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TRIYOG

Vol. 2, October 2018

Newsletter

TRIYOG HIGH SCHOOL, Tokha-6, Kathmandu, Tel: 4365285, 4381695, Email: info@triyog.edu.np

Message from the Principal

The pace of innovation in the education industry worldwide is leapfrogging every year. Schools in Nepal have no choice but to rapidly transform to ensure that the current generation gets the best standards available in the region and in the country. This means that we have to look at teaching-learning with newer lenses. We have to adapt, evolve, and excel if we are to stay relevant and at par with industry standards.

At Triyog we believe that whilst a strong academic base is necessary for a child's future, it is also important that one is given ample choices in co-and-extra-curricular activities to prosper and excel in a rapidly evolving world. Education is meaningful only if a student is a competent communicator and critical thinker with analytical skills, is creative, and knows how to work in a team. Hence, learning through experiences, is a core component of our integrated, progressive teaching-learning platform. For our students that study in grades 8 through 10, we have ample activities that give them space to excel. We also organize short-term life-skills development programs with expert collaborators that expand their horizons for the future.

This year we have laid a strong focus on inter-school collaborations, both national and international, that will surely enhance learning for our students and teachers, besides knowledge of best practices. Our curricular programs with 3Di Nepal and Nepal Prakriti Pathshala are helping students look at technology and environment, differently, at the junior and middle schools. Our Learning Societies enable students to organize themselves as a team and inculcate planning, time management, monitoring, documenting, negotiation, and event management skills. These are increasingly relevant in the future alongside academic credentials. The After School Program ensures that students become better in activities of their choice.

As we head into a period of festivity, we wish for your continued prosperity and happiness and hope for a stronger, united Triyog family.

Wish you all a very Happy and Prosperous Dashain and Tihar.

Warm regards

Niladri S. Parial

CELEBRATIONS AT TRIYOG

SEE Graduation Ceremony



On 14 July, we bade farewell to another one of our SEE Batches during the SEE Graduation Ceremony as they prepared to embark on a new journey. 19 students who had scored the highest, second highest and third highest GPAs were awarded. Awantika Nepal, Manas Bhandari, Samriddhi Shah and Samriddhi Silwal were the highest scorers with 4.0 GPA. The four highest scorers were also lauded by Tokha Municipality and PABSON for their excellent results.

We wish all students the very best as they begin a new chapter in their lives.



Bhanu Jayanti Celebration



On 13 July, Triyog honoured one of the most celebrated poets of Nepal, Adikabi Bhanubhakta Acharya. Bhanubhakta Acharya, is credited with contributing a wealth of literary pieces to Nepali literature. The day started with a performance of one of Bhanubhakta Acharya's pieces during the Morning Assembly by Ankit Acharya, followed by a quiz contest.

Guru Purnima Celebration



27 July was a day of fun and celebration as students expressed how much they appreciated their teachers. Students put up a number of performances and celebrated Teachers' Day on the occasion of Guru Purnima.

Teej Celebration



The female staff members of Triyog got together for an evening of music and gaiety as a part of Teej celebrations at the School.

Children's Day Celebration



Gleeful faces were aplenty on 19 September as Triyogees celebrated a post-examinations Children's Day with students being treated to a fun-filled day of feasts and games. The teachers also got together to put up various performances for their students to enjoy.

EXPERIENTIAL LEARNING

Library Talks



Students from Primary and Junior Level indulged themselves in the art of storytelling as a part of their library activity. This activity aimed to encourage young and enthusiastic minds to become the next generation of storytellers.

Book Talks



Bibliophiles in Middle school discussed about different genres of books in their School Library as a part of their Library Activity.

Crafting Cuisine



Students of Craft Club took a trip to the School Kitchen to learn how to make delicacies. They tried their hands at making delicious coconut sweets as they learned how to blend in different ingredients.

Makerspace Inter Class Project Design



Members of Makerspace got their creative sides buzzing during an inter class activity in which they exhibited different projects and models they had designed based on various concepts of science and technology.

Project Day: KG-Grade III



The Project Days which were held on 6 September for KG and Grade III and on 7 September for Grades I and II were an opportunity for the students to show their classroom learning to their parents. The Kindergarteners had fun demonstrating their learning on 'Plants' through songs, poems, and a short play. Grade I students introduced their parents to their theme, 'My Family'. Through Venn Diagram Activity, Family Tree, visual representation of Contribution of Family Members, and a Book Review, the students communicated their in-class and extended learning. Grade II, on the other hand, brought to life 'Culture of our Nation' on their Project Day. Through songs and presentations they reflected the diversity of Nepal, from their in-class and experiential learning sessions. Teachers too dressed up accordingly. Finally, weaving in Literature to the study of landforms and culture, the students of Grade III took their parents, and a few grandparents, on a journey of discovery based on one of their lessons of Language and Arts.

Multidisciplinary Integration Program for Middle School

Grade VI Theme: Lifestyle



Field Trip
• Bhaktapur Durbar Square

Language Arts and Social Studies

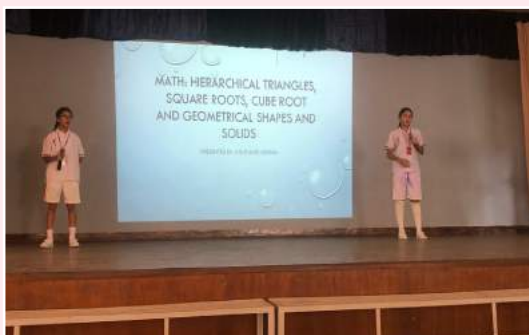
- Importance of art and architecture



OBTE
• Use of local technology

Science and Maths

- Study of weather and construction of rain gauge
- Study of geometrical shapes



Closing Event
• Presentation of topics studied
• Experience sharing

Grade VII



Field Trips

- Bagh Bhairab
- Bhaktapur Durbar Square
- Patan Durbar Square
- Chhauni Museum



OBTE
• Types of handcraft



Social Studies
• Art and architecture of medieval Nepal

Closing Event
• Presentation of topics studied
• Experience sharing

Our students and teachers are continuously finding ways to integrate their lessons under different themes to enhance teaching-learning, Glimpses of some Multidisciplinary Integration Programs:

Theme: Handicraft



Maths

- Observation of different shapes used in handicraft



Language Arts

- Essays on importance of handicraft



Science

- Study of simple machines



Grade VIII Theme: Social Problems



Field Trips • Social Welfare Centre Elderly's Home

- Kantipur Manpower Agency • WWF • Narconon



Social Studies

- Dramatization of social problems



Language Arts and Moral Science

- Dramatization of various social behaviours



उमेर	व्यापारिक श्रममा		व्यापारिक श्रममा		कुल	
	संख्या	%	संख्या	%	संख्या	%
0-14	24	19.5	6	19.4	30	19.1
15-19	10	32.3	3	32.3	13	32.3
20-24	24	19.5	10	32.3	34	21.1
25+	8	6.0	2	6.4	10	6.4
कुल	126	100	31	100	157	100

Interaction Session

- Discussion on Social Problems with Ms. Charimaya Tamang, one of the founders of Shakti Samuha



Science and Maths

- Study of environmental pollution
- Application of Simple Interest, and Profit and Loss



Computer

- Technology and Social Problems

Closing Ceremony

- Presentation of topics studied
- Experience sharing

Class Days



Grades IV and V had their Class Days on 17 August and 20 July Respectively with students inviting their parents to school to an enjoyable evening with an array of performances lined up. Grade IV livened up the evening with exhibitions of cultures from different countries with their theme "Truly Asia". Grade V took to discovering their own rich culture and beauty with their theme, "Explore Nepal".



Performance of Nepali and Chinese National Anthems



On 28 September, the students of Triyog were invited to perform the Nepali and Chinese National Anthems at a program on the occasion of the 69th Anniversary of the founding of the People's Republic of China.

Teacher Training and Empowerment

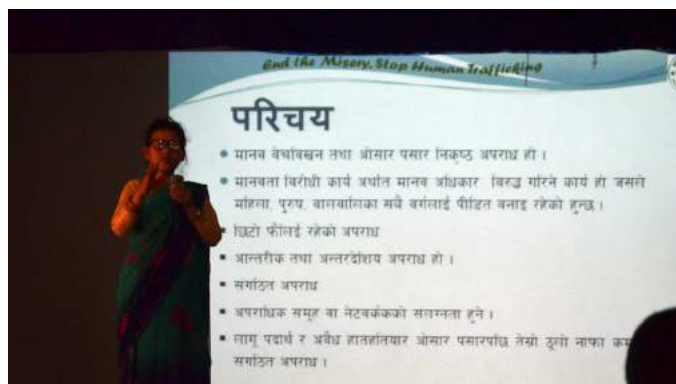


To encourage the practice of remaining up to date with the best teaching techniques and innovative learning systems, our teachers engaged in professional development programs and interaction sessions.

English Language Arts teachers completed their training session on phonics conducted by Early Childhood Education Centre. On 18 July, four teachers from Triyog participated in a seminar organised by Council for Mathematics Education at KIST College. Furthermore, Nepal Prakriti Pathshala conducted a teacher collaboration workshop with teachers of Grades I-V on Interactive Environment Education approaches and how strategies can be built to encourage environment related activities among students. Triyog teachers had a day of exploration and fun-learning being makers at Kathmandu Mini Maker Faire 2018. In a workshop facilitated by Rosanna Lopez from the Philippines they learnt to design-think, creating models of sustainable cities. As an exercise of their spiritual and mental well-being, Middle School teachers attended a meditation session conducted by Vipassana Guru, Dr. Keshari Laxmi Manandhar, Chairperson of Buddhist Women's Association Nepal.

INTERACTION SESSIONS

Charimaya Tamang: Social Problems



Grade VIII kicked off their Integrated Learning Program on the theme, 'Social Problems' with an interaction session with Ms. Charimaya Tamang, one of the founders of Shakti Samuha where they discussed human trafficking, its causes and consequences, and what efforts need to be made to combat it.

Mahesh Godar: Dance Forms



On 3 August, students of Folk Dance and Modern Dance Clubs sat down for an interaction session with Mr. Mahesh Godar, a Nepali choreographer. The students talked to Mr. Godar regarding his experiences with different forms of dance.

Marie Stopes International: Reproductive Health



On 3 August, Grade X students engaged in an interaction session with members of Marie Stopes International on the topic, 'Reproductive Health'. The session focused on promoting safe health practices and providing a platform to discuss these issues freely.

Parent Interaction: Cultural Identities



On 15 and 16 August, we invited parents of Grade II to School for interaction sessions. The students got to learn about different cultures from their parents as they were treated to a plethora of facts on different castes and identities.

Sharad Veswaker: Cricket in Nepal



Aspiring cricketers of Triyog got an opportunity to interact with Mr. Sharad Veswaker on 17 August. Mr. Veswaker, who is in the National Cricket Team of Nepal, talked about his experiences in the field and what motivated him to be a cricketer.

Interaction with Grandparents: Stories from the Past



Grade I learnt what life was like years ago during their interaction session with grandparents on 23 August. The students engaged in lively discussion with the guests as they quenched their curious minds with stories from their grandparents.

COLLABORATIVE EFFORTS

International Collaboration with Dwight School



On 16 July, members of Dwight School in London, in collaboration with National Trust for Nature Conservation, paid a visit to Triyog for an interaction session which aimed to encourage participants to open up discussions on waste management. The members of Dwight School and Triyog went on a community visit in Dhapasi and conducted a survey. This was followed by a discussion on their findings and a cross-cultural experience as members of Triyog indulged their guests in Newari cuisine.

The Connecting Classrooms Project



The Connecting Classrooms Project (TCCP) is an inter-disciplinary project between the students and Science teachers of Grade IV of Triyog High School, Kathmandu,

and Caribbean School, Lalitpur, that brought students and teachers together by connecting classroom learning, via the use of technology. Based on the theme 'Plants around Us' the students got a glimpse of the community around their schools that amplified curricular learning. This project required teachers and school managers to share teaching-learning practices, develop joint lesson plans, and conduct joint experiential learning trips. Around 100 students and 10 teachers were also linked digitally to share findings and for reflection on the theme. The 2-week project culminated on 3 September with a Closing Program at Triyog.

Eco-Smart School Program with Wildlife Conservation Nepal (WCN)



The Eco-Smart School Program is a certification program designed by WCN under Nepal Prakriti Pathshala. It is a five-year program in which Triyog has been participating with the aim to be an environmentally responsible school.

Grade IV: Zero Waste Program

Grade IV students learnt the concept of zero waste in School. They began their study on different forms of garbage by understanding where they come from. They also learnt about vermicompost and engaged in different activities pertaining to the three R's: Reduce, Reuse and Recycle. The students then utilised reusable wastes by making bookmarks and picture frames in a classroom activity.

Grade V: School Organic Garden

Grade V took their knowledge on seeds and food further by learning about where their food comes from, nutrition and growing their own food through the school garden. They then had a number of hand-on experiences in gardening as they learnt about different tools and their uses, sowed seeds on a sowing tray, prepared raised soil beds and then transplanted seedlings on those soil beds.

Digital Design with 3DI School



In our second year of collaboration with 3DI School, New Zealand, students of Grade VII are being introduced to digital art design using concepts of Third Dimensional Imagination. Students are being involved in different activities of layout design, digital modeling, rendering, and texturing that helped them construct different objects they encounter in real life. Students are also being involved activities related to story boarding, digital perspective and logo designing in digital form which progressed their creative skills.

MEON Project



On 27 September, members of MEON Project visited Triyog for a music study and concert. The program, which is supported by the Ministry of Foreign Affairs of the Republic of Korea, included music classes and an orchestral performance. The program was attended by the students of Music Club of Triyog and 20 guest students from Rona International School.

INTER HOUSE ACTIVITIES

Inter House Cricket Competition



Begnas House emerged victorious as they won the House Trophy of the Inter House Cricket Competition. The awards for the Best Bowler in each category were awarded to Nischal Ghimire (IV-V), Osan Shrestha (VI-VII) and Prashrit Paudel (VIII-X), and for the Best Batsman were awarded to Sauhard Dahal (IV-V), Raju Bhusal (VI-VII) and Avanish Khatri (VIII-X).

Inter House Chess Competition



Begnas House won the overall House Trophy in the Inter House Chess Competition. The winners in the Girls category were: Princy Devkota (IV-V), Marshal Tamang (VI-VII) and Debisha Thapa (VIII-X), and in the Boys category were: Aadarsha Regmi (IV-V), Vision Bhattarai (VI-VII) and Kapil Ghimire (VIII-X).

Inter House Quiz Competition



The Inter House Quiz Competition saw the smartest minds of Triyog test their knowledge. The event ended with Phewa House winning the overall House Trophy.

Inter House Multimedia Competition



The Inter House Multimedia Competition saw the students using different forms of media as they attempted to interpret their respective topics. The theme for Grades VI-VII was 'Dangers of Internet' and that for Grades VIII-X was 'Women Empowerment'. Rara House won the overall House Trophy.

Inter House Badminton Competition



The Inter House Badminton Competition saw Begnas House emerge victorious as all participants displayed a spectacular show of skill and sportsmanship. The individual winners in each category were: Biseshta Poudel (Girls IV-V), Anrose Chauhan (Boys IV-V), Sameera Thapa (Girls VI-VII), Ujwal Bhakta Shrestha (Boys VI-VII), Aayushma Acharya (Girls VIII-X), and Shaswot Poudyal (Boys VIII-X). Anupama Bhusal and Ronak Thapa was adjudged the Most Promising Player in the Girls and

Boys categories respectively.

Inter House Table Tennis Competition



Phewa House emerged victorious in the Inter House Table Tennis Competition for Grades IV-X. The individual winners in each category were: Krishma Rijal (Girls IV-V), Anrose Chauhan (Boys IV-V), Pratyasha Thapa (Girls VI-VII), Bipin Ranabhat (Boys VI-VII), Aashma Pandey (Girls VIII-X), and Deepson Basnet (Boys VIII-X).

Holiday Greeting Card Making



We had an open Holiday Greeting Card Making Competition for the students of Grades VI-X in the theme of the upcoming festivals of Dashain, Tihar and Chhath. Among many colourful and creative entries, the designs of Abhigya Shrestha and Pragalva Thapa from Grade VI and Kanchan Dhakal from Grade IX had the best designs. Their designs have been used in the School Greeting Card.

Inter House Art Competition



Aspiring artists of Triyog took to paper and colour during the inter House Art Competition. The winners in each categories were: Aashika Rana Bhat (KG), Aashna Khadka (I), Divija Paudel (II), Ayumi Dhital (III), Sauran Ale (IV), Sarahana Singh (V), Ashim Jung Gurung (VI-VII), and Kanchan Dhakal (VIII-X). Tilicho House won the overall house trophy.

INTER SCHOOL ACTIVITIES

Poem Recitation Competition



On the occasion of Bhanu Jayanti, Tokha Municipality had conducted an Inter-School Poem Writing Competition in which Bidhya Thapa secured the third position.

Real School of Nepal 2018



On 16 August, Triyog participated in Real School of Nepal 2018 which is an inter school event that provides opportunities to students from all over Nepal to showcase their talents. Ruzul Shrestha secured the first position in Football Juggling and Nihona Pradhan came fourth in the Painting category. Triyog was declared the Second Runner-up in the event.

Inter School Design Challenge



Three students from Triyog participated in Bhawishya STEAM Challenge organised by Nisarga Batika School and Karkhana. Sonakshi Shrestha, Anweet Ghimire, and Sakar Paudyal won the award for Best Back Story in the competition.

Young Writers Essay Writing Competition



At the Young Writers Essay Writing Competition organized by Alok Vidyashram on 24 July, Ayushya Gautam made the school proud by winning the first prize.

Music and Dance Festival



Teams of young musicians and dancers participated in Synchronicity Fest 2018 organized by Malpi International School on 20 and 21 July. Triyog won the Excellence in Confidence award in the Battle of the Bands category and the Excellence in Costume and Set award in the Group Dance category. Triyog was also presented the Overall Excellence Award in the event.

Essay Writing Competition

On 24 July, students from Triyog participated in an Essay Writing Competition organized by Modern Indian School in which Mahima Pathak won the third prize.

Short Movie Competition



Manjisha Baidya, Neebha Ranjit and Sayojya Manandhar of EDU Cultural Nepal Bhasha Club took part in a Short Movie Making Competition organized by Durga Lal Foundation. The movie won the first position in the competition.

Chinese Cultural Performance Competition



On 12 August, a group of 35 students participated in the 7th Chinese Cultural Performance Contest organized by the Embassy of People's Republic of China in Nepal. The students performed a song in Chinese for which they won the third prize.

Art Exhibition



Three Triyogees - Yashwi Manandhar, Kanchan Dhakal, and Himel Khatri - participated in the 2nd Quality Kathmandu Schools Art Exhibition. The exhibition was held from 21 to 30 August and brought together around 70 talented young artists from 23 schools.

COMMUNITY CONNECTIONS: OUTDOOR LEARNING OPPORTUNITIES

Standard Nursery: Grade III



Grade III visited Standard on July 1 where they observed the different types of plants, leaves and flowers. The students collected information on the habitat of different plants and later prepared a display of their learnings.

Community Visit: Grade III



Grade III went for a community visit on 10 July. The students visited Grande Hospital, Tokha Municipality Office, a grocery store, a police station, Tilingtaar School and Nature Club. The purpose of these visits were to explain the roles of different infrastructure in the community.

Patan Durbar Square: Grade IV



Grade IV visited Patan Durbar Square for their Field Trip. The young learners explored the architecture and art prevalent during the Malla Period of ancient Nepal, as a part of their Social Studies curriculum.

Nepal Art Council: Photography Club



Triyog Photography Club experienced the beauty of art as they visited the Global IMA Bank Nepal Photo Contest 2075 Exhibition at Nepal Art Council, Babarmahal on 3 August.

Central Zoo: Grade III



Grade III observed birds during their Field Trip to Central Zoo on 3 August. The students learnt about the different physical characteristics of the birds along with their dietary patterns and habitat.

Social Welfare Centre Elderly's Home: Grade VIII 'A'



As a part of their Integrated Learning Program, Grade VIII 'A' visited Social Welfare Centre Elderly's Home at Pashupati on 3 August. The students got to interact with the residents of the welfare home as they talked about their stories. Exposure to some of the realities of our society teaches us to be kinder to one another.

Kantipur Manpower Agency: Grade VIII 'B'



Grade VIII 'B' visited Kantipur Manpower Agency on 3 August where they learnt about trends of foreign employment and challenges faced. This visit was a part of their Integrated Learning Program on the theme 'Social Problems'.

WWF Nepal: Grade VIII 'C'



Grade VIII 'C' visited WWF Nepal for their Field Trip on 3 August where they discussed about the need for protection of endangered wildlife. The visit was a part of their Integrated Learning Program on the theme 'Social Problems'.

Narconon Nepal: Grade VIII 'D'



As a part of their Integrated Learning Program on 'Social Problems', students of Grade VIII 'D' visited Narconon Nepal for their Field Trip where they learnt more about addiction and its effects in society.

Bagh Bhairab: Grade VII 'A'



Grade VII 'A' explored Bagh Bhairab, Kirtipur during their Field Trip. The students studied the art and architecture along with the lifestyle of the people living there. This visit was a part of their Integrated Learning Program on 'Lifestyle'.

Bhaktapur Durbar Square: Grade VII 'B'



Students of Grade VII 'B' visited Bhaktapur Durbar Square for their Field Trip which was a part of their Integrated Learning Program on 'Lifestyle'.

Patan Durbar Square: Grade VII 'C'



Grade VII 'C' went for a Field Trip to Patan Durbar Square as a part of their Integrated Learning Program on 'Lifestyle'. The students were able to study the art and architecture of the people residing there.

Chhauni Museum: Grade VII 'D'



Students of Grade VII 'D' visited Chhauni Museum for their Field Trip. As this trip was a part of their Integrated Learning Program on 'Lifestyle', the students got an opportunity to observe the collection of art and murals which gave them an idea of the past and present traditions of the people of Nepal.

Bhaktapur Durbar Square: Grade VI



As a part of their Integration Project on 'Lifestyle', students of Grade VI visited Bhaktapur Durbar Square on 5 August where they observed the art and architecture of the structures at the site. The students also interacted with locals and tourists to know more about their experiences there.

Family Visits: Grade I



Grade I students learnt about 'Family' in school so they went for family visits on 5 and 8 August. The students interacted with various members of the families and learnt to draw parallels with the families they observed and with their own.

Kirtipur Horticulture Centre: KG



Kindergarteners learn about different types of plants, fruits, and vegetables during their Field Trip to Kirtipur Horticulture Centre on 7 August.

Our Child Protection Foundation Nepal: Grade I



On 17 August, students of Grade I visited Our Child Protection Foundation Nepal (OCPFN). The students got a rare insight into a different kind of life as they interacted with Ms. Binita Aryal, founder of the organisation, and the orphans residing there.

National Ethnographic Museum: Grade II



To help students learn about the different ethnic groups of our country, Grade II was taken to National Ethnographic Museum after which they engaged in group activities on the topic.

Rashtriya Nachghar: Grade X

On 16 September, students of Grade X got an opportunity to view an enactment of Maujung Babusaheb ko Kot at Rashtriya Nachghar. The play, which was written by Bhawani Bhikshu, told the tale of a man's struggle with his insecurities symbolized through his coat.



Nepal Art Council: Art Club



Students of Art Club visited Nepal Art Council, Babar Mahal on 28 September for an Art Exhibition organized by the students of Fine Arts from Kathmandu University. The students were able to view a wide array of art works like paintings, sculptures, and art installations which inspired their creative sides.

Pashupatinath Temple: Triyog Scouts

Members of the Triyog Scouts visited Pashupatinath Temple during the festival of Teej when they were able to apply their skills in crowd management.





Corrigendum

In reference to Vol. I of the Triyog Newsletter in 2018 under 'Names of Class Teachers, 2018-19', the Class Teacher from Grade IX 'D' should read 'Mr. Sujana Dhakal' instead of what was printed.



TRIYOG HIGH SCHOOL

Key Dates (October-December, 2018)

October 7/Ashwin 21, 2075	Inter House Spin-a-Yarn Competition: Grades VI-X
October 9/Ashwin 23, 2075	Project Day: Grades IV & V
October 12/Ashwin 26, 2075	Mha Puja Celebration: Grade IV
October 14/ Ashwin 28, 2075	Dashain-Tihar Holidays Begin
November 14/Kartik 28, 2075	School Re-opens after Dashain-Tihar Holidays
November 22/Mangsir 6, 2075	Inter House Spelling Competition: Grades I-V
November 23/Mangsir 7, 2075	Inter House Spelling Competition: Grades VI-X
November 30/Mangsir 14, 2075	Inter House Judo Competition Finals
December 5/Mangsir 19, 2075	Photography Competition: Grades IV-X
December 8/ Magsir 22, 2075	Senior Sports Day
December 19/Poush 4, 2075	Project Day: KG & III
December 20/Poush 5, 2075	Project Day: I & II
December 20/ Poush 5, 2075	Unit Test Begins: Grades IV-IX/ Pre Send Up Exams Begin: Grade X
December 28/ Poush 13, 2075	Unit Test Ends: Grades IV-IX/ Pre Send Up Exams End: Grade X
December 29/ Poush 14, 2075	Winter Vacation Begins

