



NEWSLETTER

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"The way we talk to our children becomes their inner voice." ~ Peggy O'Mara

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From the Principal's Desk

Dear Parents, Guardians, Teachers, and Students,

Warm greetings from Pathshala!

We are delighted to present the third edition of our newsletter for the academic year 2082. The month of Jestha and the beginning of Ashar have been eventful and enriching. Our students, teachers, and the larger school community have actively participated in a range of meaningful projects and academic engagements that support our vision of holistic education.

This edition includes updates on recent events, announcements, and some parenting tips that may guide our families in helping children become more independent, responsible, and socially aware.

Community Eye Camp - A Meaningful Social Initiative

One of the major highlights of the month was the successful completion of the Community Eye Camp, organized by our Grade 9 Pathshala Scout team in collaboration with the Tilganga Institute of Ophthalmology. The camp ran from 29th to 31st of Jestha, reaching out to community members in need of basic eye care services. More than 700 people checked up their eyes at the camp at Pathshala on 29th. Among these, there were 35 people whose cataract operation was done successfully at the surgery camp at Fulahari, Gokarna.

We extend our heartfelt thanks to **Dr. Sanduk Ruit** and his remarkable team, **Nepal Scouts**, and to all the parents, volunteers, and community members who made this noble project possible.



Under the committed leadership of **Tr. Muna Khanal** and the Pathshala Scout team showcased exemplary service and discipline. We also appreciate the efforts of our teachers who supported the community visits associated with this project. This project helped our students internalize the values of **empathy, responsibility, and civic participation**.

Inter-School Poem Recitation Competition

On **22nd Jestha**, our school hosted a highly engaging **Inter-School Poem Recitation Competition**.

With 33 schools participating and 58 students reaching the final round, the event served as a platform for celebrating literary creativity and performance. We thank all participating schools and express deep appreciation to the **Nepali Literary Club** for their role in organizing this enriching program.



Teacher Development Sessions

Two Professional Development Programs were conducted for teachers on 4th and 18th of Jestha. These sessions focused on enhancing pedagogical strategies and creating positive classroom environments.

In response to suggestions from parents and as part of our ongoing effort to better understand and care for our students, we are organizing a 7-hour workshop titled "Care for Caretakers" on 15th Ashar. This session will be led by our school counselor, **Ms. Anjani**, and will guide our teachers on supporting students' emotional and social needs more effectively.

Spelling Contest - Building Vocabulary through Fun

To strengthen students' command over vocabulary and language, a Spelling Contest was conducted during the month. The event saw active participation and was appreciated by both students and teachers as an enjoyable and educational experience. We encourage students to continue learning vocabulary daily, and enrich the language both in verbal and written expressions.

World Environment Day 2025 – Hands-On Learning

World Environment Day 2025 was celebrated on 22nd Jestha (5th June) through mini-projects by all grade levels. Students engaged in creative, practical, and collaborative activities designed to build environmental awareness and responsibility. The **STEAM Club** led the coordination with great enthusiasm and support from teachers across departments.



Mid-Term Assessment and Parent-Teacher Conference

Mid-Term Tests (MTT) were successfully conducted in the last week of Jestha. We appreciate the efforts made by students in preparing for the exams and the continuous support of our parents during this time.

Please note that the **Parent-Teacher Conference (PTC)** has been scheduled from **Ashar 8-12**. Group Teachers (GTs) have already communicated the PTC schedule. If you haven't received it yet, kindly contact the respective GT. This PTC highlights students' progress made so far, especially focused on the MTT. Should you require more time to communicate besides PTC, you may schedule a meeting with the teachers after this PTC.

Curriculum Review, Monthly Planning, and Departmental Meeting

On the 1st of Ashar, teachers participated in a comprehensive Departmental Review and Planning Day, guided by Subject Leaders (SLs). During this session, teachers reviewed the curriculum implemented in Jestha — both national and school-based — and designed Monthly Planners for Ashar. These major activity plans align with learning objectives, upcoming assessments, and co-curricular engagements.

Monthly Theme – Celebrating Nepali Literature

The academic theme of Ashar is "**Nepali Literature**". Students will explore various literary forms and figures according to their grade level. The theme will culminate in a Bhanu Jayanti Celebration on 27th Ashar, honoring the legacy of Adikavi Bhanu Bhakta Acharya.

We encourage students to engage deeply in these class projects to better appreciate the Nepali language and culture.

Parenting Corner: Raising Humble, Honest, and Independent Children

At Pathshala, we believe that a child's education is most impactful when parents and teachers work together in partnership. While schools provide academic and social learning opportunities, a child's home environment plays a key role in shaping character, values, and emotional well-being. Parents are the first teachers, and the habits and values they model deeply influence their children.

Here are some practical and research-informed suggestions to support our children's **social, emotional, and moral development**:

Fostering Truthfulness and Integrity

Children learn honesty not just from lessons, but from watching how adults behave. According to Bandura's Social Learning Theory, children imitate what they observe. If parents model honesty in daily interactions—such as admitting mistakes, speaking truthfully even when it's difficult—children are more likely to internalize these behaviors.

Suggestions:

- **Model honesty** in your words and actions. For example, if you forget something, admit it openly.
- **Create a safe space** where your child is not punished harshly for telling the truth. This builds trust.
- **Use stories and real-life examples** to talk about the importance of integrity, such as how being honest can help build strong friendships.

Children are more likely to tell the truth when they feel emotionally secure and not fearful of punishment.

Raising Socially Responsible and Humble Children

In today's world, humility and social awareness are key traits of emotionally intelligent individuals. These qualities are nurtured through regular experiences of helping others, being involved in the home, and understanding the needs of people around them.

Suggestions:

- **Assign age-appropriate tasks at home**, such as setting the table or organizing their study area.
- **Encourage small acts of kindness**—helping a sibling, sharing snacks, or writing a thank-you note to a teacher.
- **Praise effort and compassion**, not just achievement. Celebrate their intention to help, even if the result wasn't perfect.

A child who visits an elderly neighbor with their parent learns empathy through action.

Avoiding Overprotection to Build Independence

While it is natural to want to shield children from hardship, overprotecting them can unintentionally lead to **emotional dependency, lower resilience, and fear of failure**. When children are not allowed to experience small challenges or solve problems on their own, they miss opportunities to develop confidence and decision-making skills.

Risks of Overprotection:

- Children may struggle with problem-solving.
- They may lack perseverance or become easily discouraged.
- They might rely excessively on adults for decisions or emotional support.

Healthy Parenting Practices:

- **Listen actively**, but avoid immediately solving the problem for them.
- **Let them make age-appropriate choices**, like selecting clothes or packing their bag.
- **Guide them through mistakes**, asking: "What could you do differently next time?" rather than criticizing.

Children learn to be capable when they are allowed to try, fail, and try again with supportive guidance.

Let us raise children who are:

- **Honest**, by encouraging truth-telling through example.
- **Humble and kind**, by involving them in daily responsibilities and social acts.
- **Independent**, by allowing them space to make choices and learn from consequences.

By working together—parents at home and teachers in school—we can nurture a generation of **resilient, empathetic, and ethical individuals**, ready to take on life's challenges with confidence and compassion.

Please refer to the **School Calendar** for upcoming events. We encourage all students to participate in planned activities actively, and parents to stay connected with teachers for continuous support.

Let's continue to learn, grow, and lead together.

With warm regards,

Bishwonath Kandel

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9851140907

The bill for the months of Baishakh and Jestha has been sent. **Thank you for the timely payment!**

Kindly save this **Viber number of the Account Section** to share your payment details after completing the payment: **9863593502**

From the Desk of Level Coordinator (1-3)

"The best education does not happen at a desk, but rather engaged in everyday living; hands-on, exploring, in active relationship with life."
-Vince Gowmon

Dear Parents and Guardians,

Namaste and warm greetings!

This month has been a celebration of learning through doing; a philosophy that forms the foundation of our School-Made Curriculum (SMC). We are delighted to share the engaging learning journeys of our Grade 1 to 3 students, who ventured beyond classroom walls to explore family, environment, health, and community through various experiential activities.

Grade 1: Exploring Family and Home

Our Grade 1 students had a heartwarming opportunity to visit the homes of their peers:

- Mrs. Pushpa Karki Khadka & Mr. Shameendra Khadka (Parents of Snapika Khadka, 1A)
- Mrs. Anusha Shakya & Mr. Arbin Shakya (Parents of Avisha Shakya, 1B)
- Mrs. Shilpa Rajbhandari & Mr. Nitin Malla (Parents of Nirbhik Malla, 1C)

Through guided observation, friendly interviews, and trip sheet documentation, students explored family roles, home responsibilities, and cultural values within a familiar context. This aligns with the "My Family, My Community" theme in the national curriculum.

A heartfelt thank you to the Khadka, Shakya, and Malla families for opening your homes and enriching our children's learning experiences with such warmth and generosity.



Grade 2: A Journey to the World of Fruits

Aligning with the curriculum theme "Living and Non-Living Things" and Health and Environment, our second graders are visiting Bagwani Kendra, Kirtipur. The trip aims to introduce them to the types of fruits, their seasonal varieties, and their nutritional value. Students will observe how fruit farming contributes to health, livelihood, and sustainability.

This will be followed by a celebration of **International Fruits Day**, where students participate in exciting activities; from naming local fruits in Nepali and English to group discussions, varieties of performances, and a delightful fruit recipe preparation activity.

This experience highlights the importance of nutritious eating, local produce, and healthy habits.

Grade 3: Growing Healthy Habits, Greener Futures

Grade 3 students engaged in a series of thoughtful activities blending environmental education with practical life skills:

Vegetable Planting Activity

In celebration of Eat Your Vegetables Day and World Environment Day, students initiated a **long-term school gardening project**. They planted seasonal vegetables and began maintaining their 'Observation Books', where they regularly document plant growth, care routines, and weather impacts.



This ongoing project is designed to teach: responsibility and patience, life cycles of plants, and sustainable farming practices.

Field Visit to Kalimati Vegetable Market

To deepen their understanding of the food system, students visited **Kalimati Vegetable Market**, where they explored the source of their daily food, interacted with vendors, identified local vegetables, and asked thoughtful questions. This activity fostered awareness of food sustainability, hygiene, and the value of supporting local farmers.



School-Based Celebration of Eat Your Vegetables Day

Back at school, students brought fresh vegetables, shared stories, and prepared healthy dishes. From chopping to tasting; every moment was filled with excitement and joy! This experiential celebration helped reinforce healthy food choices and collaborative learning.

Environmental Awareness Exhibition

To mark World Environment Day, students across Grades 1 to 3 presented projects with key environmental themes:

Grade 1: "My Green Family": Children participated in a plantation drive with their families. Their plantation pictures and stories were showcased beautifully.

Grade 2: "Soil and Plastic Pollution": Students compared plant growth in clean vs. polluted soil and presented eco-bags made from recycled cloth-highlighting waste reduction.

Grade 3: "Kitchen Garden": Students proudly launched a long-term school gardening project by planting seasonal vegetables. This garden was one of the highlights of the exhibition!



Reflecting on Progress: Nurturing Every Child's Growth

As we approach the mid-point of the First Term, we are pleased to share that the **Mid-Term Parent-Teacher Conference (PTC)** is currently underway. These one-on-one interactions are a vital opportunity for parents and teachers to come together and reflect on each child's academic and personal development.

Grounded in our Continuous Assessment System (CAS), this process goes beyond test scores. It provides insight into a child's learning journey, strengths, challenges, and areas for further growth. Through these collaborative discussions, we aim to create personalized strategies that support each learner's unique potential.

We continue to conduct regular monitoring of classroom performance and co-curricular engagement, ensuring a balanced focus on academic learning and overall personality development.

Gratitude and the Journey Ahead

We extend our heartfelt gratitude to all parents and guardians for your constant encouragement, trust, and involvement. Your partnership plays a crucial role in building a nurturing and enriched environment for our learners.

As we look ahead, we remain dedicated to creating learning experiences that are joyful, relevant, and deeply rooted in life skills and values. Together, let us continue to inspire curiosity, celebrate progress, and empower our children to grow into confident, compassionate, and capable individuals.

Warm regards,
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From the Desk of Academic Coordinator

Dear Parents,

A warm welcome to the second issue of our Administrative Newsletter. Through this, we wish to stay connected with you and keep you updated on the wonderful experiences and progress of our students so far.

Grade 8 Visit to Central Horticulture Center, Kirtipur

Our Grade 8 students had an enriching visit where they explored various agricultural practices. They learned about grafting and layering as methods of artificial vegetative propagation, understood the role of pollinators, and saw how vermicompost and artificial greenhouses work. This hands-on learning helped them connect theory with practice and deepened their understanding of sustainable farming and its importance in today's world.



Grade 8 Long-Term Rice Plantation Project at Godawari

As a part of **Project-Based Learning (PBL)**, our **Grade 8** students participated in a **rice plantation activity** at Godawari during Jestha.

This long-term project aims to help students understand the process of agricultural production, economic activities associated with farming, and the significance of agriculture in Nepal. The project will continue through the phases of plant care, harvesting, and finally, marketing the product. It is a beautiful integration of environmental education, economics, and life skills. The experience was made even more special as they enjoyed traditional Nepali snacks together, blending learning with cultural connection.

We are deeply grateful to **Mr. Asharam Mahat** and **Ms. Suntali Mahat**, grandparents of Sameep and Sasmit, for offering their land and support so generously. We are thankful to our ever-supportive parent and ATP member, **Ms. Sabita Khadka**, who made this meaningful project possible. Thanks to Tr Kiran for the coordination!



Inter House Spelling Contest - Grades 4 & 8

Students from Grades 4 and 8 showed great enthusiasm during the Inter House Spelling Contest. They participated actively in the selection rounds, demonstrating their spelling abilities and confidence in language. The finals saw students representing their houses with pride in a friendly yet competitive spirit. Congratulations to the winners and to all participants, your effort reflects your dedication to learning!

Special Recognition - Sakshyam Pradhan (Grade 6B)

We are proud to share that Sakshyam secured **Second Position** in the **5th Chinese Bridge Chinese Show - Nepal Competition**. His thoughtful speech on **"Building the Dream of Technology"** and his Wushu performance showcased his passion, effort, and talent. Well done, Sakshyam!



Grade 7 Interaction on Local Governance

Grade 7 students had the opportunity to learn about the District Coordination Committee through an insightful session led by **Ms. Pradasanie Kumari** (Under Secretary/Section Chief, Ministry of Home Affairs and parent of Pratishma Shah, 7C). This session introduced students to local government structure and its role in national development, helping them link classroom learning to real-life governance.

Grade 8 Fire Drill (Scout Training)

As part of their scout training, Grade 8 students took part in a fire extinguishing drill under the guidance of **Dr. Pranab Man Karmacharya**. They learned how to use fire extinguishers and respond to emergencies with confidence. Beyond fire safety, this activity taught them teamwork, resilience, and the importance of being prepared, all key qualities of a true scout.



Grade 5 Visit to Nursery at Godawari

On 4th Ashar, Grade 5 students visited a nursery to explore how nursery businesses contribute to the economy and environment. They gained an understanding of how such industries support both livelihoods and sustainable development.



Parent-Teacher Conferences (PTC)

Our PTCs for Grades 1-8 is being held from 8th to 12th Ashar. These meetings give us a valuable opportunity to work together in planning for your child's overall growth and success. Let's make the most of our conversations.

Upcoming Events

Grade 4 Restaurant Visit

As part of the School Made Curriculum (SMC), Grade 4 students will visit a restaurant to learn about the tools, safety practices, and importance of the restaurant business in our national economy.

Drama Viewing - Dalle Khola (Grade 8)

Students will watch 'Dalle Khola', a play linked to their Nepali curriculum, which will help them connect literature with performance art.

National Paddy Day - Rice Project Study (Grade 8)

Grade 8 students will analyse data from their rice plantation project, helping them understand agriculture's impact through a scientific lens.

Extra Support Classes (Ashar 16 - Shrawan 8)

Beginning from Ashar 16, we are offering extra support classes for students who need additional help. These sessions aim to strengthen foundational learning and boost confidence ahead of the terminal exams. We appreciate your cooperation in encouraging students to make the best use of this opportunity.

First Terminal Examination (Shrawan)

Shrawan marks the close of our first term with terminal exams. We encourage you to stay in touch with Grade Teachers, support your children at home, and help maintain a positive, focused environment as they prepare.

We truly value your support and partnership. Together, let's continue to guide our children towards growth, confidence, and success. Thank you for being a vital part of this journey.

Warm regards,

Vibha Thapa

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From the Desk of ECA Coordinator

Dear parents, Guardians and Well-wishers,

Namaste!

We sincerely extend our heartfelt gratitude to all parents, guardians, teachers, and students for your continuous support and constructive feedback in enriching our Extracurricular Activities (ECA) programs. Your active participation and encouragement have played a pivotal role in motivating our students to explore, compete, and shine beyond the classroom walls.

Highlights of Recent Achievements

The **swimming session** concluded with enthusiastic participation in a final competition held separately for boys and girls across different grades. This event marked a wonderful end to the season, showcasing students' growing confidence and skills in swimming.



Our basketball team participated in the **3-on-3 Basketball Competition** hosted by KISC School, Thecho. With great teamwork and determination, they reached the semifinals, making us all proud.

The **Under-12 Boys' Futsal Team** took part in a competitive tournament organized by KISC School, Thecho, where they performed admirably and reached the quarterfinals.



In the **Futsal Championship** hosted by Rato Bangala School, Patan Dhoka, the Grade VII team secured third place, the Grade VI team placed fourth, and the combined Grades VIII & IX team reached the quarterfinals.



At the **20th Anna National Level Chess Championship**, held at Annapurna School, Jamal, Oscar Panthi (Grade VIII) secured second position in the U-13 category. In the U-9 category, Arinshu Poudel (Grade IV) secured 7th position, Aarohi Acharya (Grade IV) came in 9th, and Nayansh Dangol (Grade III) earned the 10th position.



The **Spelling Contest**, held on the 20th and 21st of Jestha, engaged students from Grades IV to VIII in a house-wise competition. For Grades IV and V, Laligurans House, Saptakoshi House, and Tilicho House secured the first, second, and third positions respectively. In the VI to VIII category, Saptakoshi House came first, followed by Manaslu House and Tilicho House.



World Music Day

Students of grades VI-VIII celebrated World Music Day today, 9th Ashar. The celebration was led by the Music Club students. They performed class-wise songs and an orchestra. The students also shared about the history of music, and its importance in our lives.



Ongoing Initiatives and Activities

The futsal teams from Grades VII and IX are currently participating in the Rato Bangala Futsal Championship. Additionally, the school's main futsal team is competing in a tournament hosted by the Community Service Centre, Sanepa. Morning training sessions in futsal and basketball for selected students have commenced to hone their athletic abilities and nurture sportsmanship. These structured training programs are designed to enhance students' physical skills and team discipline.

Forthcoming Events and Celebrations

To honor the legacy of Nepal's first poet, Bhanubhakta Acharya, the school will celebrate Bhanu Jayanti through Nepali language-related workshops and classroom activities. These events will culminate in a special closing ceremony on 27th Ashar, graced by the presence of noted poet Prabha Bhattarai as the Chief Guest.

As we reflect on these achievements and ongoing events, we are immensely proud of the enthusiasm, perseverance, and spirit of our students. Each activity, whether competitive or celebratory, helps mold their confidence, discipline, and creativity. We look forward to your continued support in making our ECA program even more impactful.

Warm regards,

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