



NAMASTE ACADEMY

Newsletter

May 2023



Message from the Principal

HAPPY NEW YEAR 2080! This New Year, we are glad to announce that we are now the first registered Cambridge International School outside of Kathmandu Valley to teach Cambridge Primary and Cambridge Lower Secondary curriculum. Our curriculum focuses on academic excellence, character development, leadership skills, and social responsibility. We had been offering a variety of extracurricular activities such as sports, music, and karate to promote well-rounded education. Along with it, we also plan to conduct Duke of Edinburgh's International Award programme for secondary level students from Grade 8 to 10. This will ensure the measurement of learning and development of the students in terms of non-academic outcome.

This year also began with the results of Basic Level Examinations and our school was able to produce one of the bests result in Tilottama region. We are extremely proud of students and grateful to the teachers who had been working really hard to ensure that academic outcome of the students is as good as the non-academic outcomes of the school. As we begin the new academic year, we are excited to welcome our new students who trusted us and are a part of Namaste Academy now. Our students are back in school and ready to begin the new academic year with needed enthusiasm.

Jigme Sherpa

Principal, Namaste Academy



Sanyam Kandel WON GOLD in Sri Lanka

Namaste Academy wins BIG in the 3rd International Karate Tournament-2023 held at Ratanpur Indoor Stadium in Sri Lanka on 4th March 2023. Sanyam Kandel, student of grade 4 in the 9 yrs age group and Mr. Kamruddin Ali (Karate trainer) in the 75 kg weight group won gold medals for Nepal. The tournament also witnessed participants from other countries like India, Bangladesh, Pakistan, and Sri Lanka. The Nepali karate team was led by Nepal Karate Federation General Secretary including South Asian Wadorio Karate Federation President Mr. Harisharan kc and the team organizer Mr. Jenish Panthi.



Speaking about the tournament and its benefit, Mr. Lila Mani Pandey, Vice Principal of Namaste Academy, said, "It is a proud moment for the school that our student Mr Sanyam Kandel won a gold medal in an international tournament. He truly deserved it given his dedication to martial arts. Mr. Kamruddin Ali, Karate trainer at Namaste, is a consistent performer and showed remarkable performance in the past. With his performance, he builds a great reputation among the students and judges of national repute. We wish both Sanyam

and Ali sir all the best and hope that they will bring more honor to the school and the nation with his exceptional talent. School always supports sports and nurtures student like Sanyam by offering a conducive environment."

We are extremely proud of Sanyam who will also be representing Nepal and Namaste Academy on International Karate Championship happening in Malaysia this May.



8 students of Namaste shortlisted for International Karate Championship in Malaysia

Prasiddhi Sharma (3), Pracesh Shahi (4), Sanyam Kandel (4), Aaron Sherchan (5), Dev Shah (5), Vainnavi Verma (9) , Akriti Kandel (10) and Riddesh Bashyal (10) will be representing Nepal and Namaste Academy on the International Karate Open Championship happening in Malaysia. Students will leave Nepal on 10th May, 2023. The students will be accompanied by Martial Art teacher Mr Mohammad Ali. The students had been training for last few weeks dedicating to this competition. We hope the students are able to mark their presence in such a prestigious platform.

Basic Level Examination Results out

36 students in Namaste appeared BLE examination, the result was published recently by the municipality and Namaste Academy received one of the best results in Tilottama region. Out of 36 students, 9 students recurred A plus and 16 students secured A grade, and others received B+ and B grade. All the students were promoted to Grade 9. We are proud of the achievement of our students.



Inauguration of Cambridge Primary and Cambridge Lower Secondary in Namaste

We are delighted to announce that Namaste Academy has registered itself as a Cambridge International School by Cambridge Assessment International Education. An inauguration ceremony took place in Namaste by our director Mr. Bishnu Bhusal and promoters on the event held on 31st March, 2023. Parents of students from Grade 1 to Grade 7 for the academic session 2080 attended the event. Namaste Academy is also beginning Duke of Edinburgh's International Award from the upcoming session for the students from Grade 8 to 12. Mr Martin Skworc, from Poland will be heading it as Award Leader.



New session begins with Welcome Programme

It was a great pleasure to meet and greet some new students as well as our beloved pupils who graduated into higher classes as on 21st April, 2023, the first day of the academic session 2080 B.S. The morning started with Yoga and Meditation and was followed by Welcome Programme from teachers and students of Namaste. A lot of performances took place on stage from Dance, Music to Poetry. Teacher's participation in the activities were highly appreciated by the students.

The day was full of fun activities! It was a Good Friday for the students in the first day of the school.



Employee Recognition Day celebrated

On the occasion of International Labour Day, Namaste Academy celebrated Employee Recognition Day to acknowledge each and every employee in Namaste for the hard work they put to provide the best of services to the valued students and parents. The event took place on 30th April, and assured to provide awards to each staffs on several categories so as to ensure that the work they have put in the institution is appreciated.



International Book Day celebrated with Read Aloud competition

In the international book day on 23rd April 2023, Namaste Academy celebrated the very day with Read Aloud competition where all present students from grade 1 to grade 5 participated in the event where students read out different story books. Ms. Sanju Bhandari, Librarian of Namaste Academy conducted the programme and shared the students the importance of books in our lives. It was a wonderful experience for the students. The judges of the event were Ms. Meena Bhattarai, Ms. Tara Adhikari, and Ms. Sanju Bhandari.

Primary Level class wise Read Aloud Session

Best Readers

Grade 1

Student name

Aayan K.C - 1st
Bivisha Adhikari - 2nd
Aarush JungThapa- 3rd

Grade 2

Student name

Sahana Tiwari - 1st
Hazel Joshi - 2nd
Aarushi Godar - 3rd
Suhana Aryal - 3rd

Grade 3

Student Name

Akshata Agrawal - 1st
Saanvi Pansari- 2nd
Nishma Gurung and- 3rd
Aadarsh Singh Chettri- 3rd

Grade 4

Student Name

Neisha Bhusal - 1st
Aarshika Lamsal - 2nd
Swatee Pandey - 3rd
Anmol Bhandari - 3rd

Grade 5

Student Name

Sakrita Rimal - 1st Aaron Sherchan - 2nd Harshit Itani - 3rd Aakash Mallah - 3rd

Farewell programme of Grade 12

The first ever Plus 2 batch of Namaste Academy will finish their 12th grade in a month. Hence, Grade 11 students threw farewell party to the students where students performed in various dance and music. All the students of Grade 11 participated in one way or the other ensuring that it was team effort. There was stand-up comedy, speeches and other interesting activities during the farewell party which was held in Tiger Palace Resort. The event ended with a video from Grade 11 students who made for their seniors.



Annual day

'No education can be complete without the arts and creativity playing a central role in a child's life'

The students of Namaste Academy witnessed the glitz and glamour of Annual Day celebration on 26th of Chaitra. The annual functions are organized by the School every year as it will

increase the talent and all extracurricular activities of a child. It enables the children to think and realize the talents inside of them. Annual Function has always been the most awaited programme of the year as it gives immense opportunities to the students to enhance their talent on a grand level. Including those preparations, guidance, excitement, rehearsals every single moment is memorable one for all the students, teachers and parents. It is an occasion of celebration, felicitation, feast and festivity when students present not only their wonderful performances but also receive honors for their academic and co-curricular achievements.

The head of the school Mr. Arun Kandel and our School's Principial Mr. Jigme Sherpa was appreciative of the efforts put in by the students and the teaching and non-teaching staff of the school.



SKG graduation

Graduation day is always a day of rejoicing as it signifies the culmination of many years of hard work in the relentless pursuit of knowledge.

The year of 2079 B.S has been an unforgettable year on terms of getting accustomed to the new normal for teaching learning experience. However, this has not affected the dedication and hard work of the students and the teachers of Namaste Academy in shaping up the students through education and other co-curricular activities throughout the year.

To celebrate the progression and development of students of pre-primary of Namaste Academy celebrated Graduation Day and applauded the young enthusiastic learners for their commendable performance in the session 2022-2023. The programme which was hosted by Ms Geeta Gauchan, Preprimary Coordinator, began with a welcome song presented by the little ones. The tiny tots left everybody spell bound as they danced on tunes of some vibrant music and they sang a song making the parents and teachers proud. They demonstrated a few things they have learned throughout the school year which set the tone and mood of the atmosphere at an all-time high. Principal Sir presented the Graduation Certificates to the little learners who wore graduation robes and caps with pride. The programme culminated with the vote of thanks by Mr. Arun Kandel sir who expressed their gratitude and appreciation to the parents as well as teachers. It was indeed a memorable experience organised by Pre Primary level staffs for the little ones and be blessed as they continue their education in the main stream of the school.

Prize distribution ceremony

Any institution is successful in the true sense by the achievements of its students. Taking note of the persistent contributions made by its students on various competitions, Namaste Academy organized the Prize Distribution ceremony on 5th March 2023. Awards are a way to encourage good behaviour and inculcate competitive spirit among the students which helps them to recognize the real potential inside themselves and help them to prepare better in today's competitive world.

From Hand writing competition, Arts competition, Spelling bee competition, Speech competition and many other fields, more than 250 students were awarded for their outstanding achievements in various categories. Attractive prizes and certificates were given to the winners. At the end of the day Mr. Lilamani Pandey the Vice Principal of Namaste Academy congratulated all the students and motivated them to set new benchmarks for themselves.

Namaste Academy celebrated Earth Day 2023 by organising a fun activity

Earth day inspires people to commit to environmental protection. It encourages them to take action, however small, and be part of the global movement dedicated to saving the planet we call our home. So earth day is a wonderful opportunity to teach our kids about 3Rs i.e. recycling, reducing and reusing. So our students did a craft activity of paper. After every art and craft class, we make sure to save those bits of paper so that it can be re-used and it was a great opportunity to teach them about the re-using and recycling concept. As a part of learning they were introduced to the planet we live in. This was a fun and interactive way to raise awareness about the importance of protecting our planet.

Look how our children also made some planets by the piece of paper. Tiny tots collectively done all the activity with great pleasure.

Taking care of the Earth is not just a responsibility. It's a privilege and we all should feel responsible to take care of it.



Soumya Pandey's journey in The Voice Kids Nepal

Soumya Pandey of Grade 4 was able to be selected from Blind Auditions and later made it up to the Battle Round.

Akash Mallah and Suhana Aryal were other participants from Primary level who made it up to Blind Auditions in the competition. We are glad that our children are able to participate and shine in such prestigious platform.

We are glad to have Music Teacher Mr Nam Thapa who is consistently working to create opportunities for the students.

Friday and took close view of the flora. The visit aimed to get first-hand experience with plants and broaden their understanding. The teachers also accompanied the children and showed them various kinds of plants and trees which have been taught in the classroom. The students were able to identify the different types of plants including trees, shrubs, herbs, and climbers. They were also able to name the flowers, and trees based on their leaves. They acquired knowledge on different parts of plant and their importance in our daily life. The children were very inquisitive to know more about the plants and flowers and their benefits as well. It was amazing to see them observe and describe different plants and flowers.

We are grateful to Mr. & Mrs. Neupane, owners of "Tilottama Agriculture Farm" for allowing our kids to pay a visit. They were also generous enough by gifting each child with a flower sapling. This will help them develop their understanding and affection towards plants and nature.

It was a rewarding experience packed with both learning and fun for our young learners to enrich their experience regarding gardening.



Tilottama Agriculture Farm visit

"In every walk with nature, one receives far more than they seek." -John Muir

The students of pre-primary with their Pre-primary teachers and coordinator went for a field visit to "Tilottama Agriculture Farm" which is located at Kotihawa on 24th March, 2023 i.e.



Club Activities in Namaste

a. Road Safety session (2079/11/30)

Unlike adults, children do not have the maturity to know what to do and what not, when walking on

the roads. Without adult supervision and proper knowledge of road safety rules, children can put themselves at risk so an interactive session was conducted by Ms Ambika Aryal ma'am about road safety for grade 3 students where students got the chance to know about traffic signals and drive within prescribed speed limits they should never talk on mobile phones while driving. Drunken drivers should be heavily penalized. Wearing a safety belt and helmet should be mandatorily practiced on the road. Following signal light indications and stopping at the zebra crossing at relevant times should be practiced. Our safety is in our hand as the road safety empowers us with protecting skills it is often quoted that if we stay alert today, we will be alive tomorrow. So be alert & be safe on roads.



b. Health service provider by grade 2

One of the main objectives of education is social transformation. Values and knowledge are more significant than money. Value-based education is crucial for creating a generation that is prepared for future and is socially aware.

Pretending is very important to your child's development. Many students learn more easily by actually "doing" activities. When children pretend, they recall and re-create experiences. So Students of grade 2 did an imaginative role play of health service provider under the supervision of Ms. Tara Thapa to take a step towards ensuring holistic personality development of a child and making responsible choices. The main objective of the programme is to make students capable of social transformation and socially responsible. It helps in building empathy, sympathy and kindness in students, making them Co-operative with their fellow class mates, staff and teachers.



c. Maths is Fun

Visuals are crucial when you are trying to teach mathematics to young learners. Written lessons and textbooks are important, yes, but visuals will make a lesson more engaging and help children understand complicated concepts. So, our teachers like Ms. Bina Gurung generate interest of the subject among students and make their classes fun to learn from hands-on learning activity by using simpler objects, like decorative puffballs, chart paper, small toys, Legos, blocks and many more. They are tactile learners, and it's easier for them to understand concepts when they are able to explore them with more of their senses. Think about how much easier it is to understand addition or subtraction when you can see objects being added or subtracted right in front of you so hands-on activity is the perfect way to get a student who's struggling to understand a concept.



d. Orphanage Visit by previous grade 5

Thirty two students along with coordinator Ms. Mina Bhattarai and teacher of grade 5 Ms. Padma Shahi, Ms Aakriti Poudel and Mr Bishwojeet Malik with our motto "SHARING IS CARING" had an opportunity to visit an orphanage known as Nepal Eternity Orphan Home located at Kotihawa. Visiting Orphanage is a life changing experience as it evokes emotions and sentiments.

The children of Nepal Eternity Orphan Home foundation were very excited to receive us. The students greeted them with great enthusiasm and spent some time interacting with the children. Later the students handed over the hygiene kits to the children of the orphanage. It being the spring season, we planned to include in the hygiene kit bathing soap, comb, small toothpaste tubes and sanitary pads for teenage girls and some grocery items.

There was huge smiles on their faces. It was indeed a very satisfying experience for the students as they could bring smile on children's faces. The visit encourage the students to do more for the needy and help them. Our students learned the value of caring and sharing for others. They realized that one must contribute and understand their social responsibilities towards society and surely many of the students decide to contribute to such worthy causes in the years to come.



Personal Branding by Ms. Babita Agrawal (2079/11/30)

In today's competitive and modern business world, it is highly essential to adhere with professional appearance and grooming for the workplace or anywhere. So visual impact is at least as important as verbal impact. People will rapidly make assumption based on your personal appearance, including your facial expression, the clothes you wear, how well groomed you are and your body language. Schools are ideal environments to promote healthy lifestyles and teach values among students. We conducted a session of Personal Branding where plus 2 students of grade 11 and 12 are able to understand different personal branding related topics and the programme was led by Ms. Babita Agrawal. The students received several insights in the session which was adaptable to students and can be extended to any educational environment to improve their personality.

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