



Newsletter

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

Message from the Principal

Dear Parents and Guardians

This has been an unprecedented year for millions around the globe – a year full of challenges and struggles, but also of unprecedented opportunities. Whilst the world still struggles to cope with the pandemic, many sectors have had to pivot from their normal operations onto the digital platform. Education has been one such sector where opportunities and possibilities of learning have surpassed previously held perceptions.

We at Triyog came together as students, parents, teachers, and administrators to tackle the challenge and to not only carry on the process of teaching-learning but becoming good at it. We have, by now, reached a fairly good standard in the way we are delivering the pre-determined course material to our students.

You all must be hearing news about schools opening up and thinking what would Triyog as a school do. We are very certain that unless we are not able to mitigate the risks of students and staff being absolutely safe, we will continue the process of teaching-learning virtually. Also, we are mindful of the course completion for our students and feel it would be best if our teachers can teach and our students can learn without the additional worry of putting themselves or others at risk. Any new developments in this regard will be communicated well in advance so that you can get time to prepare yourselves. Please rest assured that the best quality of teaching-learning will be imparted by us and we will also be aware of the developments in the ecosystem to take well-informed decisions.

I am proud of the way our teachers and students have adapted to the digital platform. I see the overall change in mindset where it is established that serious learning can happen virtually. Parents have been extremely supportive in this journey and I personally, alongside the School Administration, thank you for your continued efforts. The introduction of Fuse Classrooms has been a welcome addition to this environment. Let us work together for the betterment of our children.

As we step into the new year, we will continue our journey of progressive teaching-learning and evaluation practices, and also integrated learning, where education does not happen in silos, but through the involvement of various actors of the ecosystem. Our community partnerships continue to work behind the scenes and build a solid foundation for our children. As a School we have an ambitious vision of blended learning for the future, where you should be proud stakeholders of the learning environment we are building with multiple partnerships and collaborations.

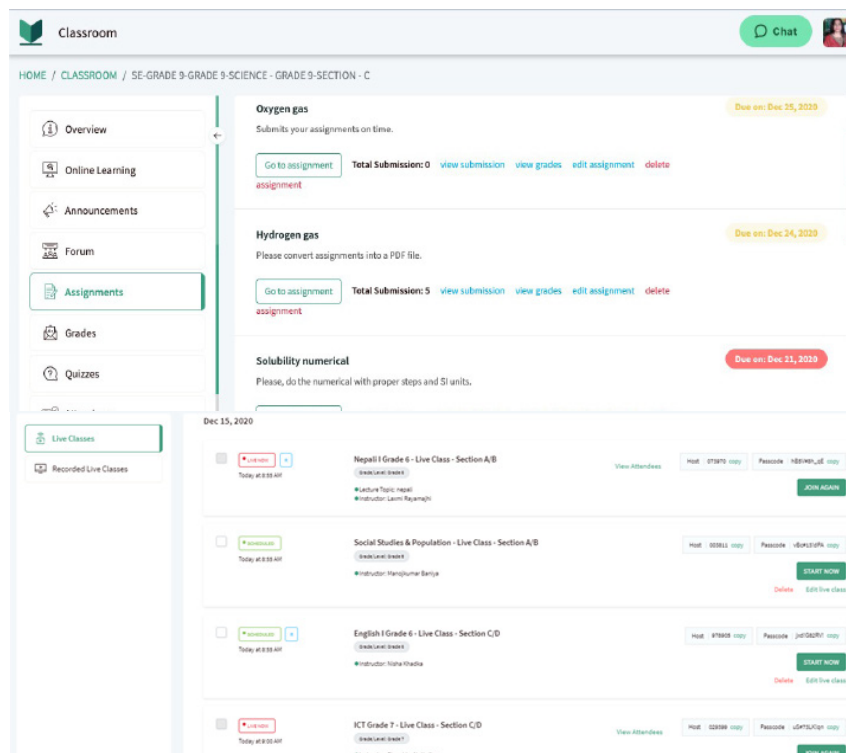
I wish you a Very Happy, Healthy, and a Prosperous 2021. God Bless us all. Stay safe.

Warm regards

Niladri S. Parial

Academic Initiatives

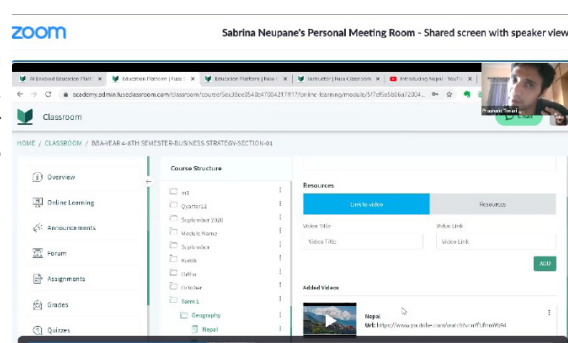
NEW LMS

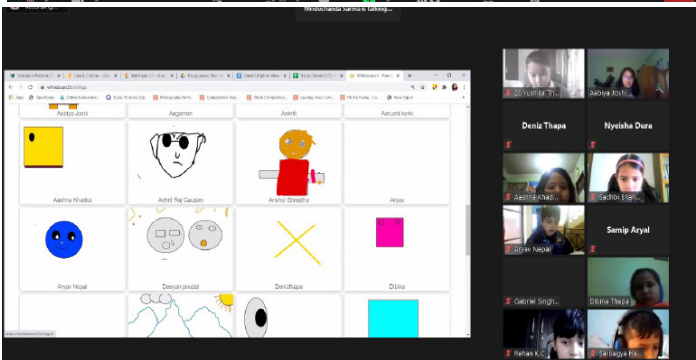
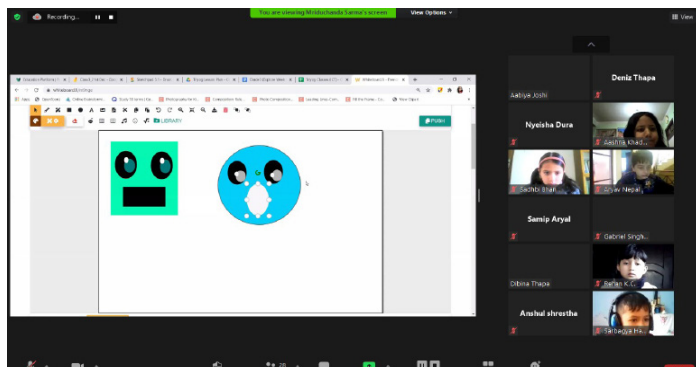


We are constantly working on improving our teaching-learning mechanism for giving a better learning experience to our students. We launched a new LMS, the Fuseclassroom, from Grades KG - X. Now, students can attend live classes, get and submit assignments, find learning materials, and interact with their friends and teachers using a single platform. Our students, teachers and administrators will be able to gain better understanding of student-learning outcomes and provide necessary support with the implementation of an AI-enabled learning platform.

This major update of the School LMS came into practice from October 2020 for Grades VIII and IX and from November 2020 for Grades VI, VII, and X. Fuse Classroom is used for all the academic activities undertaken by both the . The students were provided the basic training to familiarise them with the system. For those who could not attend the training session, a video tutorial and the recording of the training session were also provided. This made the shift from the old LMS to the new very smooth.

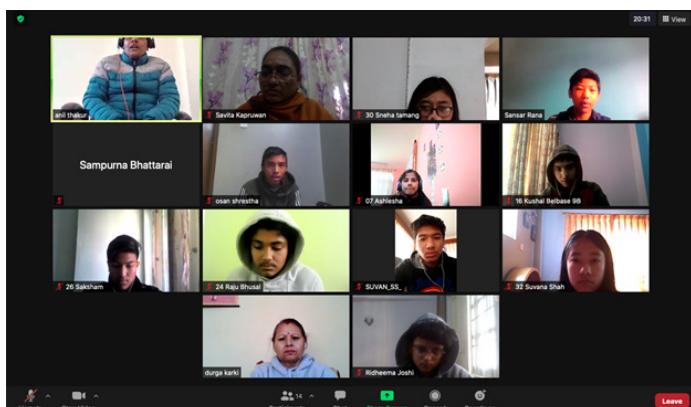
Teachers too got acquainted with the new LMS through on boarding and follow up training. This opened new avenues for teachers to upgrade and enhance their pedagogical skills.





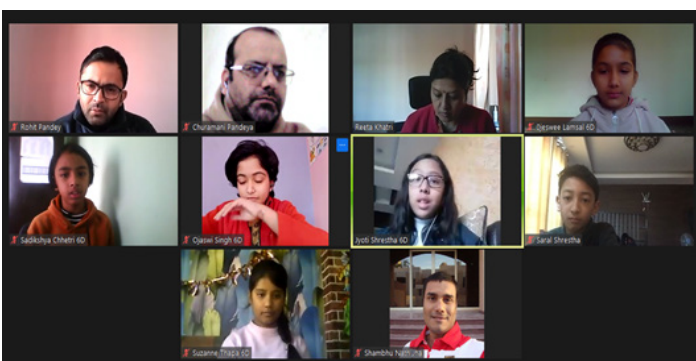
ICT sessions have been re-introduced as separate classes recently from Grade III – V. The primary objective of these classes is to make the children embrace technology and use tools to enhance creativity.

Mentoring Sessions at Senior School



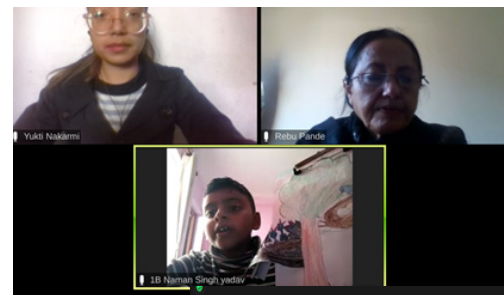
Mentoring sessions with students are conducted as and when needed to provide support and address their emotional and academic needs. Such sessions are also organised for assembly presentations.

Mentoring Sessions at Middle School



Regular mentoring sessions ensure our students for their overall growth. They are provided both academic and non-academic support in small groups based on their concerns. Such sessions are also invested to help students prepare their presentations for weekly assemblies. Public presentations increase research and speaking resulting in enhanced confidence and positive self image.

Mentoring Sessions at Primary School



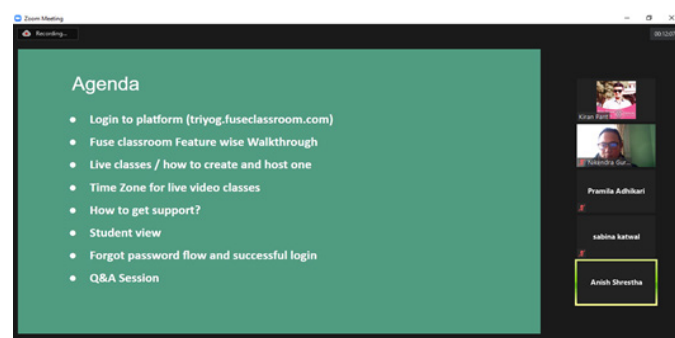
Constant guidance and required support is being provided to the students in Primary School as per their overall performances. They are equally encouraged in public speaking via practice sessions where they are observed and suggested to enhance their potential.

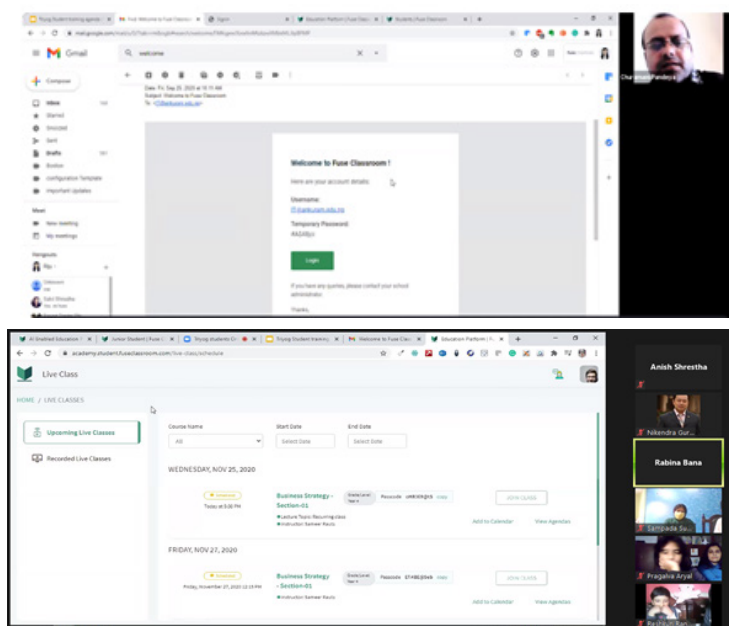
Support System Framework at Junior School



Our Support System Framework provides continuous support - social, emotional and academic - to students. Online conferences are scheduled with the parents to discuss matters pertaining to their child's socio-emotional and academic development and at times also to acknowledge the support that they are providing to their child at home. We conduct support sessions twice a week to extend help to those students who have difficulty understanding contents taught during regular classes.

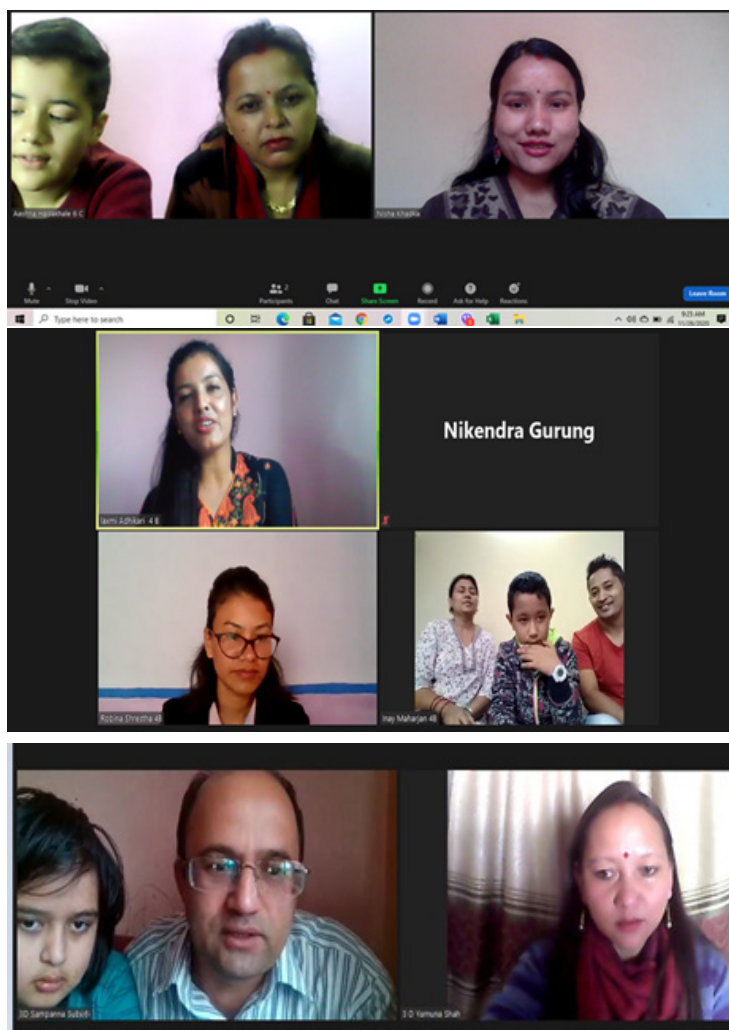
Orientation-cum-Training Sessions on the introduction of new LMS System (Fuse Classroom) for both teachers and parents





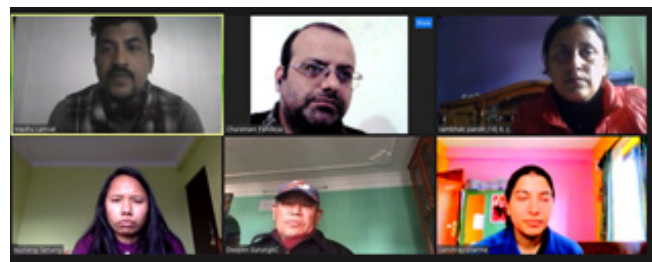
We conducted an onboarding training session for the students and parents of grades VI - X on 9 November, 2020 and for KG - grade V on 25 November. Similarly, an onboarding training session for the teachers of Grades VI and VII was conducted on 10 November and for KG - grade V teachers on 24 November.

Second Virtual Parent-Teacher Conference



The second virtual Parent-Teacher Meeting was successfully conducted on 28 November 2020 to discuss the progress of the students. Each parent was given an individual time slot to meet the Class Teacher and other teachers, in order to discuss the progress report and issues related to their ward. Four online conferences were conducted simultaneously for different blocks.

Post PTM mini conferences



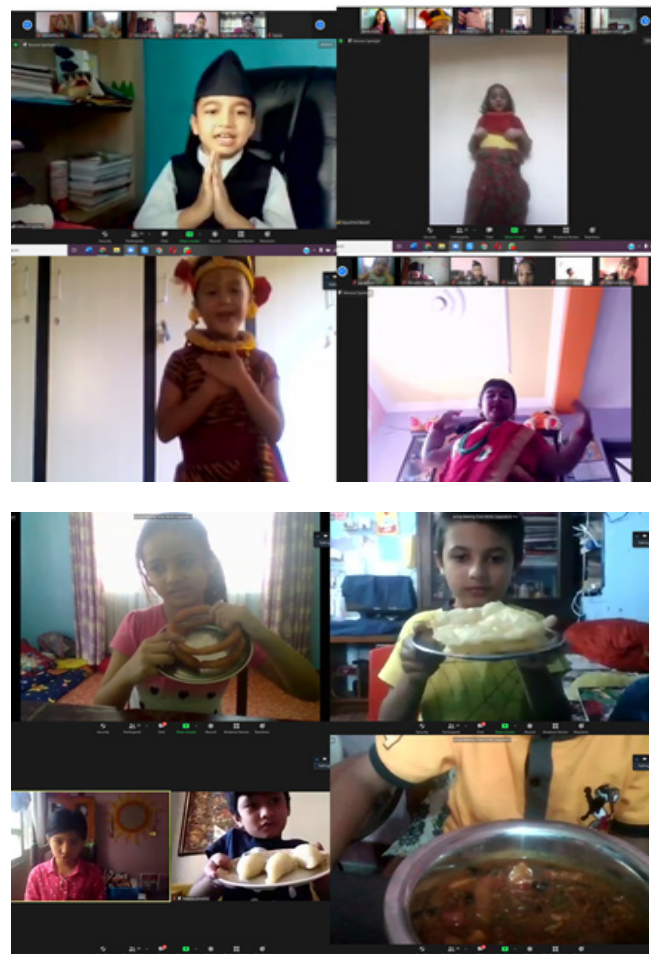
Post PTM mini conferences are still in progress with Class Teachers and Subject Teachers to support the students with the issues identified during the main parent-teacher conference. Parents are invited individually or in small groups by teachers to discuss the progress and devise better strategies to support the children. Such conferences are a part of regular student-support mechanisms.

Individual Parent Teacher Virtual Conference

Individual Parent Teacher meetings are often held by the teachers to discuss issues that may be interfering with students' learning and growth based on classroom observations. Parents or guardians can be better informed about students' strengths, needs, behaviors, and learning styles through online discussions. Discussion on enrichment or intervention strategies to support students' learning is also done during the meeting.

Experiential Learning Activities

Primary School



While learning about "culture" the children of Grade II gained lots of practical knowledge by sharing their own cultural customs and traditions with others. They were able to compare and contrast the different cultures. They learnt about the different languages, food, musical instruments, jewellerys, costumes, etc. from their friends. They also learnt to respect all cultures.

Hands-on Activity



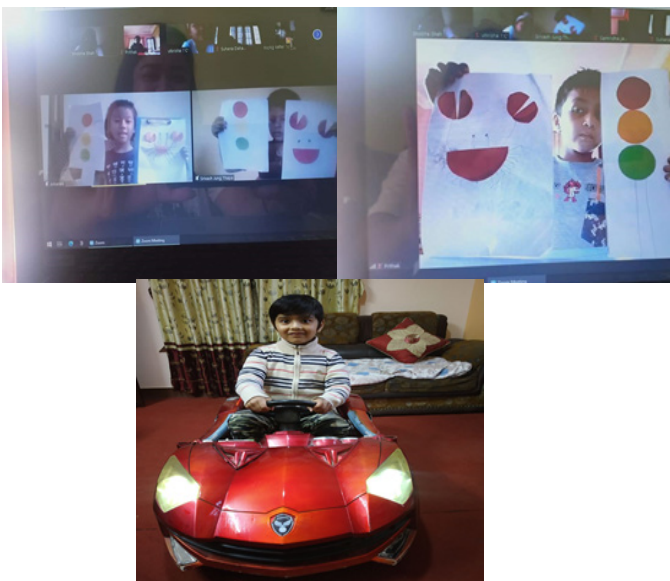
To learn about parts of a plant children of Grade 1 uprooted a real plant and observed the plant by observing the different parts. Later, they pasted the same on a notebook and labelled the different parts. To make their learning fun and interesting they were instructed to make a model of a plant and label the different parts of a plant by using lollipop, threads, cut-outs on coloured paper, in the shape of flowers and leaves.

Germination and Observation Activity



Children from Grade I germinated seeds in a plastic cup using cotton and water. They were instructed to take care and observe the plants. Students got their own plants and displayed them on the screen. They shared their experiences about the growth of the plant. They measured the growth of their plants by using standard and non standard method of measurement. The students were also asked to observe different types of plants in their home surroundings and fill up an observation sheet as an assignment

Road Safety and Enacting Traffic Rules



To learn about traffic lights and road safety, children of Grade I were assigned to make a model of traffic lights in their Craft class. They learnt about the importance of each and their role in road safety. Students enacted the safety rules by pretending to be travelling on the road and following the traffic signals as required, in their online class.

Division Activity



The children of Grade III got familiar with the concept of division through hands-on activity. They used glasses and spoons and divided those objects into different equal groups.

Reading Star

To encourage reading among Primary School students, a reward mechanism has been put in place. The child who reads more than 20 books is awarded a reading star. In order to grade their levels of reading, children are assessed thrice a year.

Projects



Compassion - Under the topic "An Act of Empathy", the children of Grade II were assigned with a project work related to the book "The Magic Finger". The children took part in an activity and showed their compassion by feeding birds, dogs, goats, cows, buffaloes. Through this project they learnt that a small act is a big step toward becoming a good human being.

Pollution



A major environmental issue, students are taught small steps in battling ecological challenges that we are facing. Children of Grade II learnt the causes, effects and solutions in order to minimize pollution through group discussions, presentations, and videos on related topics. Through the project "How to manage waste" they learnt about 3 Rs (reduce, reuse, and recycle). Children were able to recycle materials and create different showpieces.

Children of Grade I made pencil holders in their Craft class on the theme "best out of waste".



Best Out of Waste



Grade III students shared showpieces they made by recycling materials such as cardboard boxes, old newspapers, tins, etc. They learnt that recycling can be fun, rather than a chore. The children also learnt to separate household trash and throw them in recyclable or non-recyclable bins.

Story Telling Sessions



Every Sunday and Thursday Kindergarten students have storytelling sessions where the teacher shares theme-based stories. After the storytelling children engage in an interaction session with the teacher which enhances their comprehension skills. Alongside children also read their own story books which help develop reading skills.

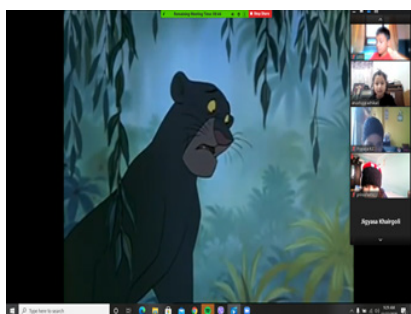
JUNIOR SCHOOL

Movie Screening

As a part of extended learning activities and to help students better understand the novel that was being taught in the Junior School movies were screened. Movie screenings helped the students to visualize the contents from the novel boosting their ability to stimulate visual and auditory skills.

The Jungle Book

"The Jungle Book" was screened for the students of Grade IV



Mr. Popper's Penguins

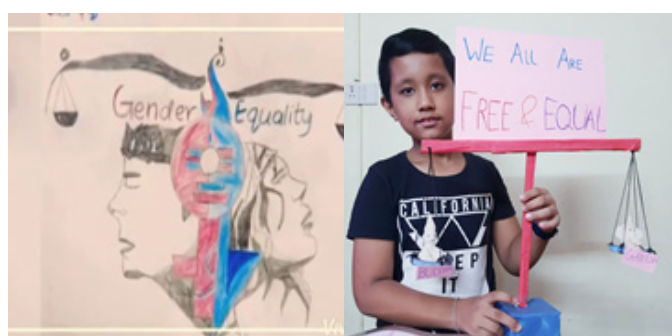
Mr. Popper's Penguins was screened for the students of Grade V.

Virtual Exit Event of Integrated Project Day



To make the students aware about the Sustainable Development Goals (SDGs) listed by the United Nations and also about their responsibilities as global citizens, Junior School initiated a project on two different SDG goals which was also integrated with various academic and co-curricular subjects.

Art and Craft



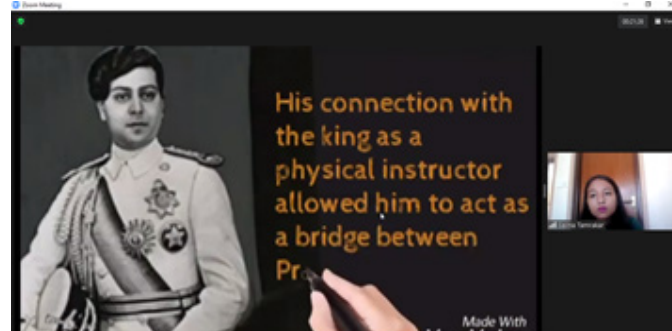
Students expressed their understanding about the SDG Goal in the form of art and craft.

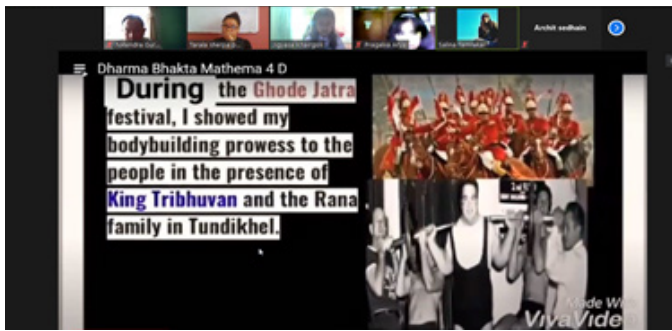
Language Arts



'Courageous People Who Changed the World' is a perfect introduction to figures who stood up to make a difference in the world. The students personified themselves as Malala, Susan B Anthony, Abraham Lincoln, Martin Luther King Jr, Rosa Parks. With courage, determination, a belief in themselves in doing what is right, anyone can change the world and fight against injustice and inequality.

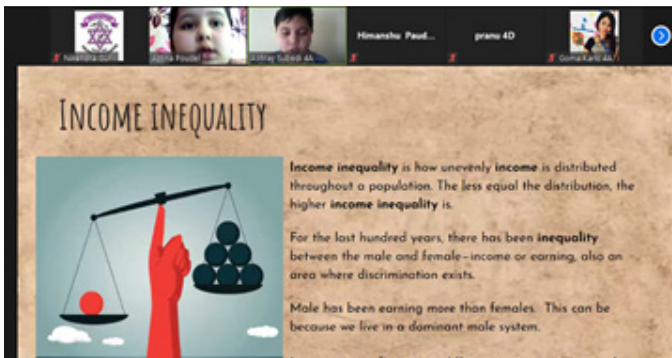
Social Studies & ICT





Students prepared a video presentation with their own background narration using the 'movie maker' application. Through their presentation they showcased how martyrs made supreme sacrifices fighting against the tyrannical and unjust rule of Ranas.

Science & Mathematics

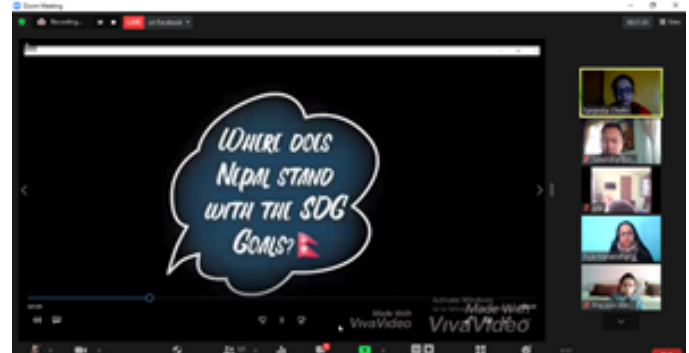


Case Study: Income Inequality among male and female workers ... *Anshu*

Name	Trade	Daily Income / wages	Monthly income/ wages	Differences
Sharmila	Labor	Rs 500	Rs 15,000	Female labors are paid less than male labors.
Shyam	Labor	Rs 800	Rs 24,000	
Poonam	Waitress	Rs. 500	Rs 15,000	Female waiters are paid less than male labors.
Resham	Waiter	Rs 600	Rs 18,000	
Pritam	Painter	Rs 1,000	Rs 30,000	Female workers are paid less than male labors.
Resma	Painter	Rs 900	Rs 27,000	

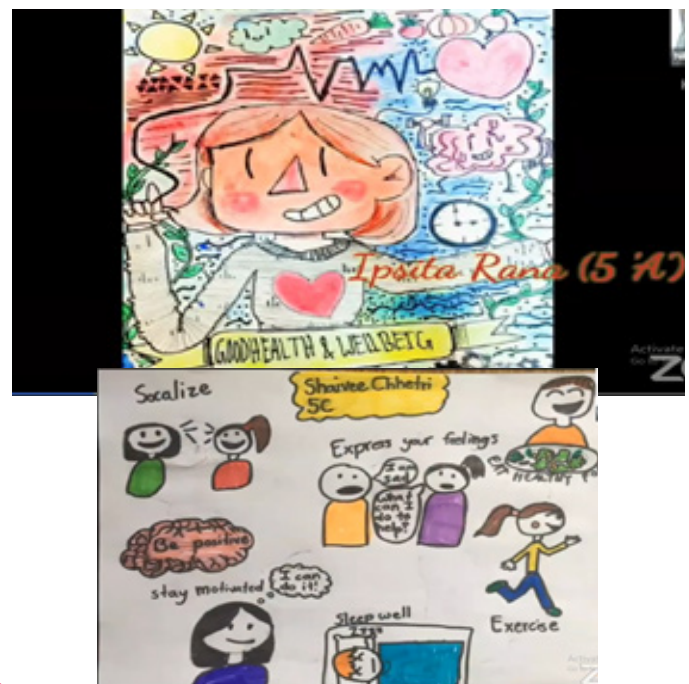
Students made presentations on financial and economical equality.

Grade V - SDG Goal "Good Health & Wellbeing"



The exit event of grade 5 focused on the eight dimensions of wellness which was integrated with various subject areas.

Art & Craft



Rural Municipality Election



"Democracy is the government of the people, by the people and for the people."

- Abraham Lincoln

Students of grade 4 didn't just read the definition, they experienced democracy through an online election for a make-believe Rural Municipality. In the final stage of the election the two candidates were nominated for the post of Executive Head and Deputy Executive Head from each section of grade 4. Students were selected on the basis of their vision boards. Then, the selected candidates made an election campaign video on the basis of the qualities they would want in their ideal village. They presented their vision to develop the whole rural municipality. They addressed the existing problems in a rural municipality. The clips were shown to each class through YouTube. Each student voted for their favorite candidates, who they believed, can lead their Rural Municipality the best.

It was a great learning experience for children, where they learned the value of choosing a right leader, they learned how to be a leader, and most importantly, they experienced and understood the very complex concept of democracy and understood why it's important.

'The Super Hero Within You'



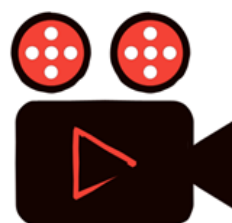
Teachers from grade IV conducted a session in which students were made aware about the fact that movie super heroes don't exist in this real world. However, all human beings possess qualities of being a superhero through their generosity and good deeds.

Sandwich-making



Students from the Junior School were taught how to make a sandwich. In the process they learned about the nutritional value of various ingredients they used and to measure the quantities, thus incorporating Science and Math, while making the sandwich.

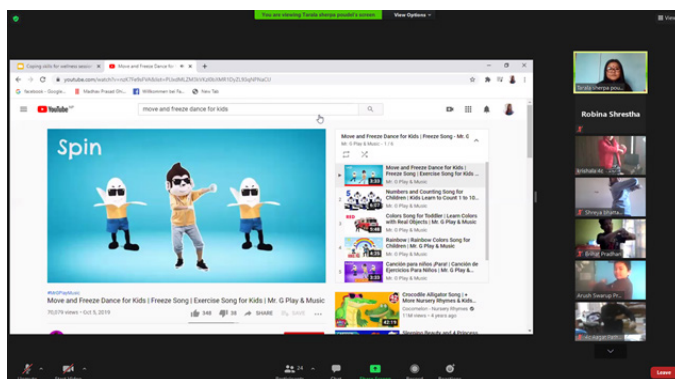
Using video making tools



Junior School students were introduced to various video making tools like Benime and VivaVideo through which they learnt how to create and edit videos and turn them into a proper resource for learning. They were able to insert pictures, add music and voiceover (background narration).

Virtual Wellness Sessions

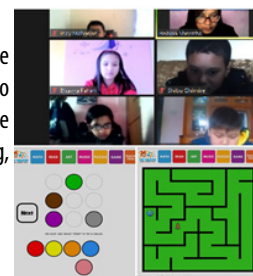
Dance and Freeze Session



Dance and Freeze is an activity where the students have to move/dance to match the tempo, beat and rhythm of the music. When the music stops, students FREEZE, when the music resumes, students continue to move/dance. It helps in reducing stress for young students.

Visual Memory and Maze Activity

This online game provides safe and effective educational games which helps students to develop their skills in strategizing, hand-eye coordination, spatial awareness, problem solving, and many more.



Coping Skills For Kids



Coping skills were taught to the students so that they can learn to handle difficult emotions, stress, and deal with responsibilities, and problems in a calm manner.

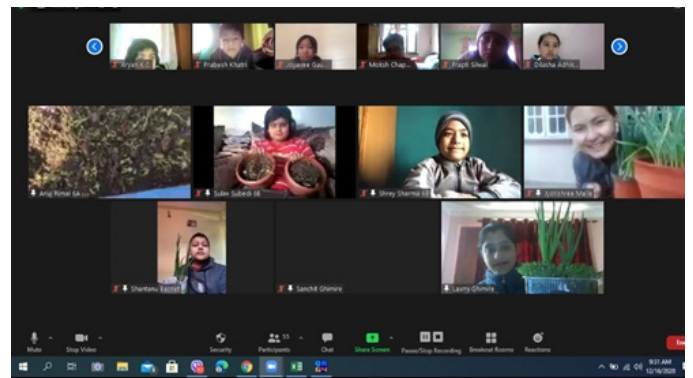
Sessions on Mindfulness & Emotional, Mental, Physical Wellness



At the Junior School we take the students on an experiential journey to get to know who they really are, to learn to master emotions, reduce stress, to connect compassionately with themselves and the complex world around them, and finally to positively share their individual gifts and passions. We provide them a platform to spiritual, physical and mental health through our Wellness Sessions.

MIDDLE SCHOOL

Kitchen Gardening



As a part of their experiential learning activity, students of Grade VI practiced Kitchen Gardening at their homes under the guidance of Ms. Laxmi Ghimire. This activity was integrated with their OBTE curriculum. They learnt the ways of utilizing waste materials and growing plants even if they have no land around. They were asked to show their plants and share their experience during the online class.

Exploring History with Technology



Students of Grade VI explored ancient human civilizations such as Egyptian Civilization and Nile Valley Civilization with their teacher, Ms. Janaki Negi Shrestha. They had video screening sessions to understand the process of building pyramids in ancient Egypt and mummification. This activity was integrated with their Social Studies curriculum. The recapitulation of the lesson was done by using Google Jamboard where the students reflected on their learning.

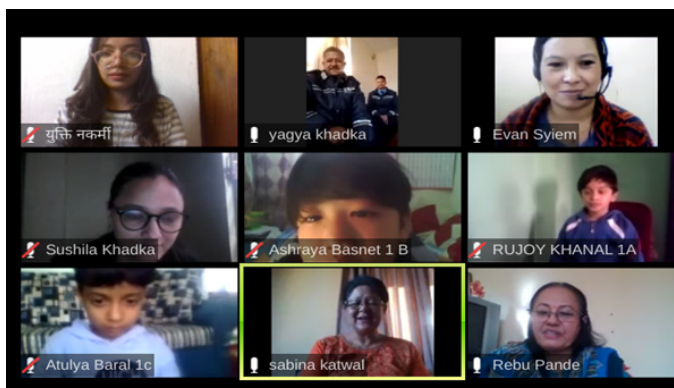
Clay Work with Grade VII



Students of Grade VII were involved in practicing clay work to make an object of their choice. This experiential learning activity was integrated with their OBTE curriculum under the guidance of Ms Laxmi Ghimire. They were encouraged to produce different geometrical shapes using clay. The students were asked to present their models during the live sessions.

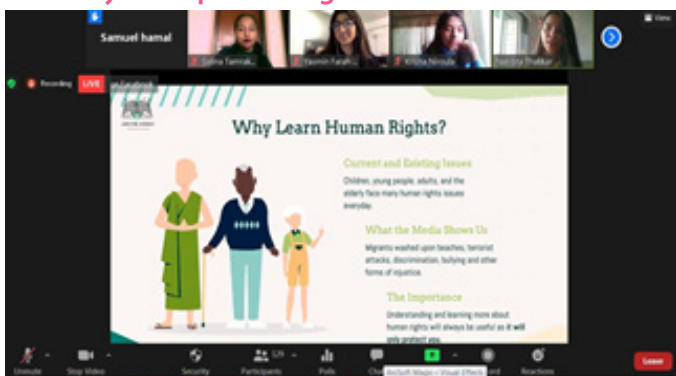
INTERACTION PROGRAMS

Interaction with Traffic Police Officers



On 9 November, children of Grade I had an interaction program with two traffic police officers Inspector Damodhar Bhatt and Habaldar Yagya Khadka. This program was based on the topic Road Safety as a part of their curriculum. Children were very excited and interacted with the officers by putting up their queries regarding road safety, traffic lights and rules they need to follow in their daily life.

Interaction with the members of "Lives For Literacy - Empowering Humans"



On the occasion of International Human Rights Day, Junior School students got the opportunity to interact with Yasmin Farah Peer, President and Founder of Lives for Literacy, Canadian Ambassador to the World Literacy Foundation, Nandita Thakkar from India, and Krishna Niroula, Director of Outreach at Lives For Literacy (Nepal). The main aim of the interaction was to equip the students with the basic understanding of the term "Human Rights" and underlying the principles of freedom, equality, fairness and justice. It not only taught the students about their rights but also their responsibilities.

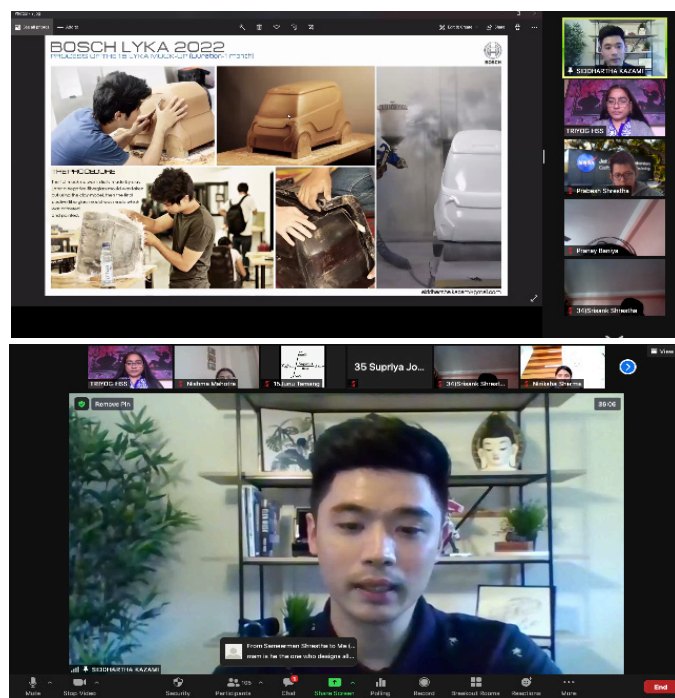
Parent-Interaction Session with Grade VIII



As a part of their integrated learning program, students of Grade VIII interacted with Dr. Nimesh Poudel on 20 December 2020. The interaction covered a wide range of topics pertaining to COVID 19 such as its introduction, global and national incidence, T-zone and mode of transmission, risk factors, key clinical features, incubation period of the virus and preventive measures. Students also learned about healthy diet and steps for sound mental and physical health.

Dr. Poudel is a Consultant Physician and Lecturer in the Department of Internal Medicine of Kathmandu Medical College at Sinamangal. He has many years' experience in managing ICU/CCU in many hospitals and has managed more than 2000 cases of COVID 19. He is also the parent of Monic Poudel from VIII B.

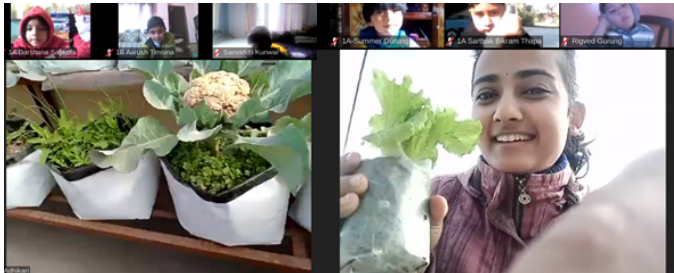
Interaction with Mr Siddharth Kazami



On Sunday, December 27, 2020 Grade X students had an opportunity to interact with Mr Siddharth Kazami who works as Exterior Designer with Ford Motors, Australia. Mr Kazami responded to students' queries about his professional career and his school years. He talked about how it is important to be focused on your goals. He also displayed his automobile designs from his internship days and from his present work place, Ford Motors.

VIRTUAL FIELD TRIPS

Trip to the Farm

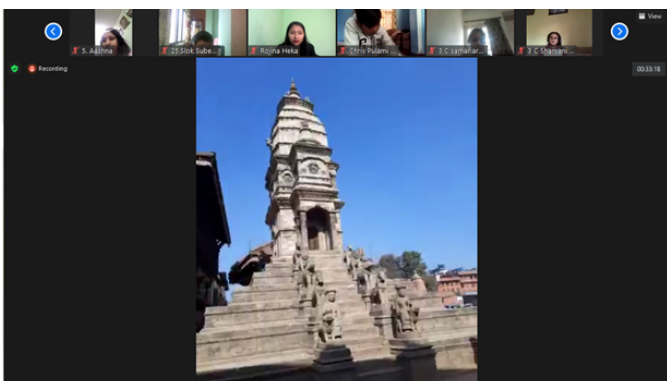


On 23 December, children of Grade I had a virtual trip to Metro Tarkari Khedi. The owner Miss Palisha Adhikari helped the children to take a tour to the kausi tarkari khedi. The visit was based on the topic "Plants Around Us". Children observed different types of plants grown there and gathered some information related to the Terrace Farming. The children learnt to be self-independent by growing seasonal vegetables required for our daily consumption. They were also introduced to the different tools used for farming.

They got a chance to interact with the owner and put up their queries.

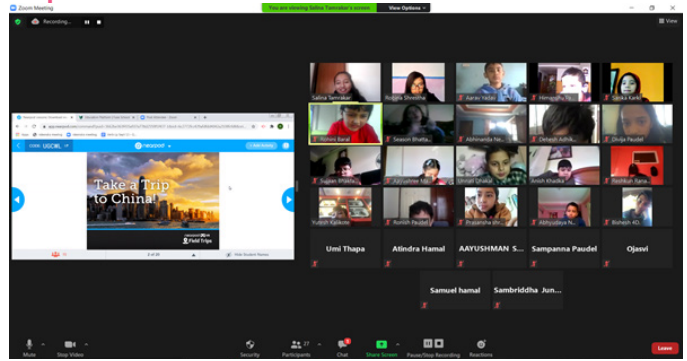
On behalf of the Triyog family we extend our gratitude to the organiser Mr. Manjish Shakyia and Miss Palisha Adhikari.

Bhaktapur Durbar Square



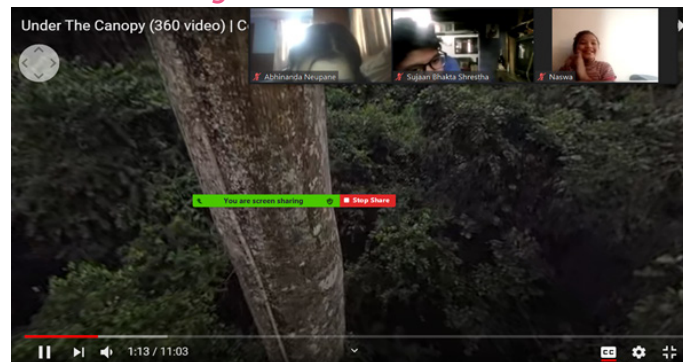
On 20 December, the students of Grade III participated in a virtual tour organized by "Terrain Travels and Tours Pvt. Ltd." The objective behind the tour was to introduce the students to one of the oldest townships of our country. The tour which was guided by Mr. Prithvi Raj Kakshyapati was enlivened and informative. The students were able to collect the historical background of the different sculptures and the temples.

Trip to China



Introducing Virtual field trips in our distance learning has helped students to increase their learning outcomes. Virtual field trips let students go anywhere at any time. It is a successful way to teach students about the world around them - any day, any time! This unit the students of Grade 4 had visited China through a Virtual field trip. It was a worthwhile learning experience for them.

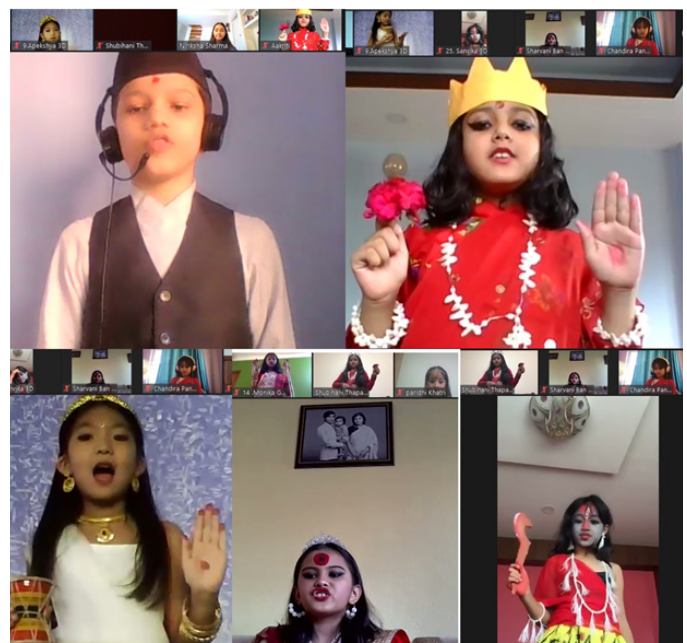
Understanding the Amazon



Students from the Junior School took a virtual 360 degree trip to the deep woods of Amazon where they understood and observed the very unique features and culture of the Amazon forest. The virtual tour was led by an indigenous guide of the Amazon. The trip took the students on a deep journey, of the beauty of the Amazon and the ugly reality of its deforestation.

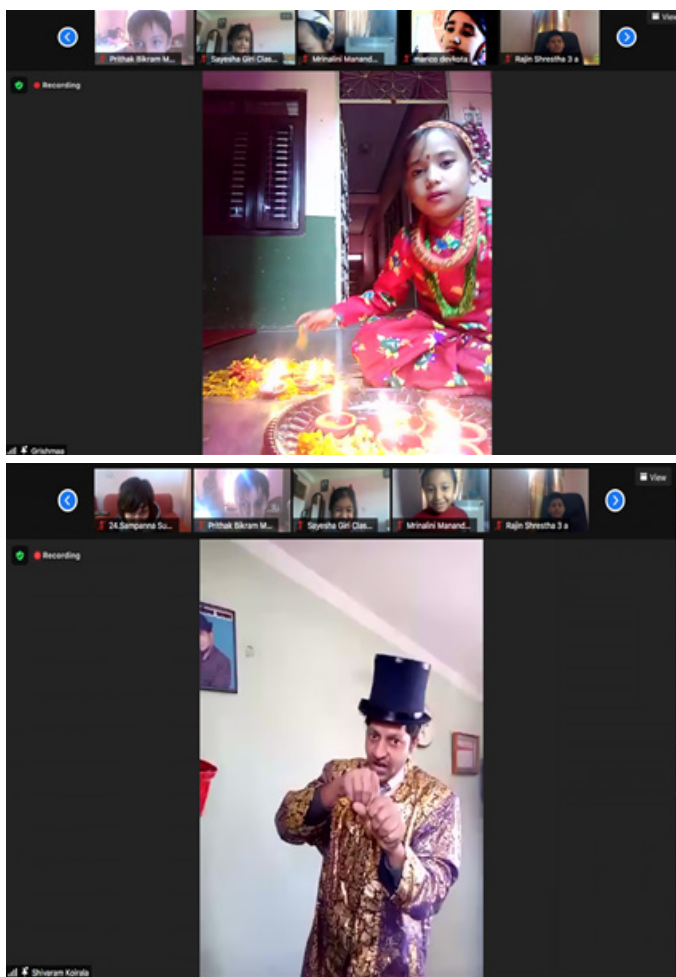
CELEBRATION AT TRIYOG

Dashain Celebrations



Dashain symbolizes the victory of good over evil. The children from Grade II depicted themselves as nine forms of Durga which are worshipped during Navaratri at the virtual Dashain celebration.

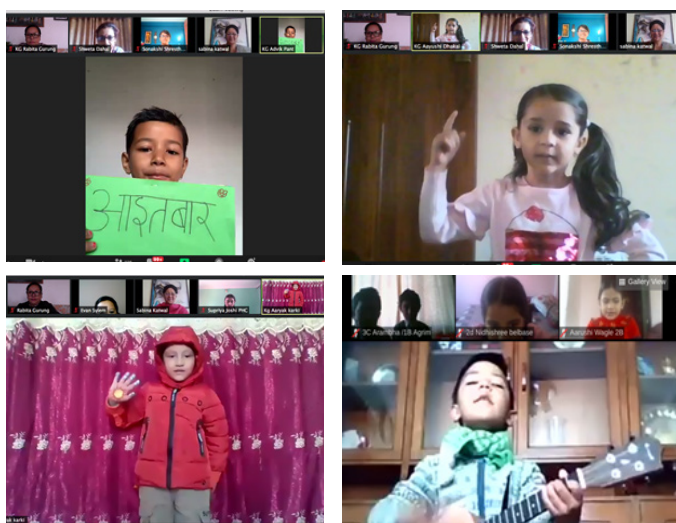
Tihar Celebration



On 12 November, students from the primary wing had a fantastic time celebrating Tihar virtually. The program included singing and dancing. A magic show was also presented to entertain the children.

ASSEMBLY ACTIVITIES

Primary School



Every Monday, the children from the Primary wing get an opportunity to showcase performances at the morning assembly through speaking, recitation, singing, and sharing of experiences about their virtual trips and interaction programs. These improve their public speaking, public performance skills and increase confidence in themselves.

Junior School



Every Tuesday students of Grades IV and V deliver presentations at the assembly on various topics in which the research and slide preparation is solely done by the students under the guidance of their class teachers. These assembly activities have helped students to improve their presentation skills.

Middle School



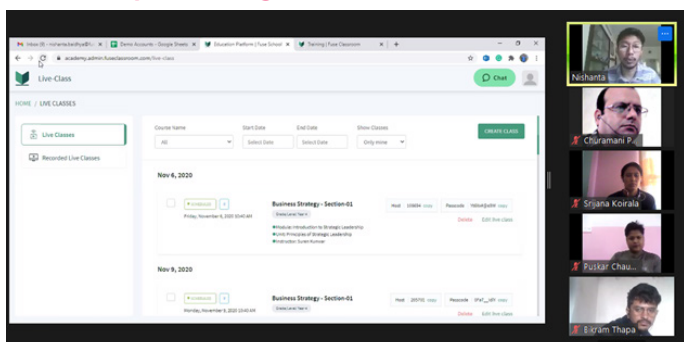
Middle School students and teachers meet virtually every Wednesday at 8:40 am for their Weekly Assembly. Students present weekly news highlights, stories, poems, songs, speeches, facts, biographies, research findings, mimics, etc. turn by turn. They have completed the first round of presentations by all sections and the second round has started. These presentations are intensively monitored and mentored by teachers.

Senior School



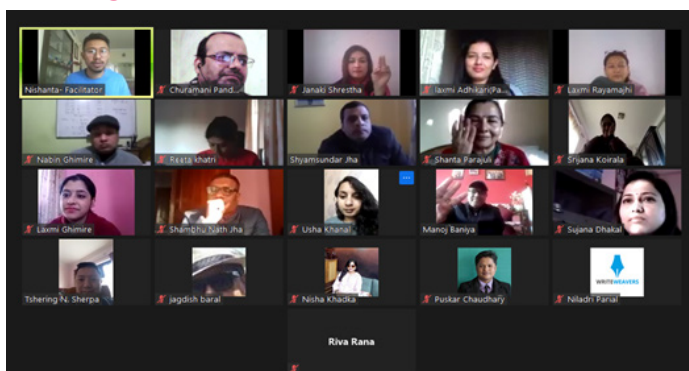
Virtual assemblies in the morning have been conducted since September 2020 and Senior School assembly takes place every Thursday at 8:25 AM. These assemblies provide a platform to students to bring out their innate and acquired talents. It is a pleasure to see students give very powerful performances which include news reading, elocution, slam poetry, musical, and other oratory presentations.

Follow Up Training for Teachers



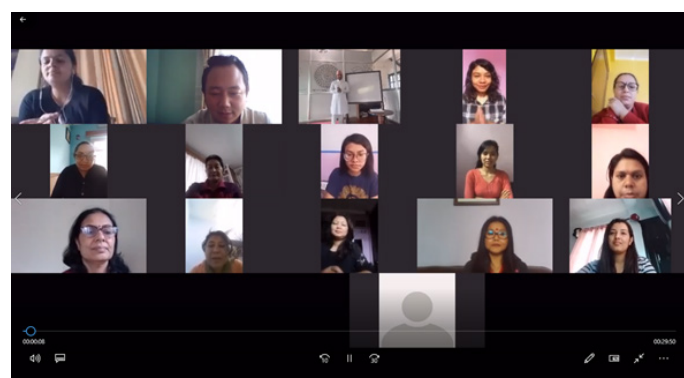
After launching the Fuseclassroom for Grades VIII and X, we conducted a follow-up training for teachers with the Fusemachines Team on 5 November. This session mainly enabled the teachers to minimize the challenges faced during the implementation of Fuse Classroom and ways to make the LMS better and more efficient.

Training for Middle School Teachers

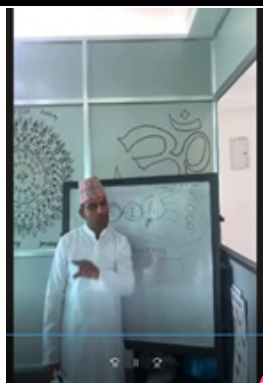


Middle School teachers attended a refreshers training session on December 10, 2020. Nishanta Baidhya from the Fusemachines implementation team facilitated the session. The session mainly focused on tools for effective online interaction and setting up live classes.

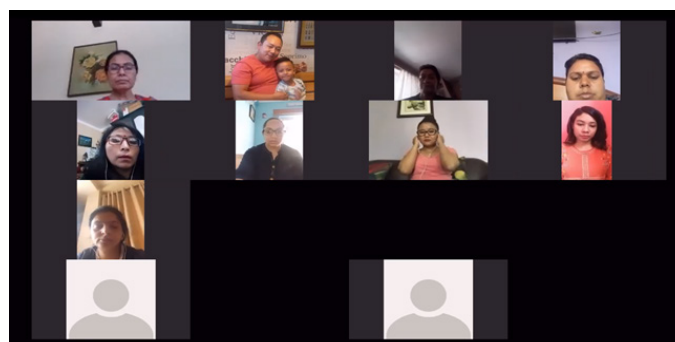
Session with Dr. Chintamani Gautam



Teachers from the Junior School attended a session with Dr. Chintamani Gautam in which they learnt about techniques of maintaining emotional balance and ways to de-stress oneself.

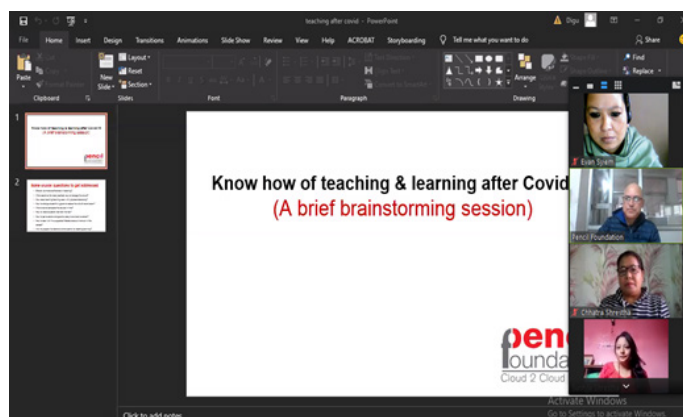


Session with Alfa M. Shakya from @theWordCastle



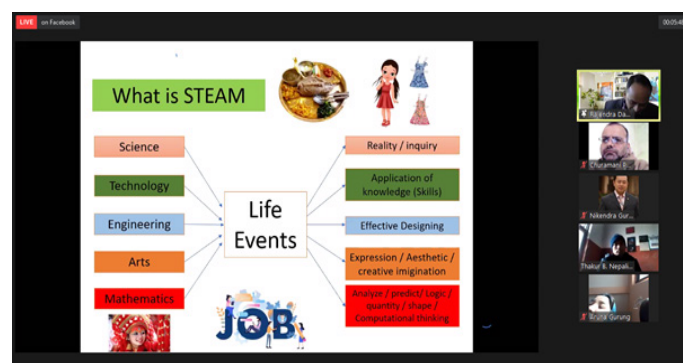
An interactive session was conducted by Alfa M. Shakya for the teachers of the Junior School. The topic of the session was "Together We Write" in which the teachers were taught the art of writing.

Training for Implementing New Integrated Curriculum in Grade I



Grade I teachers are undertaking training offered by Pencil Foundation. The training is for the implementation of the new integrated curriculum and to introduce effective thematic learning for Grade I. This training will be continued throughout the current academic year.

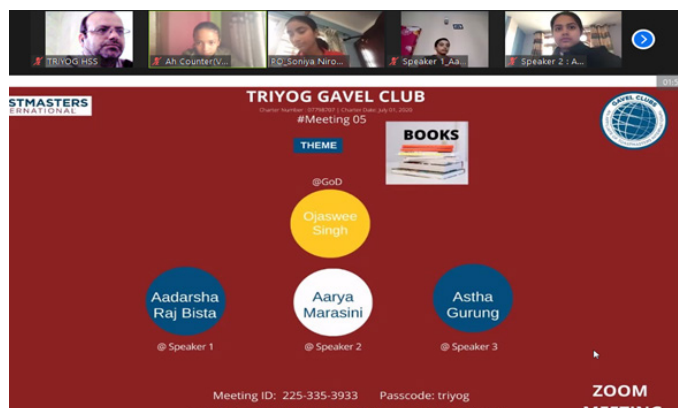
Training on STEAM Education



The School Principal and all Block In-charges participated in a Teachers Training on "Incorporating STEAM in Classroom Activities" organized by the American Spaces of Nepal (iHub Nepal) in partnership with Aaryashree International on 19 December. The session highlighted the philosophy of STEAM education and its implementation in schools, shifting focus from surface learning to deep learning, implementing multi-level integration and connecting 5Es (Engage, Explore, Explain, Elaborate and Evaluate) while implementing STEAM as an instructional approach.

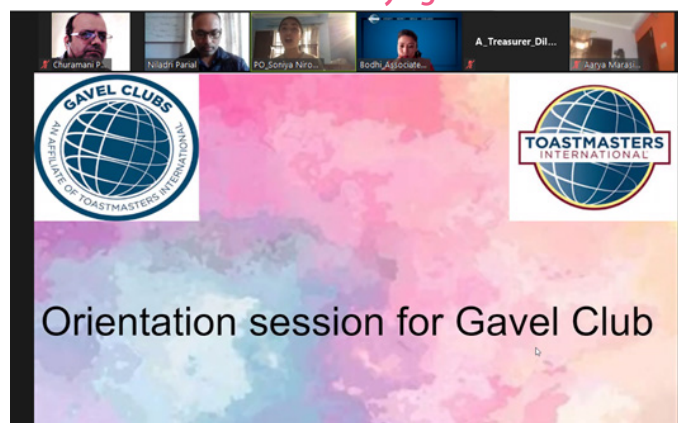
ECA ACTIVITIES

Triyog Gavel Club Meetings



Triyog Gavel Club members meet second and fourth Sundays of every English month to exercise their public speaking and leadership roles. We are happy to see them grow day by day with intensive practice and presentations.

Orientation Session for Triyog Gavel Club



An Orientation Session was organized for all Executive Committee members, general members of Triyog Gavel Club and prospective members, on 6 December. They were oriented on club mission, club roles, benefits to members and ways forward as Gaveliers, by veteran Toastmasters from different clubs.

Physical Endurance Challenge



Students from Grades IV-X took part in the monthly Physical Endurance Challenge in the first week of October. The Challenge was conducted by the Sports Department. There was participation from few subject teachers also which was motivating for students.

Solo Singing Competition



Aaryahi Karki
Grades I-III Category



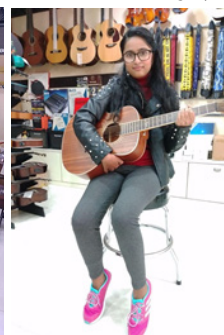
Adiksh Silwal
Grades IV & V Category



Prakriti Shrestha
Grades VI-VII Category



Yashaswi Ghale
Grades VIII-IX Category



Sukalpa Dhakal
Grade X Category

We hosted an online solo-singing competition for students of KG to Grade X from 3 to 10 July. Students recorded their performance videos and emailed all entries. The event was judged by Mr. Patrick Sitling (music composer of Mero Nepal), Mr. John Karanjit, and Mrs. Deepa Bhatt. The winners of the competition were encouraged with a sponsorship of musical instruments from Guitar Shop, courtesy Mr. Anup Sharma, Proprietor.

JCI Hetauda Online Jaycees Chess Tournament

Riya Shrestha (Grade IV) secured the second position in the Online Chess Competition organized by Hetauda Jaycees with a win in 5 matches, 1 draw and 1 loss in the 7-round series. Kapil Ghimire (Grade X) pulled off the surprise of the tournament by defeating the current National Chess Champion Purusottam Chaulagain. The tournament was held online on 29 August.

National Online Chess Championship 2020
(Swiss league 7-9 round)

Students from Triyog participated in the National Online Chess Championship which was held as per various age groups. In the U-10 Girls' category, Kripa Belbase secured the 1st position and Anushka Shrestha secured the 2nd position, winning cash prizes of Rs.3000 and Rs. 2000 respectively. In the U-12 Boys', Riyan Shrestha secured 3rd position winning a cash prize of Rs.1000 while Kripa Belbase and Riya Shrestha secured 1st and 2nd positions winning Rs.3000 and Rs. 2000 respectively. Kushal Belbase secured the 2nd position in U-14 Boys' category winning a prize of Rs. 2000 while Marshal Tamang and Riya Shrestha secured 1st and 2nd positions in U-14 Girls' category. Kapil Ghimire grabbed the joint 1st position in U-16 category and Rs.3000 as prize. Marshal Tamang secured the 2nd position in Girls' U-16 category winning a cash prize of Rs. 2000.

Interaction Session with Nirdesh Karki

On 20 October, an interaction session with Nirdesh Karki was organized by the Triyog Sports club. Nirdesh Karki from batch the batch of 2012-13 is currently a 2nd division football player in USA. More than 50 students of the Football Club attended the session.

Learning Leadership

Soniya Niroula

President, Triyog Gavel Club



Initially, I wasn't really interested in joining the Club. When we had our first meeting for the Executive Committee formation, I was selected as the Club President and had to shoulder the responsibility of managing the club activities. Being the Founding President of Triyog Gavel Club is an opportunity as well as a challenge for me.

As a member of the Gavel Club, my experience has been wonderful and filled with many learning outcomes. Throughout this ongoing journey, I have learned various skills ranging from leadership to time management. If I just compare myself to the few months younger me, there is so much of difference now. The Gavel Club has not only helped me in public speaking, and leadership skills but also has helped me in problem solving, time management, implementing new ideas, vocabulary, and collaboration skills. Gavel Club has taught me to be punctual and the importance of having backups. I can definitely say that the Club has helped me to become a better leader. This is a useful platform for everyone to grow and I would like to encourage other students too to join this journey of learning and growth.

A Great Step to Make

Aarya Marasini

Member, Triyog Gavel Club



Being a member of Triyog Gavel Club has truly helped and taught me a lot. It teaches the essential skills that help a person reach greater heights. All the roles we take during club meetings teach various lessons and they are not limited to anybody. It has helped me become a better leader, team worker, listener, and speaker. It has helped me overcome my speaking fears and I have become more confident in showcasing my skills. The Club teaches us to bring out the best in ourselves and others, and to grow together and learn. Being a leader is not about being the best, but rather about being able to believe in and bringing out the best in your team members, to lend a helping hand to whoever needs it. Although the Gavel Club might not be the only source to find the path of success, it is a great step to make!

Reimagined Teaching-Learning

Bikram Thapa, Science Teacher



I vaguely recall the talk with our Principal on the onset of the COVID-19 pandemic. I am always fascinated by his calmness and ability to ease the situation out.

I believed that we needed to start planning for the new ecosystem the COVID-19 pandemic was about to create. He was calm and collected and asked me to rest assured. I was well aware that the panic will cost even more in addition to the pandemic, and a little bit of planning is not going to do any harm. The result is, I am here in my home-town (Dhankuta) today, with my family, and unaffected by most of the unfavorable situations developed by the pandemic so far.

The School acted as per the demand of the situation created, and the classes started well, right from the predetermined date in the school calendar. The session began from a simple model of distance learning using the LMS [Learning Management System]. Later we incorporated the video conferencing platform into it, but we were very cautious in equipping every teacher with the necessary skill sets to conduct such classes. While a majority of the educational institutions in Nepal were struggling to find a proper reaction to the NEW NORMAL, we were well ahead in the race of quality engagement of students in the online sessions.

One of the major challenges that surfaced with access to smartphone/ computer, the internet, was the young generation making a colossal move toward gaming. The online learning platform demanded by the pandemic has added the missing part of the unmonitored time to the students. What awaits us is our students investing an immense amount of time in games and other online activities. That is where one of the challenges of online learning lies.

However, our young gamers were not well-equipped with enough digital skills to adapt to teaching-learning. Initially, the majority of students were unable to send files through email on their own, which created problems in receiving assignment pictures, if LMS upload could not be done.

The readability of the documents and our efficiency went nose-diving as it was a hard time for us to adapt and score assignments and assessments with distorted images in addition to improperly lighted pictures, alphabets flying or sleeping, and words stacking up in piles. We are still working to surface-off the hindrances and try finding the best solution for them. And now, we proudly claim that we stand tall, equipped with the digital skills required in the virtual teaching-learning world.

We started bit by bit and invested hours and hours in mentoring the students on an individual basis. The students can now click pictures using a computer. They can attach files and send them through emails. They can upload photographs to Google Forms. They can check the readability of the image. They can combine and make a PDF file of the pictures, and the list goes on. All of these are fundamental ICT skills in a newly-evolving world.

Who would have imagined that this roller coaster would be seamless? The reimagined virtual classrooms gave ample opportunities to utilize our time in discussions of the content concepts, designing the study material, and schedule separate sessions for the needy ones.

I look forward to receiving the same support from the parents/guardians/students in the days to come and hope that students will utilize such separately scheduled sessions to the fullest.

Growing into the New Normal

Rohit Pandey, Mathematics Teacher



I have always considered teaching young souls as one of the noblest professions. In this decade-long journey of teaching, I have always tried to become a guru, a guide, and a mentor, rather than simply being a teacher for which I have always tried to empathize with the mindset of my students. The three phases of teaching, Pre-active, Interactive, and Post Active was an initial challenge when we shifted from a physical set-up to online remote teaching-learning due to the pandemic. Adopting from asynchronous to synchronous mode of teaching-learning, we have gradually settled into the new 'normal'. As a Mathematics teacher, it was more challenging for me in the beginning. The challenges include practical mathematical demonstrations, real-time calculations, etc. Now, we are mitigating the challenges by virtual whiteboard for performing real-time calculations, use of different online tools, peer-to-peer teaching-learning, which reminded us of the fact that where there is a will there's a way. We could fulfill every student's need and in no way lesser than a normal-circumstance classroom. I feel every teacher should continue to learn, innovate, update, and grow. With the demand of the situation, we have adapted and grown. Hope the students have mirrored this growth in them too. Happy Learning!

नयाँ सिकाई

लक्ष्मी रायमाझी, नेपाली शिक्षिका



हाम्रो विद्यालयले अधिल्ला वर्षहरूमा भैं एलाएमाएसबाट नै वार्षिक परीक्षा २०७६ को नतिजा प्रकाशित गरियो। यसमा हाम्रो भौतिक उपस्थित रहेन। देशभर लकडाउन ९बन्दाबन्दी० को अवस्था रहेता पनि हाम्रो विद्यालयले भने वार्षिक क्यालेण्डर अनुसार वैशाख १० गतेदेखि नै सोही एलाएमाएसका माध्यमद्वारा पठन पाठनको कार्य सुरु गरियो। एलाएमाएसबाट हामीले आफ्नो दैनिक कार्यतालिका अनुसार विषयवस्तुसँग सम्बन्धित स्रोत र संसाधनका फाइलहरू पढाउँछौं। विद्यार्थीहरूले पनि यसै मार्फत आफ्ना कामहरू बुझ्नु भयो। भन्न जति सजिलो थियो, हाम्रा लागि यो कार्य गर्न त्यति सहज थिएन। अनलाइन कक्षालाई विद्यालयको सामान्य कक्षासँग तुलना गर्न पनि मिल्दैन।

जेठको पहिलो सातादेखि नै हामीले जुमका माध्यमबाट भर्चुअल कक्षा सुरु गर्यौं। करिब सात महिना जति जुमका माध्यमबाट पढाइ भयो भने अहिले हामी फ्युज क्लासमा छौं। यसैमा हाम्रो अध्ययन अध्यापनको कार्य भइरहेको छ।

अहिले अनलाइन कक्षाले हाम्रो पढ्ने र पढाउने शैलीमा परिवर्तन ल्याएको छ। सुरुका दिनमा हाम्रो विद्यालयले पनि अनलाइन कक्षाको जानकारीका साथै केही दिनको तालिम दिएसँगै मेरो मनमा भने केही डर तथा उत्साह जाग्यो। मैले यस्तो कक्षा कहिले लिएको थिइनँ। के गर्ने, कसरी गर्ने भन्ने लाग्यो। कम्प्युटर सम्बन्धी धेरै राम्रो ज्ञान नभएकोले अन्योलको स्थितिमा रहेँ। जहाँ इच्छा त्यहाँ उपाय त भन्छन् तर इच्छाभन्दा पनि बढी आवश्यकताले सिकाउँदो रहेछ। मैले नेपाली टाइप गर्ने, फाइल बनाउने, डाउनलोड गर्ने, पावर प्वाइन्ट लगायतका धेरै काम जानी नजानी साथीभाइ तथा आफ्ना छोराछोरीसँग सिकें।

अनलाइन कक्षा लिँदा कहिलेकाहीँ इन्टरनेटको समस्या हुने, कहिले कक्षामा विद्यार्थीको पूर्ण उपस्थिति नहुने जस्ता विविध समस्या भेल्ले परे ता पनि यस महामारीका कारण अनलाइन कक्षाबाट प्रत्यक्ष, अप्रत्यक्ष रूपमा हामी शिक्षक, विद्यार्थी, अभिभावक सबैलाई नयाँ कुरा सिक्ने अवसर मिलेको छ।

आगामी दिनहरूमा पनि यस्ता विपत्ति नआउला भन्न सकिँन। त्यसैले अनलाइन कक्षाका केही पूर्वाधार राज्यले पनि बनाओस् र आफ्नो क्षेत्रमा पर्ने कुनै पनि सीपमूलक कामलाई समय आएपछि सिकौंला भन्ने भावना त्यागी समय आउने बित्तिकै गर्छु भनेर सधैं तयारी अवस्थामा बस्नु पर्ने रहेछ भन्ने पाठ मलाई यस कोभिड १९ ले सिकाएको छ।

Together We Can

Tshering N. Sherpa, Mathematics Teacher



The COVID-19 pandemic has brought many unexpected situations in the lives of the people across the world. I literally had never imagined such a situation would come in our lives. Both teachers and students should try to understand the sentiments and challenges that each face. Parental guidance and supervision become all the more important given the present circumstances. Although we expect every student to make the best utilisation of the virtual teaching-learning platform provided by the school, some students are failing to take full advantage.

Majority of the students I teach are found very conscious and productively engaged. Their participation is praiseworthy and they even support the teachers in many areas. On the other hand, we also find some of the students quite inactive in terms of academics. These students are often found busy in playing different online games, watching YouTube, using different social media apps, during the live classes. This really disappoints me as a teacher. Yet, we are trying our best to encourage them.

At the end of each topic, we provide assignments so that students are able to test their learning outcomes. Sometimes assignment submissions of some students are often made through unfair means and not through honest effort. In such situations, we make phone calls to the parents, write emails, send text messages and give reminders to the students themselves during the live classes. We are putting in a lot of effort and expect the students to cooperate. We mostly remain engaged in planning the courses, checking the assignments and making new strategies for the upcoming classes in the virtual platforms.

During live classes we have to continually request students to turn on their videos, not to leave classes early, to join classes on time, to submit assignments regularly, etc. In this, parental cooperation and home-supervision is crucial for the overall development of the child. Both teachers and parents have to make a joint effort as we share the common goal which is "progress of the students." Together we definitely can.

Reframed Pedagogy and Assessment

Churamani Pandeya, Middle School In-charge



We have achieved something that we had not imagined would happen so soon! Appearing on students' screens and being observed by parents during live interaction was an uncomfortable thought in the beginning! However, we received a lot of positive feedback from students and parents that kept us motivated. The constructive feedback always encouraged us to strive for better systems and processes that would help students and parents overcome the initial challenges. Individual, pair and group interactions became an integral part of our daily instructional approach. Most of the activities that were conducted during physical set up were reframed in a similar manner as far as possible. Teacher explanation, video tutorials, websites, quizzes, audio clips, projects, etc. became basic components of the learning process. Both students and teachers have taken a huge leap forward in use of technology which has helped us move forward in research and innovation and digital learning. Availability of recorded live classes in LMS has added another milestone which enables students to revisit the lessons any time they want. A minimum of 6 to 8 students are making their special presentations at the Block Assembly every week which is boosting their communication and presentation skills. Students receive immediate individual and group support from teachers in case of any difficulty.

Most of the assessments were based on the written tasks of students during physical setup. We had to rethink the assessment strategy to cater to the needs of new normal. We introduced more parameters of assessment that focused on assessment for learning. Live-class attendance, quality and quantity of submitted assignments, projects, presentations, oral interviews, interactions, quizzes and MCQs, worksheets, video recordings, lesson-based short written tests, etc. were incorporated into formative assessment mechanisms that can address a variety of learners now. This is not only making it easier for students to prepare on a daily basis but also providing a wider choice and a chance for students to understand their own learning style.

Kudos to my wonderful team for their dedication and tireless efforts!

REFLECTIONS FROM PARENTS

Abha Sharma

Assistant Professor (Nursing), PhD Scholar

Mother of Avani Parajuli - Grade I



As soon as our kid joined Triyog High School, the lockdown started as a response to the global pandemic. Like every sector there was general chaos in the education sector globally. We were really concerned about our kid's schooling. As soon as the School started the new academic session however, all the concerns were addressed properly. Curricular as well as extra-curricular activities started equipping kids. Though Avani has not yet been to her school yet, she is much attached with her teachers and friends virtually. The organized digital efforts count a lot in a child's overall development. We are happy to be a part of the Triyog family.

Sunita Ulak

Research Officer, Forest Research and Training Center

Mother of Ayushman Pradhan - Grade II



We parents would like to congratulate Triyog School for conducting virtual/online classes in a praiseworthy manner during the global pandemic. At the beginning of the academic year, we were worried about the possible loss of an academic session but thanks to the School Management in recognizing the concerns of parents and starting the virtual classes at the earliest, considering student health and study as a very first priority for the school.

When the virtual classes started, we were not confident of the effectiveness of such and worried how kids could handle computers and other technical aspects. Of course, it is not easy to manage students remotely in the same way as in person. However, the hard working nature, honesty, dedication and commitment of the class teacher and subject teachers have made it possible, perhaps more than what we had expected as parents.

We understand that conducting virtual classes, especially for small kids, is not easy but the efforts and dedication of teachers are very much praiseworthy. I have personally monitored the classes several times and found them to be very effective. The well-trained teachers deliver the class and maintain the class discipline in such a way that the students feel like they are in school - this definitely needs appreciation. I wish all the very best to continue the virtual classes effectively in future too.

Dr. Anu Shakya

Ayurveda Physician

District Ayurveda Health Centre, Lalitpur

Mother of Pratosh Maharjan - Grade III



The COVID-19 pandemic has been harsh for every sector. The education sector is also affected. During lockdown period, commencement of the new academic session was challenging for the School's management. It was even more stressful to resume the academic activities on the basis of the annual calendar. We, as parents were also anticipating how the management would adopt teaching-learning methodology in this previously-unforeseeable situation. Finally, there was an announcement of a virtual teaching approach. We were excited that the children would enrol in their educational tasks as they were getting accustomed to gadgets and television only.

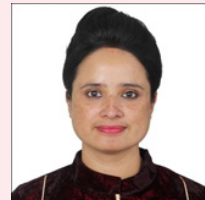
Initially, it was very challenging for our children to adapt to the new virtual system of learning. Similarly, parents/guardians too had to adjust themselves to these changing circumstances. Regular interactions with teachers, periodic training and facilitation by In-charge and Principal, have eased the context so far. In addition, teaching and learning through videos, virtual field trips, ICT, has enhanced students' listening capability, exploration, and computer skills too. Gradual modifications on the teaching techniques according to the requirements has helped students, teachers, and parents to be familiar with modern technology.

This was possible only through the persistent effort of the teachers, parents/guardians and the management team. This type of teaching technique has changed the perspective of learning and provided a platform for students to interact with their friends, teachers, and perform extra activities despite being at home. Moreover, the present system provided the monitoring tool on academic performance which was not possible in the previous teaching system. Therefore, it would be better to have these types of teaching and learning methodology in the future too, i.e. even after the alleviation of COVID 19.

Ms. Laxmi Sankhi (Khatri)

Lecture at Trinity International College, Dillibazar

Mother of Paridhi Khatri - Grade III



In this pandemic we all remained locked down inside our houses. As parents it was obvious that we all were worried about our children's learning process. In April, there was an announcement from Triyog School regarding distance learning. At first it sounded quite unreliable. We couldn't believe it would go well. Anyhow we managed to prepare for it. But the efforts from the Triyog family proved to be excellent. This distance learning went so well that our children were fully engaged and enjoyed every class. Day by day the coordination between the teachers and students improved - overall it was amazing and praiseworthy. Today, I am very happy to share my reflections regarding this virtual classroom. From the bottom of my heart I feel proud to say that I made the right choice for my children by selecting Triyog. I would like to thank the teachers for their wonderful efforts and the excellent job they have done. Thank You Triyog Family for continuing to educate our children in the best possible way.

प्रकाश कार्की

व्यापारी

आर्यक कार्की, कक्षा (के.जी)



नमस्कार, म प्रकाश कार्की, मेरो छोरा आर्यक कार्की यस त्रियोग हाईस्कूल कक्षा (के.जी) मा अध्ययनरत छन्। तर अहिले कोभिड(१९) को कारणले गर्दा बच्चाहरूले स्कूलमै उपस्थित भएर अध्ययन गर्दै धेरै ज्ञानगुनका कुराहरू सिक्ने मौका र सौभाग्य गुमाएका छन्।

तर यस्तो महामारीको विषम परिस्थितिमा पनि यस त्रियोग हाई स्कूलले उत्कृष्ट अन्लाइनको माध्यमबाट बच्चाहरूलाई पठनपाठन गराउँदै पढ्ने सुविधा प्रदान गर्दै आइरहेको छ। जसले गर्दा बच्चाहरूको भविष्यमा पर्नसक्ने नराम्रो असरबाट बच्चाहरू जोगिएका छन्।

वास्तवमा भन्नुपर्दा, यस स्कूलले अन्लाइन कक्षाहरू सञ्चालन गरिरहेको परिस्थितिमा स्कूलको उत्कृष्ट व्यवस्थापन, शिक्षकशिक्षिकाको प्रशंसनीय मिहिनेत र उहाँहरूको उत्कृष्ट कार्यकुशलता स्पष्ट रूपमा झल्किएको महशुस हामी अभिभावकहरूले गर्दै आइरहेका छौं। यसरी स्कूलले सञ्चालन गरेका अन्लाइन कक्षाहरू सफल र बच्चाहरूमा निकै राम्रो असरदार हुनुमा स्कूलको व्यवस्थापन देखा दिएर सम्पूर्ण शिक्षक शिक्षिकाको ठूलो योगदान रहेको छ।

विशेषतः, मेरो बाबुको कक्षामा अन्लाइनको माध्यमबाट पढाउँदै आउनुभएका सम्मानित शिक्षिका र शिक्षकहरूले हामी अभिभावकहरूको धेरै चिन्ता बुझ्ने गरी पठनपाठन गरिरहनुभएको छ। साथै अन्लाइनकै माध्यमबाट गेम्स, आर्ट एण्ड क्राफ्ट, म्यूजिक एण्ड डान्स का कक्षाहरू पनि निकै प्रभावकारी रूपमा सञ्चालन भइरहेका छन्। त्यस्तै अन्लाइनकै माध्यमबाट समयसमयमा अभिभावक (शिक्षक शिक्षिका विच बैठक पनि भैरहेको छ। जसबाट समन्वित विद्यार्थीको समग्र प्रगति, सुधार गर्नुपर्ने कमिकमजोरी र उसको हालसम्मको प्रदर्शनको बारेमा स्पष्ट रूपमा हामी अभिभावकले जानकारी प्राप्त गर्ने अवसर पाइरहेका छौं।

समयमा भन्नुपर्दा कोभिड(१९) ले निम्त्याएको यस्तो विषम परिस्थितिमा पनि सम्मानित शिक्षिका र शिक्षकहरूले धेरै मिहिनेतका साथ आफ्नो उत्कृष्ट शिप, ज्ञान, स्रोत र साधनका साथै विभिन्न उपाय र तरिकाले अन्लाइनको माध्यमबाट बच्चाहरूको सम्पूर्ण ध्यान खिच्दै सफलरूपमा अन्लाइन कक्षाहरू सञ्चालन गर्दै आउनुभएको छ।

अन्त्यमा, म एउटा अभिभावकको नाताले यस त्रियोग स्कूल, यसको व्यवस्थापन र मेरो बाबुलाई अन्लाइनको माध्यमबाट अध्यापन गराउँदै आउनुभएका सम्मानित शिक्षिका र शिक्षक लगाएत सम्पूर्ण शिक्षकशिक्षिका जसले यस्तो अप्ठ्यारो परिस्थितिमा पनि निस्वार्थभावनाले बच्चाहरूको राम्रो भविष्यको लागि पुर्याउँदै आउनुभएको योगदानलाई कदर गर्दै हामी सम्पूर्ण अभिभावकको तर्फबाट उहाँहरूलाई सधैं प्रेरणा, हौसला र सम्मान मिलिरहोस् भन्ने कामना गर्दै मेरो तर्फबाट उहाँहरूलाई हार्दिक सम्मान गर्न चाहन्छु। धन्यवाद।

Jaya Prabha K.C

Major

Nepal Army

Mother of Sauhadra Bahadur Adhikari - Grade III



In this pandemic we all are having a hard time and Triyog school has done online classes which is helping our children in their education. The School has organized different platforms for our children to learn at home. The virtual classes have covered the syllabus of my child's academic curriculum. I really appreciate the hard work done by the teachers in making the virtual classes effective and interesting. Virtual field trips, games, quizzes, and music have made the sessions very interesting for the children. I wish all the best for the future.

MESSAGE FROM THE TRIO

Maya Poudel - School Captain

My Namaskar to all!

I hope that all of us are doing well and are at the pink of our health. Never had we imagined this year, 2020 to go this way - Coronavirus, lockdown, and online classes. All of us have been compelled to move from our daily schedules and adapt ourselves accordingly. As the School Captain of Triyog High School for the year 2020/2021, it has been a whole new experience for me.

The whole Prefectorial Body brainstormed new ideas, duties, and plans. We had to use different methods of approach to ensure discipline in online classes and sessions, making sure that extra-curricular activities were carried out smoothly and all the learning societies functioned well; and we did face difficulties and failures. But we learnt from them which has helped us improve and move on.

We as a team are working on ideas to better student learning and outcome - one of the ideas is to create study groups where all students i.e. academically sound and average students, can exchange and solve their academic queries, apart from the virtual school hours.

As the School Captain and the representative for the student body, I along with my team look forward to making the most of the virtual opportunity and live up to responsibilities and serve in the best way possible as student leaders.

On behalf of the entire prefectorial body, I ask all stakeholders of Triyog High School to be hopeful. This too shall pass and better days shall surely come. Let us all students do our best in academics and extra-curricular and turn this challenging year into one of opportunities and new learning. Wishing everyone the best. Stay safe!

Oshin Panday - School Vice Captain

Being the School Vice Captain of Triyog High School for the batch 2020/21 has been challenging. The Corona Virus outbreak has kept us all at home with everything to be done virtually. Be it attending classes, submitting assignments, or organizing competitions. All of these had to be done with the available resources at home. This has led to excessive screen time for the teachers as well as the students. From my end, I ask you all to stay safe and healthy. Accept the new normal and cope up with it. Drink enough water and avoid unhealthy eating. To all my respected teachers, fellow colleagues, and juniors, I want you all to know that if there is anything that you would expect me to do then I will always be ready to help you. I hope to see you all very soon. Take care and stay safe!

Shreejita Chauhan - School Discipline Captain

Greetings! I am Shreejita Chauhan, your School Discipline Captain for the academic session 2020/21. This has been a tough year for everyone. However, it is fascinating to see how the world has transformed although all of us have been confined inside the four walls of our home. As the Discipline Captain, it is a pleasure of mine to say that although this pandemic has been troublesome, the students have been thriving to bring change and adjust to the environment that we've all been forced to live in. We have been conducting weekly assemblies where students of all sections gather, share their presentations, give speeches, read out the news and showcase their talents. Likewise, members of each Learning Society have worked hard to conduct events like interaction sessions, competitions, etc. for the students. I have coordinated with the executive members who reach out and communicate with individuals as well as organizations on their own, asking sector experts to visit our School virtually as guest speakers for interaction sessions or as judges for competitions. We have continuously worked with enthusiasm on creating posters, notices, communicating with parents via Viber groups, coordinating with the students and guests, creating the certificates, the letter of appreciation for guests and many more. I never knew what a Zoom meeting was, but now I can easily conduct zoom meetings to exchange ideas, discuss our vision for the school and make sure it happens, overcoming obstacles. 2020 is coming to an end and I can proudly say as the Discipline Captain of Triyog that even though we are stuck inside our homes, we have made the most of what we have and will continue to do so.

HOUSE PLANS & FUTURE STRATEGIES

Rara House

Post	Ideas
Rara House Captain Niriksha Sharma Khanal	<ul style="list-style-type: none"> To organize a webinar on cyber crimes and ethics as a project from EmpowerHER Junior for which I will have as many Rara house members as possible as the participants for the webinar. This would give all the Rara house members an opportunity to know more about cyber issues and crimes and also how they can deal with it.
Rara House Vice-Captain Sonakshi Shrestha	<ul style="list-style-type: none"> To create study groups. 'Rara Recommends': A monthly digital single page pamphlet with illustrations and doodles. To produce a list of recommendations on multiple themes such as 'Rara Recommends 5 Best Historical Movies' 'Rara recommends 5 ways to Build New Resolutions for 2021' etc. These recommendations are to be collected and edited by Rara house students. To explore the Rara house slogan and make it more significant to the identity of its house and its members.
Rara House Senior Prefect Kamira Rawal	<ul style="list-style-type: none"> The tourism sector of Nepal has been affected because of covid. I will be hosting a webinar where I will be sharing information about the challenges that the sector is facing. I will be starting with Rara Lake, that's where the name comes from. Members will get to know about Rara Lake, the largest freshwater lake in Nepal, flora and fauna found in that place, its climatic conditions, socio cultural and religious values. The topic will be directly related to the tourism sector of Nepal and how the members of Rara House members can contribute to the tourism sector of Nepal.
Rara House Junior Prefect James Bhomi	<ul style="list-style-type: none"> For competitions, we can engage students in quiz and speaking. Four teams from each house will participate and a pre-selection phase before we choose the finalists for the competition. The quiz must not be monotonous and too difficult. It's better to ask tricky and interesting questions with voice, images and riddles!

Phewa House

Post	Ideas
Phewa House Captain Supriya Joshi	<ul style="list-style-type: none"> Groom the students of Junior block to become more creative and confident.
Phewa House Vice-Captain Suyog Karki	<ul style="list-style-type: none"> Conducting a session with house students about our house vision and our motto.
Phewa House Senior Prefect Zen Gurung	<ul style="list-style-type: none"> Encouraging students to join assembly and motivating them to take part in upcoming activities/competitions.
Phewa House Junior Prefect Bishista Wagle	<ul style="list-style-type: none"> Help the team of Prefects in conducting competitions etc. Also notify people about assembly so that all students attend the assembly.
Phewa House collective Ideas	<ul style="list-style-type: none"> Conduct at least one competition for all the levels Conduct an interactive session where students will put forward their views about Phewa House Publish 'LOCKDOWN STORIES' weekly on Facebook page for Junior students(kg to 5) Hold an online talent show via ZOOM Intra-house competitions (song composition) Conduct an interactive session where students will put forward their views about Phewa House (with a guest if possible)

Tilicho House

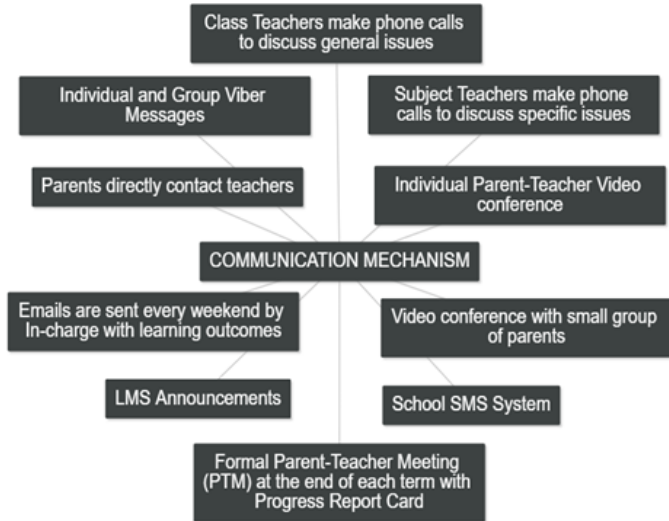
Post	Ideas
Tilicho House Captain Pranay Baniya	<ul style="list-style-type: none"> To organise Inter-House Debate Competition for the students of Tilicho house.
Tilicho House Vice Captain Nicole Kandel	<ul style="list-style-type: none"> Organize an interaction session and invite students as well as teachers. We can then talk about various topics socio-emotional we can relate such topics with our own experience as well.
Tilicho House Senior Prefect Nihona Pradhan	<ul style="list-style-type: none"> Organize an online Book Fest, e.g. Quarantine Good Reads where students will share books that they have read and found interesting, during the pandemic.
Tilicho House Junior Prefect Anuska Acharya	<ul style="list-style-type: none"> To effectively organize the debate competition, book fest and interaction sessions for the maximum benefit of the house members.

Begnas House

Post	Ideas
Begnas House Captain Bibisha Adhikari	<ul style="list-style-type: none"> Be My Eyes is a free smartphone app for iOS and Android. Be My Eyes connects blind and low vision users with sighted volunteers company representatives for visual assistance through a live video connection. In more basic terms, it allows users to have a sighted person on demand through video chat. During the free time students can volunteer and use the app to help people needing visual assistance. Begnas House wishes to take a step forward in helping people through this app. We encourage not only the students but teachers also during their free time to utilize it to the utmost in favor of humanity. Students of the house can be made aware about this app via a ZOOMmeeting. Interested students can offer to help and take part in the community service process by downloading the application and using it in their free hours. As a proof students can take a screenshot of the assistance they've provided but by blurring out the images of the person needing the assistance keeping in mind their privacy and security.
Begnas House Vice Captain Shraddha Joshi	<ul style="list-style-type: none"> We can organise a showcase where every house prepares a short video or animation via various softwares clarifying their house agendas. A virtual seminar can be organized for the students of grade 9 and 10 where we help them find their passion and build a base for their career by asking them questions like "Where do you see yourself in 10 years?" or about their interests and skills verbally or over Google Form. We can also inform them about the scope in various fields and what they can pursue on the basis of their skills. We can give them advice and counselling for developing plans on their career profile.
Begnas House Senior Prefect Sameera Thapa	<ul style="list-style-type: none"> We can conduct a poem writing competition within our house where students can write a 1 or 2-minute poem on a topic such as racism, cyber crime or related to lockdown activities.
Begnas House Junior Prefect Aaditya Pyakurel	<ul style="list-style-type: none"> We can conduct an intra-house Debate competition formally, before the inter-house debate competition) so that we can identify the students in our house and their strengths. It would be a nice session for the participants too as they could practice, prepare, and get comfortable/confident for the inter-house competition. At the intra-house competitions\ more participants can be engaged than in inter-house, so more people can get chances, they can improve themselves, be engaged, and prepared.

COMMUNICATION WITH PARENTS

We are in constant touch with all our stakeholders. If any issue is identified that needs immediate attention of parents, we contact them immediately to discuss the issue. We have several mechanisms of communication to keep our parents informed about the School activities. A diagrammatic representation of the same has been presented below:



Besides communicating over phone and through Viber groups, communication is also established by means of an email which is sent to parents at the end of every week as Weekly Update. The update provides the parents a glimpse of the teaching - learning activities, upcoming events, new initiatives, schedules, etc.

Happy New Year 2021

May this year bring new happiness, new goals, new achievements, and a lot of new inspirations on your life. Wishing you a year fully loaded with happiness.

2021
HAPPY NEW YEAR



TRIYOG
HIGH SCHOOL