

students dressed in traditional Newari attire worship themselves to celebrate the spirit that lies within oneself, as per myth. Non-Newar students were excited at having a new kind of a cultural exposure.

Rangoli Celebration

The grounds at Triyog witnessed colours and celebrations for Tihar. Students and teachers had fun making Rangoli in groups on the 8th of November. The basketball court and the corridors of the academic building witnessed colourful designs as students decorated the spaces. In the evening, some students and teachers lit up *diyos* to make everything light up beautifully and truly celebrate the festival of lights.

Cardiovascular Health Program

On 26th November, the students of grades VIII A, IX A, IX B, X A and X B were given an orientation program about cardiovascular diseases and healthy heart habits by experts from Bhaskar Memorial Foundation. After a short presentation on a healthy heart, students filled up a questionnaire including their opinions about causes of heart failures and measures to prevent such. A few students from each class were involved in focus group discussions with the guests.

Drop Everything And Read (D.E.A.R.)

'Drop Everything And Read' is an activity that allows students to increase their passion for reading, both in Nepali or English. On a predetermined signal, students, teachers, and sometimes even the support staff drop everything that they are doing and read any book that they have and want to read. This goes on until they are signaled to stop. This is a brilliant approach to develop the students' ability to read.

Christmas Festivities

The season of cheer and merriment was ushered in at School with a short skit on the birth of Jesus and a Carol, prepared and presented by our students. Christmas decorations adorned the academic building.

SCHOOL COMMUNICATION AND OUTREACH

Digital Communication Channels

Official communication mediums from the School are as below:

1. The School website: www.triyog.edu.np. All matters pertaining to academics, extra-curricular activities are updated periodically. Any major announcements are put up as a pop-up message on the homepage.
2. The School facebook page: www.facebook.com/triyoghss. This is the only official facebook account of the School and periodic updates are made to the page.
3. The School twitter page: www.twitter.com/TriyogHSSchool. This is the only official twitter account of the School and periodic tweets are made to the page.

Telephone-based Communication Channel

1. Notice Board System: Any immediate announcement that involves the whole School is communicated through the Notice Board. Parents need to dial 1618014365285 for information/updates.

NOTE: Besides the above, the School does not endorse any other communication medium/pages on the internet or otherwise

FEE PAYMENT

All parents are kindly requested to pay School fees on time.



Barra Offset Press, #4385925



TRİYOG HIGHER SECONDARY SCHOOL

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NEWSLETTER

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VOLUME III

Message From The Principal

Just when we all thought that the worst was behind us all, the fuel crisis – a humanitarian disaster that shows no sign of abating – struck. As a responsible educational institution we have taken all necessary steps to ensure that our students are insulated from its effects. We have ensured that transportation and lunch are provided as usual, which are integral to a normal school day for all of us. Without supply of cooking gas we have had to cook on firewood. With the negligible supply of fuel that we have had, we are continuing to work very hard in coordinating daily transportation on all bus routes. Despite all difficulties we are proud that we have continued School as per routine and provided healthy and hot meals, and reliable and safe transportation for our students and staff. In this, our gratitude goes out to all parents/guardians who have been very understanding and cooperative. When I look back at 2015 along with all of you, I cannot recall a year in recent memory that has been as challenging. However, it is with all your blessings, best wishes, and cooperation that we have been successful in giving our students a safe and exciting school environment. As we come to the threshold of beginning a new year I sincerely hope for your continued support that will help Triyog walk the path of progress.

I wish you all a very happy 2016!

Integrated Program

With the successful implementation of the digitized report card system, we have taken another step in technologically advancing our continuous evaluation mechanism. Currently we are working on the content development part of the software. Alongside, our teachers have already embarked on the process of visual classes where certain topics are explained through appropriate and relevant video content. This will be further strengthened in future. Reading and writing skills of the students are being particularly emphasized upon – students are being issued books regularly and they are writing reviews of the same.

We are especially proud of the effort that the teachers are putting in to constantly research on and develop teaching-learning under the able leadership of Mrs. Sabina Katwal, who has been leading the program for the past three years, and of Mrs. Pratima Rana, who has joined us since the last session, along with Mrs. Reeta Khatri, the coordinator for the Nepali department. Their efforts are being supplemented by the constant mentoring and expert supervision of Mrs. Tripti Rana, whose inclusion in our team has immensely benefitted the program. Regular in-house trainings and workshops have added to the skill and capacity development of teachers.

Project Days

Thematic Project Days are periodically held to provide practical exposure to textual learning. Kindergarten students had theirs on flowers; Grade I on Festivals; Grade II on the importance of woods and trees; Grade III on making first-aid.



Market Activity

For grade 1, market activity was a great way to introduce exchange of money and purchase of goods replicating a real-life scenario. The students brought edibles and stationery from home and role-played as consumers and shopkeepers and learnt about trade in class.