

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

APRIL 2025



NOTE FROM THE PRINCIPAL



Dear Parents,
Namaste and warm greetings!

As we step into a brand-new academic year, I am filled with excitement and anticipation for all the learning, growth, and memorable moments that lie ahead. It is with great pleasure that I welcome back everyone—both our old learners and those joining us for the first time. We are thrilled to have you as part of our school community!

At Sanskriti, we are deeply committed to creating a safe, inclusive, and vibrant environment where every learner feels seen, supported, and inspired to reach their full potential. To begin the year with purpose and alignment, our educators engaged in professional development focused on collaboration, student-centered teaching, and holistic growth. These sessions reinforced our shared values and equipped our team with practical strategies to foster both student well-being and meaningful learning. With renewed clarity and connection, our faculty is ready to make this year truly impactful.

We were also delighted to welcome all families to our Curriculum Nights, where teachers shared insights into the exciting learning journeys ahead. These events provided families with an excellent opportunity to understand the academic focus for the year, and to align on the goals and expectations we have set for our learners.

As part of their early work this year, students across all grades took time to set personal and academic goals, reflecting on their aspirations, identifying challenges, and visualizing the kind of learners they hope to become. This goal-setting process has laid a purposeful foundation for growth, helping students approach the year with intention and confidence. It has been an inspiring start to the year, with our learners already achieving remarkable milestones. Our secondary students made an international mark at the Ritsumeikan APU Model United Nations 2025 in Japan, earning top accolades such as the Best Delegation Award and many

more. On the athletic front, our learners demonstrated outstanding dedication and sportsmanship, both abroad and at home—from representing Nepal at the USF U15 Gymnasiade 2025 in Serbia to participating in our lively Intra-School Table Tennis Tournament. Together as a community, we also celebrated Earth Day under the theme “Our Power, Our Planet,” renewing our shared commitment to protecting the environment for future generations.

With so much already accomplished, we look forward to a year filled with more achievements, meaningful connections, and joyful memories. Thank you for being an essential part of our Sanskriti family. Together, let's make this academic year truly extraordinary. Wishing our beloved parents and esteemed faculty a joyful and prosperous Nepali Year 2082 ahead!

Warm regards,

Timila Shrestha
Principal

Grade 1 Learners Celebrate Identity and Growth

"Knowing yourself is the beginning of all wisdom." – Aristotle

Grade 1 wrapped up their "Who Am I?" unit with a vibrant and meaningful celebration that reflected their growth and self-discovery. From the moment the event began, our young learners took the spotlight—singing and dancing to their unit anthem, performing skits, and sharing what makes them unique. They expressed their emotions through art and spoke openly about the things that bring them joy, pride, and even sadness.

Parents were drawn into the experience too—joining in jumping jacks and jogs while the children explained how to keep the heart healthy. Learners also demonstrated their knowledge of important life skills, like knowing their address and phone number, and shared stories from their own life timelines. In thoughtful moments, learners spoke about being proactive, reducing food waste, and the importance of empathy and teamwork—tying in lessons from SDG Goal 2 and their eight personal learning goals.

The celebration closed with a heartwarming video of the year's highlights—trips, festivals, and night camp adventures—followed by reflections from parents, making for a truly memorable end to a beautiful learning journey.



"A Day in the Life" Showcase

On Tuesday, April 1, 2025, Grade 2 learners turned their classroom into a vibrant exhibition space as they wrapped up their "A Day in the Life" unit with an engaging, hands-on exit point.

Through activities like detailed mind maps and a fun tool-matching challenge, learners shared what they had discovered about different jobs and how they help the community. Visitors were especially impressed by creative emergency vehicle models that showed both artistic skill and a real appreciation for first responders.

Learners also created their own professional ID cards and designed uniforms to show the jobs they hope to pursue in the future. Their thoughtful look at how television has changed over the years gave insight into how media reflects culture and values over time.

The event was made even more special thanks to the active involvement of parents, whose support created a warm and encouraging atmosphere for the learners. We're so grateful to all the families for their continued encouragement throughout this exciting learning journey





Exit Point: Material World!

From clay to fabric to metal, Grade 3 brought their “Material World” unit to life in a fascinating Exit Point event. The learners shared their understanding of material properties by presenting creative projects and conducting hands-on experiments. They explained how different materials behave—whether they bend, stretch, or hold their shape—and linked these properties to real-world uses.

Their enthusiasm was contagious as they broke down complex ideas with ease, showing how materials like metal or fabric are used every day. The event was a perfect reflection of the curiosity and practical understanding they’ve developed over the unit. It was an exciting glimpse into how these young learners are beginning to see the world around them—and understanding just how much materials shape our daily lives.





School's In for First Graders!

Grade 1 launched the school year with a vibrant and immersive first day that welcomed learners and families into an atmosphere full of curiosity and connection. From the moment they arrived, families took part in interactive activities that helped ease first-day jitters and set the tone for a strong classroom community.

The day unfolded with bursts of creativity as learners sang, danced, and expressed their ideas through colorful art projects. With paintbrushes in hand and imaginations in full swing, they dove into drawing, painting, and crafting, transforming their thoughts into vibrant masterpieces. Throughout, classrooms hummed with animated conversations and collaboration, creating an energetic and inspiring



environment that brought their creativity to life.

With such a dynamic start, Grade 1 is off to a fantastic beginning. We're excited to see these young learners flourish and take on all the adventures this year has in store!

Quick Tip for Parents: Encourage your child to share what they created in class—it helps build confidence and reinforces their learning experience!



Back to School- First Day Highlights

Our Early Years learners, along with those in Grades 2 to 10, began the new academic year with a variety of engaging experiences aimed at building community and laying the foundation for the year ahead. Here's a glimpse into what they experienced during their first days back:

Early Years

Early Years learners began their first day with curiosity and excitement as they explored new classrooms and play spaces. The day was filled with hands-on activities like storytelling, painting, and group games that helped them settle in and connect with peers. Singing rhymes and moving to music added energy and fun, while shared moments encouraged confidence and comfort in the new setting.

Grade 2

Super Brain Yoga started the day for Grade 2, awakening minds and bodies after the long break. Learners created personalized locker tags with colorful designs and paired up with buddies for welcome games that fostered new connections. Their thoughtful emotion activity allowed everyone to express their first-day feelings openly while reinforcing that all emotions—from excitement to nervousness—are welcome in our inclusive classrooms.

Grade 3

Grade 3 quickly warmed up with an engaging Bingo game featuring questions about summer adventures and favorite activities, revealing shared interests and breaking the ice. A lively PE session got everyone moving with team challenges, while quiet reading time helped learners settle into classroom routines. Their meaningful emotion check-in created a space where everyone could express their thoughts about returning to school in a supportive environment.



Grade 4

Brain yoga energized Grade 4 learners with movements designed to stimulate both hemispheres of the brain. Personal question cards with age-appropriate topics sparked meaningful conversations and new connections between classmates. Learners participated in an educational session about the important topic of good touch versus bad touch, developing crucial safety awareness. The day concluded with a circle activity where each learner shared specific compliments with their peers.

Grade 5

Mindfulness exercises started the day for Grade 5, focusing on breathing techniques and present-moment awareness before transitioning to the fast-paced Zip Zap game that requires quick thinking and concentration. Learners developed detailed SMART goals for academic achievement, personal growth, and social responsibility. The day included structured confidence-building activities where learners practiced expressing their ideas and actively listening to diverse perspectives from their peers.

Grade 6

Grade 6 middle school learners toured their new classrooms to familiarize themselves with the learning environment before collaboratively establishing classroom rules and appropriate consequences. Brain breaks like Chinese Whispers incorporated fun into the day while practicing active listening skills. The "Crumpled Heart" activity demonstrated how hurtful words leave lasting impressions, while the "Are You Okay?" video prompted meaningful discussions about recognizing and preventing bullying behaviors.



Grade 7

The "Embracing Our Potential" activity had Grade 7 learners drawing symbolic backpacks filled with specific qualities they identified as essential for success—including creativity, time management, curiosity, and confidence. After thoughtfully discussing classroom expectations for academic rigor and respectful interactions, learners worked in teams to create informative and visually striking anti-bullying posters featuring original slogans and illustrations to promote inclusion throughout the school.

Grade 8

The Art Relay Challenge engaged Grade 8 in a timed creative competition where teams collaborated to complete progressive art pieces, practicing communication and artistic problem-solving. For Earth Day, learners planted native saplings in the school garden and created a "Tree of Commitment" display featuring personally written environmental pledges. Discussions focused on practical actions learners can take to address environmental challenges in their daily lives and local community.

Grade 9

Grade 9 found their center through guided meditation exercises that incorporated breathing techniques and visualization before reconnecting with classmates through the revealing "How well do you know your friends?" activity that uncovered surprising facts and shared interests. Their Earth Day skits on "If the Earth Could Talk" featured creative dialogue, costumes made from recycled materials, and powerful messages about environmental stewardship that demonstrated both theatrical talent and genuine concern for ecological issues.

Grade 10

Outdoor team-building games challenged Grade 10 learners to solve complex problems that required effective communication, strategic thinking, and collaboration. These activities included navigating obstacle courses while blindfolded with only verbal guidance from teammates. The day included creating detailed Earth Day pledges addressing specific environmental concerns and a structured discussion exploring their evolving responsibilities as informed global citizens with the capacity to influence positive change.

Lessons in Soil and Sustainability

The new academic session for Grades 8 to 10 began with a purposeful focus on environmental awareness, as learners marked Earth Day 2025 under the theme, “Our Power, Our Planet.” The day’s activities were designed to encourage hands-on participation and reflection. Learners took part in a sapling plantation drive, planting trees around the school to promote greener spaces and a sense of responsibility toward the environment.

In the classrooms, learners contributed to a Tree of Commitments—a collective display where each learner wrote a personal environmental pledge on a paper leaf. These ranged from turning off unused lights to reducing single-use plastics, showing a practical understanding of individual actions that can make a difference. Additionally, a short skit titled, “If the Earth Could Talk” was performed, using storytelling to highlight the impact of human behavior on the environment and the importance of sustainable choices.

The Earth Day program served as both an introduction to the school year and a reminder of the broader role students play as responsible members of their community and the planet.

Takeaway: Let’s carry the energy of Earth Day with us—small changes, big impact. Keep those green habits going!



Curriculum Nights: Engaging Parents in the Learning Journey

As we begin a new school year, our recent Curriculum Nights provided parents with an opportunity to connect with teachers and gain insights into their children's educational experiences. These evenings clarified academic expectations, learning goals, and the unique approaches we take at each grade level, fostering meaningful conversations that strengthen our school community. Here's a recap of the highlights from Grades 1, 8, and 10.

Grade 1: Exploring the Learning Path

Our Annual Grade 1 Curriculum Evening was a great success, with parents actively participating in discussions about the Unit Cycle and the International Primary Curriculum (IPC). They engaged in hands-on activities that illustrated how learning occurs in the classroom. Teachers shared details about the curriculum, emphasizing not just what students will learn, but the reasoning behind our educational choices. The evening concluded with a relaxed dinner, allowing parents to connect with one another.

Grade 8: Clear Expectations for the Year

During the Grade 8 Curriculum Night, parents were introduced to the academic goals, grading policies, and support systems in place for their students. In addition to preparing for their board exams, the evening covered important topics such as study strategies, time management, and the resources available to help learners succeed. This event facilitated open communication, allowing parents to ask questions and understand how to best support their children throughout this pivotal year.



Grade 10: Preparing for Future Opportunities

The Grade 10 Curriculum Night provided parents with an overview of the year ahead, focusing on essential programs like Social Emotional Learning and the Future Fit digital career platform. A significant emphasis was placed on the upcoming board exams, with discussions on exam formats, preparation strategies, and the importance of maintaining a balanced study schedule. Parents also learned about key school events, field trips, and extracurricular activities that contribute to a well-rounded student experience.

As we move forward in the school year, we look forward to continuing our collaboration with parents to support our learners' growth and success. Thank you to all parents for your engagement and commitment to our school community!



Sanskriti at the Regional Qualifiers

"Winning means you're willing to go longer, work harder, and give more than anyone else."
- Vince Lombardi

Sanskriti International School proudly participated in the qualifying round of the South Asian Regional Youth Table Tennis Championship on April 5, 2025, at the Table Tennis Training Centre in Kathmandu. Our talented trio of players competed with distinction against schools from across Nepal.

This prestigious tournament selects Nepal's top young players to represent the nation at the South Asian Junior Table Tennis Championship, drawing fierce competition from the country's most promising athletic talent.

Our athletes displayed exceptional skill, focus, and sportsmanship throughout their matches. Despite facing opponents with diverse playing styles and experience levels, they maintained remarkable determination and competitive spirit throughout the event.

We commend these dedicated learners for challenging themselves at this regional level. Their journey in competitive table tennis continues to develop, with each tournament providing valuable experience for their athletic growth and character development.

Go Team Sanskriti!



Sanskriti Delegates Win Big at APU MUN 2025!

Sanskriti International School recently made its mark on the international stage by participating in the Ritsumeikan Asia Pacific University Model United Nations (APU MUN) 2025, held in the vibrant city of Beppu, Japan. Our delegation not only represented our school but also showcased the spirit and talent of Nepal, earning both team and individual accolades at this prestigious conference.

The highlight of our participation was the Best Delegation Award, a testament to the hard work, dedication, and exceptional skills of our team in research, diplomacy, and negotiation. This recognition reflects the collective effort and commitment of each member, who worked tirelessly to prepare for the challenges of the conference.

Individual Highlights:

- Outstanding Delegate: Anuva Shrestha, whose insightful contributions and persuasive arguments set her apart.
- Special Mention: Ivan Pradhan, recognized for his exceptional engagement and strategic thinking.
- Verbal Mentions: Parth Agarwal, Padmatara Thokar, Suryansh SJB Rana, and Siyona Shrestha, who all made significant impacts in their respective committees.



This year's APU MUN brought together bright minds from across the region, fostering discussions on pressing global issues and international cooperation. Our students distinguished themselves not only through their knowledge but also through their confident public speaking and collaborative problem-solving skills. They engaged in meaningful debates, challenged perspectives, and worked together to find solutions to complex problems.

We extend our heartfelt congratulations to all participating delegates for their hard work and dedication. You represented Sanskriti—and Nepal—on an international platform with distinction, and your achievements inspire us all.



Middle School Team Readies for the Year Ahead

You know what they say: "Sharpen the saw before you swing it."

To kick off the academic year with purpose and alignment, our middle school faculty took part in a dynamic three-day professional development workshop led by educational consultant Ms. Ayushma Regmi. The training was designed to strengthen practical teaching strategies, build stronger team dynamics, and lay the groundwork for a proactive, student-centered learning environment.

Across the three days, teachers engaged in hands-on sessions that emphasized collaboration, reflection, and real-world classroom application. They explored new ways to boost student engagement, shared successful practices from their own classrooms, and examined how to foster a more inclusive and interactive culture for learners.



The collage consists of nine photographs arranged in a 3x3 grid, illustrating the 'Our Stream' project activities:

- Top Left:** A close-up of a student's hands placing colorful sticky notes onto a large circular poster titled 'OUR STREAM'.
- Top Middle:** A group of students and a teacher standing around a large poster, engaged in a discussion.
- Top Right:** A classroom scene with students sitting on the floor, listening to a teacher who is standing and presenting.
- Middle Left:** A student drawing a human figure on a large sheet of paper, with other students watching.
- Middle Middle:** A student holding up a large poster of a human figure, which is being discussed by a teacher.
- Middle Right:** A student drawing a human figure on a large sheet of paper, with other students watching.
- Bottom Left:** A student drawing a human figure on a large sheet of paper, with other students watching.
- Bottom Middle:** A group of students sitting at a table, working on their projects.
- Bottom Right:** A group of students sitting at a table, working on their projects.

Kickstarting the Year with Professional Development and Connection

On April 22, 2025, the Sanskriti School faculty came together for two days of meaningful professional development focused on reflection, connection, and growth to kick off the new academic year. The sessions combined mindful practices, team-building, and purposeful dialogue to set a thoughtful tone for the months ahead.

The experience began with a calming yoga and breathwork session led by Ms. Manita Karki, providing teachers with practical tools to enhance focus and well-being—skills they can model for their learners throughout the year. This was followed by engaging activities that fostered camaraderie, including a memory challenge that helped strengthen relationships across the faculty.

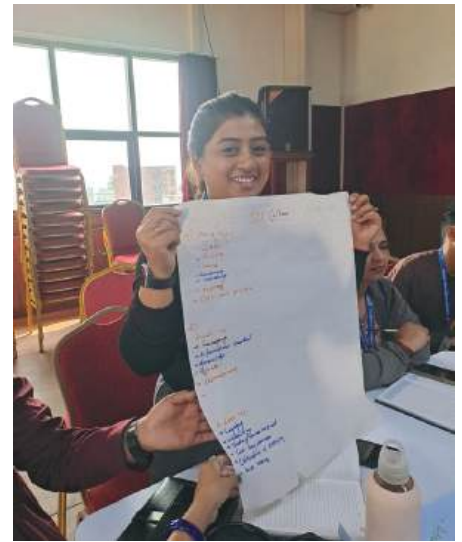
Conversations centered on the core values the school aims to cultivate in learners. Teachers collaborated to explore how these principles can be authentically embedded in classroom experiences, emphasizing the balance between academic rigor and nurturing emotional, physical, and creative growth. The discussions were both reflective and action-oriented, inspiring fresh approaches to supporting the whole student.



A significant focus was placed on creating a positive school culture rooted in mindfulness and gratitude. Faculty members exchanged practical strategies to foster daily well-being—for learners and themselves—that encourage resilience and connection within the school community.

Adding depth to these conversations, the faculty participated in The Leader in Me workshop, dedicated to integrating leadership development into the classroom. Teachers explored how to empower learners with practical skills such as goal-setting, collaboration, and self-awareness, fostering a culture where students are active participants in their learning journey.

These two days of professional growth reinforced a shared commitment to nurturing an engaging, supportive, and learner-centered environment. With renewed focus and strengthened relationships, the Sanskriti School faculty are well-prepared to inspire and guide their learners throughout the year.



Faculty Fiesta!

The faculty team at Sanskriti recently came together for an enriching day at the Holiday Inn in Budhanilkantha, engaging in activities designed to strengthen bonds, celebrate achievements, and unwind. The event featured a lively mix of games, music, and dancing, creating an atmosphere filled with joy and excitement. Faculty members took this opportunity to connect over fun challenges, sharing laughter and reinforcing the strong relationships that define our community.

Amid the festivities, we also paused to recognize the dedication and hard work of our staff throughout the year. Special acknowledgments were given to those who reached significant milestones, ensuring that every contribution was valued and appreciated. This gathering served as a meaningful reminder of the importance of celebrating our successes and nurturing our relationships. With high spirits all around, it was a day well spent for the entire faculty team, filled with enjoyment and lasting memories.

As we move forward, let's carry this spirit of connection and celebration into our daily work, continuing to support and uplift one another in our shared mission.



विद्यालयका दिदी-दाइप्रति विद्यार्थीको सम्मान कार्यक्रम सम्पन्न

संस्कृति इन्टरनेसनल स्कूलमा कार्यरत दिदी-दाइहरूको सम्मानमा एक विशेष कार्यक्रम सम्पन्न भएको छ। कार्यक्रममा विद्यार्थीहरूले आफ्ना भावनाहरू व्यक्त गर्दै विद्यालयको दैनिक व्यवस्थापनमा महत्वपूर्ण भूमिका निर्वाह गर्दै आएका दिदी-दाइहरूप्रति आभार व्यक्त गरे।

विद्यार्थीहरूले आफैले तयार पारेका कार्डहरू दिदी-दाइहरूलाई प्रदान गरे, जसमा विद्यालय सफा, सुरक्षित र व्यवस्थित राख्नमा उहाँहरूको योगदानको प्रशंसा गरिएको थियो। कार्डहरूमा लेखिएका सन्देशमार्फत विद्यार्थीहरूले निरन्तर श्रम र समर्पणबाट आफूहरूले पनि प्रेरणा पाएको उल्लेख गरेका थिए।

कार्यक्रम विद्यालय परिसरमै आयोजित गरिएको थियो, जहाँ विभिन्न कक्षाका विद्यार्थीहरू सहभागी भएका थिए। कार्यक्रमको उद्देश्य दिदी-दाइहरूप्रति सम्मान प्रकट गर्नुका साथै विद्यालय समुदायमा आपसी समझदारी र कदरको भावना बढाउनु रहेको विद्यालय प्रशासनले जनाएको छ।

कार्यक्रम सहज, आत्मीय र प्रेरणादायक वातावरणमा सम्पन्न भएको थियो। सहभागी सबै दिदी-दाइहरूले विद्यार्थीहरूको यो सानो प्रयासलाई अत्यन्त मन पराएको प्रतिक्रिया दिएका थिए।



THANK YOU

and hope you enjoyed reading!



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