



NAMASTE ACADEMY

Newsletter

Jan 2023



Message from the Principal

Happy New Year 2023. As we embark on our journey to the New Year, it gives me immense pleasure to announce that Namaste Academy is currently in the process of registering with Cambridge International Education offering the Cambridge Pathway. For Namaste, this will begin with the Cambridge Primary and from 2080 B.S. we shall be offering the Cambridge Curriculum from Grade 1 to Grade 7. In future years the Cambridge Pathway will lead on to GCSE (if the government permits) and A levels too, thus transforming Namaste Academy into a truly international school.

We would also like to invite you all to the Saraswati Puja which is happening at Namaste Academy on the 16 th of January 2023. Along with Akshar Aarambha, we will also be conducting the Namaste Literature Festival, where students at the Academy will have the chance to share their creative writing skills. We are excited to see you all here!

Jigme Sherpa

Principal, Namaste Academy



Pre-primary at Namaste Academy

Early childhood is the most crucial and important phase of development. Therefore, we foster a holistic approach that includes physical, social, emotional, and cognitive development which strongly affects a child's life success. We aim to create an environment of learning which is safe and secure, which the child enjoys coming to every day, and which could help to make a difference in their life.

Our programme includes their first individual adventure in Playgroup (PG) starting from two years where they are provided with an environment that encourages learning through sensory, creative, social, physical, and cognitive engagement up to Senior Kindergarten (SKG); to six years where they advance their skills in core academic areas including literacy, numerical, social, science, and ECA. Thus helping them to prepare for the primary level.

We have different spaces where students can learn and engage themselves, including an activity room, indoor playroom, playground for outdoor free play, and separate nap rooms. We also have a variety of flora and kitchen gardens which help them to generate curiosity towards nature.

Besides academics, we also make sure to provide them with extracurricular activities such as yoga, karate, dance, and music - as well as creative work to help them express themselves and develop their imagination, such as storytelling, art and craft, and drawing.

We make sure to provide them with nutritious and well-balanced foods, as well as encourage them to maintain their health and hygiene - and in this way, we help them to create a strong foundation for life.

Take a look at some of these activities conducted at Namaste, which we have detailed below.



a. Festival Celebration: Christmas

As a part of our festivity celebrations in Namaste, our students explore and celebrate all major festivals in Nepal. We see it as a part of exploring world cultures, being a global village, and inculcating tolerance among the young ones.

Christmas isn't just a day, it is a frame of mind and a season of rejoicing and reflection. It brings with it the most wonderful time of the year filled with happiness, cheer, love, and friendship. The spirit of Christmas lies in the peace and joy of giving and sharing. And this festive fervour was multiplied further by the excitement and zeal of the little cherubs of Namaste Academy as they celebrated on the 23rd of December with a special programme held in the preprimary premises.

"We wish you a merry Christmas...", and "Dashing through the snow..." filled the air with festivity. The classroom was beautifully decorated and the students from the Pre-Primary group crafted various colourful Christmas must-haves using easily available materials. The children flaunted their creativity by making various items with paper such as Christmas trees, art and crafts, reindeer headgear, and much more. All the students had lots of fun and went home with happy hearts, and lots of fond memories.



b. The Supermarket Becomes a Classroom

Our Namaste Pre-School is seen as an integral part of the total development of our children. And learners are able to reach their milestones through a guided programme that promotes creative, imaginative, and fun play in a stimulating environment. So we decided to conduct a fun field trip to NG Market on the 11th of December 2022 and give children the fun experience of selling grocery items from the store.

Going to the grocery store can be a chore, but it can also offer a number of learning opportunities for children of all ages, especially children. Grocery store learning includes using money and budgeting skills like how to navigate the grocery store, following a shopping list, understanding price tags and grocery ads, reading food labels, promoting knowledge of food groups, and practising reading and writing for effective independence in the community.

The programme aims to develop children holistically, intellectually, physically, socially and emotionally. Through interaction, discovery, and experimentation with their own world, our preschoolers are able to confidently cultivate their own problem-solving skills, abilities, and talents that will promote further education, learning and development.

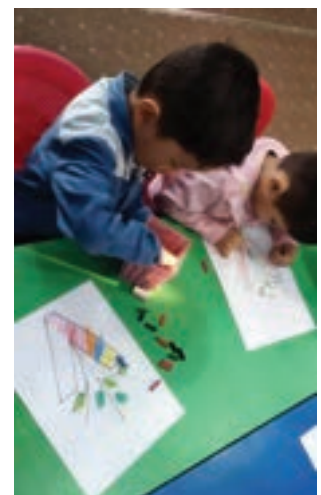
Our teachers ensure that healthy, happy learning takes place through a variety of activities. And our team of professional, compassionate, and experienced teachers ensure lessons are planned to not only protect the well-being of each child but to also provide each child with numerous opportunities to develop their full potential.



c. Show and Tell Activity

To bring about the holistic development of each child, Namaste gives ample opportunities for students to creatively express themselves through a wide range of experiences. Our aim is to make learning fun and experimental and therefore, we make sure that kids are engaged in what they are learning by experiencing it first-hand.

They touched, felt, smelled and even tasted the vegetables. The children thoroughly enjoyed the topic and even described their favourite fruits/vegetables and the importance of including them in their diet to stay healthy.



d. Letter V Activity

It is never too early to track a child's progress. When your child reaches preschool age there are a wealth of skills to master in order to ensure that they are prepared for kindergarten and on the track to success.

And so we teach kids all the letters of the alphabet including the letter V with easy-to-use and make

crafts and activities from some of the best resources. Preschool-age children love this hands-on approach to learning. We choose from daily or weekly lessons and help our children not only learn but have fun while learning!

The letter V stands for Victory as kids develop an understanding of this very important letter in the alphabet. And the amazing letter V activities taught kids the upper and lowercase letter V as well as letter building!

- Geeta Gauchan (Preprimary Level Coordinator)



Namaste Academy wins Big in the District Level Debate Competition: Yuwa Sansadiya Bahas

Namaste Academy Plus 2 students WON the District level Debate competition organised by We Inspire Nepal which was supported by the US Embassy. Mr Kiran Bhusal, Miss Deepika Neupane and Mr Amit Kunwar from Grade 12 participated - and among 22 participating schools in the district, Namaste won the Best Team Award and Mr Kiran Bhusal from Grade 12 won the Best Debater Award among all 66 participants.

The event took place on the 2nd of November 2022, and the topic of the debate was "Yuwa Sansadiya Bahas". We would like to congratulate the participating students for bringing the trophy to Namaste and the best debater Mr Kiran Bhusal has shared an article about "Youths in Politics" in this newsletter.



Students Win Various Titles in District level Karate Championship

It is once again a time to rejoice and celebrate at Namaste Academy. An educated mind in a fit body is what Namaste Academy focuses on when offering holistic development to its students.

Students of Namaste Academy excelled in the 1st Madan Bhandari Sports Academy district-level Karate Championship-2079, which was held recently at the Hall of Udhog Banijya Sangh, Si.Na.Pa-9.

In the girls' category, Ms Radha Bhusal won the Silver Medal in 35 Kg and Ms Evaana Malla won the Silver medal in 25kg girls. Similarly in the boys' category Master Ridesh Bashyal won a Silver medal in 35kg boys and Master Soham Shrestha won the bronze medal in the 24kg category karate matches.

Mr Mohammad Ali is the Karate coach of Namaste Academy who prepared the students, and we are all proud of their achievements and wish them all luck for more such events in the future.





Namaste Creative Festival

Over 500 guests, along with staff and students, turned up to the Namaste Creative Festival held at Namaste Academy on Monday 19th December. The event was a whole-day affair with activities to entice audiences of all age groups. Hon. Minister Bir Bahadur Rana, Minister for Energy, Water Resource and Irrigation of Lumbini Province, POBSON Lumbini province President Mr Lal Hari Pandey, PABSON Rupandehi district President Mr Ananta Raj Sharma, PABSON Tilottama President Mr KN Sagar Gyawali, Directors of Namaste Academy, Mr Mahendra Kandel, Mr Bishnu Bhusal, Mr Pushpa Kandel, and Mr Dillinarayan Pandey and promoters Mr Shyam Kharel, Ms Kamala Pandey and Uma Kanta Bhandari and Head of School, The British College Mr Arun Kandel were also present in the event.

The festival was led by grade 9 and 12 students Akriti Kandel, Abhilasha Sherchan, Trishu Agrahari, Swikrtiti Pangeni, Deepika Neupane, Amit Kunwar,

and Tamanna Bhandari. And some of the activities that took place during the festival were as follows:

a. Grade 10 Student Ishan Pangeni Creates a Game for the Namaste Creative Festival

As a part of the festival, Ishan showcased a game that he had designed and developed in his Entrepreneurship and Innovation classes. The game is called ZOMBIE ATTACK - and sees Zombies attacking Namaste Academy.

b. Grade 11 Student Mimansh Neupane Develops a Website for the Fest

The creativity of students saw no boundaries during the fest, with one student even creating a dedicated website for the very day. The website acted as an information hub and map for the event, through which parents and teachers could get information about the event. And during the event, parents could scan a QR code which would take them straight to the website.

c. Art Exhibition

Students from Play Group to Grade 12 participated in an Art Exhibition at Namaste Academy. The event was led by Sinchen Thapa from Grade 11 and some of the art was even sold at the festival market.

d. Computer Quiz

Grade 9 students Mohammad Abuzor, Bishnu Yadav, and Pushkar created a computer quiz through which students could play both the quiz and online hangman. The activity was conducted in the Computer lab at the Creative Festival and was a great success.

e. Face Painting

Jannat Islam from Grade 9 led a face painting stand at the festival, along with our other teachers - and many students chose to celebrate the win of Argentina in the 2022 World Cup by painting their flag on their cheeks.

f. Haunted House

Led by Grade 11 student Suyog Parajuli, the haunted house was a raging success with over 150 people visiting. Students dressed as ghosts, spooky decoration, skeleton, and a scary sound and lighting maze gave the haunted house an amazing experience for students and parents alike.

g. Food Fest

Led by Ashruti Pokhrel from Grade 12, there were many food items available at the Food festival, including Momos, Chatpat, boba tea, and mocktails. Parents appreciated that both students and teachers, including Mr Vijay Karki, Mr Anuj KC and Mr Chandra Bhattarai, were also involved in the process of cooking and serving the food.

h. Market

Used books and Arts and Crafts were the highlight of the Market at the creative fest, where students from Pre-Primary to Grade 12 participated along with teachers to donate books or create art and crafts that were sold.

The Pre-Primary level team headed by Ms Geeta Gauchan donated arts and crafts along with some plants. Primary Level students made arts and crafts including carved stones, diaries, and decorations with the strong support of their coordinator, Ms Meena Bhattarai, and their class teachers. And Ms Radhika Sharma took the lead for the lower secondary and supported them in making glass art.

The idea of selling used books was to assure that we as an institution understand the importance of sustainability and appreciate the recycling and reusing culture. And we would like to especially thank Mr Vijay Karki, Mr Lilamani Pandey, and Ms Geeta Gauchan who donated the most amount of books and other items for the market.

Ms Sanju Itani, the librarian at Namaste Academy took the lead to sell the books along with the strong support of Prashant from Grade 9. Prashant, an avid reader has also contributed an article for the newsletter where he describes why he loves to read.

All proceeds from the market were donated to the needy.

i. Arcade

The arcade included several fun, student made games, such as sandbags throw, doraemon ball, hit the bottles, and spin the wheel. Students and parents enjoyed the event, which was led by Nischal Aryal and Promish Gautam from grade 10, and supported by teachers Mr Baban Sah and Mr Nabin Nepal.

j. Tea Party

Pre-primary students also got to enjoy their own Mini Feast. The event took place in the garden area where students had their own tea party. Tents were organised along with tables and chairs so that students could eat snacks and complete a pot painting activity.

k. Namaste Show

Students performed several dances, songs, and drama pieces at the Namaste Show. Taking place in the Futsal and Basketball court, the event showcased students performing K-pop, Nepali, Hindi, and English dances. They also sang songs in Nepali and performed the classic, "Romeo and Juliet". Ms Roma Sharma, ECA coordinator and

l. Formals

The programme was held in Namaste Academy on 23rd December for students from Grade 9 to Grade 12. The event was held in appreciation for the students who were involved in the Namaste Creative Festival and raised the funds for the Formals celebration. The event saw students play several games, enjoy music, dance, and eat food from a menu which they actually designed by themselves. Some teachers were also present at the event to monitor the students.

Donations Through Namaste Academy

The Creative Festival was planned with the intention of supporting the needy. And in total the funds conducted from Book donations and the Arts and Crafts Market along with some individual donations from teachers came to a total of Rs 21,035 - all of which was given to Binod K Gurung, as his wife has been admitted to a hostel in India with skin cancer. Mr Gurung is also a national singer and to thank the students, performed for them in the assembly. And the Plus 2 students, with the accumulated amount from previous fundraising and from the Creative fest, decided to donate winter clothes to the orphanage Abhinash Ashram, Tiltottama 18. We are very proud of the initiatives of all of our students.



Mr Umesh Kandel Announce New School Manager

Namaste Academy would like to announce that Mr Umesh Kandel, who was previously the Head of IT, has been promoted as the School Manager. As the Manager, he will be leading Operations, Finance, Marketing, IT, Transportation, the Cafeteria and the ECA department. His presence in the role is expected to bring better service for our children and we look forward to seeing the developments to come.



Belt Promotion and Certificate Distribution at Namaste Academy

Our goal is to make karate attractive and accessible to young students while maintaining the discipline, respect, and perseverance intrinsic to the sport. Our karate programme further contributes to the overall development of children – their physical and psychological health as well as their social development.

The sport helps young people learn to face difficulties, take up challenges, and realise that effort is the engine of success and that the support of their peers is essential. And so, we would like to congratulate all of the students for their amazing belt graduation on Dec 5, 2022 that took place in Namaste Academy. The event was graced by Mr Dhurba Acharya, Central President of Madan Bhandari Academy, Lumbini President Karate Federation Mr Bharat Bahadur KC, SSP of District Police Office Head Mr Rabindra Regmi and National Cricket Player Mr Shakti Gauchan were present in the event along with promotor Mr Dillinaryan Pandey.





Exposure Visits

Education should not only be limited to the classroom environment. Real-world connections and hands-on experiences are proven methods to better learning and at Namaste, we believe that children learn by doing. So, we decided to take the students on a number of excursions.

Grade 1 and 2 went to Banbatika; Grade 3 to Lumbini; and Grade 4 and Grade 5 to Tilaurakot and Gajedi Taal respectively. Everyone was excited for the rejuvenating ventures and the opportunity to embrace natural surroundings in the company of classmates and peers - whilst teachers also got to analyse and observe the students in real-life scenarios.



Grade 6 students went to Chitwan and were able to go on a jungle safari, experience bird watching, visit an elephant breeding centre, and see the National Museum. Students also enjoyed a Cultural Tharu dance and immersed themselves in the fun and cultural trip/



The older students went on a different variety of trips: Grade 7 and 8 to Pokhara and Bandipur; Grade 9 to Pokhara and Ghandruk; and Grade 12 to Baglung, Jomsom, Muktinath, Kagbeni and Marpha. Overall, all students had a rich experience - and the junior students even made a combined trip book for their class, which was showcased at the Namaste Creative Festival.



Chess Competition

Apart from developing perspective and memory, the game of chess helps to develop the student's focus and creativity. And to showcase the student's skills, Namaste Academy hosted an Inter House Chess competition.

Young budding students from Grades 1 to 11 participated in the Inter-House Chess Competition, which provided a platform for its students to



improve their logical thinking, analytical reasoning, and problem-solving. The students were categorised into four groups: Group 1 for Sub to juniors from Grade 1 to 3; Group 2 for Junior from grades 4 to 5; Group 3 for Senior from Grades 6 to 8; and Group 4 for Super Seniors from Grades 9 to 11. T

The students were then categorised into four Houses: Red, Green, Yellow, and Blue - and each group played four rounds. Throughout

the tournament, all of the participants showed incredible resilience and sportsmanship as well as brain power. With friends cheering each other on and spectators watching as the finalists played, it was a brilliant celebration of the game and a wonderful achievement for all.

The event was managed by the Grade 11 students of Namaste Academy and all of the results are below:

Result of Level 1 Inter House Chess Competition (Grade 1, 2 and 3)

S.No	Name of Students	Grade/Section	Position	House
1.	Krishna KC	3 Butterfly	1st	Red
2.	Brihat Pokhrel	3 Butterfly	2nd	Yellow
3.	Dakshit Goenka	2 Achiever	3rd	Blue
4.	Utsav Timilsina	2 Achiever	4th	Green

Result of Level 2 Inter House Chess Competition (Grade 4 and 5)

S.No	Name of Students	Grade/Section	Position	House
1.	Arnav KC	5 Saturn	1st	Blue
2.	Oshen Aryal	5 Saturn	2nd	Green
3.	Pranish Gyawali	4 Star	3rd	Red
4.	Sparsh Gurung	5 Saturn	4th	Yellow

Result of Level 3 Inter House Chess Competition (Grade 6, 7 and 8)

S.No	Name of Students	Grade/Section	Position	House
1.	Suranyan Gohem Bhupal Singh	7A	1st	Yellow
2.	Aarush Mall	6A	2nd	Red
3.	Dipesh Yadav	8A	3rd	Blue
4.	Aman Pangen	7A	4th	Green

Result of Level 4 Inter House Chess Competition (Grade 9, 10 and 11, 12)

S.No	Name of Students	Grade/Section	Position	House
1.	Shuvam Rai	10 A	1st	Red
2.	Sakshyam Regmi	10 A	2nd	Green
3.	Sushant Nepal	10 A	3rd	Yellow
4.	Shubham Khanal	10 A	4th	Blue



Mental Health Workshop to Reduce Internet Addiction

The Covid-19 pandemic was difficult for everyone. As a result, thoughts of spinning out of control, anxiety, and restlessness are on the rise and it is estimated that around two to three children in every classroom suffer from diagnosable mental health problems relating to internet addiction.

That's why for Namaste, supporting student wellbeing is a top priority and we organised a one day mental health workshop, in association with NEP CARE SOLUTION for Grade 6 to 10

students. Counselor Ms. Oshin Shrestha was the chief speaker and gave a wonderful presentation about Internet Addiction and how it can affect our mental health.



Fire drill at Namaste Academy

To assure safety from fire hazards, we conducted a fire drill at the school on 12th of December. Students and staff demonstrated the use of fire extinguishers and the school received a Fire Certificate, stating that the property is well equipped to keep students safe from fire hazards.

Student Write-Ups



Youths in Politics

Since the end of decade-long civil war in 2063 B.S., Nepal has been established as a federal democratic republic. The country has held several elections and adopted a permanent constitution. However, although the system is stable, the politics aren't.

As Nepal is a parliamentary democracy, the stability is quite dependent upon the number of

heads supporting or opposing the leadership. In my opinion, “parliamentary democracy cannot offer stability and cannot respect political values” - in the context of Nepal. If we see our current government, the largest political party with the majority is in opposition and the third largest party is running the government.

Leaders are playing a game of numbers. It seems like politics is done just to gain power and a cruel leader turns subsequent leaders cruel. Because of this our democratic values and political culture has become so disorganised and degraded that youths no longer interpret the word politics in the right way and now the most common interpretation of the word politics in Nepal is “The Dirty Game”.

In comparison to older populations nationwide, youth participation in formal political and electoral processes is comparatively low. Just like the phrase financial literacy, there’s a term political literacy and many youths in Nepal show no interest in this. They consider themselves “apolitical” but they are actually “a political” person because every aspect of our life is influenced by internal as well as external politics. Health, education, jobs, the market, the economy, inflation, etc. are all determined by politics.

You may not care about politics but politics cares about you. Because of political illiteracy and the lack of interest in youths, they are not raising voices and questions. When the government announces or offers allowances and freebies youths stand and clap and cheer the decision - but nobody is questioning economic status, or security, or jobs. However, young people can participate actively in institutions and processes that influence their surroundings and lives in a variety of ways outside of traditional political and electoral structures and procedures - such as the national youth council, youth wings of political parties, and so on.

Youths must be able to think and question critically. We can never create a utopian society with the best political, social or economic values. But understanding the politics, building policies suitable for the nation, being a leader, and making the citizens prosperous and respected - these are things that youths can and must focus on, not only to gain power, but to become rising politicians.

-Kiran Bhusal (Grade 12-Science)



Why Reading is a Good Habit

Reading is a good habit for several reasons. First of all, I would like to quote Lord Bacon who says that reading makes a full man. This means that reading provides perfection to the personality of the reader. A well-read man distinguishes himself gloriously in every gathering. He gets admiration and respect from others.

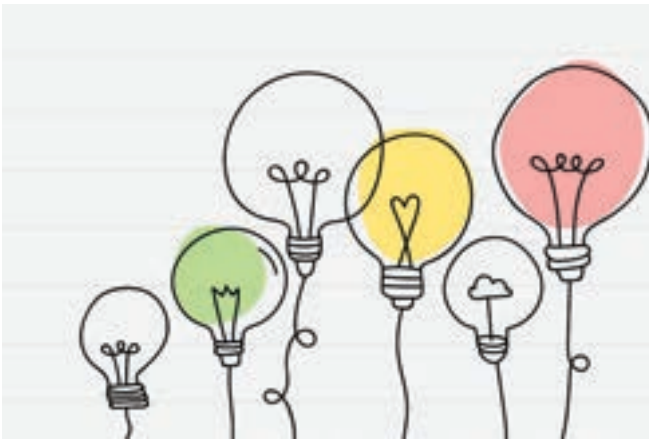
Secondly, reading gives knowledge and knowledge is light. It drives away the darkness of ignorance. Obviously reading means reading good books and good books represent the useful knowledge of their authors when we read a book, we interact with its author. When we read Shakespeare’s plays, we interact with Shakespeare and have the benefit of his deep knowledge of human nature.

Thirdly, reading sharpens our discretion. It enables us to differentiate the good from the bad, the true from the false, the right from the wrong, the virtue from the vice and so on. The sharp power of discretion wins success in life

Reading is also the best pastime. If you take the period that is free and go to the library to read, it is the best thing you can do. If you acquire the habit of reading, you will never feel bored and tired. That is one of the reasons I spend most of my time in the library.

Our library has great books to read and more are on the way. I generally like fantasy and story driven books like the Harry Potter series, as well as the biographies of great people. And I hope this will encourage you to visit the library and acquire a new hobby too.

- Prashant Chaudhary (Grade 8)



My learnings from Namaste Creative Fest

Namaste Creative Fest, as the title suggests, was about creativity. It was about celebrating and igniting the creativity of students and their desire to make something possible out of their own hands. Namaste creative fest gave a way for the students to approach creativity in an unconstrained way which had motivated us to unleash our creativity. Martin, our facilitator, chose some of us as the leaders in his still not so tangible project. This event relied solely on students for ideas for the fest and encouraged them to have their own team for their ideas.

But as simple as it sounds, finding teams was actually very difficult, and keeping those teams was even harder. Some people bailed out later even after reassuring us that they would complete their individual projects on time. We had a long list of teams at the beginning when we asked people for involvement in the fest but when the fest was starting to take itself seriously, many of them bailed and the list got distinctly shorter. However, people quitting was not the only problem. People who were enthusiastic about their idea were slowly starting to lose their enthusiasm and give up on their teams due to the sheer amount of time the festival took to be held. We had to change dates because of the educational tours happening in the school and had to fix the day to which is convenient for parents. It pushed the dates from one day to another and from one month to another which made many students lose hope in the likelihood of this event actually happening.

But at last everything was decided and the event took place. The school looked alive with bright

colours and the smell of food in the air. Students and teachers were cooperating with each other to make this event truly a success. Everyone was busy doing their respective work with no second to spare as the time for the starting of the event was creeping near. The parents were starting to roll in and the event was slowly getting boisterous. The event ended with kpop dances which left everyone in awe.

It was amazing to see our small vague idea grow and evolve into this big event that actually took place right in front of our eyes. The rush of adrenaline that everyone got before the days of the event was truly irreplaceable.

The event taught me about effective communication as we had to constantly talk with the teams and make sure they were still on. The event also taught me that it is very difficult to hold the motivation of people who were engaged in the event. At one point I even lost my motivation to lead this project as we were behind the timings of the event and the materials we required were delayed. Since we realised we had taken up this job and we had to complete this against all the odds, we did not give up. We pushed our limits and even if there was a chance of this event being a complete mess we kept going. The whole experience taught us that we should face hardships head on and believe in our competence.

As we completed the event successfully, it had its own faults but we learned to love it as we put great care into making this event happen. The faults the event had gave us insight on what we need to improve in the future events we hope to organise. I'm very glad that I was able to work on this project and with everyone to make this event happen and I'm sure everyone involved in this event feels the same.

- Swikriti Pandeni (Grade 9)

EDITORIAL BOARD

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