



SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

September 2024



Halchowk, ThuloBharyang, Swayambhu, Kathmandu, Nepal | Tel: 977- 5370523, 5370573
Voice Mail:1618014033849 | Email: sanskritiktm@gmail.com | Website: sanskritiinternationalschool.edu.np



NOTE FROM THE PRINCIPAL

**Dear Parents,
Greetings and Namaste!**



As we bid farewell to the chapters of September, I would like to take a moment to reflect on the highlights of the month that enriched our school community.

Literacy Week was a resounding success, filled with meaningful interactions and experiences. We were privileged to have parents join in the celebration, along with the presence of renowned authors and illustrators who shared their invaluable insights with our learners. These sessions allowed our learners to explore the creative process behind writing and illustrating books and understand the publishing journey. It was a pleasure to see how every learner had strived to become an author by writing their own story and going through the prewriting process for the project "Be your Author!"

A heartfelt thank you to our esteemed authors and illustrators: Luja Mathema, Pralos Singhulia, Neeti Shrestha, Kanchan Budathoki, Bandana Tulachan, and Amish Raj Mulmi. We are equally grateful to our distinguished guests: Dr. Pranay Rana, Apekchya Shah, Mili Joshi, Manisha Vaidhya, Bishma Upreti, Rajiv Dhar Joshi, Sujat Shramanera, and Bimal Rawal. Your presence added depth to the event, and your contributions

were instrumental in inspiring our learners. Thank you! I would also like to express my heartfelt gratitude to the parents from each grade who volunteered to read captivating books to our children. I hope the experience was as enjoyable for you as it was for us.

Additionally, we hosted the Interschool Basketball Tournament, which saw participation from various schools. The competition was fierce, and we proudly announce the winners—Matribhumi School triumphed in the boys' final, while Bhaktapur NIST claimed victory in the girls' final. Congratulations to both teams for their exceptional performances! We also extend our gratitude to all the participating schools for making this event truly memorable.

A huge thank you to all the teachers and learners for completing the second semester with such zeal and enthusiasm. The semester-end assessments were also conducted successfully. I encourage our learners to continue working diligently in their studies.

Once again, our deep appreciation to all parents, and the school family for your unwavering support.

**Warm regards,
Timila Shrestha**

“Communication is not just about speaking, but about understanding and being understood.” — William Isaacs.

Grade 2 learners have enhanced their communication skills through engaging in verbal and non-verbal activities. They have been practising using polite phrases, or ‘magic words’, in different scenarios, refining their ability to interact with kindness and respect. In addition, they explored non-verbal communication by expressing emotions through body language and facial expressions. These activities boosted their confidence and emphasised the importance of blending polite language with expressive gestures. We are proud of their progress and excited to continue supporting their journey to mastering communication skills.



▶ Exploring SDGs with Greenpeace

On September 20, 2024, Grade 4 had the opportunity to welcome a guest from Greenpeace, a renowned environmental organisation that raises awareness and promotes actions to protect the planet. The guest delivered a fascinating presentation on the Geography unit, *'The Nature of Life'*. The talk highlighted how our community supports the United Nations' Sustainable Development Goals (SDGs), specifically SDG 14 – Life Below Water and SDG 15 – Life on Land. These goals are crucial for safeguarding marine ecosystems and terrestrial habitats, both essential for life on Earth.

The presentation emphasised how individuals and communities can contribute to achieving global environmental objectives. Learners were introduced to real-world examples of how communities, governments, and organisations like Greenpeace work to protect natural resources, promote biodiversity, and combat issues such as pollution and deforestation.



Following the presentation, Grade 4 learners had the chance to interview our school leaders to learn more about the school's initiatives in supporting the SDGs. This interview provided insights into our school's efforts, such as recycling programs, reducing energy consumption, and raising awareness among learners and staff about protecting life on land and in the water.

The Greenpeace session and the interview with school leaders were highly informative, helping learners understand how local actions can connect to global challenges. The experience demonstrated how schools, communities, and individuals can all contribute to achieving the SDGs. It deepened their knowledge and inspired them to consider their own role in building a sustainable future.

Celebrating Collaboration and Climate Action Communication

We were honoured to have esteemed guests, including Ms. Dhana Kumari Bhandari, School Superintendent, KMC Shikshya Bibhag, and Ms Laxmi Adhikari, Education Officer, KMC Shikshya Bibhag, who acknowledged the efforts of our young learners during their recent exhibition. Over the past three weeks, Grade 5 learners embarked on a collaborative journey with Shanti Nikunja School through their “Book-Free Friday” initiative. Together, they explored Maruhiti’s history, studied aquifers, and conducted water quality tests. They also learned about the Bishnumati River ecosystem and gathered and analysed water samples. This collaboration culminated in an exhibition highlighting their findings and the climate action they aimed to drive. The exhibition was guided by the question;”How healthy is our water?”



This partnership emphasised the power of working together to create learning opportunities that promote sustainability. Through hands-on projects, interactive discussions, and community outreach, our 5th graders and the ECO Club of Shanti Nikunja inspired the next generation of environmental leaders—learners with the knowledge and skills to address global challenges.

Environmental education was especially crucial in Nepal, fostering an understanding of critical issues like human survival, ecosystem preservation, and sustainability. By learning about these topics early on, our learners were prepared to become informed citizens who could lead the way in addressing climate change and resource scarcity.



The Climate Action Communication Project focused on SDG 6: Clean Water and Sanitation. Our learners, along with Shanti Nikunja School, Sicaru, Habeli, and Wildlife Conservation Nepal (WCN), presented their research on Hitties (water taps) and water quality. Their ability to integrate these findings into their Personal Goals showcased strong teamwork and communication.



Together, we built a brighter, more sustainable future—one project at a time!

Visit to Janasudhar Basic School

“Education is not just about learning facts, but about connecting hearts and minds.” -Unknown.

On Tuesday, September 3, 2024, as part of the Literacy Week celebrations, our Grade 6 learners visited Janasudhar Basic School for a truly enriching experience. They had the opportunity to build new friendships and engage in a “Reading Buddy” activity with the learners there. Through this activity, they discovered the joy of reading, shared stories, and developed bonds beyond the classroom. After the activity, both groups reflected on their experiences, sharing their thoughts and feelings and fostering a beautiful connection of learning and friendship. To conclude the visit, our learners thoughtfully crafted and gifted bookmarks and storybooks to the learners of Janasudhar Basic School. “Learning is a journey best travelled together.” Let’s continue to inspire, learn, and grow with one another!



कथा वाचन कार्यक्रम

संस्कृति इन्टरनेसनल स्कूलमा साक्षरता सप्ताह मनाउने क्रममा २०८१/५/१९ गते कक्षा सातमा अडेग्रजी कथा वाचन कार्यक्रम भएको थियो। उक्त कार्यक्रममा अतिथि फार्मासिस्ट प्राध्यापक मिली जोशीले अत्यन्त रोचक ढङ्गमा कथा वाचन गरी विद्यार्थीहरूमा हौसला र प्रेरणा प्रदान गर्नभएको थियो। कार्यक्रममा विद्यार्थी भाइबहिनीहरूले निकै उत्सुकतापूर्वक सहभागिता जनाएका थिए। जसमा विद्यार्थीहरूले कथासँग सम्बन्धित पात्र, परिवेश र घटनाको अन्तरक्रिया गरी विभिन्न जिज्ञासाहरु राखेका थिए। त्यसलाई निकै सहज ढङ्गले अतिथि मिली जोशीले निरूपण पनि गर्ने प्रयास गर्नभएको थियो। उहाँले वाचन गर्नभएको कथा हाम्रा विद्यार्थी भाइबहिनीहरूका लागि ज्ञानवर्धक र प्रेरणादायी बन्न सफल भएको छ। अतिथि मिली जोशीप्रति विद्यालय परिवार आभार प्रकट गर्दछ।



An Unforgettable 8-Day Adventure in China

In an exciting international excursion, 35 enthusiastic learners from Grades 7 to 9 and 4 staff members embarked on an 8-day trip to China, visiting the vibrant cities of Chengdu, Shanghai, and Beijing. This journey allowed our learners to experience the rich cultural heritage of China, explore breathtaking tourist attractions, and indulge in delicious local cuisines.





A standout moment for many learners was the magical visit to Disney Shanghai, where they enjoyed thrilling rides and entertainment, creating unforgettable memories. Another highlight was visiting a local school, where our learners engaged in meaningful cultural exchange activities, building new friendships and gaining a deeper understanding of global connections.



From exploring ancient temples to navigating modern skyscrapers, this trip perfectly blended education, culture, and fun. The experiences and lessons learned during the trip have certainly broadened the horizons of our young adventurers, leaving them with stories and friendships that will last a lifetime.

This China trip has been a remarkable journey of discovery and growth for our learners!



“Sky Walk Swing Bridge: A Thrilling Experience in the Heart of Nature”

Grade 8 learners embarked on an enriching field trip to the Sky Glass Swing Bridge. This adventure provided a unique opportunity to explore the concept that meaningful and enduring community changes unfold gradually.

During their visit, learners witnessed how local development initiatives have enhanced tourism and significantly improved transportation and infrastructure. They engaged in various activities designed to deepen their understanding of these processes, including observing the positive impacts of these developments.



A highlight of the trip was the chance to interview residents. These conversations offered valuable insights into how these changes have affected the community and allowed learners to reflect on their experiences. The trip beautifully illustrated the Big Idea of the unit: ‘Long-lasting changes take place slowly over time,’ reinforcing the learners’ grasp of this fundamental concept.

Through this hands-on exploration, our learners sincerely appreciated community development’s slow and steady nature, connecting classroom theories with real-world observations.



Embarking on a Culinary Field Trip to Attic Restaurant

On September 4, 2024, the Grade 10 learners took an exciting field trip to Attic Restaurant in Gyaneshwor as part of their curriculum to explore the world of culinary arts and cultural diversity. The visit was designed to be an immersive learning experience with multiple objectives, aimed at enhancing both their language and culinary skills.

The primary goals of the visit was to develop learners' listening and speaking skills, particularly in understanding and following multi-step instructions. Through hands-on activities, they practised giving and receiving detailed directions, a crucial aspect of both communication and cooking. Learners also had the chance to describe various aspects of the day—from the bustling ambience of the restaurant to the delightful aroma of the dishes they encountered—enhancing their ability to articulate experiences and feelings vividly.

One of the highlights of the trip was introducing the learners to the cultural diversity reflected through food. The learners researched different cuisines, delved into their cultural significance, and discussed how food transcends borders, connecting people across cultures. This interactive discussion opened their eyes to how food not only nourishes the body but also acts as a bridge between different traditions and ways of life.

The practical part of the visit saw learners writing expository texts, focusing on creating detailed recipes. They were tasked with crafting their own menus, where they wrote step-by-step instructions for recipes they either learned at the restaurant or invented themselves. This task not only helped improve their writing skills but also enriched their vocabulary related to food and cuisine.

Overall, the trip to Attic Restaurant was a perfect blend of education and enjoyment, giving the learners a deeper appreciation of culinary arts while refining their communication skills. Through this experience, they not only walked away with a better understanding of global cuisines but also enhanced their ability to express themselves in richer, more descriptive language—whether it was through writing recipes or recounting their experiences.

▶ Outstanding Performance at Chandbagh Model United Nations 2024

We are incredibly proud of our Grade 9 and 10 learners who showcased exceptional diplomatic and public speaking skills at the prestigious Chandbagh Model United Nations (MUN) 2024. Competing alongside peers from various schools, they demonstrated a deep understanding of global issues while representing different nations in the committees.

In the SOCHUM (Social, Cultural, and Humanitarian) committee, Avaani Kaya Gurung, representing South Sudan, distinguished herself by winning the coveted **Best Delegate** award. Her adept negotiation, strategic thinking, and eloquent representation of South Sudan's interests set her apart as a leader in the committee.

Sampada Adhikari, representing Madagascar, was another remarkable delegate. Her insightful contributions and powerful presence made her a standout in the discussions, earning praise for her outstanding performance.



Arena Bania, representing Ethiopia, took home the **Best Position Paper** award, reflecting her thorough research and deep understanding of the topics at hand. Her well-crafted position paper articulated Ethiopia's stance clearly and persuasively, setting a high standard for other delegates.

Arjun Kumar Sarada, who represented Iran, also shone brightly, earning an **Honourable Mention** for his dedication and thoughtful participation in the debates. His ability to navigate complex diplomatic conversations impressed the committee and fellow delegates alike.

In the UNHRC (United Nations Human Rights Council) committee, Sourya Shrestha took pride in the role of Sudan's delegate. He tackled pressing human rights issues with poise and conviction, clearly representing Sudan's perspective.

We extend our heartfelt congratulations to all our participants! You have demonstrated remarkable collaboration and teamwork and honed your communication, diplomacy, and critical thinking skills—qualities that will serve you well in future leadership roles. Your hard work and dedication truly exemplify the spirit of MUN!



Celebrating International Literacy Day at Sanskriti International School

Sanskriti International School marked International Literacy Day 2024 with immense enthusiasm and creativity, embracing this year's global theme, **"Promoting Multilingual Education: Literacy for Mutual Understanding and Peace."** Everyone from our youngest learners in the Early Years to our seniors in Grade 10 participated in a celebration highlighting literacy's power in fostering unity and understanding.



The day was filled with activities that brought stories and cultures to life. Learners dressed as their favourite book characters, performed dramas, dances, puppet shows, and sang songs representing different corners of the world. The excitement was palpable as our learners explored new ways to express themselves through the lens of global literature and art.

One of the most significant highlights was the “Be an Author” project, where learners embarked on becoming authors themselves. From brainstorming story ideas to drafting, editing, and revising, our learners went through the complete pre-writing and writing process. This hands-on experience helped them understand the value of patience, creativity, and critical thinking in writing.



Additionally, several guest speakers, including published authors and illustrators, visited the school to share their insights on the world of books. Through engaging panel discussions and interactive sessions, our learners gained a deeper understanding of what goes into creating and publishing a book—from the initial spark of an idea to seeing it on the shelves.

The day was an extraordinary opportunity for our learners to connect with the broader literary world, sparking a sense of empowerment through language and stories. Sanskriti International School's celebration of International Literacy Day 2024 truly reflects our commitment to promoting literacy as a tool for peace, mutual understanding, and global harmony.



Panel Discussion

On the occasion of International Literacy Day, Sanskriti International School organised an engaging panel discussion to highlight the importance of literacy in today's world. The event featured two distinguished speakers: Dr Pranaya Rana, pursuing a PhD in International Conflict Management from Kennesaw State University, and Apekshya Shah, Assistant Professor in the Department of International Relations and Diplomacy at Tribhuvan University.

The panellists shared valuable insights on the significance of multilingual education, discussing its challenges and its vital role in fostering peace and mutual understanding. Dr Rana and Professor Shah also shed light on today's generation's evolving reading habits and how literacy can be leveraged to promote a more harmonious global society.



Following the discussion, learners actively participated in a Q&A session, posing thoughtful questions to the speakers. This interactive segment provided a deeper understanding of this year's International Literacy Day theme: Promoting Multilingual Education: Literacy for Mutual Understanding and Peace.

Sanskriti International School extends its heartfelt gratitude to the esteemed speakers for sharing their expertise and contributing to a successful and thought-provoking event.



Sanskriti International School Hosts Electrifying 4th Inter-School Basketball Tournament

On Wednesday, August 28, 2024, the much-anticipated 4th Sanskriti Inter-School Basketball Tournament for Senior Boys and Girls kicked off with an electrifying start. Teams from various schools gathered to compete in a spirited celebration of sportsmanship, skill, and their shared love for basketball.

A heartfelt thank you to the participating schools—Nisarga Batika, Boudha International, Dikshalaya, Bhaktapur NIST, Adhyayan School, Kaasthamandap, Rosebud, Sanskriti, John Dewey, Matribhumi, and Euro School—who contributed to making this tournament genuinely unforgettable.



The audience was treated to thrilling, high-energy matches throughout the tournament as teams battled fiercely on the court. Sanskriti International fielded both A and B teams for the boys' and girls' categories, delivering solid performances. Although they did not reach the finals, they gave their opponents tough competition and showcased impressive resilience and teamwork.





After a week of intense qualifying matches, the tournament culminated on September 4, 2024, with two exhilarating final games. In the boys' final, Matribhumi School emerged victorious after a hard-fought match against Boudha International. For the girls' final, Bhaktapur NIST claimed the championship title in a gripping match against Boudha International.

The tournament concluded with an enthusiastic prize distribution ceremony celebrating winners and runners-up. The event wrapped up with joyful celebrations from the victorious teams, leaving lasting memories for all participants.

छंद कविता वाचन प्रतियोगिता

यही भदौ १७ गते कान्जीरोवा स्कूलमा छन्द कविता वाचन प्रतियोगिता आयोजना भएको थियो । हरेक वर्ष भानुजयन्तीको अवसर पारेर कान्जीरोवा स्कूलले कवितावाचन कार्यक्रम आयोजना गर्दै आएको छ। यस वर्ष भने १५९ औं भानु जयन्ती भव्यताका साथ मनाइएको थियो । सो कार्यक्रममा मन्दाक्रान्ता,पञ्चचामर, शार्दूलविक्रीडित जस्ता विभिन्न छन्दका कविता वाचन भएका थिए। लेखकद्वय रमेश सुवेच्छु र प्रभाव भट्टराईले प्रतियोगितामा निर्णयको भूमिका निभाउनुभएको थियो। जसमा संस्कृति इन्टरनेसनल स्कूलका कक्षा आठमा अध्ययनरत छात्र अर्णभ मानन्धरले कवि भीमनिधि तिवारीको पञ्चचामर छन्दमा रचित दागवती शीर्षकको कविता वाचन गरेका थिए । उपत्यकाका करिब २० वटा भन्दा बढी विद्यालयको उपस्थिति रहेको प्रतियोगितामा अर्णभले द्वितीय स्थान हासिल गर्न सफल भएर विद्यालयलाई गौरवान्वित बनाएका छन् । जसप्रति विद्यालय परिवार अर्णभलाई धन्यवाद दिँदै भविष्यमा पनि उनको यस्तो क्षमता अझै उजागर होस् भन्ने सुवेक्षा व्यक्त गर्दछ। साथै यस्तो साहित्यिक माहोलमा भानुजन्ती कार्यक्रम मनाएर विद्यार्थीमा अन्तर्निहित क्षमता प्रस्फुटन गर्ने अवसर प्रदान गर्ने आयोजक विद्यालयप्रति संस्कृति स्कूल सादरभाव प्रकट गर्दछ ।



Happy Children's Day!

We dedicated a day to celebrate the very essence of our institution—The Children, Our Learners! The celebrations spanned across all grades, from our energetic little ones in Early Years to the spirited learners of Grade 12. The day was packed with fun and excitement, featuring a variety of activities and performances. Our talented teachers surprised the learners with entertaining performances that brought smiles and laughter throughout the event. The day's highlight was the musical showcase, where our teachers sang their hearts out and danced joyfully, making the atmosphere come alive with their infectious energy. The event was a beautiful reminder of the joy, creativity, and enthusiasm children bring to our school community. It was a day filled with happiness and unforgettable memories for all!



Nourishment for the Soul: SIS Golden Z Club's Enchanting Read-Aloud Sessions

“Reading should not be presented to children as a chore, a duty. It should be offered as a gift.” – Kate DiCamillo

Stories serve as sustenance for the soul and portals to vividly imagined worlds, inviting us to explore realms of mystery, fantasy, adventure, and beyond. Reading is not just an activity but a lifelong habit that enriches the mind, nurtures creativity, and expands one’s worldview. The cultivation of a reading culture is vital for intellectual and emotional growth, offering children the tools to think critically, empathise with others, and express themselves with confidence.

Understanding the profound importance of reading, the SIS Golden Z Club proudly returns with their magical read-aloud sessions for primary grade learners during D.E.A.R. (Drop Everything And Read) time. These sessions are not only about fostering a love for reading but also about building a sense of community, where stories are shared, discussed, and cherished.

The significance of read-aloud sessions lies in their ability to engage young minds in ways that solo reading may not. By listening to stories, learners improve their listening skills, develop a stronger vocabulary, and are exposed to the rhythms and nuances of language. Reading aloud also creates a shared experience that encourages discussion, critical thinking, and a deeper understanding of the material. It brings stories to life, making them more accessible to learners of all levels and igniting a passion for literature from an early age.

The SIS Golden Z Club has hit the spot with this initiative. Their readers guide the young learners through pre-reading, while-reading, and post-reading activities, each designed to deepen engagement and spark their imaginations. These activities not only make reading more interactive but also teach learners how to connect with the text, enhancing comprehension and critical analysis.

This shared adventure promises a fulfilling experience for both the club members and the young learners, as they revel in the joy of storytelling and discover new facets of their abilities together. With each session, the SIS Golden Z Club continues to nourish the minds and souls of these young readers, ensuring that the magic of books stays with them for life.

Professional Development Session on Effective Feedback and Assessment

On Saturday, August 24, 2024, the faculty at Sanskriti International School came together for an enriching professional development session led by our esteemed School Director, Ms. Diptee Acharya, and Principal, Ms. Timila Shrestha.

The session focused on “Effective Feedback” and “Assessment Approach,” attended by teachers from Early Years through Grade 12 and Unit Heads and Coordinators. This event marked a significant milestone in our ongoing commitment to fostering a culture of growth and continuous improvement within our school community.

The session began with a deep dive into the concept of feedback, highlighting its crucial role in cultivating a progressive and constructive mindset. Ms. Shrestha eloquently described feedback as a powerful tool for correction, encouragement, positive reinforcement, and learner motivation. She explained that the purpose of feedback goes beyond identifying areas for improvement; it is also about building confidence, celebrating effort, and guiding learners toward their full potential.

Participants explored different types of feedback—positive, constructive, and balanced—and the importance of balancing praise and suggestions for improvement. The session emphasised the need for feedback to be both supportive and developmental. Ms. Shrestha also provided valuable tips on crafting compelling and balanced feedback, stressing best practices such as being specific, delivering feedback promptly, focusing on effort rather than just outcomes, and using open-ended questions to encourage reflection and dialogue.

This session allowed experienced teachers to reflect on their current practices while new teachers gained fresh perspectives. Ms. Acharya’s segment centred on our school’s assessment approach, ensuring they align with our philosophy and culture. She encouraged educators to think more deeply about evaluation, recognising each child’s unique needs and abilities.

As Sanskriti International School continues to prioritise professional development, sessions like this one underscore our commitment to excellence in education. By equipping our educators with practical feedback tools and strategies, we ensure that our learners receive the guidance and support they need to thrive academically and personally. We eagerly anticipate this session’s positive impact in our classrooms as teachers implement these strategies, continuing to inspire and empower our students.

THANK YOU
and hope you enjoyed reading!



www.sanskritiinternationalschool.edu.np
00977 1 4270523/573 | info@sanskritischool.edu.np
Thulobharyang, Halchowk, Swayambhu, Kathmandu, Nepal