

SEE Graduation Ceremony 2078

Message from the Vice-Principal

Dear Parent/Guardian/Well-wisher,

Greetings of the festivals!

We have reached that part of the calendar where we all look forward to merry-making and indulgence in this festive season. As educators, for the purpose of self-assessment, we also take into account the learning and growth of our students before we embark on the Dashain- Tihar break. The academic rigours at Triyog have fit in the calendar in accordance with our plan. The academic, ECA, and CCA activities progressed in tandem with one another.

We wish to apprise the parents of the vacation assignments that have been designed to give students ample time to enjoy the festivals, but at the same time not lose touch with academics. Kindly ensure that your ward is engaged with academic activities during the break. The assignments will be uploaded on the School LMS eschool.ezonecloud.com as well.

The School turned into a celebration ground with multiple festivals that we celebrated on the last day of School before the vacation. Everyone came together to fill the air with the festivities of Dashain, Tihar, Bhai Tika, Mha Puja, and Chhath. We wish the students to enjoy the festivals with much fervour but responsibly, and make the best of the happy times with their families. When we resume School, we wish to see students return with rejuvenated bodies and minds, and in high spirits.

We at Triyog High School convey our greetings of the auspicious festivals to you and your family. Let's celebrate the victory of the forces of good over evil. May these good over evil stories inspire you towards your own victories in life. We also wish that the festival of lights brings eternal happiness, new opportunities and new hopes in your life.

Happy Dashain, joyous Tihar, and blessed Chhath 2079!

Warm Regards,

Savita Kapruwan



On the 11th of August, School organized Graduation Ceremony to celebrate the outstanding achievement of our students in Secondary Education Examination, 2078. The event was graced by the presence of many distinguished guests, parents, teachers and the graduating class of 2022. After a welcome speech by Mr. Balram Neupane and a graduation speech by Senior School In-charge, Mr. Churamani Pandeya, Sonakshi Shrestha, School Captain 2078 and Sharad Jamkatel, School Learning Societies' Coordinator 2078 gave a beautiful valedictorian speech. Medals and certificates were distributed to highest individual achievers and subject achievers, and the graduates were also conferred with mementos. Ms. Sristi KC, founder of Blind Rocks, delivered a motivational speech to inspire and boost confidence in our graduates for the next phase of their life. The Vice Principal, Ms. Savita Kapruwan, declared the students SEE graduates through her speech. The declaration was greeted by excited uproar from the graduating students. The present Grade X students performed welcome dance on Saraswati Vandana, cultural dance, and sang farewell songs. The program ended with the graduates singing the school song for one last time before they left the school, which certainly reminded the graduating batch of their good memories as many of them seemed lost in nostalgia after the performance.

-Bishista Wagle (School Captain)

"All our dreams can come true... if we have the courage to pursue them." – Walt Disney

Children's Day























"Children are flowers with various colors and fragrance, school is a garden where all these flowers blossom and teachers are the gardener who ensures that every flower is properly taken care of."

After a gap of two years, this year Children's Day was marked with great fervor and joy, where teachers put up commendable and entertaining performances in form of dances, songs, stand up comedy, musical performances etc whereas Prabesh Kumar Shrestha, a celebrity singer in making and a THS Alumni gave a concert which was like a cherry on the cake. Smiles were all around spreading joy and happiness throughout the school. Childhood is both an enjoyable phase of life and at the same time it is also considered to be a sensitive phase. Children you should always remember that we are here today because you all have motivated us to guide you all. Teachers become educators not only because of knowledge but you students play a very important role in our lives. You make us understand who we are and what we mean to you. It becomes our duty to guide you towards the path of success throughout your school life.

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Celebrations at Triyog

Guru Purnima











Guru Purnima was celebrated in a grand manner where students put up varieties of programs in the morning assembly whereas the class celebrations took place in the classrooms with their respective teachers. Grade X students organized different fun games, basketball matches between the teachers and students, and a special program for all the teachers in the school auditorium.

भान् जयन्ती







नेपालका राष्ट्रिय विभूति तथा नेपाली साहित्यका आदिकवि भानुभक्त आचार्यको २०९ औँ जन्म जयन्ती विद्यालयमा विभिन्न कार्यक्रम तथा उनको फोटोमा माल्यार्पण गरी मनाइयो । भानुको नेपाली भाषा तथा संस्कृतिप्रतिको योगदानको चर्चा गर्दै विद्यार्थीहरुले मन्तव्य राखे भने, उनकै रचना वाचन तथा नाटक प्रदर्शन गरी श्रद्धाका साथ भानु जयन्ती मनाए ।

Shree Krishna Janmastami







On the day of Shree Krishna Janmastami, Primary School students conducted a special assembly in which they presented devotional songs, dance, and a short skit presenting glimpses of Shree Krishna's childhood. Many students were dressed as Radha, Krishna, and Gopinis.

Teej







Teej celebration and Dar program was held at the School for all its female staff members on 28 August. The most awaited special occasion for the Hindu women was marked with the exchange of gifts and wishes, dance and music, and delicious food.

Triyog Model United Nations-2022



















Model United Nations is a simulation of the UN where students play different roles as delegates of different countries in an attempt to solve global issues. Triyog MUN 2022 was held on 30th,31st August and 1st September for Grades VII to X in hopes of improving students' analytical skills, speaking skills, problem-solving, worldly knowledge, and networking skills. TMUN was showered with the active participation of over 150 students in 6 different committees i.e. United Nations Children's Fund, United Nations Human Rights Council, United Nations High Commissioner for Refugees, United Nations Entity for Gender Equality and the Empowerment of Women, United Nations Environment Programme, and Federal Parliament of Nepal. During the three days long program, students worked closely with experienced dais members, and other delegates to discuss and form effective resolutions to global issues. This experience helped students to gain insight into the functioning of the UN and the procedure of diplomatically solving issues. TMUN required the students to conduct research, collect authentic data, collaborate, compromise, and think out of the box. Along with committee sessions, several delightful events such as Global Village, Acoustic Night, and Delegate Dance brought students closer and helped to create cherishable memories. Every student, by the end of the program, had taken a step towards public speaking, and diplomacy and formed a reminiscence-worthy experience.

Soniya Niroula, Secretariat, TMUN 2022

Interactions

Parents Counseling





Orientation sessions based on Social Emotional Learning (SEL) were conducted by the School's Psycho-Social Counselors to discuss the major concerns of the students and the role of parents in the context of emerging issues in school children. Such sessions give insight to the parents into teenage turmoil and encourage them to look for their solutions. The sessions also highlighted the importance of shared responsibility of parents and the school in handling such issues.

Parent Representatives Orientation





The orientation sessions for the parent representatives of the new academic session were conducted from 23rd to 25th of July 2022. The sessions highlighted the roles and responsibilities of the parent representatives. The sessions were intended to increase the collaboration for the holistic growth of each student which is the top priority at Triyog.

Interaction on SDG 3





Dr. Anu Shakya, an Ayurvedic Physician at the Ministry of Health and Population, and Dr. Anil Kumar Shrestha, a senior Consultant Pediatrician at Kanti Children's Hospital interacted with fifth-grade learners as a part of their SDG project extended learning. The interaction was held to make the students aware of good health and well-being.

Interaction with SAATH





Members of the Social Service Club had an interaction session with Ms. Grisha Mainali, the Program Coordinator of SAATH Organization, Nepal. She introduced her organization and its functions to the students. In the interaction, necessary support for needy people and marginalized communities was highlighted. We extend our special thanks to Ms. Grisha Mainali.

Interaction with UN SDG Advisor





The fourth grade learners got an opportunity to interact with Mr. Subash Nepali, Economist and SDG Advisor, United Nations, Nepal where they learnt about the core objectives of the inclusion of various topics to be covered under SDG Goals as mentioned by the United Nations.

Interaction on Health & Hygiene





The learners of Grade II had an interaction program with a health professional with an objective of making students aware of different diseases, their types, causes, and prevention. The interaction successfully achieved the objetive through the active participation of students and the support of teachers. Students also understood the measures to maintain personal hygiene and proper hand washing techniques.

Interaction on Psychology and Cyber Security







As a part of a holistic approach to education, an interaction session in collaboration with Terrain Nepal on the topic 'Psychology and Cyber Security' with the sector expert Dr. Brinda Thapa (Psy. D.) was onducted for Grades VI and VII. Dr. Thapa is a lecturer at Pokhara University and a part-time faculty member at Kathmandu University. The session helped the students to have a deeper understanding of the threats posed in the cyber world and how to keep oneself safe on the online platform. At the same time this session also helped the students to understand the ways to maintain proper socioemotional well-being to avoid being cyber bullied.

Hepatitis Awareness Interaction





An interaction program to create awareness about Hepatitis was organized by the students of Health Club with Dr. Abasesh Bhandari, Associate Professor, Nepal Medical College. He is a Gastroenterologist and Hepatologist at Helping Hands Community Hospital. Dr. Abasesh highlighted the preventive measures for Hepatitis A, Hepatitis D, and Gastritis. The curiosities of students were aptly addressed and answered by Dr. Bhandari in the session.

Parent Teacher Meeting













The Parent-Teacher Meeting and Report Card Distribution of the First Unit Test of the Academic Session 2022/23 was held on 16 July 2022. The interaction between parents and teachers was directed toward the progress, development, and potentialities of the students.

Similarly, the Parent-Teacher Meeting and Report Card Distribution of Half Yearly Examination was successfully conducted on 9 September 2022.

The art and craft exhibits displayed on these days comprised of art and craft work of students from different grades. The Robotics display and demonstration by Triyog Makerspace Club attracted a large number of parents to their stall. The 3Di students presented their animation skills to their parents. The virtue of compassion and philanthropy was further strengthened by means of charity sales conducted by students to provide financial aid to the ailing staff members and to donate to old age homes.

Field Visits

Poultry Farm Vist





The students of Grade II went to "Gramin Poultry Farm" on 1 July 2022. Students observed how chicks and hens are kept in the coops, and how they are fed. They also got to know how the eggs are hatched in incubators.

Manay Sewa Ashram Visit





Based on the SDG theme "Good Health and Well-Being" some of the students from Grade V, visited the Manav Sewa Ashram at Raniban, a shelter for helpless citizens. The enthusiastic students interacted with the people and listened to their heartbreaking stories behind these people coming to the shelter. They came to understand that many people rescued were abandoned by their families. This visit imparted a valuable lesson to the students that we should take care of our family members regardless of their age and medical conditions. They also learned the importance of spending quality time with their parents and grandparents and being empathetic toward everyone.

Visit to Tokha Municipality Health Department





Fifth grade learners visited the Health Department of Tokha Municipality to get the better insight on the functioning of the department and the health facilities it provides to the general public. This visit was a part of their SDG project 'Good Health & Well Being'.

ISKCON Visit





To learn more about Shree Krishna Janmashtami, the Kindergarteners visited the ISKCON Temple, Budhanilkantha on 18 August 2022. Students attended the Krishnaleela Bhajan program and learned about the childhood stories of Lord Krishna.

Visit to UN House



The students of Grade X visited the UN House, Nepal on 6 September 2022, to get in-depth information about the United Nations and its activities in Nepal. The visit was integrated with the Social Studies curriculum on the topic 'UN and its Specialized Agencies'. The program was facilitated by Ms Simrika Sharma, National Information Officer, Mr. Rajendra Man Banepali, Digital Communication Associate, and Mr. Subhash Nepali, Economist, and SDG Advisor. They presented on United Nation's activities, the status of SDG achievement, etc. The students also got an opportunity to interact with the representatives about the United Nations systems.

Narayanthan Temple Visit





Field trips provide authentic, hands-on experiential learning where students can connect what they are learning in the classroom with real-world. Hence, students of Grade II went to visit the Narayanthan temple. While visiting the temple, they observed and learned about its historical importance. They also interacted with a resource person to know more about the temple. This visit helped them to provide a sense of unity and belonging within a group and allowed them to better understand the previous generation and their history.

Visit to Central 700





On 16 August, the children of Grade I visited the Central Zoo to observe and learn about different types of animals and birds. The students were divided into 5 groups according to the animals, birds, their habitat, eating habits, and their reproduction. They took a tour of the zoo and filled in their trip sheet after the observation and discussions with their group partners about one particular animal/ bird that they were assigned to observe.

Bottled Water Plant Visit





While learning about the water sources, the students of Grade II went around the school to see different sources of water like taps, tube well, well, and rivers.

Then, on 28 July, students of Grade II went to the City Mineral Water and Beverages Pvt. Ltd. located at Tokha, Greenland Chowk to know how underground water is purified and made suitable for drinking. They also observed 14 steps of filtration techniques. Students were delighted to see how bottles and jars are cleaned, labeled, and sealed before delivering them to the market.

Visit to Old Age Home





The third grade learners were taken to visit an old age home on 6 and 7 September, located in Golfutar, Kathmandu. The senior citizens were elated to see the students and the teachers. The students were curious to know about the daily lives of the elderly people of the home. The active life of the senior citizens was what mesmerized us. The students were compassionate toward the seniors during the visit.

Visit to Various Infrastructures







On 18 August 2022, the students of Grade III went to visit the infrastructures nearby the school community. They visited the infrastructures such as vegetable and fruit shop, DG Grocery Store, Three Star Meat Shop, and Marigold Banquet & Health Club located at Dhapasi. After their visit, the students got to know about how these infrastructures have been helping the community.

Academic Initiatives

SDG Exit Event - Grade IV and V









The fourth and fifth graders concluded their SDG Project on the theme 'SDG 10 – Reduced Inequalities' and 'SDG Goal 3 – Good Health and Well-Being' respectively with an exit event that was integrated with various disciplines across the curriculum. Goal 10 calls for reducing inequalities in income as well as those based on age, gender, disability, race, ethnicity, origin, religion or economic or other status within a country. Learners came up with various options to reduce inequalities prevalent in our society.

Similarly, Goal 3 calls for every individual to get access to proper good health facilities and at the same time create awareness about the ways and techniques of keeping oneself healthy and maintaining good socio-emotional wellbeing.

This project also led to the development of necessary soft skills which is an essential

Project Days

Kindergarten





On the 24 August, Kindergarteners had their second project day program based on the theme 'Plants'. Children performed various acts based on the topics like parts of plants, types of plants, friends of plants, and things we get from plants. Through the presentation, they delivered all the information they gained in class and from a field trip to 'Standard Nursery, and school garden visits. They presented speech, booklet talk, rhymes, and songs using props. The program went well and the children were very excited to perform in front of their parents and guardians.

Grade I





On 24 August, the students of Grade I conducted their Second Project Day. The project was based on the theme 'My Daily Life'. Parents were invited to witness the program where the students gave presentations on different activities they did in the Second Unit, integrating the theme into related topics in all the subjects. The students shared the activities that were based on their daily life, a survey and comparison of daily life with different staff in the school, my birthday calendar, and facts about birds. They also shared about the imaginary bird they created, feeding needy animals, and visit to the zoo. The art and crafts items prepared by the students were also displayed. Students performed a Nepali drama and sang songs related to the theme.

Grade II





On 25 August, students of Grade II showcased their second project day on the theme 'My Daily Life and My Community'. In this unit, the theme was integrated with Language Arts, Science, Social Studies, and Nepali along with art and craft. The children shared the part of their learning through different presentations. They exhibited their models of different communities that they made in their craft classes and shared how we can be responsible in the community. They also experimented to show how rainwater gets collected underground. Students also performed Nepali Drama to spread awareness about communicable and non-communicable diseases. The program concluded with the "Dice Game" which the parents enjoyed participating in.

Grade III





The students of Grade III had their Second Project Day on 25 August based on the theme 'My Daily Life and Our Community'. They presented their understanding of their learning on the topics such as waste segregation, personal hygiene, and healthy food. They shared their experiences of their visit to various infrastructures nearby the school community. The various artifacts prepared by the students in the entire unit were also displayed on the same day.

UnMath





Math is everywhere around us, and the amusing part is that it is present in the things that we love to do the most. It has always been thought of as something abstract and theoretical. But when it is connected to real-life hands-on experiences, it becomes fun and interesting. UnMath has provided us with the concept of Gamify Math which encourages children to learn Math through games. Grade II learners were engaged in learning-based activities provided by UnMath to enhance their mathematical skills.

Reading Star



Reading stars are given to the students as an encouragement to inculcate reading habits in them. The third graders are awarded a gold star after they have read thirty books, while a silver star is given after they have read ten books. For the second graders, the gold star is awarded after they have read twenty-five books. Likewise, a silver star is given after they have read five books.

DFAR



The primary block students engage in D.E.A.R. (Drop Everything And Read) activity once a week. The students read out a storybook of their choice for 10 minutes. This practice encourages to instill reading habit in the students.

V- Star





V-star is an activity that makes the students responsible for maintaning cleanliness and being organised. The students participate in different activities such as cleaning their classrooms, arranging their study materials, and managing the bookshelves. These activities assist the students in becoming self-reliable, disciplined, and organized.

CCA/ECA/Sports

Poem Recitation





Recitation is about conveying a poem's sense with its language. A strong performance will rely on a powerful internalization of the poem rather than excessive gestures. Appropriate interpretation enhances the audience's understanding and enjoyment of the poem without overshadowing the poem's language.

The Department of Language Arts (English & Nepali) from the Middle School conducted the poetry recitation for Grades IV and V in both English and Nepali language. This platform provided scope to the students to identify their skills in composing poems. The finalists enthralled the audience by reciting their self-composed poems.

Speed Cubing Competition



Speed Cubing (Rubik's Cube) Competition was held to explore the talent of students for solving Rubik's Cube. Students from Grades IV to X participated in this muchawaited competition with great zeal and enthusiasm. They surprised everyone by solving the 3×3 Rubik's Cube in a very short period of time.

Science Olympiad





Science Olympiad is a great curricular activity for students who enjoy Science. Participating in it can help students gain in-depth scientific knowledge as well as other skills that will be useful in their day to day life. This competition is a way to show an individual's potential, knowledge and skills in the field of Science.

With the objective of updating students about the facts of science, the Department of Science from the Middle School conducted the First Science Olympiad for Grades VI and VII. Students got to know many scientific facts during the Olympiad which comprised of different rounds of quizzes. It proved to be a good platform to get familiarised with scientific facts.

Quiz Competition

Keeping oneself updated on the contemporary, historical, geographical and more facts is most essential for quizzing. Quiz contest is an interesting platform we have provided to our students to showcase their knowledge of different areas. Students from all grades fully utilized the opportunity and showed their enthusiasm.



Debate Competition

Students of Grades VII to X presented wonderful debating caliber with amazing reasoning skills in the Inter-House Debate Competition. The competition was organized for two different categories i.e. VII & VIII and IX&X. The debate was conducted both in Nepali and English lanuguage. Students delivered powerful debates that were based on a sound research and collection of facts.



Special Achievements

Felicitation by Tokha Municipality









On the occasion of National Children's Day, Tokha Municipality organised a felicitation programme for the highest GPA scoring schools, teachers, and students of Tokha Municipality. Tokha Municipality Mayor Mr. Prakash Adhikari and Deputy Mayor Mr. Murari Tamang awarded the winners. Triyog High School was awarded the merit certificate for securing the second highest GPA in the municipality, in addition to being awarded for securing the highest GPA in Compulsory Mathematics, Economics, and Office Practice & Accountancy. Mr. Subash Dawadi and Mr. Krishna Prasad Nepal received the award for Compulsory Mathematics, whereas Mr. Anoj Pariyar received the award for Economics and Office Practice & Accountancy.

Poetry Slam



Soniya Niroula, a student of Grade IX showed her exceptional poetry recitation and acting skills in the Poetry Slam organized by Little Angels' School. She was awarded the Consolation Prize for her performance. She also performed the same poetry in the school morning assembly and touched the heart of the audience.

Inter School Poster Design Competition Winner





In the Inter-School Poster Designing Competition organized by Clean up Nepal in collaboration with the European Union, a poster designed by our student Peeyush Lamgade from Grade IX was selected among the 5 winning posters. The poster was designed on the theme of Litter Free National Park. Peeyush received a certificate and drawing materials worth Rs. 8000. His poster is placed strategically along the hiking trail at Shivapuri Nagarjuna National Park.

Ayumi Dhital's Training and Award





Ayumi Dhital, a student from Grade VII participated in Botanical Art and Illustration Training organized by Women Scientists Forum Nepal (WSFN) of Nepal Academy of Science and Technology (NAST). Her illustration was adjudged the Best Illustration Art in the training. She was the youngest participant in the training.

नगरस्तरीय वक्तृत्वकला प्रतियोगिता



५६ औँ राष्ट्रिय बाल दिवसको अवसरमा टोखा नगर पालिकाद्वारा आयोजना गरिएको वक्तृत्वकला प्रतियो गितामा टोखा नगरपालिकाका सबै वडाबाट छानिएका २२ जना प्रतियोगीहरु मध्येबाट अन्तिम प्रतिस्पर्धामा त्रियोग माध्यमिक विद्यालयकी छात्रा सराहना सिंह तृतीय स्थान प्राप्त गर्न सफल भएकी छन्। टोखा नगरपालिका वडा नं. ६ ले आयोजना गरेको वक्तृत्वकला प्रतियोगितामा छात्रातर्फ प्रथम भई उनले वडा नं. ६ को प्रतिनिधित्व गर्ने अवसर प्राप्त गरेकी हन।

Kutumba - Live Performance



Legendary Nepali music band, Kutumba, performed different songs on typical Nepali instruments for us which filled the surrounding air of Triyog High School with musical magic. The band came with the objective of introducing Nepali traditional musical instruments to the new generation, in addition to raising awareness about climate change. The concert also aimed at raising donations for underprivileged students from remote areas of Nepal. The Social Service Club handed over the stationery items donated by our generous students to the band members at the end of the concert.

COVID -19 Vaccination









The students from all grades are fully vaccinated against COVID-19. At an interval of one month the first and the second dose of Pfizer vaccine was administered to the students. The vaccination drive was led by Health Department of Tokha Municipality.

Learning Society's Activities

Gavel Club

Installation Ceremony and Certification





Triyog Gavel Club witnessed the Installation Ceremony of the New Executive Committee on 17 July 2022. Installation Officer TM Ekta Lamichhane installed the new Executive Committee for 2022/23 and guided them on how they can perform their duties and responsibilities effectively and efficiently. TM Alfa M. Shakya evaluated their 40th meeting and encouraged the role-players to move ahead with similar enthusiasm. The members of both the outgoing and the newly elected Executive Committees of Triyog Gavel Club were honoured with the certificates on 18 July.

Physical Meeting of Gavel Club





Triyog Gavel Club conducted its 43rd meeting in a physical setup on September 16, 2022 in the school auditorium on the theme 'Disney'. TM Dilip Rana evaluated the entire meeting as General Evaluator. The meeting was remarkable with the astonishing presentations of speakers, tremendous efforts of the role players and executive committee members. The guests admired the growth and dedication of Triyog Gavel Club and extended their best wishes for further achievements.

School Enterprise Challenge



On the global platform of School Enterprise Challenge, our students are formulating real life business ideas with meaningful research. The Dream Poster they designed based on their business idea, was selected among the best Dream Posters around the world

Duke of Edinburgh's International Award



The first batch of DoEIA of Triyog Unit has been provided with the first aid training as the preparation for adventurous journey. After completion of other trainings the participants will move for their Adventurous Journey as part of the award. The new batch of DoEIA participants has also started their activities with much enthusiam.

Waste Redemption Idea Competition



The Friends of the Zoo Club had organized 'Waste Redemption Competition' to display the skill and knowledge of recycling waste in a fun environment. Students from Grades IV to VII participated in the competition and demonstrated their extraordinary skills in waste management.

e-Portfolio Design Competition



The Portfolio Design Competition was organized by The Computer Science and Programming Club with the objective of using programming skills to create a portfolio website. The participants were allowed to use only HTML and CSS to make their portfolio websites in the competition.

Photography Competition



Triyog Photo and Journalism club organized a photography competition for students from Grades IV-X on the occasion of World Photography Day on 19 August 2022. The photography was divided into flora and fauna, street, and potrait photography categories.

TED-Ed Club









The TED-Ed Club program supports students in discovering, researching, exploring and presenting their big ideas in form of short, TED-style talks. The students from Grades VI to X formed a TED-Ed Club and got approval by the TED Team in the month of August. The students are taking advantages of this superb platform to share their ideas. The club conducted its first TED Talk event with 7 amazing speakers on 23 September.



Key Dates (October-December, 2022)

October 2	Dashain Tihar Vacation Starts
October 10- 21	School opens for Admin. Work
October 31	School Resumes
November 1-4	Design Challenge (Grades IV-VII)
November 6 & 27	Sports Week (VIII to X & VI-VII) respectively
November 15-16	Literary Contest and Handwriting
December 5	Secont Unit Test and Pre-SEE Qualifying
December 13	Project Day (KG-III)
December 24	Parent Teacher Meeting

