

ULLENS NEWS

VOLUME 05, APRIL TO JULY, 2025

MESSAGE FROM THE PRINCIPAL



Dear Parents and Guardians,

I hope this newsletter finds you in good health and spirits. In the past, we shared two newsletters per academic year. As our school community continues to grow and with classes now running from Kindergarten to Grade Ten, we have decided to publish four newsletters annually. This enables us to keep you regularly updated about the vibrant activities and developments across our school.

This edition also reflects our continued commitment to fostering an inclusive, supportive, and engaging learning environment for all students. We have worked to create opportunities that

nurture not only academic excellence but also creativity, empathy, and social responsibility—helping our learners grow into confident, well-rounded individuals.

Over the past few months, our students have engaged in a range of enriching experiences. Our Elementary School Tier I and II (KG to Grade Five) students have been enjoying their swimming sessions at Garud Fitness, an indoor pool facility.

Meanwhile, the annual plays were successfully completed, with Grades Eight and Nine delivering impressive performances on stage. We are also proud of our Ninth Graders who are actively participating in the Bronze level of the Duke of Edinburgh's International Award.

In addition, several cross-grade projects have been introduced this term, encouraging students from different levels to collaborate, share perspectives, and learn from one another. These activities have fostered stronger peer connections and broadened their understanding of teamwork and leadership.

In the senior grades, our academic team is working closely with the Eighth and Tenth Graders as they pre-

pare for their upcoming Basic Level Examination (BLE) and Secondary Education Examination (SEE), ensuring they are supported with the guidance and care they need.

We hope you find this edition of the newsletter informative and enjoyable. It has been a pleasure putting it together to share some of the memorable moments from our school community.

We are equally grateful for the unwavering support of our parents and guardians. Your encouragement, participation in school activities, and feedback have played an invaluable role in shaping our shared vision for the Ullens community. Together, we continue to create a safe, inspiring, and joyful space for our students to learn and thrive.

Bunu Karki Thapa

Principal

Ullens School Kathmandu

Professional Developments

At Ullens, we believe that the foundation of quality education lies in the continuous development of educators. Preparing teachers to navigate the evolving landscape of 21st-century learning is essential to ensure students are academically, socially and emotionally supported. To this end, Ullens School Kathmandu regularly conducts professional development sessions, combining the expertise of in-house educators with insights from external professionals.

These sessions are thoughtfully designed to provide educators with the tools, perspectives, and inspiration they need to meet the diverse and dynamic needs of students. In one such session, a workshop on inclusive education was held to help teachers better support learners on the autism spectrum. Facilitated by Ms. Pragya Pradhan, founder of the Aavani Foundation, the workshop focused on cultivating classrooms where every student feels seen, valued, and supported. Through reflective dialogue and practical activities, educators explored strategies for recognizing and celebrating diversity in their teaching environments.

In line with our broader commitment to professional growth, the school has also launched a new cycle of PD sessions through Ullens Center for Educator Development (UCED). These ongoing trainings ensure that educators remain informed about current educational practices, adopt modern methodologies, and continue to refine their approach to teaching and learning. The sessions foster a culture of collaboration and continuous improvement, empowering educators to grow both professionally and personally.

Beyond pedagogy, we also recognize the importance of preparing our staff for real-world situations. In collabora-

tion with Green City Hospital, a First Aid Crash Course was conducted to equip our school community with essential emergency response skills. Led by Dr. Moti Kumar Shrestha and Mr. Manoj Gurung, the session covered a wide range of scenarios, including treating burns, injuries, nosebleeds, and fractures, as well as safely transporting individuals in need.

Through these comprehensive efforts, Ullens School Kathmandu remains committed to nurturing a community of educators who are confident, capable, and continually growing—ensuring that every student receives the support and education they deserve.



First ATP Meeting

At Ullens School Kathmandu, we believe in fostering an active partnership between school, parents and students to support the holistic development of our students. A Breakfast Meeting was hosted with members of the Action Team for Partnership (ATP) to create a platform for open dialogue. During the meeting, school and parent representatives shared their concerns and explored thoughtful, collaborative solutions to address them.



Literacy and Numeracy Morning

During Literacy and Numeracy Mornings, parents of students from Kindergarten to Grade Three were invited to step into the shoes of their children and experience classroom life from a student's perspective. Through active participation in various activities, parents engaged with the teaching methods used to build foundational literacy and numeracy skills at Ullens School Kathmandu.

The sessions provided valuable insight into how critical thinking, problem-solving, and creativity are nurtured through interactive and engaging lessons. By experiencing the learning environment and instructional approaches firsthand, parents gained a deeper appreciation for the strategies used to support their children's academic and personal growth.

Beyond the classroom experience, Literacy and Numeracy Mornings also served to strengthen the partnership between the school and families. By bridging the gap between home and school, these mornings highlighted the shared responsibility of nurturing well-rounded and confident learners who are equipped to thrive both inside and outside the classroom.



Eco Literacy Week

Eco Literacy Week is an annual celebration at Ullens School Kathmandu that focuses on nurturing environmental awareness, responsibility, and action among students. Rooted in the belief that education plays a critical role in shaping sustainable futures, the week is dedicated to helping our students better understand the interdependence between people and the planet. It encourages students to explore how their choices, big or small, can impact the environment.

This year, the spirit of curiosity, creativity, and environmental responsibility was on full display during Eco Literacy Week. Students from Kindergarten through Grade Ten were engaged in different activities such as environmental hikes, recycling projects and school wide cleaning campaigns that brought them closer to the environment we live in. Further, these hands-on activities helped bridge classroom learn-

ing with real-world issues, nurturing a sense of connection with nature and an appreciation for individual and collective action in caring for the environment.

At Ullens, Eco Literacy Week served as a reminder and meaningful step toward building a more thoughtful and responsible generation of learners; one that is deeply aware of its role in sustaining the world we all share.





Curricular Activities



Poet's Courtroom

Fifth Graders stepped into the roles of different figurative language types: Metaphor, Simile, Personification, Onomatopoeia, and Hyperbole in the Poet's Courtroom. In the mock courtroom setting, each group passionately

defended the importance of their chosen poetic device. They presented persuasive opening statements, engaged in thoughtful cross-examinations with their peers, and reflected on the valuable feedback and observations shared

by the teacher juries. More than debates, Poet's Courtroom turned out to be an opportunity to explore poetry and the power of language.



Unit of Inquiry (UOI) Grade One

Grade One students hosted their Unit of Inquiry (UOI) exhibition on the theme "Sources of Information". They showcased the range and depth of their understanding through creative displays, interactive activities, and clear presentations. The young learners shared how they explore, understand, and use different types

of information in their daily lives. Throughout this unit, students learned about different sources such as books, people, media, and observations, and how to use them responsibly to gain knowledge and make decisions. Parents also visited the exhibition and observed the students confidently explaining their learning. Their

displays beautifully reflected the experiences and knowledge they had gathered over the course of the unit.

It was a proud moment for everyone, highlighting their curiosity, growth, and enthusiasm for learning.



Unit of Inquiry (UOI) Grade Two

Under the transdisciplinary theme “Where We Are in Place and Time”, the Second Graders embarked on an exciting inquiry into the “Food Journey – From Farm to Plate”. Through a series of activities, field visits, and interactions, they explored the origins of food and the processes that bring it to our tables.

To understand food production, students visited the Urban Farm and a farm in Bhargal. There, they enjoyed feeding cows, buffaloes, goats, and chicken while learning about farming practices. A key highlight was interviewing a local farmer, where the students eagerly asked thoughtful questions about sustainable farming and the challenges farmers face. The students further deepened their

understanding during an interaction session with one of our parents, Mr. Santosh Bhattarai, who shared valuable insights into farming methods, the benefits of consuming farm-fresh produce, and how these goods reach consumers.

To see the next steps in the food supply chain, students went on a field trip to Chabahil Vegetable Market and Bhatbhateni Supermarket. These visits offered them a closer look at how produce is sourced, transported, and made available to consumers. The experience provided them with a broader perspective on the food supply chain, the importance of healthy eating, and the journey food takes from farms to markets and

homes. After weeks of exploration, the Second Graders culminated their learning with an informative Unit of Inquiry (UOI) exhibition on “From Farm to Plate”. Through interactive stalls, games, and presentations, students confidently explained each stage of the food journey, from soil to table. Their displays reflected the rich experiences they gathered throughout the unit: visiting farms, speaking with farmers and chefs, baking cookies, and exploring supermarkets and local markets. Along with strengthening their academic understanding, this unit instilled a deeper appreciation for nature, the efforts of farmers, and the importance of fresh, nutritious food in everyday life in our students.





साहित्यको जादुलाई अँगाल्दै



नेपाली सप्ताह

नेपाली भाषाको संरक्षण र प्रवर्धन गर्ने उद्देश्यका साथ युलेन्स स्कूल काठमाडौँमा यस वर्ष पनि नेपाली भाषा सप्ताह भव्य रूपमा सम्पन्न गरिएको छ। कक्षा अनुसार कार्यक्रमहरू विभिन्न रूपमा आयोजना गरिए ।

कक्षा ६, ७ र ८ का विद्यार्थीहरूले लेखक यमुना पराजुलीसँग अन्तरक्रिया, एकल तथा सामूहिक कविता वाचन, कथा लेखन/वाचन, निबन्ध लेखन, पुस्तक वार्तालाप, र 'धनभन्दा संस्कार ठूलो' शीर्षकमा नाटक प्रस्तुत गरे। कक्षा ९ र १० का विद्यार्थीहरूले प्रा. डा. देवी नेपालसँग कविता लेखन तथा वाचन, पुस्तक समीक्षा,

कथाचित्र निर्माण, नेपाली व्याकरणमा आधारित गीत तथा र्याप प्रस्तुति, शब्दभण्डार र उखान-टुक्कासम्बन्धी खेल, परम्परागत सामग्रीको अध्ययन तथा प्रस्तुति, उपन्यासको सार लेखन, अभिनयात्मक संवाद आदि विविध कार्यक्रममार्फत भाषा सप्ताहलाई अर्थपूर्ण बनाए ।

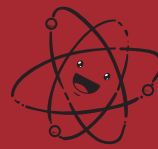
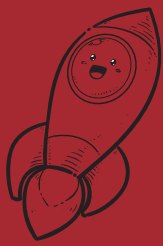
त्यस्तै २१२औँ भानु जयन्तीको अवसरमा, जूनियर तह-किन्डरगार्टेनदेखि कक्षा ५ सम्मका विद्यार्थीहरूको लागि विशेष कार्यक्रमको आयोजना गरियो। सप्ताहभर विद्यार्थीहरूले कविता, कथा तथा समाचार वाचन, यमुना पराजुलीसँग अन्तरक्रिया, र कक्षामा विविध शैक्षिक

गतिविधिमा सक्रिय सहभागिता जनाए ।

भानुभक्त आचार्यप्रति सम्मान प्रकट गर्दै विद्यार्थीहरूले नेपाली कविता वाचन, नृत्य, उखान-टुक्का, रमाइला चुटिकला प्रस्तुत गर्नुका साथै यमुना पराजुलीद्वारा लिखित 'फूलको गहना' शीर्षकको नाटकसमेत मञ्चन गरे ।

यसै शैक्षिक सत्रदेखि युलेन्स स्कूल काठमाडौँले नेपाली भाषाको संरक्षण र प्रवर्धनलाई साप्ताहिक रूपमा मात्र सीमित नराखी वर्षभर निरन्तर रूपमा सञ्चालन गर्ने प्रतिबद्धता व्यक्त गर्दै नेपाली भाषा सप्ताहको समापन गरेको छ ।





More Knowledgeable Other



Cyber Safety First: Awareness Session for Grades Six-Ten



Students from Grades Six to Ten participated in an awareness session on Cyber Security, facilitated by Inspector Deepa Bhattarai from the Cyber Bureau, Nepal Police.

The session focused on the growing risks associated with internet use, highlighting various forms of cybercrime such as cyberbullying, online scams,

identity theft, and misuse of social media. Inspector Bhattarai also discussed preventive measures and emphasized the importance of reporting incidents to trusted adults or authorities.

The session aimed to help students become more aware, cautious, and responsible digital citizens in an increasingly connected world.

Food for Thought

Our Grade Ten students had an engaging interactive session with our school kitchen-in-charge, Mr. Samin Maharjan. Together they explored topics such as food diversity, balanced diets, the school menu, the experience of working as a chef and many more. It was a lively discussion where students gained valuable insights and learned a great deal.



Understanding Reproductive and Adolescent Health



Students from Grades Five to Eight participated in sessions on Reproductive and Adolescent Health with Dr. Poonam Rawal Khadka.

The sessions covered important topics such as adolescent and puberty-related changes, common myths about menstruation, and key aspects of reproductive health. Students gained a better understanding of the physical and emotional changes during adolescence, menstrual hygiene, and the im-

"Adolescence is the period between childhood and adulthood, marked by the onset of puberty, a time of significant physical and psychological changes."

portance of overall well-being during this stage of life. These discussions are part of our commitment to supporting students through informed, age-appropriate health education.

Grade Four Goes Green



As part of their multidisciplinary learning journey, Grade Four students participated in an interactive session with our school gardener, Ms. Sabina to explore plant classification based on habitat, size, and flowering characteristics.

Students had the opportunity to observe real plants, engage in thoughtful discussions, and deepen their understanding of plant types and parts through firsthand learning with someone who works closely with nature every day.

This meaningful experience brought textbook concepts to life, integrating science, language, and environmental learning in a memorable way. It served as a valuable reminder that some of the most impactful learning takes place beyond the classroom.



THEATRICAL SPOTLIGHT

Grade Nine Presents 'The Junkyard Chronicles'



After weeks of laughter, teamwork, and tireless rehearsals, our Ninth Graders took the stage with *The Junkyard Chronicles*. Set in a whimsical world overflowing with temptation and treats, the Ninth Graders took their parents on a journey from playful indulgence to meaningful self-discovery through the play. With catchy songs, witty lines, and heartfelt moments, our students delivered an unforgettable message: that self-care and balance are not just important—they can be joyful and empowering.



कक्षा ८ द्वारा नेपाली कथा 'कर्तव्य'को नाट्य मञ्चन

मिति २०८२/०२/२९, बुधवारका दिन कक्षा ८ का विद्यार्थीहरूले नेपाली भाषाको वार्षिक पाठ्यक्रममा समावेश गरिएको गुरुप्रसाद मैनालीद्वारा लिखित नासो कथासंग्रह अन्तर्गत सामाजिक यथार्थमा आधारित चर्चित कथा 'कर्तव्य' शीर्षकमा नाटक मञ्चन गरेका थिए । हामीले घरायसी भगडालाई लिएर

मनमुटाव गर्नु हुँदैन भन्ने कथाको मूलभाव रहेको थियो । विद्यार्थीहरूले नाटकको माध्यमबाट ग्रामीण जीवनशैली, भेषभूषा, बोलीचाली, खानपान, रीतिरिवाज, परम्परागत सामग्री, कृषिकार्यमा प्रयोग हुने उपकरणहरू, विवाहमा प्रयोग हुने सामग्री तथा लोक नृत्य आदिको सजीव चित्रण गरे । यस प्रक्रियामा उनीहरूले

ती पक्षहरू प्रत्यक्ष रूपमा अनुभव गर्न पाए । सिकाइ प्रक्रियाले सामूहिक कार्य, नेपाली भाषाको श्रवण र वाचन सीप, आत्मविश्वास तथा सृजनात्मकताको विकासमा टेवा पुऱ्यायो । विद्यार्थीहरूले अत्यन्त रुचिकर र रमाइलो तरिकाले नाटक मञ्चन गरी प्रस्तुति सफल बनाएका थिए ।

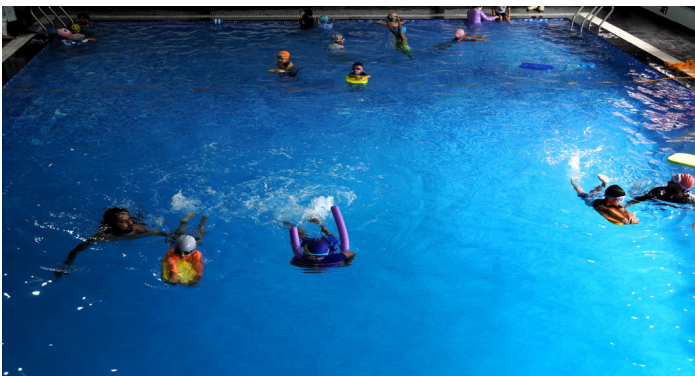




Extra-Curricular Activities



Swimming Season



CELEBRATIONS AT Ullens School Kathmandu

Asar 15

At Ullens School Kathmandu, we believe in nurturing students who are both globally aware and deeply connected to their cultural roots.

Marking Asar as the season of plantation and cultural celebration, our students took part in a special Paddy Day event.

The students enthusiastically participated in paddy planting in a nearby field where they got to experience the traditional techniques of rice cultivation and understand the hard work of the farmers. To complete the experience, students were served a classic Asar 15 meal of dahi (yogurt) and chiura (beaten rice) to embrace the flavors and spirit of the season.



Learning Beyond BOUNDARIES



कक्षा ६ को वडा कार्यालय भ्रमण

जेठ २९ गते युलेन्स स्कूल काठमाडौंका कक्षा ६ का विद्यार्थीहरू सामाजिक अध्ययन र नेपाली भाषालाई एकीकृत गरेर महाराजगञ्ज वडा नं ३ को कार्यालय भ्रमणमा गएका थिए । त्यहाँ गएर उनीहरूले वडा अध्यक्ष, वडा सदस्यहरू लगायतका पदाधिकारीहरूसँग अन्तरक्रिया गर्दै स्थानीय सरकारको संरचना, वडा कार्यालयको गठन प्रक्रिया, विकासका कार्यहरू र कार्यालयले प्रदान गर्ने सेवाहरूको बारेमा ज्ञान हासिल गर्ने मौका पाए ।

भ्रमणबाट उनीहरूले साना साना समस्याहरू तुरुन्तै वडालाई सूचना दिनुपर्छ भन्ने कुरा पनि बुझे । यस भ्रमणले विद्यार्थीहरूको पुस्तकीय ज्ञानलाई व्यावहारिक अनुभवसँग जोड्न मद्दत पुर्याउनेछ ।



कक्षा ८ को दरबार क्षेत्र अध्ययन भ्रमण

कक्षा ८ को पाठ्यक्रम अन्तर्गत विद्यार्थीहरूले काठमाडौं दरबार स्क्वायर, कुमारी घर, र हनुमान ढोका दरबारको अध्ययन भ्रमण गरे । भ्रमणका क्रममा उनीहरूले उपत्यकाको ऐतिहासिक महत्व, वर्तमान अवस्था, तथा मूर्त र अमूर्त सम्पदाको संरक्षणका उपायहरूबारे बुझ्ने अवसर पाए । साथै, उनीहरूले जीवित देवी 'कुमारी' सम्बन्धी गहिरो अन्तर्दृष्टि पनि प्राप्त गरे ।



कक्षा १० को सांगीतिक र सांस्कृतिक अन्वेषण

कक्षा १० का विद्यार्थीहरूका लागि सामाजिक अध्ययन विषय अन्तर्गत “नेपालका लोक बाजाहरू” भन्ने शीर्षकमा आधारित अध्ययनलाई अब्ज प्रभावकारी बनाउनका लागि हाम्रो विद्यालयले क्षेत्रगत भ्रमणको आयोजना गर्यो। उक्त भ्रमण काठमाडौंको राष्ट्रिय लोक तथा दोहोरी सङ्ग्रहालयमा सम्पन्न भएको थियो। यो भ्रमणको प्रमुख उद्देश्य विद्यार्थीहरूलाई नेपालमा प्रचलित विभिन्न प्रकारका लोक बाजाहरूको प्रत्यक्ष अवलोकन गराउनु र ती बाजाहरूको ऐतिहासिक, सांस्कृतिक तथा सामाजिक महत्वबारे जानकारी दिनु

रहेको थियो। संग्रहालयमा प्रवेश गरेपछि विद्यार्थीहरूले मादल, सारंगी, ढोलक, बासुरी, पञ्चताल, तुडना, भ्याली, नगरा, दमाहा लगायतका परम्परागत नेपाली बाजाहरूको नमूना देखे।

प्रत्येक बाजाको उपयोग, निर्माण सामग्री, क्षेत्रीय विशेषता र बजाउने तरिकाबारे संग्रहालयका गाइडद्वारा विद्यार्थीहरूलाई जानकारी दिइयो। विद्यार्थीहरूले ती बाजाहरूको आवाज पनि सुने र कतिपय बाजाहरू आफैँ बजाउने प्रयास गरे, जसले उनीहरूको उत्साह बढायो।



Living Lessons: Grade Nine at ICIMOD

As part of the multidisciplinary learning, our Ninth Graders visited the ICIMOD Living Mountain Lab in Godawari to explore mushroom farming. This

trip provided a hands-on learning experience about the life cycle of mushrooms and their significance in medicine and the economy. It also helped

students connect their classroom lessons to real-life practices, integrating knowledge from Environment Science, English, and Social Studies.



Community Walk: Grade Three's Local Discovery

As part of the transdisciplinary theme "Our Identity: Our School Community", the third graders went on a community walk. During their walk, they observed places such as the Sahid Gangalal

National Heart Centre, Ripumardini Sainik Mahavidyalaya, Chundevi Mandir, Bhairav Mandir, Bansbari Club, Cloth Bank, and many more. These observations helped them deepen their

understanding of how these establishments contribute to their daily lives and the well-being of the community.



Grade Six at Ranibari Forest

Grade Six students explored Ranibari Community Forest as part of their transdisciplinary learning. There they observed diverse plants and animals

while learning about adaptation, interdependence, and sustainable practices such as using natural waste for organic fertilizer. Through this trip the

students connected with nature and their local heritage which sparked curiosity and a genuine sense of care for the world around them.



Grade Four's Natural History Adventure

As part of their multidisciplinary exploration of animal classification, Grade Four students visited the Natural History Museum of Nepal located in Swoyambhu. The trip was a mean-

ingful and enriching experience for the young learners as they had the opportunity to observe preserved specimens. They also learned how animals are grouped based on their char-

acteristics. This hands-on experience helped bridge classroom concepts with real-world learning while igniting curiosity and encouraging scientific thinking among the students.



Museums Through the Eyes of Grade Five

Grade Five students went on engaging visits to both the National Museum and the Military Museum located in Chhauni as part of their integrated, multidisciplinary learning. These experiences offered meaningful opportunities to connect science, history, and

language in a hands-on way. At the National Museum, students observed preserved animal specimens to learn about animal classification and dietary habits. They also explored historical artifacts, including ancient weapons and coins. At the Military Museum,

students reflected on how weapons, wars, and acts of bravery have shaped our world. Through sketching, journaling, and thoughtful discussions, they connected with the exhibits on both personal and intellectual levels.



कृषि र संस्कृति सँगै: कक्षा ७ को शैक्षिक यात्रा

अभिन्न पाठ्यक्रमको एक हिस्साका रूपमा कक्षा ७ का विद्यार्थीहरूले गोठारस्थित 'एकादेशमा कृषि संस्कृति केन्द्र'को शैक्षिक भ्रमण गरे। विद्यार्थीहरूले परम्परागत कृषिमा प्रयोग हुने स्थानीय प्रविधिहरू, जातीय र क्षेत्रीय विविधताका औजारहरू,

विभिन्न समुदायमा प्रचलित संगीत वाद्ययन्त्रहरू, तथा नेपालको ग्रामीण जीवनशैलीसँग सम्बन्धित महत्त्वपूर्ण सामग्रीहरू नजिकबाट अवलोकन र अनुभव गर्ने अवसर पाए। यस अनुभवमार्फत उनीहरूले पाठ्यपुस्तकबाहिरको ज्ञान

सिके, जिज्ञासालाई जीवित राखे, र देशको सांस्कृतिक सम्पदाप्रति सम्मान गर्ने दृष्टिकोण विकास गरे। यो भ्रमण शैक्षिक मात्र नभई मूल्य शिक्षासमेत भएको एक समृद्ध अवसर बन्यो।



Exploring Family: Grade One Home Visits

As part of the multidisciplinary theme "Family", Grade One students had a special opportunity to visit the homes of their classmates, Shaanvi Shree Shrestha and Ariya Nandini Serchan.

The students spent time exploring their friends' homes, interacting warmly with

family members, asking questions, and sharing their own stories. These visits gave the students an opportunity to see what family life looks like outside the classroom. They learned about different family setups, daily routines, and the many ways families care for and connect with one another.

It was a truly heartwarming experience that helped deepen our students' understanding of family and reminded us all of the joy found in relationships, traditions, and everyday moments of togetherness.



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