

ULLENS NEWS

VOLUME 16, YEAR 21, APRIL-JULY, 2026

MESSAGE FROM THE PRINCIPAL



Dear Parents and Guardians,

As we move into the second trimester, I am filled with gratitude and optimism as I reflect on the journey we have shared and the progress we have made as a community.

It is heartwarming to see all our students back in the newly renovated and upgraded facilities of Ullens School. The first trimester of this academic session has been a smooth and positive one, and it has been wonderful to see our campus once again filled with vibrant energy and joy of our students. Among the upgrades to our facilities, the addition of a lift to the Kadjou Building is an important step towards making our campus more accessible and inclusive for everyone.

Earlier in June, we celebrated the

Graduation Ceremony of the Grade Twelve and IBDP Class of 2026. We congratulate our graduating students as they complete an important chapter of their lives. From this point forward, they join the Ullens School alumni community and carry with them the values and spirit of Ullens School wherever their journeys take them. We wish them every success as they step into the wider world.

I would also like to congratulate our SEE, Grade Twelve, and IBDP students on their excellent results. Their achievements reflect their hard work, dedication, and perseverance, as well as the guidance and support of their teachers and families. We are proud of their accomplishments and celebrate this important milestone with them.

We extend our sincere appreciation to our outgoing faculty members for their commitment, care, and meaningful contributions to the lives of our students and the Ullens School community. Their dedication has left a profound impact, and we thank them for being an integral part of our journey. At the same time, we warmly welcome our new teachers and staff members to Ullens School and look forward to the fresh ideas, experience, and energy they will bring to our ever-growing community.

I would also like to express my heartfelt appreciation to the outgoing Action Team for Partnership (ATP), under the leadership of Mr. Amir Thapa, for standing alongside the school and supporting us through some of the most challenging times. We thank every member of the team for their service and contributions, and we warmly welcome the new ATP team as they take forward this important partnership with the school.

We are pleased to introduce new leadership roles within our school, with Ms. Youshmi Thapa serving as Vice Principal, Elementary School, Ms. Kumuda Lamichhane as Vice Principal, High School, and Ms. Tenzin Dulal as one of our two IBDP Coordinators. We look forward to their leadership as we continue to strengthen our school community.

I am truly grateful to our students for their resilience and enthusiasm, our teachers and staff for their dedication, and our parents and guardians for their continued trust and partnership. Together, I look forward to a year filled with learning, growth, creativity, compassion, and shared achievement as one Ullens community.

Warm regards,
Ekta Singh Rana
Principal

New Leadership Appointments

The school community welcomed three new leadership appointments. Ms. Youshmi Thapa has been appointed Vice Principal of the Elementary School, Ms. Kumuda Lamichhane as Vice Principal of the High School, and Ms. Tenzin Dulal as one of the two IBDP Coordinators.

The appointments mark an important step in strengthening the school's leadership team and supporting its continued growth and development. The school community extends its warm congratulations to all three leaders and looks forward to their valuable contributions in their new roles.



Action Team for Partnership (ATP)

The Action Team for Partnership (ATP) plays an integral role in strengthening the relationship between parents and the school, serving as an important bridge between the two communities. The school extends its sincere gratitude to the outgoing ATP members for their invaluable support, commitment, and partnership over the past two years, particularly during challenging times.

The school warmly welcomes the new set of ATP members and looks forward to continued collaboration, meaningful engagement, and a stronger partnership between home and school.



Project Week 2026

Project Week 2026, an integral part of the IB Diploma Programme (IBDP), offered students a meaningful learning experience beyond the classroom. Immersed in local communities across eight villages, students collaborated, served, and connected with others through a range of activities, including painting schools, supporting educational initiatives, conducting surveys, and experiencing local life alongside host families.

Through new experiences, challenges, and meaningful interactions, students developed resilience, empathy, teamwork, and adaptability while gaining a deeper understanding of community life. More than an opportunity to apply their learning in real-world settings, Project Week fostered a lasting sense of social responsibility, connection, and community spirit.



Graduation Ceremony 2026

Ullens School organized its Graduation Ceremony 2026 to celebrate the achievements, dedication, and aspirations of students completing their academic journey. The ceremony, attended by Grade Twelve and International Baccalaureate Diploma Programme (IBDP) students, distinguished guests, teachers, and parents, marked an important milestone in the students' educational journey and celebrated their accomplishments. Established in 2006, Ullens School has grown to become one of Nepal's leading educational institutions. The school currently serves more than 1,400 students representing 18 nationalities and over 20 ethnic communities. Alongside academic excellence, the school places strong emphasis on social responsibility, leadership development, and holistic personal growth.

During the ceremony, Principal Ms. Ekta Singh Rana delivered the welcome address. Reflecting on her two-decade-long journey with the school, she praised the collective efforts and dedication of students, teachers, and parents. She encouraged the graduating students to face life's challenges with confidence and wished them success in their future endeavors. Representing the Ullens Education Foundation, Trustee Dr. Manish Thapa delivered a special address and introduced the keynote speaker, Dr. Chakra Raj Pandey. In his keynote speech, Dr. Pandey inspired students to remain lifelong learners, lead with purpose, and contribute positively to society.

A major highlight of the ceremony was the presentation of graduation certificates. This year, 56 students appeared for the Grade Twelve examinations under Nepal's National Examination Board (NEB), while 134 students completed the IBDP. Students were individually recognized and conferred their diplomas in the presence of the keynote speaker of the ceremony, Dr. Chakra Raj Pandey, the Chairperson of the School Management Committee, Prof. Dr. Bhola Thapa, and the Principal, Ms. Ekta Singh Rana. Student representatives from both Grade Twelve and the IBDP shared reflections on their school experiences, friendships, challenges, and aspirations for the future.

In his closing remarks, School Management Committee Chairperson Prof. Dr. Bhola Thapa congratulated the graduating students and encouraged them to move forward in life with honesty, empathy, and resilience. The ceremony concluded with the traditional hat-throwing celebration, symbolizing new beginnings and bright futures, and creating an atmosphere of excitement and optimism among the graduates. Ullens School extends its heartfelt congratulations to all graduating students and wishes them every success in their future journeys.





Eco Literacy Week

The objective of Eco Literacy Week was to educate and inspire students of all ages to recognise the importance of a healthy and functioning environment. Each year, approximately 2.5 million tonnes of waste are generated and sent to landfills and oceans, while 50% of all waste is either improperly disposed of or not recycled. Eco Literacy Week provided an opportunity to teach students about their role in creating positive environmental change in their communities and to help them develop sustainable habits through everyday activities.

During Eco Literacy Week, students learned how they could help make the Earth a happier and healthier place by participating in various environmental programmes. Through these activities, students learned that even the smallest contribution can help protect wildlife and contribute to a healthier environment. Working together, they explored how collective action can help create a healthier and more sustainable natural environment.

During this year's Eco Literacy Week, students from Grades Six to Ten participated in a range of activities. Our creative Grade Six students began by making colorful posters and collecting litter from different areas. Students from Grades Seven and Eight collaborated with Khalisisi, an organization specializing in recycling waste materials. They collected waste paper in boxes and, in total, accumulated 393 kg of paper.

Students from Grades Seven and Eight also explored Marble Dada, taking in its captivating views while learning more about the importance of nature and environmental conservation. Meanwhile, students from Grades Nine and Ten watched a documentary about Upper Mustang, through which they learned about environmental conservation. They also took part in a hike in Bhaktapur, where they collected litter, including wrappers and small pieces of plastic, and disposed of it responsibly.

Pranay Dhungana, a Grade Nine student, shared, "The hike was extremely beautiful. It was a great scenic route, but there were many bugs. We used natural objects such as sticks and branches to make our journey smoother." On the final day, students explored the diverse flora of the National Botanical Garden. Grade Nine student Jayden Tenzing Khewang reflected, "It was very big, with a lot of indigenous species. It opened my eyes to environmental conservation and how to work towards solving climate change."

Overall, Eco Literacy Week 2026 was a meaningful and engaging experience, with students actively learning about environmental conservation and exploring ways they can contribute to a more sustainable future.

- Asav, Souryanshu & Aayan (Grade Ten)





DID YOU KNOW?



Did you know that 393 kilograms of paper weighs about as much as a grand piano and is enough to manufacture more than 6,000 full decks of playing cards?



Extended Inquiry Project (EIP) - Grade Nine

The Extended Inquiry Project (EIP) was an academic research project undertaken by Grade Eleven students as a mandatory part of their curriculum. It was designed to help students hone their research, teamwork, and writing skills. The project provided an opportunity for students to go beyond their formal education and explore the world and society around them.

With guidance and support from their teachers, students conducted research on topics of their interest and used various research methods. Through the EIP, they further developed essential research skills, including collecting and analysing data, using appropriate citations, and presenting their findings and conclusions. These skills are particularly valuable in preparation for higher education.

Students received feedback from their supervisors and learned the importance of revising and improving their work, responding positively to constructive criticism, and becoming more comfortable interacting with others through the interviewing process. During their presentations, despite the challenges of preparing their research and overcoming stage fright, the students demonstrated confidence. They pushed beyond their usual comfort zones, learned from their mistakes, and grew through the experience.

- Preesha Pradhan (Grade Ten)



Interactive Language Fair

Ullens School organised an International Language Fair, where Grade Ten students set up stalls featuring a variety of languages, including English, French, Afrikaans, Spanish, and many more. They hosted a range of interactive games for Grade Nine students, including "Guess the Phrase," "Tongue Twisters," and other language and grammar-based activities. Through these activities, students learned new words and simple phrases while developing their communication and language skills.

The event was both entertaining and educational. Teachers supported the students throughout the fair, making the activities even more engaging. Students interacted with their teachers and peers while participating in the various games and activities. The event also encouraged teamwork as students worked together to solve puzzles and take part in the challenges.

Overall, the fair was a successful and enjoyable experience that promoted language learning, cultural awareness, teamwork, hosting skills, and social interaction in a fun and engaging way.

- Akshata & Shreeyukta (Grade Ten)



First Week of Grade Eleven

Grade Eleven students began their new academic journey with an engaging first week filled with orientation, exploration, and new experiences. From meeting school leaders and teachers and familiarising themselves with the campus and school policies to participating in ATL activities, the students were introduced to the many aspects of life in the senior school.

The week also included sessions on cyber awareness, academic and psychosocial counselling, skill selection, and creative workshops, providing students with guidance and opportunities to explore their interests and strengths. The first week set the tone for a year of new connections, meaningful opportunities, and continued growth as students set out on the next chapter of their school journey.



Celebrating International Yoga Day

Our Grade One students celebrated International Yoga Day by exploring the joy and benefits of yoga through simple poses, mindful movements, and moments of calm. The experience reminded us that even our youngest learners can begin to discover the power of balance, mindfulness, and caring for their well-being.



Acquiring New Skills

As part of the Multidisciplinary curriculum, Grade One students explored the food they eat through a fun, hands-on activity. They prepared lemonade and cheese sandwiches independently at school, giving them an opportunity to learn about food preparation while developing practical life skills.

The activity encouraged students to learn through active participation while building confidence, independence, and an appreciation for the process of preparing food.



‘बच्चा म बच्चा’ र ‘समिरा नाचेको त्यो दिन’

मञ्च केवल मनोरञ्जनको माध्यम होइन, सोच बदल्ने र संवेदनशीलता जगाउने शक्तिशाली माध्यम पनि हो । कक्षा ८ का विद्यार्थीहरूले प्रस्तुत गरेका ‘बच्चा म बच्चा’ र ‘समिरा नाचेको त्यो दिन’ नाटकले बाल मनका भावना, सपना, अभिभावकको अपेक्षा, विद्यालयको वातावरण र समाजको प्रभावलाई अत्यन्त मार्मिक ढङ्गले प्रस्तुत गरे।

हाम्रा विद्यार्थीहरूको आत्मविश्वास, सिर्जनशीलता, अभिनयकला र अथक मेहनतप्रति सम्मान छ । सिर्जनात्मक प्रयासहरूले बालबालिकाको प्रतिभालाई थप उजागर गर्दै उनीहरूमा संवेदनशीलता र सामाजिक जिम्मेवारीको भावना विकास गर्न तथा संवेदनशील र जिम्मेवार समाज निर्माणमा महत्वपूर्ण योगदान पुर्याउने विश्वास लिएका छौं।



जनमतको नयाँ सरकार : चुनौती कि अवसर?

गणतन्त्र दिवसको विशेष अवसरमा आयोजित वादविवाद प्रतियोगिता “जनमतको नयाँ सरकार : चुनौती कि अवसर?” केवल एउटा प्रतियोगिता मात्र नभई विचार, चेतना र लोकतान्त्रिक संस्कारको सशक्त अभिव्यक्ति बन्न पुग्यो। विद्यार्थीहरूले आफ्नो तार्किक क्षमता, समसामयिक राजनीतिक बुझाइ, विश्लेषणात्मक सोच तथा प्रभावशाली प्रस्तुतिमार्फत जनमत, सुशासन, जिम्मेवारी, आशा र चुनौतीका विविध पक्षहरूलाई अत्यन्त गहिराइका साथ प्रस्तुत गरे। कार्यक्रमभरि सुनिएका प्रत्येक तर्क, उठेका प्रत्येक प्रश्न र अभिव्यक्त भएका प्रत्येक विचारले युवापुस्ताको सचेत सोच, नेतृत्व क्षमता र राष्ट्रप्रतिको जिम्मेवारीलाई उजागर गर्यो। आदरणीय शिक्षकवृन्दको प्रेरणादायी मार्गदर्शन, निर्णायक मण्डलको निष्पक्ष मूल्याङ्कन तथा सहभागीहरूको उत्साहपूर्ण उपस्थितिले कार्यक्रमलाई अझ गरिमामय, बौद्धिक र अविस्मरणीय बनायो।



पुस्तक, परिवेश र प्रतिबिम्ब - कक्षा १२

पुस्तकालय सिरिज अन्तर्गत आयोजित ‘पुस्तक, परिवेश र प्रतिबिम्ब’ कार्यक्रममा कक्षा १२ का विद्यार्थीहरूले अवधी भाषाको महत्त्व र नेपाली साहित्यमा यसको योगदान, अटिजमसम्बन्धी सचेतना, मनसुन उपन्यासको समीक्षा, समस्याको समाधान आफैंभित्र खोज्नुपर्ने आवश्यकता तथा विश्वकपबाट सिक्न सकिने आत्मविश्वास, संघर्ष, निरन्तरता र अनुशासनजस्ता विविध विषयमा आफ्ना विचार प्रस्तुत गरे। यस्ता कार्यक्रमले विद्यार्थीहरूलाई पुस्तकप्रति रुचि बढाउन, विभिन्न विषयमा अध्ययन-मनन गर्न तथा आफ्ना विचारलाई आत्मविश्वासपूर्वक प्रस्तुत गर्ने अवसर प्रदान गर्दछ।



लेखकसँग अन्तरक्रिया

कठिन परिस्थितिमा शिक्षा नै आशाको सबैभन्दा ठुलो शक्ति हो भन्ने सन्देश दिने एक यथार्थवादी उपन्यास केसरी कक्षा आठका विद्यार्थीहरूले अध्ययन गरी मुगु जिल्लाको वास्तविकता, ग्रामीण जीवन, संस्कृति र नारी भावनाको बारेमा बुझ्ने अवसर पाउनुका साथै उनीहरूले उक्त उपन्यासबाट आफूले बुझ्ने कुराहरू समूहमा प्रस्तुतीकरण गरे । केसरी उपन्यासका लेखक पुरु लम्सालसँग अन्तरक्रिया गरी आफ्ना जिज्ञासाहरू लेखकसमक्ष राख्ने अवसर पनि प्राप्त गरेका उनीहरूले दुर्गम क्षेत्रको अवस्थाका बारेमा पनि गम्भीर छलफल गरे।



Session with Author Anita B. Adhikary

Our Grade One and Two students had a wonderful author visit with Anita B. Adhikary, who read her book Y for Yoga and shared the joy and benefits of yoga through an engaging storytelling session.

A faculty member at the Adrian Dominican Montessori Teacher Education Institute (USA), she inspired our young learners to embrace mindfulness, movement, and a love of reading.



Session on Cybersecurity - ES Tier III

Elementary School Tier III students participated in an insightful and interactive session on Cybersecurity led by Mr. Monil Adhikari. The session focused on helping students understand the safe and responsible use of digital technology and online platforms, equipping them with practical knowledge to navigate the digital world securely.

The engaging session encouraged students to think critically about online safety and responsible digital behaviour while providing valuable guidance for becoming more informed digital citizens.



Learning Through Technology

As part of their Computer Science curriculum, Grade Ten students participated in a hands-on activity to learn how to attach RJ45 connectors to CAT6 cables. The activity gave students practical experience with basic networking and cable-making techniques.

Students actively engaged in the process and, after completing the connections, used cable testers to check whether their cables were functioning correctly. The activity provided an opportunity to apply their classroom learning in a practical setting while developing valuable technical skills.





Learning Beyond Boundaries



Asar Pandhra Celebration

Early Elementary School students engaged in paddy plantation activities as part of their Asar 15 celebration. Through this experiential activity, they learned about Nepal's agricultural traditions, the process of growing rice, and the hard work of farmers who help nourish our communities.

The activity gave students an opportunity to connect with nature, appreciate the importance of farming, and experience a cherished Nepali tradition firsthand.



Horticulture Development Research and Training Center

Our Grade Four students enjoyed an exciting field trip to the Horticulture Development Research and Training Center, Kirtipur, for a hands-on exploration of plants. From the tall pecan tree to fruit trees such as Japanese pear and persimmon, and climbers such as kiwi and grapes, they had the opportunity to observe a wide variety of plants up close.

Instead of simply reading about different types of plants, students explored them in real life by asking questions, interacting with horticulture experts at the center, and making careful observations. This experience helped them identify and classify herbs, shrubs, trees, climbers, and creepers with greater confidence.

The visit also gave students a glimpse into the important role agriculture plays in Nepal's economy, making it a meaningful learning experience that connected classroom concepts with the world around them.



Visit to Mandala Theatre Studio

Students from Grades Seven, Eight and Nine attended a live performance of *A Play That Went Wrong* at Mandala Theatre Studio, where they experienced an engaging and entertaining afternoon of live theatre.

The comedy, centred around a murder mystery, was filled with unexpected twists, humorous moments, and cleverly crafted mishaps that kept the audience captivated until the very end. Although the performance appeared to be unfolding through a series of mistakes and mishaps, each was intentionally choreographed and carefully executed by the performers, adding to the humour and charm of the production.

The cast delivered an outstanding performance, creating an enjoyable and memorable experience for the students. Beyond the entertainment, the visit offered students an opportunity to experience the energy of live theatre and develop a deeper appreciation for the creativity, collaboration, and artistry involved in a theatrical production.

- Kavya Pun Magar (Grade Nine)



Trip to Nagdaha

Our fourth graders took their learning into nature with an exciting field trip to Nagdaha, where they explored aquatic plants such as lotus, water lily, and water lettuce, discovering how their leaves naturally repel water. They also observed fish, ducks, and tadpoles in the pond ecosystem, connecting classroom learning with the living world.

The students also explored local legends of Nagdaha, including the story of the Serpent Queen and Goddess Bajrabarahi. Through observation, storytelling, and discussion, they connected the lake's natural environment with its rich cultural significance, making their learning meaningful and memorable.



First Day of School



Swimming Sessions - Elementary School

