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TRIYOG

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Newsletter

TRIYOG HIGH SCHOOL, Tokha-6, Kathmandu, Tel: 4965285, 4981695, Email: info@triyog.edu.np

Message from the Vice-Principal

Dear parent/guardian,

Greetings to all!

We have successfully progressed through major part of the academic session and are looking forward to the remaining session which would be the most significant where we would, together, be firming up our final term plans.

We continue to put in our utmost efforts which are dedicated to empower our students in multidisciplinary areas. We aim at providing them education that is harmonious and synchronized combination of head, hand, and heart. This was projected and witnessed in Inter School Competitions, Sports Week of Grade VIII to X, and Grade VI & VII, Class Days, Project Days, Learning Societies' events, etc. It gives me satisfaction and pride to see our students doing fairly well in these activities.

School will go on winter break from December 30, 2022 to January 16, 2023. The students will be assigned time appropriate holiday assignments to keep them engaged with academics. You are requested to monitor and supervise the same. The holiday assignment will also be uploaded on eschool.ezonecloud.com. Arrangements have also been made to conduct coaching classes for Grade X to prepare them better for SEE Qualifying Examination that befall soon after the School reopens.

We once again take this opportunity to thank all our stakeholders, especially parents who unconditionally trusted us and wholeheartedly supported School.

We wish to extend our good wishes, warm thoughts, and honest prayers for all the upcoming celebrations and festivities. Wishing you a pot of Good Luck, Good Times, and Good Friends to share your Christmas, Tamu Lhosar, New Year, and Maghi Sankranti celebrations with.

We wish you health, happiness, blessings, and prosperity in the new year. May you have an extra ordinary year 2023.

Regards,

Savita Kapruwan

Duke of Edinburgh's Award - Adventurous Journey



Duke of Edinburgh's International Award is an experiential learning framework that transforms young people's life. This award includes four different activities, Physical Recreation, Skill, Voluntary Service and Adventurous Journey.

Participants, Assessor, Supervisor and Coordinator of Duke of Edinburgh's International Award went on an Adventurous Journey to Ranipouwa - Fung Fung Waterfall - Kakani on November 25 and 26 as a part of their award activity. The major objective of the journey was to make them develop survival skills. The journey encompassed appreciating the culture within the journey's environment, exhibiting competencies, using different equipments, route planning, team building and leadership, recording skill, navigation skill, camp crafting, cooking, etc.

Class Day- Kindergarten



On December 2, Kindergarteners put up their Class Day for the parents in the school auditorium. The theme of the Class Day was 'Mother Goose's Nursery World'. Students presented a musical play integrating singing, dancing and pianica recital. Students exuded confidence and performed all the acts to perfection. The audiences were enthralled by the performance of the little ones. Mrs Anu K.C, the parent speaker, expressed her views on the occasion and gave a feedback on how student have transformed over last seven months.

Class Day- Grade I



On November 24, the students of Grade I exhibited their talents on their Class Day Programme. They performed a musical play "Learn to love yourself as you are" based on the book "Chrysanthemum". Students got the opportunity to show their talents like enacting, singing and dancing. It was also an opportunity for the parents and guardians to witness their children's hidden talents. The programme started with the orchestra with our own Grade I Band playing drum set, recorder, keyboard and ukulele which was followed by Nepali skit with information about flowers. The children sang beautiful songs about flowers written and composed by Nepali Teacher Sarita Shiwakoti and Vocal Teacher Aabha Shahi respectively. The programme ended with a motivational speech by Mr. Ajit Maskey, the parent speaker. He expressed that along with the School, parents also play a vital role in their child's overall development. He also encouraged the parents to trust School and teachers for the safety and well-being of the students.

Dashain, Tihar, Chhath, and Mha Puja Celebration



The great festivals of Hindu community, Dashain, Tihar, Mha Puja, and Chhath were celebrated with much pomp and show. The festivals were exhibited through different tableaux that depicted the rituals of the festivals. Students observed the stalls and enjoyed themselves. The highlight of the day were Mahisasur Mardini Dance, Intrumental Malashree Dhun, Deusi Bhailo Songs, Jatra, Chhathi Maiya Songs and Mha Puja performance.

Interactions and Field Visits

Interaction on Chinese Pangolin Conservation



Friends of Zoo (FOZ) club organized an interaction with Ms. Pooja Lama, an intern from Friends of Nature, and a scholar of MSc. Zoology in Central Department, Tribhuvan University. Learners from Grade VIII participated in the interaction session and were made aware of conservation projects of Chinese Pangolin.

Visit to Balaju Industrial Area



As a part of the outdoor learning, on November 25, the students of Grade IX (C & D) visited Shree Polythene and Plastic Udyog Pvt. Ltd. located in Balaju Industrial Area. They gained hands-on experience in how industry operations are executed, and understood the industry practices and regulations. It also broadened their knowledge of different workforce involved in such industries. They observed different operational areas of the industry and interacted with the owner, Mr Umanga Ghimire.

Interaction with Photo Journalist



Members of the Photo and Journalism Club interacted with Mr. Deepak KC who is a Photojournalist with Kathmandu Post, ABC Television, and other media houses. In the interaction session, learners got an opportunity to learn from the experience of Mr. KC who talked about the skills and techniques needed for the profession along with the scope of photojournalism in Nepal.

Visit to National Museum



Grade II students visited the National Museum of Nepal to observe the cultural and historical artifacts of Nepal. With the help of resource persons and their teachers, they conducted academic research on different cultures prevalent in Nepal.

Career Counselling



A Career Counselling Session was conducted for the learners of Grade IX through the virtual platform by Mr. Munir Damini (Global Career Counsellor - Green Belt, NeuroLeadership of India and South Asia) and Ashraf Yamin (Career Counsellor from Portugal). The session highlighted the principles of career, four corners of career development, profile building and career beliefs.

Interaction on Road Safety



The students of Grade VIII attended an Orientation Session on Road Safety with Mr Bipin Gautam, a retired DSP of Traffic Police of Nepal. The session highlighted the basic principles of road safety, traffic rules and traffic signals, in addition to the precautions taken by pedestrians for personal safety. The program was organized on November 29 by Nepal Automobiles' Association (NASA Nepal) in the School Auditorium. The students have also formed a Traffic Club for future collaborations with NASA Nepal.

Interaction-Cultural Diversity



To know more about the cultures of Nepal, learners from Grade II had an interaction session with some parents on the topic 'Our Culture'. Through this interaction with parents, the students understood various aspects of any culture such as food, festivals, ornaments, and cultural dress of different ethnic groups.

We extend our sincere gratitude to our parents, Mrs. Ganga Chaudhary, Mrs. Reeta Bharati Shrestha, Mrs. Ambika Simkhada, and Mrs. Prasana Serchan.

Visit to Bishnumati River



On September 23, students of Grade I visited Bishnumati River in Balaju as a part of their Field Trip. The students took a tour of the surrounding of the river. The visit was based on the topic 'Pollution' which was conducted with the motive to add experiential knowledge about water pollution and the causes of pollution. After the tour, they recorded their observation and discussed the findings with their group partners.

Getting to Know School Infrastructure



To learn more about the School infrastructure, the students from Grade I were taken on a tour of school building and school premises. They went to different floors, different rooms, and playgrounds where they usually don't use.

Visit to Swayambhunath



On December 9 and December 12, the students of Grade III visited Swayambhunath which is one of the World Heritage Sites in Nepal. The students collected information on Swayambhunath Stupa, Buddha Amideva Park, Statue of Dipankar, Vajra the thunderbolt, Harati Mata Temple, and Pratapur & Anantapur.

Visit to Edu Farm



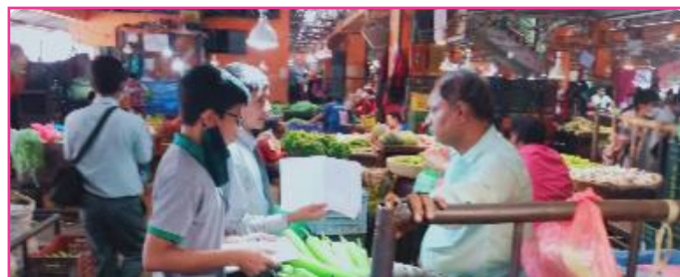
Inquisitive learners from Grade V visited Edu Farm situated at Karyabinayak. The purpose of their visit was to understand the perspective and dimensional value of organic farming and its contribution in boosting up the economy. This visit was a part of Place-Based Education to get contextual clarity about how the community is involved in organic farming.

Visit to Godawari Botanical Garden



Learners from Grade IV made a visit to the Godawari Botanical Garden on November 10, 2022, with the purpose of understanding the floral diversity prevalent in the nation. They got the better insight about floriculture practices as well.

Visit to Kalimati Vegetable Market



Learners from Grade VII made a visit to the Kalimati vegetable market to understand the perspective on responsible consumption and production as a part of research for their SDG Goal No 12.

Visit to Bhat Bhateni Supermarket (Tokha)



Some of the students from Grade VII made a visit to the Bhat Bhateni Supermarket -Tokha branch, to conduct survey on responsible consumption whereby they collected data by interacting with the store manager and the customers.

Swayambhunath Visit



Learners from Grade VI visited the Swayambhunath area on September 21, 2022, where they distributed edible items to the needy people. The visit helped the learners to inculcate values of lending a helping hand and sharing. This visit was planned to make the learners aware about "Zero Hunger" SDG Goal No 2.

Learning by Doing

Mathematics- Hands On Activity



'Without Mathematics, there's nothing you can do. Everything around you is Mathematics. Everything around you is numbers'. In this activity, students of Grade I learned addition in a fun way using Lego blocks. They were able to add numbers by arranging the numbers in the tens and one's place. This fun filled method helped the students to learn place value along with the concept of addition.

Basic Life Skills



Students from Grades IV and V were given practical lessons on how to fold and hang the clothes, hang them on clothes hanger, polishing shoes, etc. This activity was designed to inculcate a sense of doing things independently and extend helping hand to other family members.

Digi School Paper Circuit Card Making



As a part of Digi School project, learners from Grades III and IV engaged themselves in making a paper circuit card through the STEAM based approach. The objective of this event was to enhance the learners' concept of creating a simple and efficient wire architecture.

Best out of Waste



When learning about the topic 'Pollution' and measures to avoid land pollution, children of Grade I were asked to bring reusable waste like empty plastic bottles, pringles cans, old bangles, pistachio shells to make decorations such as Santa Claus, pencil holders and wall hangings. In the craft class, children were engaged to make different items from the waste materials and reuse them.

Experiment with Shadows



Grade I students conducted an experiment with 'Shadows'; they observed that the shadows differ at the different timings of the day like morning, afternoon and evening. To know the difference, students were taken outside the classroom and made to stand in the sun. Their shadows were traced on the ground at different timings, thereby learning that shadows are long in the morning and evening, and short in the afternoon. They also learnt the positions of the sun during different times of the day.

Measurement - Hands On Activity



Measurement is all around us! In this lesson, students of Grade II learnt about measuring tools and how to use them. Students selected appropriate measurement tools for measuring which included rulers, measuring tapes, beam balance, measuring cylinders, beakers, etc. They also learned that accurate measurement is obtained through standard units of measurements.

Class Day- Grade II



On November 23, the students of Grade II showcased their talents in their first Class Day Programme post Covid, on the theme 'Love for Animals' based on the book "The Magic Finger". This was the platform where our children got an opportunity to exhibit their talents and enhance their confidence as singing, dancing and poems were integrated in the play itself. During the entire practice, students showed great dedication and hard work which resulted in a successful program. The programme started with the orchestra with our own Grade II Band playing drum set, recorder, keyboard and ukulele. The programme ended with a motivational speech by Mr. Rupesh Pandit, the parents speaker who spoke about Triyog giving equal opportunities to the students.

Class Day- Grade III



Grade III students put up their Class Day program for parents on November 27, 2022. The students exhibited themselves in wonderful and mesmerising performances on theme 'Family Bonding' which was based on the story 'Sylvester and the Magic Pebble'. It was a stepping stone to sharpen their hidden talent, inner potential, innate skills and the opportunity to enhance their specialized abilities. The program was a platform to sharpen the hidden talents, inner potential, innate skills, and the opportunity to enhance their specialized abilities. The program included an orchestra presentation which included instruments like drums, keyboard, violin, ukelele, and recorder. The highlight of the program was a musical play where the students showcased their oratory, acting, singing, and dancing skills. The programme ended with Mr. Taranath Timsina's appreciative speech. He appreciated the teaching and learning process of Triyog High School during the pandemic, and the platform that we've been providing to the students to enhance their confidence.

Experiment on Water Absorption by Roots



Students of Grade II did an experiment using ink and real plants to see whether roots absorb water from soil or not. For this experiment, students predicted which part of the plant absorbs water. They dipped roots in the ink water and came to know that roots absorb water from the soil.

Experiment with Air



The more you experiment, the more you learn. The students of Grade II did an experiment using balloons. The deflated balloons were placed on their table and the students drew their outlines to see the amount of space the balloons took. Next, they inflated the balloons and placed them next to the drawn outlines. They drew another outline of the air filled balloons. The students observed that the inflated balloons took more space and understood that air occupies space. They also discovered that the balloon which had air inside it was heavier than the first balloon. This experiment showed that air has weight too.

Punctuation Marks Activity



Fun is another word for learning. To retain the information in more memorable and enjoyable ways, we did Punctuation Marks activity. Every punctuation mark was denoted by a physical action. The students walked, hopped, bent, and stopped during this activity everytime a punctuation mark was called out. This activity demonstrated how punctuation isn't just a flat but two-dimensional part of learning to read and write.

UNMATH



Learners from the Middle School indulged themselves in UNMath Hotspot activity to understand the immersive learning of various mathematical concepts through practical hands-on activities.

Professional Development

Teacher Development by Digi School



Teachers Development sessions were conducted by Digi School for the ICT teachers of Junior and Middle School. Sessions were focused on the usage of animation creation and 3D design connected to the curriculum.

Empowerment Sessions



Empowerment sessions are conducted by the teachers from the Middle School every Mondays and Wednesdays where they discuss and make presentations on various aspects of teaching-learning, and classroom management techniques. The teachers continuously strived to learn, unlearn and relearn.

Workshop on Non Violent Communication



Mr. Nikendra Gurung Tamu (Middle School Incharge) and Mr. Lal Kesh Pandey (Language Arts Teachers-Grade X) attended a five day session from December 7 till December 11, 2022, which was held at Brihaspati School. The educators and school leaders from 10 different schools across the valley had participated in the workshop. This workshop was focused on making communications in an empathetic manner understanding the feelings and emotions of the others.

Educator Skill Training - HECx



Ms. Deepa Bhatt (ECA Coordinator) and Mr. Puskar Chaudhary (FOZ Facilitator) attended the Educator Skills Training Workshop: Human - Elephant Coexistence (HECx) on November 17 and 18, 2022. It was organized by the Living in Fine Environment Trust, India in collaboration with the National Trust for Nature Conservative (NTNC), Nepal. The workshop was facilitated by Dr. B.A. Daniel from Life Trust, India and Manas Bandhu Majumdar from TEESTA Trust, India. The major objectives of the workshop were to empower educators, confront and teach about the vexed topic of Human Elephant Conflict (HEC) and Human Elephant Co-existence (HECx). The workshop also targeted to produce educational tools and come up with comprehensive resource materials related to environmental issues.

Teachers Training- Language Arts



We are focused on the Professional Development of our teachers along with the effective skills and techniques of teaching for a better understanding of learners. Teachers of Junior School and Middle School are undergoing a three months long series of Language Arts (Reading & Writing) Training being conducted at the School premises. The trainer, Mr. Nirajan Kunwar, is an experienced trainer, educator and writer. The implementation of the learning is sure to add value to the existing practices in the classroom.

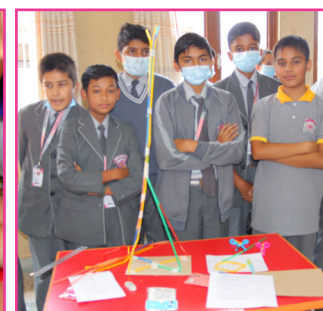
CCA/ECA/Sports/Learning SocietyActivities

Dance and Singing Competition



The Solo Dance and Solo Singing Competition for Grades VI & VII, and Grades VIII-X were held on September 30, 2022. The students put up their astounding calibre with melodious voices and fluid dance movements that were witnessed during the competition.

Design Challenge



The Design Challenge was initiated by the Science and Mathematics Department of the Middle School. This challenge was designed to enhance the creative potential of the learners and for improving their soft skills.

CCA Presentation- Kindergarten



On September 23, students of Kindergarten put up a CCA Presentation based on their co-curricular activities. The students presented various acts learnt from their respective CCA teachers. These included dances, songs, instruments, art/craft, and games. Students enjoyed performing different activities on stage. The parents were thrilled to see their children's performance.

FOZ Drawing Competition



On November 25, NTNC – Central Zoo had organized 'Wildlife Drawing Competition'. The Friends of Zoo (FOZ) Club hosted the competition in the school in which Students from Grade VI-IX participated.

The theme for Grades VI & VII was 'Save Tigers' whereas theme for Grades VIII & IX was 'Tiger Conservation in Nepal - A Successful Story'. The participants produced beautiful and creative artworks using various mediums.

Handwriting and Literary Competition



Literature is the divine way to express thoughts and feelings and handwriting plays a vital role in demonstrating it amongst the readers. Both the calligraphy and the literary should not remain buried within the individuals. It should be explored and displayed, that's what Triyog does.

Handwriting and Literary Contests were organized for the students of Grades IV-X where students presented their skills of weaving words into essays and stories and displayed handwriting in beautiful calligraphy on paper.

Glimpses of Middle and Senior School Sports Week



Class Day-Grade IV



Class Day of Grade IV was held on September 28, 2022 on the theme, "Knowing Kathmandu". Students showcased various cultural items like dance and songs, drama depicting the story of the Bagmati river and the myths related to the formation of Kathmandu valley. They also shared various information about the valley.

Class Day-Grade V



Class Day of Grade V was held on September 29, 2022 on the theme, "Connecting Nepal from East to West". Students presented slides about the seven states of our country focusing on the significance of the states in terms of tourism, economy and social life. Besides, they also performed dance incorporating the dance styles relevant to each state. The main highlight of the program was the awareness drama about "Chaupadi Pratha."

Special Achievements

School Enterprise Challenge



The student business team of Triyog High School participated in School Enterprise Challenge 2022 and received Pitch Perfect, Eureka, Master Planner, and Super Sales Badges from Teach A Man To Fish, United Kingdom for the successful completion of all 14 lessons. Congratulations to the School Enterprise Challenge participants, and Lead Teachers Mr. Kamal Shrestha & Mr. Anoj Pariyar.

School Enterprise Challenge



Triyog High School bagged the First Runner Up prize in the Inter School Music Band Competition organized by Millsberry School on November 30. Participants received a Trophy, Certificate and a Cash prize.

Digital Saathi



Digital Saathi is a well-curated social inclusion program of Triyog High School for teachers, students and community members that intends to empower the digital literacy skills of late adopters of technology in society. The students of Grade VII have started with another cohort of participants in the Digital Saathi program from November 1, 2022. This batch of Digital Saathi has participants from Sbhubhashree Vaikalpik Mahila Vidhyalaya from Dhapasi, Kathmandu.

FIFA World Cup 2022



The entire world was gearing up from November 20 to December 18 to celebrate the greatest football event, the FIFA World Cup 2022. Our students analyzed games of each country and predicted the winners. With the help of one scoreboard installed in the school premises, they were updated with the fixtures and scores. School also conducted a Predict and Win Contest for all students and staff member and has awarded the winner. These activities helped students to get knowledge about all 32 participating countries.



Key Dates (December, 2022-March, 2023)

December 29	Inter House Art Competition (KG-V)
December 30	Winter Vacation Starts
January 17	School Resumes after Winter Vacation
January 21	Senior Athletics Meet
January 29	SEE Qualifying Examination
February 7-10	Story Telling - Final Round
February 13-17	Sports Week (KG-V)
February 23	Pre-BEE and Pre-SEE Examination
March 3	Project Days (KG - III)
March 20	Prefectorial Body Election
March 23	Final Examination Starts
March 24	KG Graduation



**Season's Greetings
&
Happy New Year 2023**