

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

# NEWSLETTER

MAY 2026



# TABLE OF CONTENT

* Culture Connects Us All .....	8
* A Month of Color, Culture, and Curious Minds .....	9
* Inside the Amazing Brain .....	10
* The Great Learning Investigation .....	11
* Metacognition: Thinking About Thinking.....	12
* Gratitude Week .....	13
* Khokana: Culture, Curiosity, Connection .....	14
* Planting the First Steps Toward Green Learning .....	15
* Mystery Boxes and Optical Illusions Open Grade 7's New Unit .....	16
* खाइक्वाटीमाफर्त भाषा र संस्कृतिको सिकाइ .....	17
* Limits and Learning .....	18
* World Biodiversity Day: A Journey from Afghanistan to Australia .....	19
* Sanskriti School Celebrates 100% Results in SEE 2082 .....	20
* SEE Batch of 25/26 Honored in Graduation Ceremony .....	21
* Student Body Elects School Captains .....	22
* The Duke of Edinburgh Expedition .....	23
* QKS Educators Unite for Social-Emotional Learning Training .....	24
* Celebrating Cultural Diversity Day 2026 .....	25
* Recognizing Excellence at Awards Ceremony 2026 .....	26
* Mapping the Year Ahead: Curriculum Meetings 2026 .....	27

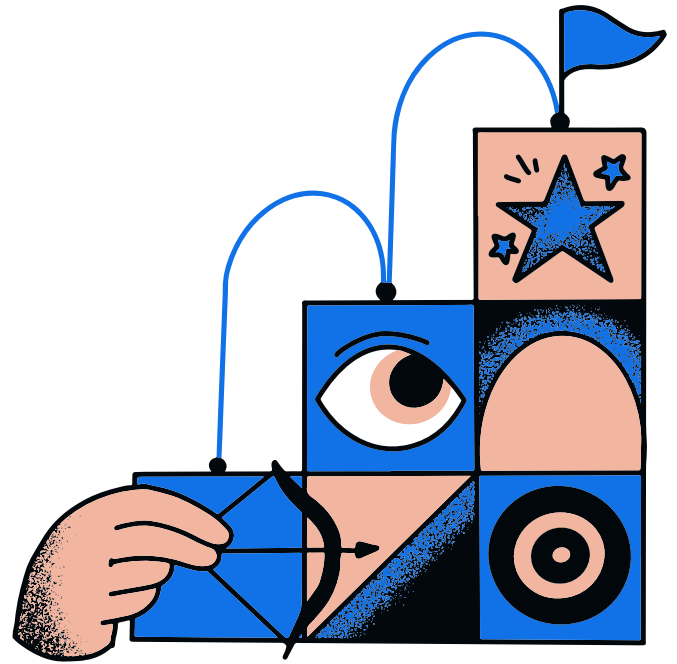


# MISSION

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.

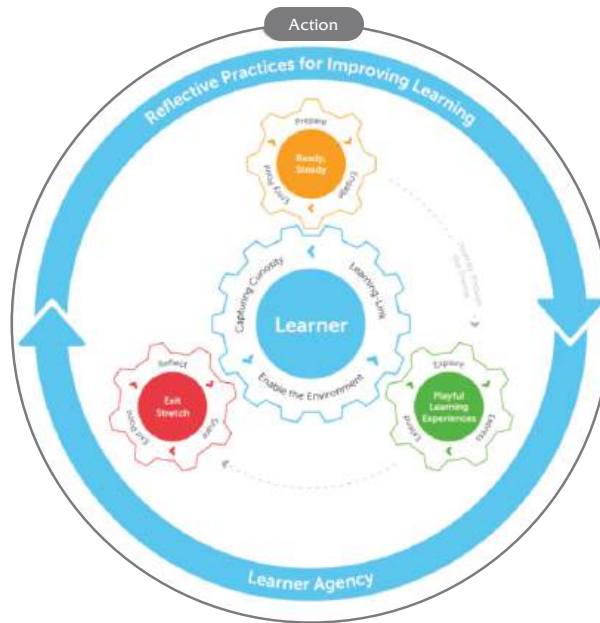


## IPC GOALS



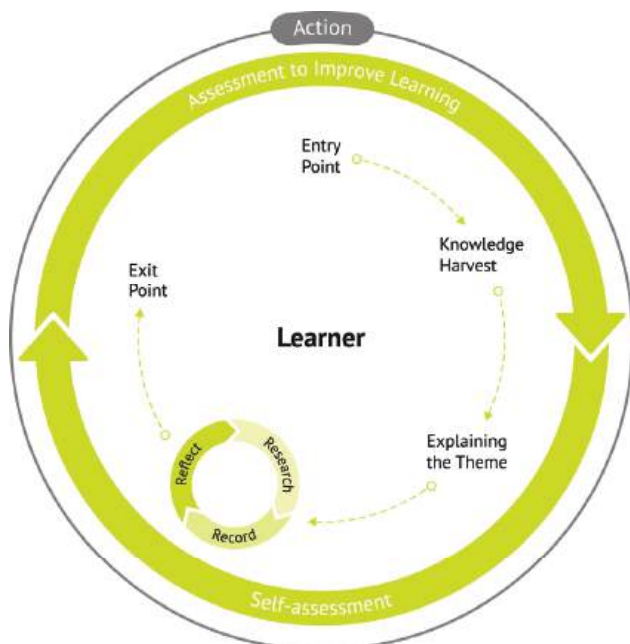
# INTERNATIONAL EARLY YEARS CURRICULUM (IEYC)

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.



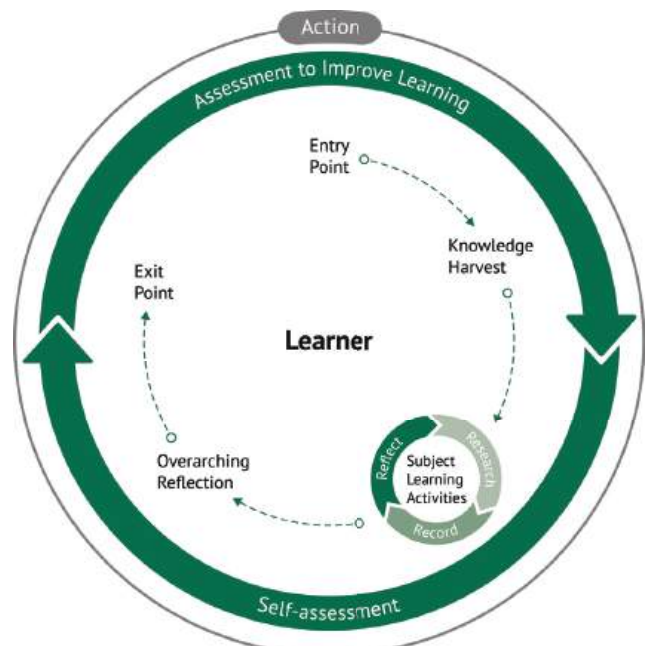
# INTERNATIONAL PRIMARY CURRICULUM (IPC)

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)

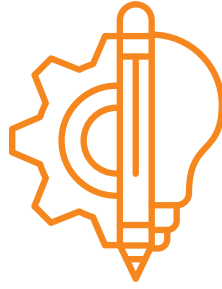
A challenging, engaging, internationally-minded, concept-focused curriculum designed specifically for the unique learning needs for 11 to 14 year olds in lower secondary.





## 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



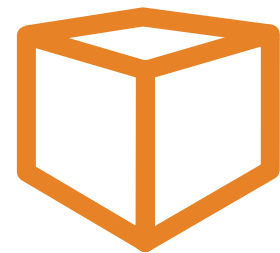
## LEARNING

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.



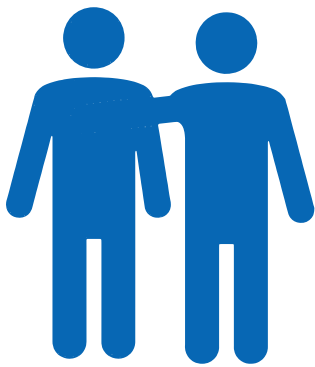
## MULTIPLE PERSPECTIVES

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



**EMPATHETIC**

To Reflect Thinking About Learning

समानुभूति जनाउने



# CULTURE CONNECTS US ALL



Our youngest learners at Sanskriti Pre-School had a joyful and meaningful week from 14–21 May, celebrating Diversity Week through exciting hands-on experiences and movement-based learning. They enjoyed rainbow dances, mystery box exploration, creative art and craft activities, string activity and tasting delicious food from different cultures.



A special highlight of the celebration was the flag parade, where our tiny global citizens proudly carried flags from different countries and explored the beauty of cultures around the world. Through songs, movement, creativity, and shared experiences, learners developed international-mindedness and discovered that our differences make our community stronger.



The celebration became even more memorable with learners and teachers' dance and song performances, filling the atmosphere with happiness, connection, and celebration.

# A MONTH OF COLOR, CULTURE, AND CURIOUS MINDS



May was an exciting month for our Grade 1 learners, filled with celebration, discovery, and new learning experiences. On May 21, we celebrated Diversity Day, with learners proudly dressed in vibrant traditional outfits representing different cultures and countries. The day was a wonderful opportunity to appreciate our differences, learn from one another, and celebrate the rich diversity within our community.

The excitement continued on May 27 as learners launched their new IPC unit, Brainwave: The Brain. Our young scientists explored fascinating facts about the brain and discovered how it helps us think, feel, remember, and move. Through engaging discussions and fun memory games, they experienced firsthand how their brains work in everyday life.

From celebrating cultures to exploring the wonders of the human brain, May was a month filled with curiosity, creativity, and meaningful learning for our Grade 1 learners.

# INSIDE THE AMAZING BRAIN



Grade 2 learners began their IPC unit, Brainwave: Metacognition on May 16, with a series of engaging activities designed to introduce the concept of thinking about their own thinking. Through games such as I Spy, the Stroop challenge, Kim's game, and memory-based activities, learners developed observation, concentration, listening, and recall skills while exploring how their brains work.

Learners also engaged in discussions about the brain, sharing ideas about its size, colour, location, and role in helping us think, remember, feel, and learn. As they participated, they began reflecting on questions such as: What helped me remember? and Why was one activity easier than another?

The excitement peaked when learners uncovered the name of their new unit, marking a meaningful and energetic start to their journey as reflective and independent learners.



# THE GREAT LEARNING INVESTIGATION



What does learning look like?

That was the question Grade 3 learners set out to investigate as they launched their new unit on May 7. Stepping into the role of learning detectives, they explored different classrooms across the school, observing how ideas are shared, questions are asked, and understanding is built.

Along the way, learners noticed that learning can take many forms—through discussion, collaboration, independent thinking, and hands-on experiences. Their observations sparked thoughtful conversations about the different ways people learn and the role the brain plays in the process.

Back in class, learners shared their discoveries and reflected on what helps them learn best. More than a classroom hunt, the experience encouraged them to look closely at learning itself.

The Entry Point sparked curiosity and set the stage for a unit that will challenge learners to become more aware of how they think, learn, and grow.

# METACOGNITION: THINKING ABOUT THINKING



Grade 4 learners enthusiastically began their new unit, MP2 Brainwave: Metacognition on May 5, through an exciting Treasure Hunt Entry Point activity. Working in teams, learners solved subject-based questions and clues hidden around the classroom. Each challenge encouraged critical thinking, communication, and the application of prior knowledge across different subjects.

As they searched for answers, learners explored how they learn, solve problems, make decisions, and reflect on their thinking processes. The activity introduced the concept of metacognition – “thinking about thinking” – in a fun and collaborative way. Learners demonstrated teamwork, observation, reasoning, and problem-solving skills while enjoying the excitement of the treasure hunt.

The Entry Point sparked curiosity for the unit ahead, helping learners understand that learning is not only about finding the correct answer but also about understanding the strategies used to reach it.



# GRATITUDE WEEK



As part of Gratitude Week, on May 7 our Grade 5 learners presented a meaningful assembly titled “Heart Talk – What We Are Grateful For.” The presentation highlighted the importance of gratitude and encouraged everyone to appreciate the positive aspects of life.

Through heartfelt poems, thoughtful reflections, and creative posters, learners expressed gratitude for their families, friends, teachers, nature, and everyday moments that bring joy and comfort. Their confident sharing and sincere messages created a warm and positive atmosphere for the audience.

The presentation reminded us that practicing gratitude helps us become kinder, more compassionate, and thoughtful individuals. It was wonderful to see our learners begin the year with grateful hearts and positive minds while spreading joy and appreciation within the school community.



# KHOKANA: CULTURE, CURIOSITY, CONNECTION

On May 28, Grade 5 learners experienced their first outdoor learning journey in Khokana village, Lalitpur, a historic Newar settlement that reflects Nepal's rich cultural heritage.

They explored living history through a visit to a 300-year-old traditional oil mill and the sacred Srikali Temple, gaining insight into how culture, faith, and daily life are deeply connected in the community.

Linked to their unit Brainwave, learners engaged in nature walks, scavenger hunts, estimation tasks, poetry writing, and geographical exploration. These activities encouraged them to observe, inquire, and reflect in real-world contexts.

Throughout the experience, learners demonstrated adaptability, collaboration, resilience, and respect for culture and nature. The journey also connected meaningfully to SDG 4: Quality Education and SDG 11: Sustainable Cities and Communities.

This enriching experience deepened learners' appreciation of Nepal's heritage while strengthening essential skills for lifelong learning.



# PLANTING THE FIRST STEPS TOWARD GREEN LEARNING



On May 21-22, 2026, Grade 6 learners took part in their first Green School activity, focusing on soil preparation and the planting of lady's finger. The experience took learning beyond the classroom into hands-on environmental action.

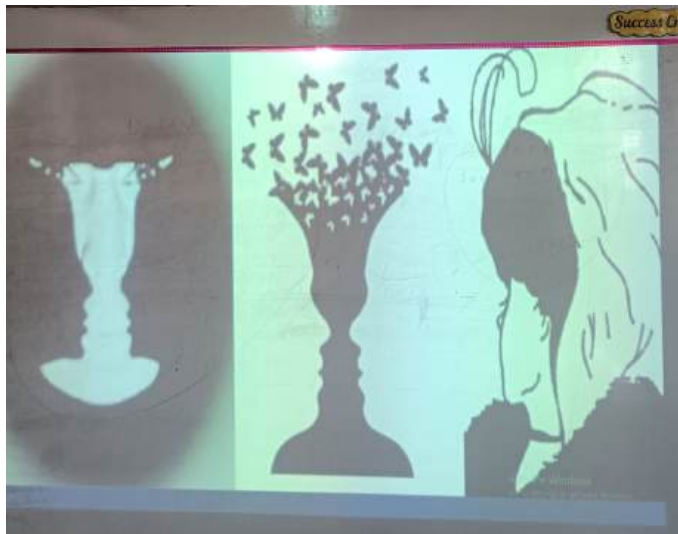
Learners worked together to prepare the soil by loosening, cleaning, and readying the garden bed for cultivation. They then carefully planted lady's finger saplings while exploring the importance of healthy soil, sustainable farming practices, and environmental care.

Through the activity, learners developed teamwork, patience, and responsibility while also gaining a clearer understanding of how food is grown and why protecting natural resources matters.

The enthusiasm and curiosity shown throughout the process made the experience both engaging and meaningful. This activity marks the beginning of Grade 6's Green School journey, encouraging stronger connections with nature and fostering lifelong eco-friendly habits.



# MYSTERY BOXES AND OPTICAL ILLUSIONS OPEN GRADE 7'S NEW UNIT



On Monday, May 5, Grade 7 learners dove into their new IMYC unit with optical illusions, mystery boxes, and plenty of questions.

The unit, themed around the idea that curiosity drives exploration and discovery, opened with learners studying optical illusion images and comparing what they each saw, a simple exercise that quickly revealed how differently people can perceive the same thing.

A mystery box activity followed, where learners used touch and reasoning to identify hidden objects, before the class discussed how curiosity has historically led to real inventions and breakthroughs.

Learners left the session having identified the unit's central theme — and keen to find out what comes next.

# खाइक्वाटीमार्फत भाषा र संस्कृतिको सिकाइ



नेपाल भाषा विषयअन्तर्गत कक्षा ७ का विद्यार्थीहरूले पाठ्यक्रममा समावेश “खाइ संलू” पाठ अध्ययन गर्दै खाइक्वाटी तथा यसको सांस्कृतिक महत्वबारे जानकारी प्राप्त गरेका छन्। यस सिकाइलाई अझ प्रभावकारी बनाउन सञ्चालन गरिएको प्रयोगात्मक क्रियाकलापमा विद्यार्थीहरूले विभिन्न खाद्यान्न वस्तुहरू पहिचान गर्ने, तिनको उपयोग र पोषणात्मक महत्व बुझ्ने अवसर पाए।

क्रियाकलापका क्रममा विद्यार्थीहरू उत्साहपूर्वक सहभागी भई नेपाल भाषामा छलफल, प्रस्तुति तथा अनुभव आदानप्रदानमा संलग्न भएका थिए। यसले उनीहरूको भाषिक सीप विकास गर्नुका साथै स्थानीय संस्कृति र परम्पराप्रतिको समझलाई पनि गहिरो बनाएको छ।

यस्ता सहभागितामूलक तथा सिर्जनात्मक गतिविधिले सिकाइलाई व्यावहारिक, रमाइलो र अर्थपूर्ण बनाउँदै विद्यार्थीहरूको आत्मविश्वास, सहकार्य क्षमता तथा विषयप्रतिको रुचि अभिवृद्धि गर्न महत्वपूर्ण योगदान पुऱ्याएको छ।



# LIMITS AND LEARNING



On May 7, 2026, Grade 8 learners launched the IMYC Unit Challenge by exploring its Big Idea: "Facing up to or overcoming barriers increases possibilities in our lives." Rather than discussing challenges in theory, learners encountered them firsthand through a series of collaborative tasks.

Whether navigating a maze without sight, transporting water with a bucket full of holes, or communicating without words, each activity introduced a different kind of barrier. Success depended not on individual ability, but on trust, adaptability, and collective problem-solving.

The most valuable learning emerged during reflection. Learners considered how they responded when plans failed, communication broke down, or frustration set in. These moments revealed that challenges are not simply obstacles to overcome; they can also be opportunities to rethink strategies, discover strengths, and expand what seems possible.



# WORLD BIODIVERSITY DAY: A JOURNEY OF AFGHANISTAN AND AUSTRALIA



World Biodiversity Day, May 22, was marked with a celebration of both cultural and natural diversity, as students arrived in traditional attire representing their own ethnic heritage and cultures from around the world. Grade 9 learners proudly showcased their adopted countries—Afghanistan and Australia—celebrating nature and heritage side by side.

The Afghan exhibit featured the Golden Eagle and Snow Leopard, alongside endangered treasures like the Goitered Gazelle. Learners highlighted solar-powered water pumps as a conservation technology and shared a poignant poem about war-torn lands still hoping to bloom. Australia's display introduced the Emu and Red Kangaroo while also addressing the threats facing koalas, Wollemi Pines, and the Great Barrier Reef. Thermal drones and acoustic recorders offered tech-driven hope, while a spoken-word piece on coral bleaching left a lasting impression.

From Kabul's resilient landscapes to Canberra's fragile coasts, Grade 9 learners reminded us that biodiversity isn't just about species, it's about people, poetry, and the planet we all call home.

# SANSKRITI SCHOOL CELEBRATES 100% RESULTS IN SEE 2082

On May 11, the Sanskriti International School family proudly congratulated the SEE Batch of 2082 on their 100% pass result, reflecting dedication, hard work, and perseverance of every learner. A total of 57 students appeared in this year's Secondary Education Examination, and each has made their school, families, and community proud. This outstanding outcome stands as a true testament to the commitment of both learners and educators who guided them throughout their journey.

Among the 57 learners, 20 achieved the highest grade of A+, showcasing exceptional academic excellence, while 32 secured an A grade, demonstrating strong and consistent performance. An additional 5 students earned a B+ grade, completing a result that the entire Sanskriti family celebrates with great joy and pride. As these young achievers move forward, the school extends heartfelt wishes for continued success and growth in future endeavours ahead.



# SEE BATCH OF 25/26 HONORED IN GRADUATION CEREMONY



On May 16, Sanskriti International School hosted a grand SEE Graduation Ceremony for the Batch of 2025/26, celebrating the achievements of 57 graduates from Grades 10A and 10B. The event marked a significant milestone, honouring years of learning, growth, and shared memories.

The ceremony featured cultural performances and heartfelt reflections from both learners and parents, capturing the emotional journey of the graduating batch. Learner achievements were also recognised across academics, personal growth, and long-term commitment to the school community.

Graduates were formally conferred their certificates, followed by a candle-light ceremony symbolising unity, hope, and new beginnings. The evening concluded with a cake-cutting and group photograph, capturing the pride and joy of the occasion.

The celebration served as a meaningful farewell, marking the end of one chapter and the beginning of new journeys ahead.

# STUDENT BODY ELECTS SCHOOL CAPTAINS



On May 14, 2026, Sanskriti conducted its School Elections, where the student body came together to vote for the School Captains.

The election process gave learners a meaningful opportunity to experience democratic decision-making in practice. Candidates from different grades presented their ideas with confidence and sincerity, sharing their plans for contributing to a positive and inclusive school environment. Their speeches reflected thoughtful preparation and a clear understanding of what they hoped to bring to school life.

On voting day, learners participated with enthusiasm and respect, taking time to consider each candidate before casting their votes. Learners took the process seriously, engaging with care as they voted for their captains.

The School Elections 2026 highlighted the importance of student participation and the role learners play in shaping their school environment.



# THE DUKE OF EDINBURGH EXPEDITION



As part of the Duke of Edinburgh's International Award Programme, 46 learners from Grades 8, 9, and 10 embarked on their Bronze and Silver Adventurous Journey to Poon Hill from April 27 to May 2, 2026. The expedition challenged participants with demanding climbs, steep descents, and varying mountain conditions, requiring resilience, determination, and teamwork throughout the trek.

One of the most memorable moments occurred when the group encountered an unexpected hailstorm accompanied by thunderous weather. By remaining calm, supporting one another, and working together, all learners reached their destination safely, gaining a powerful lesson in perseverance and cooperation.

Along the trail, participants completed environmental observation tasks, identifying local bird species, flowers, and trees while developing a greater appreciation for Nepal's biodiversity. Learners also experienced life in mountain communities through stays in traditional teahouses and interactions with local residents. The journey was a rewarding experience that fostered adventure, personal growth, and teamwork while reflecting the values of the Duke of Edinburgh's International Award.



# QKS EDUCATORS UNITE FOR SOCIAL-EMOTIONAL LEARNING TRAINING



On May 18–19 2026, Sanskriti International School was honored to host the first phase of a two-day Social-Emotional Learning (SEL) training session, bringing together educators from across QKS schools for meaningful professional development.

The workshop deepened participants' understanding of the importance of Social-Emotional Learning in fostering safe, supportive, and inclusive classroom environments. Through engaging discussions and activities, teachers explored strategies to nurture learners' emotional well-being alongside their academic growth, helping them build resilience, confidence, and essential life skills.

The training also provided a valuable platform for collaboration and learning. Educators exchanged ideas, reflected on classroom experiences, and learned from one another's perspectives, strengthening their collective commitment to student well-being. The workshop was an enriching experience that reinforced the vital role of SEL in creating positive and thriving learning communities.



# CELEBRATING CULTURAL DIVERSITY DAY 2026



On May 21, 2026, Sanskriti International School celebrated Cultural Diversity Day 2026 with great enthusiasm, as the entire school community came together to honour the richness of cultures from around the world.

Learners and staff marked the occasion by dressing in traditional attire representing different ethnicities, nations, and cultural backgrounds, transforming the campus into a vibrant display of global unity and pride. The celebration reflected the school's commitment to fostering respect, inclusion, and appreciation for diversity.

Throughout the day, learners engaged in classroom-based activities designed to deepen their understanding of cultural traditions, values, and perspectives. Through discussions, creative tasks, and collaborative learning experiences, they explored the importance of embracing differences and recognising the beauty of multiculturalism in everyday life.

The celebration served as a meaningful reminder that diversity strengthens communities and that respect and understanding are at the heart of global citizenship.

# RECOGNIZING EXCELLENCE AT AWARDS CEREMONY 2026



Sanskriti International School proudly celebrated the achievements and dedication of its learners during Awards Ceremony 2026, held on May 26, 2026.

The event recognised learners for their accomplishments across academics, leadership, creativity, confidence, perseverance, positive attitude, and personal growth throughout the previous academic year. It was a meaningful celebration of the hard work and commitment demonstrated by learners in all aspects of school life.

The ceremony was filled with pride and excitement as award recipients took to the stage to be recognised for their achievements. The event reflected the school's commitment to nurturing confident, responsible, and well-rounded individuals. Congratulations to all our award recipients for their outstanding achievements and for inspiring others to strive for excellence.



# MAPPING THE YEAR AHEAD: CURRICULUM MEETINGS 2026



From May 3-13, Sanskriti International School welcomed parents to its Primary and Secondary Curriculum Meetings, offering a comprehensive overview of the learning experiences, expectations, and opportunities that will shape the academic year ahead.

In the Primary School, teachers shared how inquiry, creativity, collaboration, and character development are embedded across the curriculum, fostering curiosity and a love for learning from an early age. In the Secondary School, discussions focused on the increasing academic demands learners encounter as they progress through the grades. Parents gained a clearer understanding of subject expectations, assessment practices, and the importance of developing strong study habits, independence, and resilience while maintaining a balanced approach to personal growth.

The meetings reinforced the importance of a strong partnership between home and school, ensuring learners are supported not only in achieving academic success but also in developing the confidence, responsibility, and skills needed to thrive in an ever-changing world.

# THANK YOU

and hope you enjoyed reading



For More Information

Visit Our Website



00977 1 5370523/573 | [info@sanskritischool.edu.np](mailto:info@sanskritischool.edu.np)

Thulobharyang, Halchowk, Swoyambhu, Kathmandu, Nepal

