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TRIOG

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Newsletter

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

Message from the Principal

Dear Parents and Guardians

We, as a team, are always excited to reflect back on what we have achieved in an academic session. This, the last newsletter of the 2018-19 Academic Session, is a look back on the last quarter and compilation of milestones for our students, parents, collaborators, and other stakeholders.

As we reflect on the year I feel proud to see the many successes that we have had. We believe in continuous learning and growth. No growth can happen if we do not push our boundaries and I believe we have set benchmarks that we need to live up to in the coming years.

Besides being true to our core function of making our children become strong academically through our strong teaching-learning platform, we have been able to grow the School into an exciting place for collaboration and learning. I believe that our children have benefitted immensely from these endeavours.

We thank our parents and other stakeholders in believing in this journey alongside us. Together, we can co-create an environment that will nurture our students into strong thinkers and learners, our teachers into expert facilitators and collaborators, and our staff into efficient and caring professionals.

I look forward to welcoming you all to our next academic session in the third week of April. Happy New Year! May you have a prosperous and fulfilling year ahead.

Warm regards

Niladri S. Parial

CELEBRATIONS AT TRIYOG

Christmas Celebration at Triyog

Christmas decorations around the school and a whole lot of joy marked the celebration of Christmas. Students from various grades sang Christmas Carols and performed Ballet at the School Assembly. Some students dressed up as Santa and went around the school distributing gifts.



Saraswati Puja

Saraswati Puja was celebrated at School on 10 February. Students of Grade 2 sang the Saraswati Vandana at the School Assembly. Prayer and devotion by our students and teachers marked the day.



KG Graduation Ceremony

Students of KG showcased various charming performances on 19 March where the smart toddlers dressed in graduation robes and caps received their KG Graduation certificates. It was indeed a joyous and memorable day for the kids and their parents.

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: Business

Field Trips

- Tokha Municipality
- Patan Industrial Estate
- Kalimati Vegetable market

Science

Some Useful Chemicals

Math

Profit and Loss, Simple Interest

Nepali

Bhawishya ko Yojana

English

Doamonds, Thank you Ma'am

Computer

Typing Tutorial

Social Studies

Economic Activities/ Service-Motive Organisations



Grade VII

Theme: Claywork

3DI

3D presentation/ video

Science

Weather and Climate

Math

Profit and Loss

Nepali

Baklo Daal

English

Power of Music and Story Writing

Computer

Computation, Internet and Clay-work

Social

Trade and Business





Grade VII

Theme: Nepali Culture and Society

Field Trips

- Bhaktapur Durbar Square/ Pottery Square
- Patan Durbar Square/ Ethnographic Museum
- NARCONON Nepal
- Changuarayan Temple



Computer

ICT and its uses

Maths

Height and Distance

HPE

Use of Drugs: Smoking and Alcoholism

English

Fairy Tales

Science

Some useful Chemicals

Social Studies

National Heritage

Nepali

Nepali Sanskriti

Moral Science

Collective Efforts

OBTE

Local Technology



EXPERIENTIAL LEARNING

Grade VII students prepare Gundruk, Dried Ginger and Sutho



Students from grade VII prepared Gundruk (dried leafy vegetables), Sutho (dried ginger) and Saatu (flour made by ground pulses and cereals) in the school premises itself, as a part of their learning in Occupational Business and Technical Education under the topic 'Dried Vegetables, Fruits and Foodstuff'.

ACTIVITIES INSIDE THE SCHOOL

Mr. Tsugio Yamamoto's visit to Triyog



Mr. Tsugio Yamamoto, a renowned Badminton coach from Japan, graced us with his presence on 19 November. He was our guest for the Prize Distribution Event for Inter House Judo Competition where Phewa house emerged victorious with 310 points.

Reading Competition



The Nepali Reading Competition put ambitious readers to the test by giving them a platform to present themselves confidently. Organized on 19 and 21 December for Grade 6 and 23 and 26 December for Grade 8, the winners from Grade 6 were Sannidhya Aryal (1st), Bishista Wagle (2nd) and Seelush Chhetri (3rd). From Grade 7 the winners were Abhana Paudyal (1st), Diksha Gyawali (2nd) and Anweet Ghimire (3rd).

Inter House Football Competition



The Inter- House Football Competition saw Tilicho House emerge victorious as all participants displayed a spectacular show of skill and sportsmanship. The best players in grade category were Mayank Adhikari (4-5) from Begnas House, Jiwosh Shrestha (6-7) from Tilicho House and Aditya Gautam (8-10) from Begnas House.

Solo Dance Competition



On 28 December students from grade 4-10 participated in Solo Dance Competition where they were provided a platform to showcase their dancing capabilities. This event took place in the school hall where the judges were Mr. Santosh Lamichhane, Mrs. Sangita Shrestha and Mrs. Deepa Bhatt. The winners from different category were Yanzen Gurung (1st) and Aashna Hadkhale (2nd) in Grade 4-5 category, Shwena Shrestha (1st), Pragati Khadka (2nd) and Shradha Joshi (3rd) in Grade 6-7 category, Sudipa Dhakal (1st), Manushi Giri (2nd) and Roji Paudel (3rd) in Grade 8-10 category.

Triyog Winter Camp



During the Winter Vacation, the School organized a two-week long Winter Camp. Besides the wide range of activities that were designed to keep the students engaged productively, they visited various places such as Fun Park, Shivapuri National Park, and farms. On the last day, parents were invited to school to watch their children perform on songs. They also took part in the Parent-Child games.

Project Day: Grade IV-V



Students of Grades IV-V wrapped up this unit with the final Project Day of the year. The students from Grade IV put up displays and performances based on the theme "Cottage Industry" and Grade V on "Connecting with Nature".

Class Day I



On 26 February, the students of Grade I invited their parents to witness an evening where they showcased their talent in Chinese Dance, Ballet, Nepali/ English Drama, Wushu Demonstration, Gymnastics, Poems and Songs.

Class Day II



An evening of Nepali Dance, Ballet, Nepali/ English Drama, Wushu Demonstration, Gymnastics, Poem and Song recitations, marked the Class Day program. Our confident second graders put up a fantastic show.

Class Day III



On 3 March, the students of Grade III celebrated their class day where they presented a host of programs to entertain their guardians which included their ECA activities that they learnt in the School such as Ballet, Wushu Demonstration, and Gymnastics mainly. The students also participated in songs, dance, and drama, showcasing their talent.

ECA Prize Distribution



The ECA Prize Distribution was conducted on 15 March to award the highfliers of the academic session 2018-2019 in various extra-curricular activities. The students were awarded with prizes for outstanding performances at Assembly Activities and various other competitions. The event was marked by celebration from the members of Rara House as they won the overall House Trophy for this academic session.

Wonderkidz 2019



Triyog Kindergarten Championship Trophy is a wonderful platform for pre-schoolers to showcase their creative talent in a competition format. Students from 10 pre-schools took part in Art, Dance, and Fancy Dress at the Gala on 8 March. Lasana Pre-School took home the Championship Trophy.

ACTIVITIES OUTSIDE THE SCHOOL

Marathon Madness



7 students from Triyog took part in Ripumardini Inter School Running Competition on 13 February. The event was organized with the objective of enhancing the mutual coordination, cooperation, respect among schools of the area, offering students an environment to compete in healthy camaraderie.

National Junior Table Tennis Championship



Ashma Pandey made us all proud yet again by winning a gold medal and reaching the Quarter Finals of National Junior Table Tennis Championship Under-15 category. She was selected from Kathmandu District Under-15 Category in National Junior Table Tennis Championship.

INTER - SCHOOL ACTIVITIES

Inter - School Chess Competition



In the Inter - School Chess Competition Marshal Tamang (Grade 7) secured the second position in the Junior's Category and Kapil Ghimire (Grade 9) bagged the first position.

Hari Sharan Maharjan Memorial Inter - School Chess Tournament



Triyog was one out of the 21 participating schools in the Hari Sharan Memorial Inter-School Chess Tournament that took place on 8 and 10 February. Our students bagged various titles at the Tournament:

Bhavya Bhandari secured 3rd position (I-IV), Vision Bhattarai secured 10th position (V-VII), Marshal Tamang secured 1st position (V-VII), Marhsal Tamang secured 1st position (Open Fide), Debisha Thapa secured 2nd position (VIII-X), Rijula Shrestha secured 2nd position (Open Fide), Rijula Shrestha secured 4th position (VIII-X), Selina Pageni secured 7th position (VIII-X), Unnati Silwal secured 4th position (VIII-X). Triyog was adjudged the 1st Runner-Up at the event.

World Scholar's Cup



The World Scholar's Cup (WSC), which is an international team academic programme focusing in bringing students from different cultures together to discuss issues and ideas relevant in the current context, took place on 10-11 February. Triyog took part in four events - Collaborative Writing, Team debate, Scholars Challenge and Scholars Bowl where the following students achieved:

Pratyasha Thapa (Junior Division): 7th in overall Individual Debate, Best Scholars from the school, 2 Gold and 1 silver Medal from different subjects in Scholar Challenge, Overall all round Individual 20th.

Sonakshi Shrestha (Junior Division): 9th in overall Individual Debate, 2 gold and 2 Silver from different subjects in Scholar's Challenge, Overall all-round Individual 22nd.

Riwaz Aryal (Junior Division): 13th in overall Individual Debate, 1 silver 1 gold from different subjects in Scholar's Challenge, 43rd in overall all-rounder, 82nd in Individual Writing.

Ashma Pandey (Senior Division): 28th in overall Individual Debate.

Yaswaswi Shah (Senior Division): 16th in Individual Debate, 40th in Individual Writing.

Priya GT (Senior Division): 55th in overall Individual Debate.

Ace Junior Kaleidoscope



39 students from Triyog took part in the Ace Junior Kaleidoscope, in three different streams: Music, Fine Arts, and Wits & Management. Our dance group secured the 3rd position in Group Dance Competition, Nischal Bhandari secured the 3rd position (VII-IX), Bisista Wagle secured the 1st position (IV-VI) and Sampada Mainali secured the 3rd position (VII-IX) in Spelling Bee Competition. Soniya Niroula secured the 3rd position (IV-VI) in Greeting Card Making Competition.

Triyog V/S Rosebud: Friendly Futsal Match



On 15 February, Triyog High School and Rosebud School competed in a friendly Futsal match where both teams drew to a score of 4-4.

Running Cricket Tournament 2075



14 students from Triyog participated in CoAS T-20 Running Cricket Tournament on 18 February. Triyog won the toss and chose to bat first and emerged victorious scoring 165 runs against Gyan Niketan School. Ashraya Adhikari was declared The Man of the Match having scored 88 runs.

SciTech and Mgmt. Expo



Trinity SciTech and Mgmt. Expo took place on 30 January where our students made excellent prototypes of Glacial Lake Outburst and Sustainable City under the theme "Science & Technology for Tackling Challenges in Our Life" incorporating issues related to green energy, transport & communication, community health & environment, and innovative technology.

Slam Poetry Competition



On 17 February, two students, Meemansha Kshetri and Shuvra Rimal participated in the 'Word Warriors Slam Poetry' organized by KMC School where they were able to win the heart of the audience and get recognized for their poetry. Shuvra Rimal secured 2nd position along with a cash prize of Rs. 5000.

QKS Choir Showcase



On 27 February, The Triyog School Choir delivered an impressive performance at the 2nd QKS Choir Showcase at the Nepal Academy Hall which wowed the audience and was a fitting contribution to the wonderful collaborative effort among schools.

COMMUNITY CONNECTION: OUTDOOR LEARNING OPPORTUNITIES

Grade KG: Aviation Museum



The Kindergarteners visited Aviation Museum on 13 March. The kids had a fun-filled trip where they observed different models of aircrafts and different compartments of an aeroplane.

Grade II: Gokarna



Grade II visited Gokarna on 2 February where they learned to differentiate between clean and polluted river, along with the sources of pollution. They also learned about ways to reduce pollution.

Grade III: Chandeshwori



Students of Grade III visited Chandeshwori to collect information and facts about the old structure of the village that surrounds our school community. The students observed the temple and idols and collected data from the local people with the help of questionnaire they had prepared beforehand.

Grade IV and V: Tistung and Chitlang



The students of Grade IV and V traveled to Tistung and Chitlang respectively during their Winter Holidays. They visited the Tistung Botanical Garden and interacted with the field assistant of the garden. They also got to know more about the lifestyle of Tistung and Chitlang, thoroughly enjoyed their trip.

Grade VI: Tistung, Kulekhani



As part of their outdoor learning experience, the students of Grade VI successfully completed their two-day excursion to Tistung and Kulekhani on 30 and 31 December 2018. They visited Mountain Botanical Garden at Tistung, interacted with locals, researched about local economy and lifestyle of the people, and went to Kulekhani Reservoir for boating.

Grade VII: Ghandruk, Pokhara and Bandipur



On 28 November, students of Grade VII completed their four-day trip to Ghandruk, Pokhara and Bandipur. The excursion involved hiking, sight-seeing and camping.

Grade VIII: Dharan, Illam, Janakpur and Chitwan



On 3 January, the students of Grade VIII, visited Dharan, Illam, Janakpur and Chitwan as a part of their excursion-cum-outdoor learning experience. They explored the religious centers and naturally renowned spots in the eastern part of Nepal.

Grade VI: Integrated Learning Program Visits



The students visited Tokha Municipality, Patan Industrial Estate and Kalimati Vegetable Market as a part of the Integrated Learning program on the theme, "Business".

Grade VIII: Integrated Learning Program Visits



Students of Grade VIII visited Patan Durbar Square, NARCON Nepal, Bhaktapur Durbar Square, and Changunarayan Temple. These visits were a part of the Integrated Learning Program on theme, "Nepali Culture and Society"

Grade IX: Ghandruk, Bandipur and Chitwan



Students of Grade IX went on a tour to Ghandruk, Bandipur and Chitwan on 16 January, during their winter break. The 4-day tour involved trekking to Ghandruk, visiting Gurung Museum and Tea Garden, visit to Siddha cave and local markets of Bandipur. At Chitwan they experienced Jungle Safari, visited the Elephant Breeding Centre and attended Tharu Cultural Night. It was an immensely enjoyable trip for all.

Class X: Tistung, Kulekhani



On 2 February, students of Grade X went for a trip to Tistung Kulekhani. Short hikes, boating at Indrasarowar, village tour, and many other recreational activities made this a trip to remember.

COLLABORATIONS & COMMUNITY OUTREACH

Digital Saathi



Triyog High School is working with Rural Development Initiative (RDI) and Utsahi Mahila Samaj, Dhapasi, Tokha Municipality, in implementing Digital Saathi, a pilot, where 21 students of Grade VII are paired with 21 women (part of the Mother's Group) that are late adopters in technology. The students will help their 'Digital Saathi' learn the basics of how to use and navigate technology - be it on their phones or laptops. Both the students and mothers will be guided throughout the 8-week course, the impact and effectiveness of which will be measured and recorded.

Red Cross Society: Sharing the Winter Warmth



One of the values that we teach at School is caring for the underprivileged. Through persistent effort of the Community Service and Red Cross Society students and the Teacher Lead, we handed over warm clothes collected from students and teachers to Mr. Rupesh Sah, who is one of the members of Madhesi Youth Circle, on 23 December. These warm clothes will be distributed to the needy in Janakpur, Siraha, and Saptari.

WCN Triyog Gala Event



On 28 December, The Wildlife Conservation Nepal-Triyog Gala Event took place which was a pleasant reminder to the commitment that Triyog has made toward being an Eco Smart School, and a model to other schools in the community. This year's focus is school organic garden that is teaching students where our food comes from, how we plant, nurture, and grow them. At the Gala our students and invited parents experienced a range of activities that made us think differently about our food sources. A fun salad-making and Vietnamese roll-making added to the fun and flavor. We also formally announced the formation of Triyog's Eco Teacher Network that will sensitize teachers in being more responsible toward the environment.

The Connecting Classroom Project



Our students connected with beneficiaries from Project Gyan - Rise N Shine, Mumbai, through a series of video calls where both sides exchange information and knowledge about various topics. They analyzed the similarities and differences about the concepts in the two countries.

Tokha Children's Literature Festival





Triyog High School and Kathalaya Inc. successfully organized the first edition of the Tokha Children's Literature Festival 2019 at Triyog High School, Dhapasi on 23 February 2019. With over 20+ activities for toddlers, young students and teachers from various schools, and general visitors, the first edition of Tokha Children's Literature Festival 2019 was a memorable one. This huge festival of Reading and Literature welcomed celebrity authors, educationists, policy makers, and literature enthusiasts. A host of activities - Scrabble Corner, Book Tree, Storytelling, Slam Poetry, Read Alouds, Film Screening by the British Council, Reading Corner by Wildlife Conservation Nepal, LEGO Corner, Magic Show, Food Stall, Face Painting, besides over a dozen open games, competitions, and workshops kept visitors engaged. Question and Answer sessions with authors and Panel Discussion with local-level curriculum experts, Principals, and environment education experts ensured that there were several concrete takeaways from this Festival that can be implemented in developing Local Curriculum at the Tokha Municipality level.

Red Cross Society- First Aid Training



On 28 March, 29 students from Grade VI-IX attended a 'Two-Day First Aid Training Session for Schools' at the School Auditorium hosted by the President of Nepal Red Cross Society (Bishnumati Subchapter), Mr. Nirajan Sedhai. The main aim of this program was to teach the students to handle patients and be first responders in conditions like unconsciousness, fracture, nose-bleeding, alongside lifting the victim in a proper manner.

INTERACTION SESSIONS

Interaction with Amuda Mishra



On 13th February four students of grade 5 visited Ujjalo Foundation, that is a non-profit organization working with adolescent girls and young women on idea incubation, leadership programs, gender based violence and LGBTQ issues. Amuda Mishra, Founder-Executive Director, talked with our students on "gender equality". This interaction program was a part of the ABC (All Be Connected) project where the students are communicating with some student groups in The Netherlands.

Interaction with Ranju Darshana



On 15 February, student representatives took part in an interaction session with Ranju Darshana who is a youth activist and a politician. The interaction was based on Sustainable Development Goal 5: Gender Equality.

Interaction with Bhupendra Rayamajhi



On 11 March, Bhupendra Rayamajhi, a well-known vocalist, musician, composer, came to Triyog for a short interaction program. The interaction started off with him describing his early childhood and how he developed his taste in music. He talked about the changing perceptions about music, how his family supported him throughout his career, and how passionate he has always been in writing and fighting for gender equality through his songs.

Interaction with Dr. Anup Subedi



On 14 March, the students from Photo and Journalism Club had a chance to interact with Dr. Anup Subedi who is a doctor of Infectious Disease (ID), currently engaged in research in the field of Microbiology. The students conducted a brief session where they interacted on 'Opportunities and Challenges in the field of Science'.

Interaction with Ramesh Kharel



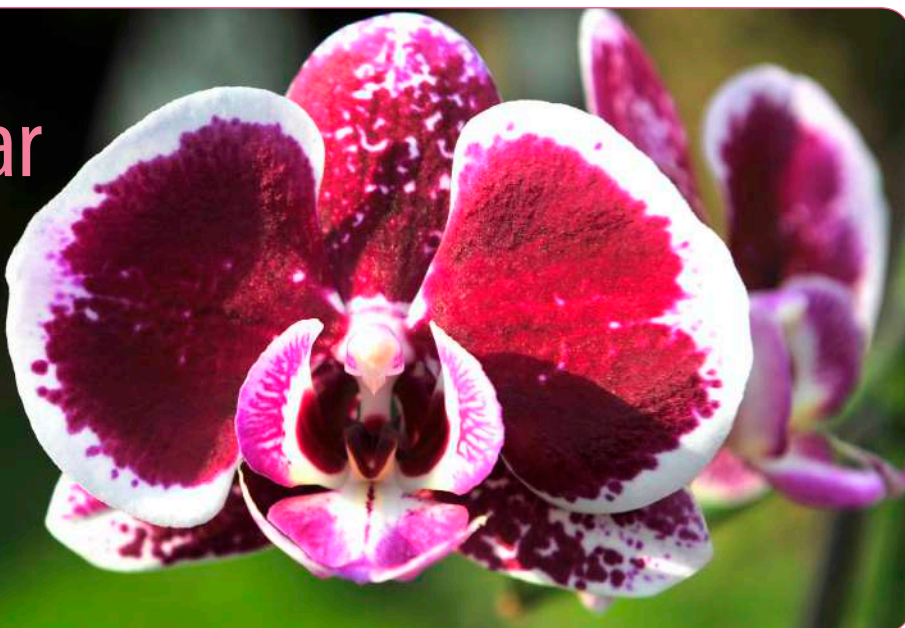
On 12 March, the Sports Club sat down for an interaction session with Deputy Inspector General (Retd.) Ramesh Kharel who also happens to be a national-level volleyball player. The session focused on social crimes, gender equality and his experiences on competing in national and international level competitions.

Teachers' Interaction Session



The teaching staff of Triyog took part in teacher development sessions which ensures that teachers share best practices and discuss on innovations from around the region and the world, in academia.

Happy New Year 2076



TRIYOG HIGH SCHOOL

Key Information

1. Books will be supplied by the book-seller as per the schedule below:

April 6 and 7- KG to V (10.00 am – 4.30 pm)

April 9 and 10 – VI to X (10.00 am – 4.30 pm)

Beyond the above dates, books will be available for all classes at Heritage Publishers, Bhotahity (Tel: 01-4221291)

2. Classes for the New Academic Session 2019-2020 will begin from Wednesday, 24 April 2019 (11 Baisakh 2076). School timings will be from 8.45 am to 3.30 pm. Buses will leave at 3.40 pm.