

ULLENS NEWS

VOLUME 01, YEAR 01, APR-OCT, 2023

MESSAGE FROM THE PRINCIPAL



Dear Parents and Guardians,

With great pleasure, I extend a warm and heartfelt welcome to each and every one of you to Ullens School Kathmandu and I am delighted to have you as an integral part of our community.

The past six months have been a time of growth, learning, and trans-

formation. While we celebrate our progress, we acknowledge that our journey is an ongoing one. Our commitment to continuous improvement remains unwavering.

Over the past months, our students have had the privilege of participating in a diverse array of extracurricular activities, providing them with opportunities to nurture their personal growth and pursue their passions. We have diligently upheld an enjoyable and intellectually stimulating learning environment that not only fosters creativity but also cultivates critical thinking skills.

Your engagement, feedback, and active involvement are encouraged as we work together to ensure that Ullens School Kathmandu continues to shine as a beacon of educational excellence. We are proud of what we have accomplished together, and we look ahead to the future with enthusiasm and relentless determination.

Once again, I express my gratitude for your continuous support to Ullens School Kathmandu.

Warm Regards,
Bunu Karki Thapa
Principal

Admission Information

School Visiting Hours:

Sunday	09:00 a.m. to 3:00 p.m.
Monday to Friday	10:00 a.m. to 11:00 p.m. 2:30 p.m. to 3:30 p.m.

For admission information, refer to page number 9.

FIRST MONTH OF SCHOOL



On March 11, 2023, Ullens School Kathmandu, a second-unit of Ullens School was inaugurated. The first month started with an Open House-Curriculum Night for the parents. During this program, parents were introduced to the Ullens Philosophy

and Pedagogy, and were shared with a grade-specific curriculum. To make the students feel at home and foster connections among them, an orientation week packed with fun activities, from ice breaking games to artistic explorations, was organized.

Throughout the first month, the students not only formed close bonds with one another but also became familiar with the school's environment and culture, and the local community.



Curricular Activities



EXHIBITIONS

Our Diversity

Grade Four students organized a cultural exhibition on the topic 'Cultural Values and Beliefs', as part of their learning in the Transdisciplinary themes (TDTs) where they showcased their own cultural identities and traditions.



Seventh-graders passionately displayed a variety of artifacts that held profound significance within their respective ethnic groups. These artifacts served as windows into the rich tapestry of Nepal's diverse traditions, enabling an exploration of cultural heritage.



Dream Job

Grade Two students explored their career aspirations through the 'Dream Job - Ramp Walk', based on the theme 'Occupation'. This activity encouraged the young learners to delve into the world of careers, providing them with a platform to contemplate their future aspirations and interests.



Environment Week

To celebrate the Environment Week 2023, Grade One students made eco-friendly banners around the theme 'Beat the Plastic Pollution' and paraded around the school premises. Grade Two students sowed seeds demonstrating their commitment to fostering a healthy environment. A Nepali skit

overarching 'Save the Environment' theme was put together by Grade Three students. Furthermore, Grade Four students conducted a community survey in six different local stores regarding the use of plastic. Following the survey, they shared their findings and drew conclusions from it. Grade

Five students cleaned the school surroundings.

During this week, Elementary School (Grades 6 to 8) students ran a Community Cleaning Campaign where they cleaned the National Heritages and public places.



POWER OF INFORMATION

Grade One students developed their understanding that information is powerful and it helps us make better decisions. Students along with the

teachers and families were involved in a 'Research, Show and Tell' event where they collectively discussed and decided on a healthy family recipe.

Following this, all enjoyed the healthy meal prepared by students and their family members.



MATH BEE WEEK

Elementary School (Grade One to Five) was abuzz with excitement as it hosted Math Bee Week, 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 नमूना प्रदेश सभा

कक्षा आठमा अध्ययनरत विद्यार्थीहरूले संविधान दिवसको अवसरमा 'युलेन्स नमूना प्रदेश सभा' आयोजना गरी नेपालको संविधान, संघीयता, शासकीय स्वरूप, नेपालको संसदीय अभ्यास, संघ, प्रदेश र स्थानीय तहको निर्वाचन प्रक्रिया, विधायिकी अधिकार र अन्तर्निहित सम्बन्ध र नमूना प्रदेश सभामा अवलम्बन गरिने प्रक्रियाको अभ्यास गरेका थिए। यस सभामा 'बालबालिका सम्बन्धी ऐन २०८०' को बारेमा महिला र बालबालिका समिति, कानून,

न्याय, मानव अधिकार समिति र राज्य व्यवस्था तथा सुशासन समितिमा छलफल गरी बहुमतले पारित गरेका थिए।

उक्त अभ्यासको विस्तारित गतिविधि अन्तर्गत विद्यार्थीहरूले देशको संघीय संसद भवनको अध्ययन भ्रमण गरेका थिए। सो भ्रमणमा विद्यार्थीहरूले संघीय संसदको सञ्चालन प्रत्यक्ष रूपमा अवलोकन गर्न पाएका थिए।



MAKE, BREAK, CREATE





Extracurricular Activities

SWIMMING



AQUA ZUMBA



BASKETBALL LEAGUE: FOSTERING SKILLS AND SPORTSMANSHIP

With swift dribbles and impressive layups, students showcased their genuine enthusiasm for sports during the Basketball League. This event, which hinges on skills, strength, and endurance, proved to be a delightful experience for our young athletes. The league encompassed friendly games in different formats, generating an electrifying atmosphere on and around the court.



Annual Play

“नाक कसरी ठाडो हुन्छ ?”

कक्षा आठमा अध्ययनरत विद्यार्थीहरूले आन्विका गिरीले लेख्नुभएको ‘नाक कसरी ठाडो हुन्छ ?’ शीर्षकमा आधारित किताब पढी नाटक प्रस्तुत गरेका थिए । यस कार्यक्रममा कक्षा आठका अभिभावकहरूलाई पनि आमन्त्रण गरिएको थियो । नाटकमा बाहिरी सुन्दरताले भन्दा भित्री सुन्दरता र मिहिनेतले मानिसले आफ्नो नाक ठड्याउने प्रयास गर्नुपर्छ भन्ने कुरालाई विद्यार्थीहरूले मार्मिक तरिकाले प्रस्तुत गरेका थिए ।



Admission Policy

Celebrating Diversity with inclusive admissions

Ullens School Kathmandu strives to keep a high level of diversity in its student body. A student's financial background, family occupation, gender balance in each classroom and ethnicity are considered. The school does not discriminate against students based on race, color, cognitive ability or religion, or because of national or ethnic origin. It follows a transparent and inclusive admission policy.

Admission Procedure

Parents and guardians who wish to enroll their child at Ullens School Kathmandu should follow these steps:

- **Step 1:** Parents/ guardians should first register their child's name at the Admissions Office.
- **Step 2:** Office of the admissions contacts the parents/guardians for an orientation. The orientation includes a session on the academic program followed by a school tour.
- **Step 3:** Parents/ guardians collect the application package from the Admissions Office.
- **Step 4:** Parents/ Guardians complete the application form and submit it to the Admissions Office. The Admissions Office will set a date and time for a placement assessment and an interview. The school interviews both the parents/ guardians and the student.
- **Step 5:** We notify parents/ guardians of the result of the admissions by telephone or email.
- **Step 6:** Upon admission, parents/ guardians receive an acceptance letter and a voucher to make a deposit that covers school fees.

This deposit confirms the admission of the student at Ullens School Kathmandu. Please note: If the deposit is not made by the given date, the student's seat at Ullens School Kathmandu is forfeited and the seat is offered to a student from the waiting list.

- **Step 7:** Ullens School Kathmandu requires parents or guardians to attend an Open House where we provide them with a Parents-Students-Handbook, curriculum, and other necessary documents.

Admission Timeline

Grade One: March/April (Chaitra)

Admission Assessment and Interview

The School does not take entrance exams as our admissions are based on diversity and inclusion. We enroll our students based on parents' economic, ethnic as well as occupational diversity. While doing so, we strive to maintain gender balance in each class.

Grade One: The potential students take assessment tests, which helps us identify their prior knowledge, strengths and weaknesses. The assessment is followed by an interview with parents. No student is rejected based on the student's cognitive ability.



Interaction with More Knowledgeable Other



At Ullens School Kathmandu, we cherish opportunities for our students and staff to engage with knowledgeable individuals who broaden our horizons and deepen our understanding of the world. Here are some recent interactions that enriched our learnings:

NEPAL'S ROLE IN WORLD PEACE AND SECURITY

Grade Eight students had a thought-provoking discussion with Lieutenant Colonel Sulochana Poudel, delving into Nepal's role in maintaining global peace and security. This insightful conversation allowed our young minds to explore the country's significant contributions to international stability.



CANCER AWARENESS PROGRAM



Ullens School Kathmandu hosted a cancer awareness program for the staff. The session focused on imparting knowledge about cancer signs, prevention, and treatment. It was facilitated by Senior Medical Oncologist Dr. Arun Shahi.

EMPOWERING DIGITAL CITIZENS

Elementary School (Grade Six to Eight) students had the privilege of attending a Cyber Security session led by Deputy Superintendent of Police ER. Dipesh Joshi from Cyber Bureau Nepal. This session covered a wide range of topics, including cyberbullying, cybercrime, data protection, privacy, phishing, impersonation, cyber trafficking, and Nepal's cyber laws. We believe that these insights have equipped our students with the required skills to safely thrive while navigating the digital space.



STRENGTHENING EMERGENCY PREPAREDNESS

A workshop on essential emergency skills, covering earthquake, fire, and first aid responses was conducted for the staff by Mr. Chet Bahadur Thapa of Bir Gurkhas Security and Deputy Superintendent of Police Bijay Hamal, along with his Armed Police Force team.



पुस्तक वार्तालाप

पुस्तक वार्तालाप कार्यक्रम अन्तर्गत कक्षा छ का विद्यार्थीहरूले हास्यव्यङ्ग्य कलाकार तथा लेखक हरिवंश आचार्यले लेख्नुभएको 'गोल्ड मेडल' पुस्तकका बारेमा छलफल गरेका थिए । यसैगरी कक्षा सातका विद्यार्थीहरूले लेखक रामदेव पाण्डेले लेख्नुभएको 'हजुरआमाको लौरो' र आन्विका गिरीले लेख्नुभएको 'मेरी दिदी' पुस्तकका बारेमा छलफल गरेका थिए ।

यस कार्यक्रममा लेखकसँग प्रश्नोत्तर, लेखक र विद्यार्थीलाई मनपरेको अध्यायको सस्वरवाचन, परियोजना कार्यको प्रदर्शन आदि गरेका थिए । यसका साथसाथै लेखकको बाल्यकाल, सङ्घर्ष र सफलताको कथाले विद्यार्थीहरूलाई हौसला मिलेको थियो ।



Learning beyond the Walls



INTERNATIONAL EXPOSURE

Grade Eight students undertook an educational tour to the People's Republic of China as part of their Outdoor Learning Project (OLP). They explored iconic landmarks such as The Great Wall of China, Tiananmen Square, The Forbidden City, The Summer Palace, and Olympia Park in Beijing. Additionally, they had the privilege of visiting

Tsinghua University High School, Beijing, where they engaged in meaningful interactions with fellow students.

In Shanghai, our students delved into the vibrant cityscape, including iconic spots like The Bund, Nanjing Road, the scenic Huangpu River, and the enchanting Shanghai Disneyland. They also had

the opportunity to visit the Shanghai Urban Planning Exhibition Hall.

Prior to this trip, students had participated in the Chinese Cultural Event hosted at Ullens School, Khumaltar. Further, to better prepare our students for this trip, Aneka Rebecca Rajbhandari, our alumna, hosted an Orientation Program.



IN-SCHOOL OVERNIGHT CAMPING

Second graders created unforgettable memories in school during their overnight camping. The Multipurpose hall was filled with laugh-

ter and happy faces as students enjoyed different activities, ranging from origami to bingo, hot potato and a movie, with their peers. This

special stay provided our students with a unique opportunity to develop their socialization skills, adaptability and resilience.



NATURAL HISTORY MUSEUM

Grade Five students went for an outdoor learning trip to the Natural History Museum as a part of their Multidisciplinary Themes (MTs). It provided our students with a unique opportunity to explore various animal species, with a specific focus on vertebrates and invertebrates, as well as to learn about their eating habits and habitats.



TOKHA URBAN FARM

Grade Two students visited Tokha Urban Farm, to explore the world of farming through hands-on experience. This field trip helped them understand the concept of farming and instilled an appreciation for the local produce and the natural world around them.



BASANTAPUR MUSEUM

Grade Three students visited Basantapur Museum; this provided them with an opportunity to explore the rich history and culture of our region. It helped the students make connections between practices from the past and in the present.



BHAKTAPUR DURBAR SQUARE

Grade Six and Seven students went on a trip to Bhaktapur Durbar Square. They learned about the history and its stunning architectural treasures.



NATIONAL EXHIBITION OF FINE ARTS - 2023



ART APPRECIATION AT SIDDHARTHA ART GALLERY



‘UNFILTERED EXPRESSION’ AT KALASHALA GALLERY



Embracing the Magic of Literature



नेपाली साहित्यिक सप्ताह

युलेन्स स्कूलले साहित्यिक सप्ताह कार्यक्रम मनाएको थियो । कार्यक्रममा प्राथमिक तहका विद्यार्थीहरूले संस्कृतका श्लोक, भानुले घाँसीको प्रेरणाबाट लेखक बन्न सफल भएको कथालाई नाटक मार्फत देखाएका थिए । निम्न माध्यामिक तहका बालबालिकाहरूले भानुभक्त आचार्यले लेख्नुभएको रामायण पुस्तकमा आधारित नाटक पनि प्रस्तुत गरेका थिए ।



ENGLISH LITERACY WEEK

Elementary School students were actively engaged in a variety of activities during the English Literacy Week that allowed them to explore the magic of storytelling and the wonders of literacy. These activities included 'Book Talk,' where they shared their favorite stories, a 'Favorite Character's Parade' that brought beloved literary figures to life, and the creative task of 'Designing Book Covers.' The 'Vocabulary Parade'

made learning new words a fun adventure, and 'Discover the Author within' inspired our young writers to create their own tales. The 'Story Cube adventure,' 'Mathematician's Biography,' and 'Book Drive' added layers of knowledge and inspiration to their literary journey.

In addition, students participated in 'The Writer's Workshop' that focused on enhancing their writing

skills. 'Book Club' was another activity that engaged them in thought-provoking discussions centered on "Tuesdays with Morrie," fostering critical thinking and meaningful conversations. Additionally, the 'Reader's Theatre' promoted collaboration as students worked together in groups to create and perform captivating plays.



Celebrations at Ullens School Kathmandu

GRADE ONE - 100 DAYS OF SCHOOL



धान दिवस



युलेन्स स्कूल काठमाडौंले कक्षाभित्र र बाहिर विविध गतिविधिहरू गरी धान दिवस मनाएको छ । उक्त अवसरमा युलेन्स स्कूल र रिपुमर्दिनी सैनिक माध्यमिक विद्यालयविचको सहकार्यमा धान रोपण परियोजना कार्य गरिएको थियो । यसले विद्यार्थीहरूलाई हाम्रो देशमा कृषिको महत्व बुझ्न सहयोग पुग्यो ।

त्यस दिन विद्यार्थीहरूले खेत जोत्ने, आली लगाउने र धान रोप्ने सबै कार्य गरे । यस परियोजनाको विस्तारित गतिविधिको रूपमा विद्यार्थीहरूले धानको बिरुवा रोप्नेदेखि धान गोड्ने र धान काट्नेसम्मका सम्पूर्ण कार्य गरी धानको जीवनचक्रको ज्ञान निर्माण गरेका थिए ।



CHILDREN'S DAY

The 59th National Children's Day was celebrated in school with joy and festivities. The U.S. Embassy's Book Bus was a notable highlight of the celebration, offering our students

the chance to explore the world of independent reading. Witnessing our young learners immersed in books was a heartwarming experience, fostering a love for reading.



CLASS DAYS

Grade Four



Grade Five



VA/PA Show



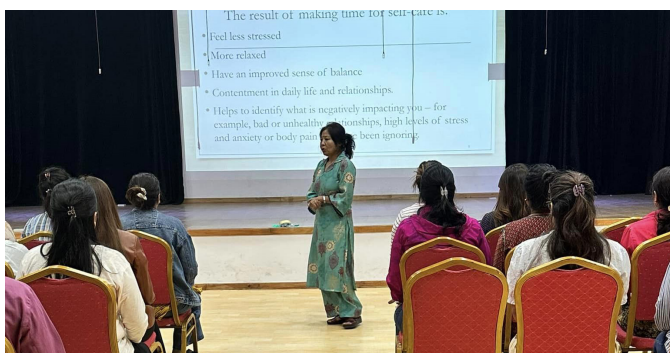
WORLD MENTAL HEALTH DAY



Marking the World Mental Health Day, a series of events was organized to increase awareness of mental well-being. Elementary school students

(Grades Six to Eight) learned and practiced Emotional Freedom Techniques (EFT) to manage stress and emotions. The entire school visited the Affirma-

tion Station and expressed their feelings through various art forms. In addition, a session for our staff on self-care was facilitated by an expert.



MUSICAL FIESTA - TRIO NO TREBLE

A musical afternoon was organized by the Norwegian band, Trio No Treble, at Ullens School Kathmandu. The unforgettable concert covered diverse musical genres, including Western Classi-

cal, Norwegian Folk, Pop, and Nepali music. This event allowed our students to explore the world of music and introduced them to instruments like the viola, cello, and double bass.



Theatrical Performance

Hoodie



रामायण - अरण्य काण्ड



Frindle



घाँसी र भानुभक्त



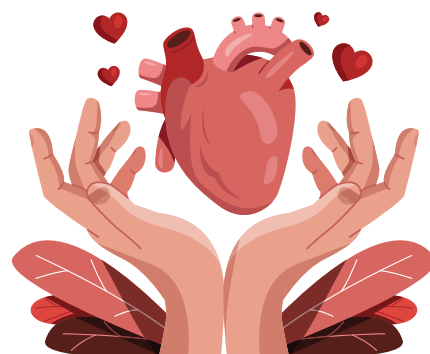
कालो पाटी



सेल्फीको रहर



Disconnected Heart



सुपर आमा



THE CIRCUS, EXTRAVAGANZA



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