



NEWSLETTER

Volume: 22 Issue: 2

13 Jestha, 2082 (May 27, 2025)

In this issue

- ❖ **From the Principal's Desk** 1-2
 - A Heartfelt Thank You, Acts of Kindness: Students in Action, Monthly Contribution for a Cause, Oxford English Book: Enhancing Language Skills, Communication via Viber and Diary, Document Submission, Staying Healthy during the Summer and Rainy Season
- ❖ **From the Desk of Level Coordinator** 3-5
 - A Purposeful Beginning to Academic Session 2082, Highlight the Importance of Quiet Time and Core Values, Set Clear Expectations and SMART Goals, Familiarize Students with School Systems and Values, Organize Personal Learning Space, Explore and Appreciate the School Environment, Recognize the Value of Classroom Jobs, Gradewise Highlights, Appreciation and Looking Ahead
- ❖ **From the Desk of Academic Coordinator (I-VIII)** 6-8
 - Academic Planning and Curriculum Preparation, Curriculum Sharing with Parents, Preparation by Teachers, First Week Activities and Student Goals, Classroom Exhibition, Special Celebrations, Spelling Test and Upcoming Contest, Upcoming Learning Opportunities, , Mid-Term Test Reminder
- ❖ **From the Desk of ECA Coordinator** 9-10



Bagdol, Lalitpur



01-5191044



pnflalitpur@pathshala.edu.np



www.pathshala.edu.np

From the Principal's Desk

Dear Parents, Guardians, Students, and Staff,
Warm greetings from Pathshala!

We are pleased to present the second edition of our Academic Newsletter, a platform dedicated to sharing updates related to subject-based learning and academic progress. This newsletter is designed to inform you about what's happening in the classrooms across all subjects — from lesson highlights and curriculum initiatives to subject enrichment activities.

A Heartfelt Thank You!

As we enter the second month of the academic year 2082, I want to sincerely thank all parents, students, and staff members for a strong and successful start. The month of Baisakh was filled with enthusiasm, participation, and meaningful engagements.

Some of the key events and activities held during the first month included:

- Annual workshops and trainings for teachers: AHRDP / ATPDP (Grades 1-10)
- Curriculum Sharing Sessions (Grades 1-10)
- Swimming Classes (Grades 1-7)
- Mother's Day Celebration (Grades 8)
- Buddha Jayanti (Grades 2)
- World Day for Cultural Diversity (Grades 5)
- Election of Student Leaders (Grades 9-10)
- International Day of Families (Grades 1)

We deeply appreciate the energy and spirit with which students and teachers participated in these events.

Acts of Kindness: Students in Action

We are proud to share that the **Social Welfare Club of Pathshala**, in collaboration with the **Ward Office of Ward No. 4**, successfully donated **desktop computer sets to two public schools** in the area. This initiative highlights our school's commitment to community engagement and social responsibility.



Furthermore, we have conducted a **stationery collection drive** for a week.

Students were encouraged to contribute small but useful items such as one piece of each pencil, eraser, sharpener and copy.



All collected items were handed over to **Manav Dharma**, a social organization, which would be distributed to **students in need in remote areas of Nepal**. We will continue to update you on this initiative in future editions.

Monthly Contribution for a Cause

As part of character development and social awareness, our students are contributing **NRs. 20 every month** from their own savings. This initiative by the **Social Welfare Club** aims to teach students the value of giving and belonging to a noble cause.

Please do not send the entire year's amount at once.

The main purpose is to **build the habit of regular giving**, so collections are made during the **first week of each month**.

The collection from **teachers and the school** will be done **as a one-time contribution**.

Oxford English Book: Enhancing Language Skills

As informed earlier, we have been introducing the **Oxford English Book** to support our students in building stronger English language skills. This resource consists of **two sets**; a textbook and a workbook.

Please be informed that it might take a little time for some grades to receive both sets. The **cost of the books will be added to the school fees**, and distribution will begin as soon as they are available.

Communication via Viber and Diary

We would like to remind all parents to **regularly check Viber groups and student diaries** for important school notices, reminders, and updates. These are our **primary communication channels**, and a timely review of these messages ensures that you stay informed and connected with school activities and requirements.

For any clarifications or concerns, please feel free to **contact the Grade Teacher (GT)** or the **respective school authority** as needed. We truly value your partnership and prompt communication.

Document Submission - Grade 1 (and other new students)

We kindly request parents of Grade 1 and new students of other grades to ensure that all required admission documents are submitted to the school. Our records show that some files remain incomplete. Completing these documents is important for maintaining accurate student records and for smooth communication throughout the year. If you are unsure about which documents are pending, please contact the front office or the admission officer, Ms Shubhrata, at your earliest convenience. You may also email the documents at pnflalitpur@pathshala.edu.np including student's details (name, grade and section).

Staying Healthy During the Summer and Rainy Season

As we move through the warmer months and into the rainy season, it is essential for all members of our Pathshala family — students, parents, and staff — to take extra care of their health and hygiene. Here are some specific and practical tips to stay safe and healthy:

1. Stay Hydrated

- Encourage children to carry a **refillable water bottle** to school every day.
- Remind them to drink water regularly — at least 6-8 glasses a day — especially after outdoor activities or sports.
- Avoid sugary drinks or sodas; instead, offer **lemon water or homemade fruit juices** as healthier alternatives.

2. Carry raincoat or umbrella, and handkerchief

- On rainy days, ensure children come to school with a **raincoat or umbrella** every day.
- Always pack a **handkerchief** in your child's school bag/pocket.

3. Prevent Waterborne and Mosquito-Borne Illnesses

- Make sure children **avoid drinking untreated or tap water**. Boiled or filtered water is safest. Pathshala provides filtered water in all blocks.

- Apply **mosquito repellent** before coming to school, particularly on days when it has rained the night before.
- At home, regularly check for **stagnant water in pots, buckets, or plant trays**, as these can be breeding grounds for mosquitoes. We have been spraying mosquito repellent in school time and again.

4. Maintain Personal Hygiene

- Teach children to **wash their hands regularly**, especially before eating and after using the restroom.
- Dry their feet thoroughly if they get wet in the rain to prevent **fungal infections** such as athlete's foot.
- Keep nails trimmed and clean to avoid the buildup of dirt and germs.

5. Eat Fresh and Nutritious Food

- Include **seasonal fruits and light meals** such as rice, lentils, and vegetables.
- Refrain from buying street food during this season, as the risk of food contamination is higher.

6. Get Adequate Rest and Sleep

- Children should get at least **8-9 hours of sleep** every night to help their body stay strong and alert.
- Reduce screen time before bed to ensure better sleep quality and mental relaxation.

A Gentle Reminder to All Parents

We request all parents to **regularly refer to the school calendar** for important dates and academic schedules. Any necessary changes will be informed to you promptly through our official communication channels. Your involvement plays a crucial role in their academic journey.

Thank you once again for your continued support and engagement.

Enjoy reading this edition and staying connected with your child's learning at Pathshala.

Warm regards,
Bishwonath Kandel
bishwo@pathshala.edu.np
9851140907

From the Desk of Level Coordinator (1-3)

"It is not what is poured into a student that counts, but what is planted." - Linda Conway

A Purposeful Beginning to Academic Session 2082

Dear Parents and Guardians,
Namaskar!

It is with immense pleasure and heartfelt excitement that I share this newsletter as we embark on another promising and vibrant academic year together. I would like to extend my sincere gratitude to each of you for your active participation and thoughtful contributions during our recent **Curriculum Sharing** session. Your presence and valuable inputs not only enrich our planning but also strengthen the partnership between home and school, which is essential for the holistic development of our children.

The new academic session for Grades I-III commenced with a series of carefully planned **First Week Activities** designed to help our young learners' transition smoothly into the school environment and cultivate a positive, nurturing atmosphere. These activities were thoughtfully crafted with the following objectives:

Highlight the Importance of Quiet Time and Core Values:

Students were encouraged to reflect on how moments of quietness help improve concentration, self-awareness, and emotional regulation. This foundation supports both academic success and respectful social interactions.

Encourage Personal Introductions and Social Connections:

Through engaging icebreaker activities such as "Pick a Stick" and "About Me," students had opportunities to introduce themselves, share their interests, and begin building friendships. This fosters a sense of belonging and community from the very first days.

Understand and Classify School Norms:

Students participated in discussions to identify various norms and rules observed in different areas of the school—such as classrooms, playgrounds, and corridors. They explored the reasons these norms exist, the benefits of following them, and the potential consequences of neglecting them, thereby developing a sense of responsibility and respect for the school environment.

Promote Teamwork and Collaboration:

Team-building exercises were conducted to emphasize the importance of working together, supporting peers, and valuing diverse ideas. These activities help students develop essential social skills and empathy.

Set Clear Expectations and SMART Goals:

Students were guided to set Specific, Measurable, Achievable, Relevant, and Time-bound (SMART) learning goals for the year. Sharing these goals with peers and teachers helps foster accountability and motivation.

Familiarize Students with School Systems and Values:

To help students feel confident and informed, we introduced Pathshala's mission and vision statements, communication protocols, uniform and hygiene standards, diary usage, and the assessment system. Understanding these frameworks helps students navigate school life effectively.

Establish Structured Home Routines:

Teachers engaged students in conversations about the importance of maintaining consistent routines at home, including study time, rest, and play, to support overall well-being and academic progress.

Organize Personal Learning Spaces:

Students took part in creative activities such as decorating their trays, folders, and preparing personalized merit card envelopes. These tasks foster a sense of ownership, responsibility, and pride in their learning environment.

Explore and Appreciate the School Environment:

An environmental walk was organized, encouraging students to observe and reflect on different areas of the school premise. Guided worksheets and group discussions helped deepen their awareness and appreciation of their surroundings.

Recognize the Value of Classroom Jobs:

Through discussions and role-sharing, students learned about the importance of classroom responsibilities, teamwork, and contributing to a positive learning community.

To ensure a seamless academic journey, students were also introduced to the Term I course content. This introduction included engaging activities that connected classroom lessons to real-life experiences, helping students see the relevance and application of their learning.

Grade-wise Highlights

Grade I

International Day of Families:

First graders celebrated this special day under the theme "Me and My Family", which aligns with both our school and the national curriculum. The celebration aimed to help students understand the vital role families play in their lives, appreciate the diversity of family structures, and strengthen family bonds through sharing stories and activities.



Upcoming Family Visit:

To continue the learning experience, students will soon have the opportunity to visit a classmate's family. This meaningful experience will provide them with a firsthand opportunity to learn about different family traditions, values, and daily life, fostering empathy, understanding, and community spirit.

Grade II

Swayambhunath Visit:

Our second graders embarked on an educational field trip to Swayambhunath, an iconic heritage site. This visit deepened their understanding of Nepal's rich cultural and historical legacy, encouraging respect for national heritage.



Buddha Jayanti Celebration:

In alignment with our school-made curriculum and the theme "Our Culture", students celebrated Buddha Jayanti. The event emphasized core values such as peace, compassion, and respect, which are integral to both the festival and our school ethos.

We extend our heartfelt thanks to all parents who actively participated in this celebration. Your presence and encouragement motivate our students and enrich their learning experiences.



Grade III

Upcoming Vegetable Market Visit:

Grade 3 students will soon visit a local vegetable market to learn about nutrition, market, and community interactions. This hands-on experience aims to enhance their understanding of healthy eating habits and the importance of supporting local producers.

Eat Your Vegetables Day:

After their market visit, students will participate in Eat Your Vegetables Day; a special event dedicated to raising awareness about the nutritional value of vegetables. Through engaging activities and discussions, students will learn about the health benefits of incorporating a variety of vegetables into their daily diets. The celebration aims to inspire students to make healthier food choices and adopt lifelong habits that support overall well-being.

Ongoing Academic and Co-curricular Progress

Our dedicated teachers and students continue to work diligently to meet curricular objectives across all subjects. Regular assessments and observations are conducted to monitor academic progress and co-curricular skill development. This ongoing evaluation allows us to provide timely support and guidance designed to each child's unique learning needs. Through this collaborative effort involving teachers, students, and parents, we strive to nurture confident, capable, and well-rounded individuals.

Appreciation and Looking Ahead

We sincerely appreciate your untiring support and active involvement, which remain vital to the growth and development of our students. Your encouragement inspires us to continually improve and innovate in our teaching practices. Together, we look forward to a successful year filled with learning, discovery, and joyful achievements.

Thank you for connecting with us in planting the seeds of knowledge, values, and lifelong learning in our young learners!

Warm regards,

Nitasha Giri

Nitasha@pathshala.edu.np

9862687925

From the Desk of Academic Coordinator (1-8)

Dear Parents and Guardians,

Warm greetings from Pathshalah!

We stepped into the academic session 2082 with thoughtful planning and dedicated preparation that took place behind the scenes to welcome your children with open hearts and structured learning paths.

Academic Planning and Curriculum Preparation

To start the session meaningfully, our teachers thoroughly reviewed the National Curriculum and created a clear and purposeful Yearly Terminal Plan (YTP). This plan is further enriched by our School-Made Curriculum, which emphasizes problem-solving, real-life connections, and contemporary relevance. Teachers also participated in a workshop on Project-Based Learning. They designed hands-on, collaborative projects that students will engage with throughout the year, making learning practical and engaging.

Our curriculum also includes soft skills development, values-based learning, and the celebration of important days to promote holistic education.

Curriculum Sharing with Parents

We shared our academic plans during the 'Curriculum Sharing' session on 20th Baishakh. We thank all parents who attended and contributed their valuable feedback. Your insights are always appreciated and help guide our work.



Preparation by Teachers

We deeply appreciate the dedication of our teachers. Along with developing the curriculum, they prepared classrooms and first-week activities with great care to ensure a welcoming and engaging environment for every student.

First Week Activities and Student Goals

In the first week, students took part in activities to understand their learning community and subjects. They also reflected on the purpose of their learning. During this time, they set personal academic goals and created a home routine to support study habits and personal growth.

We request parents to help their children follow this home routine, as it helps them stay organized, confident, and responsible.



Importance of Timely Attendance

Thank you to all students and parents who ensured attendance on the first day of school. Starting from day one helps children build punctuality, time value, and responsibility—important qualities we aim to nurture.

Classroom Exhibition

The first week concluded with a Classroom Exhibition on 23rd Baishakh. Students showcased their learning and reflections. Since then, regular academic activities have started with enthusiasm and active participation.

Special Celebrations

- **Mother's Day (31st Baishakh):** Grade 8 students organized and celebrated this day, expressing their love and gratitude through performances. This helped deepen emotional bonds and reinforce family values.



- **World Cultural Diversity Day (7th Jestha):** Grade 5 students embraced the theme "Unity in Diversity." They reflected on cultural richness and the importance of inclusion and harmony.



Spelling Test and Upcoming Contest

On 11th Jestha, Grades 4 to 8 participated in a spelling test. Selected students will compete in the Spelling Contest on 19th and 20th Jestha. We congratulate the qualifiers and encourage others to keep learning and trying—progress is always ongoing.

Upcoming Learning Opportunities

- **Grade 8 Agricultural Visit and Project:** Students will visit a centre to observe artificial vegetative propagation and modern tissue culture. They will also take part in a rice plantation project that continues until harvest.
- **World Environment Day (22nd Jestha):** All students are preparing for this event by creating

Congratulations to Ms. Pradipta Badu on Her Book Launch

We are proud to share that one of our Grade 8 students, Ms. Pradipta Badu, has recently launched her book titled "Dead or Alive: A Story of Loss and Hope." The book was released on the occasion of her father's birthday, making it a heartfelt gift to him. This remarkable achievement reflects Pradipta's deep love for reading and writing, as well as her habit of sharing school events and experiences with her parents.

We extend our heartfelt congratulations to Pradipta and her family on this proud moment. Her accomplishment is an inspiration to all, and we continue to encourage our students to nurture their creativity through reading and writing.



Reading Logbook

In the coming days, we will be sending home a **Reading Logbook** with each student. This logbook is a simple yet powerful tool to help children build and strengthen their **reading habits**. By regularly recording their reading journey, students learn to set goals, stay accountable, and take pride in their progress. When used sincerely, it becomes a window into their growing love for reading and self-discipline.

We encourage parents to actively support their children in maintaining this logbook—your involvement can make a big difference. Ask about what they're reading, set small targets together, and celebrate milestones. This logbook is a form of support we are providing to every child, and it is up to them to make the most of it. With consistent use and encouragement from both home and school, we hope to nurture a community of joyful and confident readers.

Mid-Term Test Reminder

The Mid-Term Test for Grades 4 to 8 is scheduled from 25th to 28th Jestha. The routine and syllabus have already been shared. We request your support in helping students prepare calmly and confidently from the start.

Thank you for your continued support and cooperation. Together, let's make this academic year joyful, meaningful, and full of growth for every child.

Warm regards,

Vibha Thapa

vibha@pathshala.edu.np

9851130653

From the Desk of ECA Coordinator

Dear parents/guardians,
Namaskar!

As we begin a new academic term, we would like to extend our heartfelt gratitude to all parents, guardians, students, and staff for their unwavering support and valuable suggestions throughout the previous year. Your involvement and encouragement have played a key role in the success and growth of our extracurricular programs. With your continued partnership, we are excited to build on this strong foundation and create even more enriching experiences for our students.

This term at Pathshala has been filled with energy, creativity, and meaningful learning across all extracurricular domains. Our students have actively participated in diverse programs that foster personal growth, teamwork, confidence, and discipline.

In the **Music Department**, students from Grades 1 to 8 have shown steady progress in both vocal and instrumental training. Younger students developed foundational skills through engaging songs, while older students explored classical forms, Western music theory, and instrument techniques such as guitar, violin, tabala, and ukulele. Their participation in performances and preparations for events like Mother's Day and Buddha Jayanti Celebrations reflects their growing confidence and musical awareness.



The **Arts and Crafts Program** has encouraged creativity and conceptual thinking across all grades. From learning about lines, shapes, and forms in the lower grades to exploring cultural art forms like Paubha and Mithila and even working on 3D models and abstract compositions in the senior grades, students have developed strong skills in observation, expression, and design.

In **Yoga**, students across the middle school grades have been learning not just physical postures but also the importance of mental discipline, calmness, and focus. Sessions have included basic asanas, breathing techniques (pranayama), meditation, and understanding the value of health and inner balance. Students have practiced regularly and reflected on how yoga helps improve flexibility, concentration, and emotional regulation.

Our **Taekwondo Program** continues to be a pillar of character building. Students from Grades IV to X have engaged in disciplined training sessions focused on technique, respect, and mental strength. Advanced learners have taken on mentorship roles, and select students are preparing for inter-school demonstrations. The program plans to expand through belt evaluations, community self-defense workshops, and competitive events.

Dance classes have brought movement and rhythm into the learning environment. Students began with foundational body movements and footwork and are now synchronizing their steps with music. The upcoming focus on facial expressions will help them express emotions and connect with audiences more effectively. Parents are encouraged to engage in their children's dance journey to boost their confidence and joy in learning.



The Physical Education (PE) classes have continued to emphasize fitness, coordination, and game skills. Lower grade students (Grades 1 and 2) focused on agility, flexibility, and basic sports like football and basketball. Middle school students are engaged in endurance training, game strategy, and **march-past practice** to foster discipline and coordination. PE classes have ensured that students stay active and learn the values of teamwork and sportsmanship.

Sports activities saw remarkable participation this term. Our students represented the school in the **KISC Basketball and Futsal Tournament**, reaching the **semifinals in basketball** and **quarterfinals in futsal**. Looking ahead, we are preparing to participate in the **Rato Bangala Cup Futsal** competition (Grade VI to IX) and the **20th Anna National Friendship Chess Championship**, with entries in categories ranging from U9 to U13+. These opportunities allow students to demonstrate teamwork, discipline, and strategic thinking on larger platforms.

The Scout classes for grades VI to IX at Pathshala have focused on building leadership, discipline, and teamwork among students. Through regular sessions, students practiced skills such as knot-tying, first aid, flag hoisting, and group coordination, while also learning the Scout Promise and values of service. These activities have helped foster a sense of responsibility, unity, and self-confidence. Moving forward, students will engage in more outdoor tasks and community-based projects, continuing their journey of learning through service and action.

This term also marked the successful start of our **Swimming Classes**, running from **Baishakh 22 to Jestha 20**, under favorable weather conditions. These sessions have helped students build confidence in the water, improve their techniques, and understand the basics of swimming and water safety.

In conclusion, this term's ECA activities reflect our commitment to nurturing well-rounded individuals. Through music, movement, visual arts, physical training, and mental wellness, our students are growing with confidence, creativity, and character. We look forward to even more vibrant participation and achievements in the months ahead.

Sincerely,

Bishnu Lamsal

bishnu@pathshala.edu.np

9851279394