



Newsletter

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Message from the Principal

Dear Parents and Guardians

From the perspective of an educator it is always heartening to see how the future of our children are being shaped at School. At Triyog our constant endeavour is to better our teaching-learning methodologies and to provide the students with a holistic learning environment. That is why we lay equal stress on co-and-extra-curricular activities along with academics. It is encouraging to see our students shine across inter-school and inter-house competition platforms. As they win laurels they are encouraged to apply themselves better at School.

A host of extra-curricular activities have been introduced for students of the Integrated Program on Sundays. This is to ensure that their physically development happens in conjunction with intellectual growth. The Bee Creative classes by Karkhana for Grade V students have added an extra dimension to the in-class learning. They are beginning to understand that concepts can be fun to learn.

We are happy to see parents take time from their schedules to come and interact with our students of the Middle School. We will strive towards better cooperation and communication with our parents. Discipline is of paramount importance to us and we will leave no stone unturned to ensure that our students understand and abide by the same.

As we inch toward the end of 2016, I would like to take this opportunity to wish you all a Blessed and Happy 2017.

Warm regards

Niladri S. Parial

Parent Talk Sessions

Parent Talk Sessions are an opportunity for the students and parents to connect and bridge the distance between them. We routinely invite parents to the school to share their knowledge and experiences to the students in an attempt to better prepare them for their future.

On 30th September 2016, Dr. Hari Prasad Dhakal, MBBS, MD, PhD, Senior Consultant Pathologist, shared his life experiences with the students of grade X 'D'. His mantra for study- continued repetition and determination to succeed- touched a chord with our students.

On 16th December 2016, Mr. Prabin Pokharel, Deputy Superintendent of Central Investigation Bureau and Mr. Hari Prasad Dhakal, a businessman, were invited to interact with the students of grade VII 'C'. Mr. Pokharel explained his role as a law enforcer in protecting the pride of the country and Mr. Dhakal shared his life experience as a student and how hard work and determination pays off in life.

On 18th December, Triyog invited Mrs. Ritu Ghimire, a former teacher, and Mr. Pradeep Sapkota, Duty Manager at Dragon Air, to deliver a talk session to the students of grade VII 'A'. Mrs. Ghimire focused on a student's relationship with their parents, teachers, and school and how each is an integral part in their life. Mr. Sapkota talked about the importance of discipline in every aspect of their life.



Dashain and Tihar Celebration

On 6th and 7th October students and teachers came together to celebrate Dashain and Tihar at school. A Special Assembly with different cultural programmes, in-class celebrations and a friendly game of tug-o-war between the lady teachers and the senior girls were some highlights of the day. The school looked resplendent in the decorations that had been put up for the occasion.



Makerspace

The School Makerspace is an outlet where students can ideate, create, and build new things. It fosters a culture of creativity and discovery in the field of education and helps student explore a practical dimension to the theories learnt in text books. With the help of two teachers, Anish Adhikari and Madhusudan Lamsal the students of the Makerspace Club, from grades 6 and 7 have been working on a number of projects from the beginning of the session. Initial projects revolved around basics of electronics and circuitry. The second half of the session saw students work on design challenges of creating chairs, tables, wheelbarrows, and other practical accessories based on wood engineering. The Makerspace was formally inaugurated on 5th October. Guests from Robotics Association of Nepal and Karkhana were invited to be a part of the inauguration ceremony where they interacted with students to learn more about their projects. Currently the Makerspace has 49 members. Now it is working in some science projects of grade 9 like remote control car. They also have been working on tan grams. Now that the students know a bit more about what they need to do, they have been planning for new projects which they can create by themselves, under the supervision of the teachers. Makerspace has given a lot of opportunities to the young creators and builders of our school.



Class Day: Grade V



The students of grade V celebrated their class day on 18th November 2016. The Class Day showcased a host of programs to entertain and educate. The students performed in songs, dances, and skits in English and Nepali. A unique fashion event - showcasing clothes designed out of material generally considered waste, was the show-stealer.

Class Day Grade II



On 16th December, grade II invited their parents to an evening of music and dance at their Class Day program. With a wide array of performances lined up, the students participated with hearty enthusiasm on this day devoted to showcasing their talents.



Outreach Programme: Grade IV



In order to nurture feelings of kindness and empathy, the students of grade IV were provided with an outreach programme delivered by Ms. Angeela Shrestha from Project Humane Nepal on 29th November 2016. The session proved to be an enlightening one as the students learned to be more compassionate towards creatures without a voice.

Project Day: KG-III



KG to grade III celebrated their third Project Day on 9th December 2016 in the presence of their parents. The theme was Nepali language - arts. Students put up songs, dances, skits, poems, and vocabulary games on Fruits & Vegetables (KG), Plants (Grade I), Uses of Trees (Grade II), Journey of a Butterfly and Safety Measures (Grade III). The project days are opportunities for the students to learn creative ways of understanding concepts in their curriculum.

Junior Red Cross Clothes Donation Drive



The members of the Junior Red Cross Society of Triyog collected clothes from school students and staff that were to be given out to the needy at Saptari and Siraha through Nyano Sansar on 12th December. During winters, we encourage the students to think about their countrymen who may not have the privilege of warm clothes.

Triyog and Lincoln School Musical Exchange



The members of the School Orchestra and Choir were taken to Lincoln School for a musical performance on 14th December. The students performed some Christmas tunes which was followed by an interaction session with the students of Lincoln School.

Senior Sports Day



The school celebrated the Senior Sports Day at the Nepal Police Academy on 26th November 2016 with the theme 'Unity in Diversity'. The event celebrated Triyog's history, promoted fitness, and embraced the students' enthusiasm for sports. A series of events took place which included the National Anthem, School song, and the march past by all four houses followed by a cultural dance, aerobics, judo demonstration, and other sport activities.

The Chief Guest of the day was Mr. Dhurba Bahadur Pradhan, the ex-IGP and an Olympian. The school athletes competed with each other in sprints, hurdles, and relay events with a great spirit of sportsmanship. The spectacular judo demonstration by the young Judokas was one of the more awe-inspiring performances of the afternoon.



The event concluded with the final march of victory followed by the prize distribution ceremony for the best athletes and declaration of Tilicho House as the winning house. Begnas, Rara and Phewa were declared the 1st, 2nd and 3rd runners up respectively. The event came to an end after a vote of thanks delivered by the School Vice Captain.

Inter House Football Competition

The finals for the Inter House Football Competition took place on 30th September. For grades VI and VII, the final showdown between Begnas and Rara houses resulted in Begnas emerging victorious. The finals for grades VIII- X once again saw Begnas defeating Rara house and winning the top position in the tournament.

Inter House Handwriting Competition



The Inter House Handwriting Competition took place on 6th December 2016 for grades I-V. The competition consisted of two categories: Nepali and English. The best three students from each category were recognized at a special mention at the School Assembly.

Inter House Cricket Competition

The finals for the Inter House Cricket Competition was held on 9th December. The finals for grades VIII-X saw Begnas and Tilicho vying for the top position. Both the teams put up a superb performance but after a valiant fight, Tilicho managed to defeat Begnas by 24 runs. For grades VI and VII Tilicho once again emerged victorious after defeating Rara house. The best performers of the tournament were awarded with individual prizes. The accolade for the Best Batsman was won by Sudarshan Bujel (Grade VII) and Harsha Adhikari (Grade X), Best Bowler by Samyog KC (Grade VII) and Anugra Nepal (Grade X), and All Rounder by Kritish Chapagain (Grade VII) and Harsha Adhikari (Grade X).

2nd Triyog Inter School Judo Competition



Triyog Higher Secondary School, in association with Nepal Judo Association, organized the 2nd Interschool Judo Competition on 26th and 27th September. 15 schools including Triyog participated in the two-day tournament. Deepak Harsha

Bajracharya, President of Nepal Judo Association, Dharma Kumar Shrestha, General Secretary, Bishnu Gopal Shrestha, President of Sports For All, Nepal Olympic Committee, Dharma Man Bajracharya, Vice-President of All Nepal TT Association, Olympian Phuphu Lahmu Khatri, ex-Olympian Rishiram Pradhan, and officials from Nepal Judo Association attended the Meet. Situ Boarding School walked away with 4 gold and 5 silver medals. The students from Triyog bagged 2 silver and a bronze medal.

F0Z Inter School Basketball Competition

The Friends of Zoo (F0Z) Inter School Basketball Competition organized by National Trust for Nature Conservation (NTNC) was held from 4th November - 8th November. The tournament had 16 schools participating. The School Basketball Team put up a good show and managed to win the third place at the event.

Miss Tech 2016



Miss Tech 2016, a national level technical talent hunt was organized on 9th December by Robotics Association of Nepal (RAN). With the aim of promoting girls in the field of technology, RAN conducted a series of 5 workshops to more than 150 girls before the actual event. Three teams from grades VII and VIII had participated in the competition. The teams were required to create a game with the theme: Sparkle with Water, and present it to a panel of judges. The team of Priya G T and Kanchan Dhakal was adjudged the Best Team with their game: Water Fantasy.

Yantra Kids 5.0



On 10th December, two teams of our school participated in Yantra Kids 5.0 organized by Robotics Association of Nepal (RAN). The objective of the competition was to build a table called "Ujjwal Table" which would then be donated to children in Gorkha. The tables build by the two teams composed of a battery based LED lamp with a solar charger. Aayushma Acharya, Ashma Pandey, and Aditiya Dhungana won the third prize whereas Bidhya Thapa, Prithu Adhikari, and Priya G T were declared the winners of the competition.

KIST Fair 2073



The Inter School Art and Craft Competition was organized by KIST College on 10th December 2016 as a part of the KIST Fair 2073. Luja Manandhar and Oshriya Manandhar won the second prize in the Sketching and Craft categories respectively. Triyog managed with win the second position in overall rankings.



Field Trips

The students of various grades were taken to different places for their Field Trips. These trips are organized to provide students with an interactive and field based approach to learning.

Grade 11 and 12 (Hotel Management): Pataleban Vineyard Resort, Chisapani, Baad Bhanjyang, 10th December 2016

Grade 10: ICIMOD, 3rd October 2016

Grade 9: ICIMOD, 28th September 2016

Grade 8: Chobhar, Manjushree Park, 4th December 2016

Grade 5: Tribhuvan University Library, Kirtipur, 28th November 2016

Grade 4: Chobhar, Manjushree Park, 9th September 2016

Grade 3: Nepal National Ethnographic Museum, Bhrikutimandap

Grade 2: Budhanilkantha Temple, 5th October 2016

Grade 2: Kastha Udhog, Dhapasi, 9th November 2016

Grade 1: Balaju Water Garden, 26th September 2016

Grades KG and 1: Horticulture Centre, Kirtipur

Kindergarten: Barud Yantra Damakal, Fire Station, Jawalakhel, 2nd October 2016



Corrigendum: In reference to Vol. 1 of the Triyog Newsletter in 2016 under 'Inter House Elocution Contest', the Best Elocutionist from Intermediate level should read 'Niriksha Sharma' instead of what was printed.





Triyog HS School

KEY DATES (January- April, 2016)

January 23/ Magh 10 2073	School resumes after Winter Holidays
January 31/ Magh 18 2073	Inter House Multimedia Contest
February 2&3/ Magh 20 & 21, 2073	Inter House Spelling Contest
February 15/ Falgun 4, 2073	Pre SLC begins
February 23/ Falgun 12, 2073	Class Day KG and I
March 2&3/ Falgun 19 & 20, 2073	Inter House Art Contest
March 10/ Falgun 27, 2073	Project Day KG - V
March 16/ Chaitra 3, 2073	Final Examination begins
April 5/ Chaitra 23, 2073	Parent Teacher Meeting