ULLENS SCHOOL
A Center of Excellence in Education
20 ULLENS Years of Excellence in Education
Inspired by Bankstreet College of Education

ULLENS NEWS

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MESSAGE FROM THE PRINCIPAL



Dear parents and guardians,

As I step into the role of Principal, I do so with deep excitement and gratitude for the opportunity to lead this remarkable school. My journey here began in the classroom as a teacher, then as a coordinator, later as Vice Principal, and now as Principal. Each experience, every student I guided, every teacher I supported, and every challenge we faced together has shaped the perspective I bring to this role.

I am committed to the growth, success, and well-being of our students and staff. With the support of our dedicated faculty, caring parents, and resilient students, we will continue to build a learning environment that is inclusive, inspiring, and safe, where every child feels valued and motivated to reach their fullest potential. I believe that when students, parents and teachers form strong partnerships, we empower our children to thrive academically, emotionally, and socially.

Our school has recently navigated moments that tested our strength and unity. What stands out most to me is the courage, compassion, and collective spirit with which we faced those challenges. I want to thank our parent community for your trust and support, our students for showing remarkable resilience, and our staff for their efforts in rebuilding both the walls and the spirit of Ullens School. Together, we proved that Ullens School is more than a place of learning. It is a community bound by care and shared purpose.

As we move forward, this new chapter is about reaffirming our core values, strengthening our relationships, and nurturing not only academic excellence but also creativity, emotional well-being, and character.

I also thank the Board of Trustees of Ullens Education Foundation for guiding our journey through difficult times. I welcome our new Chairperson of the School Management Committee, Prof. Dr. Bhola Thapa, who also serves as a board member. He brings with him a wealth of academic leadership and experience. Likewise, two additional board members, Mr. Pradhyumna Kumar Khanal and Dr. Manish Thapa, bring expertise in security, financial management, education, and governance. With their support and guidance, I am confident that the road ahead is one of hope and possibility.

I am pleased to share that our students will soon be welcomed into the newly built infrastructures in the upcoming session. As this academic year comes to a close, I encourage families with queries about admissions in Grade One, Grade Eleven, and the IB Diploma Programme to contact our Admissions Office. I am excited to welcome new students and families into the Ullens School community.

Warm regards,
Ekta Rana
Principal

Leadership Restructuring

Earlier this year, Ullens Education Foundation (UEF) refreshed its leadership team to guide the school into its next chapter. Prof. Dr. Bhola Thapa has taken on the role of Chairperson of the School Management Committee, bringing with him years of experience in academic leadership and a thoughtful, steady approach to governance.

Former Principal, Mr. Medin Lamichhane, leads in the role of Chief Academic Officer (CAO) of UEF, where he will help shape the school's academic direction and strengthen teaching and learning practices.

Former Vice Principal, Ms. Ekta Rana, now serves as Principal, leading the school with a clear sense of purpose and a strong focus on students, staff, and the overall learning environment.

Together, this team brings a balance of experience and fresh perspective, united by a shared commitment to moving Ullens School forward.









Ullens Model United Nations 2026

Model United Nations (MUN) gives students a chance to learn about global issues. Grade Nine students participated in this event, where they represented different countries and discussed ongoing global conflicts and challenges. At Ullens School, education is not only about books but also about developing confidence and communication skills. MUN helps students speak up, share ideas, and listen to others' opinions. During the event, students took part in debates, worked in groups, and gave ideas to solve global problems. MUN helped students understand different perspectives.

In this MUN, students are assigned countries based on the current problems and become delegates to solve these problems together to show their creativity. Students learn to do peace talking, leadership, and cooperation between each other as delegates of their assigned countries. This is to help them learn diplomacy, negotiation, and how to draft resolution papers. At first, it was difficult, but over time, they started adapting. It helped them improve their teamwork, thinking, and speaking skills.

Overall, MUN is an area for people to learn many new, important life skills such as negotiation, confidence, diplomacy, etc. This challenges students to speak up and leave their comfort zones. This MUN was both amazing and challenging, and by the end of it, many students had left with new knowledge and skills they had learnt and left proud of their progress.

- Akshata Yadav and Rishika Joshi (Grade Nine)





Ullens Model Federal Assembly 2026

As part of their Social Studies curriculum, our Grade Eight students recently transitioned from reading about the Federal Parliament to executing a Model Federal Assembly. This “learning by doing" approach allowed our students to understand the nuances of Nepal’s political system, practice civil discourse and debate, and build the confidence to present complex ideas. Watching our students articulate their understanding with such passion reminds us why experiential learning is at the heart of the Ullens Educational Approach.







Independent Inquiry Project (IIP) - Grade Nine

Concluding a month-long journey of research engagement, our inquisitive Grade Nine learners presented their Independent Inquiry Projects (IIP) at the seminar. Throughout the process, students investigated a diverse range of topics, ranging from issues related to student life in the paper “Why Do Students Cheat?”, to public health concerns in “Menstrual Healthcare Access in Schools of Lalitpur Metropolitan City and Its Impacts,” to the role of the arts in “The Importance of Music,” and even contemporary global matters such as “Effects of ICE on Americans”, etc.

It was truly inspiring to witness our young researchers confidently articulate their ideas, insights, and reflections. The seminar marked a proud and memorable moment that celebrated curiosity, learning, and the enduring spirit of inquiry.







Spelling Bee - ES Tier I & II

Our little wordsmiths during the Elementary School Spelling Bee showcased their growing vocabulary, built confidence as they stepped up to the challenge, and turned learning into a fun and memorable experience.

Beyond the excitement, activities like the Spelling Bee play an important role in a students’ development. They strengthen language skills, improve spelling accuracy, and deepen understanding of words and their usage. Just as importantly, they encourage focus, resilience, and the confidence to perform in front of an audience. By engaging in such experiences, students sharpen their academic abilities and develop essential life skills that support them both inside and outside the classroom.







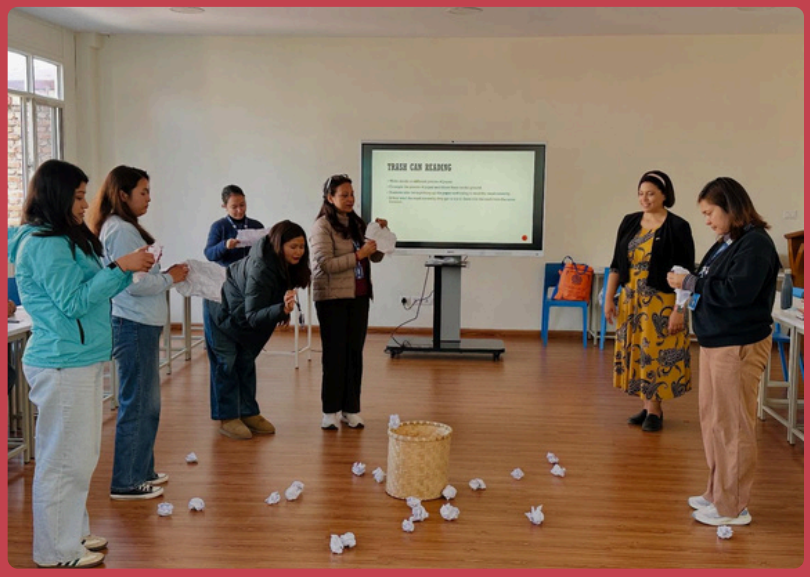


A Session on Phonics for Teachers

As part of the ongoing professional development program at Ullens School, Ms. Farrah Littlepage, U.S. Teaching Fellow for Nepal, conducted an insightful and engaging session on phonics. She highlighted its importance in language learning and demonstrated how language is processed in the brain through a variety of interactive activities.

The session provided teachers with practical ideas and effective strategies to apply in their classrooms. Lively activities, thoughtfully paired with fun and meaningful rewards, made the learning experience both enjoyable and memorable. Overall, it was a highly enriching session that left teachers inspired and better equipped to support their learners.





Students' Feature in The School Times

Ullens School creates opportunities for students to express themselves, but it is their hard work and creativity that truly make them shine. From the phoenix-like rebirth of Ullens School after the September attack, to explorations of women in sports and empowerment, and urgent calls for menstrual education in rural Nepal, their writings reflect issues that matter deeply.

Their reflections, such as the thought that we may be the last generation to see fireflies, remind us to pause and wonder whether the world will remain the same for future generations to live in and experience. When students are given platforms to share their words, they learn that their ideas have power. Initiatives like these cultivate writing habits, encourage reflection, and strengthen student agency.


SCHOOL TIMES

Education is simply the soul of a society as it passes from one generation to another
— GK Chesterton

Presented by: ULLENS SCHOOL

Rebirth of legendary phoenix

What if: Exploring regret and choice in The Midnight Library

Word Smith

Women in sports

Urgent need for menstrual education in rural Nepal

The last generation to experience fireflies

news BULLETIN

Visual Arts Exhibition – IBDP

The students of IB Diploma Programme showcased their creativity in this year's IBDP Visual Arts Exhibition through painting, sculpture, and mixed media. Through their works, they celebrated art as a way of appreciating, respecting, and responding to diverse practices worldwide. Each piece told a story reflecting on how art connects perspectives and human experiences across borders. We are proud to see them collaborate, create, and present their visions in such a beautiful and inspiring form.



Deep Dive into Art and Self-Expression

Grade Three students explored diverse styles of art-making by visiting the exhibition held at the Nepal Art Council, where they observed masterpieces created by young learners from other schools in Nepal. The exhibition gave our students the opportunity to discover how art serves as a powerful medium for self-expression. Following the visit, they engaged in their own creative process in their classrooms, experimenting with their favorite art forms to express their individuality and ideas.



Food Chain and Food Web Exhibition

In the Food Chain and Food Web Exhibition, Grade Three students demonstrated their understanding of ecosystems and the interdependence of living and non-living components. They identified and explained the roles of producers, consumers, and decomposers, and applied their learning by creating detailed models of food chains and food webs. Students analyzed the connections between organisms and deepened their understanding by showing how multiple food chains form a food web. They confidently presented their models, clearly expressed their ideas, and responded thoughtfully to questions.

Grade Two students visited the exhibition, observed the displays, and interacted with the presenters. This meaningful peer-learning experience reinforced key concepts and encouraged greater awareness of environmental responsibility.



Mental Health Awareness and Well-Being

Grade Eleven students participated in an insightful awareness session led by Dr. Ghanasyam Rai, Consultant Psychiatrist, focusing on mental health, bullying, and vaping. The session addressed challenges and experiences relevant to students at their developmental stage. Its aim was to promote informed decision-making, encourage positive behavioral choices, and foster a supportive, respectful school environment.





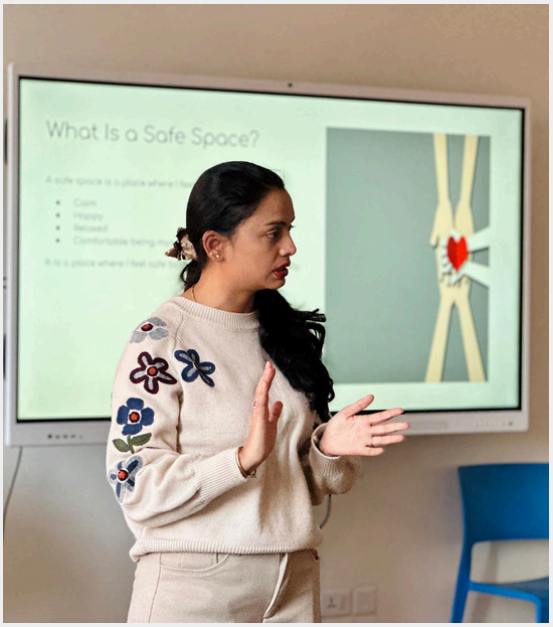
Identifying their Safe Circle – Grade Six

Grade Six students participated in an engaging session on Safe Circle, which focused on helping them identify “who, where, and/or what” is considered a safe space in their lives.

Through interactive videos, reflective activities, and group discussions, students explored the importance of recognizing trusted people they can approach during times of difficulty. They also created their own safe circles and shared why certain people make them feel supported, understood, and secure.

Students actively reflected, discussed, and built awareness around safety, trust, and seeking help, which are the essential life skills that support their overall well-being.







Overnight Stay at School – Grade Two

Our Grade Two students experienced an overnight stay at school. During their stay at school, they watched a movie while enjoying popcorn, played games, gathered around a bonfire, and slept in tents with their friends. For many, it was the very first time they stayed away from their parents, and they felt both excited and a little nervous. Altogether, they had an amazing time. The overnight stay program for second graders is an annual tradition at Ullens School. It aims to help students adapt to new situations, develop independence, and practice teamwork. Activities like these strengthen friendships and create lasting memories for our young learners.









Overnight Trip to Nagarkot – Grade Three

The overnight trip to Nagarkot was a memorable and enriching experience for our Grade Three students. They participated in a short community walk during the day and enjoyed an evening program with BBQ and dancing. The trip concluded with small group reflections, where students shared their observations and experiences. This experience of overnight stay provided a wonderful opportunity for our students to develop independence, build friendships, and learn important life skills beyond the classroom.









Engaging Learning Journey to Patan Durbar Square

As part of their Social Studies and Transdisciplinary Theme, our fourth graders embarked on an enriching learning journey to Patan Durbar Square, immersing themselves in the vibrant history and culture of the area. During their exploration of the local market, students observed a wide variety of locally made products, gaining valuable insights into traditional crafts, goods, and everyday trade practices that continue to reflect our rich cultural heritage.

A memorable highlight of the visit was their stop at Nanda Sweets, a well-known shop that has been serving authentic Newari delicacies for two generations. Students had the opportunity to taste the delicious Barfi and interact with the shop staff, where they asked thoughtful questions and learned about the economic aspects of running a local business. This hands-on experience helped them make meaningful connections between classroom learning and the real world, fostering curiosity, appreciation, and deeper understanding.







स्थलगत भ्रमणद्वारा थप सिकाई

कक्षामा गरेका सैद्धान्तिक सिकाइलाई प्रत्यक्ष रूपमा स्थलगत भ्रमण गरी बुझ्ने क्रममा कक्षा ६ का विद्यार्थीहरूले कालु पाण्डेको योगदानको कदर स्वरुप निर्माण गरिएको कालु पाण्डे स्मारक पार्कको शैक्षिक भ्रमण गरे। भ्रमणका क्रममा विद्यार्थीहरूले कालु पाण्डेको प्रतिमा, उनले प्रयोग गरेका हतियार तथा सामग्रीहरु, उनका बारेमा लेखिएका शिलालेख आदिको अध्ययन अवलोकन गर्नुका साथै पार्कको भौगोलिक अवस्थिति त्यहाँ पाइने वनस्पति तथा वरपरको वातावरणका बारेमा पनि अध्ययन गरेका थिए।





Learning Road Safety Early On

As part of a multidisciplinary theme, Grade One students explored the importance of road safety. During their visit to the busy streets of Jawalakhel, they gained first-hand experience with zebra crossings and traffic signals. Traffic Police Officer Mr. Prakash Kunwar guided the students, helping them better understand safe practices on the road.







Enriching Trip to Science Simulation Center

Grade Four students had an enriching and educational field trip to the Science Simulation Center in Kirtipur, where they observed models of hydropower, explored the use of magnets, and learned about different forms of energy and the water cycle through practical demonstrations. During the trip, they studied how hydropower generates electricity and understood its importance. They also watched engaging experiments with magnets and discovered concepts such as magnetic force, attraction, repulsion, and magnetic fields.

The live demonstrations and hands-on experiences allowed students to go beyond classroom learning, helping them see scientific concepts in action and connect them with real-life situations.









Hike to Jharuwarasi

Grade Two students enjoyed an exciting hike to Jharuwarasi, located in the Lalitpur District. During the trip, the young learners nurtured their love for nature, stayed active through physical exercise, and strengthened their teamwork skills. It was a joyful experience for them, filled with learning, movement, and collaboration





Visit to 2in Dopamine Nepal

To bring their classroom reading to life while studying "Charlie and the Chocolate Factory" by Roald Dahl, Grade Three students visited 2in Dopamine Nepal in Patan Dhoka, where they observed and experienced the chocolate-making process. This hands-on activity helped them connect with the experiences of the characters in the book while also learning how chocolate is made. The highlight of the trip was when students created their own delicious chocolate-dipped strawberries. The visit blended literature with real-world learning, making the story even more engaging and memorable.



Drama as a Lens for Reflection

Grade Nine students explored the themes of feminism, agency, and identity while watching Bahuriya at Mandala Theatre, a powerful companion to their study of Ibsen's A Doll's House. They drew strong parallels between the two works, particularly in relation to patriarchal practices that continue to persist today.

A post-show interaction with the actors deepened their understanding of character motivations and creative choices, viewed through a feminist lens. Most importantly, the experience encouraged thoughtful reflection on the realities shaping our society and the possibilities for change.





Lessons on Biodiversity and Sustainable Development

As part of their hands-on Grade Eight students' field visit to ICIMOD's Living Mountain Lab served as a hands-on extension of their classroom learning on biodiversity and sustainable development. With keen interest and active engagement, the students observed a diverse range of sustainable technologies and integrated livelihood practices operating on site.

Their exploration spanned solar innovations, animal husbandry demonstrations, and biodiversity conservation efforts. They also examined infrastructure for renewable energy and resource efficiency, including a biogas plant, a briquetting unit, and a rainwater harvesting system. Notable prototypes, such as a mini hydropower plant and an early flood warning system, captured students' attention.

Guided by an expert facilitator, students not only observed but also questioned and reflected on how these technologies function. Following the visit, each student will prepare a reflective report on one technology that stood out to them, focusing specifically on its relevance in achieving sustainable development goals.







Community Walk for Learning and Discovery

As part of their outdoor learning journey, Grade Two students went on an exciting community walk around Sunakothi. During their exploration, they visited public spaces such as temples, dhunge dhara, gumba, parks, playgrounds, paati-pauwa, jholunge pul, shops, chautara, and even a picnic spot.

Filled with enthusiasm, the young learners asked curious questions and shared their own observations as they discovered the richness of the community spaces.







Unit of Inquiry (UOI) – ES Tier I & II











Ullens Sports Spirit Week 2026

The sounds of cheers were echoing across the marathon field, while students tried to catch up to the finish line. Some were too focused on preparing themselves for the long jump, while the basketball court filled with happy screams and excitement, wondering which team would score a basket first. This year's sports meet was unforgettable. Every year, our school hosts a sports meet for Grades One to Eight to encourage physical fitness, help students understand how teamwork is done, help students discover their new interests or talents, and, most importantly, help students establish confidence in themselves. Sports meet is a very important addition to our school, as we always believe in trying new things, discovering new hobbies, and overall experiencing new things.

There are many different sports played in the sports meet, there's everything from basketball, football, and badminton. This year's sports meet has been truly thrilling and filled with excitement. Many students were participating in the football match, which kept everyone on the edge, especially when the match was closing. The field with different expressions, some putting a disappointed expression, while some were beaming with joy. The basketball match was both intense and exciting to watch as the teams were fiercely trying to achieve a win. The sports spirit event our school hosted stresses the fact that it's not always about who won the match or who lost, but it's about the ones who participated. Elementary School students eagerly participated, interacting with each other and showing teamwork throughout the week. Our sports meet this year was an absolute success. Students eagerly participated in all the activities while showing teamwork amongst their classmates. Many memories were also made.

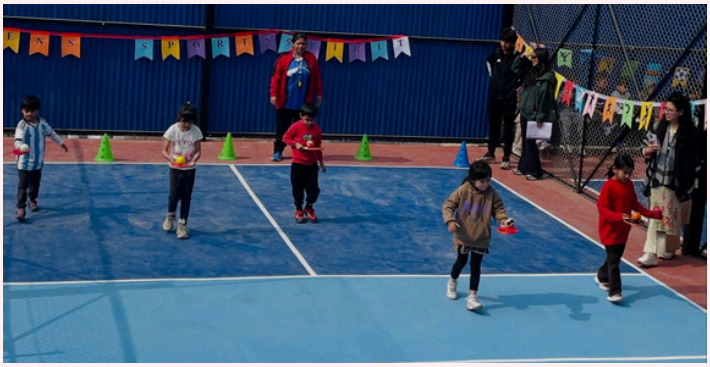
- Vaidehi Shrestha, Jenny Yadav, and Sunuyuma Rai (Grade Nine)



















DoE Service Week 2026

Every year, the Duke of Edinburgh (DoE) Service Week gives senior high school students at Ullens School a chance to step beyond the classroom and experience the real world. Beginning on January 14, 2026, this year's journey took students to different villages, where they worked closely with local communities and saw life from a completely different perspective.

At Ullens School, education is not just limited to textbooks, exams, and academics; it is about shaping individuals who are aware, responsible, and deeply empathetic. DOE brings this vision to life by giving students the chance to connect with others, understand real struggles, and take meaningful action. During the week, students visited schools in rural and undeveloped areas and centers for differently-abled individuals. They faced unfamiliar situations, overcame challenges, and learned to adapt with patience and resilience, and learned that service is not always easy, but it is always meaningful. More than anything, this experience helped students understand the purpose behind what they were doing. It was not just about helping others; it was about growing, learning, and realizing the impact even small actions can have.

Aswita described her experience in the village as thrilling, especially since it was her first time participating in service and charity work. While helping at the local school, she said she felt really privileged, as the experience gave her a strong perspective on the differences between city life and village life. She became more aware of how fortunate she is. The highlight of her trip was the final night, when everyone gathered around a campfire, danced for hours, and celebrated together, making it a fun and memorable ending to the experience.











Arnav shared that the trip was a meaningful learning experience where they explored new places and met different people. He observed that communities in the villages had ways of life shaped by their own traditions, cultures, and values. One of the most striking realizations for him was the difference in accessibility. While transportation and daily necessities are more easily available in cities, people in rural areas often travel longer distances to meet their needs. He also found the experience of helping others very rewarding. By donating items like pens, pencils, and other stationery, they were able to support and bring happiness to the children. Overall, the visit to Khosrang village left him with a deeper understanding of different lifestyles and a strong sense of fulfillment from contributing to the community.

Bibiti shared that her overall experience during the service week was both challenging and rewarding. Adjusting to a new environment was not easy, but she learned a great deal and appreciated the experience. She said she felt humble and more grounded, realizing that people live in diverse circumstances and face different kinds of daily challenges. She felt grateful for the opportunity to contribute and connect with others. One moment that stood out to her was recognizing the differences in access to modern resources, which highlighted the importance of continued development and inclusion. The group also adapted to living with limited facilities, including restricted access to the internet, different food habits, and basic infrastructure. Despite these challenges, the experience left a meaningful and lasting impression on her.

Overall, the service week in Khosrang village near Dharan was not just about helping others, but also about personal growth and awareness. It allowed students to step out of their comfort zones, understand different ways of living, and develop empathy. The experience showed them that even small actions can make a meaningful difference and that true learning often comes from real-world experiences.

- Ananya Shrestha, Nicole Bantawa Rai, and Saesha Shrestha (Grade Nine)



Learning Beyond Boundaries

Grade Four







Grade Five











Grade Six













Grade Seven









Class Picnic - Grades One & Two





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