

Pande.

Workshop At Teach For Nepal

Three teachers of Language Arts and Social Studies from Triyog Higher Secondary School attended a workshop on "Retelling Histories: Arts Education Program" on 19th of September, 2015 at Teach For Nepal



(TFN) Hall, Kupondole, Lalitpur. The workshop was conducted by Nepal Picture Library, a digital photo archive run by photo.circle. The main objective of the program was to find out the ways on how to make students research and learn about the diverse histories of their families and ethnic groups by reading, writing, interviewing and examining photographs, and by using language, visual and performance arts as teaching tools. The workshop also focused on participation and contribution of students and their families in contextualizing and personalizing historical narratives into their own family lives and making history more engaging and interesting. The teachers discussed about curricular outlines, lesson ideas and support materials with the

teachers from other schools and various education related organizations

Earthquake Drill- Still Continued

Our school still continues to conduct the drills for safety from the earthquakes. The timing of exiting the building is getting shorter. We are progressing with keeping the students safe from an emergency case of an earthquake.

Counseling

Sabina ma'am, our counselor, helps the students to be calm and collected. She helps them meditate and ease their anger. The students have a class counseling session with her twice a year and an individual session as well. She helps the students to be emotionally stable.

Interaction with Bihani Social Ventures

Grade 5 students had an interaction program with Santoshi Rana of Bihani Social Ventures and Sudha Basnet of Women's Dreams, as a part of their experiential learning class in Social Studies. Our teachers try to connect academic material to hands-on, practical learning for students.

Donation for Red Cross

On the 30th of September, the students received a slip of paper that asked them to donate stationary. The students donated extra stationary and utensils that they owned to help out with the unprivileged children of Kathmandu West Zone.

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.



TRİYOG HIGHER SECONDARY SCHOOL

P.O. Box: 1909, Dhapasi, Kathmandu, Phone: +977-1-4365285/4381695, Fax: +977-1-4381693

E-mail: ths@triyog.wlink.com.np, Website: www.triyog.edu.np

NEWSLETTER

October

2015-2016

VOLUME II

Message From The Principal

This has been an extraordinary year in many aspects. From natural disasters to crisis borne out of human intervention, we have struggled to lead normal lives. Triyog, as other educational institutions, have been affected by all of this. However, we have been successful in maintaining a consistent and conducive study environment for our students to shield them from external disturbances.

We have had to make changes to our academic calendar and information of that is constantly updated on our School website. The Notice Board System is also an important notification resource for all parents and any advance notification or emergency messages are recorded there.

Our students have been participating in all planned extra-curricular activities at School and also in inter-school competitions. We successfully completed our half-yearly examinations despite the ongoing fuel crisis and have managed to run School as per our schedule.

With the induction of Mrs. Tripti Rana, who is heading our Training and Development Cell, we are moving into an exciting time for teacher development at Triyog. Our existing partnerships with Nisarga for the Integrated Program and with Karkhana, with whom we are running a pilot

We thank you, parents and guardians, for your continued support and cooperation. May I take this opportunity to wish you all a most blessed and happy Dashain!

Digitized Report Card System for the Integrated Program (Grades I – IV)

In association with 360 Consulting, our technology partners, we have made an extensive effort in training our teachers to move to a digitized continuous evaluation system. Parents can now view their child's progress electronically.

The next phase of digitization will enable our teachers to upload relevant content, as per the curriculum, onto the software. In time these will be made available to students and can be viewed from home.

INTER HOUSE COMPETITIONS

From the 31st of July till the 8th of September, the Inter House competitions that took place were:

- a. Inter House Chess Finals: Held on the 31st of July. From classes V to X. From classes V to VI, in the boys division, 1st place was taken by Aakash Deep Rai of Begas House. In the girls division, 1st place was taken by Debisha Thapa of Begnas House. From classes VII to VIII, in the boys division, 1st place was bagged by Bardan Joshi from Phewa House. In the girls division, Tejeswini Tamang from Phewa House came in 1st place. From classes IX to X, in the boys division, Samrat Rajaure from Begnas House was 1st.
- b. Inter House Quiz Contest: Held on the 5th and 6th of August. From classes V to X. From classes V and VI, the victory was given to Tilicho House, with 90 points. From classes VII and VIII, Rara House won with 75 points. From classes IX and X, Begnas House bagged 1st place 145 points.
- c. Inter House Judo Contest: Held on the 12th of August. From classes V to X. In 25 kg category, Aaditya Gautam from Begnas came in 1st.



In 30 kg category, Pramit Gautam from Begnas took 1st place.

In 35 kg category, Pratham Shrestha from Rara came in 1st.

In 40 kg category, Sohan Shrestha from Rara secured 1st place.

In 45 kg category, Sumit Ojha from Phewa came in 1st.

In 50 kg category, Abhishek Thapa from Begnas acquired 1st place.

In 55 kg category, Darshit Jung K.C. from Phewa bagged 1st place.



- d. Inter House Table Tennis Finals: Held on the 14th of August. From classes V to X. From classes V and VI, in the boys section, Ronak Thapa from Begnas came in 1st. In the girls section, Ashma Pandey from begnas took 1st place. From classes VII and VIII, in the boys section, Swopnil Rai from Rara took 1st place. In the girls section, 1st place was secured by Subai Malla from Rara. From IX and X, in the boys section, Pranay Gurung from Rara secured 1st place. In the girls section, 1st place was taken by Sulava Bhattarai.
- e. Inter House Handwriting Contest: Held on the 7th of September. From classes I to IV. In the Nepali Handwriting section, from class I, Aayush Khattri from Rara secured 1st place. From class II, Suhashish Magar from Begnas took 1st place. From class III, Grishma from Tilicho came in 1st. From class IV, Pratyasha Thapa of Rara House came in 1st. In the English Handwriting section, from class I, 1st place was taken by Aashna Hadakhale from Phewa. From class II, Upasana Thapa from Rara secured 1st place. From class III, Grishma Rakya Laxmi Rana from Tilicho came in 1st place. From class IV, Shreyas Manandhar from Tilicho secured 1st place.
- f. Inter House Football Competition: Held on the 12th of September. From classes V to X. From class V and VI, Rara House acquired first place and Phewa House took second place. The top scorer was Kastuv Palanchoke. The best player is Lakshya Adhikari. From classes VII and VIII, Rara House took first place and Phewa House took first. The top scorer was Syogyta Gautam. The best player was Srijan Dhungana. From classes IX and X, Rara House bagged first place and Tilicho House acquired second place. The top scorer was Nikesh Poudel and the best player was Anuj Karki.

Students Interact With Captain Of National Basketball Team

We proudly hosted Sadhish Pradhan on the 28th of August, Captain, National Basketball Team, for an interaction program with our students. Students from the basketball club interacted with the captain who shared his techniques for dribbling and shooting amidst the students.

Stencil Art Workshop

On the 28th of August, a Stencil Art Workshop was organized in the school. Led by prominent artist, Siddharth Pyakurel, the workshop was attended by members of Art club under the supervision of Mr. Ishan Pariyar and the school Art and Craft Department. Portraits of Bhanubhakta, Narayan Gopal and Gautam Buddha were stenciled on the walls of TT shed.



Baikuntha Manandhar visits Triyog

On September 2, Athlete extraordinaire and a legend in his own right, Baikuntha Manandhar was amidst the students. Mr. Manandhar is a former Olympian and SAF record holder in marathon till date. Along with

students from Panchayan Celestial School and Scholars' Home Academy, our students enjoyed an interaction session with him.

TAF Logo Making Contest

Triyog Alumni Foundation (TAF) organized a logo making contest which was held on September 5th. Six logos were presented by the alumni which were voted on. The day also saw a band performance along with food stalls and a band performance for the alumni to enjoy.



Class IX Class Day

On the 11th of September, students of class IX had their class day. It was a fun event arranged by the students and teachers for the parents to enjoy. There were many performances including an English play, a Nepali play, an English song, a Nepali song, a cultural dance and a modern dance. The students gave their utmost effort to make this program a successful one. We give a big thank you to all the people who gave us their time from their hectic schedule.



Classical Vocal Recital

On the 11th of September, a recital for the senior classical vocals club was held in our school which was sung by Shri Shriram Acharya also known as SangitPrawin. He sang a raag which he wrote himself called Sagarmatha. Students from other schools also came to hear him. the students were from Prithvi Secondary Boarding School and J.B. Memorial School. All the students were inspired from him wish to improve their vocals.



Real School of Nepal, 2015

Triyog Higher Secondary School was the venue for the Real School of Nepal, 2015 championship for the western Kathmandu. 40 schools all over Kathmandu participated. Students from THSS participated in Football Juggling, Painting, Dance, 3 minutes to fame, Score the Goal and Extempore. Out of which, Sohail Dangol 10th grader bagged the first prize in Football Juggling while Ayusha Shrestha, 10th grader secured the 3rd position in Extempore competition.



Children's Day Celebration

On the occasion of Children's Day, the students and teachers at Triyog Higher Secondary School celebrated the day amidst performances and games. Teachers sang, danced and presented skits for their beloved students which was heartily enjoyed. Prizes were distributed to the students who performed the best in their class games.

Nepal Scouts

Students from the scouts club were involved with Teej Service Camp organized at Pashupatinath Temple on the auspicious occasion of Teej. They were spotted doing odd jobs for the women fasting and standing on a queue at the temple premises. The participants for the Teej Service Camp were Suprasiddha Subedi, Sanshraya Khanal, Aaryon Thapa, Prayush Shrestha, Aayush Agasti, Deeparson Poudel, Basanta Acharya and Mangesh D,