

position at the event.

A Day with the Vet

Apekshya Thapa and Aayush Acharya of grades VIII and IX respectively, who are members of Friends of the Zoo (FOZ) participated in a program organized by National Trust for Nature Conservation (NTNC) at the Cetral Zoo, Jawalakhel. A presentation on animal encroachment was followed by a tour of the zoo, showing the children how the animals were fed and taken care of. They also voluntarily participated, under the guidance of a veterinary doctor, in an experiment on rabbits to measure their body temperature.

SCHOOL COMMUNICATION AND OUTREACH

Digital Communication Channels

Official communication mediums from the School are as below:

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

Telephone-based Communication Channel

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

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

Billing Updates till Asadh

As per the District Education Office only families that had been affected by the earthquake are to receive 50% waiver in Tuition Fee. However, the School has extended the exemption to all parents. Parents have received the billing for the omnth of Baisakh and Jestha together. In the same, Lunch and Transportation for Basiakh has not been charged. The 50% exemption for the month of Baisakh has been adjusted in the bill for Asadh.

The following list is the change in the School Calendar in order to make up for the days lost in April and May 2015

May 31	Sunday	School Day
June 7	Sunday	School Day
July 2	Thursday	School Day
July 3	Friday	School Day
July 5	Sunday	School Day
August 2	Sunday	School Day
August 23	Sunday	School Day
September 8	Tuesday	School Day
October 28	Wednesday	School Resumes after Dashain
October 29	Thursday	School Day
October 30	Friday	School Day
November 1	Sunday	School Day
November 2	Monday	School Day
November 3	Tuesday	School Day
November 4	Wednesday	School Day
November 5	Thursday	School Day
November 6	Friday	School Day
November 17	Tuesday	School Day
December 25	Friday	School Day
January 31	Sunday	School Day
February 19	Friday	School Day
March 6	Sunday	School Day
March 8	Tuesday	School Day



TRIOG HIGHER SECONDARY SCHOOL

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NEWSLETTER

JULY 13th

2015-2016

VOLUME I

MESSAGE FROM THE PRINCIPAL

The aftermath of the earthquake brought Triyogees together like never before. After we were assured that our School building was safe we put our heads together to see where and how we could help in relief efforts as a responsible organization. The School would like to acknowledge the Herculean effort put forth by the newly-formed School Alumni and current students along with teachers. This team worked non-stop from 30th April to 7th May to collect donations from generous parents and residents of Dhapasi and connect with organizations and individuals who were distributing relief materials to affected areas. Triyog School worked as a distribution center where organizations and individuals came to collect relief material such as clothes, dry food and essential medicine. We are proud to have done our share in helping people in affected areas and for this I thank everyone who was involved.

We have had multiple independent inspections of our School building done – first structural engineers form IFID Nepal, than the team from the DEOs office and finally from Design Cell the architectural and engineering firm that designed our School. We have occupied the School building to resume normal academic classes after having ascertained it's structural integrity and safety.

This newsletter brings together snapshots of all effort the School has put through May and June to ensure that our students and staff can come back to a normal school life, along with other highlights. We sincerely appreciate the support and cooperation that our parents and well-wishers have shown during this period. Let me assure you that we will do everything to ensure all student and staff are safe and are a part of a healthy teaching-learning environment.

NEW INITIATIVE IN THE PROGRESSIVE INTEGRATED PROGRAM

We are integrating technology in a big way for teaching-learning and continuous formative assessments for the Integrated Program (Grades I – IV). Our technology partners, 360 Consulting, are working closely with our teachers to ensure that all children are better assessed through the Edcrayon software deployment. Training for Grade IV teachers will continue throughout the entire academic year along with monitoring and feedback sessions. The teachers have also undergone a Behavior and Classroom Management workshop.

OTHER INITIATIVES

In partnership with Karkhana, another education company, we are trying to impact the way teaching-learning is imparted at Triyog. With teacher observation and feedback sessions, every effort is being made to ensure that our teachers are equipped with better resources and teaching methodologies. Ultimately that will positively impact how students learn at School.

Meditation and silent-sitting have been introduced as a compulsory activity throughout the School every morning. The session is facilitated by class teachers. Subject teachers are at liberty to conduct the same as and when possible throughout the School day.

TEACHER TRAINING WITH SPECIAL FOCUS ON TRAUMA RELIEF AND STUDENT REINTEGRATION

Trauma Relief Workshop for Teachers

On the 6th of May, a three-member team from Israel comprising military doctors and disaster management experts visited Triyog for a workshop which enabled our teachers and staff to communicate their experiences following the earthquake and gave valuable insights on how to facilitate initial classroom activities and discussions for students, an important step towards recovery. This initiative has sped up the process of trauma relief among the students and teachers alike. A feeling of security has been instilled in students as they feel safe and protected in the presence



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of their teachers. security has been instilled in students as they feel safe and protected in the presence of their teachers.

Nawa Marga Training

On May 27th and 28th our teaching and ECA staff participated in a “Post-Earthquake Relief through Education” Workshop hosted by Karakhana and Rato Bangla Foundation. Teachers from Kathmandu VidyaKunja Secondary School and Prithvi Secondary School joined in on the 28th of May to receive the training. The training program reinforced teachers with tools and techniques for reintegrating our students back into the normal school routine following the natural disaster. This training boosted existing skills in teachers and made them ready to welcome students back to School.

We Welcome Students to School

Triyog Higher Secondary School reopened its doors for senior students (grades VIII to X) on the 31st of May. Grades VI and VII joined the seniors from 3rd of June and grades K.G. to 5 from the 7th of June. The students were glad to come back to School and the host of reintegration activities prepared meticulously by our teachers ensured that the reintegration process went smoothly.



Disaster Management and Relief Workshop

Senior students were involved in a disaster management workshop on their third day back to school. The Disaster and Relief Management Team of the Armed Police Force conducted a workshop on "Safety measures before, during and post earthquake" for staff and students of class 8, 9 & 10. The students were briefed about the do's and don'ts in case of an emergency. The workshop was a success as students felt that it would help them in an emergency. Inspector Bishwanath Pokhrel and Senior Constable Ram Bd.Tamang delivered the presentation.

Earthquake-Safety Drills

In order to ensure their safety, students have been taught appropriate responses in case of an emergency. Everyday, randomly throughout school hours, the students and staff practice drills that are designed to ensure safe and speedy evacuation should any emergency arise. Throughout the duration of the drill, they are guided by the teacher present in the class and are required to cover their heads and crouch in a duck-cover-hold position and then evacuate systematically to the front and backfields away from walls and the school building. Teachers who are not in classes assist in safe and fast evacuation..

Additional Physical Infrastructure for Easy Evacuation

The long term plan of the School is to build additional evacuation infrastructure to ensure safe and fast evacuation from the School building in case of an emergency. Existing back exits will also be widened.

Triyog For Earthquake Relief

Relief Management

The Alumni, current students, and members of the teaching staff got together from the 30th of April to set up a collection and distribution center within the School premises. The teachers also supported us immensely with this



initiative. Soon we were overwhelmed with heavy inflow of medicine, clothes, dry food supplies - biscuits, noodles, beaten rice, salt, rice, puffed rice, water etc from generous Parents & other well wishers. A team of visiting teachers and students not only came in with supplies but also helped us sort clothes for men, women, and children.

We put in 7 days and over 120 hours of combined volunteer work at School to help the needy. It is actually inspiring to see people of all ages trying to do their bit to help those in need, even when the tremor shook us all. Kudos to all the contributors and I am proud to have been a part of this noble initiative by Triyog H.S. School along with Triyog Alumni and Junior Red Cross at Triyog. - Report by Priyanka Karki Shrestha (Grade X)

JUNIOR RED CROSS AT TRIYOG

The Junior Red Cross society at Triyog was formed in the academic session 2014-15 to involve the students in social activities and develop in them a sense of care and belonging for the society they live in. During the earthquake relief operation the Junior Red Cross played a major role in collecting relief materials seeking donations from individual houses around the Dhapasi VDC. Mrs. Durga Karki, the Junior Red Cross coordinator led the collection and distribution initiative.



OTHER ACTIVITIES

World Environment Day

Triyog celebrated the World Environment Day on the 5th of June. Grades VI and VII put up a small program – comprising a song, a short play, and a poem by Aayusha Acharya, a grade VI student. Grade X, along with the teachers, marked the day with a tree plantation programme. There were two art competitions held. The team from Rara House from grades IX A and B won the 3D art and craft competition whereas the team from Tilicho house from grades IX A and IXB secured the first position in the art competition.



Annual Prize Distribution and Investiture Ceremony

The Annual Investiture ceremony and annual academic prize distribution ceremony was held on the 15th of June. The newly elected Captains, Vice-Captains and Prefects were honoured with bagdes and sashes by our director, Dr. Shanti Basnyat which was followed by the formal oath-taking ceremony. Students who remained present throughout the previous academic session were honoured with Perfect Attendance awards. Students who had achieved academic excellence in the last academic session by securing the 1st, 2nd and 3rd positions were also awarded. The Chairperson also handed over letters confirming scholarship to the parents of students who stood first in their respective batches. Manan Pokhrel, School Vice Captain for the academic session 2014/2015 was unanimously chosen and awarded as the Best Captain whereas Begnas House with a total of 1,435.5 points was awarded as the Best House for the last academic session.



Our Table Tennis Champs

At the Inter School Table Tennis competition organized by EPS on the occasion of national Olympic day, Yasmin Sheikh, Subani Malla, Sagason Thapa, Nikesh Poudel did our School proud. In the Girls' Singles category Subani Malla of grade VIII stood second whereas Nikesh Poudel of grade X stood second in the Boys' Singles. In the Girls' Doubles Yasmin and Subani secured the second position while Nikesh and Sagason made us proud by securing the first