

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

SEPTEMBER 2025



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MESSAGE FROM THE PRINCIPAL

Dear Parents,

Greetings and Namaste!

September has been a fulfilling month at our school, marked by meaningful learning experiences, community involvement, and academic achievements. From joyful moments in the classroom during Literacy Week, to the focused energy of the Second Semester Examinations, it has truly been a month of growth and celebration.

Our Literacy Week was a wonderful reminder of the power of stories to inspire, connect, and teach. Classrooms came alive with book readings, creative writing, and discussions that sparked imagination and curiosity. A heartfelt thank you to the parents who volunteered their time to read with our learners, your participation created memorable moments that our children will carry with them. We are also deeply grateful to the guests, authors, storytellers, and our dedicated teachers who helped bring literature to life through engaging activities and meaningful interactions.

Alongside these events, our Second Semester Assessments were conducted smoothly and successfully. We are proud of our learners for their hard work and commitment, and extend our appreciation to all teachers and families who supported them throughout this important academic milestone.

As we now prepare to celebrate Dashain, we are reminded of the rich cultural values that unite us — respect for elders, the importance of family, and the triumph of good over adversity. At our school, we take pride in honoring these traditions and fostering a sense of belonging, gratitude, and togetherness in our learning community.

On behalf of the entire school, I wish you and your loved ones a joyful and blessed Dashain. May this festive season bring you happiness, peace, and prosperity.

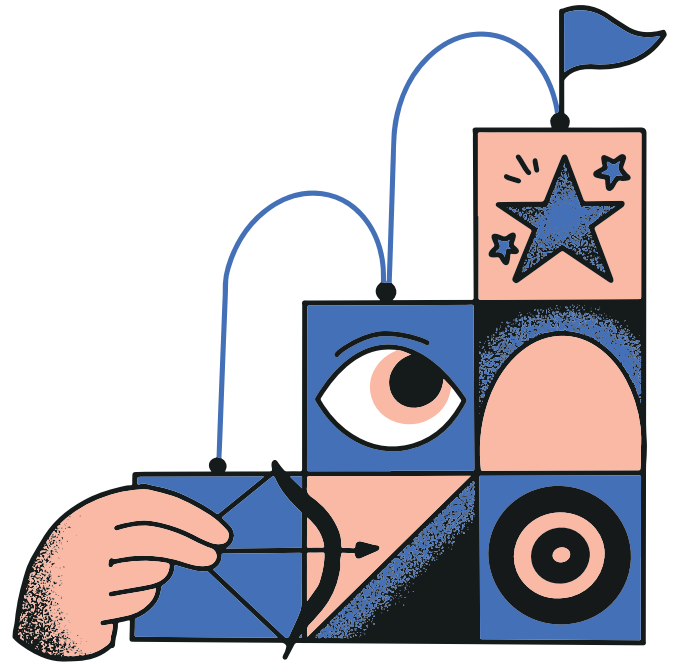
With warm regards,
Timila Shrestha

MISSION

To enable a growing number of individuals to achieve balanced success in learning and life by consistently delivering innovative and quality education

VISION

Our shared vision is to provide a happy, caring and stimulating learning environment where learners can achieve their fullest potential by embracing respect and international mindedness to contribute to the ever changing world.

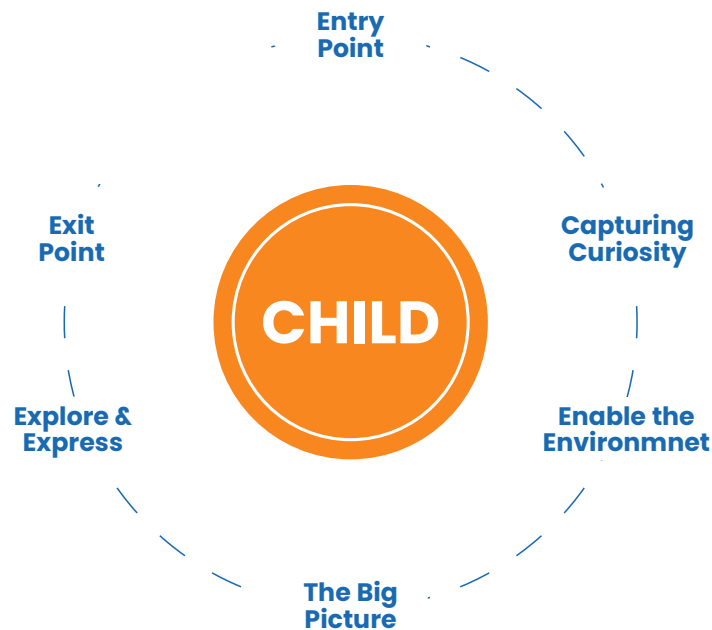


IPC GOALS



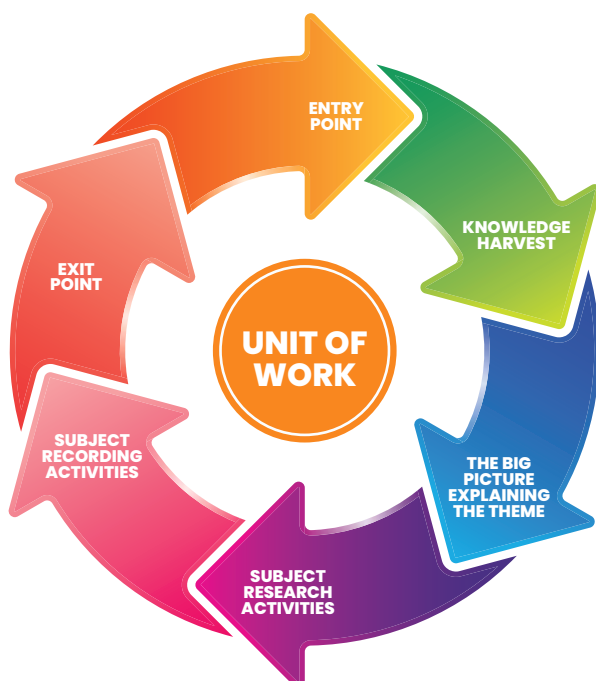
INTERNATIONAL EARLY YEARS CURRICULUM (IEYC)

The IEYC uses international best practices, holistic enquiry and play-based approaches that cover all curriculum areas including personal, social and emotional development for children aged 2 to 5 years old.



INTERNATIONAL PRIMARY CURRICULUM (IPC)

International Primary Curriculum is a comprehensive, thematic, creative curriculum for 3 to 11 year olds, with a clear process of learning and with specific learning goals for every subject, for international mindedness and for personal learning.



INTERNATIONAL MIDDLE YEARS CURRICULUM (IMYC)

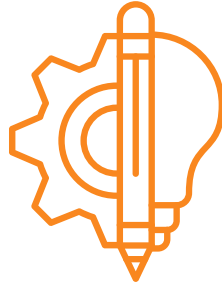
A challenging, engaging, internationally-minded, concept-focused curriculum designed specifically for the unique learning needs for 11 to 14 year olds in lower secondary.





KNOWLEDGE

Facts, information and skills acquired through experience or education. Information or awareness gained through experience or education. Information gathering.



SKILLS

Actions that we are able to do or perform. Skills can be developed over time.



UNDERSTANDING

Interpretation or view of a particular thing.
Having that knowledge and being able to think about the application of the knowledge



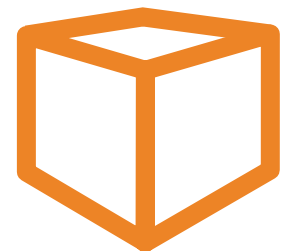
LEARNING

Learning is an ongoing process of acquiring knowledge, information and experience and transferring it into skills, understanding and attitude to apply in our daily life.



INTERNATIONAL MINDEDNESS

Learners in Sanskriti International School respect and accept ourselves and others by embracing diversity and respecting cultures around the world to become a truly globalized 21st century citizens of the intercon-nected world.



MULTIPLE PERSPECTIVES

Multiple Perspectives is when learners view an idea with different opinions and are able to look at the same theme in different ways to bring integration among the subjects so that their understanding is deepened.

8 PERSONAL GOALS



GOAL OF THE MONTH



RESPECTFUL

To treat others as I want to be treated

आदर गर्ने



LEARNING ACROSS THE GRADES

CELEBRATING DASHAIN WITH COLORS AND CHEER



On September 26, 2025, the Early Years learners at our school joyfully celebrated the spirit of Dashain, one of Nepal's most cherished and widely observed festivals. The celebration took place on the final day before the Dashain vacation, and the young learners embraced the festive atmosphere with energy, creativity, and excitement.

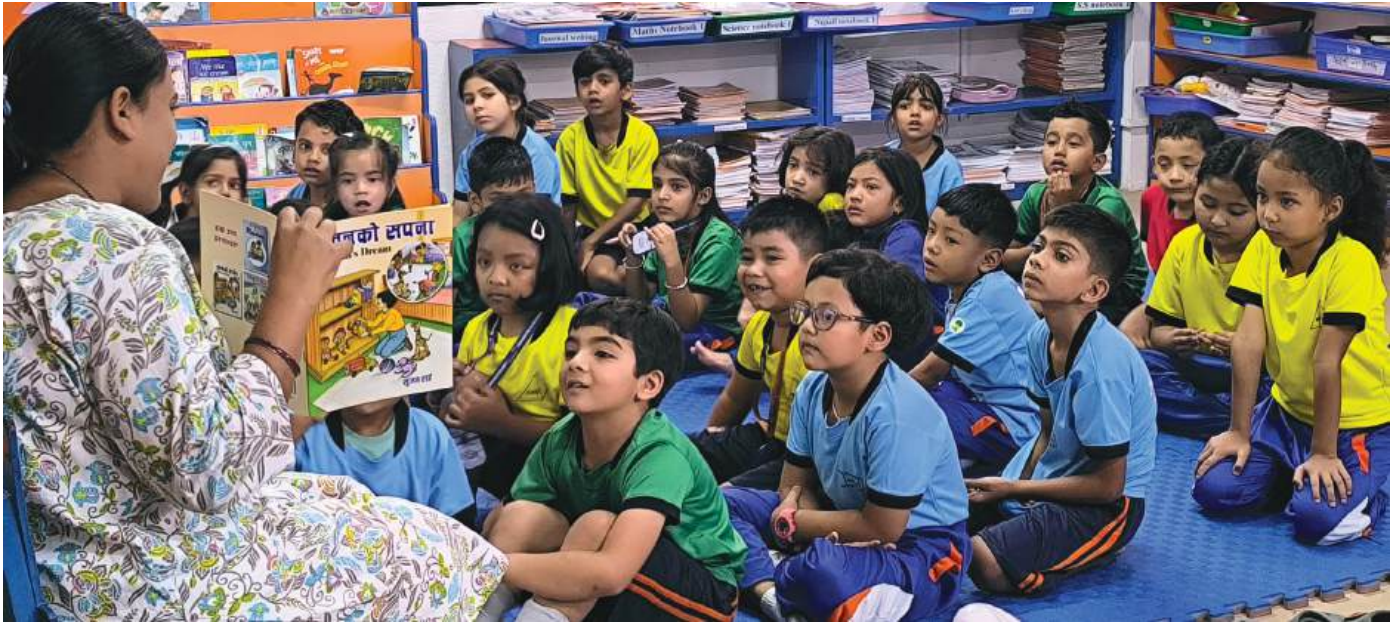
To mark the occasion, the children participated in a range of fun and meaningful activities. They poured their imagination into making colorful Dashain cards, expressing festive greetings through art and design. The classrooms echoed with the sound of cheerful voices as the learners sang traditional festive songs, while their lively dance performances brought smiles to everyone present.



Beyond the joy and fun, the celebration carried an important purpose: to help the children understand the cultural and spiritual significance of Dashain. Teachers guided them in learning about the traditions of Tika and Jamara, the blessings exchanged among family members, and the values of love, respect, and harmony that the festival embodies. Through these activities, the learners not only showcased their talents but also connected with Nepal's rich cultural heritage.

The day was filled with laughter, happiness, and togetherness, blending learning with celebration as creativity met culture and traditions came alive in the hands of the youngest learners.

BOOKMARKS, POEMS, AND BEYOND



From September 1 to September 8, 2025, our Grade 1 learners immersed themselves in a vibrant and joyful Literacy Week—a celebration filled with creativity, exploration, and expression across subjects.

In Language Arts (English), the young learners designed colorful bookmarks, created an inspiring class zine, and wrote acrostic poems using their own names. They also shared thoughtful reflections through book reviews of 'Sanu and the Big Storm', fostering both critical thinking and personal expression.

Mathematics, literacy blended seamlessly with numeracy as the children created flip books of different shapes. Alongside drawing and labeling, they described each one in words—linking mathematical concepts with writing skills.

In Nepali, the learners compiled a lively zine where they explored and categorized topics such as living and non-living things, favorite fruits, body parts, and flowers. They also enjoyed interactive activities like playing a word chain, writing about their favorite characters and why they admire them, and building a creative word gallery using sticky notes.

The week was a resounding success, with learners celebrating literacy in its many forms—through reading, writing, imagination, and joyful participation. Our Grade 1 learners not only strengthened their language skills but also discovered that literacy connects to every subject, making learning both meaningful and fun.

GRADE 1 CELEBRATES THE SPIRIT OF DASHAIN



On September 25, our Grade 1 learners celebrated Dashain through a variety of engaging activities that helped them understand and enjoy the festival's traditions.

The celebration began with a hands-on introduction to jamara, showing students how it is grown in a dark room away from sunlight. This activity helped learners appreciate the cultural significance of the tradition. Learners also shared their own special Dashain memories, recounting experiences such as flying kites, spending time with cousins, going shopping, and wearing new clothes—capturing the joy and excitement of the season.

In art class, guided by their teachers, learners created colorful kites and designed festive "Dashain Faces" adorned with rato tika. These creative projects brought the spirit of the festival alive in the classroom, filling it with color, laughter, and festive cheer.

The excitement and happiness among the learners were truly contagious. The celebration fostered a sense of togetherness, cultural pride, and joy, making Dashain a memorable experience for everyone at school.



WORDPLAY, WONDER, AND WHIMSY:

Grade 2 Literacy Week



Grade 2 learners immersed themselves in the joy of reading and writing as the school celebrated World Literacy Day 2025 from September 1-8 with a variety of creative and engaging activities.

During DEAR (Drop Everything and Read) time, the children were fully absorbed in exploring stories and letting their imaginations soar. They expressed their creativity by designing whimsical Dr. Seuss hats, composing rhyming poems, creating zine books with their own stories, and making colorful cover pages to showcase their work.

The week also featured interactive activities such as the word chain game and tongue twisters, which made language learning both playful and fun.

In addition to traditional literacy, learners explored the role of literacy in the digital era. They actively listened to digital stories, created their own digital narratives, and learned about the purpose and use of a digital library, gaining insight into how literacy extends beyond printed books.



A highlight of the celebrations was researching the life and works of the beloved author Dr. Seuss, which sparked both curiosity and inspiration. The week became even more memorable when guest parents visited the classroom to share stories, delighting the children and encouraging a lifelong love for storytelling.

The celebrations served as a powerful reminder that literacy is not only about reading and writing but also about creativity, imagination, and embracing the opportunities of the digital age. By the end of the week, Grade 2 learners had strengthened their skills, nurtured their creativity, and deepened their appreciation for the power of words.

GRADE 3 WRITES, PLAYS AND IMAGINES



Literacy Week at Sanskriti International School was a vibrant celebration filled with activities that brought stories, poems, and books to life with various activities in the first week of September. The week buzzed with energy, creativity, and opportunities for students to explore the magic of literature in new and engaging ways.

Grade 3 learners participated with great enthusiasm, showcasing their imagination and talent. They experimented with words by crafting beautiful diamante poems, discovering playful ways to express their thoughts through rhythm and structure. Reading sessions opened the door to new worlds, sparking curiosity and deepening their love for stories.

A highlight of the week was the journey into Roald Dahl's 'Fantastic Mr. Fox'. Learners stepped into the shoes of the characters through role play, giving voice and personality to the story. They extended this experience by conducting imaginative interviews, asking and answering questions as if they were part of the tale themselves. This interactive activity brought the story to life while building confidence and encouraging creative thinking.

With every poem, role play, and story shared, Grade 3 found that the world of literature is a place where their imagination can truly take flight.



FESTIVE BEGINNINGS



On September 22, Grade 3 learners joyfully marked the beginning of Dashain by celebrating Ghatasthapana with a hands-on activity. Together, they planted Jamara, a symbol of prosperity, good health, and blessings.

Guided by their teachers, the learners prepared the soil, sowed the seeds, and carefully watered the Jamara while learning about the cultural significance of this ritual. They also discovered how families across Nepal begin Dashain in this way, passing the practice down through generations.

The classroom was filled with excitement as the children worked side by side, asked curious

questions, and shared personal experiences of the festival from home. Their enthusiasm reflected not only the joy of planting but also their pride in keeping traditions alive.

This activity helped the learners connect with their heritage through experiential learning, allowing them to see how cultural rituals embody values of unity, respect, and gratitude. Watching their Jamara sprout in the coming days will serve as a reminder of both growth and celebration during this festive season.

We are proud of our young learners for embracing this tradition with such eagerness and spirit.

बारना आउने बाँसुरी: एउटा उदाहरण



पुस्तक पढ्ने कुरा हाम्रो जीवनमा अत्यन्तै महत्वपूर्ण छ । पुस्तकलाई ज्ञानको महासागर भनिन्छ, जसले मानिसलाई जीवनका विविध आयाम बुझ्न मद्दत गर्छ । नियमित रूपमा पुस्तक पढ्ने बानीले व्यक्तिको सोच, भाषा, कल्पनाशक्ति र सिर्जनशीलतालाई अझ समृद्ध बनाउँछ । यसै विषयलाई लिएर हाम्रो विद्यालयका कक्षा ४ का विद्यार्थीहरूले हालै बिहानको प्रार्थना सभामा एउटा विशेष प्रस्तुति दिएका थिए ।

यस प्रस्तुतिमा विद्यार्थीहरूले नेपाली किताब पढ्नु पनि उतिकै महत्वपूर्ण छ भन्ने कुरा जोड दिए । नेपाली हाम्रो मातृभाषा हो, जसलाई माया गर्न र जोगाउन हामी सबै जिम्मेवार छौं । मातृभाषामा लेखिएका पुस्तकहरूले समाजका वास्तविकता, संस्कार, संस्कृति र परम्परालाई उजागर गर्छन् । नेपाली साहित्यले जीवनका सन्देश दिन्छ, नयाँ शब्द सिकाउँछ र आफ्नै पहिचानसँग जोडिन्छ ।

यस सन्दर्भमा विद्यार्थीहरूले कक्षामा पढेको बाल उपन्यास “बारना आउने बाँसुरी” को उदाहरण प्रस्तुत गरे । रोशन पोखरेलद्वारा लिखित यस उपन्यासमा अभाव र कठिनाइका बीच पनि खुशीसाथ बाँच्न सकिन्छ भन्ने सन्देश दिइएको छ । कथामा एउटा सानो परिवारका जीवनका संघर्ष र उनीहरूको सन्तोषपूर्ण दृष्टिकोणलाई

मार्मिक ढंगले प्रस्तुत गरिएको छ । विद्यार्थीहरूले यस पुस्तक अध्ययनलाई विभिन्न गतिविधिसँग जोडेर प्रस्तुत गरे । उनीहरूले कथाको सारांश लेखे, मुख्य पात्रहरू पहिचान गरे, नयाँ शब्दहरू सिके, र कथाबाट प्रेरित भई आफ्नै छोटो कथा सिर्जना गरे । यसरी पुस्तक पढाइले उनीहरूको भाषिक क्षमता मात्र होइन, सिर्जनात्मकता र सोच्ने शक्ति पनि विस्तार भएको देखियो । यस प्रस्तुतिमा लेखक रोशन पोखरेलको जीवनीबारे पनि चर्चा गरियो । भापामा जन्मिनुभएका उहाँका लडाकु माछा, भेलम, वीर बलभद्र लगायत १५ भन्दा बढी कृतिहरू प्रकाशित छन् । उहाँका बुबाले कथामार्फत शिक्षा दिने बानीले पोखरेललाई लेखनमा प्रेरणा दिएको थियो । यसले देखाउँछ कि शिक्षा र प्रेरणा कहिलेकाहीँ सरल कथाबाट पनि प्राप्त गर्न सकिन्छ ।

यसरी बिहानको प्रार्थना सभामा प्रस्तुत गरिएको यस कार्यक्रमले दुवै भाषामा पुस्तक पढ्नु कतिको आवश्यक छ भन्ने कुरा सबैलाई स्मरण गरायो । अंग्रेजी किताबले हामीलाई विश्व चिनाउँछ भने नेपाली किताबले हाम्रो समाज र संस्कृतिसँग जोड्छ । त्यसैले हामीले दुवै भाषाका किताबहरू पढ्नुपर्छ । यसरी पढ्दा हाम्रो ज्ञान, सोच र जीवन दृष्टिकोण अझ फराकिलो हुन्छ । यसले विद्यार्थीलाई सन्तुलित, जानकारी र सिर्जनशील बनाउँछ ।

JOURNEY TO WASTE AWARENESS



On September 4, Grade 5 learners launched Phase 1 of their year-long project, “Beat the Plastic Pollution.” This initial session introduced learners to the concepts of waste management and encouraged them to reflect on ways to reduce plastic use in their everyday lives.

During the session, learners explored the 3Rs – Reduce, Reuse, Recycle – the key principles of waste management that encourage people to produce less waste, find new uses for items, and recycle materials whenever possible. To help learners connect these ideas to real-life examples, the class discussed initiatives from Nepal, including Banjare Dadha, a local project that raises awareness about plastic pollution and promotes eco-friendly habits in communities. These examples helped learners see how people across Nepal are taking steps to minimize plastic use, showing that even small actions—like avoiding single-use plastics or recycling properly—can make a big difference for the environment.



To make learning hands-on, learners took part in an engaging activity where they sorted waste according to the 3Rs, putting their knowledge into practice. They also learned about Khalisisi, a Nepali social enterprise that connects waste-sellers with waste-buyers, supporting effective recycling in households and schools while helping local waste workers.

This first phase marks the beginning of an exciting journey. Throughout the year, Grade 5 learners will continue the project, taking meaningful actions to contribute to a cleaner, greener future.

EXPLORING THE MAGIC OF STORIES



Grade 5 learners at Sanskriti International School marked Literacy Day with a week filled with creativity, imagination, and a shared love for books. Throughout the week, learners engaged in a variety of activities that nurtured their reading and writing skills. They composed Cinquain poems, wrote letters to their favorite authors, designed unique bookmarks and imaginative book covers, and even presented book reviews using cereal boxes.

Demonstrating their multilingual abilities, learners also wrote in German, Chinese, and Nepal Bhasa, complementing their written work with beautiful illustrations. A standout moment of the celebration was the Reading Buddies session, where Grade 5 students read storybooks to Grade 1 learners, fostering a culture of shared reading and mentorship.

Another highlight was the Human Library, where learners dressed as their favorite book characters and confidently shared their stories with peers. Additionally, learners creatively linked book titles to the 7 Habits from The Leader in Me, adding a meaningful dimension to their literacy experience.



The week concluded with parents joining the celebration for a special story reading session, making the event even more memorable. It was a week brimming with learning, joy, and creativity—a true celebration of the love for books and reading.

कक्षा & विद्यार्थीहरूको अन्तरविद्यालय भ्रमण



“पढ्न र लेख्न सक्ने क्षमता मात्र होइन, सोच्ने र बुझ्ने क्षमता पनि साक्षरताको असली मूल्य हो ।”

संस्कृति इन्टरनेसनल स्कूलले प्रत्येक वर्ष सप्ताहव्यापी रूपमा साक्षरता दिवस मनाउँदै आएको छ । यसै अवसरमा, कक्षा ६ का विद्यार्थीहरूले स्वयम्भूस्थित जनसुधार सामुदायिक विद्यालयमा भ्रमण गरी कक्षा ६ र ७ का विद्यार्थीहरूसँग आफ्ना अनुभव र जानेका कुरा साझा गर्ने अवसर पाए ।

कार्यक्रमको सुरुवातमा, कक्षा ६ का विद्यार्थीहरूले आफ्नो विद्यालयका कक्षा ९ देखि १० सम्मका कक्षामा गएर पढिसकेका कथा, उपन्यास, र पुस्तकहरू सङ्कलन गरेका थिए । सङ्कलित पुस्तकहरूलाई बुकमार्कसहित जनसुधार सामुदायिक विद्यालयका विद्यार्थीहरूलाई हस्तान्तरण गर्ने क्रममा, उपस्थित विद्यार्थीहरू अत्यन्त उत्साहित देखिए । पुस्तकहरू पाउँदा उनीहरूमा नयाँ कुरा सिक्ने उत्साह जागृत भयो, र आफ्ना अनुभव, दैनिकी, र जीवनका भोगाइहरूलाई अभिव्यक्त गर्ने अवसर पनि प्राप्त भयो ।

यस अन्तरविद्यालयीय अनुभवले दुवै विद्यालयका विद्यार्थीहरूलाई आफ्नो अनुभव, विचार, र शिक्षाको महत्त्व प्रत्यक्ष रूपमा बुझ्ने मौका प्रदान गर्‍यो । कक्षा ६ का विद्यार्थीहरूले सिकेका कथाहरू र ज्ञान साझा गर्दा, त्यसले जनसुधारका विद्यार्थीहरूमा पनि पढाइप्रति उत्साह र सिर्जनात्मक सोच बढाएको देखिन्थ्यो ।

यसरी, साक्षरता दिवसको यस विशेष पहलले मात्र विद्यार्थीहरूलाई पुस्तक र कथा पढ्ने अवसर दिइएन, तर अनुभव आदान-प्रदान, साझा सिकाइ, र शिक्षाको वास्तविक मूल्यको अनुभव गराउने छुट्टा प्रेरणादायी अवसर पनि प्रदान गर्‍यो ।

CHINA, THROUGH THE LENS OF GRADE 7

On September 3, 2025, our enthusiastic Grade 7 learners hosted a spectacular cultural exhibition on China, celebrating the country's remarkable blend of ancient traditions and modern innovations. The event was a true showcase of research, creativity, and first-hand experiences.

As part of their presentations, the learners explored China's diverse cultures, highlighting different provinces, traditional attire, regional cuisines, and the art of Chinese tea ceremonies. Their exhibits transported visitors to vibrant cities like Chengdu and Shanghai, offering insights into the unique character and charm of each location.

The exhibition also featured detailed presentations on China's iconic landmarks, including the Great Wall of China, Tiananmen Square, the White Pagoda, Old Town, and the Olympic Park. Learners shared their excitement about China's modern advancements, offering a glimpse of the world-famous bullet trains and the country's leap into modern transportation.

Adding a personal touch, the learners shared their first-hand experiences from their educational trip to China earlier this year. From sampling authentic street food and walking along the Great Wall to interacting with local communities and exploring bustling city life, the learners brought back personal stories and memories that added depth and authenticity to their presentations.

The exhibition offered both insight and inspiration, bringing global learning to life. We are incredibly proud of our Grade 7 learners for their enthusiasm, teamwork, and dedication, which made this event a resounding success.



साक्षरता सप्ताहमा अतिथि वक्ता धिर कुमार श्रेष्ठ



मिति २०८२ साल भाद्र १७ गते हाम्रो विद्यालयमा साक्षरता सप्ताहको अवसरमा कक्षा ८ का शिक्षार्थीहरूका लागि विशेष कार्यक्रम आयोजना गरियो। यस कार्यक्रममा ख्यातिप्राप्त लेखक तथा सम्पादक श्री धिरकुमार श्रेष्ठलाई प्रमुख पाहुनाको रूपमा आमन्त्रण गरिएको थियो।

कार्यक्रमको सुरुवातमा श्रेष्ठज्यूले आफ्ना दीर्घ साहित्यिक अनुभवहरू अत्यन्तै आकर्षक र सहज शैलीमा प्रस्तुत गर्नुभयो। उहाँले आफ्नो लेखन यात्रा, चुनौतीहरू, र प्रेरणाका स्रोतहरूका बारेमा विद्यार्थीहरूसँग प्रत्यक्ष अन्तरक्रिया गर्नुभयो। यसले विद्यार्थीहरूलाई साहित्यिक रचनाको प्रक्रियाबारे व्यावहारिक दृष्टिकोण प्राप्त गर्ने मौका प्रदान गर्‍यो।

त्यसै अवसरमा श्रेष्ठज्यूले आफ्नै सिर्जनाबाट छुट्टा सुन्दर कथा वाचन गर्नुभयो, जसमा भावनात्मक गहिरो र रोचक शैलीले विद्यार्थीहरूको ध्यान खिच्यो। उहाँको प्रस्तुतिले साहित्यप्रति विद्यार्थीहरूमा गहिरो चासो, उत्साह, र सिर्जनात्मक ऊर्जा जागृत गर्‍यो।

यस अन्तरक्रियात्मक कार्यक्रमले मात्र साहित्यको ज्ञान बढाउन, विद्यार्थीहरूको सिर्जनशीलता र लेखनप्रतिको रुचिलाई पनि थप प्रोत्साहित गर्‍यो। साक्षरता सप्ताहको यो पहलले विद्यार्थीहरूलाई आफ्नो साहित्यिक यात्रा सुरु गर्ने वा अझ प्रगतिशील बनाउन प्रेरित गर्दै, साहित्यिक दुनियाँमा कदम राख्ने प्रेरणादायी बाटो देखाइदिएको छ।



CONNECTING STORIES, SCIENCE, AND DIGITAL LEARNING

From September 1-8, Grade 9 learners celebrated Literacy Week and Literacy Day with engaging activities that highlighted both traditional and digital literacy. Learners created a Human Evolution Timeline, exploring human development and historical milestones, and presented projects on "Navigating History, Connection, and Safety in the Digital Era," emphasizing digital literacy and online safety.

Learners also participated in a Picture Story Writing Workshop, where they honed their storytelling and language skills. Thought-provoking writing assignments included topics such as "Can humans survive without gravity?" and "Evolution of Human Body Structure and Its Impact on Modern Digital Literacy," encouraging learners to think critically and connect scientific concepts with literacy.

Responding to reading, learners created playlists for characters, reflected connections to the real world, engaged in summarizing, enjoyed character hot seats, illustrated and created a pageant of poems.

To promote reading, learners designed bookmarks with inspiring literacy slogans and created colorful tree charts titled "Celebrating Literacy Day," creatively integrating real-life applications of linear equations.

The week concluded with a showcase of all projects, highlighting learners' creativity, critical thinking, and enthusiasm. These activities demonstrated how literacy connects with science, math, and digital skills, reinforcing its vital role in learning and growth.

We applaud our learners for their dedication and encourage everyone to continue exploring literacy as a pathway to knowledge and progress.



A TASTE OF LEARNING: GRADE 10 AT ADDA

"Let food be thy medicine and medicine be thy food" – Hippocrates



On September 4, 2025, Grade 10 learners visited Adda Restaurant in Gairidhara, Kathmandu, as part of their English lesson, "Cuisines around the World". The visit gave learners hands-on experience in exploring the world of culinary arts while practicing language skills.

During the trip, learners interacted with the chefs, gaining insights into the restaurant's menu, recipes, and a variety of food items. Engaging discussions about ingredients, preparation methods, and flavors provided ideas that learners later used to design their own creative menus. This real-world experience made the lesson both practical and enjoyable, connecting classroom learning with everyday life.



The activity also fostered teamwork and creativity, as students collaborated to present their menus in unique and appealing ways. By combining vocabulary, writing, and communication skills with hands-on learning, the learners were able to practice English in a meaningful and engaging context. Teachers noted their curiosity, enthusiasm, and active participation throughout the visit, making it a memorable and effective extension of the classroom lesson.

SCHOOL EVENTS

NURTURING CONNECTIONS: UNDERSTANDING THE TEENAGE BRAIN



"The adolescent brain is not broken; it is a work in progress, designed to promote courage, creativity, and connection."

— Dr. Daniel J. Siegel

On September 5, the Secondary School hosted a Parent Information Session facilitated by Secondary School Head, Ms. Shromona Shah. The session aimed to provide parents with deeper insights into the teenage brain—how it develops, how it shapes behavior, emotions, and decision-making, and how understanding these changes can strengthen relationships with adolescents.

The focus of the session was on fostering connection and empathy. Parents explored the ways in which developmental changes during adolescence influence communication, learning, and emotional regulation, and how awareness of these processes can support stronger bonds at home. To make the session engaging and interactive, parents watched an informative video on teenage brain development and participated in a quiz activity that encouraged reflection on real-life teenage behavior in a fun, lighthearted way.



The program also created space for open dialogue. Parents shared personal success stories and strategies for guiding their teenagers, making the session practical, relatable, and inspiring. This exchange of experiences fostered a supportive atmosphere where parents could learn from one another while gaining research-based insights. Through a blend of discussion, multimedia resources, and collaborative sharing, the session equipped parents with tools to better understand and connect with their children during these transformative years.

The school extends heartfelt thanks to all parents who participated with such enthusiasm. Together, home and school continue to strengthen their partnership in support of the well-being and success of every learner

विद्यालयमा लघु चलचित्र प्रदर्शन कार्यक्रम सम्पन्न



मिति २०८२ साल भाद्र १९ गते, हाम्रो विद्यालयमा विशेष शैक्षिक कार्यक्रम अन्तर्गत लघु चलचित्र प्रदर्शन कार्यक्रम आयोजना गरिएको थियो । यस कार्यक्रममा निर्देशक श्री मोहन अभिलाषी द्वारा निर्देशन गरिएका विभिन्न लघु चलचित्रहरू विद्यार्थीहरूले हेर्ने अवसर पाएका थिए ।

कार्यक्रममा प्रदर्शन गरिएका चलचित्रहरूमा “घुरा”, “द स्कूल वाल”, र कक्षा ८ को पाठ १० “एक जोर जुता” कथामा आधारित चलचित्र समावेश थिए । यी चलचित्रहरू विद्यार्थीहरूको शैक्षिक अनुभवलाई थप जीवन्त बनाउन र पाठ्यपुस्तकमा सिकाइएका विषयवस्तुलाई दृश्य-श्रव्य माध्यम मार्फत अझ प्रभावकारी बनाउने उद्देश्य राखिएको थियो ।

कार्यक्रममा कक्षा ७ र ८ का विद्यार्थीहरूले सक्रिय सहभागिता जनाएका थिए । चलचित्रमार्फत विद्यार्थीहरूले केवल पाठ्यपुस्तकका सामग्री मात्र नभई नेपाली समाजका विविध परिवेश, सांस्कृतिक परिप्रेक्ष्य, र दैनिक जीवनका अवस्थाबारे पनि नजिकबाट अनुभव गर्ने अवसर पाएका थिए । दृश्य-श्रव्य प्रस्तुति र रोचक कथानकले विद्यार्थीहरूमा बुझाइलाई अझ स्पष्ट र सजीव बनाएको थियो ।

करिब दुई घण्टासम्म चलेको यस कार्यक्रममा विद्यार्थीहरूले प्रदर्शन गरिएका चलचित्रको आधारमा पाठ्यपुस्तकका अभ्यास प्रश्नहरूको उत्तर दिन पनि सफल भएका थिए । यस किसिमका कार्यक्रमले विद्यार्थीको सिकाइ प्रक्रिया सहज, रोचक र प्रभावकारी बनाउन महत्वपूर्ण भूमिका खेल्दछन् भन्ने विद्यालयले विश्वास व्यक्त गरेको छ ।

विद्यालयका शिक्षक तथा व्यवस्थापनले यस्तो सिर्जनात्मक शैक्षिक गतिविधि नियमितरूपमा सञ्चालन गर्दै विद्यार्थीहरूमा शैक्षिक उत्साह र रचनात्मक सोचको विकास गर्न निरन्तर प्रयास गर्ने योजना रहेको बताए ।

डिजिटल युगमा पठनको महत्व: संस्कृति इन्टरनेसनलको विशेष कार्यक्रम



अन्तर्राष्ट्रिय साक्षरता दिवस २०२५ को अवसरमा संस्कृति इन्टरनेसनल स्कूलले “डिजिटल युगमा साक्षरता प्रवर्धन” भन्ने नाराका साथ एक विशेष अन्तरक्रियात्मक कार्यक्रम सम्पन्न गर्‍यो । कार्यक्रम कक्षा ९ र १० का विद्यार्थी, शिक्षक, विद्यालय प्रशासन तथा अभिभावकको उत्साहजनक सहभागितामा सम्पन्न भएको थियो । कार्यक्रममा विद्यालय निर्देशक दिप्ती आचार्य, प्रधानाध्यापक तिमिला श्रेष्ठ लगायत विद्यालय परिवारको उपस्थितिले कार्यक्रमलाई थप गरिमामय बनायो ।

मुख्य वक्ता संचारकर्मी तथा साहित्यकार दिपक समिर, कवि शकुन्तला जोशी, र प्रकाशक सुदेश डोटेलले विद्यार्थीहरूसँग जीवन्त संवाद गर्दै पठन संस्कृतिको महत्त्व, डिजिटल युगका अवसर र चुनौती, तथा सन्तुलित पाठन अभ्यासबारे आफ्ना विचार प्रस्तुत गरे । उनीहरूले पुस्तकसँगको निकटता मात्र शैक्षिक उन्नति नभई आत्मिक समृद्धि र व्यक्तित्व विकासको आधार पनि हुने स्पष्ट पारे ।

विद्यार्थीहरूले कार्यक्रमका क्रममा पठन संस्कृतिको भविष्य, उपयुक्त पुस्तक छनोट गर्ने तरिका, र डिजिटल प्रविधि मार्फत अध्ययनलाई कसरी प्रभावकारी बनाउन सकिन्छ भन्ने विषयमा जिज्ञासा राखे । वक्ताहरूले व्यावहारिक सुझाव दिँदै डिजिटल युगमा पुस्तकमाथि आकर्षण बढाउन सामाजिक सञ्जाल, अनलाइन पुस्तकालय, र डिजिटल प्लेटफर्मको सकारात्मक प्रयोग गर्न प्रोत्साहित गरे ।

कार्यक्रममा विद्यार्थीहरूले साक्षरता सप्ताहका गतिविधिहरू—कविता वाचन, पुस्तक समीक्षा, र पठन अनुभव आदान-प्रदान पनि प्रस्तुत गरे, जसले कार्यक्रममा सहभागी सबैलाई प्रेरित गर्‍यो ।



विद्यालय निर्देशक दिप्ती आचार्यले विद्यार्थीलाई पठन संस्कृतिप्रति सजग रहन आग्रह गर्दै भनिन्, “साक्षरता केवल पढाइ-लेखाइमा सीमित छैन, यो जीवनशैली हो जसले हाम्रो सोच, व्यवहार र भविष्यलाई निर्माण गर्छ ।”

यसरी सम्पन्न कार्यक्रमले विद्यार्थीहरूलाई पुस्तकसँग अझ नजिक बनाउनुका साथै डिजिटल युगमा साक्षरताको प्रभावकारी अभ्यासबारे गहिरो सोच सिर्जना गरेको विद्यालयले विश्वास लिएको छ ।

YETI TALES, AND YOUNG WRITERS: MS. PRADHAN AT LITERACY WEEK

On September 8, 2025, Sanskriti International School welcomed Ms. Sneha Pradhan, author of 'Yelp! Yeti! Chaos in Kathmandu', as part of its Literacy Week. The session was organized especially for Grade 3 and Grade 4 students and offered a unique opportunity to explore the journey of a writer.

Ms. Pradhan spoke about how her lifelong love of reading evolved into a dream to write. She emphasized that becoming an author requires not just ideas, but dedication, persistence through multiple drafts, and the courage to share one's work. Her story resonated with the young learners, showing them that creativity must be paired with hard work and perseverance.

A highlight of the day was when Ms. Pradhan shared pages from *Yelp! Yeti! Chaos in Kathmandu*, illustrated by Promina Shrestha. The story follows Dev and his pet cat, Tuna, as they navigate unexpected chaos caused by a Yeti loose in Kathmandu—meals disappearing, mess everywhere, and Dev being blamed. Ms. Pradhan guided the students through how she built her characters—Dev's feelings, Tuna's loyalty, and the Yeti's mischievousness—and set the story in Kathmandu with vivid sights, sounds, and cultural details. The illustrations brought the tale to life, allowing the children to connect with the familiar local environments.

The session, led as an interview by Principal Timila Shrestha, explored the inspiration behind the book, the role of literacy in imagination, empathy, and cultural understanding, and practical advice for young writers: read widely, write regularly, accept feedback, and embrace mistakes as part of learning.

Students left the session entertained by Dev, Tuna, and the Yeti's adventures, but more importantly, inspired to believe in their own stories.



THE EC/CC CORNER

THE DofE INTERNATIONAL AWARD CEREMONY



On September 5, 42 learners from Sanskriti International School were recognized for their dedication and achievements at the Duke of Edinburgh International Award Ceremony, receiving their Bronze and Silver Awards.

From the Class of 2024/25, 13 learners earned their Silver Award, while 29 current learners received their Bronze Award. To complete each level, participants dedicate themselves to four areas: Skills, Physical Recreation, Community Service, and an Adventurous Journey. Each learner sets personal goals and works steadily to achieve them, showing resilience, discipline, and growth along the way.

The ceremony was hosted by School Head Girl Anuva Shrestha, who carried out her role with confidence and poise. Anuva also received her Bronze Award, demonstrating leadership by example.

Since its introduction at Sanskriti over five years ago, the school has proudly celebrated more than 100 awardees. The Duke of Edinburgh Award not only recognizes achievements but also adds valuable



experience to learners' personal and academic growth, opening doors for future opportunities.

At Sanskriti, we believe that school is more than academics—it is a place to build character, skills, and confidence. Programs like the Duke of Edinburgh Award, alongside other EC/CC activities, help learners develop into well-rounded, motivated, and capable individuals. A heartfelt thank you goes to all our assessors and coaches for their guidance and support, which made these achievements possible.

11TH NISARGA INTER-SCHOOL CHAMPIONSHIP 2025



Competitions offer learners a dynamic, real-world platform to develop essential skills, resilience, and character. Our school swimming team recently participated in the 11th Nisarga Inter-School Championship 2025, held on September 6 and 7, bringing together schools from across Kathmandu.

The championship provided students with an opportunity to apply the techniques honed during rigorous training. Our athletes competed with determination and focus in a range of events, including freestyle, butterfly, and backstroke. The competition was a resounding success, with many swimmers achieving new personal bests.

Events like these are invaluable, offering students the chance to perform under pressure while cultivating teamwork, discipline, and a genuine passion for their sport. Our learners' dedication and enthusiasm made the school proud and set a high benchmark for future competitions.

SANSKRITI FUTSAL TEAM TRIUMPHS AT JOHN DEWEY TOURNAMENT!



From August 26 to September 5, eight talented learners from Grades 4 and 5 proudly represented Sanskriti International School in the John Dewey Interschool Junior Futsal Tournament, which featured 16 competing schools.

After an exciting and hard-fought journey, our young athletes displayed grit, teamwork, and determination, ultimately emerging as champions of the tournament.

The tournament began with the group stage, where Sanskriti faced John Dewey (the host team), Imperial School, and CBBS School. With two wins and one loss, our juniors secured their place in the Quarter Finals.

- Quarter Final: Against Excelsior School, Sanskriti battled fiercely to secure a 2-1 victory.
- Semi Final: Facing Chelsea World School, the team once again showcased discipline and teamwork, winning 2-1.
- Final: In a nail-biting clash with tournament favorites Bramha Kunja Sikshya Sadan, the match ended in a draw, leading to a penalty shootout. With nerves of steel, Team Sanskriti triumphed 3-2, lifting the trophy.

Alongside the team victory, several players earned individual accolades:

- Arshav Khadka – Man of the Match (Quarter Final)
- Eric Pachai – Man of the Match (Semi Final)
- Saharsh Dongol – Man of the Match (Final)
- Kevin – Best Goalkeeper of the Tournament

The school community is incredibly proud of our Elementary Futsal Team for this outstanding achievement. Their victory reflects not only their hard work and perseverance but also the dedication of their coaches and the support of the entire Sanskriti community.

Well done, Team Sanskriti

THANK YOU

and hope you enjoyed reading



For More Information

Visit Our Website



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

Thulobharyang, Halchowk Swayambhu, Kathmandu, Nepal

