



# NAMASTE ACADEMY

## Newsletter

Mar 2023



## Message from the Principal

This is the last newsletter for the academic year 2079 B.S., and I am proud to share how amazing the year was for us at Namaste.

Many students showcased their talents in national-level competitions and did really well. Some of these have included Super Dancer Nepal, where we saw Ridesh Bashyal (Grade 9) finish in the Top 6; Voice of Kids, where three of our students, Akash Mallah (Grade 4), Soumya Pandey (Grade 3), and Suhana Aryal (Grade 1) were selected for Blind Auditions; the US Embassy District level Debate Competition which our school actually won, thanks to Kiran Bhusal, Deepika Neupane, and Amit Kunwar (Grade 12) - and Kiran even won the best debater award, amongst the 66 participants; and the International Open Karate Competition in which four of our students, Dev Sah (Grade 4), Soham Pandey (Grade 4), Sanyam Kandel (Grade 3), and Aabish Gurung (Grade 3) participated and won medals - and Sanyam Kandel actually even went to Sri Lanka to represent Nepal in the International Open Karate Championship!

We are also proud that this year many students organised various events, wrote books, and consistently built their leadership through their journey at Namaste. In academics, we are also excited, as Grade 8 prepares for BLE, 10 for SEE, and 12 for their boards - and we are confident that our students will gain results that they will be proud of. Other grades are also putting in equal effort and where needed, receiving extra classes and support from the school.

While the final examinations are around the corner, our students are trying their best at school, but we do expect a certain amount of support and motivation at home too. And whilst results are important, we must also understand that they are no more important than the physical and mental health and well-being of our students.

As we end the year, we are also happy to announce that we are working on providing a British curriculum for students from Grade 1 to Grade 7, and once we partner with Cambridge UK after the permission from the Ministry of education, we will officially become a British International School. We hope therefore that we will receive support from the parents as we continue on this journey.

## **Jigme Sherpa**

Principal, Namaste Academy



## **Primary Level at Namaste**

Primary level ranges from Grade 1 to Grade 5 and each section is divided into levels. The Primary Level at Namaste Academy focuses on Activity Based Learning as this learning helps in a basic level of understanding of various concepts and skills that students use throughout their lives.

In this way, we positively encourage our children and nurture creative expression in classroom activities. And all the children are given ample opportunities to take part in creative activities, such as art, as it helps to develop their creative potential, sharpens their minds, and boosts their academic performance.

Primary education imparts students with core skills that will provide a foundation for the rest of their academic careers. Young learners are also

taught life skills such as reading, writing, spelling, and interpersonal communication - and Bloom Taxonomy and Multiple Intelligence are applied in teaching to work on these skills among students.

- *Meena Bhattarai ( Primary Level Coordinator)*

### **a. Club Classes**

Club Classes help to develop conversation, storytelling, creative writing, reading, and mathematical skills.

During classes, activities take place which are focused on students learning through games such as Flashcards, Hot potato, Gallery Walks, Bingo, Word Games, and Quiz Contests etc - based on the content that they learn in their class. There is also a Spelling Bee, where the objective is to learn new words and improve pronunciation and sentence formation.

Club Classes at primary level are fun based but educational. Students enjoy gaming activities and making models. Students also learn through presentations, handouts, and worksheets - as visual classes are prioritised in order to help students to better understand the relevant topics.

### **b. ECA / CCA**

Extra-Curricular Activities & Co-curricular activities at primary level supplement regular class learning. All students are prioritised and encouraged to participate as these activities help in their overall development - including their moral values, attitude, skills, & creativity. These activities are mandatory for primary-level students because, with the help of these activities, they can

also learn to communicate, cooperate with others, and enrich themselves with life experiences.

In addition to all of the possible ECAs and CCAs, Library Classes at Primary level play a significant role in shaping young students' reading skills. In using the library they are learning not only to read but also to learn to issue and deposit books, write book reviews, and have book discussions.

### c. Experiential Visit

Primary-level students visit various places of different significance as a part of their field trips and excursions. These visits enhance their learning experience through observation, meeting new people, and doing documentation work and presentations during and after their visits as assignments.



## The Namaste 'Primary-Level' Family Donates to Nepal Eternity Orphan Home

The Namaste family, comprising of parents, staff, and students, has been generously supporting various campaigns lately, and this month the primary-level students seized the opportunity to make a donation to the Nepal Eternity Orphan Home.

The students contributed winter clothes, stationery items, water bottles, and other essential items to the orphanage. And to spread the joy, some of the primary-level student representatives visited the

orphanage and interacted with the children. This act of kindness and generosity reflects the values that the Namaste family stands for - empathy, compassion, and care for others.

The entire Namaste family takes great pride in contributing towards a noble cause and helping those in need - and we hope that our small contribution will help the children at Nepal Eternity Orphan Home and bring a smile to their faces.



## Namaste Students Win Big in an International Open Karate Championship

Namaste Academy students have achieved a big win at the Gautam Buddha International Open Karate Championship 2023 in different weight categories. Namaste Academy focuses on extracurricular activities, including Karate, which has helped the students to excel in the field.

The primary-level students of the Academy participated in the competition and won several medals, showcasing their skills and dedication towards the sport. Soham Shrestha (Grade 4) secured second position, while Aabish Gurung (Grade 3), Dev Shah (Grade 4), and Sanyam Kandel (Grade 3) secured third position in their respective categories.

The entire Namaste Academy community congratulates the winners and acknowledges their hard work and determination towards achieving their goals. And the Academy will continue to encourage and support its students to participate in various activities and competitions to bring out the best in them.



## Blind Auditions for Voice of Nepal Kids

Primary-level students Suhana Aryal (Grade 1), Akash Mallah (Grade 3) and Shoumya Pandey (Grade 3) were selected for the blind auditions of Voice of Nepal Kids.

The students were prepared for the competition by Nam Thapa, the music teacher at Namaste Academy, before travelling to Kathmandu for the audition. And under his guidance, one of our students, Shaumya Pandey made it through the blind auditions! We would like to congratulate her and are proud of the achievements of all those who participated.



## Spelling Bee

Some children need competition to drive them forward - and who wouldn't want to be the best speller in their class? So to witness this, the Spelling Bee competition in the junior wing (for classes 1 to 5) was conducted on Friday 3rd Sep 2023.

The competition is aimed at inspiring young and enterprising students, to encourage them to strive for excellence whilst building up their mastery of the English Language. Spelling is one of the essential components of successful writing, and being confident at spelling leads to confidence in all aspects of literacy.

Spelling bees are a unique educational activity that combines education, fun and competition. And while they are competitive in nature, they also add significant educational value to each student's education.

Here is a list of the best spellers in our school. We thank all the pupils for participating in the competition and giving their best.

### • Grade 1

1st Position- Hazel Joshi

2nd Position- Arom Aryal

3rd Position- Samyog Aryal and Sugam Parajuli

### • Grade 2 Achievers

1st Position- Anush Chapagain

2nd Position- Yashree Agrawal

3rd Position- Kayara GC

### • Grade 2 Reformers

1st Position- Evanna Malla

2nd Position- Krishnavi Thapa

3rd Position- Prasiddhi Sharma

### • Grade 3 Butterfly

1st Position- Saanvi Sharma

2nd Position- Swatee Pandey and Sudrishya Shrestha

3rd Position- Krisha KC

### • Grade 3 Caterpillar

1st Position- Riwarz Adhikari and Ayansh Agrawal

2nd Position- Aabish Gurung

3rd Position- Anmol Bhandari

• **Grade 4 Star**

1st Position- Pranav Agrawal

2nd Position- Aarogya Jung Kunwar

3rd Position- Abhinav Kasaudhan

• **Grade 4 Shine**

1st Position- Pranish Gyawali

2nd Position- Sakrita Rimal

3rd Position- Rhythm Gurung and Binamrata Kharel

• **Grade 5 Jupiter**

1st Position- Arnav KC

2nd Position- Riya Jaiswal

3rd Position- Kashyap Neupane

• **Grade 5 Saturn**

1st Position- Nancy Shrestha and Migeen Thapa

2nd Position- Sugam Neupane

3rd Position- Shoham Pandey



**Preschool Temple visit**

Learning is best when it is built around doing. And so on the occasion of Shivaratri, we took the opportunity to visit the Shiva temple "Moksha Dham". It is so much more interesting for kids to be able to see, touch, and get a sense of place by visiting it, rather than just reading about it. This field trip was a great opportunity to inculcate in the children the value of respect for different religions - and everyone involved had lots of fun.



**Namaste Sports Week 2079**

"Sports can bring people together as nothing else can. It can break all barriers and build up understanding and friendship along with the spirits of sportsmanship".

Namaste Academy held its annual sports event, "Sports Meet 2020" for Classes from Nursery to Grade 12, from 21st February till 24th February - with great zeal, excitement, and a frolicsome atmosphere all around.



The event began with Mr Umesh Kandel (the School Manager), Roma Sharma (ECA in Charge), and all faculty members welcoming the esteemed gathering. This was followed by the inauguration function and ribbon-cutting ceremony.

An energising equestrian display set the tone for the rest of the event and a total of 20 events were held throughout the week - including outdoor as well as indoor games (as listed below):

Pre-Primary	Junior	Senior
Drag the Ball	Mathematical	Futsal Tournament (Boys and Girls)
Drop the cone	Skipping	Cricket (Boys)
Chocolate race	Hurdle	BasketBall (Boys and Girls)
Collect the ball in the basket	Lemon and spoon race	400-metre Relay Race
Balancing	100-metre race	Marathon (200 metres)
Fill the bottle	Futsal tournament	
Blowing balloon		
Getting ready for school		
Burst the balloon		
Lemon and Spoon		
Hula Hoop		

The activities were thoughtfully designed for students of all age groups, from PG to +2 - and every student took part, making it a very successful event. There was also a competition for teaching and non-teaching staff which everyone enjoyed watching.



## Saraswoti Puja and Akshar Aarambha

Namaste Academy celebrated Saraswoti Puja and Akshar Aarambha on 26th Jan 2023. The event focused on highlighting the work of Pre School students at Namaste, who showcased an activity, their books, and a photo session. The event was also an Akshar Aarambha event where newly admitted students made hand prints and completed their first doodle at school.



## Literature Festival

The Namaste Literature Festival was a resounding success as students and guests alike celebrated the joy of literature together on 26th Jan 2023. The festival was designed to promote literature and the love for reading and writing among the younger generation and the Chief Guest, National Gazalkaar, Boond Rana, graced the event with his presence, making it even more special for the students and attendees.

The panel discussions were a major highlight of the event as they covered a wide range of topics, from the role of the youth in Nepali literature to the art of storytelling and how to become a writer. The diverse panel of writers, journalists, teachers, and students added to the richness of the discussions and Grade 9 students Akriti Kandel, Tamanna Bhandari, and Swikriti Pangenii facilitated the panels with confidence and maturity, setting a great example for their peers.

The cultural performances and book announcements by Grade 8 students Shreyasi Panthi, Ayushi Raj Bhandari, and Prashant Chaudhary were a treat and the literature exhibitions displayed over 100 write-ups from the students, showcasing their creativity and imagination. The primary students also ran a book review and discussion, sharing poems and stories, making it a day to remember for everyone. And one of the students' Book reviews has been published under the Student Write-Up section.

In conclusion, the Namaste Literature Festival was a celebration of literature and an effort to instil a love for reading and writing in the younger generation - and the event was a testament to the fact that young people can make a significant contribution to the literary world.

## Parents' Home Visit

During the winter vacation, teachers at Namaste Academy paid a visit to their student's homes to visit their parents.

Teachers were very glad to see the students in their homes during the vacation and were impressed by the hospitality they received from both parents and children. It was a great learning experience for them and the parents shared wonderful feedback which we will use to better the school and academics of the students. As a result, the home visit programme will now be an annual event.



## Leadership Session for Plus 2 Students

As a part of our Management Development session, Grade 12 students watched a movie entitled "Ek Ruka Huwa Faisla" and learnt lessons about leadership and the characteristics that different leaders should possess. They then went through a session on values in order to identify how values shape the leadership attributes one could possess.

They also wrote about a person whom they consider to be a good leader - and Deepika's (Grade 12) article describing why she feels that Mr Mahesh Chettri (Plus 2 Coordinator) is a leader is in the Students Write-Up section.

# Student Write-Ups



## My leader – Mahesh sir

Deepika Neupane (Grade 12)

A leader is expected to take charge first: speak their mind right there and then. However, a leader for me would be someone who can take a step back during a discussion and be attentive to the needs of the group. A leader must be a group person - it does not matter whether they are an introvert or an extrovert, they just must be capable of driving the bus of the group.

In my experience, Mahesh sir, the coordinator of +2, has these qualities, which I look for in a leader. He is calm and cool-headed when it comes to work and group projects. Recently, I read a book called "Go-Giver", by John Burg and David Mann. The book is about "giving" value and its principle is "giving value to a job or person".

Mahesh sir subconsciously follows this value. He has the ability to bring a dead project back to life. The idea of giving has always been appealing to me and the fact that our coordinator walks on these principles has struck me.

Our coordinator has a calm aura and talks a lot. And the peaceful and positive vibes that Mahesh sir gives off have helped in many disturbing situations. He listens to understand and speaks to make others understand - he can take a step back to listen and also take a step forward to speak when needed - and this is a vital trait that a leader must have.

## Students showcase their creativity by announcing books at the Namaste Literature Festival

Three students from Grade 3 have written stories/novel that can be published as books in the future, and the theme of their books are:

### • 'Shape Your Own Life'

by Shreyanshi Panthi (Grade 8)

We all have the opportunity to change the way we live our lives. It might take some time, but we can live our life the way we want. We might feel like we're the only ones facing something, but many others face something they wish they never had to. Sometimes you might feel like your life is controlled by someone else, but you also have a say in what you want to do and who you want to become. There's good in every heart and you can find that within yourself. In this book, you can find out what kind of person you want to become and how you can believe in yourself.

### • 'Stella'

by Ayushi Rajbhandari (Grade 8)

The theme of the story is "Different people can also be friends". It's an adventure story about a new student in a private school. She is an introvert and she likes to do things alone and does-not really enjoys anyone's company. However, things change when she meets a new roommate who is the complete opposite of her. They were different



but after they put their differences aside they became friends and explored different things and situations together. They are always there to help each other and both of them learn a lot from each other. Being an introvert and an extrovert, they are able to handle anything the situation demands.

#### • 'Anemo Alliance'

by Prashant Chaudhary (Grade 8)

Three types of winds which in the past fought with each other, later formed an alliance. Each ruled one country and the people of that country made them their gods - and in return, they had to do their responsibility and protect the city. But one day a gentle breeze went missing. Everyone thought that storm did something because despite the alliance they still had their differences, and there was something more happening than was meeting the eye.

### Book Review: "121 classic Poems"

Reviewed by Akriti Kandel (Grade 9)

"Poetry is the spontaneous overflow of powerful feelings and emotions recollected in tranquillity."

The title of this book I am going to review is "121 Classic Poems". It is compiled and edited by Prashant Gupta and published by Manoj publications.

It was just another day at the library when I came across this book. As I am interested in songwriting and lyricism, I feel like drawing inspiration from literally everywhere is really important. And I believe I can draw them more from the books I read. A poem is a piece of writing wherein the words are chosen for the sounds and images they suggest, not for their obvious meanings. So naturally, the phrasing in a poem is something that makes it special.

As the title suggests there are 121 poems composed and written in this book, and my favourites are as follows:

#### • Though I am Young and Cannot Tell

This poem is trying to display the connection between love and death and examine their relationship. At first, the poet does not know much

about love and death but as the poem develops, I was able to learn the similar effects that they have. The poem explains that both love and death can feel like salt in a wound and that love can lead to death as well. Love is described as heat, and death is described as cold and "extreme to the touch". I reached the conclusion that love corresponds with death in unthinkable ways.

#### • Success is Counted Sweetest

This poem claims that the people who always fail are the ones who appreciate success the most. And I think in a way this is true. To taste something sweet like success you really need to work hard. Only a dying soldier can fully understand victory because the distant echoes of celebrations are agonisingly clear.

#### • When I Am Dead, My Dearest

The poet tells her loved one that when she is dead he should not sing sorrowful songs for her or plant any roses or shade-giving cypress trees by her headstone - and instead to just let the grass be green so that she won't see any gloom or feel the sadness of rain. She won't be able to hear the nightingale sing as if it was hurting nor is she sure that she will remember her dear in the half-light of the dead.

### Conclusion

I love poems but sometimes it's frustrating to interpret what it actually means because the phrasing is in fact quite difficult to understand. I hope I was able to translate some poems into their actual meanings. This book is indeed a masterpiece and my gratitude towards the librarian is huge. Thank you so much for recommending this wonderful book. To those who are in love with poems and writing, this one is perfect for you.

---

#### EDITORIAL BOARD

**Chief Editor** Jigme Sherpa

**Editors** Marney Ryan, Lilamani Pandey

#### Writers

Sangeeta Thapa, Meena Bhattarai, Geeta Gauchan, Deepika Neupane (Grade 12), Akriti Kandel (Grade 9), Shreyansi Panthi (Grade 8), Ayushi Rajbhandari (Grade 8), Prashant Chaudhary (Grade 8)

---