

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

December 2024



NOTE FROM THE PRINCIPAL



Dear Parents, Greetings and Namaste!

With the end of the third semester and closure of this year, I extend my warmest seasonal greetings to the entire Sanskriti community's parents, students, and staff.

This month has been vibrant and inspiring. We proudly joined forces with the Zonta Club of Kathmandu for the "Orange the Schools" campaign under the SIS Golden Z Club banner, contributing to the global 16 Days of Activism to raise awareness and stand against #GenderBasedViolence. This initiative reaffirmed our commitment to fostering a safe, respectful, and inclusive environment.

The enthusiasm and energy of our learners were evident throughout December. The Early Years and Primary Sports Day was a remarkable event where our active learners showcased their athletic talents and exemplary teamwork and sportsmanship. It also brought learners and their families together in a spirit

of fun and healthy competition. I am sincerely grateful to all the parents for your unwavering support and encouragement, and heartfelt gratitude to our chief guest, Palesha Govardhan, Kushal Shrestha and Arika Gurung. Your encouragement and dedication to nurturing young talent made the day even more special. Thank you for making an effort to grace the opening of our Primary Sports Day Event, which made these events truly meaningful.

As the year draws closer, let us reflect on our collective achievements and look forward to a new year filled with possibilities, learning, and growth. Wishing you all a joyous and safe holiday season!

Wishing you all a Merry Christmas and a Happy New Year 2025!

Warm Regards
Timila Shrestha

An Exciting Day at Tribhuwan Park Early Years Field Trip

On Wednesday, December 4, 2024, the Early Years learners set off on an exciting field trip to Tribhuwan Park as the Entry Point for their unit, 'Weather Wonders.' The trip offered them an excellent opportunity to observe and explore the natural environment while sparking curiosity about the wonders of the weather.

The children's eyes sparkled with excitement and energy from setting off, eager for the adventure awaiting them. Upon arriving at the park, the learners enthusiastically participated in engaging, hands-on activities. They explored the Mystery Box with curious minds, observed the natural surroundings through binoculars, and happily collected leaves of different shapes, colours, and textures.

The day was filled with joyful moments as the little ones moved to the rhythm of music and participated in fun-filled outdoor games. They explored how the weather impacts their surroundings, expanding their knowledge interactively and memorably.

Laughter echoed through the park as the children sang, danced, and enjoyed delicious meals during their picnic. Seeing them bond with friends and nature in such a vibrant environment was heartwarming. A heartfelt gratitude goes out to all the parents for their support in making this unforgettable experience possible.



Early Years Sports Day

On Thursday, December 26, 2024, the Early Years came alive with boundless energy and joy as we celebrated our vibrant and unforgettable Annual Sports Day! The event showcased sportsmanship, teamwork, and sheer enthusiasm, leaving everyone inspired and smiling.

The day started with a lively and colourful Olympic Walk, where our young learners proudly marched, radiating confidence and unity. The ceremonial lighting of the torch followed, symbolising the spirit of determination and fair play. Adding to the excitement, the learners delivered a flawlessly synchronised drill performance, demonstrating their coordination and discipline in a way that truly captivated the audience.



The fun-filled day continued with various exciting activities to engage and challenge our little athletes. From the thrilling 50mts race to the adventurous obstacle race, from the delicate balancing of the Spoon Race to the laughter-filled “Bursting the Balloon” game, every event was met with unbridled enthusiasm. The creative “Pack the Bag Race” and the hopping excitement of the Frogger race brought smiles to everyone’s faces, while the variety of fun relay races had the crowd cheering loudly.

Our young champs exhibited incredible teamwork, resilience, and physical fitness throughout the day, embodying the true essence of sportsmanship. Their joyful participation and determination lit up the entire field, making it a memorable day.

A massive round of applause goes to our dedicated teachers for their tireless efforts, our supportive parents for their encouragement, and most importantly, our amazing little stars for their energy and enthusiasm. Together, they made this event a phenomenal success!



Budding Botanists' Journey through "Green Fingers"

Our enthusiastic botanists from Grade 1 celebrated the conclusion of their IPC unit, "Green Fingers," during the Exit Point on Tuesday, December 10, 2024. This event highlighted their exciting journey of cultivating mustard, coriander, fenugreek, and garlic seeds, observing their weekly growth, and learning how to care for plants. Furthermore, they explored how weather and climate affect plant life and investigated plants' fascinating life cycle and pollination process through hands-on science experiments.

The learners displayed remarkable enthusiasm throughout the Exit Point and actively participated in every activity. A vibrant display of various types of Rainbow Salads, collaboratively prepared with the help of parents, was one of the event's key highlights. Parents also engaged in a fun and educational game with the learners, identifying different parts of plants that we eat.



Every moment, from start to finish, was filled with joy and excitement. The primary aim of this unit was to explore the world of plants while fostering communication skills, independence, and interdependence—goals that we successfully achieved.

This incredible learning journey would not have been possible without the unwavering support of our parents. We extend our heartfelt appreciation to them for their continuous encouragement and valuable feedback. It was a memorable experience, brimming with curiosity, creativity, and discovery!



A Journey to Remember!

On Thursday, December 5, 2024, our enthusiastic Grade 2 learners ventured on their much-anticipated trip to the serene Namu Buddha Resort, perched on top of the tranquil hills of Namu Buddha. Far from the hustle and bustle of Kathmandu, this 2-day, 1-night adventure offered a perfect blend of learning, exploration, and fun. They reveled in delicious organic food, perfectly tying into their IPC task, “We Are What We Eat” during their trip to the serene Namu Buddha, surrounded by the breathtaking beauty of nature.

The outdoor learning experience was elevated as they connected to real-life learning. Like a delightful storybook, the journey unfolded with every chapter filled with excitement and discovery. The young explorers embraced the natural beauty around them during a rejuvenating hike, soaking in the sights



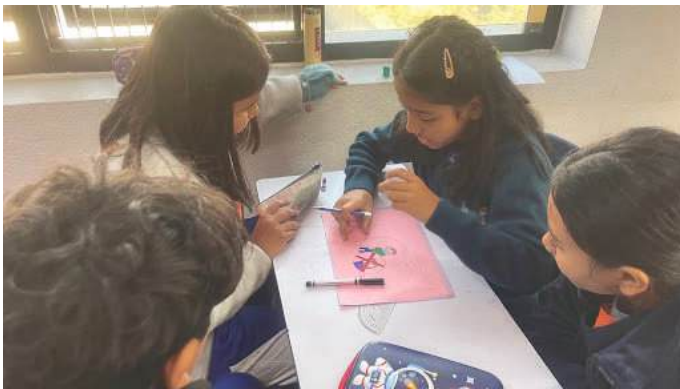
and sounds of the pristine environment. Their exploration continued at the dining table, where they enjoyed the wholesome flavours of organic cuisine straight from the resort's lush gardens. Throughout the trip, they demonstrated the Personal Goals of being resilient, respectful, collaborative, and adaptable, all while practising Habit 5: Seek First to Understand, then to Be Understood. The activities, including an engaging bonfire, added warmth and joy to the experience. This knowledge-rich adventure not only deepened their understanding but also strengthened their bond as a team. It was a truly remarkable and enriching experience for our young explorers! The most exciting part of the trip was spending valuable time with their beloved Diptee Ma'am, making this knowledge-packed journey even more special!



▶ Debugging Harmful Habits through Science Activity

Layne Staley once said, “My bad habits aren’t my title. My strengths and my talents are my title.” On Friday December 17, 2024, the Grade 4 learners explored the topic of Harmful Habits as part of their Science curriculum. The activity aimed to educate learners about the dangers of practices such as smoking, consuming alcohol, engaging in rough or unsafe games, and maintaining unhealthy lifestyles.

The learners were organised into small groups to foster collaboration and discussion. Each group reflected on their understanding of these harmful habits and explored ways to prevent them. They focused on ethical decision-making, adopting healthier behaviours, and taking necessary precautions to ensure a safe and responsible lifestyle.



As a creative follow-up, the learners designed vibrant and thought-provoking posters to raise awareness about avoiding these harmful behaviours. Their posters emphasised key messages, including the dangers of smoking and drinking, the significance of playing responsibly to prevent injuries and adopting precautions to avoid diseases.

This engaging activity highlighted the learners' excellent teamwork and communication skills. They showcased their artistic talents and thoughtful perspectives, resulting in visually appealing and meaningful posters. The session enhanced their understanding of harmful habits and instilled a sense of responsibility and awareness about making positive life choices.



“Christmas is not just a season; it’s a feeling of joy, togetherness, and creativity”

This year, the festive spirit came alive as Grades 1 to 4 learners celebrated Christmas with joy, laughter, and a dash of creativity. The highlight of the festivities was the vibrant door-decorating contest, where learners and teachers collaborated to design doors with unique and imaginative themes. Adding a thoughtful touch, many incorporated sustainable ideas, promoting an eco-friendly holiday celebration. Learners also had agency, expressing their voice, choice, and ownership in decorating the doors.



The classrooms were filled with the warmth of holiday cheer. Children, dressed in festive attire, brought the Christmas vibe to life by singing carols, dancing, and sharing in the season's joy. It was a day of togetherness and excitement, creating beautiful memories to cherish.

This celebration truly captured the essence of Christmas—spreading joy, showcasing creativity, and coming together as a community.



Primary Sports Day

On December 28, 2024, Sanskriti International School proudly hosted its Primary Sports Day—a grand celebration of athleticism, teamwork, and community spirit. The event commenced with an impressive march past by our enthusiastic young learners, exuding confidence and pride, as they were accompanied by the school captains. Their disciplined strides and vibrant energy set the tone for an unforgettable day.

The formal inauguration began with an inspiring opening speech by our respected School Principal, Ms. Timila Shrestha, who warmly welcomed everyone. Following her address, the School Chairperson, Mr. Ranjit Acharya, shared words of wisdom and encouragement, reminding us of the importance of sports in fostering resilience, teamwork, and leadership.

To officially open the event, a symbolic and uplifting balloon-flying ceremony was led by our esteemed dignitaries: Mr. Ranjit Acharya, Chairperson; Ms. Diptee Acharya, Director; Ms. Timila Shrestha, Principal; Mr. Bishal Kumar Chhetri, Director of Operations; and Mr. Amit Mantri, Vice Principal. As the balloons ascended into the sky, they carried with them the hopes, dreams, and ambitions of every young athlete present, marking the beginning of an extraordinary day.



A key highlight of the event was the presentation of the prestigious “Sanskriti Sports Samman” award, which recognizes exceptional dedication and excellence in sports. This year, we were honored to celebrate three remarkable individuals who have made significant contributions to Nepal’s sporting legacy.

- Ms. Palesha Goverdhan, an inspiring Nepalese Parataekwondo champion, whose achievements symbolize perseverance and determination, received the esteemed award.
- Mr. Kushal Shrestha, Nepal’s National Karate Coach and a beloved mentor at our school, was recognized for his unwavering commitment to nurturing young talent.
- Ms. Arika Gurung, an accomplished Nepalese Karate practitioner, was acknowledged for her inspiring achievements and role as a trailblazer in the field.

The day continued with a lineup of thrilling sports events, where our spirited learners showcased their agility, strength, and sportsmanship. From sprints to relay races, each activity radiated enthusiasm and determination. Adding to the excitement, parents enthusiastically participated in a high-energy 100-meter dash, displaying their own athletic prowess. The most awaited event, the Parent-Teacher Tug of War, was a delightful spectacle of friendly competition, laughter, and team spirit, further strengthening the bond between the school and its community.

Amidst the cheers, camaraderie, and thrilling competitions, the event was complemented by delicious food stalls and moments of shared joy. The grounds echoed with laughter and applause, creating a warm and celebratory atmosphere.

As the sun set on this memorable day, Sanskriti’s Primary Sports Day stood as a testament to the power of community, the joy of sports, and the enduring memories created through togetherness. The event was not only a perfect way to end the year but also a reminder of the vibrant and inclusive spirit that defines our school.





Taking Action for a Greener Future

On December 17, 2024, Grade 6 learners took a significant step toward environmental sustainability by participating in the Green School Program's Month 4 Activities: Garbage Walk, Waste Segregation, and Trash Audit. This hands-on activity provided an immersive learning experience that combined practical knowledge with real-world applications, fostering a sense of responsibility toward waste management.

The day began with learners slipping gloves, masks, and trash bags to collect garbage across various school departments. Using weighing scales, they meticulously calculated the amount of waste generated. This practical waste audit opened their eyes to the volume and type of waste produced daily.



Learners then delved into the science of waste segregation, identifying degradable waste that decomposes naturally and non-degradable waste like plastics, which pose long-term environmental challenges. Discussions also touched on the waste lifecycle, from creation to disposal, and how segregation enables recycling and reuse, reducing environmental harm.

Aligned with the Science and Technology curriculum's focus on Biodiversity and Solid Waste Management, this activity highlighted the pressing need for responsible waste management. The learners presented their findings in groups, reflecting on what they had learned and sharing their ideas for implementing waste segregation in their daily lives.

As future leaders, our Grade 6 learners have embraced sustainability, proving that change begins with awareness and action. We are proud of their commitment to making a positive difference in their community and beyond.



▶ Descending to the 'Dream'

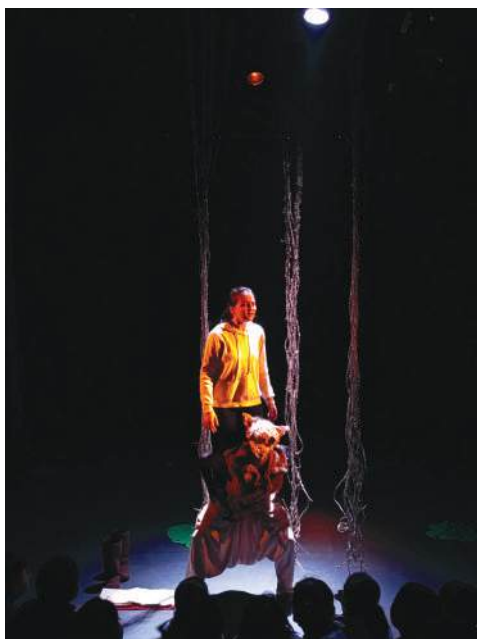
On December 9, 2024, the vibrant stage of Kausi Theatre came alive with a mesmerising performance of Dream, captivating the hearts and minds of Grade 6 and 9 learners. The play's central theme—Man vs. Nature—beautifully explored humanity's profound interconnectedness with the natural world, emphasising the pressing need to nurture and protect it. Through a tapestry of emotions and evocative storytelling, Dream illuminated the delicate balance of nature, urging humans to coexist harmoniously with it or, at the very least, allow it to flourish if care proves beyond their means.

This engaging play seamlessly wove themes of education, environmental conservation, and wildlife awareness into a unique theatrical experience that was both educational and culturally enriching. Dream struck a poignant chord with its audience, leaving an indelible mark by instilling a deeper appreciation for the environment and inspiring learners to read more mindfully about the Earth.

Utsukta, a curious and determined young girl at the heart of this captivating performance, embarks on a magical journey through the jungle alongside an enigmatic fox. Their adventure unfolds as a transformative exploration of environmental responsibility, compassion, and social awareness. Themes of emotional growth, creativity, cultural and wildlife appreciation, and collaborative learning emerged vividly, offering valuable lessons to the young audience.

The play, directed by the talented Mr. Che Shankar, was brought to life by two main characters: the wise and charismatic fox, played by Mr. Nirbhik Bhattarai, and the spirited young girl, portrayed by Ms. Snigdha Adhikari. Together, their performances were a perfect blend of charm and depth, drawing the audience into the wonders of their mystical journey.

Dream was not only a delightful theatrical experience but also an inspiring reminder of the role we play in preserving nature. Its powerful storytelling and the actors' brilliant performances created an unforgettable experience that resonated deeply with its audience, sparking reflection and a renewed commitment to environmental stewardship.



Embracing Adventure and Growth in Ghandruk and Landruk

Grade 7 learners commenced an unforgettable 5-day trekking journey to Pokhara, exploring the breathtaking trails of Ghandruk and Landruk from December 2 to 5, 2024. This adventure was more than a walk through scenic landscapes but also an opportunity to embrace teamwork, perseverance, and adaptability while creating lifelong memories.

From mesmerising mountain views to the warm hospitality of the locals, the trek offered an enriching experience for all. Each step presented challenges that tested their resilience and opportunities to grow, learn, and deeply connect with the beauty of nature. The learners demonstrated adaptability as they accommodated nature's unpredictability, learning valuable lessons in flexibility and resourcefulness.



A special note of gratitude goes to our dedicated guides, Mr. Deepak Raj Panta and Mr. Kiran Raj Bista, whose expertise and support ensured the adventure was truly extraordinary.

This journey has left a lasting impact on our learners, fostering personal growth, camaraderie, and a greater gratefulness for the wonders of nature. It was an experience they will cherish for years to come!



▶ Enriching Journey to Ligligkot, Gorkha

“We must teach our children to smell the earth, taste the rain, to touch the wind, to see things grow, to see the sunrise and nightfall.” - John Cleal.

Our Grade 8 learners embarked on an exceptional educational journey to Ligligkot, a historic hilltop in Palungtar Municipality, Gorkha from December 2 to December 6, 2024. Situated at an elevation of 1437 meters above sea level, Ligligkot is known for its significance in Nepal’s history, particularly its connection to the unification efforts of King Prithvi Narayan Shah and the origins of the renowned Gurkha soldiers. The trip offered learners a first-hand opportunity to explore the history of the place while experiencing the breathtaking beauty of Ligligkot Fort through an adventurous hike.



In addition to exploring history, the trip encouraged learners to step out of their comfort zones and engage in valuable life skills. Activities such as pitching tents, managing kitchen duties, and adapting to minimal resources taught them resilience, collaboration, and survival skills in an outdoor setting. The learners immersed themselves in the local culture, working with a nearby community school and gaining insights into rural life through guided village tours. A memorable cultural exchange added a special highlight, where learners showcased traditional dances and were warmly welcomed with regional delicacies prepared by the local community.

The Ligligkot trip was an excellent opportunity for learners to blend learning with adventure. It deepened their understanding of history and culture and fostered essential soft skills like teamwork, adaptability, and leadership. The experience was educational and fun-filled, leaving lasting memories for all the learners as they returned with a sense of accomplishment and a greater appreciation for Nepal's heritage and local communities.



Painting a brighter tomorrow with violence-less colour

“Ethics and equity and the principles of justice do not change with the calendar.”- D. H. Lawrence

The SIS Golden Z Club proudly joined forces in the “Orange the Schools” campaign, organised by Zonta Club Kathmandu, as part of the 16 Days of Activism Against Gender-Based Violence on December 4, 2024. The initiative aimed to raise awareness and encourage collective action against gender-based violence, underscoring the urgent need for equality and justice.

The event showcased the top five artworks created by our Grade 10 learners selected for the final competition. The anticipation for the announcement of the winners, set for December 10, 2024, added a layer of excitement to the program.

Under the powerful slogan, ‘Zonta Says No’, the event featured inspiring speeches by influential speakers representing the Zonta Club of Kathmandu, Saathi, and Ncell. Their messages underscored the importance of self-protection and fundamental human rights, particularly in the fight against harassment and violence.

The program began with an empowering opening address from Ms. Paralita Malla of Zonta Kathmandu, who spoke passionately about the realities of gender-based violence and the pressing issue of child marriage. Mr. Ranjan Gyawali, representing Ncell, emphasised the role of personal branding in promoting safer digital spaces, offering valuable insights into fostering online safety and accountability. Similarly, Ms. Parikshya Lamichhane from Saathi highlighted the significant contributions of Saathi to gender justice and informed the learners about government provisions for protecting women’s rights in Nepal. To further deepen the audience’s understanding, a thought-provoking video by UNICEF on child marriage was also presented, leaving a lasting impact on the attendees.



Towards a safer and equitable grounds

“It is time that men and boys recognize the part they must play in gender equality and join with the voices and actions of the women and girls who are trying to re-shape society in the interests of us all.”
– Jimmy Carter, former President of the USA (1977-1981)

On December 10, 2024, the SIS Golden Z Club proudly participated in the closing ceremony of the 16 Days of Activism Against Violence Against Women, an impactful campaign led by Zonta Club Kathmandu in collaboration with Ncell, Saathi, and UNICEF. The event culminated with an enlightening and dynamic panel discussion on ‘Addressing the Interconnected Challenges of Gender Inequality, Climate Change, and Violence Against Women’. The session shed light on the intricate and deeply interlinked relationship between gender-based violence and climate change, demonstrating how these global challenges exacerbate one another. It was a powerful and eye-opening discussion that urged participants to approach these critical issues with a unified perspective and renewed determination.

A moment of immense pride for SIS came when Angel Maharjan, President of the SIS Golden Z Club, was honoured for her exceptional artwork depicting “Climate Change and Violence Against Women”. Angel’s painting stood out as one of the top five from all participating schools, earning her well-deserved recognition for her creativity and poignant interpretation of the theme.

The closing ceremony was not just an event but an inspiring call to action for students, educators, and organisations to stand together in the fight against gender-based violence. It highlighted the need for continued advocacy, awareness, and collaborative efforts to create a safer, more equitable world for all.



Shining Bright at Nisarga MUN 2024!

It was a spectacular achievement by our talented learners at the prestigious Nisarga Model United Nations, held from December 13 to 15, 2024.

A massive round of applause goes to Krishbin Sharma, Grade 10, and Siyona Shrestha, Grade 8, who earned special verbal mentions for their outstanding contributions to their respective committees. Their thoughtful arguments and keen insights truly set them apart. Heartiest congratulations to Bihani K.C and Aryan Adhikari from Grade 10 for being crowned Best Delegates, a testament to their incredible diplomacy, critical thinking, and persuasive speaking skills.

Moreover, let us not forget Suryansh Shrestha, from Grade 10, who proudly secured the Outstanding Performance Award, dazzling everyone with his brilliance and dedication.

We also extend our warmest congratulations to all the participants who showcased remarkable dedication, teamwork, and a passion for addressing pressing global issues. Through their efforts, they demonstrated resilience, impactful ideas, and exceptional communication skills, leaving an indelible mark on this grand platform.

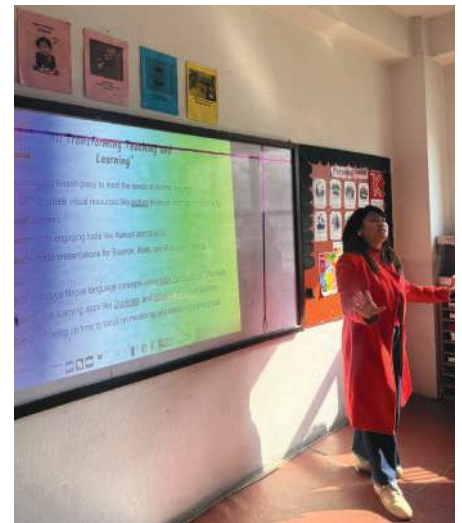
We could not be prouder of these young leaders, who continue to inspire and shine as the torchbearers of tomorrow's change. Keep reaching for the stars!



Professional Development Session for Continuous Improvement

On Sunday, December 22, 2024, a highly engaging and insightful Professional Development (PD) session was conducted for our school's primary and secondary teachers. The session was led by a distinguished panel comprising Unit Head of Primary, Ms. Shreeti Khadka, Programme Officer, Ms. Anita Shrestha, Coordinator, Ms. Dikshya Lamichhaney, and Unit Head of Secondary, Ms. Khushboo Rawat. These facilitators shared their valuable insights, experiences, and learnings acquired during the ICA conference held in Malaysia in November 2024.

The session revolved around empowering educators to prepare learners for the future by integrating innovative methodologies and tools into teaching. One of the key highlights was the role of Artificial Intelligence (AI) in modern teaching practices. The trainers emphasised how AI can be leveraged to make classrooms more dynamic, interactive, and future-ready. Discussions also included ways to promote learner agency, encouraging learners to take ownership of their learning in class and at home. Teachers were introduced to innovative assessment strategies beyond traditional methods to foster creativity, critical thinking, and practical application among learners.



Another crucial aspect of the training was advocating for sustainable practices in schools. The facilitators stressed the importance of instilling environmentally conscious habits in learners and integrating sustainability into everyday learning activities.

For secondary teachers, a particular focus was placed on the International Middle Years Curriculum (IMYC). The session included a detailed discussion of the recent updates to the IMYC framework and how these changes could be effectively implemented in classrooms. Teachers were encouraged to enhance their IMYC practices to align with the Sustainable Development Goals (SDGs) and nurture learner agency in regular classes.

The PD session provided a platform for teachers to reflect on their teaching strategies and adapt to innovative approaches to meet the evolving needs of 21st-century learners. Our educators' commitment to continuous improvement and professional growth is commendable and reflects our school's dedication to excellence in education.



THANK YOU

and hope you enjoyed reading!



www.sanskritiinternationalschool.edu.np

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

Thulobharyang, Halchowk, Swayambhu, Kathmandu, Nepal