



NEWSLETTER


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14 Mangsir, 2081 (Nov 29, 2024)


"If you want your children to improve, let them overhear the nice things you say about them to others."
-Haim Ginott


In this issue

- ❖ **From the Principal's Desk** 1-2
 - Gratitude, Winter Preparation, How to improve academic performances during Term Exam-II with Home Study Plan
- ❖ **From the Desk of Academic Coordinator (I-VIII)** 3-7
 - Tihar Projects, SMC based projects presentation of different grades like World Animal Day, Poverty Eradication Day, World Education Day, etc. and Visits
 - Scout Investiture Ceremony, Scout Badge Upgradation
 - Extra Support Class
- ❖ **From the Desk of ECA Coordinator** 8-9
 - Sports Meet 2081
 - Dance and Singing Talent Show

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From the Principal's Desk

Namaskar,

Dear Parents, Students, Teachers, and Staff!

Heartfelt Gratitude!

Warm greetings from Pathshala!

As we are at the mid of the academic year, I express my deepest gratitude to everyone for your support and cooperation throughout these months. Various projects of these months like Tihar celebrations with different projects of different grades, Mid – Term Examination, Sports Meet-2081, Singing and Dance Talent shows along with various teaching learning activities would not be possible without your incredible support and participation.

We believe that every occasions have helped entire Pathshala Family to explore vibrant experiences with strong team-bonding and our school – community values. Somewhere deep in their hearts, they have learnt to value their life, families, school community and privilege they are provided with by their family and school. After all, every projects and activities are designed to support them to explore learning procedures as guided by the vision of Pathshala and its motto, 'Meaningful Education for Meaningful Life' so that they grow with strong sense of responsibilities and creativity.

Reminders!

This issue of our newsletter along with grade and subject based news is on your way to support parents and guardians to remain up to date regarding teaching-learning activities at school. It is very essential to go through newsletters and support our team of teachers and students accordingly in upcoming days, too. Please, we also humbly request you to visit school app, Facebook and website pages for more information about how our students are learning and provide your feedback.

Information from Account Section

The instalment bill of Kartik-Mangsir is sent with your respective children already. We thank you very much for your sincere and regular support regarding bill payment and supporting smooth functioning of Pathshala. We trust that you are always self-updated regarding the bill payment – plan and determined for this instalment, too.

Preparing for Winter!

Winter is approaching, and it is important to ensure everyone in our school community stays safe, warm, and healthy. Here are some tips:

a. At Home and School:

- Encourage a nutritious diet rich in seasonal fruits (e.g., oranges) and warm, energy-giving foods like soup, nuts, and milk to strengthen immunity.
- Stay hydrated, as dehydration often goes unnoticed during colder months.
- Practice regular handwashing to prevent the spread of illnesses.
- Teachers should ensure classrooms are ventilated but not overly cold.

b. On the Way to School (Especially in the Morning):

- Students should wear warm clothes in layers, including thermals, gloves, muffler, and cap.
- Ensure school bus windows are properly shut to block cold air.

c. Additional Suggestions:

- Teachers and staff should remind students to stay warm during outdoor activities.
- Parents can adjust home routines to ensure adequate study time while maintaining proper rest.
- Label all belongings such as jackets, sweaters, hoody, cap and muffler with the student's name or code to prevent misplacement.

d. Winter Uniform and Guidelines

- Please refer to the Parent's Handbook for winter uniform details.
- Students are encouraged to wear school-provided winter accessories, such as mufflers and caps, on time.
- On House Dress Day, ensure warm clothes are worn under the house dress for comfort.
- During physical activities and games, students may remove outer layers like jackets but should remain appropriately dressed.

Important dates to mark!

Second Terminal Examination (I – VIII): 11th – 19th Poush

Christmas: 10th Poush (School remains off)

Tamu Lhosar: 15th Poush (School remains off)

Winter Vacation (I - VIII): 21st Poush – 9th Magh

School resumes after winter vacation: 10th Magh

Note: We are also very close to finalize dates for workshops on 'Agewise characteristics development and challenges' for parents/ students of grade I, V and VIII. We will inform by next week.

Effective preparation for Second Term Examinations!

a. **Given Guidelines to follow:**

The second term examinations are scheduled from 11th of next month. To prepare effectively, students have to follow the given guidelines:

- Be regular and sincere in all tasks to stay updated with lessons.
- Students are encouraged to revise thoroughly by calculating remained days and topics to revise. Grade VI onwards they are strongly suggested to follow the guideline on Effective Revisions and Fair Work Maintenance.
- They need to complete all pended assignments and projects timely for effective revision practice.
- Parents may need to reschedule home routines to provide children with sufficient study time while balancing rest and recreation.
- For Basic Level students of grade I-VIII, strong supervision and motivation of parents and guardians is also highly needed. Parents may also communicate with respective grade teachers or subject teachers as per need regarding their observations if any queries.

b. **Effective Home Study Plan:**

Set Clear Goals:

- Plan what topics or chapters to cover each day and prioritize subjects that need more attention.

Create a Routine:

- Set specific hours for study, breaks, meals, and recreation. Maintain consistency for better focus.

Choose a Quiet Study Space:

- Ensure the study area is free from distractions, well-lit, and comfortable.

Use Study Tools:

- Make use of notes, drawings, acronyms, flashcards, and mind maps to revise key points effectively.

Review regularly and Revise by maintaining Fair Work format:

- Dedicate some time each day to revise previously covered material. Regular reviews enhance retention.

Stay Healthy:

- Balance study time with proper sleep, exercise, and nutrition to avoid burnout.

I hope that many students of middle school are already following above mentioned guideline and processes. That is wonderful sense of responsibilities and demonstration of qualities like self-organized approach and confidence on self. If not yet, this newsletter will definitely be an inspirational source. We humbly request everyone to pay attention to **Problem Solving Guidelines** that we are trying to share as a support so that students will be able to recognize the better version of themselves regarding **‘better academic and behavioral’** performances.

Note: As pre-informed, third issue of our Pathshala Pre-Uni Programme’s newsletter ‘Pre-Uni Connect’ is also attached herewith for your reference.

Warm regards,

Anita Tamang (anita@pathshala.edu.np)

From the Desk of Academic Coordinator (1-8)

Namaskar Dear Parents and Guardians,

It's a pleasure to reconnect with you through this issue of subject-wise newsletter. Your enduring support and enthusiastic participation are what make Pathshala a vibrant and inclusive space for our students to thrive. Here's a glimpse of the academic and co-curricular activities in which our young learners engaged themselves in the past two months as a major part of 'Meaningful Education for Meaningful Life'.

1. Tihar Celebrations:

Grade 1: Sweet Making

Grade one students engaged themselves in making Peda making activities. Making sweets is an interactive, hands-on activity. Students felt a sense of curiosity as they learnt about recipes, ingredients, and the cultural significance of the sweets.



Grade 2 and 3 : *Deusi Bhailo* Presentations

Students of grade 2 and 3 played *Deusi* and *Bhailo* that made us feel that *Deusi Bhailo* is more than just a festive activity; it is a celebration of Nepal's cultural heritage, a way to strengthen relationships, and an expression of gratitude and hope for prosperity. The songs sung during *Desi* speaks about the story of *Bali Raja* and other cultural themes that helps to preserve oral traditions and passing them to younger generations.



Grade 4: Laxmi Pooja Celebration

Students lit up the day with their *Laxmi Puja* celebration. With joyful energy, they prepared offerings, decorated their space, and organized the puja beautifully. It wasn't just about rituals; it was about teamwork, gratitude, and embracing the deeper meaning behind traditions. Watching them come together with such enthusiasm and care was truly heartwarming!



Grade 5: *Mha Puja* Celebration

Students embraced the beautiful tradition of a special Newari celebration all about self-awareness and gratitude. Through this ritual, they reflected on the importance of caring for their bodies and minds, learning how to honour their inner strength to stay healthy and protected throughout the year. It wasn't just about performing the puja—it was a meaningful way for them to connect with themselves, appreciate the gift of good health, and recognize the power they have within to nurture their well-being. It was a truly enriching experience that left everyone feeling empowered and thankful.



Grade 6: Flower Decorations and Tihar Traditions

Our Grade 6 students truly brought the festive spirit to life this Tihar! They spent time crafting beautiful flower decorations, from marigold garlands to colourful floral arrangements, filling the air with warmth and creativity. It was heartwarming to see them come together, working as a team to make everything look so stunning.



Grade 7: Tihar Market, *Batti* Making and Rangoli making

Students fully engaged themselves making *cotton batti*, designing beautiful *rangoli*, and even recreating the lively atmosphere of a Tihar market. It was another opportunity to practice, estimation, pricing, profit and loss, billing etc in real life.



Grade 8 :Selroti/Newari achar/ Sweet (*Barfi*) making

Students had a wonderful time preparing traditional Tihar treats like *Sel Roti*, *Achar*, and sweets, with the help of some wonderful parents. This wasn't just about cooking—it was a chance for them to learn about the flavours and traditions that make Tihar so special. Working together in the kitchen, they not only picked up new skills but also enjoyed the joy of teamwork and sharing something delicious they made themselves. It was a fun and meaningful way to connect with culture and each other!



Words fail to show how grateful we are to those parents and volunteers who joined us volunteer during Tihar celebration. Thank you so much for your support to make our Tihar Project a grand success.

2. Other major Academic Activities:

a) Grade 1:

i) Zoo visit

Students of grade 1 visited central zoo, Lalitpur to identify the lives of animals at zoo. Additionally, they also explored the habitat, food and babies of the animals.



ii) Global Hand Washing Day:

Global Hand Washing Day is celebrated to increase awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives. Students demonstrated major steps of hand washing, sang songs, recited poems, created posters, shared slogans and shared their commitments to wash hands when and where required during celebration.



b) Grade 2: Friendship Day Celebration

Students of grade 2 celebrated international friendship day by singing songs, reciting poems, skit performances, sharing friendship bands etc. The major objectives of this celebration were to develop skills to make new friends, respect friendship, accept the individual differences among friends. The theme of International Friendship Day 2024 is 'Friendship: A Bridge Across Cultures'.



c) Grade 3:

i) World Kindness Day Celebration

Students of grade three celebrated World Kindness Day with the motive to reflect on the positive impact even the smallest acts of kindness can have on our communities and the world. Sang songs, **recited poems, performed skit etc to share that our small act of kindness can be of great support for others.**



ii) Educational Institution visit

Students of grade 3 visited two different schools namely *Rudramati Basic School* and *Ratna Rajya Secondary School*. The purpose of this visit was to explore the location, infrastructure, and activities of nearby educational institutions. Through this experience, students will gain a deeper understanding of society, reflect on their privileges, and learn how an individual can contribute positively to their community. The visit also aims to foster a sense of respect, empathy, and social responsibility among the students. They also shared some stationary items to the friends they meet at the schools as a small act of kindness and sharing culture.



d) Grade 4:

i) World Animal Day Celebration

Our Grade 4 students made 29th Kartik truly meaningful by celebrating *World Animal Day* with the heartfelt message that "the Earth belongs to all." They explored how to protect animals and their homes, discussing simple yet impactful ways to care for them and why it's crucial to keep them safe. Through thoughtful discussions, they learned about animals' roles in nature and how their actions can help make the world a safer place for all living beings. By the end, they pledged to do their part in protecting wildlife—a promise filled with hope and compassion.



ii) Ward Office Visit:

Students of grade four visited ward office to identify the functions and organizational structure of a ward office. They visited the Ward No. 10 office in New Baneshwor, where the ward chairperson and other members were captivated by the way young learners engaged with respected officials through their thoughtful question



e) Grade 5: Trip to Bhaktapur Durbar Square

Students visited Bhaktapur Durbar square to explore the historical and cultural importance of the place. Major areas of the study were, Bhaktapur Durbar Square, *Nyatapole* temple, *Siddha Pokhari* integrating the social studies, mathematics, language arts, Arts and crafts etc.



f) Grade 6: Scout Investiture Ceremony

On 28th Kartik, Grade 6 students marked a significant milestone with their *Scout Investiture Ceremony*. This ceremony officially inducted them as Scouts, where they were recognized for their commitment to the values and principles of scouting. It was a proud moment for all the students, as they took their Scout Oath and received their badges, symbolizing their readiness to embrace the challenges and responsibilities that come with being a Scout. The ceremony was a wonderful celebration of their hard work and dedication, and they are now ready to embark on their Scout journey, full of learning and adventure.



g) Grade 7: Scout Badge Upgradation

On the 30th of Kartik, Grade 7 students had their *Scout Badge Upgradation Ceremony*. This special event celebrated the students' progress and achievements as they earned new badges and advanced in their Scout journey. It was a day of pride and recognition, where students demonstrated the skills and knowledge they've gained over time, and were honoured for their growth as Scouts. With their new badges, they are now prepared to take on more challenges, continue developing leadership skills, and contribute to their communities in meaningful ways. The ceremony was a great reflection of their dedication and enthusiasm for the Scout movement, and it marks a new chapter in their Scout experience.



h) Grade 8: International Day for eradication of Poverty

Students of grade 8 celebrated International Day for eradication of Poverty in which they shared the meaning, data, slogans, song, worldwide efforts made to minimize poverty. They also shared the data about poverty and efforts made to address poverty in Nepal. Students organized a public hearing activity to discuss the crucial issue of poverty eradication, delivering powerful and impactful messages.



i) Second Phase of Extra Support Class:

Second phase of extra support class for grade 5 to 8 has been reassumed with the motive to help students to build the strong foundation for basic conceptual knowledge of the basic topics of their grade and to support them to understand the basic knowledge of their ongoing lessons, too. Similarly, students of grade I to IV are also being guided by teachers after school for different subjects as per their priorities.

Now is the time to focus and put in the hard work required for academic success. Every lesson, every assignment, and every revision session count. We encourage parents to play an active role in helping students manage their study schedules effectively. Ensuring that they stick to a disciplined routine and dedicate enough time to each subject will go a long way in retaining knowledge, understanding concepts more clearly, and boosting confidence.

It is important to stay organized, set realistic goals, and commit fully to the preparation process. In addition to attending classes, students should be reviewing lessons regularly at home to reinforce what they've learned. Together, we can achieve academic excellence!

Grade VII and VIII will go for Annual Community Study outside Kathmandu after second term examination. Detailed information will be sent next week.

All the parents/guardians are sincerely requested to go through the subject-wise newsletter of the class and stay up to date about the teaching learning activities happening at school and create learning activities to the students accordingly.

With best regards,
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From the Desk of ECA Coordinator

Warm greetings dear Parents and guardians,

We are delighted to connect with you once again and share updates about our recent activities and achievements.

We are thrilled to share the success of our recently concluded **Grand Sports Meet-2081!** The event was a true celebration of teamwork, determination, and the spirit of sportsmanship. From the opening ceremony to the final relay race, our students displayed incredible enthusiasm and effort. It was heartwarming to see them embrace the values of discipline, resilience, and collaboration throughout the event.

Highlights of the Event:

- **March Past and PT drill Excellence:** Students impressed everyone with their synchronized march past and PT drill reflecting their hard work and coordination.
- **Dancing, singing and Taekwondo demonstration:** our students captivated the audience with their graceful and energetic dance moves whereas melodious song brought harmony and inspiration to the day. The display of strength, discipline, and precision in the taekwondo demonstration left everyone in awe. A big thank you to our ECA teachers for their guidance, creativity, and dedication in preparing these amazing performances. Your efforts truly made this event shine!
- **Exciting Competitions:** From track races to team games, every event showcased the talents and dedication of our young athletes.
- **Parents' Participation:** A special thank you to the parents who joined us in the parents game and on the rehearsal day and finale. Your enthusiasm added extra joy to the day!
- **Award Ceremony:** It was a proud moment to see students celebrated for their achievements and participation.

Other major events:

We had organized Dancing talent show (grade I-V) on 4th Mangsir and Singing Talent show(grade VI-VIII) on 7th Mangsir which were postponed due to some unavoidable conditions before Dashain.

Heartfelt Gratitude

All these events would not have been possible without the unwavering support of our parents, teachers, and staffs. Your encouragement and cooperation made this sports meet a grand success.

Furthermore, we are focusing on more meaningful and effective extra-curricular subjects like music, dance, PE, arts and craft, etc.

Thank you for being an integral part of this journey. Together, we are nurturing not just young learners but also confident, healthy, and well-rounded individuals.

We are also glad to inform that we are planning soon for better opportunities for students to participate in few outdoor competitions as convenient.

Sincerely,

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Glimpses of Sports Meet-2081



Singing and Dancing Talent Show

