

ULLENS NEWS

VOLUME 03, MAY 2024 TO SEPTEMBER 2024

MESSAGE FROM THE PRINCIPAL



Dear Parents and Guardians,

I hope this message finds you all in good health and spirits. Since our last newsletter, we have reached some remarkable milestones at Ullens School Kathmandu that I am excited to share with you.

First and foremost, I am delighted to introduce Ms. Elisha Shrestha as our Vice-Principal. Ms. Shrestha brings with her a wealth of experience and knowledge to the Ullens School community. It is our belief that her passion for education, combined with her commitment to fostering a positive learning environ-

ment, will be a great asset to our school community. We are confident that her leadership will further enhance the educational experience at Ullens School Kathmandu.

I am proud to share that we have successfully completed the international tours for this academic year. Our Grade Eight students visited China while our Grade Nine students visited India. These trips provided invaluable opportunities for our students to immerse themselves in the rich cultures and traditions of our neighboring countries. These experiences have helped them develop a deeper appreciation for cultural diversity, which is an integral quality for becoming a global citizen.

In addition to these exciting student milestones, we are equally committed to the growth and development of our teachers. Ullens community places a strong emphasis on the professional development of its staff, recognizing it as the key component of delivering high-quality education. In line with this commitment, we have started conducting joint professional development sessions for the teachers of Ullens School, Khumaltar and Ullens School Kathmandu.

As our approach to holistic education, our Grade Eight and Grade Nine students also participated in MPA (Model Parliament Assembly) and MUN (Model United Nations) conferences, further sharpening their critical thinking, public speaking, and leadership skills. These platforms allow our students to engage with real-world issues and develop the confidence to express their ideas in meaningful ways.

This newsletter provides an overview of the curricular, co-curricular, and extracurricular activities that took place at Ullens School Kathmandu from May 2024 to September 2024.

Thank you, as always, for your continued support. We are proud of the progress our students have made and are excited for what lies ahead in the coming months. Together, we will continue to inspire and nurture the bright minds of our students.

Warm regards,

Bunu Karki Thapa
Principal
Ullens School Kathmandu

Literacy and Numeracy Morning

Ullens School Kathmandu hosted "Literacy and Numeracy Morning" for the parents of KG through Grade Three. The parents were provided with an opportunity to step into their child's shoes and experience the classroom learning as a student of Ullens School Kathmandu. By participating in various classroom activi-

ties, parents experienced the methods used to develop literacy and numeracy skills, while also gaining a deeper understanding of how we foster critical thinking, problem-solving, and creativity through engaging and interactive lessons. This event offered insights into how we tailor our teaching to meet the

diverse needs of young learners. Further, by bridging the gap between home and school, Literacy and Numeracy Morning highlighted the importance of collaboration between educators and parents in shaping well-rounded, confident learners who are ready to thrive in and out of the classroom.



"Professional Development Sessions"

The Ullens community places a strong emphasis on the professional development of its staff, recognizing it as a crucial element in delivering high-quality education. By investing in continuous learning and growth opportunities, the school ensures that its educators remain at the forefront of educational best practices and innovative teaching strategies. This commitment to professional de-

velopment includes regular workshops, training sessions, and collaborative learning initiatives designed to enhance teachers' skills and knowledge.

The focus on professional development not only supports the personal and professional growth of staff members but also directly impacts the quality of education provided to students. By

fostering an environment of ongoing learning and improvement, Ullens School Kathmandu aims to equip its educators with the tools and insights needed to inspire and engage their students effectively. This dedication to excellence helps maintain a dynamic and responsive educational environment that meets the evolving needs of both students and the broader community.



Grade Nine Students Gear Up for Duke of Edinburgh's Adventure Journey

As part of their preparation for the upcoming "Adventure Journey" for the Duke of Edinburgh's International Award, Grade Nine students embarked on a Practice Journey to

Tarebhir. During this hike, students had the opportunity to build essential outdoor skills, including how to pitch tents, while gaining confidence for their final adventure.

The hands-on experience not only strengthened their teamwork and problem-solving abilities but also ensured they are well-prepared for the challenges that lie ahead.



Dental Camp at Ullens School Kathmandu

In collaboration with DI Dental Care, located within the same community as Ullens School Kathmandu, a dental screening camp was organized at the School. The students actively participated in the camp and were engrossed to learn more on oral health and hygiene. We would like to extend a heartfelt gratitude to Dr. Sagar Kafle and the entire DI Dental Care team for conducting the dental screening camp and patiently answering all our students' questions.



Interaction with the More
KNOWLEDGEABLE OTHER

Third Graders learn the Importance of Nutrition

As a part of integrated learning, the Third Graders participated in an insightful session on the importance of nutrition which was led by the guest speaker, Dr. Kamakshya Shah. The session highlighted the different food groups and the nutritional value of each type of food, helping students gain a deeper understanding of how balanced diets contribute to overall health. Students were thrilled to interact with Dr. Shah, asking thoughtful questions and learning about the importance of making healthy food choices.





Curricular Activities



EXHIBITIONS

National Identity Exhibition by Grade Five



Sculpting the World: 3D Landforms by Grade Four Explorers



Sources of Information: Focusing on Family



STEAM EXPO

The STEAM Expo at Ullens School Kathmandu provided a platform for the students to bring their classroom learning to life. Students from Grades Six to Nine showcased an impressive array of projects that demonstrated their creativity, innovation, and teamwork across Science, Technology, Engineering, Arts, and Mathematics. From cutting-edge com-

puter programming and robotics to eye-catching art displays and inventive engineering designs, the event highlighted the integration of these key disciplines in a dynamic and engaging way.

The expo not only allowed students to exhibit their hard work but also encouraged meaningful interactions with

teachers and peers, fostering a deeper appreciation for STEAM subjects. The energy and enthusiasm were palpable, as students proudly demonstrated their skills and ideas. The event was a resounding success, igniting curiosity and inspiration throughout our school community, and reinforcing the importance of hands-on, interdisciplinary learning.



Cultural Expression Program by Grade Four



सांस्कृतिक प्रतिनिधित्व कार्यक्रम





Elementary School (KG-Grade Five) was abuzz with excitement as it hosted Math Bee, an initiative aimed at nurturing a love for mathematics. Throughout the week, students showcased their exceptional mathematical prowess and problem-solving skills. The atmosphere was charged with enthusiasm, displaying not only individual brilliance but also incredible teamwork.



युलेन्स नमुना प्रदेश सभा

युलेन्स स्कूल काठमाडौंले मिति २०८१ असोज ८ र ९ गते “युलेन्स नमुना प्रदेश सभा” आयोजना गरेको थियो । कक्षा आठमा अध्ययनरत विद्यार्थीहरूले कार्यक्रमको पूर्व तयारीमा नेपालको

संविधान, संघीयता, शासकीय स्वरूप, नेपालको संसदीय अभ्यास, सघ, प्रदेश र स्थानीय तहको निर्वाचन प्रक्रिया र नमुना प्रदेश सभामा अवलम्बन गरिने प्रक्रिया अभ्यास गरेका थिए ।

अनुमानित बजेटको बारेमा कृषि, स्वास्थ्य, शिक्षा, कानून न्याय, मानव अधिकार समिति र राज्य व्यवस्था तथा सुशासन समितिमा छलफल गरियो र यस ऐनलाई बहुमतले पारित पनि गरियो ।



ULLENS MODEL UNITED NATIONS

Grade Nine students participated in the Ullens Model United Nations which took place at the Park Village Resort located in Budhanilkantha. This event was an academic simulation of the real workings of the United Nations which allowed the

students to step into the roles of international diplomats and engage themselves in thought-provoking discussion on the agenda "Regulation of Private Military and Security Companies". Throughout the conference, the young delegates

showcased their skills in diplomacy, negotiation, and public speaking, demonstrating a strong understanding of international relations, which they had developed through MUN workshops and mock sessions prior to the conference.



Extra-Curricular Activities



SWIMMING SESSIONS



JUNIOR BASKETBALL LEAGUE



Embracing the Magic of Literature



नेपाली सप्ताह



सिकाइलाई कक्षाकोठा र किताबमा मात्र सीमित नराख्ने उद्देश्यले युलेन्स स्कूल काठमाडौंमा नेपाली सप्ताह कार्यक्रम मनाइयो जसमा विद्यार्थीहरूले एक हप्तासम्म विविध विधामा कार्यक्रम गरेका थिए। उक्त कार्यक्रममा नेपाली नाटक,

वादविवाद, अभिनयात्मक कविता वाचन, पुस्तक समीक्षा कार्यक्रम, एकल र सामूहिक कविता वाचन, व्याकरण र्याप गीत, भाषा र व्याकरणसँग सम्बन्धित विविध खेल साथै मनपरेको पुस्तकको पात्रको भेषभूषा पहिरन जस्ता विविध कार्यक्रमहरू गरियो। नेपाली

भाषालाई सबल र संवृद्ध बनाउने उद्देश्यले हरेक शुक्रवार नेपालीमा पठनपाठन गर्ने र महिनाको अन्तिम शुक्रवार नेपाली भाषासँग सम्बन्धित विविध कार्यक्रम गर्ने अभियानकासाथ सप्ताहको समापन गरियो।



ENGLISH LITERACY WEEK

English Literacy Week was celebrated in full swing at Ullens School Kathmandu. It is an inspiring event that engages the entire school community in exploring the magic of stories and the wonders of literacy. Throughout the week, students participated in a variety of activities designed to foster a love for reading and writing.

Grade Two hosted a delightful tea party, where students read books, shared stories, and enjoyed cookies and lemonade. The Character Dress-Up Day allowed students to come to school dressed as their favorite literary characters, participating in read-aloud sessions that brought their characters to life.

The Spelling Bee showcased elementary school students' spelling skills, while Grade Five invited parents to a Writers Workshop to celebrate their children's creativity through shared readings. In Grade Three, students organized a Book Swap and engaged Grades Four and Five in a "Leaf Writing" activity inspired by 'A Tree Named Ganga'.

Senior students showcased their talents at the "Literary Club Expo: Discover Your Passion", led by Grade Nine students. They participated in the Creative Pen Circle, enhancing their writing skills, while the Reader's Theatre Troupe captivated audiences with

expressive performances. The Verse & Vibes Poetry Club delivered powerful spoken word pieces, and the Dynamic Debate Club engaged students in spirited discussions, promoting critical thinking.

Kindergarten students enjoyed story time, nurturing their love for books, and the Ninth Graders hosted "English Explorers: An Interactive Language Fair Adventure", offering word games, literary challenges, and interactive quizzes. Overall, English Literacy Week was a resounding success, inspiring students across all grades to dive into literature and celebrate their creativity.



CELEBRATIONS AT Ullens School Kathmandu

Respect Day

Kindergarteners celebrated Respect Day at Ullens School Kathmandu with great enthusiasm! The day was filled with lively performances, including drama and song, as our young learners shared

their understanding of “magic words” with their Grade One peers. This special day was designed to instill the values of respect, care for the environment, appreciation for personal belongings, and

gratitude for all the blessings in their lives. It was heartwarming to witness the students embrace these important lessons, fostering a culture of kindness and respect within our school community.



WORLD ENVIRONMENT WEEK

Ullens School Kathmandu celebrated World Environment Week with a series of engaging activities designed to foster a love for our planet among the students. The KG students participated in a cleaning campaign and planted seeds, while Grade One students recited poems and shared impactful slogans about environmental protection. Grade Two students captivated their audience with a vibrant dance

performance emphasizing the importance of saving the planet. Meanwhile, Grade Three students delivered a presentation titled "Our Land, Our Future", which included a rainwater harvesting model and insights from a water conservation survey, along with beautifully crafted handmade bookmarks for their peers. Similarly, Grade Four students shared their learnings from a recent hike to Tarebhir, presenting

their findings on land conservation and creating a "Green Corner" filled with potted plants. Grade Five students hosted a news segment focusing on the environmental impacts of fast fashion, sparking important discussions among their classmates.

The senior school students also contributed by designing eye-catching posters and banners to spread awareness.



National Paddy Plantation Day

In celebration of Asar 15, or National Paddy Day, Ullens School Kathmandu came alive with vibrant activities. Students from Grades Four to Nine eagerly planted paddy, laughing and playing in the mud

as they embraced the joys of this traditional festival. Meanwhile, KG to Grade Three students engaged in interactive sessions that illuminated the significance of Asar 15, learning about the cultural heritage

surrounding this important day. To wrap up the festivities, everyone enjoyed a traditional lunch of 'dahi' (yogurt) and 'chiura' (beaten rice), fostering a sense of community and connection to our agricultural roots.



World Yoga Day and World Music Day



Children's Day



Visual Arts and Performing Arts Show



Class Day



CELEBRATING 100 DAYS

of Learning: Grade One Milestone

The First Graders celebrated a significant milestone in their academic journey, 100th day of school! This special occasion marked a time of joy and growth, as young learners gained new knowledge and fully engaged themselves in their educational experiences.

To commemorate this achievement, Grade One students showcased their talents with vibrant performances, including lively dances, enchanting songs, and entertain-

ing skits. They also displayed their creative classroom work, which left parents and the audience thoroughly impressed. Witnessing their energy and excitement on stage was truly heartwarming and a testament to their hard work and dedication.

Ullens School Kathmandu is committed to nurturing a love for learning, and early anticipates the continues progress and achievements of its students.



Learning Beyond **BOUNDARIES**

Grade Seven Explores Nepal's Heritage

As part of the Social Studies curriculum, the Seventh Graders delved into Nepal's rich history, diverse culture, and influential national personalities. To deepen their understanding on the subject matter, they embarked on an enlightening trip to the National Museum and Military Museum in Chhauni, Kathmandu. At the muse-

ums, students explored a wide range of exhibits and artifacts, immersing themselves in the stories and legacies that have shaped our nation. This experience not only complemented their classroom learning but also fostered a greater appreciation for Nepal's heritage and the importance of preserving it for future generations.



Kindergarten's Nature Walk

Kindergarteners enjoyed a delightful nature walk to Sankha Park. The students participated in various activities, including yoga sessions and keen observations of plants, flowers, and insects in their natural surroundings. This enriching experience helped them cultivate a deeper appreciation for the beauty of nature and understand the importance of preserving our environment for future generations.



Grade Nine Students Embark on Educational Tour to Northern India

As part of Ullens School Kathmandu's commitment to learning beyond boundaries, Grade Nine students embarked on an enriching educational tour to the Northern part of India from June 7 to June 13, 2024. This incredible journey took them through four key cities: Delhi, Dehradun, Mussoorie, and Amritsar, where they immersed themselves in diverse cultural experiences, gaining valuable insights into the region's rich history and enhancing their international exposure as they strive to become global citizens.

In Dehradun and Mussoorie, students enjoyed the serene beauty of the Himalayan foothills while exploring local traditions and lifestyles. Mussoorie provided a peaceful escape with its stunning landscapes, while Dehradun's Nalapani Fort, a symbol of valor from the Anglo-Nepal War, offered a glimpse into the past. Their visit to Amritsar was particularly profound, as students experienced the spiritual atmosphere of the Golden Temple, reflected on the emotional narratives presented at the Partition Museum, and witnessed the electrifying Wagah Border ceremony, which celebrated national pride.

In New Delhi, students marveled at the architectural splendor of historical landmarks such as India Gate, Red Fort, and Raj Ghat. They also explored the cosmos at the Nehru Planetarium and delved into innovations at the Science Center.

Overall, this trip was a beautiful blend of history, nature, and spirituality, showcasing India's diverse cultural tapestry. It not only enriched our students' understanding of the world but also fostered their growth as informed and compassionate global citizens.





GRADE EIGHT'S EDUCATIONAL TOUR TO CHINA

Grade Eight students embarked on an enriching educational tour to the People's Republic of China, immersing themselves in the country's diverse history and modern marvels. This journey exemplified our commitment to learning beyond boundaries, fostering international mindedness among our students as they explored the vibrant cultures of Beijing and Shanghai.

In Beijing, students visited iconic landmarks such as the majestic Great Wall, historic Tiananmen Square, the magnificent Forbidden City, and the

beautiful Olympic Park. Their adventure continued in Shanghai, where they experienced the bustling atmosphere of The Bund and Nanjing Road, enjoyed the magic of Shanghai Disneyland, and engaged with innovative exhibits at the Science and Technology Museum. A scenic cruise along the Huangpu River provided breathtaking views of the city's skyline, enriching their understanding of urban development.

The highlight of the trip was their visit to the Experimental School Affiliated to Shanghai Xingzhi High

School, where students participated in meaningful cultural exchanges with their peers. This experience not only broadened their global perspectives but also deepened their appreciation for diversity, fostering the qualities of a global citizen.

Overall, this educational tour was a transformative experience, providing students with invaluable insights into a different culture and way of life, reinforcing the importance of embracing diversity and cultivating international mindedness in interconnected world.



Grades Seven and Eight Students Visit ICIMOD Knowledge Park

Grades Seven and Eight students visited the ICIMOD Knowledge Park located in Godavari, where they explored a range of sustainable practices. The trip included observing agroforestry techniques, sustainable farming systems, innovative water conservation strategies, and alternative energy sources. Students also had the opportunity to appreciate the park's rich floral biodiversity. This field trip provided them with valuable insights into environmental stewardship, enhancing their understanding of sustainability in a real-world context.



Sixth Graders in Shilpee Theater

Sixth Graders watched a captivating performance of 'Ag-nichakshu' at Shilpee Theater. The play tells the story of Jaya Prakash Malla, who constructed the Kumari House in Basantapur, Kathmandu, and upheld the tradition of honoring the Kumari with state reverence. It also highlights the bravery of Mayjulani in her quest to save the nation, blending themes of religious, social, and historical significance with deep philosophical reflections on life within Nepalese culture. The performance served as a powerful reminder to the students of the importance of art and culture as invaluable treasures of our nation, emphasizing the need for their preservation and protection.



टाइगर लिली फार्म

कक्षा आठका विद्यार्थीहरूलाई नेपाली, सामाजिक र विज्ञान विषयको एकिकृत शैक्षिक उद्देश्यलाई प्रयोगात्मक विधिबाट अध्ययन गराउने क्रममा टाइगर लिली फार्मको स्थलगत भ्रमण गरे। उक्त भ्रमणमा विद्यार्थीहरूले परम्परागत सामग्रीहरूको प्रत्यक्ष अवलोकन गर्नुका साथै त्यसको प्रयोगविधि पनि सिके। त्यहाँ उनीहरूले घरपालुवा जनावरहरू, वैज्ञानिक उपकरण, नेपाली कला र संस्कृतिको अन्तरक्रियात्मक प्रदर्शनीमा भाग लिए।



Grade Two Students Visit Chabahil Vegetable Market and Bhatbhateni

Grade Two students went on an educational trip to the Chabahil Vegetable Market and Bhatbhateni to explore the differences between fresh and preserved foods. During the visit,

students learned about various food preservation methods and gained a deeper understanding of how food is sourced and kept safe. This hands-on experience provided valuable in-

sights into the importance of freshness and the techniques used to ensure food remains nutritious and ready for consumption.



Grade Five Students Visit National Museum

As part of their integrated learning in Grade Five, the students visited the National Museum in Chhauni for an educational exploration. Students examined exhibits on vertebrates and invertebrates, observ-

ing various animal skulls to deepen their understanding of biology. At the Numismatic Museum, they explored currencies from different dynasties, gaining insights into historical economies. The visit also in-

cluded a tour of diverse art forms, and concluded at the Military Museum, where students reviewed key historical battles and the weaponry used, enriching their grasp of Nepal's military history.



Grade Nine Students Explore Bhaktapur Durbar Square

As part of the Social Studies curriculum, Ninth Graders visited Bhaktapur Durbar Square to explore its rich medieval architecture and sculptures from various dynasties. The visit provided students with valuable insights into the evolution of traditional Nepalese art, as they identified key features of Nepali sculpture and architecture. They also engaged in discussions on the importance of conserving and promoting these cultural treasures,

deepening their understanding of Nepal's artistic heritage.



Grade Two Students Visit Water Purification Plant

As part of the Multidisciplinary Theme, Grade Two students visited the Trinetra Beverage and Multipurpose Pvt. Ltd. to gain practical insights into the water purification process. The students observed each stage of filtration as groundwater was transformed into safe drinking water, learning about the equipment and technologies involved in ensuring water quality. They also saw how water jars are cleaned, repurposed, filled, and sealed for distribution. This hands-on experience deepened their understanding of water safety and purification, connecting classroom learning with real-world applications.



Grade Six Students Visit Classic Art Gallery



Kindergarten Students Explore the World of Aviation

As part of the monthly theme 'Aviation,' Kindergarteners visited the Aviation Museum located in Sinamangal. The trip was filled with excitement and discovery as the young learners explored the fundamentals of aircraft, learned about important safety measures, and marveled at various aircraft models. This hands-on experience enriched their understanding of aviation while also sparking a sense of curiosity and wonder. The field trip provided a valuable opportunity for students to con-

nect classroom lessons with real-world applications, making the day both educational and unforgettable.



Overnight Stay at School

Second Graders undertook a memorable overnight stay at school which proved to be a delightful experience brimming with laughter and fun. The overnight stay, marking their first time

away from home, represented a significant step in the development of transversal skills-an essential facet contributing to the cultivation of soft skills. The multipurpose hall at Ullens School

Kathmandu was filled with laughter and happy faces as the second graders enjoyed different activities, ranging from origami to bingo, hot potato and a movie night with their friends.



Understanding Agriculture and Cultural Heritage

The Third Graders visited the Ekadeshma Agricultural Center, where they engaged in interactive activities exploring traditional tools and farming techniques. This educational trip deepened their understanding of cultural heritage while incorporating practical math skills, creativity, and teamwork. Through these experiences, students gained valuable insights into cultural preservation, environmental awareness, and sustainable practices.



THEATRICAL SPOTLIGHTS

Ullens School Kathmandu recognizes the vital role theater plays in a child's development. The theater workshops provide students with opportunities to explore their creativity, build confidence, and enhance their communication skills.

Through acting, improvisation, and storytelling, students learn to express themselves, collaborate with peers, and develop empathy by stepping into different characters' shoes. These experiences not only enrich their educational journey

but also foster critical life skills, preparing them to become articulate, thoughtful, and socially aware individuals. Integrating theater into the curriculum helps to cultivate appreciation for arts while nurturing well rounded global citizens.

The Day the Internet Died



परालको आगो



Tuck Everlasting



रजस्वला



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