlightened learners about the different types of waste and their decomposition timelines. Learners examined everyday waste items, such as banana peels, plastic wrappers, and paper, and predicted how long each would take to break down naturally. Through this hands-on exploration, they also discussed the economic and environmental



value of managing waste responsibly. It was an eye-opening experience highlighting the importance of reducing non-biodegradable waste daily.

The second activity, “Making Photo Frames,” introduced learners to upcycling. The learners crafted stunning photo frames using old newspapers and magazines, proving that creativity and sustainability can go hand in hand. This activity emphasised how everyday items, often discarded as waste, can be transformed into something valuable and beautiful.

By the end of the day, the learners had a deeper understanding of waste management, decomposition, and the economic value of sustainable practices. They also walked away with a sense of pride in their eco-friendly creations.

These activities aligned with our goal of promoting environmental awareness and inspired young minds to think creatively about sustainability. Through small steps like these, Grade 6 learners become true eco-warriors, ready to make a difference in their communities and beyond.



## Strengthening Academic Excellence through Joint Pre-SEE Examination

In a remarkable stride toward academic excellence, Nisarga Batika School and Sanskriti International School joined hands to conduct a joint Pre-SEE examination. This collaborative effort marks a significant milestone in our Grade 10 students' preparation journey, providing them with a structured platform to refine their skills and gain essential exam experience.

The Pre-SEE initiative is more than just an assessment—it is an opportunity for learners to adapt, build confidence, and familiarize themselves with a formal exam setting. By simulating real exam conditions, we ensure that students are well-prepared for their final SEE exams (2081) with greater resilience and readiness.

This partnership is a testament to our shared dedication to academic rigor and student success. We extend our heartfelt gratitude to Nisarga Batika School for their invaluable collaboration and unwavering support in this endeavor, year after year. Together, we continue to empower our learners, fostering a culture of excellence and preparedness.



## Welcoming Staff Back to School: Setting the Tone for a Successful Semester

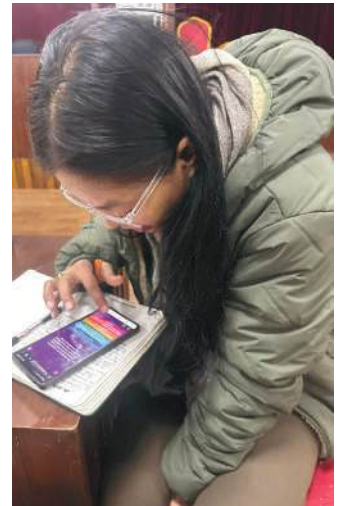
On Wednesday, January 15, 2025, the campus of Sanskriti International School buzzed with fresh energy as the faculty and staff gathered for the first meeting of the new semester. This special day was designed to reignite enthusiasm, foster collaboration, and set clear goals for the months ahead.

The morning began on an inspiring note with a warm welcome extended by our Principal, Ms. Timila Shrestha. Her address highlighted the achievements of the previous semester and outlined the priorities for the upcoming semester. She focused on personal and professional growth guiding the team through a goal-setting exercise, encouraging everyone to align their personal and professional goals with the school's mission of excellence in education.

The session incorporated a refreshing mindfulness and physical movement break to keep the spirits high. These activities energised the participants and underscored the importance of mental and physical well-being in the workplace.

The day continued with an engaging and interactive session led by our Vice Principal, Mr. Amit Mantri. Seamlessly integrating technology into the discussion, Mr. Mantri utilised the popular learning platform Quizizz to reinforce the school's rules and regulations. This innovative approach made the session both educational and entertaining, sparking lively group discussions and fostering teamwork among the staff.

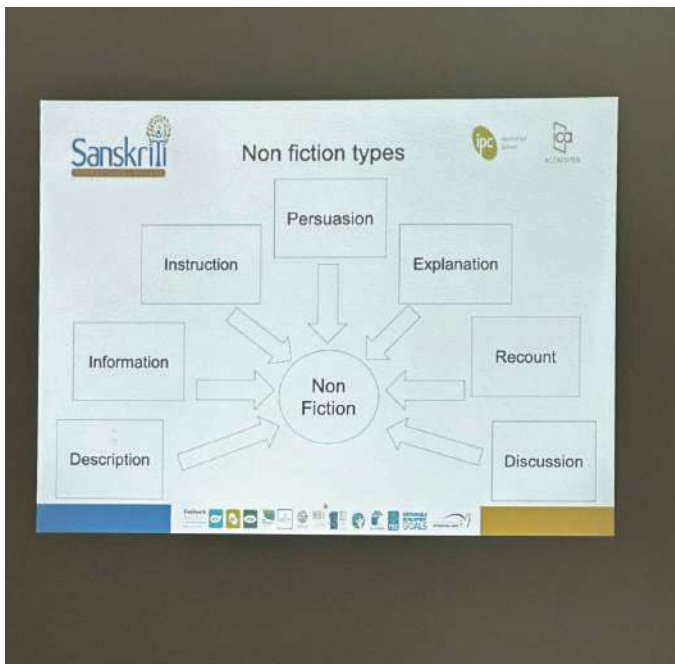
The combination of thought-provoking discussions, collaborative activities, and a touch of fun set the perfect tone for the semester. As the day concluded, the staff left feeling motivated and better equipped to contribute to the holistic growth of the students.



## Building Mastery in Language Skills through Diverse Genres

On Thursday, January 16, 2025, the teachers of Sanskriti International School had the privilege of participating in a professional development session led by our esteemed Director, Ms. Diptee Acharya. The “Building Mastery in Language Skills through Diverse Genres” training was designed for English and Nepali Language teachers and offered invaluable insights into the art and science of language instruction.

Ms. Acharya’s session was an engaging exploration of how diverse genres can be utilised to strengthen the core skills of language learning: reading, writing, listening, and speaking. Through interactive discussions, she highlighted various activities and teaching strategies tailored to each skill, inspiring teachers to think creatively and holistically.



**We need to know the purpose of a text..**

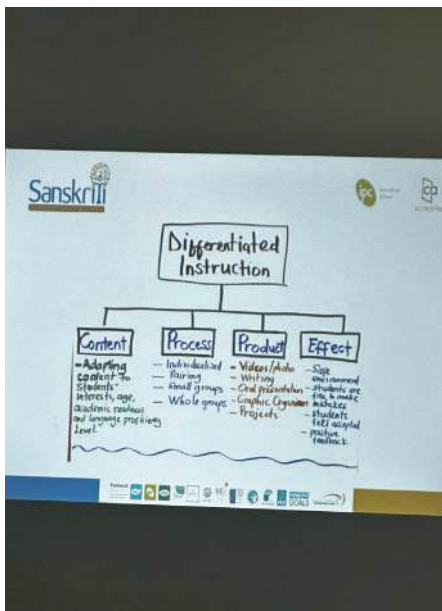
- An advertisement to persuade you to do something
- An email to inform you about something
- A story which describes somewhere or somebody
- A leaflet to instruct you how to use or make something.

Teachers and children need to know how this works – we must make it explicit.



One of the key takeaways from the training was the importance of genre diversity in capturing students' interests and addressing different learning styles. Whether it's using poetry to enhance vocabulary, storytelling to improve narrative skills, or debate sessions to boost critical thinking and articulation, The session also provided a platform for teachers to exchange ideas, share best practices, and brainstorm innovative approaches to language instruction. Teachers left the training with a deeper understanding of the subject and actionable strategies to implement in their classrooms.

Ms. Acharya's expertise and enthusiasm set the tone for an enriching learning experience, leaving attendees motivated to foster linguistic mastery in their learners through dynamic and genre-rich methodologies. The session was another step forward in the school's commitment to excellence in education and professional growth.



## School Counselor Attends Hypnosis and Magnetism Training

On January 17 & 18, 2025, Ms. Swopnil Devkota, our school counsellor, participated in an introductory course on hypnosis and magnetism at the Sammohanshala office in Chabahil, Chuchepati. This training was undertaken with a clear goal: to explore innovative methods to support students struggling with anxiety, stress, phobias, low self-confidence, and lack of motivation.

Through this course, Ms. Devkota learned practical techniques to foster calmness and self-empowerment among students. The sessions provided valuable insights into hypnosis and magnetism and strengthened her commitment to incorporating diverse approaches in addressing students' mental and emotional well-being.

Building a supportive, uplifting, and nurturing environment for all learners at Sanskriti takes another step forward with this training.



## Training on Integrated Curriculum for Grades 1 - 3

Education is the foundation of society, and educators continuously strive to refine teaching methods. From January 16 to 21, 2025, Ms. Dikchya Lamichaney, Head of Elementary, and Ms. Sangita Acharya, Primary Nepali Teacher, attended a training session on the Integrated Curriculum for Grades 1–3, organised by Kathmandu Metropolitan City at Padmodaya High School, Putalisadak.

The five-day program provided valuable insights into effective teaching strategies, assessment methods, and lesson planning tailored for young learners. It emphasised integrating subjects like Social Sciences, Health and Well-Being, Moral Education, Physical Education, and Creative Arts into a cohesive learning experience known as “Hamro Serofero.” The curriculum champions a “learning by doing” approach, fostering connections across subjects—for instance, exploring “seasons” through science, art, and language.

The training also introduced meaningful evaluation tools, blending formative and summative assessments to capture holistic progress, including creativity, critical thinking, and collaboration. Practical lesson planning strategies focused on inclusivity, engagement, and contextual relevance, ensuring all students are supported.



Beyond academics, the session highlighted soft skills like empathy, communication, and teamwork, which are crucial for shaping well-rounded individuals. The hands-on activities and diverse participants enriched the learning experience, fostering collaboration and sharing best practices.

This training reaffirmed the transformative potential of the integrated curriculum. By implementing these strategies, we aim to nurture critical thinkers, problem solvers, and compassionate citizens. The enthusiasm and insights gained will guide us in creating a more dynamic and nurturing educational environment.



## Empowering Teachers through Professional Development

Five secondary-level subject teachers from Sanskriti International School participated in a two-day training session on January 16 and 17, 2025, organised by the Department of Education (DoE), Kathmandu Metropolitan City (KMC). The DoE of Kathmandu Metropolitan City (KMC) organised the event to equip teachers with “Item Making and Item Analysis skills.” The program brought together educators from both government and private schools to enhance their skills in designing practical assessments and analysing their outcomes.

### English

Day one focused on the English department, with a session by Prof. Tika Ram Bhatta on Designing Authentic Assessments, emphasising the importance of meaningful evaluations and item analysis. This was followed by Ms Anju Lama’s session, which introduced innovative ICT tools and applications to help English teachers enrich classroom learning. Day two featured sessions by Mr. Binod Duwadi and Ms. Sindhu Sthapit Tuladhar. Mr Duwadi, a lecturer at Kathmandu University, stressed the need to align assessments with curriculum goals. At the same time, Ms Tuladhar’s presentation on the SEE Improvement Training Program highlighted parenting in today’s context and the value of collaborative learning. The training served as a valuable reminder of how well-constructed assessments can transform teaching-learning, equipping educators to foster better learning outcomes.



## Mathematics

A two-day workshop on mathematics was held, offering valuable insights into diverse teaching methodologies and innovative practices. The first day focused on methods such as Granny's Way, Picture Word Inductive Method, Brainstorming, Gallery Work, Jigsaw Method, Mix, Freeze, and Pair, which aim to make mathematics teaching more engaging and effective. Additionally, discussions on internal assessments highlighted strategies to track student progress and provide constructive feedback. The second day emphasised the use of materials and tools in mathematics teaching. Educators explored manipulatives like geometric models, number lines, fraction bars, and digital tools such as GeoGebra to simplify abstract concepts and create interactive learning experiences. The workshop provided practical strategies to enhance teaching practices, equipping educators to make mathematics classrooms more dynamic and student-centred.

## Science

The Science session focused on effective item-making and analysis, beginning with an overview of standardised tests and their role in assessing students' knowledge. Teachers learned about test development elements like creating a test matrix, designing quality items, and preparing marking schemes to ensure clarity and consistency. The session emphasised key qualities of standardised test items, including validity, reliability, fairness, efficiency, and acceptability, and their importance in practical assessments. Strategies for crafting questions targeting various cognitive levels—knowledge, understanding, application, and higher-order thinking—were explored. Teachers also received practical guidance on creating clear multiple-choice questions (MCQs) and effective distractors. The session concluded with tips on identifying key reading topics and lessons to help students prepare for the Secondary Education Examination (SEE), ensuring alignment with curriculum goals.



## नेपाली

काठमाडौं, माघ ८ - संस्कृति स्कूलको नेपाली विभागाका शिक्षकले २०८१ माघ २ र ३ गते दरबार हाईस्कूल, रानीपोखरीमा आयोजित दुई दिने शिक्षक सबलीकरण तालिममा सहभागीता जनाएका छन्। काठमाडौं महानगरपालिकाको शिक्षा विभागद्वारा आयोजित यस तालिमले माध्यमिक तहका शिक्षकहरूलाई पाठ्यक्रमसँग सम्बन्धित विविध आयाममा सीप र ज्ञान प्रदान गर्न महत्वपूर्ण भूमिका खेलेको छ। तालिममा विशेष गरी भाषा शिक्षणमा सूचना प्रविधिको उपयोग, विशिष्टिकरण तालिका र प्रश्नपत्र निर्माण, आन्तरिक मूल्याङ्कन, पठन सिपको विकास, परियोजना कार्यको योजना र कार्यान्वयन जस्ता विषयहरूमा विस्तृत रूपमा जानकारी दिइयो। यी विषयहरूमा व्यावहारिक सत्रहरू सञ्चालन गर्दै सहभागी शिक्षकहरूले आफ्नो शिक्षण विधिलाई थप प्रभावकारी र विद्यार्थीमैत्री बनाउने नयाँ उपायहरूको खोजी गरे। यस तालिमले नेपाली विषयका शिक्षकलाई शिक्षण प्रक्रियामा नयाँ दृष्टिकोण प्रदान गरेको छ। सूचना प्रविधिको उपयोग, प्रश्नपत्र निर्माण र आन्तरिक मूल्याङ्कनको महत्त्वबारे थप ज्ञान प्राप्त गरेको छ। साथै, पठन सिप विकासका रणनीतिहरू र परियोजना कार्यको योजनाबद्ध कार्यान्वयनबारे विस्तृत रूपमा सिक्ने अवसर दिलाएको छ।

## सामाजिक अध्ययन

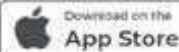
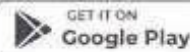
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कार्यशालामा सामाजिक अध्ययन शिक्षणमा सूचना प्रविधिको उपयोग, विशिष्टिकरण तालिका निर्माण, प्रश्नपत्र तयारी, आन्तरिक मूल्याङ्कन, नवीन शिक्षण विधिहरूको प्रयोग, र परियोजना कार्यको योजना तथा कार्यान्वयन जस्ता मुख्य विषयमा केन्द्रित सत्रहरू सञ्चालन गरियो। व्यावहारिक गतिविधिहरूको माध्यमबाट सहभागी शिक्षकहरूले आफ्ना शिक्षण अभ्यासलाई अझ प्रभावकारी र विद्यार्थीमुखी बनाउन सक्ने उपायहरू सिक्न पाए।

यस तालिमले शिक्षकहरूलाई सूचना प्रविधिको उपयोगको महत्त्व, प्रश्नपत्र निर्माणको प्रक्रिया, र आन्तरिक मूल्याङ्कनको भूमिकाबारे थप स्पष्टता प्रदान गरेको मात्र होइन, नवीन शिक्षण विधि र परियोजना कार्यलाई व्यवस्थित रूपमा कार्यान्वयन गर्न आवश्यक कौशलसमेत उपलब्ध गराएको छ। तालिमको अनुभवले शिक्षकहरूको ज्ञान र कार्यक्षमतामा थप वृद्धि गरेको छ।

# THANK YOU

and hope you enjoyed reading!



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