

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

Jan-Feb 2023



“Gar firdaus bar-rue zamin ast,
hami asto,hamin asto, hamin ast.”
 (“If there is a heaven on earth,
it’s here, it’s here, it’s here.”)
-Amir Khusrau



▶ NOTE FROM THE PRINCIPAL

**Dear Parents,
Greetings and Namaste!**

I hope you all are doing well. We are all immensely happy of the learners for their hard work and dedication in their studies and also for their involvement in extracurricular activities. At this point, I would also like to wish the best of luck to our Grade 10 learners as they prepare for their forthcoming Send Up Examinations.

Learners celebrated exit points, conducted scientific experiments, went on trips, and had fantastic opportunities to interact with guest speakers this month. My sincere gratitude to all the guest speakers who came to various classes to broaden our learners' understanding.

At Sanskriti, we believe that anti-bullying awareness and prevention should be a constant effort from all of our stakeholders. In this regard, as we started the fourth semester, our learners took part in anti-bullying activities as a reminder for themselves and everyone else. Our goal is to create a safe and welcoming environment for all the learners, where they feel free to learn and grow without fear of being bullied. We will keep working hard in this area.

I am extremely glad that Grade 7 enjoyed their trip to Pokhara and Ghandruk and came back happily with an amazing hiking experience. Some learners of Sanskriti also participated and learned how to ski in an 11 days of Basic Ski course in Gulmarg Kashmir, India. They experienced an enthralling learning journey, challenging themselves rigorously and being resilient. I am very proud of the fact that we are the first school from Nepal to have participated in such a program. Congratulations to all the participants and the award winning learners!

We are looking forward to another successful month and I would like to take this opportunity to thank all the parents for their continued support.

**Best Regards,
Timila Shrestha**

Early Years

Celebrating the Exit Point

"We all have habits, they start in our mind, continue with our actions, grow with consistency, and stay by choice."

Learners acquired knowledge from the unit "Healthy Habits" and demonstrated various activities through role play, music, movement, and art and craft. A good understanding of the unit was shared during the Exit Point by the learners of Early Years on Friday, February 17th, 2023. Learners reflected, recalled, and shared about eight personal goals, four strands, and their importance. They also shared about different healthy habits as well as the practices to be undertaken to remain healthy.



Grade 1

▶ Science Experiment on Air

The purpose of science is to create scientific knowledge. **Scientific knowledge** refers to a generalized body of laws and theories to explain a phenomenon or behavior of interest that are acquired using the scientific method known as an **experiment**.



Experimentation plays a vital role in Science. One of its important roles is to test the theories and to provide the basis for scientific knowledge. In Science, the adventurous learners of Grade 1 have been learning about the scientific method. They have had the opportunity to conduct several experiments and record the results stepwise. One of the experiments was on the topic, "Air". Learners became familiar with some of the different properties; such as air is needed for burning, its weight and space it occupies by participating in simple hands-on science experiments in class as well as at their homes. Learners even acknowledged that air is all around us and how it is useful. While experimenting, they were thrilled to see how this worked. They were also able to solve the scientific questions using appropriate science vocabulary. This investigation helped our learners to boost their knowledge and skill to understand scientific concepts better.



Grade 2

▶ Entry Point

"Wherever you are is the entry point." - Kabir

The learners were excited to participate in different interesting activities of this new unit. They engaged themselves in brainstorming activities such as solving riddles, matching the picture with the statements, guessing the profession, and acting themselves as their role models like pilots, vets, gardeners, drivers, firefighters, doctors, etc. The learners were engrossed in an outdoor activity and played the game, "Fire in the mountain". They also listed out the names of tools shown in the slide used by the professionals such as- stethoscopes used by doctors, briefcases used by businessmen/businesswomen, rucksacks used by armies, and delivery bags used by delivery men. This Entry Point aspired to make learners aware that every profession has its importance and deserves mutual respect. Also, they understood that all jobs could be done by both men and women.



Grade 3

▶ Cooperative Collaboration

Learners of Grade 3 commemorated the IPC unit *“Living Together”* with the concept of teamwork and collaboration. Team-building activities were fun and it taught learners the significance of cooperative learning and supporting each other along the way. By participating in these exercises, learners developed a better understanding of how to work with others effectively, navigate challenging situations, and overcome obstacles. This bodes well for their future success in school and beyond, as they continue to develop their collaborative and problem-solving skills. They were excited and invested in the activities. It also encouraged them to work together from the beginning and start building a sense of team spirit. They followed the personal dispositions, **‘Collaboration’** and **‘Communication’** during this task.



▶ Living Together

“A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.” - Mahatma Gandhi

During the IPC unit **‘Living Together’**, learners were involved in a great venture to comprehend the history and role of their school in the community. They interviewed the **School Director, Ms Diptee Acharya** to learn about the school’s history and the transformations that have taken place over the years. This activity helped the learners understand the important role of their school. The rich history of the school enabled them to paint a detailed picture of where they stand today.



The process of writing the interview questions challenged the learners to think critically. Overall, this activity was an excellent way for the learners to learn more about their school and its history and also helped them develop important critical thinking skills that will serve them well in the future. During the IPC unit **‘Living Together’**, learners were involved in a great venture to comprehend the history and role of their school in the community. They interviewed the **School Director, Ms Diptee Acharya** to learn about the School’s history and the transformations that have taken place over the years. This activity helped the learners understand the important role of their school. The rich history of the school enabled them to paint a detailed picture of where they stand today.

Grade 4

सरस्वती पूजा

सरस्वती माया दृष्टा वीणापुस्तकधारिणी ।
॥ हंसवाहनसंयुक्ता विद्यादानं करोतु मे ॥

सरस्वती पूजाको अवसर पारेर संस्कृति स्कूलका सम्पूर्ण विद्यार्थीहरूले सरस्वती माताको प्रतिमामा फूल अक्षता चढाई पूजा गरी मनाए । कक्षा १ देखि ५ सम्मका विद्यार्थीहरूले आफना आफना कक्षामा पनि विभिन्न क्रियाकलापहरू गरेका थिए । फूल-अक्षताले पूजा गरेर मात्र सरस्वतीको पूजा हुँदैन । सरस्वती माताको साँचो पूजा भनेको लगनशील, मिहिनेती भएर पढ्नु हो साथै आफूले लिएको ज्ञान दैनिक व्यवहारमा लागू गर्नु पनि हो । यिनै कुरालाई मनन गर्दै कक्षा चारका नानीबाबुले कक्षामा पनि सरस्वती वन्दना गाए । उनीहरूले सरस्वती मातासँग सम्बन्धित गीत गाएर सुनाएका थिए । उनीहरूले सरस्वती मातालाई नमस्कार गरी आफूलाई ज्ञान र बुद्धि बढाइदिनुहोस् भनेर प्रार्थना समेत गरे । साथै संस्कृतमा रहेको सरस्वती वन्दनाको नेपाली अर्थका बारेमा छलफल पनि गरे ।



▶ Math and Measurement

"Pure mathematics is, in its way, the poetry of logical ideas." - Albert Einstein

Learners of Grade 4 did an activity based on the concept of application of *Area* and *Perimeter*, which can be seen in everyday life. They measured the length and breadth of different objects inside the classroom and calculated their perimeter and area. Furthermore, learners also applied their new learning practically at home. For instance, they calculated the area and perimeter of different objects found at home. They were very excited to learn this in a fun and interactive way. In addition they explored different ways in which these measurements are connected with our daily lives. For example, they measured floor area to determine which size carpet to buy. With this activity, the relation of perimeter and area in Mathematics was made clear. Learners can now confidently apply their new knowledge in real life situations.



Grade 5

Wonderful world

“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open” - Jawaharlal Nehru

Learners of Grade 5 exhibited their learning on the Unit “What a wonderful world” during the Exit Point on 23rd February 2023. They were excited to share their understanding of different experiences of their investigation on soil and rocks and observed different phases of the moon, solar system, relation of the earth and sun etc. They also shared their learning on different landforms, layers of earth, convergent and divergent tectonic, plates, biomes etc. They seemed curious to share their learning and their experiences of their journey in the unit. They also aimed to follow different personal goals as collaborator, communicator, respectful and resilient during the Exit Point.



Grade 6

▶ Good Practices

*"A gentle word, a kind look, a good natured smile can work wonders and accomplish miracles."
- William Hazlitt.*

Learners of Grade 6 began their learning journey of the Fourth Semester with various activities on their first day. Learners shared their beautiful experiences from their Winter vacation, where they had to pair up with friends identifying their birth months without verbal communication. Learners enjoyed participating in an **Anti-bullying activity**. They were provided with eight problems anyone could face in school. They were thoughtful and communicated in their groups to come up with great solutions. Learners got a fantastic opportunity to understand the good practices which can help them become good people.



Grade 7

▶ Trip to Pokhara (Gandruk, Landruk and Dhampus)

Ghandruk is a common place for treks in the Annapurna range of Nepal. The peaks of Mt. Annapurna, Mt Machapuchare, and Mt.Gangapurna can be seen from the village, and it is also the gateway to Poon Hill. Learners of Grade 7 experienced a phenomenal trip to Pokhara from February 21st to 25th, 2023. From jeep rides to hiking along the stone staircases of Gandhruk, Landruk, and Dhampus, the learners enjoyed the fantastic panoramic view of Mt. Annapurna, Fishtail, and Gangapurna. It was a fun trip filled with a lot of learning and memories for the learners.

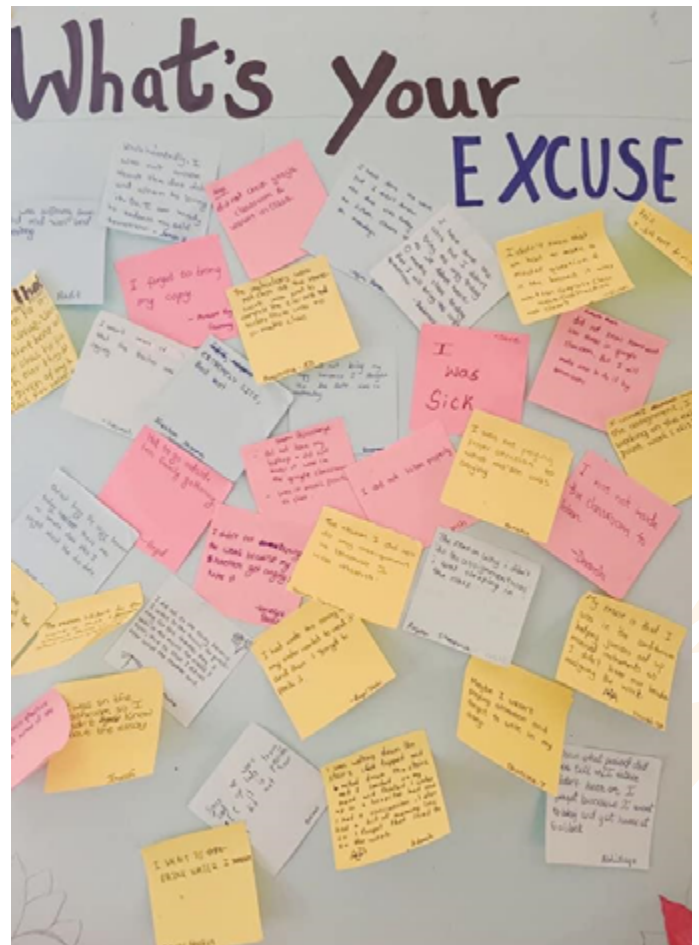


Grade 8

▶ Responsibility

"The moment you take responsibility for everything in your life is the moment you can change anything in your life." ~ Hal Elrod

Entry Point is a beautiful way to get a head start on the new unit in an exciting way, as it enables them to delve into their interests and express themselves as individuals through various activities. It allows them to make connections with their previous learnings. Our enthusiastic learners of Grade 8 engrossed themselves in an exciting entry point of the **IMYC Unit "Responsibility"** on Monday, February 13th, 2023. They were engaged in various group activities to understand the Big Idea. The learners were enthusiastic to work in groups to work for collaborative pieces of writing. They worked together to produce skits and artwork with the help of the activity prompts given to them. They also elaborated their interpretation of the Big Idea through reflexive writing. Thus, the Entry Point of our learners helped them inculcate new thoughts, which enhanced their understanding that 'We are in charge of what we choose to do.'



▶ Open day celebration

"Do what you love, and do it excellently." -Dr. Atasha Jordan

The Open Day is a great opportunity for the learners to showcase their talent. It enables them to sharpen their skills in their interests. The Open Day of Grade 8 comprised beautiful and powerful performances on Tuesday, February 28th, 2023. The auditorium was loaded with contagious energy from the exquisite performances followed by non-stop claps and praises from parents. There were *English, Nepali* and *Newari Bhasa* plays that were spectacular. The performances also included soothing music and mesmerizing portrayal of the Indra Jatra dance which made the program even more lively. The learners were resilient as they worked on their performances for several weeks with wonderful collaboration between themselves and the teachers.



Grade 9

▶ Science can be Fun!

Grade 9 learners have had an exciting week in their science class, engaging in various experiments and activities to enhance their knowledge and understanding of scientific concepts. One of the experiments that the learners conducted involved the collection of carbon dioxide gas in the balloons. This experiment helped them understand the properties of gasses and the techniques used to collect it. Another experiment involved the formulation of magnesium oxide by burning magnesium ribbons. This experiment provided the learners with an opportunity to learn about the process of combustion and the reactions that occur when metals burn.



The learners also had the chance to separate camphor from the mixture of sand and camphor. This experiment enabled them to learn about the techniques and sublimation process used for the separation of volatile substances. In addition, the learners observed permanent slides of plant and animal specimens. This activity helped them to understand the structures and functions of different cells and tissues. The learners also demonstrated transverse and longitudinal waves using a tuning fork. This experiment enabled them to understand the properties of waves and how they can be used in different applications. Finally, the learners presented their findings on electromagnetic waves, which allowed them to develop their research and presentation skills while learning about this important topic. Overall, the learners had a fun and engaging week in their science class, where they were able to deepen their understanding of different scientific concepts through hands-on activities and discussions.

Grade 10

► 'Joint Send Up Exam-2079'

Sanskriti International School, in collaboration with Nisarga Batika School, held a Send up Exam-2079 to prepare learners for the upcoming Secondary Education Examination (SEE) which will be held by the National Education Board (NEB). The exam was conducted from Chaitra 17th to 26th.



The Send up Exam 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, while the learners from Sanskriti International School were placed 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 Send up Exam- 2079 was a significant milestone for learners from both schools, as it demonstrates good practice to prepare for the future challenges in their learning journey.

The joint Send Up Exam-2079 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 students for the future challenges in their academic journey.

Article (Grade XI and XII)

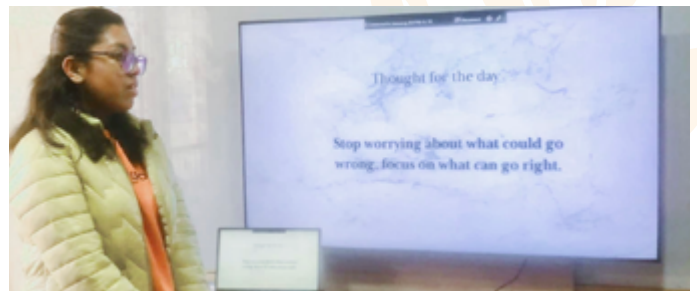
▶ Mahashivaratri

The learners of Grade 11 and 12 conducted the assembly on February 15th, 2023 with the theme **Mahashivaratri**, which is an important festival celebrated by Hindus all around the world. During the assembly, they shared valuable insights about the origin and significance of this auspicious day.

The learners spoke about the story of **Lord Shiva** and how he represents the cycle of creation, preservation, and destruction. They also explained how **Mahashivaratri** is celebrated in different parts of the country with great enthusiasm and devotion. In addition to this, the assembly also shed light on various national and international days that are celebrated throughout the year. The learners highlighted the importance of observing these days and encouraged everyone to participate in the celebrations.

Furthermore, news updates and weather forecasts were also included. The students shared the latest news around the world, including updates on current events and important news stories. They also provided weather forecast for the week, helping their fellow learners prepare for the days ahead. Finally, it ended with a thought for the day. The learners shared an inspiring quote to motivate their peers and encourage them to stay positive and work hard towards their goals.

Overall, the assembly was a great success, and the learners did an excellent job of educating their fellow learners about **Mahashivratri** and other important events. Assemblies are a great way to bring the school community together and foster a sense of unity and belonging amongst the learners.



► Ski course in Kashmir

“*Gar firdaus bar-rue zamin ast, hami asto, hamin asto, hamin ast.*” -Amir Khusrau
 (“If there is a heaven on earth, it’s here, it’s here, it’s here.”)

Kashmir is not just a place but an emotion that every person wants to experience. The surreal beauty of this gorgeous paradise is beyond description. Indeed, this is it, here it is- **HEAVEN!**

I, *Sangita Dhakhwa*, the event coordinator, and 6 learners from Sanskriti International School started this journey to Kashmir on 31st January 2023 till 12th February 2023 to participate in the **GULMARG SNOW SCHOOL** for 10 Days *Intense Ski Course*. Sanskriti International School is the first-ever school from Nepal to participate in this *Ski course*. And we feel extremely proud to have opened the door leaving the footprints to set a brand new golden history.

Those 13 days we spent in Delhi, Tangmarg, Gulmarg and Srinagar were a lifetime attainment for all 7 of us. We remember boarding the plane on the first day, and in a flick of a finger, it was already time to get back home. Whatever happened in between was like a dream for us that will stay very dear in our hearts.

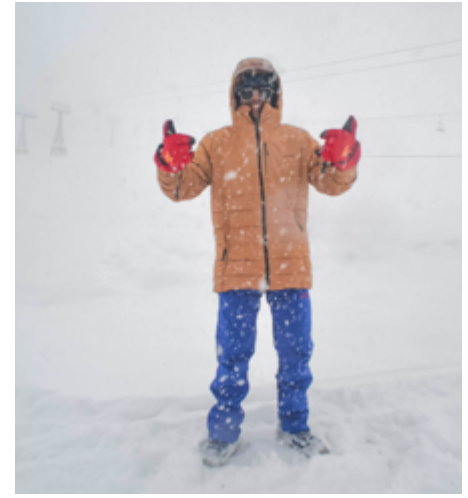


- ▶ As soon as we landed in Srinagar, we were welcomed by *frozen snow* and with the strongest snow blow on our cheeks. From Srinagar to Tangmarg, Tangmarg to Gulmarg, where we were staying for another 10 days, it was all neat white layers and layers of snow as if it was a thick white blanket. Except for the clothes we were wearing, everything else was in absolute **WHITE**.



On the first day, we drove to Gulmarg, it was 1 hour up and 1 hour down drive every day, and every day I could feel my heart coming up to my mouth. It was an extremely nerve-breaking drive every day. The vehicles' tyres were chained up for a safe ride but you could see the vehicles skidding away on the snowy road. And that's the scariest part that we faced every day. On that day we collected our skis, boots, and poles, and headed to the *ski piste!* With all these accessories on both of our shoulders, we could feel as if our lungs are going to burst. But without complaining, we started our journey. We learned how to walk, sidestep, snow plough, snow plough turns, uphill swing, traverse basic swing, and other techniques. The first two days were real torture; we shed tears, we wanted to give up, and we were asking questions ourselves "*Why did we come here?*". Our whole body ached, our arms too weak to hold a spoon to feed ourselves, and our shins and calf were in such pain. But it all got interesting and we started enjoying ourselves as we learned the tricks and techniques on the slopes. Then came the day for the examination, we had to do the practicals like the trials that we do for vehicle licenses in Nepal, but this one was different; on the snow with all the heavy gear. It was not at all easy because the instructors were very fast, stern, and concentrated, and they were grading us continuously.

The next day was the **Award Ceremony and Certificate Distribution Day**. Out of 7 participants from Sanskriti International School, only 4 of us could make it. From consolation to various grades; one by one, they called the names. We were very nervous and anxious at the same time. But the proudest moment was when the first and the second positions amongst hundreds were announced from Sanskriti International School. Our happiness knew no bounds and we were jumping like kangaroos: the 1st position was seized by Parth Agrawal from Grade 7, the 2nd position was seized by Tejas Kumar Shrestha from Grade 9, and the 3rd position was bagged by some other countries.



With a bag full of achievements and good memories, it was already time for us to bid goodbye. Before landing home, we had a marvelous and astonishing stay in the boat house in Srinagar. The Shikara ride in the Dal Lake was breathtaking; the lake, the boats, the boat houses, and the mountains far in sight covered with snow are something you are going to miss for a long long time.

I would like to extend my gratitude towards the school, the management, the leader of this program, and of course, the learners who made this trip possible and allowed me to witness the **HEAVEN on Earth while alive!**

Members of the trip:

1. Rewat Bir Tuladhar (*Team Leader*)
2. Sangita Dhakhwa (*Facilitator from the School Management*)
3. Tejas Kumar Shrestha (*Participant- Gr 9*)
4. Parth Agrawal (*Participant- Gr 7*)
5. Vivaan Poddar (*Participant- Gr 7*)
6. Saurya Shrestha (*Participant- Gr 7*)
7. Aditi Shah (*Participant- Gr 6*)
8. Aekagrah Malla (*Participant- Gr 6*)



THANK YOU

and hope you enjoyed reading!



www.sanskritiinternationalschool.edu.np

00977 1 4270523/573 | sanskritiktm@gmail.com

Thulobharyang, Halchowk, Swayambhu, Kathmandu, Nepal



