



ULLENS SCHOOL

A Center of Excellence in Education

MONTHLY NEWSLETTER
Year: Three, No.1, May 2008

Office of the Principal

"Who dares to teach must never cease to learn." -- John Cotton Danas

Dear Parents and guardians,

Warm greetings from the Ullens Team!

It is our immense pleasure to welcome you to the new Academic Session 2008 – 2009. This is our first edition of the Newsletter of this new session and we hope to disseminate all the events of the school in the best way possible via this Newsletter.

We would like to thank all the parents who attended the PTC, Curriculum night and Open House held in April 2008. Ullens benefits from these events as well, the input from parents allowed us to work toward improving and providing the highest quality education to your child. We hope that you all enjoyed the events and learned about your child's progress, Curriculum and school policy

Summer is here and our students have started the summer activities such as swimming, and other outdoor games with full zest and zeal. Teachers are as always working hard to create whole new exciting, fun filled educational activities for the upcoming sessions.

Teachers Training Programs:



We are proud to announce that three of our faculty members have gone to Bank Street College of Education, New York for a training program on May 30, 2008 for a period of two months. We wish Ms. Shilu Karki, Ms. Rita Ale and Ms. Bithika Subba good luck and great learning.

Welcome Note



We would like to welcome **Ms. Saji Chand Khadka** as a new member of Ullens School. She has joined as '**Communication Manager**'. She brings along the experience in the field of communication and public relation. With her help we hope to build on the Ullens brand and provide greater service to our stakeholders.



We would like to welcome **Ms. Candina Gurung** to Ullens School. Ms. Candina has joined Ullens as an English Language and Social Studies instructor. She has been working since May, 2008. Candina has completed A level from British Council.



We would like to welcome **Ms. Austina Gurung** to Ullens School. Ms. Austina has joined Ullens as an English Language and Social Studies instructor. She has been working since May, 2008. Austina has completed A level from British Council.

Lecture Series



As it is scheduled in the school calendar, we have conducted few lecture series during the past months. We would like to express gratitude to Mr. Purna Chandra Rajbhandari, Mr. Baikuntha Aryal and Ms. Sushma Ranjit. The topics of presentation were:

- Environment and its trends in the region
- Stopping the misuse of resources
- Earthquake drill

Review of past months: (April~May, 2008)

Parent Teacher Conference

The Parent Teacher Conference held on March 23, 2008 was a great success. The interaction provided parents an opportunity to learn about their child's academic progress and achievements. Such programs also help teachers understand parents and their respective child better and help parents familiarize with their child's educator.

Curriculum Night

Another big success was our Curriculum Night. Teachers gave a comprehensive presentation on the new curriculum of the first trimester. Parents got the opportunity to meet their child's new class teacher and share their own ideas and suggestions.

Open House

In Open House new parents were informed about the school and its philosophy. The new academic session's plans and activities were addressed as well.

Up coming events and activities for the month of June 2008

05 June 2008 – Environment Day

Ullens will celebrate environment day with a small plantation program outside the school premises. Children will plant trees along side the roads of the school.

08 June 2008 – Lecture Series 4

A documentary on 'The Greater Nepal' will be shown to the children. Q & A and discussion session on the documentary will be followed.

22 June 2008 – Spelling Bee (English + Nepali)

Spelling Bee is an integral activity of language teaching at Ullens. In each unit, vocabulary is considered to be very important and thus it is taught with priority. New vocabularies are collected and Spelling Bee program is conducted to consolidate the words learnt to reinforce the learning.

29 June 2008 – Pandra Asar celebration

We will celebrate Pandra Asar on 29 June 2008. The school curriculum as always is designed to accommodate the celebration program. This year the children will observe and participate in the paddy plantation program. To experience the true essence of the day, children will be served beaten rice with yoghurt in green leaf plates during lunch. Like every year parents are most welcome to join us in celebrating this wonderful festival. Please contact Ms. Deepa Rana at: deeparana@ullens.edu.np to confirm your participation.

Media Reports: Ullens making news

Baba, Ullens' dazzle

POST REPORT
KATHMANDU, MAY 19

Baba Boarding School and Ullens School recorded impressive victories in the senior boys' category of the 'Wilson Hoops 2008' on the third day Monday.

In Monday's first match, Baba whipped Kathmandu Bernhardt College 49-19. Baba netted 13 points each in the first, second and fourth quarter and 10 in the third. Bernhardt did not cross double figures in any quarter mustering up six, four, two and seven points respectively. Chewang Lama fired a match high 16 points for the victors.

Similarly, Ullens rode on 18 points of Sunil Lama to beat Gyan Niketan 57-36. Ullens started the first quarter firing on all cylinders and picked up 19 points to that of seven from Gyan. Ullens nicked Gyan 10-9 in the second quarter and 18-13 in the third. Ullens also took the fourth quarter 10-7.

In the girls' category, Ullens suffered a narrow defeat at the hands of Mahendra Bhawan. Mahendra took the match 23-18, powered by a match high 17 points from Sima Karki. Likewise, Anita Rai netted nine points to charge Gyanodaya to a 29-8 mauling of Gillette School.

Likewise in junior boys' event, Intensive International Academy edged Baba Boarding 26-23. Suman Basnet alone netted 21 points for the winners. Sadil Maharjan scored eight points to lead Gyanodaya to a 33-11 win over Gyan Niketan while Sushant Shrestha's game high eight points saw White Field edge



Wilson, Ullens enter final

POST REPORT
KATHMANDU, MAY 31

Host Wilson Academy and Ullens School made it to the senior boys' final of the Eighth Inter-school Basketball Tournament "Wilson Hoops 2008" easing past their semifinal opponents on Saturday.

In the first semifinal, Wilson rode on superb 33 points from Anil Pandey to beat Kathmandu International Studies Center (KISC) 75-68. Wilson made a subdued start to the match and it helped KISC take the first quarter 16-14. KISC continued its control in the second quarter too and

took it 21-18.

After the half-time break, Wilson came out a different team and piled on pressure from the start. Anil was the star as Wilson led the match 57-51 at the end of the third quarter. The final quarter was a tight affair though as Wilson just edged KISC 18-17 and took the match by seven points.

In the second semifinal, Ullens' sharp shooting in the first three quarters saw it take the match 77-63 and set a date with the host in the final. Ullens started its dominance from the beginning and took the first quarter 24-12 while in

the second Unique showed some fighting spirit and reduced the deficit to six points at the end of it. Ullens then restored its 12-point lead at the end of the third quarter taking it 18-12. Ullens took the final quarter too by 21-17. Madan topscored in the match for the winners with 15 points.

Meanwhile in the final of the girls' category, Ullens takes on Kantipur Shool and in junior boys' section, Gyanodaya Balbatika faces Young Hearts. In staff's category, Lincoln takes on Shuvatar. All finals will take place on Sunday.



Wilson triumph

KATHMANDU: Wilson Academy outplayed Ullens in the senior boys' final of the Wilson Hoops 2008 Inter-school Basketball Tournament on Sunday. Navaraj Dahal scored 29 points as Wilson dominated all the four quarters. Dol Bahadur Khadka of Wilson was named the MVP. Gyanodaya won the junior boys' title with a 41-37 win over Young Hearts riding on Sagar Pandit's 16 points. Prakash Pariyar of Arunodaya won the MVP award. Kantipur beat Ullens 28-23 in the girls' final in which

Roshin R Gurung scored 11 points. Deepa Tamang of Ullens was adjudged the MVP. Shuvatar beat Lincoln 63-58 in staff section final. - HNS

Dates to remember

- 05 June 2008 – World Environment Day
- 08 June 2008 - Documentary show about Greater Nepal
- 22 June 2008 – Spelling Bee (English + Nepali)
- 29 June 2008 – Pandra Asar celebrations

Useful tips for Parents:

"You never listen to me" is a complaint heard as often from children as parents. Good communication helps children and parents develop confidence, feelings of self-worth, and good relationships with others. Try these tips:

- Teach children to listen, gently touch a child before you talk, and say their name.
- Speak in a quiet voice, whisper sometimes so children have to listen, they like this.
- Look a child in the eyes so you can tell when they understand, bend or sit down, become the child's size.
- Practise listening and talking, talk with your family about what you see on TV, hear on the radio or see at the park or store. (Talk with your children about school and their friends.)
- Respect children and use a courteous tone of voice. If we talk to our children as we would our friends, our youngsters may be more likely to seek us out as confidants.
- Catch children and teens being good. Praise them for cooperating with you or their siblings, or for doing those little things that are so easy to take for granted.
- Use door openers that invite children to say more about an incident or their feelings. "I see," "Oh," "tell me more," "No kidding," "Really," "Mmm....hmm....," "Say that again, I want to be sure I understand you."
- Praise builds a child's confidence and reinforces communication. Unkind words tear children down and teach them that they just aren't good enough.
- Children are never too old to be told they are loved. Saying "I love you" is important. Writing it in a note provides the child with a reminder that he can hold on to.
- Give your undivided attention when your children want to talk to you. Don't read, watch TV, fall asleep or make yourself busy with other tasks.

(Source: Parenting Pages from California Consortium to Prevent Child Abuse).

Thank you very much for your incredible support, assistance and good wishes.

Medin Lamichhane
Principal