



# NEWSLETTER

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10 Ashadh, 2082 (June 24, 2025)

*“What we instill in our children will be the foundation upon which they build their future.”*  
- Steve Maraboli

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## From the Principal's Desk

Dear Parents and Guardians,  
Warm greetings from Pathshala!

We are delighted to present the **third edition of our newsletter** for the academic year 2082. Here we are with information to share with you including Jestha's major academic and extracurricular activities happened and upcoming major activities of Ashadh.

As we are also sharing some parenting tips from the beginning of this year on the basis of observation throughout the learning processes of our students, we have included some resources which may help families to support children become more independent, responsible, and socially aware.

We hope that this newsletter will be read by each parent of our students and each parent ensure that you are very up to date about learning environment in Pathshala. I also remind once again to everyone that NEWSLETTERS are very SIGNIFICANT mean of communication in our school for everyone to appreciate for positive happenings, to suggest ideas for betterment and to share queries for better clarity.

Please, enjoy going through this issue with sense of achievement and responsibility!

### **1. First Mid-Term Exam and Parents-Teachers Conference:**

We are excited to inform that first mid – term exam has concluded and first parents-teachers conference of the year is underway from 8<sup>th</sup> Ashadh. Different groups of parents are called after school by respective grade teachers and information sharing on academic and socio-emotional growth pattern is being shared. The discussion during the PTC is always aimed to identify strength and areas of concern of each students so that parent and teachers can work as a team to foster the positive performances of our young learners in upcoming days. Therefore, this first meeting is definitely significant from the point of view of bringing best out of students to achieve the annual goals.

If you haven't received it yet, kindly contact the respective GT. Should you require more time to communicate besides PTC, you may schedule a meeting with the teachers after this PTC.

### **2. 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.



1<sup>st</sup> Sunday, as you all are pre-informed, was focused on monthly reviews and reflection on curricular and socio-emotional behavioural pattern of students. Different departments also focused on department' performances as well. As per reviews, we had developed department wise strategic goals and accordingly, monthly-planner for the month of Jeshtha, too, including major teaching – learning activities and other major events or projects.



On 3<sup>rd</sup> Sunday, different departments had subjectwise workshop of different teaching learning activities and educational philosophy. Those learning are incorporated in daily lesson plans.



Also, as per study of needs, 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**. It is believed to guide our team for better understanding of self-care, relationship with team members and students.

### **3. World Environment Day 2025: Hands-On Learning**

With the objective to provide students with more opportunity to explore the way of life and its inter-dependence with nature, the **World Environment Day- 2025** was celebrated on **22nd Jestha (5<sup>th</sup> 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.

We are grateful to parents and guardians for supporting your children at home to involve in their learning processes. We also humbly request you to encourage and support your child to practice what they can do from their side at home or around to protect environment as a sense of responsibility towards their future.

### **4. Spelling Contest for Building Vocabulary!**

To strengthen students' command over vocabulary and language, a **Spelling Contest** was conducted during the month. The active participation of students made it very enjoyable and educational experience.

We encourage students to continue learning vocabulary daily, and enrich the language both in verbal and written expressions (Learn-Cover-Write-Check).

### **5. Monthly Theme – Celebrating Nepali Literature**

Every academic year, we celebrate Ashadh with the academic theme **"Nepali Literature"**. Students of every grade will explore various literary forms and figures according to their grade level. The purpose is to enable students to know and appreciate Nepali Literature through more opportunities to explore. 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 enjoy and appreciate the Nepali language and culture.

### **6. Extra Support Classes (Ashar 16 – Shrawan 8)**

Beginning from Ashar 16, we are starting extra support classes for students who need additional support to perform academically better. These sessions aim to strengthen foundational learning and boost confidence ahead of the terminal exams. A notice will be sent to recommended students by tomorrow, 11<sup>th</sup> Ashadh and you are requested to send the confirmation by Friday so that academic department can fix other things accordingly.

We hope that our students will be able to grasp the basic knowledge required regarding the subjects recommended for particular grade for this term. We will soon be approaching to confirmed parents with further details.

### **7. First Terminal Examination (Shrawan) / Home Routine Guideline for Habit Building of Self - Management**

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. Syllabus and routine will be sent by Ashadh 24<sup>th</sup>. However, its already time for grade V



onwards, to remain updated about ‘ Home Routine Guideline for Habit Building of Self-Management’ to start timely planning, re-scheduling the routine for effective and efficient revision for examinations. Students are suggested to maintain punctuality of submission of regular assignments and projects including giving importance to reading assignments because ongoing performances create strong foundation of higher achievements.

### ***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.

#### **Humble reminders to keep the ‘Communication System’ effective and efficient with ‘CLARITY’!**

- Stay actively updated via Viber group messages, situational notices for immediate information from the school.
- Make few minutes out of busy schedule at times to re-visit newsletter, school app, school facebook, school website for information regarding major events and major teaching learning activities happening at school for different age-level groups.
- Stay in communication via calls or texts with respective grade teachers and subject teachers for relevant queries or suggestions of any kinds.
- Visit school app and emails for ‘Parents Handbook’ and ‘School Prospectus’ to remain updated about school philosophy and system.
- Refer to ‘School Calendar’ to remain up to date about calendar-based events and support students to participate with commitment accordingly.

Thanking you all sincerely for going through this issue alongwith Pre-Uni Connect attached (Newsletter of Pre-Uni section wing) and for providing feedback via emails or Viber or diaries!

Enjoy beginning of the rainy season and nature with care and responsibly!

Until next issue!

Sincerely with regards,

Anita Tamang

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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: **9863593503**



## From the Desk of Academic Coordinator

Dear Parents and Guardians,  
Namaskar!

As we conclude the month of Jestha and look ahead to Ashadh, we would like to share key highlights, academic updates, and upcoming plans aimed at supporting our students' holistic development.

### **Student Leadership Selections**

We are pleased to announce the successful selection of School Captain and Vice-Captain, House Captains and Vice-Captains, Club Captains and Vice-Captains, Bus Monitors. We believe that giving such leadership opportunities in young age helps to develop leadership and teamwork skills, enhance creativity, innovation, and problem-solving abilities, Improve communication and social interaction skills. This also provide hands-on experience in areas of personal interest. In addition to this, every student gets opportunity to grow with leadership roles like class monitor, display maintainer, cleaner, reminder, line leader etc inside classroom community. We congratulate all selected students and look forward to their active participation in creating a positive school environment.



### **World Environment Day Celebration**

Our celebration of World Environment Day was a remarkable success. Students enthusiastically participated in a variety of activities including Drawings, Paintings, Posters, Models Poem Composition and Skits. The exhibition served as a meaningful reminder of our shared responsibility in environmental conservation, creating awareness and creativity in our young learners.





### Educational Field Visits:



**Grade VIII** visited the Central Horticulture Centre, Kirtipur, where they explored techniques of vegetative propagation such as layering and grafting, along with the working mechanism of an artificial greenhouse.



**Grade VII** visited the District Coordination Office, Babarmahal, and had an insightful interaction with officials to understand the functions and structure of the local government system.

**Scout's Fire Drill:** Scout's fire drill was conducted on 3<sup>rd</sup> Ashadh. We hope our young learners will be able to utilize their knowledge and skills under situations in reality. The drill is expected to help them understand their responsibilities when fire occurs.



### International Yoga Day!



As a part of worldwide project of celebration of yoga day, grade VI participated in a celebration at school. Dr. Rakshya Bhattarai and Dipendra Chaulagain have provided the session to students including yoga postures, eating habits guideline, meditation session, etc.



We sincerely appreciate your active involvement in your child's educational journey. Let us continue to work together in nurturing responsible, curious, and capable individuals.

Academically, all grades are working on respective curricular goals to achieve along with planner of Ashadh in upcoming weeks. The planner consists of blend of minor and major projects in different grades like VIII's Rice Plantation project, VI-VIII's World Music Day celebration by Music Club, learning Nepali Language Arts (based skills like story writing, poem composition/ recitation, etc).

Warm regards,  
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## From the desk of Level coordinator (Grade I-III)

**Children are great imitators. So, give them something great to imitate.**

**-Joy D. Jones**

Namaste,

Warm greetings from Pathshala!

We stepped into our second month of the academic session 2082 with various Day celebrations by different classes. These were the part of our School made curriculum which were planned and implemented in an integrated process.

Grade-1 celebrated '**International Day of Families**' on 1<sup>st</sup> of Jestha honouring the significance of families. The main objective behind learning about this day was to promote family well-being and highlighting their crucial role in the society. Our students sang songs that had expression about love and togetherness of family and shared information about essence of having a family describing different roles of family members.



The students of Grade:1, 2 and 3 were engaged in the project on '**World Environment Day**'. They were divided into different groups for their project preparation which were done under the supervision of respective class teachers. It was wonderful to see them explaining about their projects to their seniors during the exhibition held on 23<sup>rd</sup> Jestha.

Grade-3 are completely engaged in their long-term project on Vegetable farming. They had sowed seeds of some vegetables in the initial week of Jestha and now they are observing the plants and keeping their records. Amidst this, they celebrated '**Eat Your Vegetables Day**' on 3<sup>rd</sup> Ashadh in the form of a short program. The celebration serves as a reminder to prioritize the inclusion of fresh vegetables in our daily life. The students performed dance, song, skit on 'Life cycle of a plant' and presented conversation as well as story in their program.

Next, Grade- 2 will be celebrating 'International Fruits Day' in the 3<sup>rd</sup> week of Ashadh. Grade: 1, 2 and 3 are going to learn Nepali poems these days. They are going to recite the poems in Bhanu Jayanti celebration on 27<sup>th</sup> Ashadh.



Upasana Shrestha

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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) programmes. Your active participation and encouragement have played a pivotal role in motivating our students to explore, compete, and shine beyond the classroom walls.

### **Swimming week concluded with Swimming Competition – 2082!**

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. Certificate and medal distribution will be conducted on 10<sup>th</sup> of Ashadh. We are excited to announce that our participants set several Grades' school records for year – 2082.



### **Interhouse Spelling Contest – 2082:**

A school-wide Spelling Contest was conducted on the 19<sup>th</sup> and 30<sup>th</sup> of Jestha, engaging students from Grades IV to VIII in a spirited house-wise competition. For Grades IV and V, Tilicho House, Saptakoshi House, and Laligurans House secured the first, second, and third positions respectively. In the VI to VIII category, Laligurans House came first, followed by Saptakoshi House in second and Manaslu House in third.



### **Outdoor Competitions:**

In the Futsal Championship hosted by Rato Bangala School, Patan Dhoka, our girls' futsal teams delivered commendable performances. Similarly, boys' also have participated and reached to quarter-finals with impressive performances.

### **A glimpse of upcoming major events:**

In celebration of World Music Day, students from Grades VI to VIII who are members of the Music Club will present a short musical program on Friday, 13<sup>th</sup> of Ashadh.



To honor the legacy of Nepal's first poet, often referred to as "Adikavi" Bhanubhakta Acharya, our school will celebrate Bhanu Jayanti with a series of Nepali language arts-based workshops and classroom-based activities.

We look forward to your continued support in making our ECA program even more impactful.

With best regards,

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