

ULLENS NEWS

VOLUME 4, YEAR 14, JUNE 2020

Message from the Principal

Dear Parents and Guardians,

Ullens School is pleased to present the first edition of the lockdown newsletter. The administration, faculty, and staff are all concerned about our collective safety from this pandemic. I understand students are limited now, under the lockdown restrictions and are missing their regular activities. However, we have been able to facilitate and provide our school community with remote learning which has helped us all cope to some level, and adjust to a new normal.

I am glad our community was able to practice social distancing right from the beginning and started remote learning to assure that students continue their learning. I feel honoured to state that our preparation and response to Covid-19, from conducting emergency contingency planning to engage with the Parent Representatives of the Action Team for partnership before we started online instruction in April 2020, has helped in establishing a balanced routine for online instruction.

I feel proud that we were able to complete the academic year **2019/20** without disturbance and complete the curriculum for all our students. We took the initiation right from the beginning to respond about the safety of our community. We sanitized the whole examination centre for the

safety of our SEE students. We worked actively to ensure students, faculty, and our school community understood the necessary safety measures, by posting awareness posters, and safety instructions. We also provided sanitizers to everyone entering the school compound, installed hand driers in the washrooms, and provided students with additional masks to complete our academic session safely. We provided each and every faculty and admin staff with laptops to facilitate remote learning for the entire school. Our virtual graduation ceremony for our Grade 12 & IBDP students was much appreciated by the students, parents and teachers, and I would like to thank the entire team that worked to make it possible.

Weeks after remote learning was introduced to our students, we sent a survey to parents of students in the Kindergarten and in Grades 1-10, requesting feedback on the online classes. Many of you provided useful feedback to improve the classes, shared appreciation for the teachers' hard work, and showed your concerns about the health and safety of our students.

This newsletter has tried to capture all the activities that were done during lockdown by our school community and clearly exhibits the ability of our management to run without hesitation in these types of emergencies and uncertainties. My heartfelt thank you



to the staff, teachers, parents, students and the overall team that have been helping us maintain Ullens as the center of excellence.

My sincere appreciation to the editorial team for working hard to bring out our first lockdown-issue of our Newsletter. I am sure all the readers will enjoy reading this edition and provide us with feedback for improvements in the days to come.

Kind regards,

Medin Lamichhane
Principal

Current Situation (Covid-19), And How Nepal Has Been Impacted

Almost all the activities of Nepal have been shut down in efforts to slow the transmission of COVID-19 all around the country. Nepal is starting to suffer the most abrupt and widespread cessation of economic activity due to the outbreak of this virus even after locking the economy for about three months. The government has not been able to widen the testing, tracing, tracking (3T) policies to the wider range which are extremely necessary to sustain this pandemic. The impact

has already started to surface in a number of sectors like tourism, trade, production linkages, supply and health. Especially the entire service industries: tourism, aviation and hospitality sectors have been hit hard by the outbreak. Foreign employment has not only been addressing Nepal's unemployment issues but has also been contributing significantly to the country's economy in the form of remittance. In the current situation, coronavirus effect on remittances is disastrous. In these two months, the remittance source has contributed less than 1 percent in the country's economy. The downturn in remittance has created a severe impact on overall consumption in the country. The situation is alarming. Although we are yet to experience the full impact and aftermath of the coronavirus, this threat has already created economic uncertainty among all of us. Ullens School is also no exception to this. We have been hit hard but have been able to utilize the resources we have and provide our continued service and make the most of the situation.

Ullens Response And Coping:

Ullens School has done a lot for the preparation and response to Covid-19, from conducting emergency contingency planning to engaging with the Parent Representatives of the Action Team for Partnership before starting a new academic session. Our administration has tried its best utilizing its available resources to provide students with all the services we were able to provide.

Survey And Response

Weeks after starting the session we sent out a survey to parents of students in the Kindergarten and in Grades 1-10, requesting feedback. We also asked whether, given the government's recent discouragement of online instruction and request to wait to start the school year, Ullens

School should stop online instruction, or continue and keep improving. Among responding parents in Grades 1-10, 95.1% of you clearly asked us to continue. An additional 1.8% said the decision was up to us, 1.3% provided answers that were not clear, while only 1.8% asked us to stop.

Laptop distribution:

School has made the provision to provide laptops to every faculty and admin staff for facilitating remote learning in an effective manner. This step has helped us to encourage us to provide our students with quality services.

Action Team Partnership (ATP) Meetings continue during the lockdown

The Action Team for Partnership (ATP) is the body of Ullens School that strengthens links between the school and parents. All parents' representatives from Grades 1-10, 11-12 and IBDP automatically become ATP members. In addition, the Principal of the school, the Parents Coordinator, the UEF CEO, CFO and Communications Directors are also part of the meeting. Parent members serve for 2 consecutive years, after which a new round of submissions is accepted from parents seeking to get involved in school life. Once the ATP is formed, the group itself will determine one Chair and 2 Co-chairs for the group and the duration of their terms.

We have held the Action Team Partnership (ATP) meetings at

regular intervals throughout the lockdown period. The main agenda of these meetings have been to enable decision making on how we, as an educational institution, can provide the best possible quality of education to our students during the ongoing pandemic and understand parents' concerns.

We would also humbly like to extend our gratitude to all the parent representatives who have been actively participating in these meetings with us and also staying connected with their section's parents. The school is really grateful for your time, constructive feedback and advice and support. We look forward to your continued support.



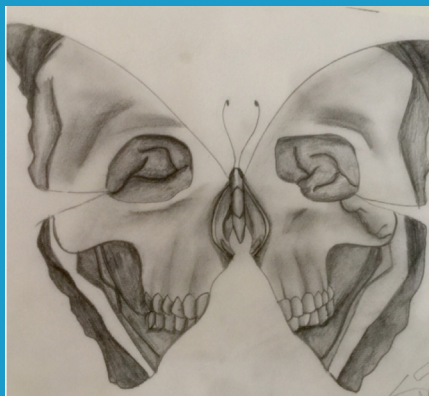
Lockdown Activity

March 2020 | We asked all our students what they liked about the city lockdown (March 24, 2020, onwards). Do they appreciate the city area being less polluted due to fewer vehicles being

used? Being able to hear birds chirping all day long (less noise pollution)? Or just spending some quality time with their loved ones? We asked them what they have been up to staying home!

This is what was shared by our lovely Ullens community to bring some hope and optimism during this global pandemic.





Online class starts for IBDP Year 1

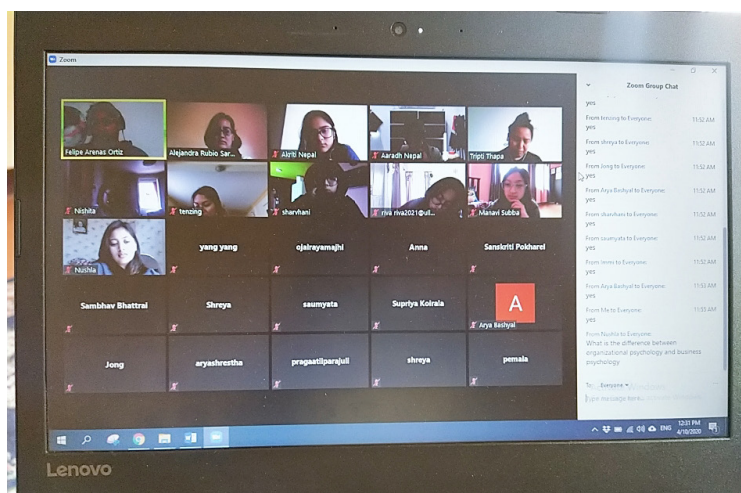
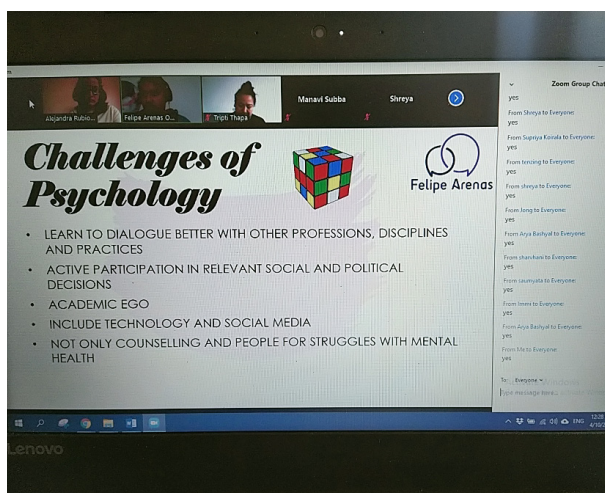
April 1, 2020 | The IB first-year students started their online classes after a short Spring Break. Our Business teacher, Ms Sylvaine attended her first online class via Google Meet and was quite impressed with the features. The class went pretty smooth, she adds. Students are learning all their assigned classes such as Biology, English A (Language & Literature), Economics, Psychology, Statistics and Environmental Systems & Societies classes digitally till date. Hats off to all the hardworking teachers and students for doing this together as a team, and leading the learning curve to transition towards online instruction.



IBDP first-year students improvised to make masks from aluminium foil to better understand characters of the 16th century theater tradition.

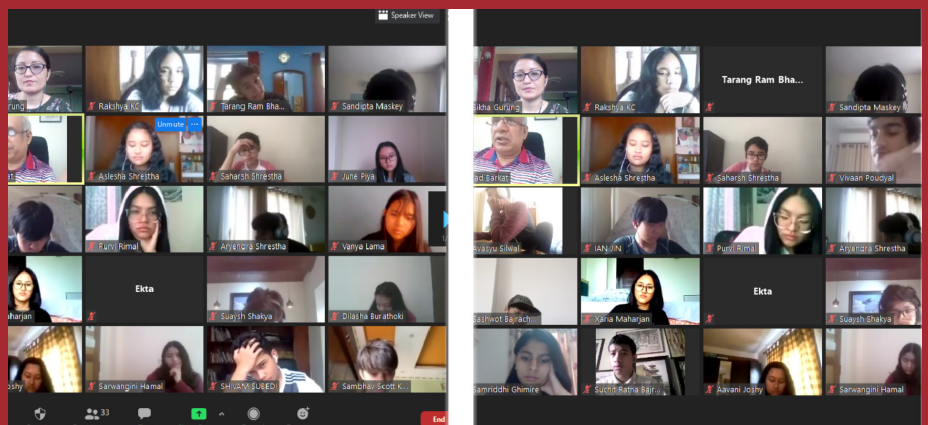
IB Psychology Webinar

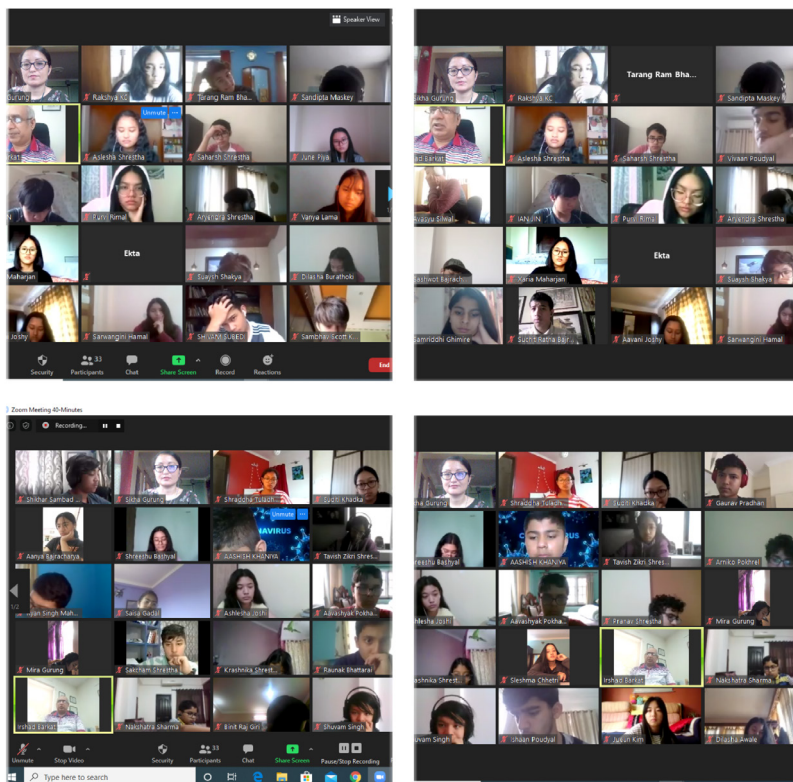
April 10, 2020 | The Students from IB first and second year participated in a webinar with a special guest from Australia. The purpose of the conference was to discuss "Challenges and applications of Psychology in the World". This was a great opportunity for all the students to know the different dimensions of Psychology, as the guest has extensive experience in the field of organization and in human resources.



Online Classes Started For Grade 1-10 & Kindergarten In The 3Rd Week Of April

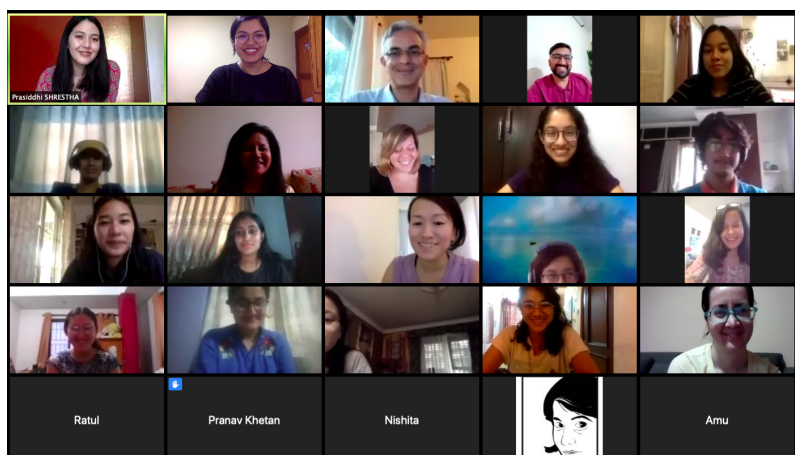
As the country continued to be under lockdown from March 24th, due to COVID-19, Online instructions for all students started from the third week of April via Zoom. Everyone seemed happy when they saw each other for the first time on their computer screen, especially the younger students. Slowly but surely students and teachers and parents, adjusted to the new normal of learning from home.





May 15, 2020, Grade IX had an international speaker Mr Irshad Barkat

The guest lecture is a great way to enhance the teaching-learning process bringing in new perspectives about issues that are being discussed in the classroom. With the objective of providing a deeper understanding of the various Islamic terms in English Language Art's coursebook, "The Kite Runner" by Khaled Hosseini, a guest lecture was arranged by Ms Sikha Gurung for her students of grade IX on 15th May 2020. Mr Irshad Barkat, a Principal at Beaconhouse School System, Allama, Iqbal Town, Lahore, Pakistan was very kind and generous to spare his valuable time to talk about the same with both sections. The lecture briefed the students about the history of Islam, its five pillars, Prophet Mohammad, Shia and Sunni Muslims and finally Pashtun and Hazara ethnicities. The teacher looks forward to facilitating her learners with other exciting teaching methods to make the current online learning interesting and effective.



Alumni in the Spotlight: Mr Chiran Pandey

(May 1, 2020)

Ullens Alum, Chiran Pandey, Class of 2015 who also happens to be an NYU, Abu Dhabi student has been awarded the prestigious Ertegun scholarship to the University of Oxford. He was among one percent of applicants who will receive a full grant, worth Dh 180,000, under the Ertegun Scholarship. More than 1,500 hopefuls applied for the program but places were given to just 15 students from around the globe. Oxford's selection committee only picks the "very best students" who will become "leaders in their chosen fields". Chiran who is on a fully-funded four-year scholarship to NYUAD will soon travel to the UK in late September to pursue his one-year master's degree in World Literatures in English.

Prasiddhi Shrestha speaks to the IB team

On May 26, 2020, the IB team had a guest speaker, Ms Prasiddhi Shrestha, a 19-year-old who was also a COVID-19 patient. During this meeting, Prasiddhi not only addressed a number of questions that our IB students had in mind but also gave us some insights on her overall take on the COVID-19 situation. She shared how she is currently focused on fighting against the stigma and discrimination against corona victims, and to raise awareness to help families struggling with COVID-19, and to change mind-sets of those who victimize COVID-affected families further. !

Online Class Experiences

“ We are in the state of quarantine for more than a month now. We all are trying to adjust and move further in our own space. A similar progression is an online class that has begun at Ullens School. First day's sharing of the online teaching plans with our valuable parents and an ice-breaking class on the next day with our dear students have given us an opportunity to create the memories of exploring something new followed by eventual learning, sharing, combating challenges and thereby growing together.

Teacher's Thoughts:

Sikha Gurung

Senior School English Language Arts Teacher



“ Everything came to a halt due to the Covid-19 pandemic, putting everyone in a situation that no one had anticipated. It became a challenge to the educators in terms of thinking how to move ahead with the students. The only solution to this was by going online. This was more challenging to the Ullens Kindergarteners due to their age which starts from 1.6 to 4.6 years of age. With rigorous meeting and planning, lesson plans were made in such a way that the children would be ready to sit and enjoy the class. On the first day of the class, children were so excited to see their friends after such a long time. Parents are happy and grateful that the school has started the online class; they are there throughout the time helping their children settle down and assisting them in their work. Our stress is relieved by the parent's cooperation. It's been about three weeks since Ullens KG started online class and it is going great at full speed. Children eagerly wait for the next class to start and they ask their teachers about the next day's activity. This is a challenge to the teaching faculty, working from home with fewer resources and materials than what is needed, but our teachers are doing their best to engage the children and to make learning fun, without any stress in a happy and positive environment.

Director's words:

Bunu Karki Thapa,

Director of Ullens Kindergarten

“ I was certainly not very excited as I thought that it would be harder to learn things online than to learn things in a classroom. But as soon as I joined the class, I felt pretty confident about learning my courses as our teachers were able to guide us about how we're supposed to use our online classes in a much productive way so that learning would become easier. I would say that my overall experience of taking the online class was of course very new but was also very informative and fruitful.

Student Speaks:

Lavanya Jaiswal, Grade X

“ I’m happy to be a part of a virtual learning community. It is an atypical but a wonderful experience for me. The fact that we miss the face-to-face classes cannot be denied but virtual classes conducted by Ullens School have managed to bring us together. After a lot of challenges in the first few classes, I along with my colleagues have started taking our classes, not as a challenge but rather as an opportunity to relieve ourselves from anxiety and grow ourselves with digital skills, literacy, and ample of learning tools.

Teacher’s Thoughts:

Geeta Bhattarai

Middle School English Language Teacher

“ Having always been going to school, online classes were quite unusual at the beginning. We had to face a few problems due to technical issues but rather than going to eight hours of school every day, four hours of line classes felt refreshing. Homework can also be finished faster so we get more free time for extracurricular activities at home. Other than that, the internet in Nepal isn’t the best nor is the electricity. Kathmandu valley still gets power cuts which can result in people getting disconnected in the middle of the class or missing out on important lessons. While attending online classes it’s difficult to pay attention. Sending assignments to the teacher can also be challenging at times, sometimes the emails don’t deliver on time so I have to resend it multiple times. My experience with online class is so far a fun experience. I hope it will keep getting better as we go!

Student Speaks:

Swayam Dhungana, grade VIII

Karuna Paneru of grade 6A gets recognized by the Animal Nepal team:

May 29, 2020

Our grade 6A student, Karuna Paneru was recently recognized by the Animal Nepal team for helping the street dogs during this city lockdown period by donating Rs 5000 to our dog feeding program. Some of the amounts she has donated are partly from the sales of a children’s book called ‘The Animal Adventure’, which she wrote when she was only in grade 3!



Virtual Tour of Rainwater Harvesting System

By: **Suyosha Dhungel**

Grade : 8

On Friday, May 29th, Grade Eight students were given a virtual tour of the Rainwater Harvesting System in Hotel Heranya, Uttardhoka. One of the owners of Hotel Heranya, Mr Sunil Shakya briefed the students about the eco- friendly system of rainwater harvesting. During the tour, students were shown and explained the working mechanism of the rainwater harvesting system. They were also informed about the numerous advantages of this system. Both students and teachers were amazed to learn how much water the hotel was collecting annually through, simply to install and operate, rainwater harvesting system, which was saving them a large amount of money.

Virtual Celebration of the Class of 2020

Ullens School celebrated their Grade 12 and International Baccalaureate Diploma Programme (IBDP) Class of 2020 students' accomplishments on their official Ullens School Facebook page on June 6th, from 5-6 PM. The event was held to commemorate the originally marked graduation day in the school calendar. More than 260 individuals viewed the live event on Facebook and over 40 individuals watched the celebration live on the school's Youtube channel.

It was Ullens School's first-ever attempt to organize such a big event online, which was an achievement on its own. Prior to this, the school had live cast the Kindergarten graduation to the parents of KG graduates in March 2020, due to the government directive not allowing a gathering of more than 50 people.

The students were lucky to receive advice and encouragement from the following inspirational Nepalis, who have represented Nepal on both the global and national platforms: Mr Paras Khadka (Former Captain of the Nepalese Football team), Ms Bandana Rana (Vice-Chair to the UN CEDAW

committee), Lex Limbu (Founder of Tracing Nepal and blogger), Ashimina Ranjit (Artist, and founder of Lasanaa & Nexus Cultural Nepal), Bonita Sharma (Founder of Sochai, 100 influential women BBC 2019), Prasiddhi Shrestha (2nd COVID patient, who is now fighting against the stigma for COVID patients), Sujeev Shakya (CEO, Beed Management), Aayushi KC (Founder of Khaalisisi), Dil Bhusan Pathak (Producer- Tough Talk, Founder- Interface Nepal Network), Sneha Shrestha (Artist & Education, "IMAGINE" & founder of the Nepal Children's Art Museum), Shubhangi Rana (Founder Pad2Go, Forbes 30 under 30), and last but not least, Sushant KC (Nepali global artist). All the inspiring individuals sent unique messages for the students- to follow their passion, to become the next generation leaders and change-makers, and gave practical advice on how to navigate the uncertain times that lie ahead of us.

The celebration also included 2 separate class videos capturing the multifaceted curriculum of both the Grade 12 & IBDP students and all of their

experiential learning over the last two years. These videos will be a memento for our students to look back at their senior year with fondness. The Ullens School Alumni Association President Arnav Khadka welcomed the students to the growing Alumni network and 4 alums: Chiran Pandey, Aneka Rajbhandari, Ashish Shah & Sonia Timalsina sent messages to their peers, sharing their fond memories of the school, and welcoming the students into the next phase of their lives.

To conclude the celebration, Baron Guy Ullens, Patron of Ullens School sent a heartfelt message in his belief that we are a part of a unique and progressive education movement in Nepal. The formal event came to a close with the Ullens School Principal, Mr. Medin Lamichhane, sharing his advice for our Class of 2020, to unleash the Ullens spirit in all their future endeavours. Once this ceremony ended, each class had an intimate zoom celebration with teachers and classmates to relive their memories and also share their favourite moments of the entire senior school experience.

First Senior Leadership Team (SLT) Meeting post lockdown

On 17th of June 2020, we had our first Senior Leadership Team (SLT) Meeting face to face after almost three months of lockdown at Ullens School, Khumaltar.

All members during the meeting were found maintaining a safe distance from each other and were putting on their mask at all times for maximum safety.

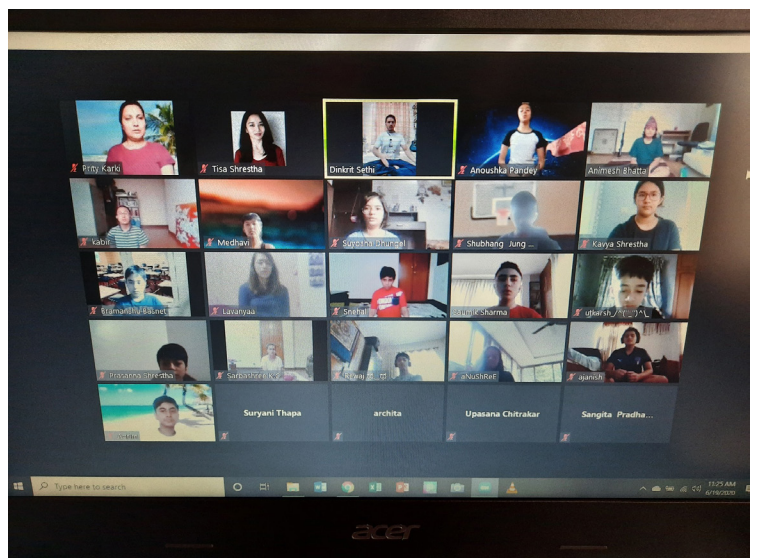
The main agenda of this meeting was to decide how we as an educational institution could provide the best possible quality education to our students during the ongoing pandemic.



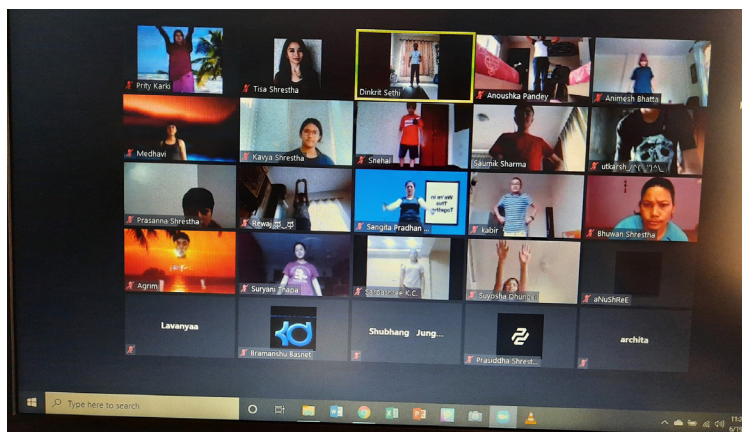
Holistic Health and Lifestyle workshop

On 19 June, 2020, our grade 8 students had a guest speaker Mr. Dinkrit Sethi, all the way from Mumbai, India via a Zoom call.

Mr. Sethi is a holistic health and lifestyle coach who has been spreading health awareness along with empowering and coaching people in holistic health, to upgrade their fitness, nutrition programming, mental health and overall life energy. He runs Swasthya Fitness Consultancy where he tries to spread health awareness by simplifying and interpreting the latest research papers. He is also an author of a self-help book called "6 Ways to the World" which takes about one's journey from self-awareness to self-excellence.

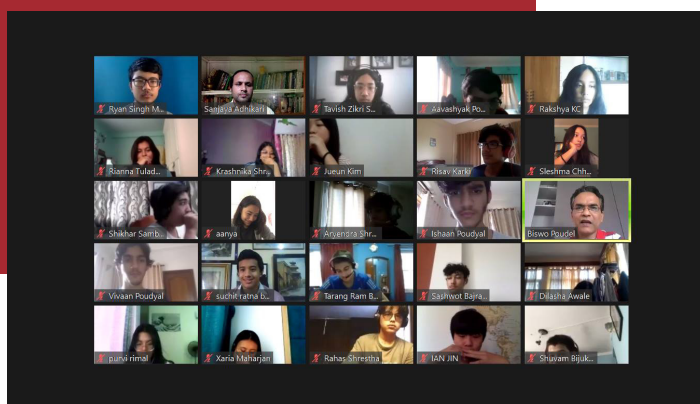


The session combined spiritual, scientific and practical tips to engage and educate students on Holistic Health. In an interesting twist to communication, he used the Marvel Avengers as examples to communicate real-life superhero traits and how every student can become one by living a holistically healthy and inspiring life. The session also involved student customized micro meditation breathing technique and a mind-body balance oriented yoga activity.



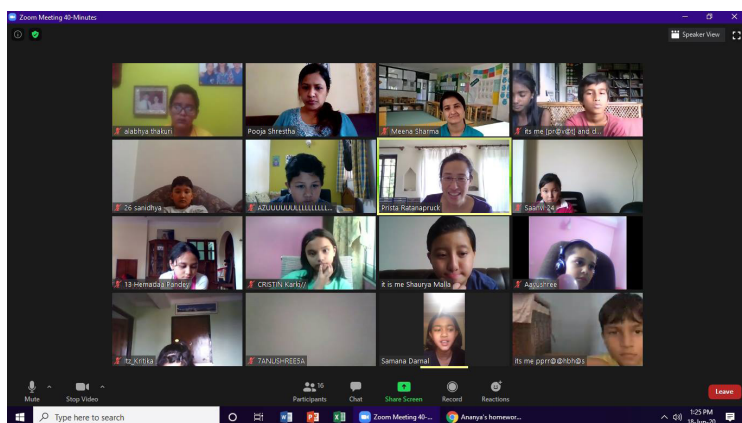
Grade IX with the guest lecture Dr. Biswo Poudel

The Social Studies Department of Ullens School had a wonderful opportunity to have Dr. Biswo Poudel as a guest lecture in an online class of ninth-graders on 23rd Jun 2020. Dr. Poudel, a senior economist of Nepal, provided valuable information about the GDP of Nepal and the economic condition of the nation. The students actively interacted with Dr. Poudel asking several relevant questions. The entire class learned a lot from the interaction.

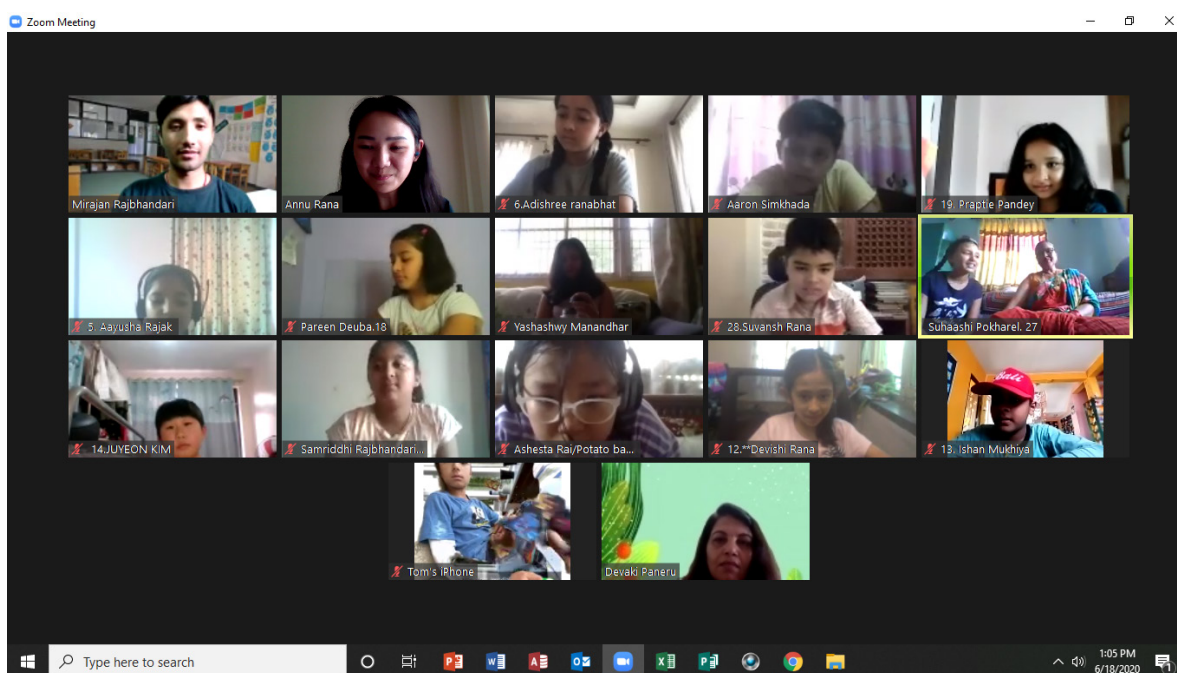
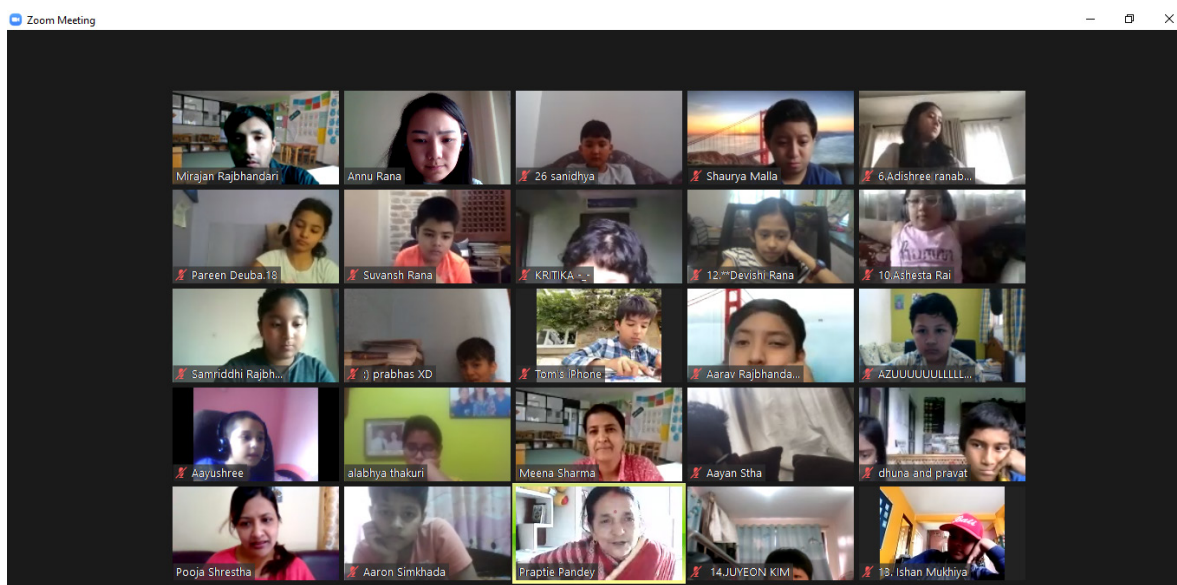
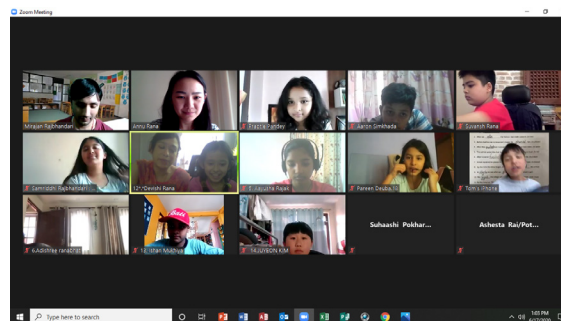
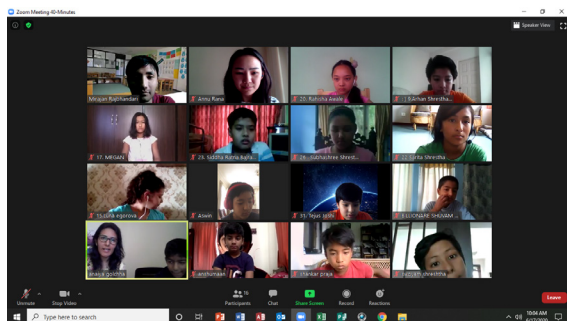


Grade 5 parents partnered in students' learning

Grade 5 parents partnered in students' learning by sharing stories passed down the generations among the diverse families. Through these stories, they highlighted different traditional practices, develop respect and appreciation for other cultures as well as promote a positive attitude towards people from multicultural backgrounds.




Grade 5 parents partnered in students' learning



The Duke of Edinburgh's International Award

Ullens School is proud to share that 24 students from our school have received the prestigious Bronze Award from The Duke of Edinburgh's International Award on 26th June 2020 at the virtual Award ceremony. Our student Anshu Madhikarmi shared about his experience and his journey about the Award in the ceremony.

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Award Congratulations!
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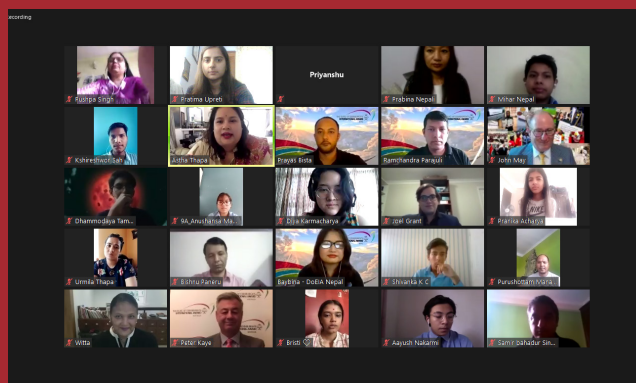
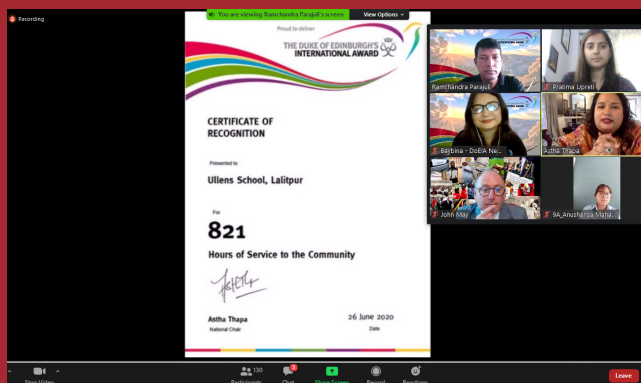
**THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD**
NEPAL

Congratulations!

The National Award Operator (NAO) for The Duke of Edinburgh's International Award, Nepal would like to congratulate all the participants who have completed their Awards this year. We hope the Award has helped in your personal and professional development, and that you continue your good work with the Award Programme. The following students are invited to receive their Awards at the Award Ceremony on 26 July 2020 at 4 PM.

Ullens School					
SN	First Name	Last Name	Award	Approval	Approval ID
1	Aadarsh	Singh	Bronze	Approved	PN000538465
2	Anshu	Madhikarmi	Bronze	Approved	PN000538564
3	Bishakha	Prajapati	Bronze	Approved	PN000565946
4	Deelasha	Thapa	Bronze	Approved	PN000538054
5	Fiza	Banu	Bronze	Approved	PN000568730
6	Grishma	Pandey	Bronze	Approved	PN000550429
7	Grishma	Bajracharya	Bronze	Approved	PN000538951
8	Mallika	Rana	Bronze	Approved	PN000563204
9	Milan	Panthi	Bronze	Approved	PN000539131
10	Neeva	Bajracharya	Bronze	Approved	PN000538051
11	Neuren	Shakya	Bronze	Approved	PN000555160
12	Numa	Limbu	Bronze	Approved	PN000538093
13	Pratham	Maharjan	Bronze	Approved	PN000565916
14	Priyanshu	Tuladhar	Bronze	Approved	PN000572276
15	Rebecca	Parajuli	Bronze	Approved	PN000538057
16	Shirish	Maharjan	Bronze	Approved	PN000604931
17	Shiwangi	Dhakal	Bronze	Approved	PN000538045
18	Shreyansh	Kunwar	Bronze	Approved	PN000538075
19	Simal	Shrestha	Bronze	Approved	PN000572288
20	Srijal	Pandey	Bronze	Approved	PN000538033
21	Sumit	Chettri	Bronze	Approved	PN000572312
22	Sundar	Kumal	Bronze	Approved	PN000567440
23	Sweta	zhang	Bronze	Approved	PN000538084
24	Tsering	Lama	Bronze	Approved	PN000538438

The Duke of Edinburgh's International Award



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