





## ULLENSNEWS

**VOLUME 5, YEAR 16, APRIL-JULY 2021** 

### **Message from the Principal**

Dear Parents and Guardians,

I hope you are doing well and that you are keeping safe during such testing hours. The pandemic has taken a toll on all of us but what matters most is that we are still forging ahead, trying to find the silver lining despite the situation.

I would like to express my sincere appreciation and gratitude to each and every parent and guardian for your continuous cooperation and understanding throughout these months. Without your belief and support in us, we would not have been able to reach this far.

I would also like to seize this opportunity to congratulate the International Baccalaureate Diploma Programme (IBDP) Class of 2021 for their outstanding results! This year's achievements are the best till date and I would like to commend each graduate for their hard work, determination and perseverance. Despite having to learn during such difficult times, and embrace online learning, the graduates have beat all odds to come out successfully on the other side.

The May 2021 session consisted of a total of 87 candidates. The following are their results:

- Average Diploma Score: 33.32. This is above the global average of 33.02.
- Average Diploma Grade: 5.50. This

- is above the global point average of 5.19.
- Percentage of students achieving 40-45 points: 11.30%. This is above the global average of 9.10%.
- Diploma Pass Rate: 84.81%

As this would not have been possible without the hard work and dedication of all our teachers, I would also like to take this opportunity to express my sincere gratitude to the IBDP team of teachers. To celebrate the graduating class, Ullens hosted a two-part hybrid Graduation Ceremony that consisted of a virtual ceremony and a series of short in-person ceremonies, about which you can read more in the current edition.

Moving forwards with a spirit of optimism, we are planning to hold a socially distanced and downsized graduation ceremony for our Grade Twelve, Class of 2021 students once they complete their Board examinations. We hope to host a ceremony that properly celebrates the students' accomplishments. More information on this will be available to you in the coming days.

On a similar note, with the new academic session for Grade 11 and IBDP students commencing, I would like to extend a warm welcome to the incoming Class of 2023. The next two years of your academic journey is bound to be



an enriching one, and we hope you approach it with zeal and enthusiasm. We also hope that here at Ullens, you find all the essential tools you need, to enable you to push through the boundaries and evolve into future leaders and changemakers of our country.

As an educational institution, Ullens strives to provide quality education to our students. Regardless of the current Covid scenario, our teachers are putting in time and effort to ensure that learning is continued effectively. Simultaneously, the School is working towards further enrichment, and particularly considering the prevailing situation, we have started conversations with several organizations to integrate and embrace digital tools and technology into our learning.

PAGE **[2]** 

Our beloved alumni are also an integral part of the Ullens community. As it has been quite a while since we last reconnected with our growing group of alumni dispersed all around the globe, we are planning to organize an Alumni Meeting in the near future. This will provide a space where alumni can spend time together rekindling and reliving their school memories as well as reconnecting with friends and faculty. We will be providing an update once our plans are finalized and we look forward to having a huge alumni presence at the next meeting.

This Newsletter covers all the activities carried out by our school community from the months of April – July 2021.

This edition tries to exhibit the ability and dedication of our team working unanimously to provide quality education in these difficult times. I extend my sincerest gratitude to the staff, teachers, parents, students and the entire team for helping Ullens maintain its position as a center of excellence throughout the years. I am certain that we will continue working together with this spirit in providing quality education to our students in the coming days.

I would like to thank and recognize the Communications and Editorial team for their hard work in bringing out the current edition of the Ullens Newsletter. I would also like to welcome all our valued readers to provide us with any input, feedback or suggestions for improvement (if there are any) without hesitation. You can reach me at principal@ullens.edu.np.

We are here to work together for the growth and wellbeing of every child and to foster an environment of learning and leadership.

Kind regards,

#### Medin Lamichhane

Principal

## A HELPING HAND TO NUTRITION REHABILITATION HOME (NRH)

The Ullens Education Foundation (UEF) is collaborating with Nutrition Rehabilitation Home (NRH), a program of Nepal Youth Foundation, in its effort in dealing with the current Covid crisis.

NRH is driven with the objective to restore the health of children suffering from malnutrition. In this context, it had been distributing Lito (a blend of corn, soya and wheat), free of cost, to numerous orphanages, old-age homes and individuals suffering from malnutrition. However, as the ever-increasing Covid infection rates in the country and the subsequent lockdowns resulted in zero malnutrition in-patients, NRH took the step to shift its services to a care home for Covid infected patients. Subsequently, this led to an urgent need for a facility to prepare Lito; a suitable place where the preparation process requiring rinsing, drying, removing impurities, roasting, grinding and packing could take place.



This is where the UEF stepped in and extended a helping hand to NRH, providing the Ullens Kindergarten facility at Jawalakhel. At the start, NRH used the facility from September 2020 for about a period of six months. Now, the program has been using the facility from June 2021 onwards. Additionally, our cafeteria staff have also been working with the NRH team on a daily basis.

We are grateful to be able to make a small contribution in the lives of children suffering from malnutrition through the NRH program during such testing times.





#### CONGRATULATIONS: DR. BISWO NATH POUDEL

The Ullens Education Foundation extends it heartiest congratulations to Dr. Biswo Nath Poudel on his appointment as the Vice Chair of Nepal's National Planning Commission (NPC). Dr. Poudel served as a Member of the Board of Trustees of the UEF from August 2019 to July 2021. He continues to be part of our Ullens Parents Community, with his daughter studying in Ullens Kindergarten.

Dr. Poudel is an Economist holding specializations in natural resources economics, labor economics and economic history. He holds a PhD in Agricultural and Resource Economics from the University of California, Berkeley. He has published papers in prominent economics journals and given presentations at many national and international conferences. As one of the leading young economists of our country, he is a frequent contributor on economic issues to the Nepali media.

Dr. Poudel has previously served as an advisor to the Vice Chair of the NPC. His past experiences include working as an Economic Advisor at the International Labour Organization (ILO), and an Economist at the Millennium Challenge Corporation (MCC) Nepal Office. He has also served as a Visiting Associate Professor at the Kathmandu University School of Management, and as a Member of the Board of Directors of the



Middle Tamor Hydropower Company (73MW).

As Dr. Poudel resigns from UEF's Board of Trustees, we would like to express our sincerest gratitude for his time and dedication to the Foundation. His inputs and expertise on financial matters, and his passion for service and for creating a progressive work environment.

have been invaluable in moving the organization forward. We wish him all the best for his future endeavors.

# AMIDST THE COVID CRISIS, ULLENS SCHOOL SUPPORTS THE NATIONAL TRAUMA CENTER

It is always important to help each other, but especially so during times of crises such as now. In an effort to be of service during the pandemic, Ullens School provided 24-hours commute service to the medical staff of the Covid Hospital. Located near Bir Hospital, the school's van and driver, Mr. Surendra Maharjan, were at the disposal of the Hospital from the beginning of Jeth to mid-Shrawan.

Here is a photo of our driver Surendra, who worked tirelessly for two and half months, away from his family. He says that while he particularly missed his daughter, he feels good that he was able to contribute in his own capacity during the pandemic. We would like to thank Surendra for accepting our offer without hesitation and giving it his best effort.

Ullens School is eager to strengthen partnerships and collaborate with organizations engaged in similar services.



ULLENS NEWS PAGE [4]

# CELEBRATING THE INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAMME (IBDP) CLASS OF 2021!

This year, Ullens School organized a two-part hybrid Graduation Ceremony for the International Baccalaureate Diploma Programme (IBDP) Class of 2021. The first event was a Virtual Ceremony that was held on July 29, 2021 to commence the graduation festivities. Streamed live on the Ullens School Facebook page, the program included speeches delivered by esteemed personalities like Ms. Sumana Shrestha, Managing Partner and Founder, Kosi Collaborative; and Mr. Ashok Gurung, Associate Professor, The New School, New York City. Additionally, the virtual event comprised of congratulatory messages sent to the graduating class by various members of the Ullens family such as Dr. Arzu Rana Deuba, Chairperson, School Management Committee; Dr. Arnico K. Panday, Chief Executive Officer, Ullens Education Foundation; Mr. Medin Lamichhane, Principal; Ms. Ekta Rana, Vice Principal - Academics; and, the IBDP team of teachers. We would especially like to extend our sincere appreciation and gratitude to our esteemed speakers for their time and generosity.



The Virtual Ceremony was followed by a series of short In-person Ceremonies the next day (July 30, 2021), at the Campus 1 Auditorium. Consisting of small groups of six - eight students each along with their two family members, the proud graduates walked across the stage in their graduation





gowns and caps; received their graduation letter from the Principal, Mr. Medin Lamichhane; collected their gift bag from the CEO, Dr. Arnico K. Panday; and had their pictures taken by a professional photographer. We are honored that Dr. Arzu Rana Deuba, Chairperson of the School Management Committee, graced the event with her presence for one of the ceremonies and handed the group of graduates their letter and gifts.

PAGE **[5]** 





Although, with the Covid scenario, we were unable to celebrate the IBDP Class of 2021 in a grand manner as originally planned, we are glad that the students got to celebrate their accomplishments in the presence of their families. We are even more grateful that the ceremony was well received by both the students and their parents/guardians and made them very happy. By the end of the ceremony, each graduate left with a letter, gift bag, yearbook, cake and a handful of memories to last a lifetime!

All Covid safety protocols were followed throughout the event keeping in mind the health and safety of the students, parents and guardians, and staff. Ullens School would like to thank everyone for making the Graduation Ceremony such a smooth, memorable



and joyous one despite the ongoing situation. We would also like to recognize students Riva Kansakar, Vardaan Khatri and Anek Rajbhandari from the Yearbook Committee for their hard work and support in ensuring the Year-

book was completed on time; and students Pema Chyoki Sherpa and Nisha Serafini from the Film Class for creating their class video and teacher appreciation video which we played throughout the duration of the event.





ULLENS NEWS PAGE [6]

### INTRODUCING ULLENS LEAP: GAP YEAR PROGRAM





Ullens LEAP is the first of its kind structured virtual gap year program bringing together higher education and career preparedness support, academic learning with a diverse range of subjects, leadership and growth skill development, technological skill enhancement, and insights from experts on Nepal. Along with the support from the faculty and mentors, Ullens LEAP aims to develop well-rounded individuals who are equipped to take responsibility for their learning experience, career & growth through a holistic learning program. In this ever-changing world, education is becoming more dynamic, multidisciplinary and adaptive even prior to the COVID pandemic. Ullens LEAP bridges the gap between high school and university, creating a strong foundation towards the journey into adulthood.



#### IMPORTANCE OF GAINING INSIGHT INTO NEPAL

We aim to show students what it really means to live in one of the most diverse countries in the world. With lectures and courses that are created with this goal in mind, students are given the opportunity to make the most out of their time at home before embarking on their journey to college.



#### **TECHSMART**

If 2020 has shown us anything, it is that technology is crucial to the modern workspace. Keeping in line with this, students at Ullens LEAP will be taught 'Hard Skills', skills that set them apart from other competitors in the pool and enable participants to find the best internship opportunities possible.



#### ACADEMICS BEYOND THE CLASSROOM

Colleges in Nepal are streamlined into one specific subject. With crash courses available on a number of topics from various disciplines. LEAP encourages you to explore your diverse interests so that you can make an informed decision while choosing your major in college.



#### RIGHT SUPPORT AT THE

Lack of proper guidance when it comes to college application is a major barrier for many students. LEAP provides sessions aimed towards making your essays the best they can be. You will also be taught about the ins and outs of financial aid which is a very tedious process in itself.



#### **LIFESMART**

We want students to thrive in every aspect of life, be it personal or professional. So at Ullens LEAP, we equip our students with essential skills ranging from cooking to negotiation to prepare them to experience life outside the sheltered bubble of high school.

Ullens LEAP is the first of its kind gap year program in Nepal designed for high school graduates taking a gap year. Applications are now open for the inaugural batch of the program. The program is divided into three terms of three months each. While we recommend that students take all three terms to get the best program experience, they may opt for one or more terms. The application deadline is August 31, and the first term starts in early September.

The program consists of five integrated blocks conducted via both online and safe on-site modes. The Higher Education Support block supports students in their college applications and studies. The Tech Smart block acquaints students with digital world fundamentals useful in their academic and professional domains. Likewise, students are offered life skills and the essentials of leadership through the Life Smart block. This block also features foundation skills for the global workspace like

negotiation, communications and networking. On the other hand, the Academic block presents introductory courses from various disciplines to help students explore their academic interests. Furthermore, the Insights to Nepal block prepares students to stay true to their roots as they learn skill-sets for becoming global citizens.

Our (optional) outdoor learning components will take the students to places outside their comfort zone to learn leadership, develop self-reflection skills and build confidence. The gap year program, in a nutshell, provides the needed knowledge, skills and experience to help students make the most out of their gap year.

Apply before August 31! For more details, please visit our website, www.ullensleap.org or contact us at 9851157812/9849550245.

PAGE [7]

### UEF WELCOMES NEW DIRECTOR OF COMMUNICATIONS

It is with great pleasure that the Ullens Education Foundation introduces Ms. Palas Joshi as the new Director of Communications of the organization.

Ms. Joshi comes from a multifaceted background with work experience in the corporate, development and voluntary sectors. She holds a Master's degree in Social Policy and Development: Non-Governmental Organisations from The London School of Economics and Political Science, UK; and a Bachelor's degree from Mount Holyoke College, USA. Prior to joining the UEF, she worked as the Publicity and Communication Manager at The Annapurna Group of Hotels. Besides this, her former work experience entails, amongst others, working as a Consultant at The World Bank; a Program Officer at the USAID's Health for Life Project; and, as a Junior Consultant at the System Metrics Group, California.

A strong advocate for gender equality and equity, Ms. Joshi currently serves as the Co-Chair of the Public Relations and Communication Committee, and an active Member of the Leadership and Skill Development Committee, of Zonta Club of Kathmandu, Zonta International. She is also a General Member of SAATHI, a pioneer NGO working on the issue of domestic violence and violence against women in Nepal, and volunteers as the Alumna Admission Representative for her alma mater, Mount Holyoke.

With expertise in writing and editing, communications, and research and development, Ms. Joshi brings forth a global and diversified perspective necessary for today's changing times. We wish her the best and welcome her to the Ullens family.



### ONGOING SCHOOL ACTIVITIES

While we cannot wait for the situation to be safe enough to welcome everyone back to school in person, our school continues to operate its full curriculum in virtual mode.

### Grade I: Curriculum Evening 2021

Some glimpses of the Grade One Curriculum Night for the academic year 2021-2022, which took place on April 8 and April 9. Meeting each parent in person was a true pleasure and the teachers would like to thank each and every parent for their precious time.







### Grades II to X: Curriculum Evening 2021

Due to the recent rapid increase of Covid cases in Nepal, Grade Two to Grade Ten parents were requested to attend a virtual Curriculum Sharing Evening, which took place on April 22 and April 23. We would like to thank all the parents for their time and cooperation during these testing times.



#### **Kindergarten First Day of School**

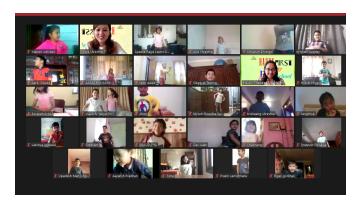
On April 26, Kindergarten students attended their first day of school, virtually. Initially, the plan was to conduct in-person classes for the new academic year. However, considering the current Covid scenario, it is important to prioritize the health and safety of the students first. Thus, classes continue to be conducted online as of now.



### Elementary School: First Day of School 2021 – 2022

The new academic year commenced from April 28, 2021. Considering the current situation and keeping in mind the health and safety of the students, the School switched back to online learning. Here are a few glimpses of our Elementary School students from their first day of school.







#### **Discussion Meeting on the COVID Scenario**

On May 24, 2021, a crucial Discussion Meeting on Covid-19 was held. Attendees included Dr. Arnico Panday, Ms. Aruna Gyawali, Mr. Medin Lamichhane, Mr. Chandra Shekhar Ghimire, Ms. Ekta Rana, Ms. Bunu Karki Thapa, Ms. Binita Shakya and Ms. Archana Pradhan along with ninety Kindergarten parents. The agenda of the meeting was to address various important topics including the current Covid scenario; Covid-19 discounts; the beginning of a new academic year; extended hours of virtual classes and activities; parents' feedback on online classes; as well as the latest updates on Ullens Kindergarten's current position as an educational institution.

#### **KG Respect Day Celebration 2021**

On May 28, 2021, students celebrated Respect Day at Ullens Kindergarten. This Day is celebrated every year to teach our students to respect each other, their environment, their belongings and to show appreciation for everything they have in life. The event was a fun-filled one that consisted of numerous activities such as songs, crafts, drama and storytelling where our students expressed their understanding of respect.









ULLENS NEWS PAGE [10]

# Kindergarten Students Celebrate Environment Day 2021

This year, Ullens Kindergarten celebrated World Environment Day, a day ahead, On June 4, 2021. The virtual celebration included students sharing a variety of DIY crafts they created out of recycled material, and students brainstorming on the importance of the "6 R's of Sustainability" (reduce, reuse, recycle, reimagine, recreate and restore). The rest of the day was spent singing songs, sharing stories related to the environment, and explaining to their peers how they planted plants at home.





### "PARYAAVARAN"- WORLD ENVIRONMENT DAY CELEBRATION AT ULLENS SCHOOL

On June 4, 2021, Grade Nine students organized a panel discussion on Zoom to celebrate World Environment Day. The virtual program aimed to commemorate their commitment towards championing global movements, striving to put an end to climate change, and making our shared planet a better place.

Emcees Suyosha Dhungel and Anoush-ka Pandey introduced the program, which lasted for an hour and forty minutes. This was followed by Suryani Thapa and Grecy Shrestha deliberating on the importance of the environment. An insightful presentation was done by the Grade Ten Environment Science Group based on their research on air pollution in Nepal. A succinct video made by Grade Nine students that illustrated their efforts in helping the environment was also shown.

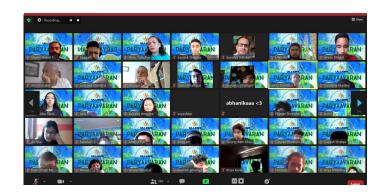


The main highlight of the program was a panel discussion addressing the themes of environmental conservation, awareness and action, moderated by Saumik Sharma. The six dignified speakers for the session included Ms. Bindu Bhandari, Climate Change Campaigner and Science Communicator; Mr. Anil Chitrakar, Social Entrepreneur; Mr. Ramesh Bhusal, Environmental



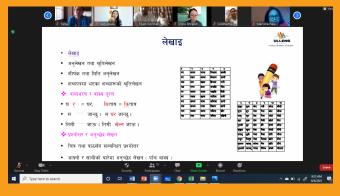
Journalist, Ms. Shilshila Acharya, Climate Change Campaigner and Activist; and, Mr. Manjeet Dhakal, Climate Policy Expert. The panelists provided students with enriching knowledge, insight, information and inspiration on environmental and climate-related issues. The session ended with a Vote of Thanks delivered by Tanushree Bajimaya.

"Paryaavaran - World Environment Day Celebration" turned out to be a fruitful event and for this, the students are especially grateful to Ms. Renu Tuladhar, the Senior School EPH Teacher, for guiding and supporting them throughout the planning of the program.



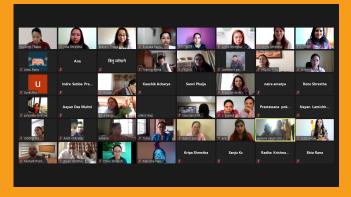
#### Literacy and Numeracy Morning 2021

On June 6, 2021, First Grade teachers conducted a successful Literacy and Numeracy Morning session for parents, during which the teachers demonstrated subject specific strategies that they use for teaching and learning various components of the Grade One curriculum. The teachers are immensely grateful to all the parents for their cooperation and interaction during the session.











#### **KINDERGARTEN VIRTUAL EXHIBITION DAY 2021**

























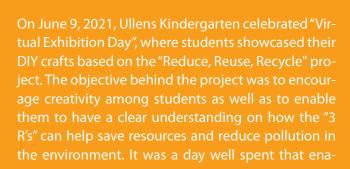












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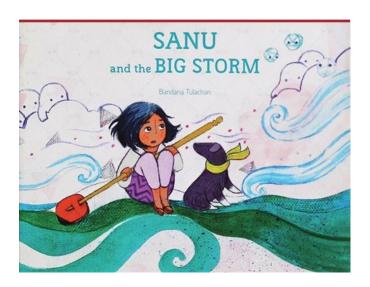




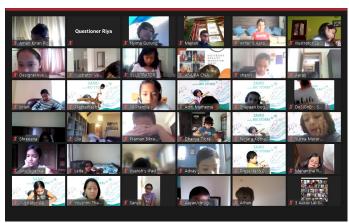


#### Grade III Virtual Author's Meet with Ms. Bandana Tulachan

Grade Three students had a memorable time with Ms. Bandana Tulachan, author of "Sanu and the Big Storm". Our young readers and budding writers were filled with questions about the book and writing process, as well as self-motivation and inspiration for writing. Ms. Tulachan patiently answered every query and shared her contact details in case students had further questions to ask. During the session, students also demonstrated their recently-learned hospitality skills in receiving guests.

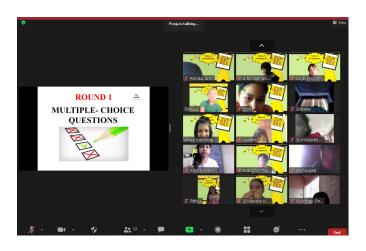




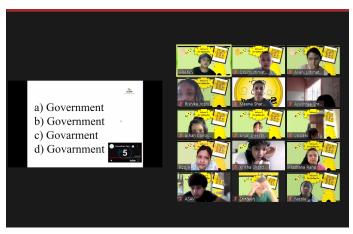


### Grade IV and V: Spelling Bee 2021

On June 17, 2021, Grade Four and Grade Five students organized a Spelling Bee, with the aim of developing their vocabulary and improving their spelling. Students from both the rooms "Exploration" and "Experience", participated with enthusiasm and thoroughly enjoyed all the rounds.







PAGE [15]

## Environment Week 2021: Middle School Panel Discussion

Middle School students celebrated Environment Week 2021 by hosting a three-day long panel discussion that focused on a variety of local and global environmental issues. One of the discussions was based on the impact of human activities in causing natural disasters. Students participated enthusiastically and concluded the discussions by recommending mitigating measures one could adopt on a personal level as well as policies that the government should implement on a societal level to tackle such global problems.





### Grade III: Interaction with Ms. Tripti Rai, Country Director, WaterAid Nepal

Grade Three students are currently exploring the importance of safe drinking water in one of their classes. On June 23, they had the opportunity to interact with Ms. Tripti Rai, Country Director of WaterAid, Nepal, and mother of Ashvik Pradhan. Ms. Rai shared numerous insights on the importance of water in our lives and why safe drinking water is key for a

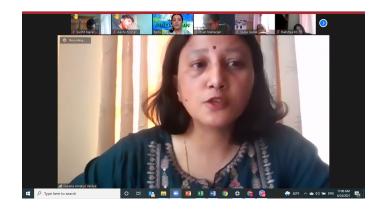


healthy and active life. It was an interactive session where the students' excitement to quench their queries on safe drinking water was evident. Next in line for the class is a video-making project where students will be sharing methods used at home to make water safe for drinking.



# Grade X: Interactive session with Dr. Sapana Amatya Vaidya, Gynecologist and Obstetrician

Grade Ten students held an educational session with Dr. Sapana Amatya Vaidya, Gynecologist and Obstetrician, which included a discussion session followed by a presentation on reproductive health. The session was very enriching and fruitful, and the students and teachers would like to thank Dr. Amatya for her time and generosity.



#### **GRADE VII: OUR FOLK CULTURE**

On June 21, 2021 and June 23, 2021, Grade Seven students organized an event "Our Folk Culture" with esteemed guest speaker Mr. Madhav Tripathi. Mr. Tripathi, with more than thirty years of work experience in Nepali folk music, shared with students the characteristics of Nepali folk music and instruments. During the event, he introduced a variety of folk instruments like Silu Dhun, Mauri Baja, Dholak, Madal, Sarangi, Narsinga and Jhami, and gave a quick demonstration of each instrument. Mr. Tripathi shared a few words about his love and passion for folk music which stemmed from a very young age. By the end of the session, students felt closer to Nepalese folk music and culture.







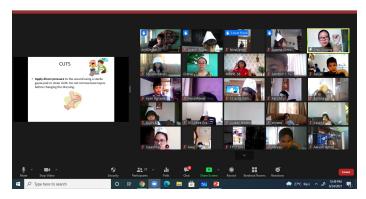


### Grade II: Interaction with the School Nurse, Ms. Arzu Gurung

Grade Two students had an interactive session with the School Nurse, Ms. Arzu Gurung, on first aid. The session was held from June 23, 2021 to June 25, 2021. Students discussed basic first aid for cuts, burns, nosebleeds and eye injuries. Additionally, they learned about the essential components and various tools required in a basic first aid kit and the correct means of using them. The session ended with students actively participating in and thoroughly enjoying the "Pretend Play" activity. A special thank you to our very own Nurse, Ms. Arzu.

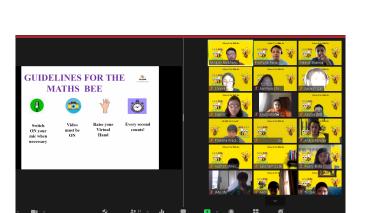


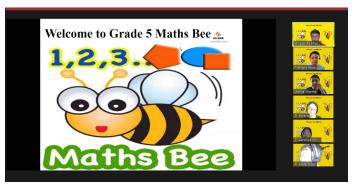


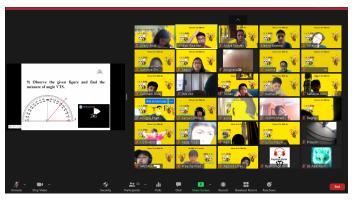


#### Grade IV and V: Math Bee 2021

On June 29, 2021, Grade Four and Five conducted a Math Bee to encourage students to improve their analytical skills as well as foster teamwork. The event was very rewarding as it made students realize the importance of mathematics and problem-solving skills in daily life.





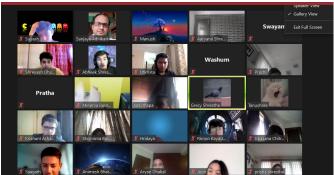


ULLENS NEWS PAGE [18]

### **Grade IX: Presentations on Infrastructure of Development**

On July 2, 2021, students of Grade Nine presented their art based group work during their Social Studies class. The purpose behind this activity was to enable students to have a clear concept of infrastructure of development. Students presented art in various forms including news article compilations, essays, audio drama, storytelling, paintings and drawings.











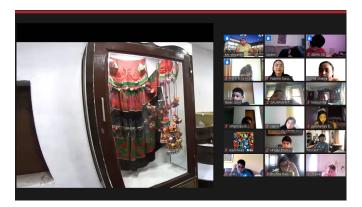
### **Grade IV: Virtual Field Trip to Ethnic Museums**

On July 7, 2021, Fourth-grade students went on a virtual field trip to three different ethnic museums: Chakauri Tharu Museum, Gurung Museum and Thini Thakali Museum. The students explored different languages, costumes and cultures followed by the diverse ethnic groups of Nepal, and learnt about different ethnicities using their observational skills. The students thoroughly enjoyed their first virtual trip to the three museums.

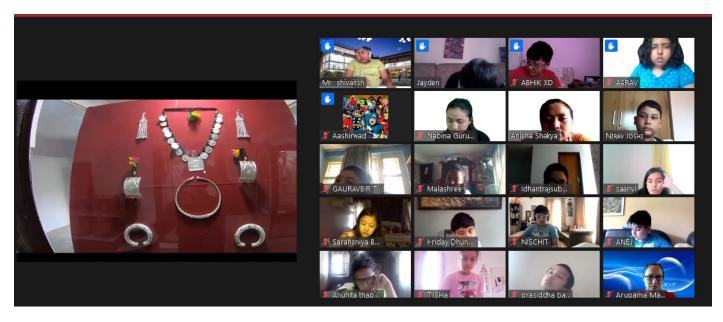












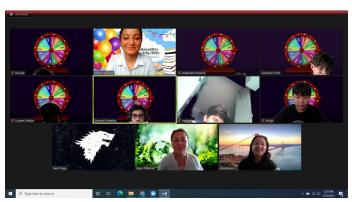
### Grade X: Virtual Interactive Language Fair 2021

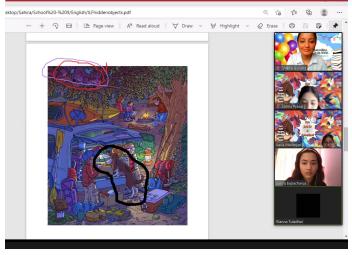
On July 22, 2021, Grade Ten students hosted an interactive and fun event, "Virtual Interactive Language Fair 2021", to enhance their language skills on reading, writing, speaking and listening. An annual program that was modified to be delivered virtually considering the current pandemic, it included a variety of virtual stalls with games and activities for the participants to explore and learn from. A total of 200 people participated in the event including our Grade Eight and Nine students. A fun, enriching and educational experience was had by all.













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