

ULLENS NEWS

VOLUME 3, YEAR 15, SEPTEMBER 2020

Message from the Principal

Dear Parents and Guardians,

Ullens School is pleased to present you with yet another edition of the lockdown newsletter series. The past few months have been a difficult journey for everyone, and undoubtedly, I can understand adjusting and adopting new behaviors each day and adapting to the so called new normal to keep ourselves safe is a challenge. However, regardless of how rough the waters have been, I am immensely grateful for the active effort of our school team and the trust and confidence bestowed upon us by our students and parents, which have enabled us to successfully continue the teaching efforts through online platforms. I am equally pleased that our efforts to implement various remote learning strategies have brought fruitful results and have helped us all to cope with such trying times. Ullens school has realized, right from the very beginning, that the school, as a family and a community, has to work together to provide strong structure and support to our young students, to regularly engage them in meaningful learning activities and ensure that our students remain connected to the learning process. It is in our primary interest and is of high importance that our students complete the school year on-track and on time, and simultaneously get the opportunity to learn, grow and develop themselves without having to face difficult hurdles.

I am always thankful to our community who wholeheartedly encouraged and supported us to practice social distancing right from the beginning and started remote learning to assure that students continue their learning. It is very important to us that we remain connected throughout this time of uncertainty and create a learning environment for our students in the future as well. I am confident to state that our preparation and response to COVID-19 have been successful in meeting our expectations. I am thankful to the Action Team for Partnership (ATP) parent representatives and all the parents for helping us in providing our students with quality education and helping us move closer to become the center of excellence that we strive for. I am glad that we are proudly running the current academic session without disturbance and have left no stone unturned to complete the curriculum for all our students.

The second edition of lockdown Newsletter has covered all the activities that were done during the lockdown by our school community. This edition has tried to clearly exhibit the ability and dedication of our team to work unanimously for providing quality education in these difficult times. I extend my sincerest thanks and kudos to the staff, teachers, parents, students and the overall team that have been helping Ullens to maintain its position as a center of excellence throughout the years. I am certain 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 appreciate the communications and editorial team for working hard to bring out our second edition of our lockdown-issue. I welcome all of our precious readers to provide us with feedback and suggestions for improvements, if there are any, in the days to come without any hesitation. You can reach me at principal@ullens.edu.np. We are here to work together for the growth and wellbeing of your child.

Kind regards,

Medin Lamichhane
Principal

Ullens School welcomes new School Vice Principals

It is with great pleasure that Ullens School introduces Ms. Ekta Rana and Ms. Bunu Karki Thapa as the first ever School Vice Principal for Academics and School Vice Principal for Operations respectively.

Message from Ms. Ekta Rana (School Vice Principal for Academics)

Dear Ullens School Family,

As the new Vice Principal - Academics, I am delighted as it is a validation and a feeling of worth stemming from my personal philosophies of education and my role in supporting student-teacher success, achievement and well-being.

The transition from the position of a coordinator to vice principal has been an important professional passage for me that carries significant transformational possibilities for new pedagogical learning, teaching practices, challenges and questions. Getting the opportunity to work as an instructional leader across all levels require me to know the political, social and cultural landscape of curriculum and instruction. This I hope will help me align the strategies and activities of the school with the school's academic mission. As part of a school proud of its record on diversity and inclusion, I am committed to ensuring our work remains relevant to the society around us.

I am looking positively at a great 2020 year professionally. It'll be a year of stretching, that's for sure, but the importance of knowing the Ullens School community well, valuing the legacy of the school culture and parent community, the importance of listening, the critical need to develop trust, and being aware that patience and perseverance are key to change will guide me as I take up the new role.

I hope the school's senior leadership will continue to give me the challenges and mentoring I need to take the school's academic growth to the next level.



I am quite excited to work with everyone as a team and continue being a part of the Ullens family.

Ekta Rana

Vice Principal – Academics
Ullens School

Message from Ms. Bunu Karki Thapa (School Vice Principal for Operations)

Dear Ullens School Families,

It is with great pride and excitement that I would like to introduce myself as the newly appointed Vice Principal-Operations of Ullens School. I am honored to be in this position and am looking forward to assisting the Principal, Mr. Medin Lamichhane in taking this school to its height.

I have spent much of my professional career working with Pre-Primary to High School students. As the Vice Principal-Operations, I will work diligently with the entire staff to carry out the vision and mission of Ullens School. I believe that as a school, we play a fundamental role in positioning students for future success. I am committed to working closely with teachers, parents and community members to ensure our students achieve their full potential and are prepared for their next phase of their education.

I cannot wait to meet each of you in person. I feel blessed to have been part of such a wonderful community.



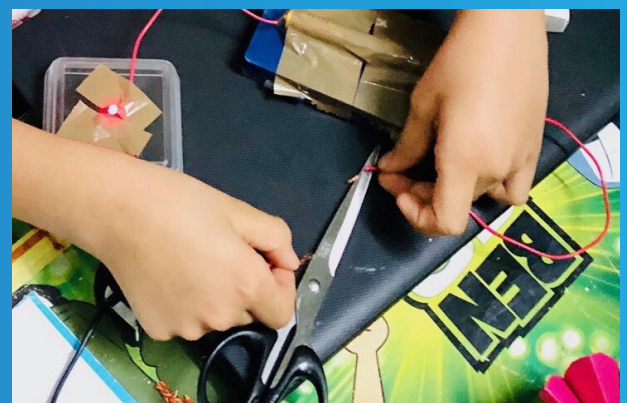
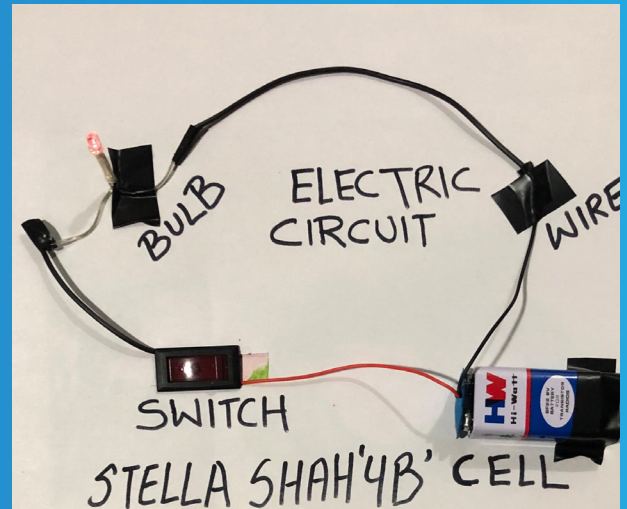
Wishing you all a safe and restorative year ahead.

Bunu Karki Thapa

Director, Ullens Kindergarten
Vice Principal-Operations,
Ullens School

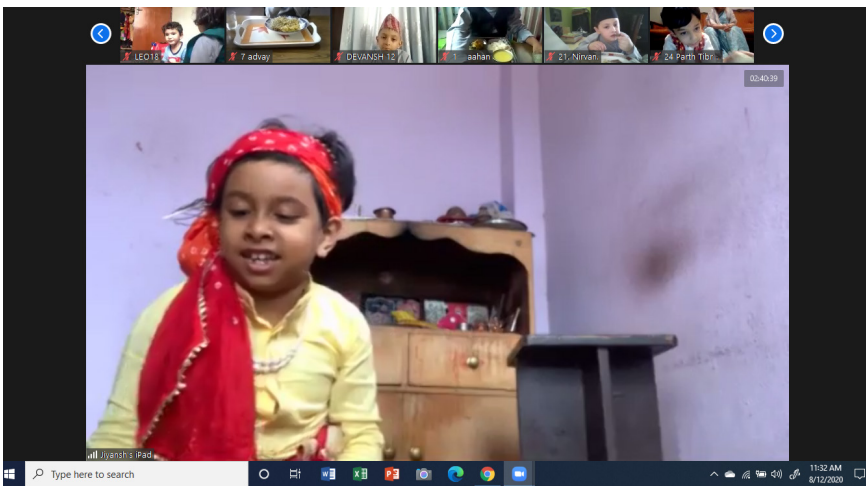
Online classes continue for all grades



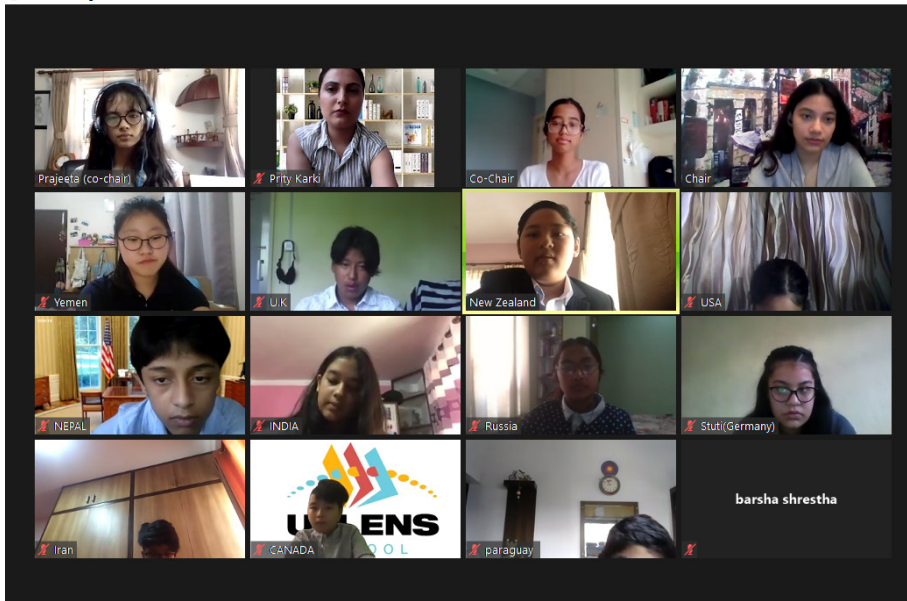


Virtual Picnic

August 2020 | Second Graders enjoyed a digitally joyous virtual picnic with their friends during one of their online classes. What better way to add fun than by wearing ethnic attire and packing some traditional food? In Ullens we encourage diversity and inclusiveness, and such activities give the students a sense of acceptance and belongingness no matter where they have come from. We believe each and every child is unique in their own wonderful way!



Model United Nations- Middle School Event



July - Aug 2020 | Model United Nations, also known as Model UN or MUN, is an educational simulation and/or academic activity in which students can learn about diplomacy, international relations, and the United Nations. MUN involves and sharpens the participant's speaking, debating, and writing skills, and in addition invokes critical thinking, teamwork, and leadership abilities.

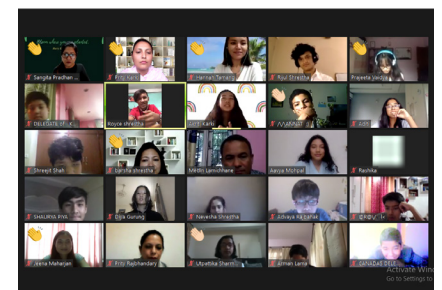
A virtual introductory session took place for Ullens Middle School Model United Nations event on July 3, 2020. Students received an orientation from the graduating 10th graders about the Model United Nations (MUN), and how it develops their critical thinking skills, public speaking, diplomacy, lobbying and negotiation skills.

This virtual session marked the beginning of preparations for the Ullens Middle School (UMS) MUN in August 2020.

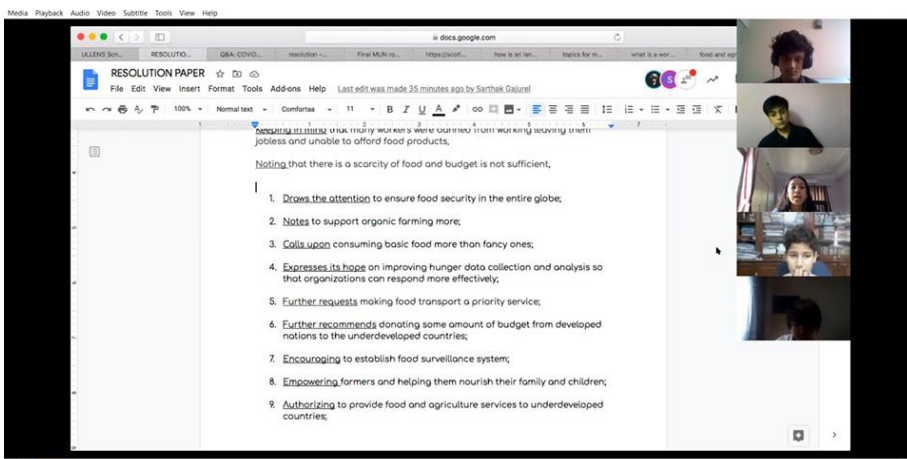
The event had five committees this time, namely, FAO, UNDP, UNEP, UN Women and UNHRC. Our students also participated as committee members this year.

Moderated Caucus against "Capital Punishment to LGBTQ", the effect of the global pandemic on the economy, effects of COVID-19 on the global food system and effects of climate change on flora and fauna worldwide were some of the topics of discussion.

Delegates of UN Women voting for the unmoderated caucus and FAO delegates discussing their first motion-strategies taken by countries for the protection of wildlife.



On August 24, 2020, Monday evening, the School Principal, Middle School Team, dais members (who are our SEE Class of 2019) and the delegates came together for the official virtual closing ceremony of UMS MUN 2020. The School Principal congratulated the delegates for the successful accomplishment of their first MUN and motivated them to participate in more of such programs to hone their 21st-century skills. Similarly, he applauded our dais members for successfully mentoring their juniors and facilitating the UMS MUN 2020.



KathaKalaa

July 2020 | Kathakalaa is a small attempt initiated by the members of Interact Club of the Year II students of IB Diploma Program of Ullens School, namely, Aapur Sijapati, Abhinav Tulachan, Anek Rajbhandari, Avarika Shrestha, Isha Timilsina, Kritika Ghimire, Riva Kansakar, Vardaan Khatri and Vinayak Buchhar, with the hope to raise awareness on contemporary issues. Kathakalaa is a social media page where people can express their views, thoughts and stories on certain issues through any form of art. The word "Kathakalaa" means "story telling" and as the name suggests, the club hopes to bring forth stories of people from different walks of lives and on ongoing issues around the world.



Amidst the COVID-19 outbreak, the whole world was and is being rattled by series of issues, movements and situations. In June 2020, Nepal observed a silent peaceful movement called the #enoughisenough movement, where youths demanded a better government response to the ongoing COVID-19 pandemic. A movement that was meant to be silent and peaceful soon turned violent. After the first riot, several others followed, and the #enoughisenough movement gradually saw its purpose fading.

During the heat of the ongoing situation, sometime in mid-July, the Interact Club of Ullens School organized an art contest through Kathakalaa, Instagram, to accumulate people's thoughts, opinions and stories on the whole concept of "Silent Protests". The art competition was a success, as there



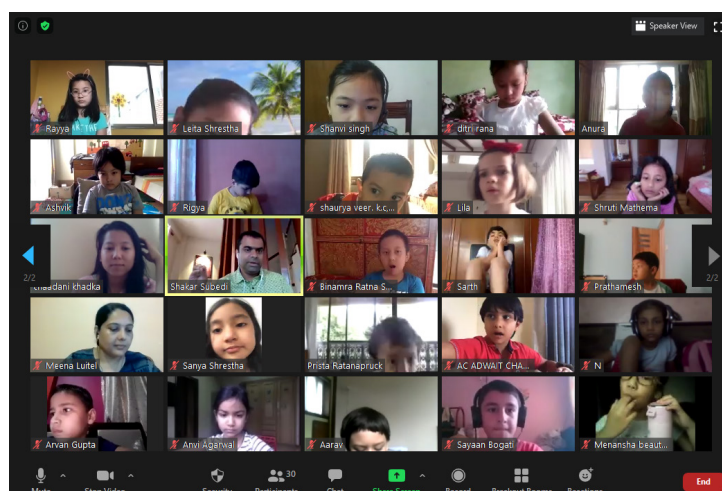
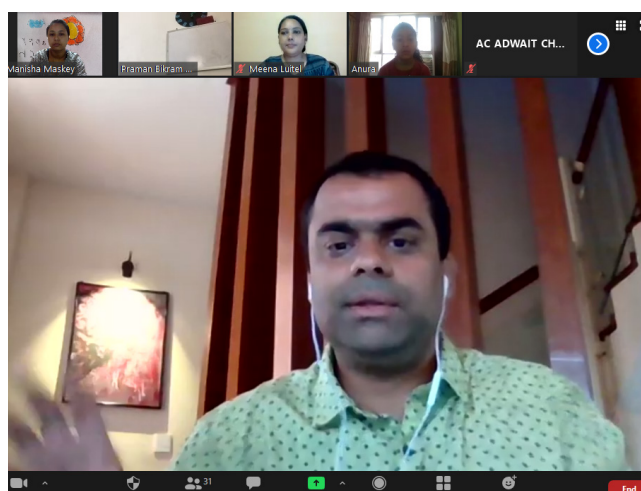
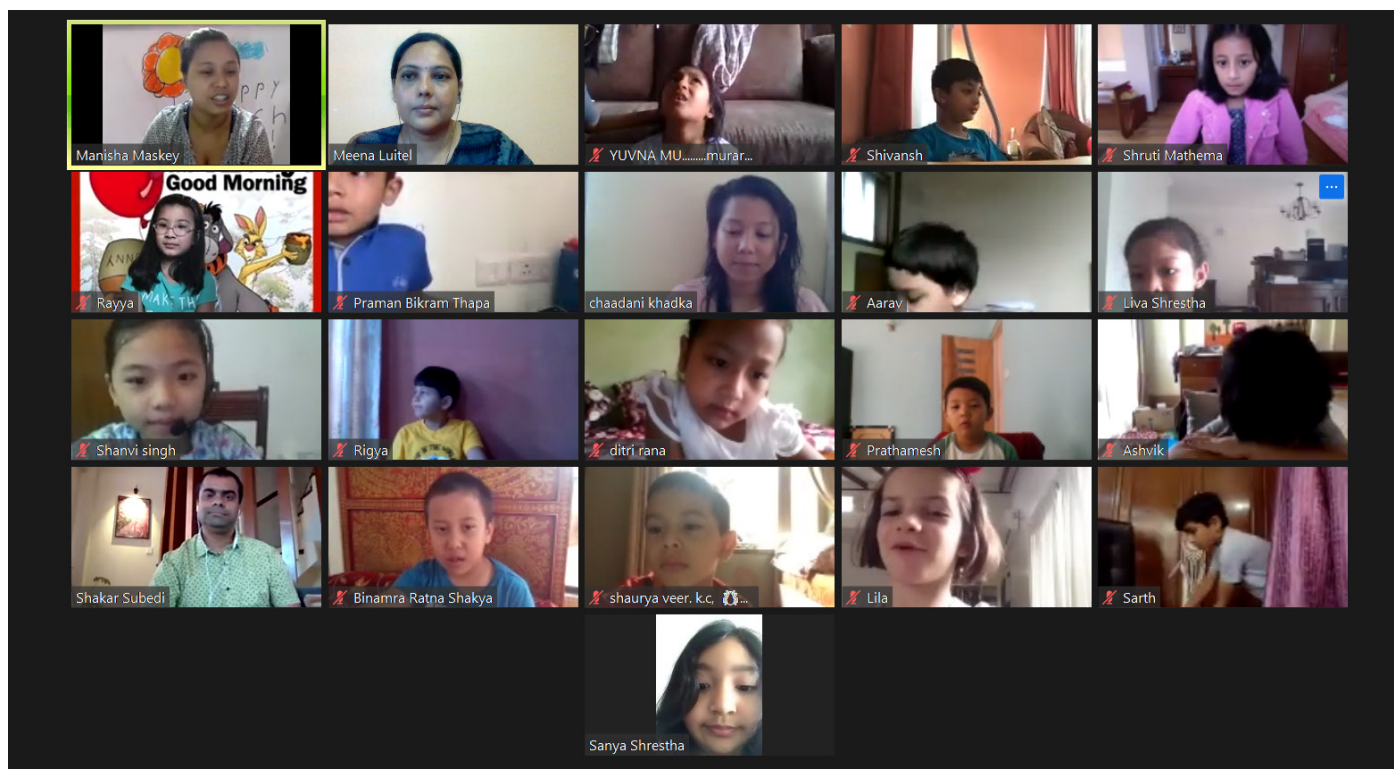
were dozens of artworks submitted to the club. The contest recognized three winners based on the number of 'likes' received in each artwork.

The Interact Club believes that with collective effort and support, they will be able to create a platform where voices are heard and information are relayed.



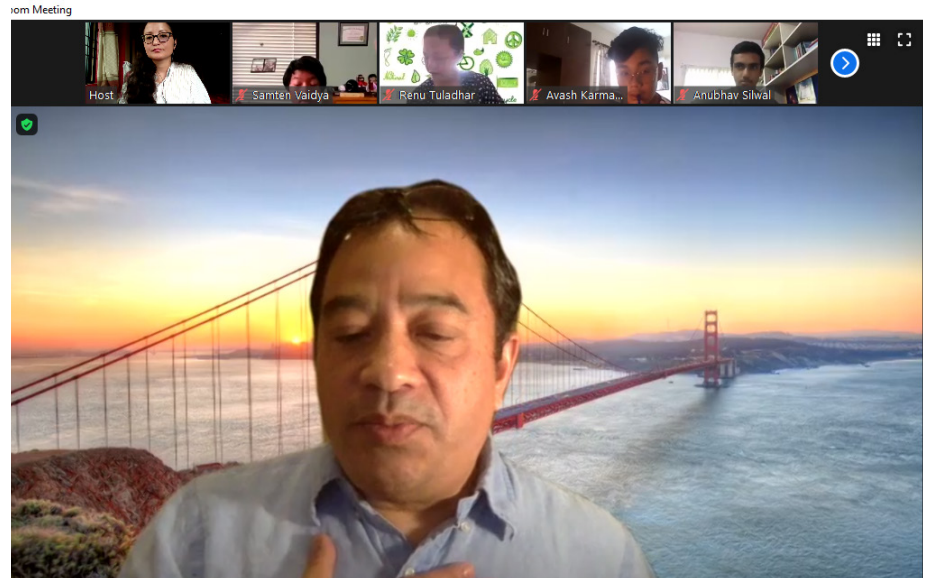
Bhanu Jayanti Celebration

July 2020 | Grade 2 students celebrated "Bhanu Jayanti 2077" with guest speakers Mr. Shakar Babu Subedi and Mr. Sanjaya Adhikari during their virtual class on July 13, 2020. With the help of the guest speakers, students were able to learn more about Bhanu Bhakta Acharya's contributions to Nepali literature and were able to understand the depth of why this day is celebrated every year.



Grade X guest lecturer Dr. SADEEP SHRESTHA

July 2020 | In a bid to enlighten Ullens School 10th graders on striving to see meaning in the lessons that are emerging from our COVID world, Dr. Sadeep Shrestha, the very respected Genetic Scientist and Associate Professor at the Department of Epidemiology at the School of Public Health, University of Alabama Birmingham, whose very persevering nature has granted him the 2013 Graduate School Dean's Award for Excellence in Mentorship and the Quetelet Professorship of Public Health took it onto himself to converse about the ongoing pandemic in his ideals and understandings. The interactive virtual talk session held in English Online Classroom from 10-11 am on July 1, 2020, was made possible only through the initiatives of the highly enthusiastic Samten Man Vaidya, a 10th grader, and later through the co-ordination by Ms. Ekta Rana and Ms. Shikha Gurung. 10th graders further expressed their curiosity in get-



ting a better understanding through a series of relevant issues, from which they learned China's stances, modes of transmission, preventions, vaccines and much more. Similarly, some teachers like Ms. Renu Tuladhar and Ms. Anupama Bista also added to the session by their thought-provoking questions

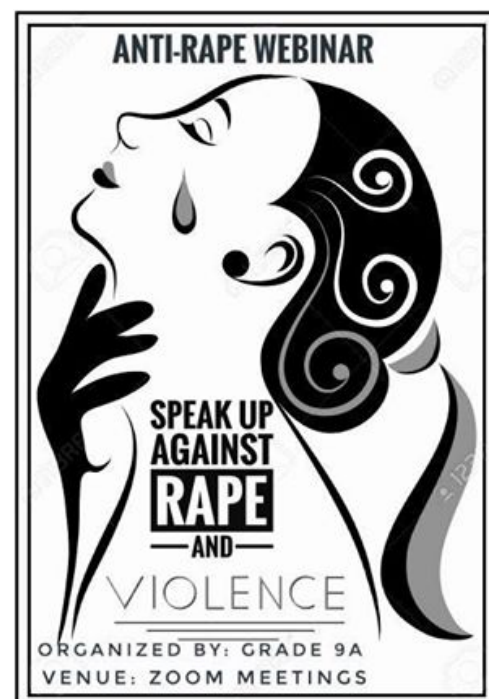
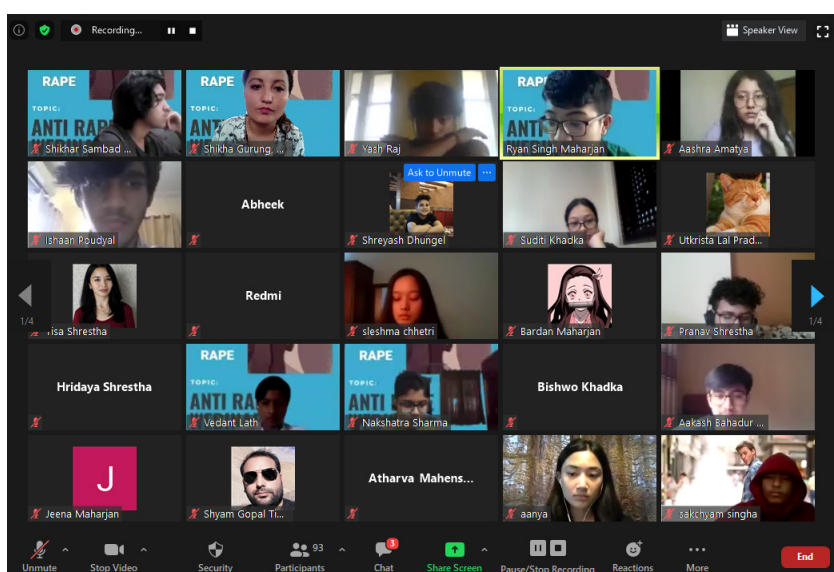
and presence. Overall, it was heartwarming and edifying for everyone to see young people discussing and expressing their concerns regarding our post-COVID-19 world for future enhancement and improvement.



Grade IX Webinar Against Sexual Harassment and Violence



July 2020 | Grade IX students organized a two-day Webinar Against Sexual Harassment and Violence, hosted as a project related to their first term's book, 'The Kite Runner' by Khaled Hosseini, in which 'Sexual Violence' remains to be one of the major themes. The entire webinar was conducted through Zoom between July 30 & 31, 2020 by grade IX students. Grades VIII and X along with few teachers joined in as well, and participated in variety of activities such as speeches, poems, songs, videos, Q&A sessions and few other discussions. The guest speakers of the event were Mr. Bishwo Khadka, Chairperson of Maiti Nepal, Ms. Subina Shrestha, Journalist/film maker, Ms. Pragati Prajuli (IBDP Class of 2020), and Ms. Yashaswi Karki (IBDP Class of 2020).



IBDP: CAS Project 2020

August 2020 | As a summer vacation assignment, our IBDP students dedicate their time on their respective CAS projects.

A CAS project is a collaborative, well-considered series of sequential CAS experiences, engaging students in one or more of the CAS strands of creativity, activity, and, service.

Each group did a marvelous job on their own respective projects. Students volunteered to help clean up the Tunaldevi temple in Baluwatar, donated dog food and took care of animals at the animal shelter, distributed personal protection items such as disposal masks, sanitary pads, disposal gloves and hand sanitizer to the people living with disability, made posters to raise awareness concerning Covid-19 precautions, helped underprivileged children and organized a fund-raising program.

Such projects not only embed a concept of “giving back to society” in the people’s minds but also aids the ones who are in actual need of it.



Ullens Excellence Awards 2077

July 2020 | In the year 1988, Ullens School first announced the Ullens Excellence Award Scholarship for its International Baccalaureate Diploma Program (IBDP), and later from 2019 opened it for its National Board Examination level too. This initiative was started with the purpose of reaching out to a wider, underprivileged, youth the population of Nepal, targeting academically high achieving students from an economically disadvantaged background.

This year the prestigious Ullens Excellence Award Scholarship was received by 7 well-deserving students (5 girls and 2 boys) from a pool of over 100 applicants. All scholars are graduates of the SEE (Secondary Education Examination) 2076 and hail from Dolakha, Lubhu, Bara, Arghakhanchi, Dolpa and Lalitpur.

Ullens School extend a warm welcome and congratulates the Awardees!





Mouth, the mirror of the body – An Oral Hygiene Webinar

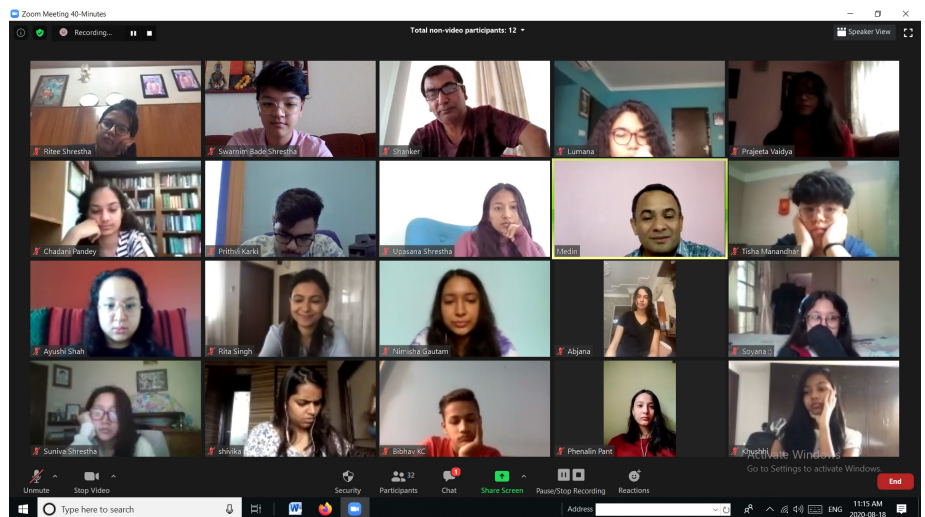
August 2020 | Swarnim Bade Shrestha, IBDP Year II student organized an oral hygiene webinar called Mouth, the mirror of the body, on August 18, 2020. They had Mr. Medin Lamichhane, the principal of Ullens School as the chief guest and Dr. Rita Singh as the guest speaker for the webinar.

Dr. Singh has done a number of awareness programs involving different social organizations like Shangri-la Toastmaster and Zonta, an organization which works for empowering women through service and advocacy. She is professionally a Periodontist and Implantologist at Oracare, Vice President of Nepalese Society of Implant Dentistry, former president of Nepalese Society of Periodontology and Oral Implantology and a former associate professor in Department of Periodontology and Oral Implantology.



Welcome IBDP Class of 2022

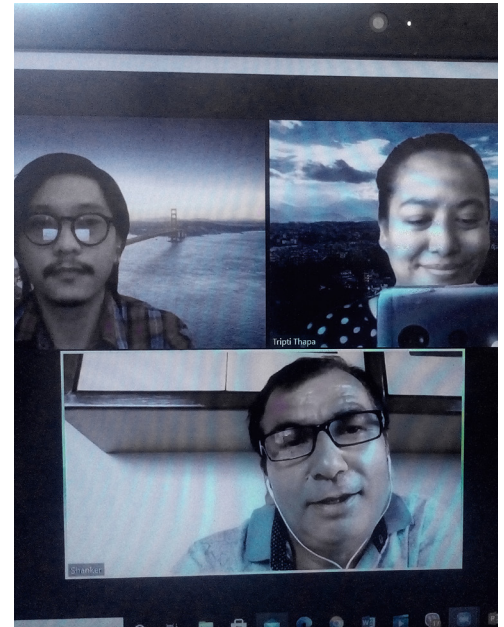
August 2020 | The first day of class, for the IBDP Class of 2022 started from Monday, August 24, 2020, onwards. Since the school had to postpone the original date due to the government's announcement, students were assigned a number of activities by the school in order for the students to begin their smooth transition into International Baccalaureate Diploma Program (IBDP).



The webinar started with Mr. Lamichhane sharing a short story of his personal experience with dental health which everybody could relate to. After this Dr. Singh took over the event, she mentioned how our mouth is as important as the rest of the organs in our body and taking care of our mouth falls under taking care of our overall health. Dr. Rita also mentioned the risks of going out to the dentist in the current situation (COVID), and henceforth highlighted the significant importance of practicing dental hygiene as an inseparable part of self-sanitary and hygiene efforts.

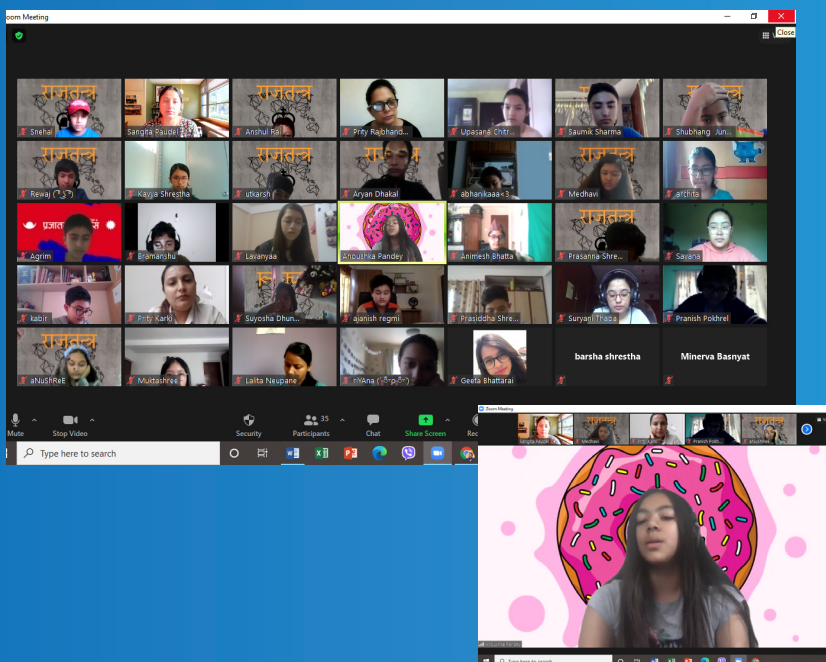
CAS Orientation

August 2020 | The IBDP had the CAS Orientation for the Class of 2022 on August 28, 2020. The event went smoothly via Zoom with a total of 157 participants, including 5 teachers. Each participant was glad that this event could happen in such an uncertain and challenging time.



कक्षा ८ कः वादविवाद कार्यक्रम

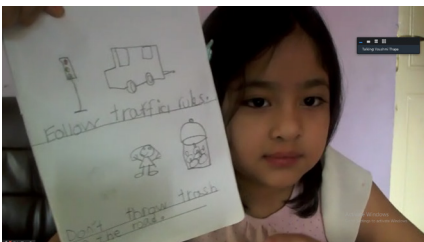
कार्यक्रमको प्रमुख अतिथिको रुपमा उप-प्रधानाध्यापक (उप प्राचार्य) एकता राणा, सभापतिको रुपमा आधारभुततहका संयोजक प्रिति कार्की र अन्य शिक्षकहरुको उपस्थितिमा कार्यक्रम संचालन भएको थियो। कार्यक्रममा कक्षाका सबै विद्यार्थीहरु सहभागी थिए।



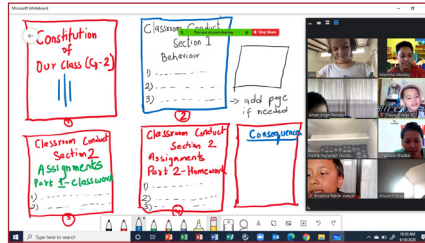
Constitution Day Celebration 2077

September 2020 | To mark one of the most special days for all the citizens of Nepal we celebrated Constitution day virtually this year as we were unable to meet in person. Regardless of the circumstances, the virtual celebration was highly successful as the students actively took part in various activities to celebrate this special day. The Constitution Day fell on a Saturday this year, however all our students, from grades I-X celebrated this important day on September 17, 2020 Thursday, and September 18, 2020 Friday.

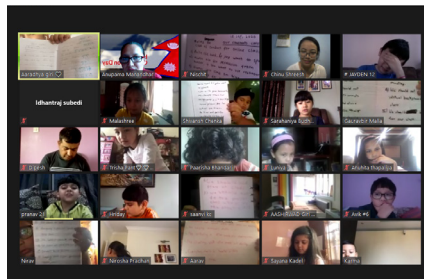
Grade I students were introduced the word "Constitution" during their class. They were familiarized with the concept of "rules" by relating it to their classroom, by their teachers and also discovered the meaning of the constitution. Students brainstormed and shared on what they can do as a good citizen to make their country a better and safe place to live in.



Grade II students were given the idea of constitution during their class by sharing and discussing what changes they would bring if they were the Education Minister for the day. Students prepared a "Class Constitution Book" of their own which updated and improvised the online class code of conduct and also finalized the current draft through voting.



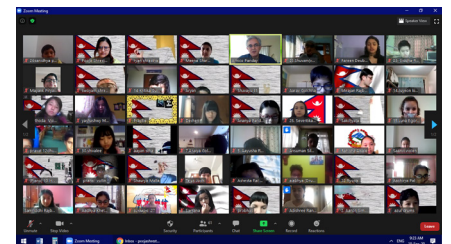
Grade III students all together drafted "Classroom Rules" and were involved in a number of discussions and group work related to the constitution. The students demonstrated an understanding of the importance of rules. They were able to differentiate between positively and negatively stated Standards. Most importantly they learned about respecting the classroom constitution.



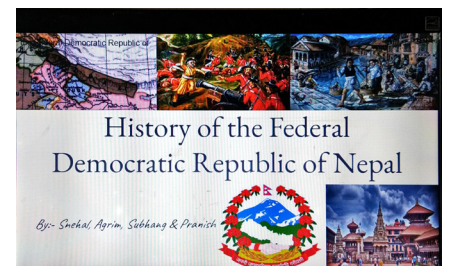
Grade IV students were given the concept of Constitution and its importance by their teachers during the class. The students shared their views and opinions on "rules" and it was integrated with the "Code of conduct in the virtual classroom". They brainstormed and re-framed the code of conduct and could relate the constitution with it for the smooth running of ongoing virtual classes.

Grade V students had a combined morning class with the guest speaker Dr. Arnico Panday (CEO of Ullens Education Foundation). They had parent guest speakers in both classes for the Morning Circle as part of their Social Studies class.

Teachers requested students to put the Nepali Flag as their virtual background and sent a video to students so that they would understand the concept of Constitution Day. Students later on discussed the video in class and participated in activities through online platform "Quizziz" which involved constitution related questions.



Grade VI students went through the Child Rights articles mentioned in the Constitution of Nepal 2072 and then discussed with their groups and presented five new rights they want to include in the constitution of Nepal. The other students voted for one right among the five rights which they found very important for children. This way the students learned about the concept of "child rights" and "bill of rights" as well.



Grade VII students learned about the concept of inclusion and some of the provisions provided for the marginalized people in the constitution of Nepal 2072. The students also presented some examples of inclusiveness that they had seen in their own communi-

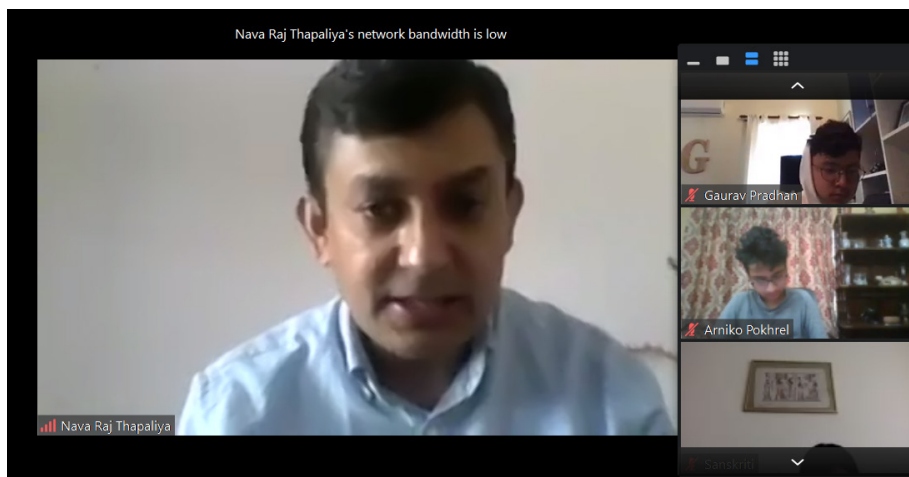
ties, schools, colleges and workplaces. During the class, students poured down their thoughts and expressed their creativity to illustrate their understanding of inclusion in a piece of paper.

Grade VIII students were divided into different groups and had a chance to present their thoughts regarding the constitution of Nepal. A student led panel discussion was also organized with a moderator along with the panelists and participants.

Grade IX and X students had a guest lecturer, Mr. Navaraj Thapaliya, a judge of the High Court of Province no. 5 of Nepal. Social Studies Department of Ullens School organized a talk program with Mr. Thapaliya, who high-

lighted the essence of the constitution and judicial system of Nepal. The students had an active interaction with Mr. Thapaliya of which the department will always be thankful to him.

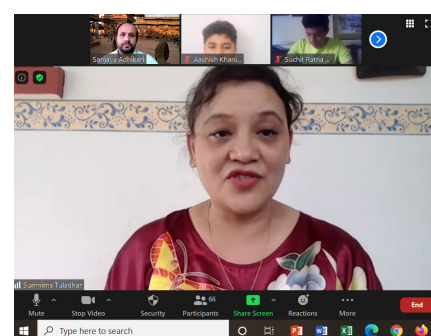
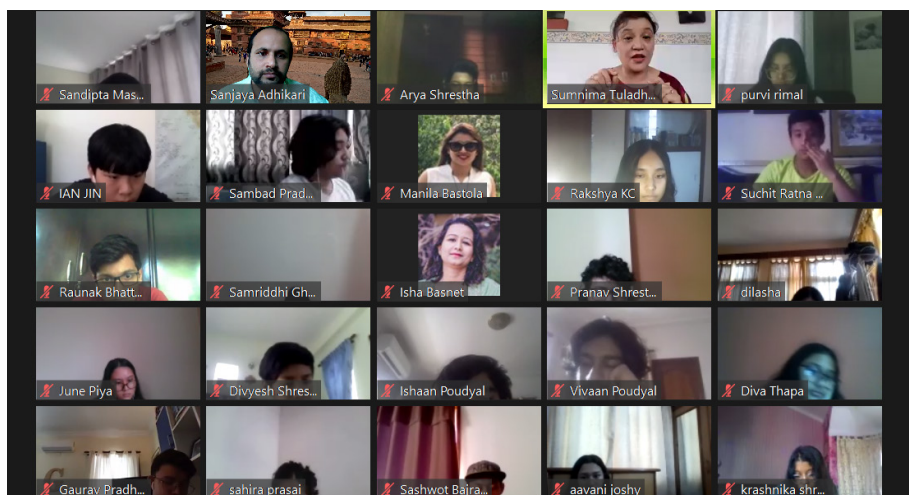
The overall experience was fun, educational and participatory for the students. They enjoyed learning from the guest lecturers, teachers, friends and sharing their own thoughts and ideas as well.



Grade IX students have Miss Sumnima Tuladhar as a guest speaker

September 2020 | The Social Studies Department of Ullens School was privileged to have Miss Sumnima Tuladhar, the executive director of CWIN

Nepal, as the guest speaker in their online class on 10 September 2020. She highlighted the issues of child rights in Nepal focusing on the cases of child



abuse during the pandemic. The students of grade nine were thankful for her presence. They learned a lot from meaningful interaction with her during the session.

Important Personalities – a Parent Interaction program

September 2020 | Grade V students learned and gained knowledge about various topics through interactions with important personalities who have been acting for the greater good in our society. The main motive of this session was to also simultaneously appreciate personalities who are equally important and deserving of honor and respect. Therefore, the students took the initiative to seek and learn about such figures who are the quiet heroes of our society.

The guest speakers for the event were as mentioned in the following text.



Mr. Aneel Meet Piryani, who explained his role in the mountain community. Dr. Meghnath Dhimal, the winner of “the Young Scientists Award 2015”, from Nepal Health Research Council (NHRC). Dr. Sangha Ratna Bajracharya, director at MECEE, discussed on ideas of improving medical examinations across Nepal. Ms. Ira Shah interpreted the possibilities of collaborating with skillful individuals in Nepal. Ms. Marilyn Manandhar, from Asha Nepal, talked on how to empower women to enable them to rise up and out of challenges they face in the society. Ms. Usha Ra-

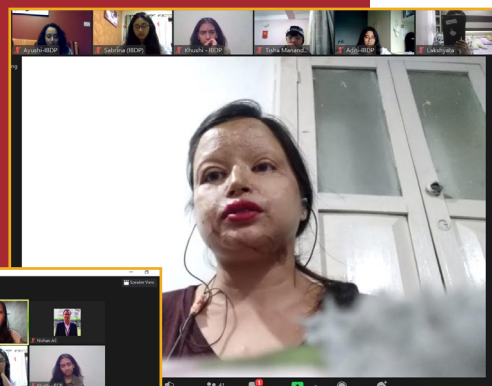
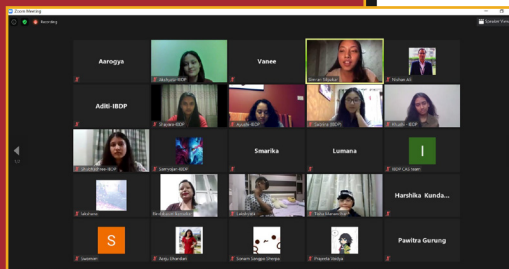


jak, tackled topics such as life opportunities and discovering new adventures in life. Last but not the least, Ms. Sarita Pariyar, a renowned writer, activist and founder of Darnal Award for Social Justice, shed light upon why dignity matters and why everyone should have the opportunity to live with dignity.

Such sessions can not only help students see varieties of good acts done by people with different personalities but also inspire and motivate them to act humanely even in the face of challenges.

Webinar on Acid and Burn Violence

September 2020 | Members of the Interact Club of Ullens - Class of 2022, held an informative webinar on Acid and Burn violence on September 18, 2020. This was possible by the crucial collaboration of Astitwa Nepal and the valuable presence of participants eager to learn.



Corona does not stop creativity!

Students continue expressing themselves on social media

