

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

MARCH 2025



NOTE FROM THE PRINCIPAL



Dear Parents,
Namaste and warm greetings!

As we approach the end of the 2024/25 academic year, I would like to take a moment to reflect on the enriching experiences we have shared together. From hosting the Inter-school Sanskriti Model United Nations (SMUN) for the first time to organizing our Winter Camps and Winter Sports Pro Camps—these new additions have successfully become key highlights of our school's annual program.

Our collaborative efforts with government schools have been especially rewarding, culminating in our participation in the exhibition organized by the Kathmandu Municipality. These initiatives have not only enriched the learning experience but also broadened horizons for our learners.

March marks the conclusion of yet another year filled with growth, learning, and achievement. This month, we successfully conducted the 7th Secondary Education Examination (SEE), a significant milestone achieved through

meticulous planning, preparation, and guidance. I would like to extend my best wishes to all our Grade 10 learners, acknowledging their hard work and dedication. For the first time, the Basic Education Examination (BEE) for Grade 8 was conducted in a new setting. Learners were given the opportunity to experience the examination at a different school, which served as an important step in preparing them for future assessments.

I would also like to congratulate the learners of Grades 6 and 7 on the tremendous success of their Open Day program. It was a joy to witness their teamwork, creativity, and talent in acting, dance, and music. These moments of celebration remind us that education is not only about academics but also about nurturing holistic development.

As the end-of-semester exams begin for all grades, I am confident that our students will rise to

the occasion and achieve their academic goals. As we transition into the new academic year, we are filled with hope and anticipation. We remain committed to fulfilling the promises we've made, and I would like to express my deepest gratitude to our dedicated teachers for their tireless efforts in guiding our learners.

A heartfelt thank you to all of you, our parents for your unwavering support throughout the year. The journey of growth and learning has been truly remarkable, and I look forward to an even more exciting and productive year ahead. Together, let us continue to nurture the potential of every child, making the coming year one of even greater learning and growth.

Wishing you all a wonderful conclusion to this academic year and a promising start to the next! I look forward to your continued support.

Warm regards,
Timila Shrestha

Early Years Open Day and Graduation Ceremony

"You're braver than you believe, stronger than you seem and smarter than you think." - A.A Milne

On Monday, March 31, 2025, our Early Years learners took center stage with a spectacular performance, beautifully showcasing their understanding of the eight personal goals through drama and dance. With confidence and enthusiasm, they lit up the stage, captivating hearts with their expressive emotions and boundless energy.

The ceremony commenced with heartfelt performances by the Prep II learners and culminated in a mesmerizing display of performing arts by various grades. The atmosphere was brimming with excitement and joy as learners, facilitators, and the coordinator came together to celebrate this special occasion.

The highlight of the event was the graduation ceremony, where our KG learners, dressed in their ceremonial gowns and caps, proudly marched onto the stage to receive their certificates and souvenirs from the School Director and the Principal. It was a truly emotional and proud moment as our little stars were honored for their achievements and readiness to step into Grade 1.

This milestone not only marked their growth and new beginnings but also reflected their incredible journey of learning and discovery.

A heartfelt thank you to all the parents for being part of this joyous occasion—your love and support added an extra sparkle to this unforgettable celebration.

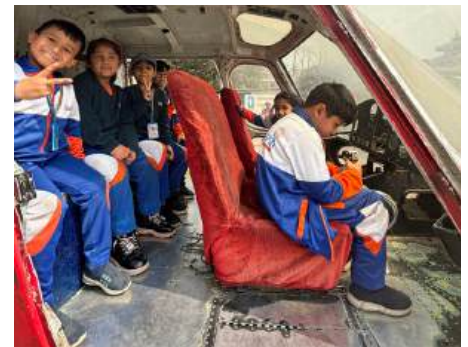
Congratulations to our Early Years graduates! The world is waiting for you...



A visit to the Aviation Museum

Our enthusiastic Grade 1 learners set off on an exciting learning adventure filled with curiosity, teamwork, and discovery during their visit to the Aviation Museum on Friday, March 7, 2025. Located near Tribhuvan International Airport in Sinamangal, the museum offered them a unique opportunity to explore the fastest mode of transportation- Planes.

The learners were fascinated by the massive airplanes on display. After exploring the interior of an aircraft, they watched a brief documentary about the museum's history, its exhibits, and much more. The learners discovered interesting facts about how planes are built, the science behind flight, and the crucial role aviation plays in our daily lives. They also learned about different types of aircraft and heard a captivating story about how humans



first dreamed of flying and invented the airplane.

One of the highlights of the trip was sitting in a flight simulator, where the learners had the chance to pretend to be pilots. Many were eager to take turns, filling the room with laughter as they shared their flying experiences with one another.

The day was rounded off with a delightful picnic lunch and some fun on the large slides on the museum grounds. The learners enjoyed reflecting on their favorite parts of the trip as they shared their experiences with friends.



Career Inspiration Week for Grade 2

At Sanskriti International School, we believe that real-world experiences are some of the best ways to inspire young minds. From February 25- March 6, 2025, our Grade 2 learners had a wonderful opportunity to learn from parents excelling in diverse professions interlinking the unit, “A Day in the Life.” Their stories and experiences helped broaden our learners’ perspectives on the endless possibilities the future holds.

We would like to thank our parents for their valuable time who came in as our guest speakers which included:

1. Mr. Ram Krishna Pokharel (father of Aviyan Pokharel), a Film Producer – He shared insights into the exciting world of filmmaking and presented, “The Silent Echo”, a short film that was nominated for an Oscar. The learners were fascinated by the power of storytelling and its impact on the world.
2. Mr. Vaibhaw Poddar (father of Miska Poddar), a businessman in Hydroponics & Fiber Ware – He introduced the learners to innovative, eco-friendly farming techniques and sustainable products, sparking curiosity about green business solutions.
3. Mr. Anurag Devkota and Mrs. Nishika Sharma (parents of Advay Devkota) Lawyers – They explained the importance of laws and justice in society, making complex concepts easy to understand for young minds.



4. Ms. Sanchita Gorkhali (mother of Nugah Gorkhali Shrestha) Operation Manager, UN Nepal for Women – She spoke about the importance of gender equality and how global organizations work to create a better world for everyone.
5. Ms. Suni Awale (mother of Sanskar Ratna Bajracharya) A Makeup Artist – She shared the creativity and skill behind makeup artistry, showing how passion can turn into a successful career.
6. Mr. Kamal Jung Thapa and Mrs. Sanju Kunwar (parents of Saishree Rajya Laxmi Thapa) Entrepreneurs & Restaurant Owners – They shared the journey of running a successful restaurant in Kathmandu, inspiring learners to dream about creating their own businesses one day.

The learners were full of enthusiasm, asking thoughtful questions and gaining new insights into different career paths. The highlight of the week was the screening of “The Silent Echo”, which left a lasting impression on the young audience. A huge thank you to all the parents who participated and inspired our learners. Your stories and experiences have ignited new dreams and ambitions in their hearts!



A Blazing trip to the Fire Brigade

As part of the IPC (International Primary Curriculum) unit, Grade 2 learners embarked on an exciting educational trip to Juddha Barun Yantra, Pulchowk, to explore the vital role of firefighters in our community. The visit provided them with valuable insights into fire safety, emergency response, and the tools and equipment used by firefighters.

During the visit, the young learners observed various firefighting tools and protective gear, including fire extinguishers, hoses, helmets, and fire-resistant suits. They had the opportunity to witness a drill, where firefighters demonstrated their swift response to emergencies, reinforcing the importance of teamwork and efficiency in their profession.



One of the highlights of the trip was the interactive interview session with the firefighters. The learners enthusiastically asked questions about the challenges of their job, the purpose of a fire engine, and the emergency procedures they follow during a fire outbreak. Through these interactions, they gained a deeper appreciation for the bravery and dedication of firefighters.

Additionally, the learners closely examined the fire engine and its components, understanding its crucial role in carrying water, tools, and personnels to fire incidents. The session also emphasized key fire safety rules, helping learners understand preventive measures and the importance of staying calm during emergencies.

This hands-on learning experience not only broadened their knowledge but also instilled a sense of gratitude and admiration for the firefighters who work tirelessly to keep our communities safe. The trip concluded with a reflection session, where learners shared their key takeaways and newfound awareness about fire safety.

We extend our sincere thanks to the team at Juddha Barun Yantra for their time and effort in educating our young learners. Their dedication and insights made this visit an unforgettable and enriching experience for all!



An Exciting Day at Tulip Factory!

On an exciting trip to a factory, learners of grade 3 had the opportunity to visit the Tulip Factory, where they discovered the intricate process of how pillows and quilts are made. This hands-on learning experience allowed the learners to see firsthand how raw materials are transformed into the soft, cozy products we use every day.

From observing the initial stages of material selection and processing to watching the final stitching and packaging, the learners were captivated by the entire production journey. Factory experts explained each step in detail, answering the curious questions from our eager young minds.

This visit not only enriched their understanding of manufacturing but also sparked curiosity about how everyday items are made. The learners returned to school with new knowledge and a greater appreciation for the work behind the products they use.



Hiking, Teamwork, and Trail Cleanup

On Friday March 21, 2025 grade 3 learners set off on an adventurous hike to White Gumba, walking along scenic trails and immersing themselves in the natural surroundings. As they navigated through the bushy paths, their curiosity led them to observe the flora and fauna, turning the hike into an engaging learning experience.

Upon reaching the summit, the learners were rewarded with breathtaking views, making the challenging journey worthwhile. They took a well-deserved break to enjoy lunch together, appreciating the peaceful environment and reflecting on the effort it took to get there.



In addition to the adventure, the learners took part in a social service activity, cleaning up a designated area before heading back to school. Their actions showed a strong sense of responsibility and care for the environment, turning the day not only into a day of exploration but also a day of giving back to nature.

Filled with teamwork, learning, and service, the day was an enriching experience that the Grade 3 learners will carry with them long after the hike.

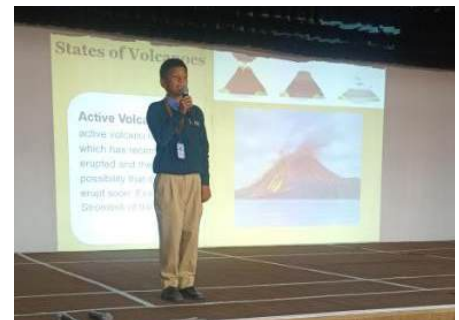
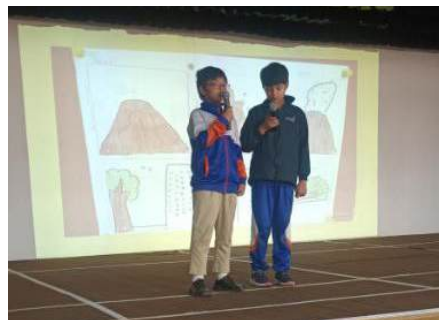


A Spectacular Exit Point on “Active Planet”

On Monday, March 24, 2025, Grade 4 learners proudly showcased their learning journey during the Exit Point of their IPC (International Primary Curriculum) the “Active Planet” Exit Point. This event marked the conclusion of their study on natural disasters, where they impressed everyone with their knowledge, creativity, and teamwork.

Learners showcased their learning by explaining about natural disasters like earthquakes, volcanic eruptions, and storms. They demonstrated models of earthquake-proof buildings, designed volcanologist suits, and explained plate boundaries and liquid viscosity. The highlight of the event was the storm-themed musical, bringing nature’s sounds to life. They also conducted an earthquake drill to show emergency response steps.

The “Active Planet” Exit Point was a proud moment for learners and teachers. Parents enjoyed the engaging presentations, which reflected the learners’ hard work and understanding through their presentations which were truly spectacular, integrating well with subjects across and the SDGs (Sustainable Development Goals).



A Magical Celebration of Growth and Memories

On Thursday, March 27, 2025 our Grade 5 graduation was an unforgettable celebration filled with joy, talent, and reflection. Our learners captivated everyone with soulful English and Nepali songs, showcasing their artistic abilities and cultural richness. The spring-themed dance, inspired by nature, added a beautiful touch to the event.

Throughout the ceremony, the learners reflected on their Outdoor Learning experiences and their connections to the Sustainable Development Goals (SDGs). Their insightful reflections demonstrated their growth as responsible and aware global citizens.

A particularly memorable moment was when learners shared their journey during their time in Grade 5 in Nepali, cherishing friendships, lessons, and unforgettable experiences. The highlight of the day was a heartwarming video that captured their incredible journey, filled with laughter, joy, and even a few happy tears. It was a perfect reflection of their growth throughout the year.

This graduation marked a joyous farewell to a remarkable chapter, and we couldn't be prouder of their accomplishments. Wishing them the best as they embark on new adventures and continue to grow as curious, compassionate explorers of the world. Congratulations!



Grade 6 shines on their Open Day

On Tuesday, March 11, 2025, Grade 6 learners had the exciting opportunity to showcase their talents and learning journeys through the highly anticipated “Open Day” event. The program was a true celebration of creativity, hard work, and passion. It was a day filled with performances that highlighted many talents of the learners.

The event kicked off with a variety of vibrant and energetic dances, showcasing not just rhythm and movement, but also the teamwork and dedication behind the scenes. The drama performances were equally impressive, as the learners brought stories to life with confidence and flair. Through music, reflection, and thoughtful presentations, the learners not only entertained but also shared valuable insights from their academic journeys.

The Open Day program became more special with the presence of parents, teachers, fellow learners, and school leaders, all of whom provided wonderful support and encouragement to Grade 6 learners. Their involvement added to the energy and excitement of the day, making it truly memorable. It was a fantastic occasion that demonstrated the growth, talent, and enthusiasm of the learners.



Kickstarting the School Kitchen Garden

On March 18, 2025, Grade 6 learners participated in an exciting hands-on activity as part of the Green School Program: the launch of our very own school kitchen garden! This experiential learning program introduced the learners to the world of gardening, connecting them to nature, agriculture, and sustainability while aligning with key topics from the National Curriculum, including science, technology, and the environment.

The day's activity was all about planting seasonal vegetables, providing learners with a deeper understanding of plant life, soil health, and the importance of sustainable practices. With vegetables such as tomatoes, pumpkins, and beans, learners were able to apply scientific concepts they have been learning in class to real-life experiences.

The day began with an engaging introduction and presentation, where learners were introduced to the different vegetables being planted. After learning about the importance of each plant, they eagerly moved to the garden for the practical part of the activity.



School gardening not only enhances the learners' knowledge about the environment but also fosters a sense of teamwork, patience, and responsibility. By working together, learners learned valuable skills in care for the environment and healthy eating. The school kitchen garden will not only beautify the space but also serve as an outdoor classroom, where learners can engage with nature and continue their studies in science and biodiversity.

As part of the day's activities, learners participated in a scavenger hunt to identify and learn more about different plants, insects, and creatures in the garden environment. This fun activity helped the learners develop a keen eye for nature's details.

After the gardening activity, learners gathered in a sharing circle to reflect on their experiences. They discussed what they learned about the environment, plants, and teamwork. The next steps for the class include light garden maintenance tasks, such as watering and weeding, to keep the garden thriving and encourage ongoing learner engagement with the project.



A Spectacle of Talent and Teamwork

The school's auditorium buzzed with excitement on Wednesday, March 12, 2025, as Grade 7 learners hosted their Open Day, a culmination of their academic journey. Orchestrated entirely by learners, the event highlighted their creativity, confidence, and collaborative spirit.

The evening began with a lively Spanish dance, followed by the witty English drama, "The Village Election Fiasco," which had parents laughing out loud. Cultural pride shone through the melodious Nepali song, "Chaubandhi Cholo" and the thought-provoking Nepali drama, "Indrako Ghamand Ra Paschatap," exploring themes of humility and redemption. The English song, "Friends" united the audience in a chorus of nostalgia, while our music teachers mesmerized everyone with instrumental performances.

Yash Agrawal, the poised emcee, guided the event seamlessly, supported by fellow technicians managing lights and sound. Parents applauded the learners' ownership of the program, praising their growth in public speaking and teamwork.



Principal Ms. Timila Shrestha, Vice-Principal Mr. Amit Mantri, coordinators, and teachers graced the occasion, commending the learners' dedication. The event wasn't just a display of talent but a testament to holistic education at Sanskriti, nurturing both academic and artistic excellence.

As the curtains closed, the applause echoed a shared pride in our learners' achievements. We extend our gratitude to all parents for their unwavering support and to our stellar Grade 7 team for making this Open Day unforgettable.



▶ *Experiencing the Beauty of Nature at White Gumba*

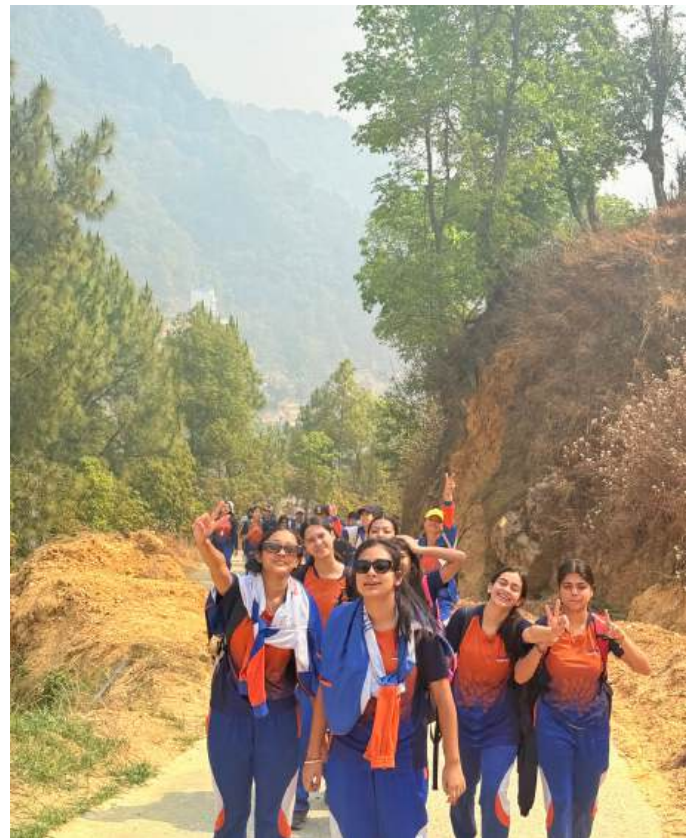
"Nature is not a place to visit. It is home." — By Gary Snyder

On Monday, March 31, 2025 Grade 8 learners explored the natural wonders of White Gumba during an educational hiking trip. The learners were immersed in the serene environment, surrounded by lush trees and fresh air. This experience offered them a unique chance to reflect on the importance of nature and the need to preserve it for future generations.

In addition to their hike, the learners participated in various recreational activities such as football and badminton, giving them the perfect balance of physical activity and relaxation. They also completed questionnaires that allowed them to engage more deeply with the concepts of environmental conservation and sustainability. This hands-on learning experience was a valuable opportunity to connect with nature while gaining insights into the role they can play in protecting the planet.



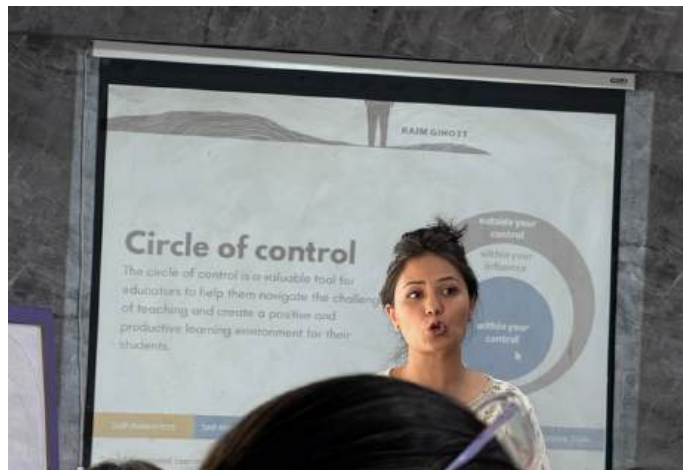
Before leaving the site, the learners demonstrated their commitment to environmental stewardship by cleaning up the area, ensuring they left it as pristine as they found it. This thoughtful action reinforced the key lesson of the day: the importance of keeping our environment clean and sustainable. The trip was not only a fun and educational experience, but also a reminder of the responsibility we all share in preserving the world around us.



QKS- Building Emotional Safety and Connection in association with Vaav

The QKS Training program has successfully completed both Phase 1 and Phase 2, which commenced on February 13 and 14, 2025. This educational journey brought together 23 dedicated participants, including two distinguished educators from Sanskriti International School.

The initial phase focused on creating emotional safety and meaningful connections in the classroom. Educators learned about the neuroscience of safety, essential emotional regulation techniques, and how these factors influence student engagement and learning. Participants gained valuable insights into creating supportive learning environments that foster positive relationships and enhance Social-Emotional Learning (SEL) foundations.



Building on this foundation, Phase 2 provided educators with practical, research-backed strategies to strengthen emotional safety and advance SEL across different classroom settings. Teachers developed important self-regulation skills and learned how to help students manage their emotions effectively. The training introduced educators to useful SEL approaches including mindful breathing exercises, creative activities, and grounding techniques. These tools now help our educators create classrooms characterized by empathy, connection, and emotional resilience.

This professional development experience has been truly transformative for all participants, with Sanskriti International School educators noting its meaningful impact on their SEL teaching approach. The science-based methods and practical strategies learned through this program will help develop students who are emotionally resilient, socially aware, and well-prepared for future challenges through comprehensive Social-Emotional Learning.

We remain committed to this journey of educational improvement—supporting educators in implementing effective SEL practices and creating better futures for both teachers and the students they inspire.



संस्कृति स्कूलमा SEE २०८१ परीक्षा व्यवस्थापनको लागि अभिमुखीकरण कार्यक्रम सम्पन्न

२०८१ चैत ३ चैत्र गते आइतबारका दिन संस्कृति इन्टरनेसनल स्कूलमा माध्यमिक शिक्षा परीक्षा (वर्क) २०८१ सञ्चालन तथा व्यवस्थापनका लागि केन्द्राध्यक्षहरूको अभिमुखीकरण कार्यक्रम सम्पन्न भएको छ। शिक्षा विकास तथा समन्वय एकाई, ताहाचल, काठमाडौँद्वारा आयोजित यस कार्यक्रममा प्रमुख जिल्ला अधिकारी, राष्ट्रिय परीक्षा बोर्डका अध्यक्ष, परीक्षा नियन्त्रक, शिक्षा विकास तथा समन्वय एकाईका प्रमुख तथा सुरक्षा निकायका वरिष्ठ अधिकारीहरूको उपस्थिति रहेको थियो।

संस्कृति स्कूलले यस महत्वपूर्ण कार्यक्रम आयोजना गर्न पाएकोमा गर्व महसुस गरेको छ। कार्यक्रममा परीक्षा सञ्चालनका लागि आवश्यक निर्देशिका, नियम, सुरक्षाका उपायहरू तथा केन्द्राध्यक्षहरूको भूमिका सम्बन्धी महत्वपूर्ण जानकारी प्रदान गरिएको थियो। साथै, निष्पक्ष र व्यवस्थित परीक्षा वातावरण कायम राख्नका लागि आवश्यक छलफलहरू पनि गरियो।

यस कार्यक्रममा डा. महाश्रम शर्मा (अध्यक्ष, राष्ट्रिय परीक्षा बोर्ड), ऋषिराम तिवारी (प्रमुख जिल्ला अधिकारी, काठमाडौँ), नन्दलाल पौडेल (परीक्षा नियन्त्रक), विश्वराज अधिकारी (जिल्ला प्रहरी प्रमुख, काठमाडौँ), समन्तमणि आचार्य (प्रमुख, शिक्षा विकास तथा समन्वय एकाई, ताहाचल, काठमाडौँ) तथा अन्य ,अधिकृतज्यूहरू लगायतका विशिष्ट व्यक्तित्वहरूको पनि उपस्थिति रहेको थियो। विद्यालय परिवार यस अवसरका लागि शिक्षा विकास तथा समन्वय एकाई, ताहाचल, काठमाडौँलाई विशेष धन्यवाद ज्ञापन गर्दछ। यस अभिमुखीकरण कार्यक्रमले वर्क २०८१ परीक्षालाई व्यवस्थित र प्रभावकारी रूपमा सञ्चालन गर्न महत्वपूर्ण योगदान पुऱ्याउने अपेक्षा गरिएको छ।



THANK YOU

and hope you enjoyed reading!



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