



Newsletter

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Message from the Principal

One of the founding values that Triyog has always prided itself on is our focus on holistic development of students. Although it seems clichéd, it has acquired a very important meaning in the context for which we are preparing our students. If you look at the future of learning and work, the traditional mechanisms need rethink. To build students that are confident, responsible, mature, and global thinkers, we need to build tremendously upon academic foundations.

We started this journey in 2011 when we started our integrated teaching-learning platform. Slowly but surely we have inculcated this philosophy in our teachers and students. This is important because in the future our world is going to be way more integrated than it is today. Learning is going to thematic and inter-disciplinary. Understanding of international issues and implementation of local-level action plans is the way forward and our country would need responsible thinkers as citizens who can carry the country forward on their shoulders.

Although this sounds like a grand vision, we have to work every school year to prepare our students towards such a future. That is why we believe that experiential, collaborative learning is the way forward and we are happy that this movement is growing within our school system each year. With a strong focus on preparing students for our board examinations, we continue to host and participate in innovative programs that give a variety of exposure to our students. When we reflect on such exposures, iterate on what can be improved, and figure out what we excelled at, learning happens.

With your blessings, support, feedback, and encouragement we see a brighter future for not just our students, but also the community that we operate in. We will continue to grow and ensure that better systems and processes are in place with every passing year. As we move into a new year, I, on behalf of the entire Triyog fraternity, wish you a fantastic beginning to an incredible 2019.

Happy New Year!

Warm regards

Niladri S. Parial

CELEBRATIONS AT TRIYOG

Dashain-Tihar & Mha Puja Celebration



Inclusiveness and appreciation of diversity are two core values that Triyog has always fostered among its students. Toward that end, the School observed a grand celebration of Dashain and Tihar on 12 October. The School looked resplendent in festive decorations. Students of the Junior School and of the Nepal Bhasa Club got together along with teachers to celebrate 'Mha Puja'. Parents also participated and volunteered in the Mha Puja celebration.

Multidisciplinary Integration Program for Middle School

Inter-disciplinary teaching is one of the hallmarks of the integration program. Subjects are taught based on themes and on the various experiential learning opportunities created to ensure learning-beyond-classroom. Glimpses of some Multidisciplinary Integration Programs from grades VI and VII:

Grade VI

Theme: Agriculture

Field Trips

- Central Horticulture Center, Kirtipur
- ICIMOD, Lalitpur
- Vajra Academy, Lalitpur
- National Agricultural Research Centre (NARC), Khumaltar

Mathematics



- Mensuration (Area; profit and loss)

Science



- Environment and its balance
- Environment and sustainable development.
- Environmental degradation

Social Studies



- Agriculture

Nepali



- कृषिमलको प्रयोग

English



- Comprehension (Bamboo Production and Marketing)
- Notice Writing

Computer



- Power Point Presentation

Closing Ceremony



- Presentations on topics studied
- Nepali poem recitation 'Kishan ko Rahar'
- Photos, videos, models, and chart-paper display
- Sharing of findings from field trip

Grade VII

Theme: Our Social Norms and Values

Field Trips:

- Dakshinkali Temple
- Swyambhunath
- Manav Sewa Ashram
- Jame Masjid

Social Studies



- Our Social and Religious Customs

Science



- Respiration, Excretion and Digestion; Light

Maths and 3DI



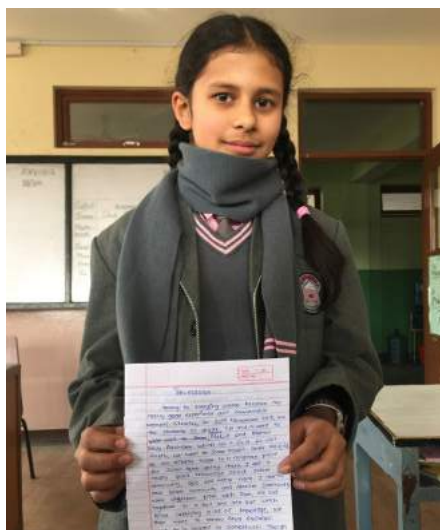
- Ratio and Proportion
- Designing

Nepali



- सांस्कृतिक एकताको पर्व: छठ

English



- Travelogue and Leaflet Writing

OBTE



- Business

Closing Ceremony



- Presentation of different subjects on how they were connected to the theme of Social Norms and Values and what they learned during this integration
- Photos, videos, model, and chart paper display

Experiential Learning

Photography Competition



Answering an open call, photography enthusiasts showcased photographs that were centered around the Dashain-Tihar theme. The winners from each category were Shrey Sharma (IV-V), Suvanga Ghimire (VI-VII) and Niharika Kunwar (VIII-X).

Project Day: Grade K.G



On 19 December, the Kindergarteners put up performances on the theme 'Body Parts'. They demonstrated action rhymes on five sense organs using props about our body parts. This demonstration reinforced their learning on basic idea and importance of different parts of our body and their uses in our daily life.

Project Day: Grade I



On 20 December Grade I demonstrated their learning about different types of food obtained from plants via songs, speeches, poems, and role plays that included the process of farming and different types of tools and techniques used in farming, and life cycle of a plant.

Project Day: Grade II



Grade II brought to life their learning from the unit on usefulness and importance of trees, values of reuse and recycle to save environment based on story books "Dayalu Rukh and The Lorax". With the objective of making the students as well as the parents aware of the huge impact of deforestation on earth, they presented possible ways of reducing adverse impact through afforestation and by reusing and recycling plastic and wooden items.

Project Day: Grade III



Based on their Nepali book 'Putali ko Yatra' grade III students presented various activities which involved story sequencing in different forms, on 19 December. They discussed the author and recited various facts about butterflies and their importance. They also presented the similarities between humans and butterflies using a Venn Diagram. The students integrated this Nepali story with other subjects such as Nepali language, Science, and Social Studies.

Project Day: Grade IV-V



An elaborate display marked the Project Day for grades IV and V on 9 October. Based on the theme "Cottage Industry" the students displayed items that were made from recyclables and other raw materials. On display were decorative nails and string art, flower vase, dream catcher, shagun tray, felted soap and photo frames. The theme helped the young minds to assimilate learning from their unit about the various types of cottage industries, ways of making the products and their great importance in the economic growth of the country. This day also helped the students develop their interaction and communicating skills as they pitched their handmade products for sale to visiting parents and guests. They honed their Math skills determining price for each product, and keeping a track of all sales made.

Movie Show



On 7 December, grade IV students watched a movie titled 'Inside Out'. This movie about a little girl and personifications of her basic emotions made students ponder on how our emotions can control our life and to give importance to the family.

Visit to SAARC Secretariat



As a part of conceptual learning of SAARC activities in Social Studies, the students of Grade VII visited the SAARC Secretariat located at Thamel on 25 November. The students got an opportunity to observe the Secretariat and interact with a representative with a brief audio-visual session. They learnt the background of the establishment of the SAARC, its objectives, organs, different areas of cooperation, functions of the Secretariat, etc.

Inter School Activities

Table-Tennis Competition



Under the larger umbrella of the QKS (Quality Schools Kathmandu) Sports Meet, a Table-Tennis competition was organized by Brihaspati Vidyasadan where amongst 16 participating schools our students bagged 4 gold medals, and 1 bronze. The first position in Girls Senior Single category and Girls Junior Single Category were secured by Ashma Pandey and Pratyasha Thapa respectively. Manjil Shrestha and Deepson Basnet clinched top honors in Boys Senior Double Category and Ashma Pandey and Aayushma Gaire repeated the feat in Girls Senior Double Category. Deepson Basnet bagged third position in Boys Single Category. These wins helped us secure the overall Team Trophy.

Chess Competition



Aspiring chess masters of Triyog competed in the Inter School Chess Competition under the QKS (Quality Schools Kathmandu) Sports Meet on 15-16 November. At the Meet organized by Triyog, 170 students from 17 schools took part. Triyog won 4 gold medals, 2 silver medals and 1 bronze medal. Kapil Ghimire secured the first position (Class VIII-X Boys), Debisha Thapa secured first position (Class VIII-X Girls), Unnati Silwal secured second position (Class VIII-X Girls), Vision Bhattari secured first position (Class VI-VII Boys), Marshal Tamang secured first position (Class VI-VII Girls), Aadarsh Regmi secured third position (Class IV-V Boys), and Anuska Shrestha secured second position (Class IV-V Girls). Triyog won the overall Team Trophy.

QKS Athletics Meet



On 7 and 9 December, at the QKS Athletics Meet, 49 students (from grade 3-10) from Triyog participated in different track and field events. Triyog succeeded in attaining 4 gold medals and 2 bronze medals at the event. The winners: Shreesh Bastakoti (Division B) secured the first position in 100m sprint and Sameera Thapa (Division B) secured the first position in Long Jump. In 4 x 100 Relay Division D- Kimagya Dhakal, Shaurya Singh, Subham Bhusal and Pranav G.C secured the first position whereas in 4 x 100 Relay Division A, Prajwol G.C, Rohan Shrestha, Ruzul Shrestha and Aayash Dwa secured the first position. In 100 m Sprint Division C, Ujjwal Bhakta Shrestha and 4 x 100 Division A-Prajwol G.C secured the third position. Overall among 16 participating schools, Triyog stood fourth with a total of 60 points.

Table Tennis Competition



On 12-14 December, Triyog participated in MIS Cup- Inter School Table Tennis Competition organized by Modern Indian School. Ashma Pandey secured the first place in the Senior Girls Singles whereas Ashima Gurung secured the third position in the same. In Senior Boys Single, Deepson Basnet secured the second place followed by Kritan Man Shrestha in third place. In Junior Girls Singles, Ayushma Gaire secured the first position. Triyog succeeded in bagging the first position in the Girls Team Events where Ashma Pandey, Aayushma Gaire, Patyasha Thapa and Ashima Gurung participated.

Art and Craft Competition



KIST college had organized an Art and Craft Competition where students from our school participated and showcased their artistic skills on 8 December. Yashwi Manandhar from Grade IX managed to secure 3rd position in the competition and made us proud.

Inter House Activities

Spelling Contest



Young spellers competed in the Inter House Spelling Competition on 22 and 23 November. Category-wise, Rara (Grade I), Begnas (II-III), Phewa(IV-V), Begnas (VI-VII) and Begnas (VIII-X) were declared winners. Rara house won the overall House trophy.

Sports Day



Phewa House won the overall House Trophy in the Sports Day by securing the first position that was held in Sainik Physical Training and Sports Centre, Lagankhel on 8 December. Our Chief Guest for the day was Mr. Binay Raj Pandey, the ex- president of Cricket Association of Nepal (CAN) handed over the House Trophy to the members of Phewa House that rounded off an excellent day of track and field events, including the Senior School March, drill, dance, and martial arts display.

Judo Competition



On 30 November, Phewa House emerged victorious as they won the Inter House Judo Competition with 310 points followed by Rara house with 305 points.

Story Writing Competition



Grade VI-VII and VIII-IX students enhanced their creativity through participation in Story Writing Competition organised by Readers' Club. Grade VI-VII penned stories on the title 'Being a man who could not see' and grade VIII-IX penned theirs on the topic 'That time I got bullied'. The winners from VI-VII were Aarya Poudel(1st), Pavani Limbu(2nd) and Roshan Poudyal(3rd). From grade VIII-IX, the winners were Aayushma Devkota(1st), Ritesh Poudel(2nd) and Aastha Pyakurel(3rd). Junior story writers from grade IV and V also participated.

Community Connections: Outdoor Learning Opportunities

Grade I: DL Farm



Grade I went for a field trip to the DL Farm on 27 and 28 November, to observe and learn about different tools used in farming, the plants and animals in the farm, and farming procedures. After the trip, the students shared their experiences about the farm visit and prepared a booklet describing what they saw. As a post trip activity, the children were taken to a nearby mill to observe how corn is grinded into flour. They made corn roti in the school kitchen which was later enjoyed by all.

Grade II: Baghbhairav



Grade II students visited Baghbhairav on 3 December, with the purpose of gaining knowledge about the shrine and its history which is known for its guardian deity, Bhairav, in form of a tiger. The temple is decorated with the weapons of the fallen soldiers of Prithivi Narayan Shah's first and second attacks on Kirtipur. The children viewed the shrine and gathered information on its history and significance. Later, they shared their experience in their classrooms and at the Assembly.

Grade II: Laxmi Furniture Factory



With the objective of learning about the uses of woods in making different types of furniture and observing the process of furniture making, the children of grade II were taken to Laxmi Furniture Factory on the 30 November. The students visited the factory and also interviewed the owner of the factory. After the trip, the students prepared charts based on the information gathered during the trip. Inspired by the carpenters, they even made furniture with small pieces of wood.

Grade III: Botanical Garden



Grade III students were taken to Botanical garden, Godawari on 30 November. They observed flowering plants and learnt their Nepali names besides observing activities of butterflies. A sharing session was conducted in their respective classes post visit. A presentation at the School Assembly rounded off the learning trip.

Grade III: ICIMOD



The students from Grade III were taken for their field visit to ICIMOD (International Centre for Integrated Mountain Development) on 30 November with the purpose of practically observing the facts that they learned in the class about sources of energy, its uses, and the process of generating such. After the visit, a sharing session was conducted in their respective classes. The students also shared their experience at the School Assembly.

Hiking to Shivapuri and Sundarijal



Students of grades 4 and 5 went on a hike to two different locations on 14 December as a part of their outdoor experiential learning. The little hikers had an unforgettable trip to Shivapuri National Park and Sundarijal along with their teachers as they experienced the joys of walking through nature.

Grade VII: Ghandruk-Pokhara-Bandipur



As part of their outdoor learning experience, students of Grade VII successfully completed their four-day trip to Ghandruk, Pokhara and Bandipur from 28-31 October. They visited cultural places, museums, galleries, market places and enjoyed the trip to the maximum.

Grade IV and V: Nepal-Japan Children's Library



Students of the Readers' Club from grades IV visited Nepal- Japan Children's Library on 25 November. The library included a huge collection of children's books, origami room, computer section and a collection of toys. Our students visited the primary section of the library where they were welcomed by the Library volunteer, Mr. Aayush KC, who conducted a small question-answer session to answer queries. On the second part of the trip, the students were taken to the origami room of the premise, where they learnt how to make origami umbrellas, mentored by a Japanese volunteer.

Grade VI : Integrated Learning Program



Students of Grade VI visited Central Horticulture Center, ICIMOD, Vajra Academy and National Agricultural Research Centre on 19 November. These visits were a part of the Integrated Learning Program on the theme "Agriculture".

Grade VII : Integrated Learning Program



As a part of their Integrated Learning Program, the students of Grade VII learned about 'Our Social Norms and Values'. The students visited Jame Masjid, Manav Sewa Ashram, Swayambhunath and Dakshinkali to learn practices of different religions on 30 November. They also had an up-close learning of social norms.

Jyapu Museum Visit



On 7 December the students from Nepal Bhasa Club visited Jyapu Museum. Jyapus, an indigenous group of Newars, have been known for their agricultural skills where they used their traditional tools to grow food to feed their communities for centuries. The same tools have now become important services for the present generation who are interested in Jyapu culture to learn about the group's history. It is currently being displayed in a museum where every particular object tells a story of their ancestors. The students from Nepal Bhasa Club got to observe the tools and articles and gather information on Jyapu culture.

Senior Readers' Club Visit to Kaiser Library



With the objective of exploring the museum and learning about the lifestyle of medieval society as well as observing the architecture of different monuments, students of the readers' Club from grades VI-IX went to Kaiser Library. The students were welcomed with a short orientation session and had a chance to interact with the librarians. They learnt the importance of proper management of books.

Photo Kathmandu 2018 Immersion Visit



On 16 November, Grade X D students went for a photo walk at 'Photo Kathmandu 2018' which was organized by Photo Circle. One of the themes that the students visited was centered on 'The Public Life of Women: A Feminist Memory Project'.

Grade X: Department of Plant and Resources



An extension of classroom teaching was organized on 27 November as the students of Grade X B were taken to the Department of Plant and Resources to observe and study 'Plant Tissue Culture'. The visit was linked to chapter 'Reproduction'.

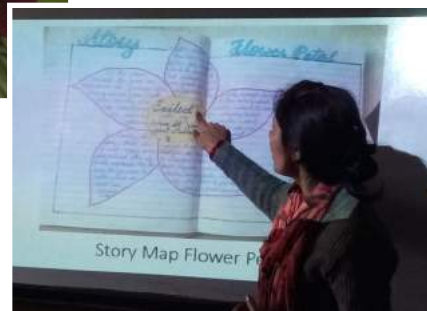
Interaction Sessions

Community Interaction - Parent Visits



Dr. Dinesh Kafle, an orthopedic surgeon from Teaching Hospital and Green City Hospital. Dr. Sharma Poudel, Radiologist from Teaching Hospital and Grande Hospital, were invited to have interaction with the students of grade 4 on 25 November. The interaction program was mainly focused on health, hygiene and different diseases caused by pathogens.

Teacher Empowerment Sessions



"One of the things that we must do as teacher is twirl around and around, and find out what works with the situation that we are in. And that twirling, changing, is the part of empowerment." Various sessions were conducted by the Junior and Middle School teachers where they exchanged new and creative ideas pertaining to 'Teaching-Learning Processes'.

Junior Teachers' Visit to the River



For a complete teaching-learning experience, it is important for educators to have perspectives related to their environment. Teachers from the Junior block, as a part of their experiential learning, made a site visit to the local river situated just half a kilometre away from the school to make an analytical study of how the increase in population has led to environmental degradation.

Collaborations

The Connecting Classroom Project (TCCP)



Some of the students of Grades IV and V engaged themselves in "The Connecting Classroom Project" which is an initiation of All Be Connected (ABC) project from the Netherlands. with one of the schools from The Netherlands. The students from both the schools got connected through video conferencing. Students got to experience global perspectives and learnt about the education and governance system of The Netherlands. Our students also shared the information about the research work on the SDG topics that they are working on, in context of Nepal. We are in the process of setting up a Connecting Classroom with a community school for the underprivileged in Mumbai, India via SNEH Foundation, that is set to begin in January 2019.

Project Cinderella



On 12 October, the Community Service Club and the Red Cross Circle members had a fund raising campaign inside the school and handed over the contribution to Ayesha Joshi from SAATH to sponsor the education and living expenses of Ms. Pratibha Shrestha (name changed for privacy concerns) who is an HIV affected girl living in Kathmandu. The contribution is made every three months.

Project Cinderella was launched after the success of the School Musical 'Cinderella', which is a collaborative effort of Triyog and SAATH, a social work organization. Project Cinderella aims to help underprivileged children and have a brighter future.

Activities for Teaching Staff

Photography Competition



The shutterbugs of Triyog competed in an open call for photos on 7 December, that were clicked during Dashain-Tihar vacation, where apart from our students, the teachers participated. The winners of Teacher's Photography Competition were Mr. Suresh Chaudhary (1st), Mrs. Ritu Khanal (2nd) and Mr. Churamani Pandeya (3rd).

Yomari-and-Laddu Making Competition



To mark Yomari Punhi, and with the intention of engaging teachers on a competitive platform of cooking, a Yomari-and-Laddu Making competition was organized on 18 December. Preeti Bajracharya won the Yomari-making event whereas Deepa Bhatt was the winner in the Laddu-making category. These initiatives are built around teachers implementing external learning inside the school environment and later connecting that to enrich their classroom delivery while engaging in cross-disciplinary teaching techniques.



TRIYOG HIGH SCHOOL

Key Dates (December 2018- April 2019)

December 29/ Poush 14,2075	Winter Break Starts
January 22/ Magh 8	School re-opens after Winter Vacation
January 24/ Magh 10-February 1/Magh 18	SEE Qualifying Examination
January 26/ Magh 12	Parent- Teacher Meeting
February 8/ Magh 25	Project Day: Grades IV & V
February 14/Falgun 2	Class Day: Grade III
February 15/ Falgun 3	Class Day: Grade II
February 17/ Falgun 5	Class Day: Grade I
February 24/Falgun 12	Inter House Handwriting Competition (KG-V)
March 13/ Falgun 29	Project Day: Grades KG & III
March 14/ Falgun 30	Project Day: I & II
March 17/Chaitra 3- March 27/Chaitra 13	Final Examination
March 21/ Chaitra 7	Basic Education Examination Begins
March 24/Chaitra 10- April 1/Chaitra 18	Secondary Education Examination
April 6/Chaitra 23	Parent-Teacher Meeting
April 7/Chaitra 24-April 23/Baisakh 10	Session Break