

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

# NEWSLETTER

JUNE 2025



# NOTE FROM THE PRINCIPAL



Dear Parents,  
Namaste and warm greetings!

As we move into the heart of the academic year, I write with immense pride and gratitude. June has been a month marked by celebration, reflection, and significant milestones at Sanskriti International School, each reinforcing the strength of our learning community and the values we hold dear.

This month, Sanskriti had the pleasure of hosting the 3rd QKS Interschool Basketball Tournament, a dynamic gathering of schools from across Kathmandu. The event served as a powerful platform for learners to engage through sport, demonstrate their talent, and embody the values of teamwork, resilience, and respect. I would like to commend all athletes and extend heartfelt thanks to the 15 participating schools, their heads, and coaches; your enthusiastic involvement made this a memorable celebration of sportsmanship and community spirit.

From the court to the community, that same spirit of participation and purpose carried into our Environment Week, a meaningful demonstration of our collective commitment to sustainability. Highlights included a spirited walkathon around Swayambhu and a tree plantation

drive at UN Park, Shankhamul, organized in collaboration with the Jane Goodall Institute Nepal. Parents, teachers, and learners came together for both events marching with purpose and planting native saplings in a shared effort that turned awareness into action. We are especially grateful to the parents who joined in and contributed alongside the learners by donating saplings for plantation. We hope this initial step becomes a lasting learning experience for our learners, one that nurtures a deeper connection to community and to causes greater than themselves.

Equally momentous was the graduation of our Grade 12 learners, a moment that marked both an ending and a beginning. As they took the stage for the final time, they did so with grace, confidence, and a strong sense of purpose. In their time at Sanskriti, they became thoughtful contributors to our community—embracing challenges, pursuing excellence, and exemplifying the values we strive to uphold. We are proud to have been part of their journey and send them forth with every confidence in their ability to lead with integrity and heart.

Shortly thereafter, we celebrated the SEE results of our Grade 10 learners—a milestone that filled me with immense pride. Their achievements reflect not only academic excellence, but also the focus and maturity with which they approached their goals. I witnessed their dedication they brought to their studies, supported by the thoughtful guidance of our teachers and the steady encouragement of families. It was a joyful reminder of what we can accomplish together. I would like to congratulate each of our SEE graduates—you have all done a tremendous job. Hold onto that curiosity, carry your courage forward, and may the journey ahead be filled with discovery and joy.

As always, I am humbled by the strong partnership between our school, learners, and families. Thank you for your continued trust and involvement in this vibrant learning journey. Together, we are shaping thoughtful, capable, and compassionate changemakers of tomorrow.

Regards

**Timila Shrestha**  
Principal



## Young Explorers Delight in Ranibari Forest Adventure!

On June 4, 2025, our youngest learners embarked on an exciting nature walk through Ranibari Forest – a vibrant outdoor classroom buzzing with discovery! With wide eyes and eager hands, the children explored towering trees, rustling leaves, and hidden wildlife, spotting birds flitting through branches and insects busy in the undergrowth.

They collected nature's small treasures: smooth stones, twisted twigs, and curious seeds, each item sparking questions and wonder. Back in class, their adventures came to life as they drew colorful pictures of forest scenes and shared lively stories. Some imitated bird calls they'd heard, while others described the rough bark of ancient trees or the delicate veins in leaves.

This hands-on journey didn't just teach them about nature but it let them live it. By connecting classroom lessons to the real world, we're nurturing curious minds and lifelong respect for our environment.

Expect more exciting excursions that deepen real-world exploration!





## Brain Boosters: Training Minds and Traveling the World!

On June 10, 2025, our Grade 1 learners delved deeper into their IPC unit "Brainwave: The Brain," discovering how their most powerful organ works and how to care for it. Through engaging activities, they explored optimal learning strategies and brain health practices.

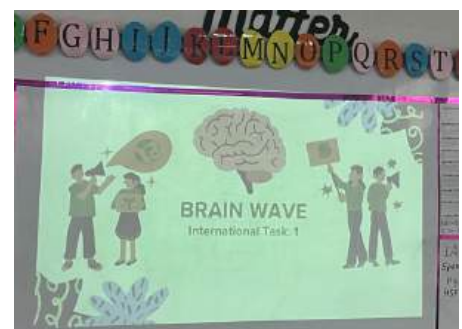
As part of our international task, learners virtually traveled to Scotland and the UAE to examine cultural approaches to wellness. In Scotland, they learned about traditional foods like porridge and haggis, and how time in green spaces promotes mental clarity. Their UAE exploration revealed the nutritional benefits of dates and biryani, highlighting diverse paths to physical and mental health. This global perspective helped students recognize universal connections between healthy habits and strong brains.

During their brain science studies, learners investigated how different brain regions control learning, movement, emotions, and thinking. Teachers guided interactive lessons about how sleep, nutrition, and daily routines impact cognitive function. Children practiced identifying habits that keep their brains "strong and happy," gaining practical self-care knowledge.

Physical Education directly supported this unit through targeted activities. Learners developed gross motor skills while stretching for flexibility, jogging to build stamina, and practicing catching/throwing to enhance coordination. These exercises reinforced a key unit concept: physical activity primes the brain for learning.









## Grade 2 Exit Point: Celebrating Learning through Metacognition

Our enthusiastic Grade 2 learners recently marked the conclusion of their first IPC unit, Brainwave: Metacognition on June 26, 2025 with a joyful and meaningful Exit Point celebration. The event was a vibrant showcase of their learning journey, offering insight into how they understand and reflect on the ways they learn best.

Throughout the unit, our young metacognitive explorers developed a solid grasp of how the brain functions. They confidently identified key parts of the human brain and their roles, explained the difference between the left and right hemispheres, and articulated their understanding of thinking tools such as growth mindset, thinking skills, and different types of questions—ranging from memory and evaluative to convergent and divergent.

The event was truly special with the way learners took ownership of the experience. They stepped confidently into the role of facilitators, guiding parents and visitors through a variety of interactive activities. From Kim's Game and the Stroop Effect to Memory Challenges, every activity was led by the students, who not only explained the rules but also the thinking strategies behind them. Their leadership and clarity were inspiring to witness.





Complementing the hands-on activities were thoughtful displays of learners' work, including creative brain models, reflective art pieces, and emotion exploration activities in Nepali. These provided deeper insight into how learners understand memory, emotion, and the cognitive strategies that support meaningful learning.

The event was a powerful reminder of the confidence, collaboration, and curiosity that define our learners. We are incredibly proud of their efforts and the metacognitive tools they now carry with them. We look forward to seeing how these thoughtful habits of learning continue to unfold throughout the year.





## Exploring Living History at Bhaktapur Durbar Square

On June 3, 2025, our Grade 3 learners stepped into the heart of history with an enriching field trip to Bhaktapur Durbar Square. This visit was part of their Brainwave unit, which encourages students to explore learning through multiple lenses – including history, geography, art, and design. It was a day designed to take learning beyond textbooks, bringing classroom concepts to life through real-world experience.

As learners entered the UNESCO World Heritage site, they were instantly captivated by the grandeur around them – from centuries-old temples and finely carved wooden windows to vibrant courtyards and age-worn sculptures. With sketchbooks and thoughtful questions in hand, they explored the square with wide-eyed curiosity, ready to uncover the stories etched into every stone and statue.

Throughout the day, learners viewed Bhaktapur through the eyes of young historians, geographers, artists, and designers. They reflected on the legacy of the Malla period, examined how the city's layout supported its community over time, and sketched architectural details that revealed the exceptional craftsmanship of the past. Each discipline added a new layer of understanding, showing how different ways of seeing can enrich how we learn.

One of the most meaningful moments came through interactions with local artisans and community members, who generously shared their traditions, techniques, and experiences. These personal connections helped students see Bhaktapur not just as a preserved monument, but as a living, breathing heritage site – still shaping lives today.

More than a field trip, the visit gave learners space to observe, think, and engage in ways the classroom doesn't always allow. It brought their learning into focus – specific, tangible, and connected to the world beyond school.

### Did You Know?

Bhaktapur's 55-Window Palace took 3 generations to build!

Grade 3 sketched the same windows Malla artisans carved in 1427 AD.





## Exit Point: The Art and Science of Learning

"Children must be taught how to think, not what to think. What we witnessed today wasn't just learning—it was young minds mastering the architecture of their own genius."

— Adapted from Margaret Mead, Pioneering anthropologist

On Thursday, June 19, 2025, the Grade 4 learners transformed their space into a vibrant hub of discovery, proudly presenting their Exit Point for the International Primary Curriculum (IPC) unit "Brainwave: Metacognition." Centered on the compelling theme "The Art and Science of Learning," the exhibition offered a unique window into the students' understanding of how they learn best, presented with remarkable creativity and confidence.

Parents and visitors were treated to an interactive journey through the students' learning. The event buzzed with engagement as young learners articulately explained their discoveries across various subjects. The atmosphere was one of palpable pride as learners demonstrated not just knowledge, but deep reflection on the learning process itself.





The exhibition highlighted diverse aspects of learning through hands-on activities in each subject:

- **Mathematics:** Applied math skills to analyze real sugar consumption versus healthy recommendations.
- **Social Studies:** Demonstrated social studies concepts by quizzing parents on learning goals and growth vs. fixed mindsets.
- **Nepali:** Reinforced language skills through an interactive memory game.
- **Art:** Illustrated color theory fundamentals via the color wheel and hands-on mixing demonstrations.
- **Physical Education:** Highlighted PE's role in well-being by explaining exercise's impact on emotion management and the "Zones of Regulation."

Adding a dynamic element, a group of learners performed an insightful short skit on conflict resolution, demonstrating practical social-emotional skills, warmly received by the audience despite its informal staging.

Throughout the event, Grade 4 learners impressed with their confidence, clear communication, and presentation skills, actively developing key goals like adaptability and collaboration. It was a wonderful opportunity for parents to connect meaningfully with their children's learning journeys. This interactive and inspiring Exit Point served as a powerful testament to the students' significant growth and self-awareness as learners.





## कक्षा ४ को भ्रमण - एडु फार्म, ललितपुर

असार ९ गते, सोमबारका दिन कक्षा ४ का विद्यार्थीहरू एडु फार्म, ललितपुरको भ्रमणमा गएका थिए । यो भ्रमण International Primary Curriculum (IPC) अन्तर्गत 'The Nature of Life' एकाइको ऋतुचक्र प्रयोजनका लागि आयोजना गरिएको थियो । विद्यार्थीहरूको जिज्ञासा र अनुभूति अभिवृद्धि गर्नका लागि गरिएको यस भ्रमण निकै रोचक, शिक्षामूलक र सिकाइमैत्री तरिकाले सम्पन्न भयो ।

यस अवसरमा विद्यार्थीहरूले जीवनका विविध रूपहरूको अन्वेषण गरे । बोटबिरुवा, जनावर, चराहरू लगायत विभिन्न जीवजन्तुहरूप्रति उनीहरूको रुचि भन्ने बढ्यो । एडु फार्ममा गाई, भैंसी, भेडा, बाख्रा, खरायो, हाँस, कुखुरा, टर्की आदि जनावरहरूलाई प्रत्यक्ष अवलोकन गर्ने मौका पाए । विद्यार्थीहरूले यी जनावरहरू कहाँ बस्छन्, के खान्छन्, कसरी हिँड्छन् भन्ने कुराहरू नजिकबाट हेरेर अनुभव गर्न सके । साथै, उनीहरूले कृषि औजारहरूको अवलोकन गरे र सागासब्जी तथा अन्य बालीहरू कसरी रोप्छन्, हर्किन्छन् र फुल्छन् भन्ने कुरा पनि प्रत्यक्ष रूपमा सिक्न पाए । यस्ता अनुभवहरूले उनीहरूलाई प्रकृतिप्रतिको बुझाइ अझै प्रगाढ बनाउन सहयोग पुऱ्यायो ।

यस भ्रमणको मुख्य उद्देश्य विद्यार्थीहरूलाई प्रकृति, वातावरण र जीवनप्रति जिज्ञासा बनाउनु, जनावर र वनस्पतिको महत्व बुझाउनु, र वातावरणसँग आत्मीय सम्बन्ध विकास गर्नु हो । विद्यार्थीहरूले आफ्नो अनुभूति लेखे, चर्चा गरे र चित्र बनाएर पनि प्रस्तुत गरे । यस किसिमको प्रत्यक्ष र प्रयोगात्मक सिकाइले विद्यार्थीहरूमा जीवनका विविध पक्षहरूप्रति गहिरो सोच, अवलोकन गर्ने क्षमता, र व्यवहारमा उतार्ने सीप विकास गर्छ । “The Nature of Life” एकाइको यो सुरुवाती चरणले सम्पूर्ण एकाइको लागि उत्साहजनक र गहन सिकाइको आधार तयार पार्ने कार्य गरेको छ । यसले विद्यार्थीहरूलाई नजिकबाट प्रकृति बुझ्न, संरक्षणका उपायहरू सोच्न र जीवजन्तुप्रतिको संवेदनशीलता विकास गर्न पनि मद्दत गर्दछ ।

यसरी, EDU Farm को अनुभवले केवल जानकारी मात्र दिइन, बरु विद्यार्थीहरूमा सिक्न चाहने भावना, अन्वेषण गर्ने रुचि, र प्रकृतिप्रतिको माया पनि बढायो । यस भ्रमणले “The Nature of Life” को अध्ययन यात्रालाई रमाइलो, अर्थपूर्ण र अविस्मरणीय बनायो ।





## Inside Our Brainwave Revolution!

On June 27, 2025 our Grade 5 learners brought their "Brainwave" IPC unit to a vibrant close with an unforgettable Exit Point celebration! This immersive journey explored the fascinating intersection of neuroscience and personal growth, empowering students to uncover how they learn. Through hands-on investigations, they dissected the brain's structure, decoded the mechanics of memory, and embraced the transformative power of a growth mindset—discovering practical strategies to fuel their own academic and creative potential.

The event brimmed with energy and creativity: students took the stage with a dynamic skit, artfully dramatizing the IPC's 8 Personal Learning Goals while weaving in their mastery of Knowledge, Skills, and Understanding (KSU). Their confidence and teamwork shone through every scene! In the





classroom, intricate neuron models crafted by the learners demonstrated how electrical impulses race through neural pathways—a tangible fusion of art and biology. The celebration took an inspiring turn as students stepped into the roles of global changemakers like Malala Yousafzai and Greta Thunberg, delivering impassioned speeches that highlighted the link between learning, empathy, and real-world action.

From probing the anatomy of thought to championing causes they believe in, our Grade 5 learners transformed theory into practice. Their curiosity, collaboration, and courage made this more than a unit—it was a joyful, action-packed celebration of the mind's boundless potential. We are immensely proud of their growth and brilliance!





## कक्षा & का विद्यार्थीहरूको एगो स्टुडियो भ्रमण

“सेतमा पसिना भाग्ने हातहरूले जीवन उमार्छन”

शुक्रबार, जुन २७ तारिखका दिन, संस्कृति इन्टरनेसनल स्कूलका कक्षा & का विद्यार्थीहरूका लागि एक अविस्मरणीय अनुभव बन्यो – एगो स्टुडियो को शैक्षिक भ्रमण।

यस भ्रमणको उद्देश्य विद्यार्थीहरूलाई धान दिवस (National Rice Plantation Day) को सन्दर्भमा कृषिको महत्व, खाद्य उत्पादन प्रक्रियाको व्यावहारिक ज्ञान, र किसानको मिहिनेतबारे प्रत्यक्ष अनुभूति दिलाउनु थियो।

विद्यार्थीहरूले सेतमै गएर हिलोमा सेलदै, आफ्ना हातले माटो छोएर बीउ रोपे, र केही समयका लागि आफूलाई किसानको भूमिकामा कल्पना गरे। यस व्यावहारिक सिकाइ प्रक्रियाले उनीहरूलाई केवल किताबी ज्ञानमा सीमित नराखी, जीवनसँग जोडिएको शिक्षा दिन सफल भयो।

यस यात्राले विद्यार्थीहरूमा सहकार्य, धैर्य, र श्रमको सम्मान जस्ता मूल्यहरू पनि विकास गर्‍यो। यस किसिमको अभ्यासले विद्यार्थीहरूलाई कृषिको सामाजिक र आर्थिक महत्व बुझ्न सहयोग पुऱ्याउँछ, साथै भविष्यमा कृषकप्रति कदर गर्ने संस्कृति निर्माण गर्ने प्रेरणा दिन्छ।

संक्षेपमा, एगो स्टुडियो भ्रमणले विद्यार्थीहरूमा कृषिप्रतिको संवेदना, समझदारी, र सम्मानको बीउ रोप्‍यो, जुन शिक्षा जीवनभर काम लाग्नेछ।





## Exploring Gender Identity with 7th graders!

On June 19, Grade 7 learners participated in a significant and thought-provoking session on Gender Identity, expertly facilitated by the school counsellor. The session aimed to build understanding of diverse identities and foster a school culture rooted in mutual respect and kindness.

Beginning with clear, age-appropriate explanations, the counsellor helped learners understand that gender identity extends beyond traditional labels, introducing the concept of a spectrum of identities with sensitivity.

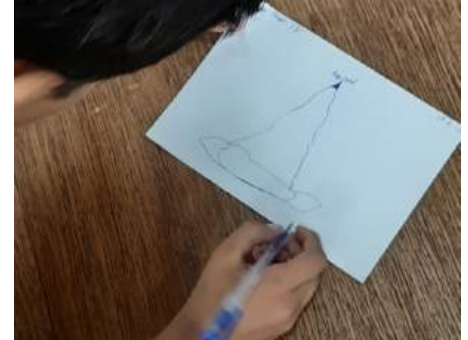
A powerful central message underpinned the discussion: "We are all human first." learners were encouraged to treat everyone with inherent kindness and respect, regardless of gender identity. The counsellor emphasized that judgment based on gender is unacceptable, highlighting that acceptance and understanding are fundamental to a supportive community.

Learning was reinforced through engaging group activities and discussions. These fostered reflection, open-minded dialogue about how we perceive others, and practical exploration of how to be supportive allies.

More than just informative, the session provided a valuable and positive learning experience, equipping Grade 7 with greater awareness and reinforcing the critical importance of respect for individual identity.

"Gender exploration isn't about labels—it's about teaching kids to honor the humanity in every peer. Your dinner-table conversations matter more than you know."

— Message from the School Counsellor





## Grade 8 Takes on the Climbing Wall

"Challenges are gifts that force us to find a new center of gravity," Oprah Winfrey once said. And while that may sound poetic in theory, our Grade 8 learners got to test it—quite literally—on a 50-foot wall.

As part of their learning unit on "Challenge," learners spent a day at the Astrek Climbing Wall on June 3, 2025, where they traded desks for harnesses and discovered that some lessons are best learned with chalked hands and shaky knees.

### The Experience

After a safety briefing, learners took turns tackling the wall under the guidance of instructors. Some climbed quickly, while others moved more cautiously, figuring out routes as they went. The activity wasn't about speed—it was about problem-solving, focus, and learning to trust their own judgment.

### What Happened

- Learners practiced climbing techniques and safety procedures
- Many attempted multiple routes, adjusting their strategies each time
- Peers offered tips and encouragement from below
- A few surprised themselves by reaching higher than they expected





The trip gave learners concrete examples to discuss during their unit on challenges. Teachers noticed more thoughtful reflections on overcoming obstacles, both physical and mental. When asked what they took away, responses ranged from "Sometimes you have to pause and reassess" to "It's okay to ask for help."

#### Final Note

While not everyone reached the top, everyone left with a better understanding of what it means to face a challenge!





## The Great Word-Off: Inter-House Spelling Bee 2025

"Words are, in my not-so-humble opinion, our most inexhaustible source of magic."

- Albus Dumbledore

The Grade 8 Inter-House Spelling Bee Contest 2025 was held on June 30, in a spirited celebration of vocabulary, quick thinking, and team pride.

The event brought together representatives from all four houses in a friendly yet fiercely focused competition. Participants navigated through increasingly challenging rounds, demonstrating not only their command of spelling but also composure, strategic thinking, and collaboration. The contest hall was filled with anticipation and applause, as learners embraced each round with enthusiasm and confidence.

The results of the contest reflected the effort and preparation of each team: Cuboid House emerged victorious, followed closely by Ellipse House in second place, Rhombus House in third, and Prism House in fourth—each team contributing to the energy and excellence of the event.





We extend our heartfelt congratulations to all participants for their outstanding performance and commendable sportsmanship. The dedication and diligence they displayed are a testament to their commitment to learning and personal growth.

We are also grateful to the parents who attended and supported the event. Your presence added warmth and encouragement, reinforcing the strong partnership that lies at the heart of our school community. As our learners continue to explore the power of words, we look forward to many more such opportunities to nurture their confidence, creativity, and love of learning.





## More Than Tales: Grade 9 Storytellers Ignite Inspiration

The auditorium hummed with anticipation on June 27, 2025 as Grade 9 learners transformed into weavers of worlds during Sanskriti's Interhouse Storytelling Contest. With voices that soared, gestures that mesmerized, and narratives that captivated, these young orators didn't just speak—they transported audiences into realms of wonder, humor, and heartfelt emotion.

From the first tale to the final bow, every participant showcased extraordinary courage and originality. Expressive narration brought characters to life, while unique plot twists revealed the depth of their creativity. The stage became a canvas where vulnerability met artistry, earning thunderous applause for performances that resonated long after the curtain fell.

We extend deep gratitude to our distinguished panel of judges—Mr. Shirish Shrestha (Principal, Genius School), Mr. Narayan Pradhan (CEO and Principal Consultant, Franklin Covey Nepal & Bhutan), and Ms.





Dikshya Lamichhane (Head of Elementary, Sanskriti International School)—whose expertise elevated this celebration of voice. Your insightful feedback nurtured not just skills, but the storyteller's spirit within every learner.

This event embodied Sanskriti's commitment to empowering voices. Learners honed essential life skills—public speaking precision, emotional intelligence, and spontaneous thinking—while discovering how stories bridge hearts and minds. Behind the scenes, houses united in collaborative preparation, proving that true growth blooms in community.

To every Grade 9 storyteller: You didn't just share tales—you ignited empathy, sparked laughter, and reminded us that every voice holds power. Wear your courage with pride.

Keep writing your narratives.

Keep claiming your stages.

The world needs your stories.





## Entrepreneurs Pitch Ideas in Shark Tank Showcase

This week, Grade 9 classrooms buzzed with entrepreneurial energy as learners launched their IMYC Entrepreneurship unit through a dynamic "Shark Tank" competition on June 19, 2025. Teams developed original business concepts and pitched them to a panel of teacher "Sharks," transforming learning into a real-world venture simulation.

Our budding entrepreneurs presented innovative product ideas spanning diverse markets. Pitches featured homemade baked goods like cookies and brownies alongside sustainable solutions such as eco-friendly paper soap. Additional ventures included baking muffins, creating mini projectors, and selling plants—highlighting an impressive breadth of creativity.

Each team delivered comprehensive business plans detailing production cost analysis, competitive pricing strategies, specific target audience identification, and multi-channel marketing approaches. The Sharks rigorously evaluated proposals, challenging learners on financial viability and market differentiation.





The competition highlighted critical skill development:

- Business Acumen: Calculating profit margins and projecting revenue
- Market Insight: Identifying demographics and crafting promotional plans
- Confidence & Critical Thinking: Articulating value propositions under pressure
- Collaboration: Teamwork from ideation to polished pitches

Moving beyond theoretical study, this experiential launch to the IMYC unit equipped learners with foundational entrepreneurial skills through hands-on application.

Takeaway Thought: Innovation isn't always about inventing something new—it's often about improving what already exists.





## Future-Proofing with Math: Grade 10 Tackles Compound Interest

On June 13, the Grade 10 learners stepped away from standard math exercises and into a practical, hands-on workshop that brought the concept of compound interest into sharp focus. Held in the school's Math Lab as part of a math enrichment program, the session used interactive, scenario-based learning to make this essential financial concept both accessible and relevant.

Working in small groups, learners were given real-life scenarios involving personal savings, investments, and budgeting—like planning a college fund, saving for a trip, or investing in a small business. With the help of calculators, spreadsheets, and online tools, they explored how different interest rates and time periods could dramatically change the outcome of each financial plan.

Instead of just plugging numbers into a formula, learners were encouraged to analyze, compare, and interpret results. They quickly discovered how compound interest isn't just about bigger numbers—it's about time, strategy, and smart decision-making. Discussions naturally emerged around topics like delayed gratification, long-term planning, and the value of saving early.

The activity didn't just reinforce the math behind compound interest—it helped learners visualize its impact in everyday life. Many walked away with a clearer understanding of how small, consistent savings can grow significantly over time, and how this knowledge could apply to their own financial futures.

By turning abstract math into applied problem-solving, the session made space for meaningful learning—and sparked conversations that extended well beyond the classroom.





## 3rd QKS Interschool Basketball Tournament: A Month of Grit, Glory, and Game-Changing Moments

"Talent wins games, but teamwork and intelligence win championships." – Michael Jordan

The court came alive from 25 May - June 5, 2025 as Sanskriti International School proudly hosted the 3rd QKS Interschool Basketball Tournament, bringing together talented teams, thunderous cheers, and unmatched school spirit.

The tournament tipped off with a vibrant opening ceremony, setting the stage for a high-energy first match between hosts Sanskriti International School and Euro School Hattigauda. What followed was a week of relentless competition, teamwork, and unforgettable moments.

### Day 2: Senior Showdown

The second day was nothing short of electric, with senior boys and girls showcasing lightning-fast plays, strategic teamwork, and unwavering determination. The court buzzed with adrenaline as teams gave it their all.





A round of applause for the teams advancing early on:

- LRI School - Boys
- NIST Bhaktapur (Red) - Girls
- NIST Bhaktapur - Boys
- Aksharaa School - Girls
- Kanjirowa School - Girls

### Days 3-5: The Battle Intensifies

With each passing day, the competition grew fiercer. From clutch three-pointers to last-second defensive stands, the journey to the quarterfinals was packed with dramatic matchups.

### Match Winners:

- Day 3: Kaasthamandap School (Boys), Aksharaa School (Girls), Rosebud School (Boys & Girls), Nisarga Batika School (Boys)
- Day 4: Rosebud School (Boys & Girls), NIST Bhaktapur Blue (Girls), Sanskriti International Team A (Boys)
- Day 5: Sanskriti International (Boys), Rosebud School (Girls), Boudha International (Boys & Girls), Kaasthamandap School (Girls)





## Semi Finals: The Heat Is On

The semi finals turned up the intensity with four thrilling matches in both boys' and girls' categories. Teams played with unmatched focus, demonstrating strategic play and mutual respect.

### Girls' Semi Finals Winners:

- Kaasthamandap Vidyalyaya
- NIST Bhaktapur (Girls )
- Rosebud School
- Kanjirowa School

### Boys' Semi Finals Winners:

- Sanskriti International – Team A
- Euro School Hattigauda
- Rosebud School
- Boudha International School





## The Grand Finale: Champions Crowned

In a spectacular conclusion, the tournament wrapped up with a high-octane final showdown. The games were a celebration of skill, passion, and sportsmanship—leaving the audience roaring with pride.

### Final Standings:

#### Senior Boys

- Winner: Boudha International School
- 1st Runner-Up: Rosebud School
- 2nd Runner-Up: Sanskriti International School

#### Senior Girls

- Winner: NIST Bhaktapur
- 1st Runner-Up: Kanjirowa School
- 2nd Runner-Up: Kaasthamandap Vidyalaya

### A Salute to All Participants!

Heartfelt congratulations to all the teams who competed with heart and integrity. A huge thank you to the coaches, referees, volunteers, and the organizing committee for making this event a true celebration of school spirit and athletic excellence.

Here's to more hoops, hustle, and heart in the years to come





## Sanskriti Leads the Charge Against Climate Crisis

Sanskriti International School's Environment Week 2025 became a powerful testament to student-led environmental action. Focused on the urgent themes of ending plastic pollution and battling climate change, the week blended advocacy, education, and hands-on experiences—empowering learners to become stewards of a sustainable future.

### Whole-School Walkathon: A Unified Call for Environmental Action

Sanskriti International School launched Environment Week 2025 with a vibrant walkathon on June 5, around Swayambhu, uniting students, teachers, and staff in a visible pledge to protect our planet. Participants marched with purpose, holding student-made banners and placards emblazoned with the week's official themes: #BeatPlasticPollution and Ending Plastic Pollution. The procession transformed the streets into a sea of advocacy, directly channeling the school's commitment to combating climate change and preserving the environment. This collective display not only honored the sacred surroundings of Swayambhu but also turned awareness into action—setting a powerful, community-driven tone for the days ahead.





## Guest Lecturers Deepen Awareness and Inspire Action

Building on this momentum, the school hosted four impactful guest speakers: Ms. Dipa Thapa engaged Grade 6 with interactive sessions on reducing single-use plastics; Ms. Shristi Singh Bhandari connected animal rights to environmental protection through powerful storytelling; Ms. Reshu Aryal Dhungana challenged Grades 5/7 with discussions on microplastics and AI-driven sustainability solutions; while Ms. Sanjeevani Yonzon Shrestha guided Grades 9/10 through plastic's lifecycle before a hands-on wildlife photography activity. Together, these experts ignited student curiosity about sustainable choices through real-world insights, interactive dialogues, and actionable strategies for protecting our planet.

From the spirited walkathon to expert-led sessions, Environment Week 2025 transformed awareness into agency. Learners didn't just learn about plastic pollution and climate change—they marched against it, created solutions for it, and pledged to fight it. As banners fade and guest voices echo into memory, one truth remains: Sanskriti's learners are now equipped with the conviction and tools to build a greener tomorrow, one conscious choice at a time.





## Eco-Warriors in Action: Sanskriti's Environment Week 2025

"There is no such thing as 'away'. When we throw anything away, it must go somewhere."

— Annie Leonard

(Director, Greenpeace USA; Creator of "The Story of Stuff")

From Early Years to Grade 10, our learners embraced this year's theme—Ending Plastic Pollution—while expanding their impact to broader environmental stewardship. Creativity, critical thinking, and hands-on action merged as learners tackled waste, biodiversity, and ecosystems with purpose.

Early Years: Planted saplings, transformed trash into art, engineered water filters from reused jars, and crafted "nature hairstyles" with twigs and flowers.





Grade 1: Crafted paper bags and decorated bottles after pollution-awareness videos.

Grade 2: Championed the 3Rs (Reduce, Reuse, Recycle) through collaborative booklets and storytelling.

Grade 3: Grew plants in recycled bottles and staged the skit "From Trash to Treasure Garden."

Grade 4: Led a Swayambhu cleanup, designed green pledges, and created eco-logos.

Grade 5: Upcycled waste into bird feeders and debated recycling as "Waste Detectives."

Grade 6: Built water filters, ran plastic-swap drives, and turned creek trash into art.

Grade 7: Produced viral eco-TikToks, painted murals on reused canvas, and funded turtle rescues via a "Green Market."

Grade 8: Audited plastic footprints, petitioned authorities, and led school cleanups.

Grade 9: Tracked waste using the 4Rs, explored biodiversity at ICIMOD, and designed "Save the Ocean" posters.

Grade 10: Surveyed household plastic use, spearheaded a Swayambhu cleanup, and showcased findings in an exhibition.

Together, our learners proved that every action—from seed to policy—shapes a greener future.





## Greening the Future: Sanskriti's Tree Plantation Drive

On June 8, 2025, Sanskriti International School marked World Environment Day with a tree plantation initiative near UN Park, Shankhamul — a meaningful collaboration with the Jane Goodall Institute Nepal. The event brought together a vibrant mix of learners from across all grade levels, enthusiastic parents, and dedicated school faculty, all contributing to a greener vision for Kathmandu.

In a collective effort that blended learning with purpose, the community planted 125 native saplings representing nineteen different species. Each tree stood as a commitment to restoring local biodiversity and addressing the alarming loss of indigenous greenery in the city.

More than a symbolic act, the plantation program served as a living classroom. As learners prepared the soil and placed each sapling into the ground, they engaged directly with nature and learned





firsthand about environmental responsibility. The activity offered a tangible connection to classroom concepts such as sustainability, conservation, and ecological restoration.

As the trees take root and grow, so too do the values instilled in the students who planted them — a reminder that lasting change begins with small, deliberate steps. Each sapling now growing at UN Park represents not only a step toward replenishing lost green cover but also a conscious act of giving back to a city in need of ecological care.

Writer's Note: Kathmandu Valley has lost over 90% of its indigenous tree cover since 1970.

Your 125 native saplings are warriors in this ecological revival!





## Rising Star on the Pitch

On June 14, 2025, Sanskriti International School's gifted young artists delivered an outstanding performance at the Samridhi School Inter-School Art Competition. Competing alongside peers from institutions across the region, our learners transformed canvases into compelling narratives of imagination and skill, securing multiple accolades that highlight our commitment to nurturing artistic excellence.

We proudly celebrate our victorious artists: Navika Golchha (Grade 2A) emerged as the Group A Winner, while Navashree Rana (Grade 2B) earned a Group A Consolation Prize. In the senior categories, Aashvi Poudyal (Grade 5) claimed Third Position in Group B, and Saphala Shakya (Grade 8B) secured a Group C Consolation Prize. Their award-winning works reflected remarkable technical mastery and creative vision, standing as testaments to their dedication.

The competition also featured exceptional contributions from Sanskriti participants across Grades 5 to 9, whose vibrant explorations of cultural themes and contemporary perspectives enriched the event. Together, these artists demonstrated how creativity bridges understanding and celebrates diverse worldviews.

This platform reaffirms art's vital role in holistic education, where learners hone critical thinking, patience, and expressive confidence. Sanskriti remains committed to empowering young minds through creative opportunities. We congratulate all participants and winners for embodying the transformative power of art. We extend heartfelt congratulations to every participant and winner; your passion and talent continue to inspire our community's belief in the transformative power of art.





## Sanskriti Honors Grade 12 Graduates

On June 18, 2025 Sanskriti International School commemorated a pivotal milestone in the lives of its Grade 12 learners with a graduation ceremony brimming with pride, reflection, and inspiration. The event captured the profound moment as learners readied themselves for their future paths.

Principal Ms. Timila Shrestha opened the ceremony with a heartfelt Welcome Speech. She celebrated the graduates' resilience, intellectual evolution, and readiness to embrace the world beyond Sanskriti's halls. Her words framed the day not merely as an endpoint, but as the launchpad for their next great adventure, acknowledging the unique character and values nurtured within the school community.

The intellectual and emotional core of the ceremony resided in powerful addresses. Chairperson Mr. Ranjit Acharya, the Keynote Speaker, delivered a stirring call to action. He challenged graduates to step forward with courage, unwavering integrity, and a commitment to driving positive change. Emphasizing resilience, he framed future challenges as opportunities, urging them to carry Sanskriti's spirit of excellence and service into every endeavour, wherever their paths may lead.

Heartfelt personal reflections added intimate depth. Our grade 10 learners Ms. Deeya Subedi and Ms. Priyanka Mansukh Gangadia shared poignant sentiments, speaking to the enduring bonds, shared experiences, and profound personal transformation forged during their high school years, capturing the bittersweet essence of this significant transition.





Representing the parents, Ms. Biva Basnet Karki offered a moving tribute. She expressed profound gratitude for the school's nurturing environment, dedicated faculty, and the transformative global opportunities provided. Her words highlighted how Sanskriti had shaped confident, capable, and compassionate young adults, equipped with the skills and mindset to become tomorrow's leaders.

The ceremony's defining moment arrived with the Graduation Certificate Distribution. As each graduate received their diploma from Chairperson Mr. Ranjit Acharya, School Director Ms. Diptee Acharya, and Principal Ms. Timila Shrestha, it symbolized the culmination of years of dedication and the official recognition of their readiness to embark on life's next significant chapter. The applause resonated with immense pride for both achievement unlocked and potential poised for realization.

School Director Ms. Diptee Acharya provided the Closing Remarks, offering final wisdom and encouragement. She reminded graduates that the knowledge, values, and enduring connections fostered at Sanskriti would serve as their unwavering compass, concluding a ceremony that stood as a powerful testament to journeys completed and futures bright with promise as they carry forward the indelible spirit of Sanskriti.

To our graduates:

Wherever your path leads, carry these truths: You are rooted in resilience. You are witnessed with pride. You belong to us, always. Go steady the light.

- Your Sanskriti Family





## Yoga and Music Day Celebrations!

On June 20, 2025, Sanskriti School held its Yoga and Music Day, an annual event promoting well-being and artistic growth. Learners across Grades 1 to 10 participated in structured activities balancing mindfulness and creativity.

The morning opened with guided yoga sessions led by our dedicated instructor, Mr. Prayag Gurung. Learners gathered across the campus grounds, immersing themselves in dynamic stretches to awaken the body, focused meditation to calm the mind, and insightful lessons on yoga's rich history and philosophy. We hope these foundational practices guide students not just on the mat, but in any path they take forward.

Buoyed by this mindful foundation, the afternoon turned to a spirited musical showcase. Talented learners from every grade took the stage, delivering soulful solo performances and dynamic group band acts. The event reached a special crescendo when our own music teachers stepped into the spotlight, offering heartfelt performances that celebrated their mentorship and passion.





The day provided valuable experiences in discipline and artistic expression. We thank all participants, staff, and teachers—especially Mr. Gurung and our music faculty—for their contributions.

### Neuro-Note

Studies show combining yoga + music:

- Boosts memory retention by 26%
- Lowers cortisol (stress hormone) by 18%

Source: Journal of Neuroscience, 2023





## Female Entrepreneurship at the Ellevate Conference 2025

We proudly celebrate ten dynamic Sanskriti learners who represented our school with distinction at the Ellevate Conference (June 22, 2025) - hosted by The British School and British Council at their premises.

The week-long conference brought together aspiring young women leaders from across Kathmandu, offering a platform to explore themes of entrepreneurship, innovation, and leadership. Through engaging workshops and mentorship sessions, participants honed real-world skills, developed startup concepts, and pitched their ideas to panels of industry professionals.

Among the many brilliant ideas presented, we are thrilled to congratulate Ms. Siyona Shrestha, a Grade 9 learner from Sanskriti, and her team for securing first place in the final pitching competition. Their winning startup, Aatma Care, aims to provide hygiene kits to girls in rural Nepal—empowering them with essential resources and promoting health and dignity in underserved communities.

This well-deserved victory comes with seed funding of Rs. 80,000, enabling the team to take their vision from concept to reality. We applaud all our participants for their initiative, confidence, and commitment to social impact. Their participation reflects the values we strive to cultivate at Sanskriti—leadership, compassion, and the courage to drive meaningful change.

"Empowered women don't just change their circumstances - they change entire systems."

— Anuradha Koirala

(Nepali Social Activist, CNN Hero)





## Celebrating SEE Results!

Sanskriti International School | June 27, 2025

Our entire school community celebrates the outstanding achievement of our Secondary Education Examination (SEE) Batch of 2081. All 59 learners demonstrated remarkable dedication and resilience, achieving excellent results that fill us with pride.

The batch secured an impressive average GPA of 3.7, reflecting consistent effort and academic strength. Individual successes are equally commendable: 12 learners attained near-perfect GPAs (3.9-3.96), 41 achieved strong results (3.6-3.87), and 6 earned solid scores (3.4-3.6). Every learner contributed to this well-rounded accomplishment.

Beyond academics, our graduates embodied the school's core values—persevering through challenges and taking ownership of their learning. These qualities will guide them in all future endeavors.

We extend our deepest gratitude to our dedicated teachers and staff for their unwavering commitment. To our parents and guardians: thank you for your tireless involvement in your child's education—through encouragement at home, partnership with teachers, and supporting learning in countless ways. This achievement reflects your profound contribution.

This milestone belongs to all of us. As our graduates embark on new journeys, they carry forward the knowledge, resilience, and values nurtured within our school. Congratulations to the Class of 2081!



**Hardwork. Dedication. Success.**



**Congratulations on your SEE results**



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**Hardwork. Dedication. Success.**



**Congratulations on your SEE results**



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## Sanskritans Triumph at Nepal's First Inter-School Obstacle Race

Young Adventurers Embrace Mud, Grit, and History at Tokha Urban Farm

On Friday, June 27th, a spirited delegation of Grades 5, 6, and 7 learners proudly carried our school's banner to the Tokha Urban Farm, where they made history at Nepal's inaugural Inter-School Obstacle Race. Amid bright sunshine and roaring enthusiasm, our Sanskritans joined over 100 peers in their age category, ready to conquer a course designed to test far more than physical strength.

The anticipation had built the day before, as learners explored the challenging terrain during a trail walk. By race day, energy crackled in the air. At precisely 1:30 PM, the starting signal launched them into a thrilling gauntlet of muddy fields, slippery trails, and demanding obstacles. Our young warriors embraced every hurdle—literally diving headfirst into the experience, emerging caked in earth from head to toe. The paddy fields proved especially grueling, yet they forged ahead, supporting teammates through every stumble and splash.





Beyond the mud and exhaustion lay deeper victories: beaming smiles, triumphant laughter, and priceless lessons in resilience. Immersed in Nepal's culturally rich outdoors, students experienced learning beyond classroom walls—where life skills took center stage. The race organically reinforced our "Leader in Me" values as they pursued personal goals, demonstrated leadership, and strengthened collaboration. Each slip became a metaphor for perseverance; every muddy hand extended to a peer embodied unity.

We celebrate these bold Sanskritans, who represented our school with unwavering spirit and sportsmanship. Their grit and camaraderie transformed this pioneering event into a vibrant celebration of youth, courage, and connection with our heritage. Here's to nurturing more such adventures that empower children to grow, lead, and thrive in the world beyond textbooks.





# THANK YOU

and hope you enjoyed reading!



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