

SANSKRITI INTERNATIONAL SCHOOL

MONTHLY

NEWSLETTER

AUGUST 2026



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MESSAGE FROM THE PRINCIPAL

Dear Parents,

Greetings and Namaste!

The first few weeks of the second semester have given us several opportunities to pause and reflect on what it means to support our learners well. Some of these moments have focused on their development, while others have given us opportunities to celebrate the values we hope to nurture as a school community.

This month, we were delighted to have our parents join us for a meaningful parenting session, and we received wonderful feedback from those who attended. The session explored how children develop emotional awareness, build healthy parent-child relationships, navigate challenges, and develop resilience. It also offered practical perspectives on understanding children's emotional needs and supporting their growth through everyday interactions and experiences. We look forward to creating more opportunities for meaningful learning and dialogue with our parents in the months ahead.

I would like to congratulate all our learners who took part in the Inter-House Swimming Gala, as well as the winners. I hope the gala gave our young swimmers an opportunity to put their skills to the test, challenge themselves, and enjoy the spirit of competition. My sincere thanks to our swimming coaches and everyone who helped make the event possible.

I am also very pleased to see the Sanskriti Z Club taking the initiative to serve the wider community. The clothes drive was a commendable effort, and I would like to thank our parents, learners, teachers, and everyone who supported it. I hope the Z Club continues to find ways to support those around us. Well done, learners!

I believe supporting our learners also means investing in the people who care for them every day. In this regard, our transport drivers took part in a defensive driving session with support from the Nepal Police, recognising that a safe school environment includes the journeys our learners make to and from school. Thank you, Nepal Police!

As we move into the coming weeks, I hope we continue to stay connected as a community and remain open to learning from one another. The development of our learners is shaped by the many people and experiences around them, and I look forward to continuing this shared work with you.

Warmest Regards,

Principal

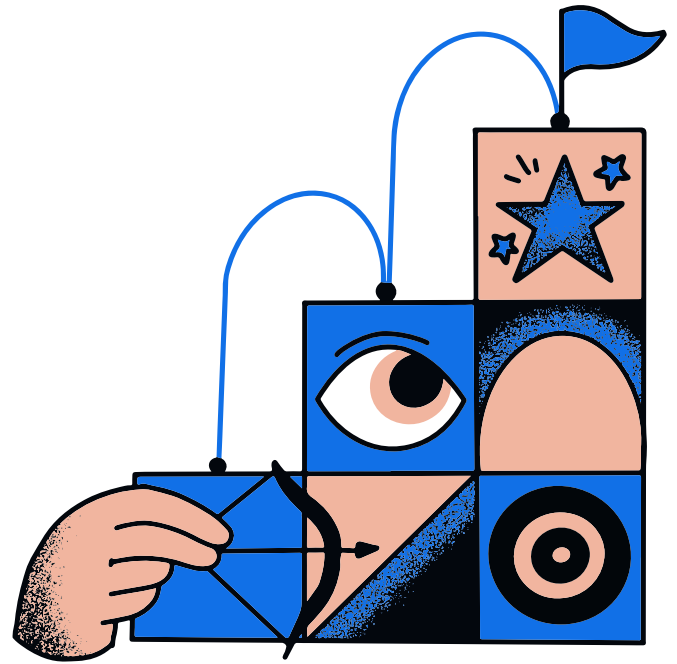
Sanskriti International School

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)

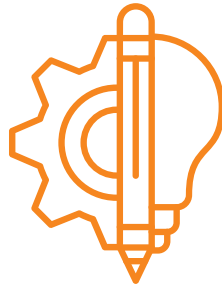
A challenging, engaging, internationally-minded, concept-focused curriculum designed specifically for the unique learning needs for 11 to 14 year olds in lower secondary.





KNOWLEDGE

Facts, information and skills acquired thorough 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



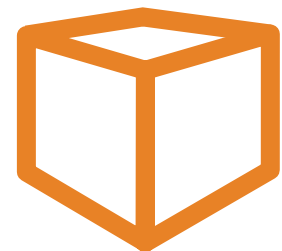
LEARNING

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



COMMUNICATOR

To use a verbal and non-verbal medium that is appropriate to the situation, purpose and audience

संप्रेषक



THE WORLD AROUND US



Our preschool learners began an exciting new unit, "The World Around Us," on August 7 by embarking on an imaginary journey from Nepal to India and China!

With curiosity and excitement, learners explored the idea of travelling through engaging role-play, boarding passes, and prediction activities. They pretended to be travellers, explored different countries, and wondered what they might see, hear, eat, and experience along the way.

This joyful learning experience encouraged learners to ask questions, make predictions, communicate their ideas, and discover that the world is full of fascinating places, people, and cultures. Through play and exploration, our young travellers took their first steps towards understanding the wider world beyond their immediate surroundings.

A wonderful journey of curiosity, discovery, and learning has begun!



GETTING TO KNOW OUR FEELINGS



Grade 1 learners began their second IPC unit, "If You Are Happy and You Know It!", on August 17 with an Entry Point centred on emotions and feelings. Through songs, actions, role-play, stories and class discussions, learners identified feelings such as happiness, sadness, anger, fear, worry and excitement.

They discussed how different emotions can affect the way we behave and considered positive ways to express and manage them. Learners also recognised that people may experience different feelings in the same situation and that all emotions are valid.

The activities encouraged learners to talk about their own experiences, listen to others and develop the vocabulary to express how they feel. The Entry Point provided a practical introduction to the unit while helping learners build greater awareness of their emotions and how these can influence their interactions with others.

WHAT'S THE SOURCE? GRADE 2 INVESTIGATES

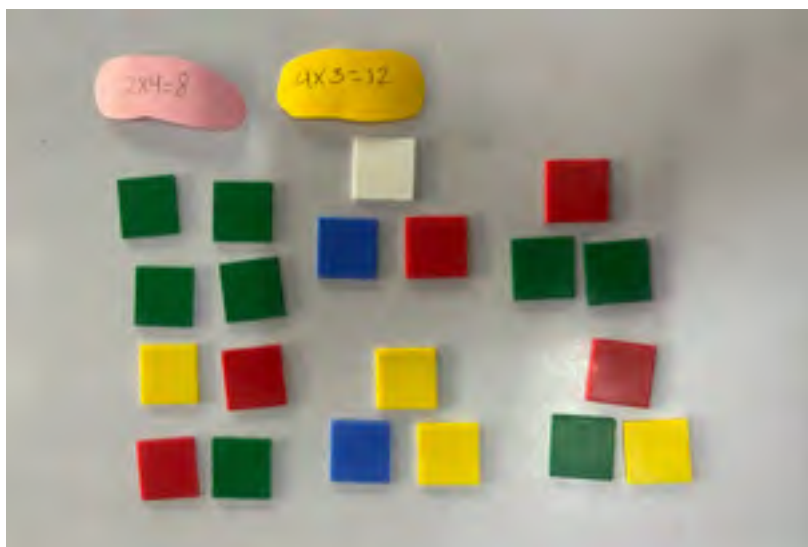
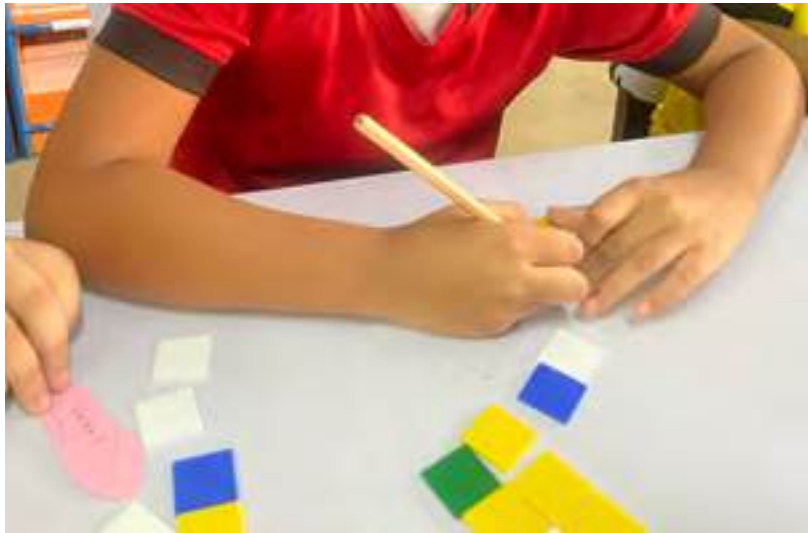


On Tuesday, August 4, 2026, Grade 2 learners began their new IPC unit, "The Earth: Our Home", with a hands-on Entry Point activity exploring the natural sources of everyday objects.

Learners examined a range of real-life objects, observing and discussing their features before sorting them into three categories: plant products, animal products, and mineral products. As they investigated each item, they considered where it came from and discovered how closely many of the things we use every day are connected to the Earth's natural resources.

The activity encouraged learners to observe carefully, ask questions, and think critically while making connections between classroom learning and their everyday experiences. It provided an engaging introduction to their unit and set the stage for further exploration of the Earth and the resources that sustain our lives.

MULTIPLICATION COMES ALIVE WITH BLOCKS!



On August 11, our Grade 3 learners explored multiplication through repeated addition using colourful blocks. By arranging the blocks into equal groups, they could physically represent multiplication and see how repeated addition forms the foundation of the concept.

The hands-on approach helped learners move beyond memorising multiplication facts to understanding what multiplication represents. As they built different groups, counted the blocks, and discussed their observations, they developed their mathematical reasoning and strengthened their understanding of equal groups.

The activity also provided opportunities for collaboration, with learners sharing strategies and explaining their thinking to one another. Working with concrete materials made an abstract mathematical idea more accessible and engaging, allowing learners to connect what they were building with the mathematical expressions they were learning.

Through exploration and discussion, the learners experienced multiplication as a concept they could see, build, and understand.

THE FRACTION INVESTIGATION

Grade 4 learners explored fractions on August 14 through a hands-on mathematics investigation designed to strengthen their understanding of parts and wholes. Using concrete materials, they created and identified fractions including halves, thirds, quarters, and eighths, making abstract concepts more tangible and accessible.

As they worked, learners compared fractions, discussed their observations, and solved problems collaboratively. The activity encouraged them to recognise fractions in familiar objects and situations while developing their mathematical vocabulary and reasoning skills.

By manipulating the materials and explaining their thinking, learners made connections between visual representations and mathematical concepts. They also had opportunities to test ideas, learn from one another, and communicate their reasoning with greater confidence.

The investigation demonstrated the value of learning mathematics through exploration, giving learners a practical foundation for applying their understanding of fractions to increasingly complex problems.



BEYOND THE CLASSROOM, INTO SPACE!



On August 12, Grade 5 learners visited the Science Simulation Center, where they explored scientific concepts through interactive experiences connected to their Mission to Mars unit.

They investigated astronomy, physics, gravity, and atmospheric pressure while exploring planetary orbits and satellites through live projections. The Mars Rover experience offered an opportunity to consider the technology and scientific thinking involved in exploring another planet.

At Ocean World, learners discovered marine life and explored aspects of ocean science before heading to the Kids Pavilion for role-play activities.

Throughout the visit, learners connected classroom concepts such as gravity, pressure, motion, planets, and space exploration with practical experiences. The visit encouraged them to observe, question, and apply their knowledge in new contexts, strengthening their understanding of the science behind their current unit.

THE MEANING OF SAGUN



On July 28, Grade 6 began its new IMYC unit, 'Celebration', by exploring the Newari tradition of Sagun. To mark a classmate's birthday, learners observed a traditional Sagun ceremony and examined the cultural meaning of the ritual and its offerings.

In Newari culture, Sagun is commonly given on significant occasions as a gesture of good wishes, prosperity, protection, and respect. Learners looked closely at the items presented during the ceremony and discussed how food and ritual objects can carry meanings that extend beyond their everyday use. They also considered how such practices connect individuals to family, community, and heritage.

The experience opened a wider discussion on how cultures mark important milestones through their own rituals. Learners reflected on how celebrations preserve traditions, communicate values, and create shared memories—providing a meaningful starting point for exploring the many cultural dimensions of celebration.



संस्कृतिदेखि सञ्चारसम्म : बुराबुरी जंक्वको सिकाइ



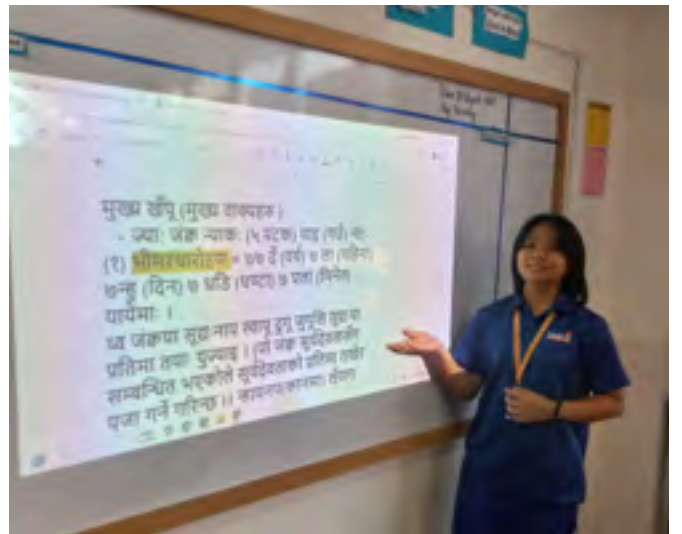
साउन २७ गते कक्षा ७ का विद्यार्थीहरूले ने पालभाषा विषयअन्तर्गत “बुराबुरी जंक्व” पाठलाई क्ष:३३ को “सञ्चार” युनिटसँग जोडेर विशेष सिकाइ गतिविधिमा सहभागिता जनाए।

यस गतिविधिको मुख्य उद्देश्य नेवार समुदायको सांस्कृतिक परम्परा बुराबुरी जंक्वबारे जानकारी लिनुका साथै आफूले सिकेको जानकारीलाई सही, स्पष्ट र प्रभावकारी रूपमा प्रस्तुत गर्न सक्ने बनाउनु थियो।

कक्षामा विद्यार्थीहरूले बुराबुरी जंक्व के हो, यसको सांस्कृतिक महत्व के छ र यससँग जोडिएका परम्पराहरू कसरी मनाउँदै आएका छन् भन्ने विषयमा छलफल गरे। उनीहरूले पाठबाट प्राप्त जानकारीलाई मुख्य बुँदामा टिपोट गरी साथीहरूसँग साझा गरे।

यो गतिविधि क्ष:३३ को “सञ्चार” युनिटको मूल अवधारणा-“जानकारी सही र स्पष्ट रूपमा साझा गर्दा त्यसको परिणाम अझ प्रभावकारी हुन्छ”-सँग प्रत्यक्ष रूपमा जोडिएको थियो।

यस गतिविधिमार्फत विद्यार्थीहरूले आफ्नो संस्कृति बुझ्ने, अनुसन्धान गर्ने र प्राप्त जानकारी प्रभावकारी रूपमा सञ्चार गर्ने अवसर पाए।



GRADE 8 EXPLORES THE MEANING OF CHALLENGE

On 7 August 2026, Grade 8 learners presented the Exit Point for their IMYC unit, 'Challenge'. The classroom was filled with presentations, models, artwork, displays, and conversations around the challenges people encounter and the ways they respond to them.

Learners shared examples from their research and connected them to situations from everyday life. Their work explored resilience, perseverance, problem-solving, and adapting when things do not go as planned. Some presentations drew on personal experiences, while others used creative models and visual displays to communicate their ideas.

The learners also reflected on how their understanding of challenges had changed during the unit. One learner shared, "Challenges may seem difficult at first, but they help us discover strengths we never knew we had."

Thank you to the teachers, peers, and parents who took the time to listen, ask questions, and engage with the learners' work.



RESPONDING TO READING



Reading opens doors to unseen worlds, untold stories, and perspectives beyond our own experiences. On August 19, 2026, Grade 9 learners participated in a read-aloud session centred around *Sea Prayer* by Khaled Hosseini. Through pre-, while-, and post-reading activities, learners explored not only what they read, but also why we read and how we can respond meaningfully to texts.

The session began with “What Would You Take?”—The Three-Things Challenge, where learners imagined leaving their homes with only three belongings. “Listening to the Sea” and creative illustration activities encouraged them to visualise, interpret, and connect with the story.

Having also read ‘The Kite Runner’, learners connected the texts with the realities of refugees forced to leave their homes because of war and conflict. The session encouraged empathy and reinforced the importance of reading diverse books to understand different cultures, experiences, and perspectives.

As an extension, learners will select books from the school library and respond through reviews, reflections, and creative responses.

UNDERSTANDING NEPAL'S CLIMATE FINANCE CHALLENGE



On August 31, climate finance expert Sangram Bahadur Shah met with learners of Grades 9 and 10 at Sanskriti International School to discuss Nepal's climate finance landscape and the growing need for investment in climate action.

Drawing on the recent Rasuwa flood as a stark reminder of Nepal's vulnerability, Mr. Shah highlighted the gap between the scale of climate-related challenges and the funding available to address them. He also discussed the role of electric vehicles in reducing Nepal's reliance on imported fossil fuels and strengthening the country's transition towards cleaner energy.

While Nepal contributes relatively little to global carbon emissions, it faces significant consequences from a changing climate. Mr. Shah urged learners to look beyond awareness and consider how innovative, practical ideas could contribute to more sustainable communities and a more resilient Nepal.



LEARNING, REFLECTION & PARTNERSHIP



The first-semester Student-Led Parent Teacher Conference (SL-PTC), held on August 1 for Early Years to Grade 10, brought learners, parents, and teachers together to reflect on the semester's progress.

With learners taking an active role in the conversations, families gained a closer understanding of their children's classroom experiences, achievements, challenges, and areas for growth. Discussions also looked ahead, encouraging learners to reflect on their progress and consider goals for the months to come.

The conference also highlighted the value of our parents' consistent involvement in their children's learning journey. We sincerely appreciate their continued engagement and partnership with the school.

Together, we look forward to supporting our learners throughout the academic year.

ENGAGING WITH GLOBAL PERSPECTIVES



From August 2 to 5, our learners represented Sanskriti at Oxford Global MUN India 2026 in Pune, India, taking part in three days of committee sessions, sustainability challenges, expert conversations, and discussions with students from India and beyond.

The experience brought them into conversations around diplomacy, policy, and sustainability while challenging them to engage in debate, negotiation, and collaboration. Beyond the sessions themselves, it gave our learners an opportunity to consider complex issues from different perspectives and put forward their own ideas with clarity.

A special congratulations to Chirayu Regmi, who received the Promising Delegate Award. We are delighted to celebrate our learners for embracing opportunities that call for preparation, critical thinking, collaboration, and the confidence to contribute meaningfully.



BODY, HEALTH AND HYGIENE

On August 3, 2026, Grade 5 learners participated in a session on menstrual and personal hygiene, facilitated by the School Nurse and School Counselor.

Bringing boys and girls together, the session offered age-appropriate information about menstruation, body changes, menstrual hygiene, and everyday personal care. Learners were encouraged to ask questions openly and to understand menstruation as a natural part of growing up, rather than something that needs to be discussed with discomfort or embarrassment.

The discussion also covered practical habits, including regular handwashing and bathing, wearing clean clothes, maintaining menstrual hygiene, and paying attention to overall well-being. More importantly, learners considered how knowledge, empathy, and respectful communication can shape the way we respond to the changes experienced during adolescence.

The session encouraged learners to become more informed about their own well-being while fostering a school culture where growing up and the changes that accompany it can be discussed openly and respectfully.



UNDERSTANDING SOCIAL-EMOTIONAL DEVELOPMENT



On Sunday, August 16, 2026, Sanskriti International School hosted a parent workshop, 'Understanding Social-Emotional Development', in collaboration with VAAV Wellbeing. The workshop formed part of Sanskriti's Social-Emotional Learning (SEL) Programme, which has been an integral part of the school's approach to learner well-being for the past seven years.

The workshop focused on the changing emotional, social, and cognitive needs of children as they grow. Parents explored how these changes can influence children's behaviour, relationships, and experiences, and considered ways of responding to their children with greater understanding and awareness.

The conversations also highlighted the importance of creating space for children to express themselves and feel understood as they navigate different stages of development.

Thank you to the VAAV Wellbeing team for facilitating these conversations, and to our parents for engaging thoughtfully with the discussion and taking the time to better understand the experiences of their children.

INTER-HOUSE SWIMMING GALA 2026



The Sanskriti International School Inter-House Swimming Gala was held on August 21, 2026, bringing learners together for a day of competitive swimming and House spirit.

Across a series of races, swimmers competed for points while testing their speed, stamina, and technique. The pool saw close finishes, determined comebacks, and plenty of encouragement from teammates and House members. For many learners, the gala was also an opportunity to put months of practice into competition and experience the discipline that comes with swimming at an inter-house level.

Congratulations to Rhombus House, winners of the Inter-House Swimming Gala 2026 Trophy.

We extend our thanks to the swimming coaches, EC Department, and staff members whose preparation and coordination made the event possible. Most importantly, congratulations to every learner who stepped into the pool and competed for their House.

CELEBRATING SPORTING EXCELLENCE



August was a proud month for Sanskriti International School as our learners delivered impressive performances in swimming and tennis.

At the 2026 Thunderbolts-GEMS Inter-School Swimming Championship, held on 22-23 August, Grade 10 learner Shrayala Maharjan secured Bronze in the 200m Freestyle and emerged Champion in the 100m Butterfly. Her perseverance, diligence and commitment to the sport were evident in these outstanding results.

Meanwhile, Grade 3 learner Sonam competed at the 1st PCM National Junior Tennis Tournament in Pokhara, held from 21-24 August. He emerged U-10 Champion and secured 1st Runner-Up in the U-9 category, earning podium finishes across both age categories.

We are immensely proud of Shrayala and Sonam for their dedication, confidence and passion, and congratulate them on these well-earned achievements.



ACHIEVEMENTS TO CELEBRATE



From the stage to the chessboard, our learners have continued to pursue their interests with confidence and commitment.

Grade 4 learner Anmay Agrawal earned the Outstanding Achievement Award at the Inter-School Chinese Singing Competition 2026 on August 14. Representing Sanskriti among participants from 18 schools, Anmay explored Chinese language and culture through music while gaining valuable experience performing before a wider audience.

On August 22–23, Grade 7 learner Devansh Basnet secured 3rd place at the 1st Nick Wick Memorial Inter-School Chess Championship. Facing a strong field of young players, Devansh demonstrated the focus, patience and composure needed to compete at his best.

We are delighted to celebrate these achievements and the dedication Anmay and Devansh have shown in their respective pursuits.

STRENGTHENING THE SUPPORT AROUND OUR LEARNERS



On August 23 and 24, two staff development sessions focused on areas that directly influence our learners' daily experience at Sanskriti.

The Adult Learning and Modeling Action Team led a 'Leader in Me 7 Habits' review for our Ancillary Staff on August 23. Through discussion and an interactive sorting activity, staff revisited the habits and considered how they can guide everyday decisions, communication, and interactions. For learners, this means being surrounded by adults who model respect, responsibility, cooperation, and thoughtful behaviour.

On August 24, officers from Nepal Police Armed Police Battalion No. 1, Naxal, conducted a safe and defensive driving session for our school transport drivers. The practical guidance reinforced alertness, sound judgement, and responsible driving, helping make the journey to and from school safer for our learners.

The learning and reflection from both sessions strengthen the consistency of care learners receive, whether they are in the classroom, moving through the school, or travelling to and from home.



SIS GOLDEN Z CLUB SUPPORTS THE BHADRAKALI CLOTHES DRIVE



"Charity begins at home, but kindness knows no boundaries."

At Sanskriti International School, our SIS Golden Z Club believes that meaningful change can begin with small acts of compassion. In support of the Bhadrakali Clothes Drive, initiated by Zonta Club Kathmandu, our young members came together during August to turn generosity into meaningful action.

The drive involved more than simply collecting clothes. Our Golden Z members enthusiastically participated in collecting, sorting and carefully packing the donated clothes before contributing them to the drive for detainees in Bhadrakali. Through this experience, they learned that giving is not merely about sharing what we have, but also about recognising the dignity, needs and humanity of others.

We extend our heartfelt thanks to our parents, whose generous contributions made this initiative possible. Their support helped our learners see how individual acts of generosity can become something greater when a community comes together.



THANK YOU

and hope you enjoyed reading



For More Information

Visit Our Website



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