

ULLENS NEWS

VOLUME 8, MAY TO JULY 2026

MESSAGE FROM THE PRINCIPAL



Dear Parents and Guardians,

It is with great pleasure that I present to you Volume 8 of Ullens School Kathmandu's Newsletter.

As we move confidently into this academic year, our school community has embraced the new term with enthusiasm, resilience, and a shared commitment to learning.

It has been heartening to witness our students settle seamlessly into their routines, demonstrating curiosity, creativity, and a willingness to challenge themselves both inside and outside the classroom.

The term has already been marked by several memorable milestones. Our Grade Eight and Grade Nine students captivated audiences with their outstanding Annual Plays, showcasing not only their artistic talents but also their confidence, teamwork, and dedication. These performances are a testament to the vibrant learning culture we strive to nurture at Ullens, where students are encouraged to discover and express their unique potential.

We also successfully celebrated *Nepali Saptaha* across both the Elementary and Senior Schools, fostering a love for the Nepali language, literature, and culture through shared learning and a variety of engaging activities.

This newsletter captures many of the enriching experiences that have shaped the beginning of the academic year—from classroom learning and co-curricular activities to community engagement and student achievements. Each story reflects the passion of our students, the dedication of our educators, and the unwavering support of our parent community.

As always, I extend my sincere gratitude to our parents and guardians for your continued trust and partnership. Your encouragement plays an invaluable role in helping our students flourish. Together, we remain committed to providing a safe, inclusive, and inspiring environment where every learner can thrive.

I hope you enjoy reading this edition and celebrating the many accomplishments of our Ullens community.

Bunu Karki Thapa
Principal
Ullens School Kathmandu

बालबालिका हराएको सूचना: हराउँदै गएको बालापनको खोजी

कक्षा आठका विद्यार्थीहरूको वार्षिक नाट्य प्रस्तुति “बालबालिका हराएको सूचना” ले हराएका बालबालिकाको खोजी मात्र होइन, आजको समाजमा विस्तारै हराउँदै गएको बालापनमाथि पनि गम्भीर प्रश्न उठायो। संवेदनशील अभिनय, सशक्त संवाद र अर्थपूर्ण प्रस्तुतिमार्फत विद्यार्थीहरूले दर्शकलाई सोच्न, महसुस गर्न र आत्ममन्थन गर्न प्रेरित गरे।



The See-Saw Tree: A Story of Nature, Change, and Hope

What begins in the quiet harmony of a forest unfolds into a powerful story of change, loss, and hope. Through their annual play, "The See-Saw Tree," Grade Nine students brought to life a poignant reminder of the delicate balance between human progress and the natural world. With compelling performances and a thought-provoking narrative, they challenged the audience to reflect on the true cost of losing a home—and why protecting our environment has never been more important.





Curricular Activities



Celebrating Eco Literacy Week

As we marked World Environment Day, we also reflected on a meaningful week of learning, exploration, and action through Eco Literacy Week at Ullens School Kathmandu.

Throughout the week, students across all grades immersed themselves in activities that encouraged them to observe nature more closely, think critically about environmental challenges, and reflect on the everyday choices that shape our planet's future. From hands-on explorations and creative expression to meaningful conversations on sustainability, each experience reinforced that environmental stewardship begins with awareness and grows through action.

Eco Literacy Week served as a reminder that nurturing a lifelong respect for the environment starts in the classroom—and extends far beyond it.



जिल्लाको अध्ययन, विकासको प्रस्तुति



कक्षा सातका विद्यार्थीहरूले सामाजिक अध्ययनअन्तर्गत 'जिल्ला समन्वय समिति' पाठ अध्ययन गरेपछि समूहमा मिलेर विभिन्न जिल्लाको अनुसन्धान गरेका थिए। त्यसपछि उनीहरूले सम्बन्धित जिल्लामा भइरहेका विकासका गतिविधिहरू र भविष्यमा विकासलाई अझ प्रभावकारी बनाउन सकिने उपायहरूबारे अनुकरणात्मक प्रस्तुति दिएका थिए।

उखान-टुक्कासँग रमाउँदै

युलेन्स स्कुल काठमाडौँमा कक्षा दसका विद्यार्थीहरूको सक्रिय आयोजनामा “उखान-टुक्का महोत्सव” उत्साहपूर्वक सम्पन्न भयो। नेपाली भाषा, साहित्य र संस्कृतिप्रति विद्यार्थीहरूको रुचि अभिवृद्धि गर्ने उद्देश्यले आयोजित महोत्सवमा कक्षा सातदेखि दस सम्मका विद्यार्थीहरूको उत्साहजनक सहभागिता रहेको थियो।

उखान-टुक्का मिलान, इमोजीबाट उखान चिनाँ, उखान-टुक्का अभिनय, पजल, पोस्टर प्रदर्शनी लगायतका १४ वटा सिर्जनात्मक तथा मनोरञ्जनात्मक गतिविधिमार्फत विद्यार्थीहरूले उखान-टुक्काको अर्थ, प्रयोग र महत्वलाई रोचक ढङ्गले प्रस्तुत गरेका थिए।

“उखान-टुक्काको मिठो गाथा, जोड्छ पुस्ता, भाषा र संस्कृतिको नाता” भन्ने सन्देशलाई आत्मसात् गर्दै महोत्सवले सिकाइ र मनोरञ्जनलाई एकसाथ जोड्ने अवसर प्रदान गरेको थियो।



Beyond the Game: A Celebration of Sportsmanship

Ullens School Kathmandu students participated in a friendly futsal match with Imperial World School, embracing the values of teamwork, sportsmanship, and healthy competition. Such opportunities allow students to build meaningful connections, develop resilience, and learn the importance of collaboration both on and off the field.

A wonderful display of skill, camaraderie, and school spirit!



From Classroom to Home: Understanding Families



Grade One learners stepped beyond the classroom and into the heart of family life during a meaningful home visit to a classmate's residence. Through observation, conversation, and shared experiences, students explored different family dynamics and discovered the many ways families connect, communicate, and care for one another—bringing their learning under the theme, 'Family to life' in an authentic and memorable way.



A Taste of Experiential Learning

The curd-making activity for Grade Two offered a simple yet engaging way for students to explore the concept of raw materials and processed food. Through hands-on participation, they discovered how milk, a raw material, transforms into curd, a processed food. By adding a small amount of starter culture to warm milk and patiently allowing it to set, students experienced the process firsthand. This activity not only helped them understand food transformation but also sparked curiosity and interest in everyday food preparation.



Curriculum Events

Ullens School Kathmandu proudly hosted a series of Open House-cum-Curriculum Events for parents and guardians.

These interactive sessions provided valuable opportunities for parents and guardians to connect with teachers and gain deeper insights into the school's philosophy, pedagogy, policies, and curriculum.

Parents and guardians also experienced learning from a student's perspective by participating in games, collaborative activities, and interactive classroom sessions led by our teachers. The events strengthened the partnership between home and school while offering a meaningful glimpse into the vibrant learning culture at Ullens.



नेपाली सप्ताह

युलेन्स स्कुल काठमाडौंमा कक्षा छदेखि दससम्मका विद्यार्थीहरू सहभागी रहेको नेपाली सप्ताह सफलतापूर्वक सम्पन्न भयो। यस सप्ताहले विद्यार्थीहरूलाई नेपाली भाषा, साहित्य र संस्कृतिसँग अझ नजिक जोड्ने अवसर प्रदान गर्‍यो।

सप्ताहभरि आयोजित नाट्य प्रस्तुति, लेखक पुरूषोत्तम घिमिरेसँग अन्तरक्रिया, तथा विविध सिर्जनात्मक क्रियाकलाप मार्फत विद्यार्थीहरूले आफ्ना विचार, सिर्जनशीलता र भाषिक अभिव्यक्तिलाई आत्मविश्वासका साथ प्रस्तुत गरे। सप्ताहको समापन नेपाली लोकनृत्यहरूको आकर्षक प्रस्तुतिसँगै उल्लासपूर्ण वातावरणमा सम्पन्न भयो।

यस्ता कार्यक्रमहरूले नेपाली भाषाप्रतिको सम्मान, प्रयोग र अपनत्वलाई थप सुदृढ बनाउँदै विद्यार्थीहरूलाई आफ्नो भाषा, साहित्य र सांस्कृतिक सम्पदाप्रति गर्व गर्न प्रेरित गर्छन्।



नेपाली सप्ताहको समापन तथा भानु जयन्ती

कक्षा तीनदेखि पाँचसम्मका विद्यार्थीहरूले विविध साहित्यिक तथा सांस्कृतिक प्रस्तुति पस्कँदै 'नेपाली सप्ताहको समापन तथा भानु जयन्ती' कार्यक्रम उत्साहपूर्वक सम्पन्न गरे।

विद्यार्थीहरूले साताभर नेपाली भाषासँग सम्बन्धित विभिन्न सिर्जनात्मक, साहित्यिक तथा भाषिक गतिविधिहरूमा सक्रिय सहभागिता जनाउँदै नेपाली सप्ताह मनाए। विविध भाषिक गतिविधिहरूमार्फत उनीहरूले नेपाली भाषाप्रतिको आफ्नो रुचि, सिर्जनशीलता, अभिव्यक्ति क्षमता र आत्मविश्वास प्रस्तुत गरे।

यस्ता कार्यक्रमहरूले विद्यार्थीहरूमा नेपाली भाषा, साहित्य र संस्कृतिप्रति गौरवको भावना विकास गर्नुका साथै प्रभावकारी अभिव्यक्ति, सिर्जनात्मक सोच, साहित्यिक चेतना र सांस्कृतिक मूल्यहरूको संरक्षण तथा प्रवर्द्धन गर्न महत्वपूर्ण भूमिका खेल्छन्।



कक्षा २ को अनुसन्धानको एकाइ (Unit Of Inquiry) प्रदर्शनी

घर केवल बस्ने ठाउँ मात्र होइन, हाम्रो संस्कृति, परम्परा, मूल्य—मान्यता र पहिचानको प्रतिबिम्ब पनि हो।

यसै भावनालाई आत्मसात् गर्दै कक्षा २ का विद्यार्थीहरूले आफ्नो युनिट अफ इन्क्वायरी (UOI) प्रदर्शनीमार्फत "हाम्रो अस्तित्व – हाम्रो घरले हाम्रो सांस्कृतिक प्रभावलाई प्रतिबिम्बित गर्छ" भन्ने केन्द्रीय विषयलाई जीवन्त रूपमा प्रस्तुत गरे।

नाटक, नृत्य, गीत, कला, सांस्कृतिक सामग्री (आर्टिफ्याक्ट) प्रदर्शनी, प्रतिबिम्ब (रिफ्लेक्सन) तथा पावरपोइन्ट प्रस्तुतिमार्फत विद्यार्थीहरूले आफ्ना सिकाइ, अनुसन्धान, सिर्जनशीलता र विविध संस्कृतिप्रतिको सम्मानलाई प्रभावकारी ढंगले अभिव्यक्त गरे। यस प्रदर्शनीले घर, संस्कृति र पहिचानबीचको सम्बन्धलाई गहिरो रूपमा उजागर गर्दै विद्यार्थीहरूको सञ्चार सीप, अनुसन्धान क्षमता र सांस्कृतिक चेतनालाई थप समृद्ध बनायो।



Learning Through Food and Collaboration

As part of their English curriculum, Grade Ten students participated in an interactive session with the School Kitchen Incharge, Mr. Samin Maharjan, where they gained practical insights into food hygiene, balanced nutrition, and meal preparation.

They then researched recipes and prepared a variety of dishes, presenting their cooking process before sharing and enjoying the meals they had created together.





Professional Development



Teachers at Ullens School Kathmandu participated in a series of Professional Development sessions that bridged the close of one academic year and the beginning of the next, creating opportunities for reflection, renewal, and professional growth.

The series began with a reflective end-of-year Professional Development session, where teachers looked back on their learning, celebrated shared achievements, and reaffirmed their collective commitment to continuous growth and meaningful teaching practices.

Following the session break, teachers reconvened to prepare for the new academic year. The programme resumed with a welcome address by the Principal, who encouraged teachers to approach the year ahead with purpose, placing equal emphasis on the well-being of both students and educators while fostering a shared joy for teaching and learning.

As preparations continued, Elementary and Language teachers (English and Nepali) from Tier III and IV participated in an immersive theatre workshop facilitated by theatre instructor, playwright, and theatre artist Mr. Sugam Dulal. Through improvisation, role-play, theatre games, and collaborative storytelling, participants explored how theatre can enrich classroom practice by fostering creativity, empathy, communication, and active student engagement, while creating more inclusive and engaging learning experiences for students.

Together, these Professional Development sessions reinforced a culture of collaboration, lifelong learning, and innovation, equipping teachers with fresh perspectives and renewed enthusiasm for the academic year ahead.



Well-being



Teacher well-being remains a key priority at Ullens School Kathmandu, with initiatives that encourage self-reflection, meaningful connection, and holistic wellness.

In collaboration with UCED and Vaav Well-being, teachers participated in a wellness session centred on self-awareness and personal growth. Through activities such as the Johari Window, artistic expression, and the River of Life exercise, participants were encouraged to pause, reflect, and reconnect with themselves. The session highlighted the importance of cultivating inner well-being as the foundation for purposeful teaching and meaningful relationships.

In a separate initiative, teachers also took part in an invigorating hike that provided an opportunity to step away from the classroom, reconnect with nature, and strengthen collegial bonds. The experience fostered teamwork, camaraderie, and a shared sense of adventure while reinforcing the value of balance and well-being within the school community.



More Knowledgeable Other



Grade Two Explores the Importance of Oral Hygiene



As part of the multidisciplinary theme on personal hygiene, Grade Two students participated in an engaging and informative guest speaker session on oral hygiene. Today, one of our parents, Dr. Pinky D.C., along with her team from the National Dental Hospital, visited our school to help students understand the importance of caring for their teeth and gums.

The session was highly interactive and enjoyable for the students. Through demonstrations and discussions, the team explained proper brushing techniques, healthy eating habits for strong teeth, and the importance of regular dental check-ups. Students actively participated by asking questions and sharing their own hygiene routines.

The session encouraged students to develop healthy oral care habits and understand how maintaining good dental hygiene helps keep their smiles healthy and bright. We extend our heartfelt thanks to Dr. Pinky and her team for making learning both meaningful and enjoyable.



More Knowledgeable Other



Growing Healthy Habits Through Nutrition

KG–Grade Three students participated in a special session on Nutrition facilitated by Ms. Deepti Kharel, one of our faculty members. The session was specially designed for young learners to help them understand where food comes from, the importance of nutritious food, and the journey of food from farm to plate. They also explored how food is grown, processed, and reaches our tables, helping them build awareness about healthy eating and appreciation for the people involved in producing food.



Building Awareness for a Safer Digital Future



Students from Grades Eight to Ten attended the Cyber Crime Awareness and Crime Prevention Programme led by Inspector Niranjana Rizal from Police Circle Maharajgunj, Kathmandu. The session highlighted cyber safety and covered key issues such as cyberbullying, online fraud, safe social media use, and protecting personal data, along with guidance on responsible digital behaviour and reporting cybercrime.



Swimming Season



CELEBRATIONS AT Ullens School Kathmandu

1st Day of School

With hopeful hearts, curious minds, and a few first-day butterflies, our KG and Grade One students stepped into their first day of school and the beginning of a brand academic session.



World Cup Day

Moments from the World Cup Day celebrations at Ullens School Kathmandu



असार १५: राष्ट्रिय धान दिवस विशेष

राष्ट्रिय धान दिवस (असार १५) को अवसरमा युलेन्स स्कूल काठमाडौंमा विभिन्न कार्यक्रमहरूको आयोजना गरी हर्षोल्लासका साथ मनाइयो।



Duke of Edinburgh (DoE)

The Journey Continues: Celebrating Our Awardees

Moments of pride and purpose from the Duke of Edinburgh International Award National Ceremony. Celebrating our 2026 awardees whose commitment, resilience, and achievements truly stand out. The journey continues!





Learning Beyond BOUNDARIES



A Journey Through Natural History



As part of an enriching educational experience, our Grade Five students spent the day exploring the Natural History Museum of Nepal in Swayambhu. Surrounded by fascinating exhibits and discoveries, students engaged with the world around them in new ways, sparking curiosity, wonder, and a deeper appreciation for learning beyond the classroom.



Nature as Our Classroom



Our sixth graders visited the Ranibari Community Forest, enriching and broadening their understanding of biodiversity, the environment, and community. The day was made even more special as today is the International Day for Biological Diversity, giving students a meaningful opportunity to reflect on the importance of protecting and preserving the natural world around us.



Experiencing the Power of Theatre

Grade Seven and Eight students visited Shilpee Theatre to watch “अछेता”—a play inspired by the soil, struggles, and truth of Karnali. What made the experience especially powerful was that the performers were not seasoned theatre professionals, but raw, lived-experience actors from Karnali itself. This authenticity brought an organic depth to the performance, making it both moving and memorable for our students.



कक्षा नौका विद्यार्थीहरूले मण्डला नाटकघरमा रमेश बिकलको कथामा आधारित नाटक ‘लाहुरी भैंसी’ हेर्ने अवसर पाए। यस नाटकले ग्रामीण समाजका यथार्थ, सामाजिक असमानता र न्यायका प्रश्नहरूलाई उजागर गर्छ।

सामाजिक शिक्षाको सिकाइलाई कक्षाकोठाबाट जीवनसँग जोड्दै, विद्यार्थीहरूले समाज, समानता र उत्तरदायित्वबारे नयाँ दृष्टिकोण प्राप्त गरे।



Exploring Kathmandu's Living Heritage

Our Grade Eight students stepped beyond the classroom and into the heart of Kathmandu's rich cultural heritage. Beating the summer heat, they explored the historic Kathmandu Durbar Square, walking through Basantapur, visiting the Hanuman Dhoka Museum, and discovering the fascinating stories, architecture, and history that have shaped the Kathmandu Valley for centuries.

The students also visited Kumari Ghar, the residence of Nepal's Living Goddess, and Janabaha, where they listened to local stories and gained deeper insights into the Valley's living traditions and communities. Adding a creative dimension to their learning, they engaged in texture hunting, observing and documenting the intricate patterns, surfaces, and details found throughout the heritage sites.

A day filled with exploration, creativity, and a deeper appreciation for the rich cultural legacy that surrounds us.



स्थानीय सरकारसँग प्रत्यक्ष परिचय

कक्षा छ का विद्यार्थीहरूले सामाजिक अध्ययन र नेपाली भाषाको एकीकृत सिकाइ अन्तर्गत महाराजगञ्ज वडा नं. ३ कार्यालयको भ्रमण गरेका थिए। वडा अध्यक्ष प्रेम थापा ज्यू, वडा सचिव तथा अन्य पदाधिकारीहरूसँग अन्तरक्रिया गर्दै उनीहरूले स्थानीय सरकारको संरचना, वडा कार्यालयका सेवा तथा विकासका कार्यहरूबारे जानकारी हासिल गरे। यस अनुभवले उनीहरूको सिकाइलाई अझ व्यवहारिक र अर्थपूर्ण बनाएको छ।



A Center of Excellence in Education

Ullens School Kathmandu
Bansbari, Kathmandu 3
GPO Box 7242
Kathmandu, Nepal
Tel: +977 1 5913902, 5913903
Email: info@kathmandu.ullens.edu.np

Inspired by



Ullens School Kathmandu



ullens school kathmandu



ullens school kathmandu

<https://kathmandu.ullens.edu.np/>