

ULLENS NEWS

VOLUME 13, YEAR 20, APRIL-JULY, 2025

MESSAGE FROM THE PRINCIPAL



Dear Parents/Guardians,

I hope this message finds you in good health and spirits. It is with great pleasure that I present to you the latest edition of the Ullens School Newsletter.

Earlier in April, the Ullens School family lost its patron, Baron Guy Ullens, a visionary leader, who was a pillar of the inception of Ullens School. His dedication to quality education transformed countless lives, and his lasting legacy continues to inspire us through Ullens School's commitment to academic excellence, compassion, and empowering young minds.

As we begin with the new academic session, I would like to extend a warm

welcome to the new parents of Grade One, Grade Eleven, and the IB Diploma Programme. We are truly honored by the trust you have placed in us and look forward to working together to shape a brighter future for your children. We also warmly welcome our students and are excited to begin this learning journey with them.

On behalf of the Ullens School family, I warmly congratulate the Class of 2025, including both our Grade Twelve and IB Diploma Programme graduates, on successfully completing their high school journey. This year, our students have achieved exceptional results, reflecting their hard work and growth, which makes us immensely proud. Notably, over 85% of the IBDP students were awarded the full diploma, with special recognition to Ms. Suyosha Dhungel for achieving a perfect score of 45. Our SEE results were equally impressive, with 13% of students earning a 4.0 GPA.

At Ullens School, curriculum enrichment is a continuous and vital process, reflecting our commitment not only to the growth of our students but also to the professional development of our educators. Our faculty members, spanning Tier I to V as well as the IB Diploma Programme team, actively participate

in ongoing professional development programs. These initiatives are designed to sharpen their teaching skills, keep them informed of the latest educational trends and best practices, and ultimately ensure that our students receive a high-quality, relevant education.

The Ullens Education Foundation has established the Ullens Center for Educator Development (UCED) and has already launched the 'Training of Teachers (ToT)' program. Additionally, Ullens College is preparing to offer a B.Tech program in Cybersecurity, while Ullens LEAP is set to introduce a holistic program for gap year students, both of which will begin soon.

This newsletter covers school events and activities from April to July 2025. We highly value your feedback, as it is essential to our ongoing improvement. Please take a moment to share your thoughts with us—we truly appreciate your contributions.

If you have any queries or concerns, I would be happy to address them. Kindly contact me at principal@ullens.edu.np.

Sincerely,
Medin Lamichhane
Principal

IN LOVING MEMORY OF BARON GUY ULLENS (JANUARY 31, 1935 - APRIL 19, 2025)



The Ullens School family is saddened by the loss of our patron, Baron Guy Ullens, a visionary leader, philanthropist, and lifelong friend of Nepal. Born in Belgium and educated at Stanford, he led a successful global business career while nurturing a deep passion for art and social impact.

His connection with Nepal began in the 1970s and became a lifelong commitment. Alongside his late wife, Baroness Myriam Ullens, he founded Ullens School with the belief that quality education can transform lives. As envisioned, the school today is a place where academic excellence, compassion, and global mindedness continue to thrive.

Baron Ullens' abiding legacy lives on through Ullens School and the countless young minds it continues to empower. His dedication to education and belief in Nepal's potential will forever inspire us all.

GRADE ONE OPEN HOUSE & CURRICULUM NIGHT

Ullens School successfully hosted the Grade One Open House & Curriculum Night before the commencement of the academic session, welcoming the parents and guardians of the incoming Grade One students. The session began with an insightful presentation on the school's rich history and educational philosophy, offering an insight into the core values that shape

the Ullens experience. Parents were then introduced to the curriculum for the upcoming academic year, gaining a comprehensive overview of the year-long teaching and learning journey. The session provided clarity on classroom expectations, instructional strategies, and how the Ullens Approach to Education will be implemented throughout the year.



CURRICULUM NIGHTS

Throughout the first week of the new academic session, a curriculum night was conducted across all grades. The workshop-style sessions allowed parents the opportunity to meet their child's teachers, understand the curriculum in-depth, and engage in conversations about Ullens School's progressive approach to education. Designed to encourage collaboration and active participation, each session sparked thoughtful discussions and offered parents greater clarity on their child's learning journey at school.



ECO-LITERACY WEEK

This year, World Environment Day at Ullens School marked the vibrant conclusion of Eco-Literacy Week—a dynamic journey of learning, creativity, and environmental action. Our students actively participated in a wide range of hands-on activities designed to bring environmental themes to life through collaboration and innovation.

Our youngest students in Kindergarten created a papier-mâché globe, while Grade One students crafted toys and Earth models using recycled toilet rolls and cardboard. Grade Two took part in a spirited Clean-A-Thon and built mini gardens, gaining firsthand appreciation for the importance of green spaces. Grade Four contributed to sustainability efforts by making reusable bags from newspapers and

transforming old chart paper into creative papier-mâché crafts. Meanwhile, Grade Five organized placard campaigns raising awareness about the impact of plastic pollution on wildlife.

Middle and high school students tackled broader environmental challenges. Grade Six upcycled old T-shirts into themed tote bags, while Grade Seven organized a gallery walk showcasing their environmental posters. Grade Eight hosted debates in both Nepali and English, as well as prepared donations of books and stationery for community outreach. High school students integrated environmental topics across their academic subjects, discussing ethical dilemmas, zero-waste societies, sustainable business practices, and even transforming used tires into artistic planters.

Eco-Literacy Week was a powerful demonstration of Ullens School's commitment to environmental leadership, empowering our students to become informed, responsible changemakers, ready to contribute to a greener and more sustainable future.



GRADUATION CEREMONY 2025

The Graduation Ceremony of 2025 was a momentous occasion for the Grade Twelve and International Baccalaureate Diploma Programme (IBDP) students at Ullens School. The evening began with a warm welcome by the emcees, IBDP students Manasvi Subedi and Muralidhar Chaturvedi.

The ceremony was honored by the presence of distinguished guests, including the Chairperson of the School Management Committee and current Minister of Foreign Affairs, Dr. Arzu Rana Deuba, as well as the keynote speaker for the evening, Mr. Chandra

P. Dhakal, a leading entrepreneur and an influential figure in Nepal's business and banking sectors.

In his keynote address, Mr. Dhakal shared valuable life lessons with the graduates, encouraging them to pursue opportunities globally while staying connected to their roots and giving back to the nation and society. Our principal, Mr. Medin Lamichhane, also delivered an inspiring speech, congratulating the students on their accomplishments and acknowledging the dedication and hard work that led them to this important milestone.

A key highlight of the evening was the conferral of diplomas to 51 Grade Twelve students and 136 IBDP graduates. This marked the successful completion of their academic journey at Ullens School and the beginning of new endeavors ahead. In her closing remarks, Dr. Deuba emphasized the significance of this achievement and urged the graduates to look ahead with optimism, courage, and a sense of purpose. The event was filled with pride, joy, and celebration as students, their families, and the school community came together to honor this unforgettable milestone in our graduates' lives.



NEB - CLASS OF 2025



IBDP - CLASS OF 2025



FIRST NATIONAL READING CONFERENCE

As one of the major events for the 20th year celebrations, Ullens School hosted the First National Reading Conference. The event was organized by the Ullens Education Foundation and the Sikai Foundation, with the Kathmandu University School of Education serving as the knowledge partner. The event's partners included the Principal Association of Nepal (PAN),

Private and Boarding School Organization Nepal (PABSON), UNESCO Kathmandu, and Sikai Samuha.

The conference ushered in a series of initiatives dedicated to innovation and educational excellence, bringing together educators, thought leaders, and partners united by a shared commitment to enhancing literacy and

promoting a deep appreciation for reading among learners.

Through dynamic dialogues, insightful sessions, and collaborative activities, the conference opened avenues for a deeper exploration of how reading empowers learners and shapes impactful experiences, transforming educational outcomes.





THE MORE KNOWLEDGEABLE OTHER

UNDERSTANDING MENSTRUATION – GRADE FOUR

An informative session was conducted for Grade Four students on menstruation and personal hygiene, led by Dr. Sara-da Duwal Shrestha, a medical professional and a parent from our school community. She explained the natural process of menstruation in a simple, age-appropriate manner, emphasizing the importance of using clean sanitary products, changing them regularly, and maintaining good hygiene.

The session was marked by curiosity and respectful participation, with both girls and boys asking meaningful questions. It was especially heartening to see boys engaging openly, cultivating empathy and a healthy attitude toward menstruation. The session helped normalize open conversations around body changes and personal care while encouraging awareness and respect.



CARING FOR OUR FIVE SENSE ORGANS – GRADE THREE

Our Grade Three students took part in an engaging health awareness session titled "Caring for Our Five Sense Organs," led by Dr. Henish Shakya, a parent from our community. The ses-

sion emphasized the importance of daily hygiene habits to care for the eyes, ears, nose, skin, and tongue. Dr. Shakya shared practical tips using relatable examples and live demonstra-

tions. The students were curious and enthusiastic, eagerly asking questions and sharing their own experiences, making the session both educational and interactive.



UNDERSTANDING HYGIENE - GRADE THREE

In alignment with the Grade Three Multidisciplinary Themes curriculum, students participated in a valuable learning session with Miss Sunita, one of our dedicated school cleaning staff. She shared how she ensures cleanliness and hygiene in various areas of the school, especially in washrooms, to maintain a healthy and sanitized environment. Through her personal experiences,

she highlighted how small actions, like flushing properly or not littering, can greatly affect overall hygiene. She also explained essential dos and don'ts around sanitation. The session concluded with an engaging Q&A round, where students showed great curiosity and reflected on how their everyday actions contribute to the school's cleanliness and well-being.



LEARNING ABOUT EYE HEALTH - GRADE FIVE

Our Grade Five students had the opportunity to engage in an informative session on the five senses, with a special focus on eye health, led by Dr. Priyanka Shrestha, an ophthalmologist and a parent from our school community. Dr. Shrestha offered valuable advice on

maintaining healthy eyes, such as limiting screen time, eating nutritious foods, and practicing good hygiene.

The session ended with an interesting Q&A session, during which our students posed insightful questions,

particularly about the sense of sight. It was a meaningful learning experience that helped raise awareness about personal health in an age-appropriate and engaging manner.



EXPLORING ELECTRICAL SAFETY – GRADE THREE

To help students understand the safe use of electrical appliances, Grade Three welcomed our school electrician, Mr. Ram Pokharel, for an interactive session. He shared practical safety tips and introduced tools like pliers,

screwdrivers, wire cutters, and testers used in electrical repairs.

Students learned about the everyday use of electricity and important safety rules, such as not touching switches with

wet hands, avoiding damaged wires, and never inserting objects into sockets. The session sparked curiosity and thoughtful questions, equipping our students with valuable knowledge on how to stay safe around electricity in their daily lives.



नेपाली भाषा सप्ताह २०८२

२९२औं भानु जयन्तीको अवसरमा युलेन्स स्कूलमा एक साता लामो नेपाली भाषा सप्ताह उत्साहपूर्वक सम्पन्न भयो। यो सप्ताहले नेपाली भाषा र साहित्यप्रतिको मोह, सम्मान र सिर्जनात्मक अभिव्यक्तिलाई प्रोत्साहन गर्ने उद्देश्य बोकेको थियो।

कक्षा १ देखि ५ सम्मका विद्यार्थीहरूले कविता र कथा लेखन तथा वाचन, रमाइला नाटक, अभिनय, भाषा खेल, र साहित्यकारहरूसँग अन्तरक्रियाजस्ता गतिविधिमा सक्रिय सहभागिता जनाए। उनीहरूले बोल्ने, लेख्ने, सुनाउने र प्रस्तुत गर्ने क्षमताको अभ्यास गर्दै नेपाली भाषाप्रति प्रेम र आत्मविश्वास विकास गरे। त्यसैगरी, कक्षा ६, ७ र ८ का विद्यार्थीहरूले लेखकहरूसँग अन्तरक्रिया, कथा लेखन कार्यशाला, पुस्तक

समीक्षा, सार लेखन र वाक्य संरचनाजस्ता शैक्षिक अभ्यासमार्फत भाषा अध्ययनलाई अझ गहिरो बनाएका थिए। कक्षा ९ र १० ले शब्दभण्डार सत्र, भाषाको संरक्षण र प्रवर्द्धनसम्बन्धी सहभागितामूलक गोष्ठी, प्यानल छलफल र सवाल-जवाफ सत्रमा भाग लिँदै भाषाको वर्तमान सन्दर्भ र भविष्यबारे गम्भीर चिन्तन गरे।

विद्यार्थी, शिक्षक, अभिभावक तथा अतिथिहरूको उत्साहजनक सहभागिताले कार्यक्रमलाई अझ अर्थपूर्ण बनायो। यस प्रकारको सप्ताहले विद्यार्थीहरूमा मातृभाषाप्रति गर्व, संस्कृतिप्रति माया र अभिव्यक्तिको आत्मविश्वास निर्माणमा सकारात्मक प्रभाव पारेको विश्वास गरिएको छ।







LEARNING BEYOND BOUNDARIES



ASAR PANDHRA CELEBRATION

Our students marked Asar Pandhra with an immersive and joyful celebration at Edu Farm, Chhampi, where they engaged in traditional paddy planting. The vibrant rhythms of the dhimey drums, energetically played by our middle school students, set the tone for a festive day of cultural appreciation.

Students from Kindergarten to Grade Three reveled in the muddy fields, embracing the sensory experience of working with the land. This hands-on activity beautifully reflected one of our core educational values of learning beyond the classroom and deepened students' understanding of the

cultural and agricultural roots that sustain our communities. It also instilled a sense of gratitude and love for the land that nourishes us, while fostering environmental awareness by highlighting the importance of sustainable farming practices and our connection to nature.



NATURE IMMERSION – KINDERGARTEN

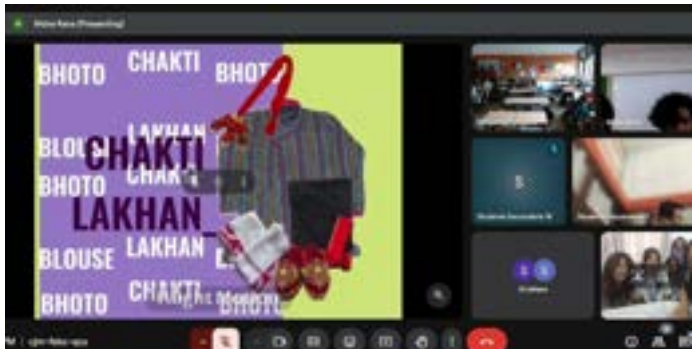
In the days leading up to World Environment Day, our Kindergarten students went on a short hike to Hattiban. This hands-on experience allowed them to connect closely with the natural world, explore the environment around them,

and deepen their understanding of the importance of caring for nature. The trip beautifully complemented their classroom learning and inspired curiosity, wonder, and respect for the environment.



VIRTUAL EXCHANGE PROGRAM – GRADE SEVEN

As a continuation of the virtual exchange program initiated in 2023, our Grade Seven students from Ullens School and Instituto Leone XIII in Milan, Italy, engaged in a cross-cultural dialogue on the theme of sustainability. Students explored sub-themes including food, fashion and textiles, and home and environment. The interactive sessions included games and quizzes using platforms like Kahoot and Quizizz, which increased engagement and encouraged collaborative learning. The exchange was a meaningful experience, broadening students' global perspectives while cultivating thoughtful conversations on critical global issues.



EXPERIENCING RATO MACHHINDRANATH JATRA – GRADE THREE

As part of their learning about community and culture, the students of Grade Three went on a field visit to observe the Rato Machhindranath festival in their local neighborhood. The exploration allowed students to

witness the rich cultural traditions and vibrant festivities firsthand, helping them develop a more profound understanding of the importance of festivals in their society. By engaging directly with their community, they not only

learned to ask meaningful questions but also developed a sense of respect and appreciation for cultural heritage. The experience brought their classroom learning to life and made it more relevant, fun, and impactful.



VISIT TO THE APICULTURE DEVELOPMENT CENTER – GRADE TEN

As part of their inquiry-based science curriculum, Grade Ten students visited the Apiculture Development Center in Godavari, Lalitpur. During the visit, they had the opportunity to observe various species of honey bees within a working colony and gained insights into the structure and behavior of bee communities. They also toured the on-site museum, where they explored equipment and tools used in the process of honey production and beekeeping. This hands-on field investigation helped students better understand ecological relationships, the importance of pollinators in food production, and sustainable agricultural practices. The visit reinforced classroom learning through real-world observation and active engagement.



EXPLORING NATIONAL HORTICULTURE RESEARCH CENTRE – GRADE FOUR

Our Grade Four students recently visited the National Horticulture Research Centre, where they experienced plant exploration in a hands-on setting. From towering trees like the pipal to herbs such as turmeric and rosemary, and climbers like beans, students closely observed a wide range of plants.

The immersive outdoor learning opportunity allowed them to apply their classroom knowledge in a real-world setting, helping them identify and classify herbs, shrubs, trees, climbers, and creepers. The trip turned textbook concepts into tangible experiences, sparking curiosity and reinforcing their understanding of plant types.



LEARNING ABOUT AQUATIC PLANTS AT NAGDAHA - GRADE FOUR

In their field trip to Nagdaha, our Grade Four students explored aquatic plants in their natural habitat. They observed water lettuce, lotus, and water lilies, and were fascinated by how their leaves re-

pelled water, which was an exciting discovery that connected directly to their science lessons. The outdoor learning experience further enhanced their understanding of aquatic plant character-

istics and helped reinforce classroom concepts through direct observation. The trip encouraged curiosity and meaningful engagement with nature, enriching their inquiry-based learning.



VENTURING INTO ETHNOGRAPHIC MUSEUM - GRADE FOUR

As part of their Transdisciplinary Theme and Social Studies curriculum, Grade Four students visited the National Ethnographic Museum, located within the Nepal Tourism Board premises. During the visit, they explored the rich cultural heritage of various ethnic groups in Nepal, including the Rai, Sunuwar, Magar, Chepang, Newar, and Tharu communities. Students observed detailed ethnic mannequins representing traditional lifestyles and customs, and engaged deeply with the displays by reading the provided information. To reinforce their learning, they completed a quiz trip sheet, making the experience both educational and interactive.



CULTURAL IMMERSION IN KIRTIPUR – GRADE FOUR

As part of the Transdisciplinary Themes and Social Studies curriculum, our Grade Four students set off on a field trip to Kirtipur. During their visit, they enjoyed a guided walk through the historic city, immersing themselves in the rich Newari culture. Led by local guide Mr. Aman Shrestha, students explored significant sites such as Bagh Bhairabh Temple, Macha Dya, and Chilancho Bihar, while listening to captivating legends and stories connected to each place. The experience left students both amazed and enriched, providing valuable on-site knowledge about the heritage and history of Kirtipur.



स्थानीय सरकार कार्यालय भ्रमण - कक्षा ६

युलेन्स नमूना स्थानीय सभाको पूर्व तयारीको सिलसिलामा, कक्षा ६ का विद्यार्थीहरूलाई स्थानीय सरकार, यसको गठन तथा कार्य प्रणालीसम्बन्धी व्यवहारिक जानकारी दिन ललितपुर महानगरपालिका वडा नं. १४ को कार्यालयमा शैक्षिक भ्रमण गराइयो। उक्त अवसरमा विद्यार्थीहरूले वडा अध्यक्ष, वडा समिति सदस्यहरू तथा अन्य पदाधिकारीहरूसँग अन्तरक्रिया गर्दै वडाको गठन प्रक्रिया, जिम्मेवारीहरू, र वडाबाट प्रदान गरिने सेवा-सुविधा लगायतका विषयहरूमा ज्ञान हासिल गरे।



चाँगुनारायण मन्दिर भ्रमण - कक्षा ८

विद्यार्थीहरूको सिकाई प्रक्रियालाई वास्तविक जीवनसँग जोड्नले सिकाई अझ अर्थपूर्ण हुने भएकाले कक्षा ८ का विद्यार्थीहरू सामाजिक अध्ययन तथा मानवमूल्य शिक्षा विषयको 'हाम्रा राष्ट्रिय सम्पदा' पाठमा केन्द्रित भएर युनेस्कोको विश्व सम्पदा सूचीमा रहेको भक्तपुर स्थित चाँगुनारायण मन्दिरको स्थलगत भ्रमणमा गए। भ्रमणका क्रममा विद्यार्थीहरूले चाँगुनारायण मन्दिरको इतिहास साथै त्यहाँको वस्तुस्थिति बुझ्ने अवसर प्राप्त गरे।





INTERNATIONAL TRIPS

ENRICHING TRIP TO VIETNAM - JUNIOR HIGH SCHOOL

Our Grade Nine and Ten students, along with the real-world learning experience, created memories for a lifetime during their educational tour to Vietnam, earlier this year in May. The exploration not only helped them deepen their understanding of its rich

culture, history, and art, but also widened their horizon of global citizenship and environmental sustainability.

They visited some popular cities of northern Vietnam like Ha Noi, the cultural, economic, and educational

centre; Halong Bay, the UNESCO World Heritage site, and Ninh Binh, also known as Halong Bay on land. Overall, the Learning Beyond Boundaries (LBB) project fostered some of the important 21st-century skills of our learners.



IMMERSIVE JOURNEY THROUGH JAPAN – SENIOR HIGH SCHOOL

As part of their CAS Experiential Learning, a group of 69 IBDP and NEB students embarked on a ten-day cultural immersion trip to Japan during the summer break. In addition to sightseeing, the students visited Toyo University in Tokyo, learned about the food and culture in Japan, and witnessed firsthand the fascinating blend of cutting-edge

modern innovative techniques with a deep-rooted appreciation of their ancient cultures and traditions. The students travelled to Osaka, Kyoto, Hiroshima, and Tokyo, with a side day trip to bask in the beauty of Mt. Fuji and the surrounding lakes. The trip perfectly embodied one of our core practices of Learning Beyond Boundaries, allowing our students

to immerse themselves in a different cultural context, develop global perspectives, and build deeper intercultural understanding. Through hands-on experiences, meaningful local interactions, and moments of reflection, students gained deeper insight into Japan's societal values and expanded their international-mindedness.





MEMORY MONTAGE

The First Day of School



Understanding Healthy Food Choices – Grade One



Building Swimming Skills, One Stroke at a Time



Basic Counseling and Communication Skills for Parents



Extended Inquiry Project – Grade Eleven

