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SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

AUGUST 2025



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NOTE FROM THE PRINCIPAL



Dear Parents,
Namaste and warm greetings!

As I walk through the hallways and grounds of our school, I am reminded daily of the pride I feel in our learners and their growth. This past month has offered us several moments that truly reflect the heart of our mission: nurturing confident, capable, and compassionate global citizens.

The Inter-House Swimming Gala brought great energy and spirit to the poolside, and the lessons gained there continue to matter. I saw learners push past their perceived limits, embrace healthy competition with grace, and lift each other up with unwavering support. These events are a vital part of our commitment to educating the whole child, fostering physical well-being, resilience, teamwork, and the quiet confidence that comes from striving for a personal best.

Our Student-Led Conferences also fill me with immense hope. To see our learners so articulately guiding their parents through their own academic journeys is the environment we strive to create. When a student reflects

on their challenges and celebrates their achievements, they are building the foundational skills of a lifelong learner. Our role is to provide the platform and the culture of trust that empowers them to find their voice and take charge of their own growth.

The recent educational trip to China for our Grade 7 learners brought classroom learning to life. Seeing them connect their studies with the grandeur of The Great Wall and engage thoughtfully with a new culture highlights why we value such experiences.

Our commitment to global engagement was further highlighted as we recently hosted Sanskriti Model United Nation, SMUN 2025, chapter 7. It was inspiring to watch learners step confidently into the roles of global diplomats—debating complex international issues with passion, poise, and purpose. This year, we proudly hosted over 300 delegates from more than 14 schools across Nepal, including cities such as Kathmandu, Dhangadi, Birtamod, and

Pokhara. We were especially pleased to welcome learners from both public schools and private schools, enriching the diversity and depth of discussion at the conference.

I extend my heartfelt thanks to all the guests, parent representatives, school heads, and teachers from various institutions who joined us during the SMUN conference. Your presence is a powerful reminder of our shared dedication to fostering global citizenship. Thank you!

Each of these highlights—the pool, the classroom, and the global stage—serves the same purpose: to provide our learners with the opportunities to discover their strengths, lead with conviction, and engage with the world with open hearts and minds.

Thank you for being a community that believes in this mission and works together to make such profound learning possible.

Warmest Regards,
Timila Shrestha

Learning Across the Grades

Exploring the Wild: Early Years at Jawalakhel Zoo

On Tuesday, August 5, 2025, our Early Years (EY) learners set off on an exciting adventure to the Jawalakhel zoo as part of the entry point for their new unit, "The World Around Us!" The trip marked the beginning of their learning journey, filled with curiosity, laughter, and unforgettable memories.

Before the visit, during the "Ready Steady" stage, children participated in playful, hands-on activities such as mud painting, pointy-nose painting, a sensorial walk, a picture hunt game, and even listening to a bear story. These experiences helped prepare them for the exploration that lay ahead.

At the zoo, the learners were fascinated to see a variety of animals including sloth bears, tigers, jackals,



deer, elephants, playful monkeys, exotic birds, and aquatic animals. Interactive conversations along the way encouraged them to discover fun facts about each animal's habitat and behavior, sparking both wonder and learning.

The day wrapped up with a lively game where learners, blindfolded, tried to paste tails onto pictures of a tiger and a monkey, filling the air with laughter and excitement. This memorable trip not only gave them a chance to observe and appreciate the beauty of the natural world but also helped build observation skills, vocabulary, and social interactions. We extend our heartfelt gratitude to all parents, facilitators, and staff whose support made this enriching experience possible.



Songs, Stories, and Sweet Curds

On August 14, 2025, our EY learners joyfully celebrated Krishna Janmashtami at ISKCON with devotion, creativity, and enthusiasm. The celebration began with the melodious chanting of bhajans, where Early Years learners shared their knowledge of Lord Krishna and expressed their love through a heartfelt thank-you card offering.

The festivities continued the following day with lively traditions that filled the atmosphere with excitement and laughter. Children enthusiastically joined in “Jump and Grab the Candy,” the thrilling “Break the Pot” game, and the much-loved Tasting Fresh Curd competition. Adding a creative touch, the learners also took part in a workshop where they crafted colorful flutes, decorated pots, and designed vibrant peacock-feather headbands.

The celebration was made even more delightful as the children dressed up as Little Krishna and Radha, embodying the spirit of the festival with innocence and charm.

This joyous occasion was not only filled with fun and festivity but also offered a meaningful learning experience. It blended tradition with creativity, devotion with play, and deepened our learners’ understanding of the richness of our cultural heritage.



Shape Hunting Adventure in the Math Lab

On August 12, our Grade 1 learners stepped into the Math Lab for an exciting adventure in discovering shapes. Among the many joyful activities, the highlight was the Shape Hunt—a playful exploration where children became eager little detectives, searching for shapes hidden in everyday objects.

With eyes full of curiosity, the learners roamed around identifying circles in clocks and plates, rectangles in doors and books, triangles in rooftops, and even ovals in beans. Each discovery brought smiles and excitement as they connected what they had learned in class to the world around them.

This hands-on activity turned abstract concepts into real-life experiences, helping learners strengthen their understanding of 2D shapes in a way that was both fun and memorable. Beyond math skills, the hunt nurtured observation, teamwork, and a spirit of exploration—encouraging children to view their environment with wonder and curiosity.

The hunt turned a simple lesson into a lively exploration, showing learners that shapes aren't just on worksheets—they're everywhere, waiting to be spotted.



Speaking the Language of Respect

On August 19, 2025, our Grade 2 learners took part in an engaging one-act play centered on the theme of Polite Words. Along with the performance, they watched videos that highlighted politeness and respectful communication, which set the stage for a thoughtful classroom discussion.

The learners reflected on why polite words matter in daily life and beautifully shared that such words help us express kindness and respect. Each child also wrote a sentence about how they can use polite words effectively, reinforcing their understanding in a personal way.

To make the experience even more special, the learners recorded short and heartfelt messages for their parents, grandparents, and loved ones—bringing polite communication into practice.

With these lessons, our young learners are taking their first steps toward building a kinder and more respectful community.



Celebrating Culture Through Poetry

Poetry has always been a timeless way to express emotions, values, and traditions. At Sanskriti, learners are encouraged to explore not only their own literary heritage but also the beauty of cultures around the world. A wonderful example of this was the heartfelt recitation of Chinese poetry by Grade 3 learner Kriyanshi Tuladhar at the Chinese Poetry Recitation organized by Phoenix Inspiration on August 13, 2025.

With confidence and poise, Kriyanshi delivered her piece in a way that drew the attention of everyone in the room. Her performance reflected her dedication to learning and her admiration for the art of poetry. The rhythm, expression, and sincerity she brought to the recital created an atmosphere that left a lasting impression on the audience.

The occasion was also a celebration of cultural exchange. Through her recital, Kriyanshi highlighted the richness of Chinese culture, allowing her peers, teachers, and parents to experience traditions beyond their own. The universal themes within the poem—harmony, respect, and beauty—resonated strongly, showing how literature can connect people across languages and cultures.

By engaging with poetry from another culture, Kriyanshi showed how language can serve as a bridge, fostering mutual understanding and appreciation. Such experiences not only develop communication skills but also inspire learners to embrace diversity with openness and respect. Keep up the excellent work Kriyanshi!



Poems from the Heart

In Grade 3, learners were introduced to the beauty of poetry and encouraged to write about something close to their hearts—their families. After learning the basics of poetry, they eagerly picked up their pencils and began creating verses of their own.

Each child's poem reflected a unique perspective. Some wrote about the love and care they receive from their parents, others described playful moments with siblings, and a few captured the special bond they share with grandparents. From everyday routines to joyful family gatherings, the poems carried heartfelt emotions in every line.

What made the activity especially meaningful was the way children expressed deep feelings in their own words. Though their writing was simple, it was filled with honesty, warmth, and creativity that touched everyone who read or listened to their poems.

When the learners shared their work aloud, the pride on their faces spoke volumes. The poems became more than just an exercise in writing—they were a celebration of love, gratitude, and togetherness. This activity highlighted how even young learners can transform their thoughts and emotions into poetry when given the space and encouragement to express themselves.



Learning 'Win-Win' Through Teamwork

Stephen R. Covey once said, "Win-win is a belief in the Third Alternative. It's not your way or my way; it's a better way, a higher way." On August 12, our Grade 4 learners explored this concept through a fun and meaningful activity that highlighted the value of teamwork and cooperation.

Learners were divided into groups and given a balloon to play with. In the first game, only one person at a time could touch the balloon to keep it in the air—if two people touched it together, both were out. This made the game more challenging and competitive. In the second game, the same groups tried again, but this time anyone could touch the balloon, encouraging collaboration to keep it from falling. After the games, learners reflected on the differences between the two activities. Many shared that the second activity was easier and more enjoyable because everyone could contribute and support each other.

Through this exercise, learners discovered that when people cooperate and adopt a win-win approach, challenges become easier, and success is shared by all. The activity not only reinforced the importance of teamwork but also helped students experience firsthand how collaboration can lead to better outcomes.



A Recitation to Remember

“Poetry is the spontaneous overflow of powerful feelings: it takes its origin from emotion recollected in tranquillity.” – William Wordsworth

On August 14, 2025, Grade 5 learners of Sanskriti showcased their literary flair in a remarkable Poem Recitation Program, a vibrant celebration of creativity, expression, and confidence. With poise, passion, and careful articulation, our young learners brought poems to life, captivating the audience with every word. From classic verses to contemporary pieces, each recitation reflected diligent preparation and a growing appreciation for literature and the beauty of language.

The program offered learners a unique opportunity to explore the rhythm, emotion, and nuance of poetry. It encouraged experimentation with tone, pace, and expression, helping them build confidence in public speaking while deepening their understanding of literary devices and styles. Every performance demonstrated determination, imagination, and the ability to connect with an audience through words.



Beyond individual achievement, the event fostered a sense of community and shared celebration. Peers, teachers, and parents cheered and supported the young performers, making the stage a space where creativity was nurtured and recognized. The recitations highlighted literary skill and the power of poetry as a tool for self-expression, reflection, and inspiration.

It was a proud moment for all, as the stage came alive with rhythm, emotion, and powerful voices, reminding everyone present of the timeless impact of poetry. Through this program, Grade 5 learners celebrated their talent and discovered the joy of expressing themselves, leaving a lasting impression on the school community.



Greening Gardens

As part of our ongoing Green School initiative, Grade 6 learners enthusiastically participated in a hands-on gardening session on August 8, 2025, bringing energy and curiosity to the school garden. The highlight of the day was planting fresh cauliflower seedlings, which will soon contribute to the growing variety of vegetables nurtured by the learners.

Excitement filled the garden as learners also harvested crisp cucumbers grown from their previous planting. Many enjoyed tasting them straight from the plants, appreciating the tangible results of their earlier efforts. In addition, learners took time to observe the progress of vegetables they had planted in prior sessions, including tomatoes, brinjals, and beans. They noted the growth patterns, compared the different stages of development, and reflected on the care and patience required for successful gardening.



This hands-on experience went beyond planting and harvesting. By working together, learners developed teamwork, responsibility, and a sense of ownership over the garden. The activity also fostered curiosity about plant growth, seasonal farming, and the natural processes that sustain healthy crops.

Through such immersive sessions, the Green School program continues to cultivate environmental awareness, healthy eating habits, and a love for nature. For Grade 6 learners, the garden becomes more than just soil and plants—it becomes a living classroom where effort, observation, and care bloom into learning and enjoyment.



Kitchen Gardening with Ms. Mishra!

As part of the Green School Program, Grade 7 learners enjoyed an interactive kitchen gardening session under the guidance of Ms. Mishra Chettri on August 11, 2025. The activity introduced them to the importance of composting and sustainable gardening practices. Learners learned how different types of compost—vermicompost using earthworms, cow dung compost, leaf compost, fruit and vegetable peel compost, and green manure—help enrich the soil and reduce waste.

The learners also practiced preparing the soil by loosening it, removing weeds, and adding compost to create a fertile environment for plants. With great enthusiasm, they sowed tomato seeds and harvested beans planted earlier by Grade 6 learners, experiencing the full cycle of growth and care.

Working in groups, learners shared tools and responsibilities, observed beneficial insects and earthworms in the soil, and discussed the role of composting in waste reduction. They labeled and watered their plant beds carefully, fostering a sense of ownership and teamwork.

This hands-on activity not only equipped learners with practical gardening skills but also deepened their understanding of sustainable living and environmental stewardship. Through organic gardening, the learners connected with nature and learned how everyday actions can contribute to a healthier planet.



From Obstacles to Opportunities

"Challenges are gifts that force us to find a new center of gravity. Don't fight them—just find a new place to stand." – Oprah Winfrey

On August 20, 2025, Grade 8 learners of Sanskriti International School showcased their understanding of the IMYC Unit "Challenge" during a dynamic Exit Point presentation. The event provided an opportunity for learners to demonstrate how facing and overcoming obstacles can lead to personal growth, resilience, and new possibilities. Learners were encouraged to reflect on the idea that challenges are not meant to hinder us, but to strengthen, develop, and elevate us—a concept beautifully captured in Oprah Winfrey's inspiring words.

The presentations were diverse, creative, and engaging, incorporating a range of media including slideshows, videos, artwork, and models. Each project offered unique insights into how challenges influence personal growth and the ways in which individuals can adapt and thrive. The innovative use of these media allowed learners to express their understanding in multiple ways, providing a holistic view of the unit's key themes.

Overall, the Exit Point was a testament to the learners' ability to connect theoretical concepts with practical experiences. Their thoughtful and imaginative projects highlighted the lessons they have learned about resilience, adaptability, and the transformative power of challenges. It was a proud moment, reflecting not only their creativity and hard work but also their growing understanding of how obstacles can become opportunities for growth.



Navigating Social Media Safety

On August 22, 2025, our Grade 8 learners participated in an enlightening and interactive session focused on Social Media Handling, led by the experienced Ms. Kajina Shrestha. The session, aimed at empowering learners with the necessary tools and knowledge to navigate the digital world safely, provided invaluable insights on a range of critical topics.

The workshop covered the importance of managing one's digital footprint and understanding the long-lasting effects of online actions. Learners were educated on how to create and maintain strong, secure passwords to safeguard their personal information.

Moreover, the session delved into the sensitive issue of cyberbullying, equipping learners with strategies to recognize, prevent, and handle online harassment. Ms. Shrestha's engaging approach ensured that students not only grasped these essential skills but also understood their role as responsible digital citizens.

A heartfelt thank you to Ms. Kajina Shrestha for sharing her expertise and for empowering our learners to make informed and safe decisions in the digital age. We believe this session has equipped our learners with the tools to navigate the online world confidently, responsibly, and safely.



MUN Simulation on Sustainability

Activity Overview

As part of their class, on August 22, Grade 9 learners participated in a Model United Nations (MUN) simulation to discuss 'Evaluating the Earth's Carrying Capacity and Strategies for Sustainable Development.' Learners assumed the roles of global delegates, debating real-world environmental challenges and proposing solutions.

Key Issue

The committee identified humanity's ecological overshoot, with current consumption demanding resources equivalent to 1.7 Earths. This unsustainable use drives climate change, biodiversity loss, and resource depletion.



Debate Highlights

Delegates examined the unequal distribution of environmental impact, highlighting the disproportionate responsibility of high-consumption nations and the vulnerability of developing countries. Discussions emphasized balancing historical responsibility with a unified global response.

Proposed Solutions

Learners suggested a two-pronged approach: transforming cities into sustainable urban centers through renewable energy, green public transport, and circular waste systems; and promoting eco-conscious lifestyles, including plant-based diets and mindful consumption.

Outcome & Call to Action

The committee drafted a resolution advocating for the adoption of the Ecological Footprint as a reporting metric, creating an international fund for sustainable urbanization in developing nations, and launching a global awareness campaign on sustainable living. The session concluded with a shared understanding that urgent, collective action is essential to keep humanity within the Earth's limits.



Spotlight on Farewell Night!

On August 13, the farewell for the SEE Batch of 2081 unfolded as an evening packed with performances and shared moments. The program opened with energetic group dances that set the tone for the night, followed by musical performances where learners showcased their voices with both solo and duet numbers. The atmosphere moved easily between high-energy beats and slower, more soulful songs that had everyone swaying along.

Adding to the fun, skits and lighthearted acts brought plenty of laughter, while impromptu games and interactive segments kept the audience on their toes. Each performance reflected the effort and creativity of Grade 10 learners, who worked together to make the evening lively and memorable.

The program also featured moments of reflection, where learners took the stage to share words of appreciation, stories, and experiences that connected the audience with the journey of the graduating batch. A highlight of the evening was the honoring of SEE high achievers, whose accomplishments were celebrated with pride and applause.

The evening brought together entertainment, recognition, and reflection — a fitting send-off marked by both celebration and pride.



▶ Geometry with Grade 10

On August 22, our Grade 10 learners applied their knowledge of solid geometry by constructing 3D models of pyramids and combined solids. The activity required learners to calculate measurements with accuracy, determine surface areas and volumes, and then translate those numbers into carefully built models.

The process encouraged students to pay close attention to detail. From drawing precise nets to assembling their structures, they had to apply both mathematical reasoning and practical skills. Groups worked systematically—checking calculations, measuring angles, and making adjustments to ensure their models were accurate.



Once completed, learners presented their models to the class. They explained the steps they followed, shared the challenges they encountered while building, and demonstrated how they solved those challenges. This presentation element not only reinforced their mathematical understanding but also gave them practice in organizing and communicating their ideas clearly.

The project provided an opportunity for learners to see the practical side of mathematics. It showed how concepts such as volume and surface area can be applied beyond exercises on paper, giving learners a chance to work hands-on with the subject matter. The activity also fostered teamwork, as students supported one another during calculations and construction.



School Events

A Look into the Student-Led Conferences

On August 2, 2025, Sanskriti hosted the first semester Student-Led Parent-Teacher Conferences (SLPTC) of the academic year 2025-26, offering an important platform for learners, parents, and teachers to come together to review progress and celebrate learning.

During the conferences, learners shared their reflections and highlighted their achievements, giving parents and teachers a clear understanding of each learner's growth and development. The sessions encouraged learners to take ownership of their learning, building confidence as they discussed their experiences, challenges, and milestones.

Parents and teachers engaged in meaningful conversations, celebrating accomplishments while supporting students' personal and academic journeys. The SLPTC also offered a broader perspective on learner growth across the school, showcasing the collective effort and dedication of the school community.

Through these conferences, Sanskriti continues to foster a culture of reflection, achievement, and collaboration, ensuring that every learner's progress is acknowledged and celebrated. A heartfelt thank you to all learners, parents, and teachers for their participation, support, and commitment to making these conferences a success.



Shaping Tomorrow's Leaders

On Sunday, August 10, 2025, our Student Council members stepped into a different kind of classroom — one focused on growth, creativity, and leadership. The Leadership and Self-Development Workshop, led by our School Director, Ms. Diptee Acharya, and Marketing and Communication Expert, Ms. Dipashna Acharya, was designed to challenge, inspire, and equip our young leaders with skills they will carry far beyond school walls.

Through a mix of engaging activities and reflective discussions, participants explored the school's Personal Goals in depth, uncovering how qualities like resilience, empathy, adaptability, and respect can shape them into effective leaders. They examined their strengths, confronted personal challenges, and reflected on the kind of leaders they aspire to become.

A standout moment of the session was the Bend, Blend, and Break activity. Working in groups, learners were given everyday products and tasked with bending, blending, or breaking their features to create entirely new concepts. This fun and inventive exercise wasn't just about innovation — it became a launchpad for problem-solving. Learners then applied the same creative thinking to propose practical solutions for real school challenges, presenting their ideas with pride and confidence.

By the end of the workshop, our prefects and council members returned not just with solutions, but with a renewed sense of purpose. They left empowered, motivated, and ready to lead with confidence, empathy, creativity, and vision — prepared to make a lasting impact within our school community and beyond.



Staying Safe in the Digital World

In today's increasingly connected world, digital safety is more important than ever. On August 11, our learners from Grades 8 to 10 participated in an enlightening session on cyber crime, legal provisions, and security measures, led by Senior Sub Inspector Mr. Jira Bahadur Budha from the Cyber Bureau of Nepal Police.

The interactive workshop covered a broad spectrum of crucial topics. Learners learned to identify various forms of cyber crime, including cyberbullying, and gained practical insights into recognizing phishing attempts—one of the most common tactics used by cybercriminals to steal personal information. The session also emphasized the importance of responsible social media use, helping learners understand how their online actions can impact their safety and reputation.

By equipping our young learners with these essential skills and knowledge, the Cyber Bureau has played a pivotal role in fostering responsible and safe digital citizenship. We extend our sincere gratitude to Mr. Budha and the entire Cyber Bureau team for their dedication to empowering learners to navigate the digital world confidently and securely.



Teej in Full Swing

The vibrant festival of Teej was celebrated with great enthusiasm and joy at Sanskriti International School on August 17, 2025. The event beautifully blended tradition, culture, and togetherness, bringing smiles and festive cheer to everyone involved.

The celebrations began with teachers and our ever-energetic ancillary staff showcasing their talents through graceful dances and melodious songs. The school came alive with rhythm, music, and the joyous spirit of Teej, captivating everyone present and setting the tone for a lively celebration.

Adding to the festive charm, our respected Director, Mrs. Diptee Acharya, presented thoughtful Teej gifts to all female staff members and Father's Day gifts to the male teachers, making the occasion even more special and memorable. As the music played on, everyone joined in the dancing, creating moments filled with laughter, camaraderie, and unforgettable memories.

The festivities concluded with a delicious Dar feast, where all staff members gathered to enjoy the scrumptious meal and celebrate the occasion together. It was a day where tradition met joy, leaving behind cherished memories and a warm sense of community at Sanskriti International School.



QKS LA JAW Workshop at Akshara School

On Sunday, August 17, 2025, Sanskriti International School participated in the QKS LA JAW Workshop hosted by Akshara School, bringing together English teachers from various schools to explore innovative teaching strategies. The workshop focused on developing the four essential skills of English—listening, speaking, reading, and writing—through engaging activities such as Reciprocal Reading and Poetry in Pieces.

A key highlight was the parallel sessions, where participants experienced activities including Blend Board Relay Game, Aisle Runner, Off the Cuff, and Wordsmith Lounge, designed to promote differentiated learning and offer practical classroom ideas.

Sanskriti International School contributed through its presentation on “Teaching Poetry Using Sensory Details,” delivered by our English HOD, Ms. Shweta Malla. The session demonstrated creative techniques to help learners experience poetry more vividly, encouraging them to engage all their senses while interpreting and performing poems. Ms. Shweta also shared practical, classroom-ready strategies showing how sensory details can enhance comprehension, expression, and enjoyment of literature.

Kathmandu Pragyakunj School complemented the workshop by sharing strategies to strengthen reading and writing skills.

Overall, the QKS LA JAW Workshop was a highly enriching experience, with Sanskriti International School’s thoughtful contribution providing valuable insights, creative ideas, and inspiration for all participants.



Great Walls, Greater Lessons

From August 17-26, 2025, our Grade 7 learners enjoyed a 10-day educational journey to China—a trip that seamlessly blended learning, exploration, and cultural immersion. This experience allowed learners to take their classroom knowledge into the real world while fostering independence, cultural awareness, and international-mindedness.

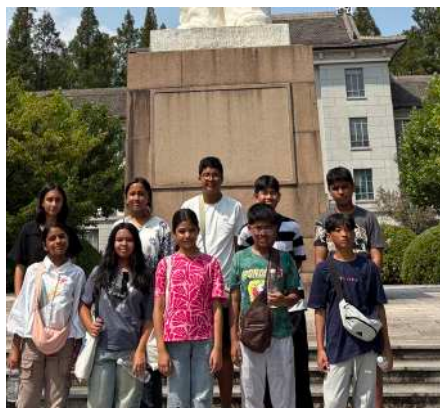
Learners explored iconic landmarks such as the Great Wall of China, the Forbidden City, Olympic Park, and the Shanghai Tower. They engaged with unique cultural experiences, including learning about traditional tea practices, visiting the Panda Breeding Center, and cruising along the Shanghai River. Traveling on the Bullet Train and discovering the vibrant streets of Shanghai Old Town and Nanjing Road provided insights into modern China's rapid growth and urban energy.



A highlight was the visit to the Urban Museum of China, where interactive exhibits, detailed models, and visual displays offered a fascinating look into the country's urban development. Learners examined how Chinese cities balance history, culture, and modern innovation, drawing thoughtful comparisons with city planning and community life in Nepal.

Beyond sightseeing, the trip encouraged learners to set personal goals—building confidence, practicing empathy, embracing challenges, and reflecting on their own learning journeys. They also celebrated the similarities and differences between Nepal and China, gaining a deeper appreciation for their neighbor's heritage, natural landscapes, and technological advancements.

This memorable journey strengthened learners' understanding of history and culture while inspiring them to become more open-minded, globally aware, and reflective learners. It was truly a celebration of learning, discovery, and friendship across borders.



Less Screen , More Connection

On August 27, 2025 the school hosted a Parent Information Session for Grades 5-7, focusing on the timely theme: “Reducing Gadget Time with Quality Family Time.” The session provided a valuable platform for parents and school representatives to come together, reflect, and exchange strategies for one of today’s most pressing challenges—helping children balance screen time with meaningful family interactions.

Discussions emphasized that managing gadget use is not about completely avoiding technology. Instead, it is about fostering healthy habits and encouraging stronger connections within the family. By working collaboratively, schools and families can guide learners to navigate digital engagement while nurturing real-life interactions that support their emotional, social, and physical well-being.

The session highlighted practical approaches for integrating quality family time into daily routines, underlining the positive impact of shared activities, open conversations, and mindful technology use. Parents left equipped with insights and strategies to support their children in achieving a balanced digital lifestyle while strengthening family bonds.



The Science of Emotional Safety

From June to August 2025, Sanskriti educators attended a series of Social-Emotional Learning (SEL) training sessions hosted across three partner schools—Nisarga School, Alok Vidyasahram School, and Akshara School. The training provided an engaging platform for teachers to explore emotional safety, connection, and neuroscience-informed strategies, with interactive activities and reflective discussions that sparked curiosity and practical insights for classroom application.

Between the in-person sessions, participants also joined online meetings, including an inspiring session with Dr. Andrea Paige, a global thought leader at the intersection of health, technology, and emotional intelligence. These virtual sessions reinforced the importance of intentional practices to support emotional well-being and strengthened educators' understanding of SEL principles.

The training highlighted the vital role of emotional safety and connection for both children and adults. Educators learned that when children feel safe, stress responses decrease, enabling the brain to focus on learning, self-regulation, and problem-solving. Emotional safety also triggers neurochemicals such as oxytocin, which foster trust, empathy, and cooperation. SEL complements this understanding by providing practical tools for recognizing and managing emotions, building positive relationships, and demonstrating empathy. Through this combination of neuroscience and SEL, the sessions underscored that emotional safety and strong connections are essential for healthy brain development, resilience, and meaningful learning experiences.



A Weekend of Diplomacy, Dreams, and Dialogue: SMUN 2025 Chapter VII

Sanskriti International School proudly hosted the Sanskriti Model United Nations (SMUN) 2025, Chapter VII, on August 29, 30, and 31. This prestigious event brought together over 300 passionate delegates from a wide range of institutions, including government schools, as well as private schools from within and outside the Kathmandu Valley. Over three days, our campus was transformed into a global stage for critical thinking, spirited debate, and meaningful collaboration.

The conference officially began with an inspiring Opening Ceremony on August 29. Our Principal, Ms. Timila Shrestha, delivered a powerful welcome address, officially marking the beginning of a journey for young minds to rise as global voices and change-makers. The ceremony celebrated youthful potential with a breathtaking Manjushree Dance and a soulful musical performance. We were deeply honored to welcome our Chief Guest, Ms. Simrika Sharma, Head of the United Nations Information Centre (UNIC) in Nepal, whose powerful words motivated our young delegates to dream bigger and lead with purpose.

Insights and Arguments: The Heart of the Conference

The energy soared as delegates confidently took the floor, presenting powerful perspectives and persuasive arguments on behalf of their respective countries. The committee sessions were a brilliant showcase of confidence, leadership, and eloquence. A highlight of the final day was an expert session by Mr. Tika Prasad Pokharel, who shared valuable insights with our delegates.



Delegates engaged in intense debates across a diverse range of 13 committees:

- UN Security Council (UNSC) • Disarmament and International Security Committee (DISEC)
- UN Environment Programme (UNEP)
- UNICEF
- Interpol
- SAARC
- UN Women
- UN Human Rights Council (UNHRC)
- Historical Crisis Committee (HCC - World War II)
- UN Counter-Terrorism Committee (UNCTC)
- UN Office on Drugs and Crime (UNODC)
- UNESCO

The International Press Corps (IPC) also played a vital role, providing real-time reporting on the multilateral diplomacy as it unfolded.



Beyond Diplomacy: An Evening of Celebration

As the formal debates concluded, the atmosphere transformed. The highly anticipated SMUN Socials were the perfect counterpoint to the rigorous sessions. It was a time when delegates became friends, celebrating the bonds forged over three days of intense debate. Learners enjoyed vibrant music, joyful dancing, countless moments of laughter, and created memories that will last a lifetime. The socials proved that while the delegates were opponents in debate, they were friends in celebration, embodying the true spirit of dialogue and collaboration.

Empowering the Leaders of Tomorrow

The final day concluded with a formal closing ceremony, which included the launch of the event's e-newsletter and a video showcase from our International Press Corps (IPC). We were honored to welcome Ms. Indira Rana Magar, the Deputy Speaker of the House of Representatives of Nepal, as a special guest. The ceremony celebrated the hard work and dedication of the delegates with the declaration of results and the distribution of awards. Student reflections from Sudarshan Tamang of Gyanodaya and Sarojini Tamang of Geeta Mata, both government schools, highlighted the personal growth and lasting friendships gained from the experience.

SMUN 2025 was more than just a simulation; it was a clear demonstration of the talent, dedication, and potential of our youth. We extend our heartfelt gratitude to all our school partners, parents, and special guests who came to support and encourage the young delegates. It was a memorable collection of voices and solutions that will undoubtedly be remembered by all who attended. We look forward to continuing this tradition and empowering the leaders of tomorrow.



From Myths to Mastery: Sanskriti Teachers Reflect on the 'Elevating Education for Excellence' Workshop

On August 31, 2025, the educators of Sanskriti International School participated in the “Elevating Education for Excellence” workshop, facilitated by the distinguished Mr. Anand Krishnaswamy. From the outset, participants were encouraged to move beyond common misconceptions such as rigid “learning styles” and popular brain-based myths, and instead embrace learning science—an approach grounded in research and effective teaching practices.

A central focus of the workshop was Rosenshine’s Principles of Instruction, which provided a clear roadmap for effective teaching. Teachers explored strategies for building lessons step by step, revisiting concepts regularly, embedding guided practice, and ensuring active student engagement at every stage. These principles highlighted how logical, structured teaching fosters deeper understanding and long-term retention.



The workshop also introduced participants to Cognitive Load Theory, which emphasizes preventing cognitive overload in learners. Educators examined strategies such as worked examples, breaking content into manageable chunks, and using dual coding (integrating text with visuals) to make new concepts more accessible. Research-backed evidence demonstrated that such methods significantly reduce mental strain and strengthen memory.

In the concluding session, Mr. Krishnaswamy presented his Skill-Driven Education approach, which resonated strongly with the school's vision. This framework emphasizes cultivating real-world skills—problem-solving, collaboration, and creative thinking—while remaining rooted in evidence-based instructional practices.

The workshop left Sanskriti's educators both inspired and equipped. They departed with renewed enthusiasm to co-create lessons that are thoughtful, relevant, and designed to help students learn with clarity, confidence, and joy.



The EC/CC Corner

Senior Boys Basketball Team— Fighting All the Way to the Finals!

What a tournament it was for the Senior Boys Basketball Team at Sanskriti! From their very first game to the championship showdown, the boys displayed unmatched drive, skill, and heart at the 12th Greenfield Inter-School Basketball Tournament 2082.

With confidence and focus, they battled their way into the semifinals, then pushed through to the finals in a thrilling run that kept supporters on the edge of their seats. The championship match was a nail-biter right until the last second, with the team leaving every ounce of energy on the court. In the end, they proudly lifted the First Runners-Up Cup—a victory built on teamwork, resilience, and pure determination.

A special salute goes to Coach Mr. Kedar Budathoki, whose guidance, strategic brilliance, and unwavering belief in his players fueled this remarkable journey. We would also like to extend our heartfelt thanks to Greenfield National H.S. School for hosting the tournament and creating such a wonderful opportunity for schools to compete, learn, and build lasting connections.

The tournament may be over, but the spirit and fight of this team have set a standard that will inspire future players for years to come.



Making Waves: Inter-House Swimming Gala 2025

The atmosphere was electric and the spirit of competition ran high as learners gathered on August 19, 2025 for this year's much-awaited Inter-House Swimming Gala. The poolside buzzed with cheers, determination, and impressive displays of athletic skill as swimmers gave their all in pursuit of victory.

From the freestyle sprints to the technical breaststroke, backstroke, and butterfly races, participants from all houses demonstrated speed, precision, and commitment. Each event highlighted the hard work and training the swimmers had put in, making the gala an exciting and memorable experience for everyone present.

After a full day of thrilling races, Prism House claimed first place and emerged as the overall champions. Congratulations to Prism House for their well-earned victory and outstanding performance.

A heartfelt thank you goes out to the PE department, staff, volunteers, and student leaders for their efforts in organizing and managing the event so smoothly. This year's Swimming Gala was a true celebration of talent, sportsmanship, and teamwork.



Inter House Swimming Gala 2025 Result:

House	Grade 1-5	Grade 6-10	Overall
Prism	44	13	57
Ellipse	20	4	24
Cuboid	26	25	51
Rhombus	25	23	48



Inter-House Futsal Tournament 2025

The Inter-House Futsal Tournament once again proved to be one of the most anticipated events of the year, bringing together learners across all grades in a spirit of competition and teamwork from August 4-15, 2025.

This year introduced a new format, with each house playing against all three others. The top two teams advanced to the finals, while the remaining two competed for third place. The structure kept every match competitive and engaging, ensuring plenty of intensity on the court.

Final Results:

Senior Boys

1st Place - Rhombus

2nd Place - Cuboid

3rd Place - Prism

Senior Girls

1st Place - Cuboid

2nd Place - Rhombus

3rd Place - Prism



Middle School Boys

1st Place – Ellipse

2nd Place – Rhombus

3rd Place – Cuboid

The tournament concluded with strong performances across all categories and enthusiastic support from the sidelines. Each house showed determination and skill, making this year's competition both exciting and memorable.



Celebrating Excellence: Shrayala Maharjan's Swimming Success

We proudly congratulate Shrayala Maharjan of Grade 9 for her outstanding performances at two recent swimming championships this month, where she demonstrated skill, determination, and remarkable sportsmanship.

At the 1st Inter-School Age Group Swimming Championship from 26-27 July, competing in the Girls 13/14 category, Shrayala secured:

Gold - 50m Butterfly

Silver - 50m Freestyle & 100m Freestyle

Bronze - 50m Backstroke

She followed this success with an even more impressive feat at the Thunderbolts Swimming Competition on 16 and 17 August, 2025. Despite being only 13 years old, Shrayala competed in the 15-17 age category and still managed to dominate the pool, winning:

Gold - 50m Butterfly

Gold - 100m Butterfly

Bronze - 50m Freestyle

These results highlight Shrayala's commitment to rigorous training and her ability to rise to challenges well beyond her age group. Her achievements are an inspiration to her peers and a proud moment for our school community.

Congratulations, Shrayala! May you continue to chase excellence and make waves in every competition ahead.



Highlights from the 1st QKS Futsal Tournament

The Boys' U-10 and U-15 futsal teams proudly represented our school at the 1st QKS Futsal Tournament from 11-14 August, 2025, hosted by Euro School, Hattigauda. Both teams took to the court with confidence, displaying impressive skills, discipline, and exemplary sportsmanship. The tournament provided an excellent platform for the players to showcase the techniques and tactical awareness they have been working hard to develop in training.

The highlight of the competition came from the U-15 team, who fought their way to the finals and secured the Runner-Up Cup. Their performance throughout the tournament reflected focus, resilience, and a strong sense of teamwork that earned them well-deserved recognition.

We extend our heartfelt congratulations to all the players from both the U-10 and U-15 teams for their outstanding effort and commitment. Special appreciation goes to the coaches for their dedication, countless hours of preparation, and guidance that made this achievement possible.

A sincere thank you to Euro School, Hattigauda, for hosting this tournament and providing an excellent platform for young athletes to compete and grow.



THANK YOU

and hope you enjoyed reading



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