

# ULLENS NEWS

Volume III, Year 5, July - December, 2010

## Office of the Principal

*"If a doctor, lawyer, or dentist had 40 people in his office at one time, all of whom had different needs, and some of whom didn't want to be there and were causing trouble, and the doctor, lawyer, or dentist, without assistance, had to treat them all with professional excellence for nine months, then he might have some conception of the classroom teacher's job"*

- Donald D. Quinn

Dear Parents/ Guardians,

I am very pleased to announce that from the time we last sent you an update, we have made some major developments at Ullens School for which I am sure, you will be proud of as parents. To list a few - the new IB building is ready and operational; the new batch of IBDP students - another group of promising young individuals - have joined us and are already an integral part of the school community; an Eco Club, Journalism Club and an animal welfare club have been set up by students themselves; our students have won major school tournaments and the atmosphere at school continues to grow more vibrant.

You will also notice that this newsletter appears slightly different from our previous issues. It is because we have decided to make the school newsletter - Ullens News - a more comprehensive compilation of activities that happen every three months. These quarterly issues will be distributed during PTCs. Information in the quarterly newsletters will be the official news from the school. Student reports prepared by members of the Journalism Club as well as reflection pieces written by students in general will be uploaded online in the Student News section of the Ullens School website. This is our effort to start making the school website more dynamic. Please visit our website to see samples of student reporting and reflection pieces.

Finally as always, please take a few moments and read this newsletter. It contains information that highlights school's achievements and important events that have occurred at school in the past few months.

If you have any queries or concerns, please do not hesitate to contact me at 5570724 or at [medin@ullens.edu.np](mailto:medin@ullens.edu.np). We are open to any questions or concerns.

Sincerely yours,  
Medin Lamichhane  
Principal

## Welcome and Thank You Note

Welcome to all new faculty members and administrative staff at Ullens School. All the best with your assignments!

### Faculty

**Suvekchhya Choudhary** - Grade 1  
**Sangita Dhakwa** - Grade 5  
**Rupak Koirala** - Nepali  
**Sandhya Silwal** - Primary Grades Arts  
**Dirgha Mishra** - Math, Grade 10  
**Shane Horn** - IB English A, TOK Coordinator, USA  
**Ivan Coursac** - IB Maths, CAS Coordinator, France  
**Radha Panthi** - IB Biology  
**Sanjeev Lama** - IB Business Management  
**Malene Friis** - TOK (Volunteer), Denmark

### Administration

**Bikash Thapa** - Systems Administrator  
**Rabin Thapa** - IT Assistant  
**Nayan Pokhrel** - Communications and Outreach Assistant  
**Sanjoj Maharjan** - ICT Resources Coordinator  
**Laxmi Thapa** - Senior Library Assistant  
**Mr Subodh Neupane** - Librarian, Senior School Library  
**Mr. Bed Bd. Sunuwar** - Lab Assistant, Science Labs

Many thanks to **Mrs. Min Kumari Dallakoti**, IB Librarian who served with us between May 2009 - October, 2010



Students of the Class of 2010, SLC with Keynote Speaker Dr. Bimal Koirala, Board of Trustees and members of School Management Committee during the Graduation Ceremony on August 06, 2010.

Application Forms for Grade 1 will be distributed from  
3 - 5 January, 2011 between 9 a.m. to 3 p.m.

## News and Event Updates

### Volunteers

In addition to a corpus of international teachers, presently, Ullens School is hosting 4 volunteers from the U.K. and U.S.A. to assist grade level and subject teachers in teaching processes in primary as well as secondary levels. **Rosalie Barnes** from UK is a student of History, Theatre Arts and Art and will be staying at Ullens School assisting different subject teachers between November 2010 to April 2011. **Megan Dyos**, also from the UK is a student of English Literature, Economics and Business Studies will be staying at Ullens School assisting different subject teachers between November 2010 to April 2011. **Suzanne Heller** from USA holds a BA in Psychology and Teaching from Bowdoin College and will be assisting **Mumta Thakuri** in Support Classes for children with special needs. Suzanne will be with us from November 2010-February 2011. **Colin Murray** also from Bowdoin College has a BA in Government and will be working with **Ekta Rana** and **Mahesh Tripathy**, teachers of English at the high school level to support children's learning and expression in English. Colin will be with us from Nov 2010- Feb 2011

We would like to thank **Ms. Kati Fitzgerald** from the USA who volunteered with us and supported primary grades children in English skills and performances in the last semester.

### Graduation Ceremony for the Class of 2010 - SLC

The success of all of the Ullens School students who appeared for S.L.C in 2010 as part of the second group to take SLC from Ullens School, the Class of 2010, was celebrated at a grand Graduation Ceremony, held in honor of the students at the new Auditorium Hall of the new IB building. All of the faculty, administration and the current Grade 10 students, as well

as parents of graduating students, members of the School Management Committee, Board of Trustees as well as prominent members of the society were present at the occasion. The Keynote speech was delivered by **Dr. Bimal Koirala**, a noted literateur and former secretary for the Government of Nepal. A video presentation put together with the help of the current Grade 10 students as well as the Computer Science teacher, Ms. **Anuja Sthapit** was shown highlighting the important as well as joyful moments spent by these children at school. The graduation ceremony was followed by a dinner at the school for all of the invitees, graduates and Ullens School faculty and staff.

### Guy visits Ullens School

On October 5, 2010 the patron of Ullens School, **Baron Guy Ullens** visited the school to oversee the developments and progress made by the school in the past six months since his last visit in Nepal in 2009. Mr. Ullens addressed the whole school during an all school assembly at the newly built Auditorium, encouraging the children to learn well and stay happy in school. Mr. Ullens visited all of the classrooms and observed the proceedings in the classroom and met

specifically with Ullens School IB Diploma Programme coordinators, Academic Counsellor and teachers to discuss the impact of using Promethean's ActivBoards in the classrooms, as well as regarding the performance of the children in IB and prospects for University placements.

### Promethean's Case Study Video on Ullens School

In order to highlight the learning outcomes facilitated by the use of Promethean ActivBoards in Ullens School classrooms, Promethean hired a Dubai based public relations company Grayling Momentum to visit Ullens School and conduct a full day's video shoot in late September. Faculty members from primary grades to IB expressed how teaching had benefited from the resources and interactivity made possible by the ActivBoards and children answered questions on how they liked having these tools to make learning dynamic in the classroom. Promethean is developing a case study on Ullens School to feature the success of its interactive learning technologies in delivering education in diverse social cultural contexts and how it facilitates education of the 21st century, globally.



Mr. Guy Ullens being welcomed by primary grades children at an all school assembly, a new school tradition at Ullens School following the building of the Auditorium in the new IB Building.

## Student Achievements

Anne Mathema, Catherine Mathema and Pranjay Kayastha from Ullens school participated in 4th LA JTI Inter School Junior Open Tennis Championship. Anne won first position and Catherine won second position in 'Under 9 year's girls category'. Pranjay won first position in 'Under 16 years boys category'. Similarly Anil Shrestha participated in an 'Essay Writing



Players and coach of Ullens school celebrate after winning the senior boys title of the Wilson Hoops 10th Inter-school Basketball Tournament in Kathmandu on Saturday.



### Ullens triumph

Ullens school's basketball team triumphed in the Wilson Hoops 10th Inter-school Basketball Tournament in Kathmandu on Saturday. The team, coached by Mr. Anil Shrestha, defeated their opponents in a decisive 40-10 victory. The team's success was a result of their hard work and teamwork throughout the tournament.

Players and coach of Ullens school lift the trophy after winning the Pathshala Cup Inter-School Basketball Championship in Kathmandu on Friday.

Competition' which was organized by Nepal Library Association. Anil won consolation prize in the competition. Ullens School senior basketball team participated in 10th Inter School Basketball Tournament (Wilson Hoops-2010) and the team secured first position in the senior boys' category. In addition to this, our middle school basketball

## Mayanka, Yeni in U-12 girls' final



Catherine Mathema (left) and Pranjay Kayastha (right) during the final match of the 4th LA JTI Inter-School Junior Open Tennis Championship in Kathmandu on Saturday. Anne Mathema won the title in the 'Under 9 year's girls category' and Pranjay Kayastha won the title in the 'Under 16 years boys category'.

team won the Pathshala Trophy and the IB students team reached the finals to finish as Runners Up in the Rato Bangla Cup tournament. We take this opportunity to congratulate Anne, Cathy, Pranjay, Anil and the boys of the junior, senior and IB basket ball teams for their success and for showing tremendous potential in sports.

## Professional Development in School: Grade 1 - 10

In July, **Dr. John Collick**, Senior Education Consultant from Promethean, UK visited Ullens School for a refresher training to all faculty for the use of ActivBoards in the classroom. Mr. Collick held special sessions for the primary as well as the secondary grades and conducted individual meetings to address specific usage or research related issues on the use of ActivBoards in the classrooms. The training was meant to develop the skills and knowledge of Ullens School teachers is reaping maximum benefit from all of the software resources and the potential of connectivity to the internet for education from the classroom.

In August **Mr. Hari Narayan Upadhaya**, an expert in teaching Mathematics and author of text books for Mathematics from junior to higher grade levels,

conducted a training for all of the math faculty at Ullens for improving teaching practices in Math for better learning and outcome. The workshop was highly interactive, focusing on use of materials and manipulatives and interactive learning practices.

In August 2010 Member of the School Management Committee and music teacher at Ullens School **Mr. Subhas Dahal** attended the 29th International Society for Music Education World Conference held in Beijing, China. Mr. Bruno Netti, Professor Emeritus of Music and Anthropology of the School of Music of University of Illinois, USA; Ms. Chen Yi, Professor at the Conservatory of the University of Missouri- Kansas City, USA and Mr. Liu Limin, Director General of the Beijing Municipal Education Commission were Keynote speakers at the conference, in addition to all the other exciting plenary discussions and interaction programs

with music educators from around the world. We are confident that Mr. Dahal's participation at such an event will help develop the music program further at Ullens School.

CAS Coordinator for IB as well as the rest of the school and head of the sports program at Ullens School, **Mr. Shanker Gautam** participated in 16th Asian Games in held in Guangzhou, China



CAS Coordinator in China with Nepali TT Team

between 13th - 20th of November, 2010. Mr. Gautam travelled to China as a Manager for the Nepalese contingent and National coach for Table Tennis. In the past few years since joining Ullens School, Mr. Gautam has travelled to international games and tournaments like the Austrian Open, U.S. Open, 5th World Junior Table Tennis Tournament in Austria, the Asian Championship in India, South Asian Games in Bangladesh and the recently completed 16th Asian Games in the capacity of a coach, umpire and manager of the travelling teams from Nepal. We are confident that Mr. Gautam's participation at such events will help develop the sports program further at Ullens School.

### Interaction with noted author Manjushree Thapa

Noted author of books like *The Tutor of History*, *Forget Kathmandu*, *Tilled Earth* etc. **Ms. Manjushree Thapa**, visited Ullens School on Sunday, October 24, 2010. The interaction program was part of the Ullens School Lecture Series events and developed in association with Quixote's Cove - a literary programs managing outfit and a bookstore based in Jawalakhel. The interaction between Ms. Manjushree Thapa and teachers and



Interaction with Manjushree Thapa

senior administrators of Ullens School and Ullens Education Foundation was meant as a way of evaluating whether Ms. Thapa's book, *A Boy from Siklis - The Life and Times of Chandra Gurung*, would work as a book to teach social, political and cultural history and the history of conservation and grassroots practices - through critical review of the life story of Mr. Chandra Prasad Gurung, an extremely charismatic conservationist who died in a helicopter crash in 2006. After a vibrant discussion on the potential

of the book, the age levels it would fit, academic areas it would help reinforce learning in, it was the general consensus that *A Boy from Siklis* is indeed a book with great potential and carries within it a great story that children can be inspired from. Ullens School teachers will now work on developing lesson plans to teach about all of the earlier mentioned topical areas for different sections of the book and also to develop a model for making it relatable in the integrated, interactive and experiential teaching/learning strategies used by Ullens School for instructional purposes.

### International Partnership - Oulun Lyseo Lukio representatives visit Ullens School

Since 2009, Ullens School has been in a partnership with an IB World School called Oulun Lyseo Lukio based in Oulu, Finland. The partnership is an effort on the parts of the two schools to lessen the gap between the knowledge among children of Finland and the developed world on issues concerning children of Nepal and the lesser developed nations and vice versa and also to explore prospects for children to connect through education to develop sustainable development alternatives.

**Timothy Bedford**, a specialist in Critical and Transformative Pedagogy and Education for Sustainable Development oriented Ullens School IB teachers on using the SNS Net - a distance learning and web-based learning technology that would allow Ullens School students and teachers to connect with students and teachers of Oulun Lyseo Lukio.



SNS Net Orientation to IB Faculty

**Rosalind Cooper**, an expert in Media Literacy and Critical Pedagogy from Oulu, conducted another training for Ullens



Filmmaking Training to Teachers

School teachers on Filmmaking techniques - as a way of enhancing the teaching and learning practices at Ullens School through the use of new media technologies and new ways of storytelling. This is the second visit to Ullens School by Rosalind Cooper and Timothy Bedford, as part of the South-North-South Partnership for Sustainable Development, started between Oulun Lyseo Lukio of Finland and Ullens School.



Certificates for participants of Critical Documentary Filmmaking Workshop, 2009

All of the students who participated in last year's Critical Documentary Filmmaking Workshop for students and who made short documentary films on Sustainable Development issues like Waste Management, River Ecology, Population and Urban Traffic Control in 2009, received certificates authorized by the principals of Ullens School as well as Oulun Lyseo Lukio, as an acknowledgment of their participation in this partnership project.

### Service Learning Update

As of this year, Ullens School Community Service Program has been modified into Service Learning Program whereby children not only participate in providing service to others but engage in researching, developing, designing projects that make meaningful impact in the society, all the while serving the people for whom they provide help but also learning new ways of doing things and developing news ideas in the process of executing the service projects. Several



Service Learning-Busy cleaning up the service site

activities have been carried out towards meeting the objectives set by the Service Learning Program.

On World Animal Day, Monday, October 4, 2010 children participated in a Walkathon organized by Animal Nepal. Children from Grades 6-9 participated in a 6 kilometer walk from Lalitpur Municipality Offices to GAA Hall in Thamel. The walkathon was intended to raise consciousness of participants and make the general public aware of the cause of animal rights. The students made and displayed placards illustrated and written in Nepali on one side and English on the other. Each student participating was asked to find sponsors to pledge their walk. A total of Rs. 67,905 was collected by Ullens students. Many teachers, Ullens School transport staff as well as support staff also participated in the walkathon. The amount collected by Ullens School students was handed



Donation of food and clothes to local school

over to **Mrs. Pramada Shah**, director of Animal Nepal for the welfare of brick kiln donkeys as well as stray dogs and cats, cared for by Animal Nepal.

In addition to this, to mark the 3rd National Library Day, Ullens School students collected more than 110 books and helped develop a library for a needy school in Lele where Grade 8 and 9 students went to do a service learning project.

The service learning project in Lele also entailed painting bright pictures on school walls to make the environment nicer for students, to teach children Origami - a simple paper craft technique that is very mathematical and interesting. Children from Grade 8 and 9 also cleaned blocked drains, cleaned the school premises and interacted with the children as well as the teachers of



the school to learn more about how their education differed from that of public school.

As part of the reflective process of service learning, students organized a presentation program during which parents as well as other teachers were invited. The students took the responsibility of organizing it and developed power point presentations and documentary films to showcase their work in the service site as well as to share what they learnt during their visit.

On December 2, Ullens School students donated clothing items and non-perishable food items to the students of Shanti Rani Primary School, Godavari. Grade 5 students were accompanied by 6 teachers and staffs for the handover program. Shanti Rani School, run by St. Joseph's Cluyn Sisters, caters to about 260 students that represent the socio-economically backward and marginalized segments of the society. Our students got a chance to interact with the local students and attend their classes

### School Excursion - Ullens Students in Outdoor Adventures

Ullens students got a taste of experiential learning through outdoor adventures with Borderlands Eco-Adventure Resort from 29th October to 4th November, 2010.

Keeping up with Ullens School's strong focus on learning outside classroom, this year's annual educational tour provided students with opportunities like problem solving in groups, team-building and bonding, outdoor physical activities, and leadership development among others.

The first group consisting of 57 students from Grades 6 & 7 started off with an afternoon trek to a camping site in Gati Village. Led by Borderlands Resort's professional trainers, the students relished in outdoor camping, learning about the importance of helping each



Group photo at Boaderlands

other, being economical with resources, and the love of nature in the process.

The Ullens team also got a spectacular welcome with colors and garlands from the students of a local secondary school in Gati and got a chance to interact with the students who represented a far more underprivileged segment of the society. In Gati village, Ullens students spent few hours conversing with people and exploring the socio-political, cultural, economic, and environmental realities of the local people.

Back in the Resort, the students participated in various outdoor activities

that focused on building trust, working as a group, and developing leadership. The activities culminated with some physical adventures including rock-climbing and abs sailing with a strong focus on self-discipline and respect.

8th and 9th graders had a longer afternoon trek to historic Tundikhel. This was a military base used by Junga Bahadur Rana during Nepal-Tibet War in Ghumthang VDC of Sindhupalchowk district. The students enjoyed the majestic views of the mountains while learning about the practical aspects of camping outdoors, ethics, hygiene, discipline and respect.

The students had a memorable visit to two ethnic settlements in Ghumthang - the Newar village and the Tamang village. The students had thematic conversations with the villagers in an attempt to grasp the village's history, the people's livelihood means, socio-cultural structure among others. The findings were shared by groups of students back in the resort. The students reflection focused on economic hardships of the general people, traditional practices and social hierarchy, lack of development infrastructures, and the importance of social and religious festivals.

Senior students also completed the leadership training and trust-building exercises and took part in different physical activities.

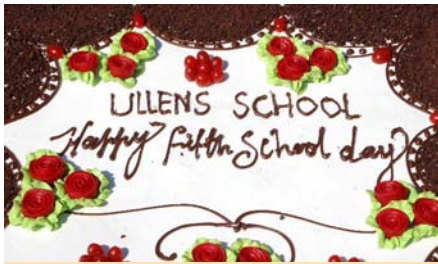
Having completed a professional personal development and leadership training, and more importantly having had the opportunities to immerse in the local cultures unlike their own, all of the students returned home with a sense of accomplishment.

### 5th School Day

Ullens School celebrated its fifth Annual School Day amidst a special function in the school auditorium on Thursday, 11th November 2010.



All school photo coordinated by students of the Journalism Club to mark the 5th School Day on 11 November 2010



Treats for all!

Students, faculty, staff and distinguished members of the Board of Trustees, School Management Committee, and parents were in attendance as the progress made by the school in fostering a top quality progressive learning within a short span of five years were highlighted.



Felicitations by the SMC

The Principal also took the special opportunity to acknowledge the contributions and tireless efforts of distinguished individuals in shaping the course of Ullens School. He discussed the generous support of the **Patrons Mr. and Mrs. Guy Ullens** who visited the school earlier in September. The Chairman of the Ullens Education Foundation **Mr. Som Paneru's** leadership and tireless efforts in setting up the logistics and modalities of the school were highlighted. Similarly, the members of the senior management team were recognized for their commitment to bring Ullens School in its present form.

The event culminated with class, and group photo sessions.



ICIMOD's Herbal Garden Project monitoring team visits Ullens School

### ICIMOD's Herbal Garden Project Update

A panel of judges from ICIMOD visited Ullens School on November 25, 2010.

for the final monitoring of the herbal garden project maintained by students of Ullens School. They interviewed the coordinator for the project **Mrs. Poonam Hamal** and participating students as well as the Vice Principal **Mr. Him Lal Ghimire**. The final result of the herbal garden competition which took off in June 2010 will be announced on December, 10 Friday at ICIMOD, Khumaltar.

### Microsoft's Academic Initiative comes to Ullens School

On December 2, 2010 **Mr. Pradeep Kandel** and two other representatives of Microsoft visited Ullens School as part of Microsoft's academic initiative in Nepal.

The program focused on making children aware of Microsoft's genuine softwares, the value of genuine softwares and how to make it accessible to students. Children were made aware of the potential of genuine softwares and the hazards of piracy and pirated products and the legal stipulations behind piracy and copyright issues. Microsoft's representatives from Unlimited Technologies are working towards making Microsoft's operating systems Windows 7 and XP free for all students, as well as for the school laboratories and provide more copies at nominal rates for the school faculty and adm



Microsoft's awareness session for Ullens School students, faculty and admin

## ATP Initiatives Update - Diversity Day, Book Donation, Lecture Series

Ullens School believes in collaborative team work. Parent's involvement in school activities can play pivotal role to further better education of the child. Action Team for Partnership (ATP) is a joint committee between parents and the school at Ullens. The objective of forming ATP is to involve parents in different school activities and share ideas among the parents for the betterment of the child. This year's ATP is chaired by **Dr. Bishnu Raj Upreti** and includes **Mr. Baikuntha Aryal**, IPC of ATP, **Dr. Gehendra P. Dhakal**, **Mrs. Sushma Khatri Ranjit**, **Ms. Bobyňa Lama (Rai)**, **Mr. Prabhaker Shrestha** as parent representatives and **Mr. Sagar Mani Neupane**, **Mrs. Dipali Rana**, **Mrs. Vani Rana**, **Mrs. Deepa C. Rana**, **Mr. Him Lal Ghimire**, **Dr. Ek Raj Ojha** and **Mrs. Reshu Aryal Dhungana** as the representatives from school faculty and administration.

The ATP meets every last Friday of the month and is actively engaged in organizing major school events like the Diversity Day, as well as in organizing lecture series events with resources from within the community of Ullens School parents.

On 13 June 2010, **Dr. Bishnu Upreti**, chairperson of the Action Team for Partnership, donated 4 books to the Ullens School library. 3 of the books, i.e.



Children dress up in traditional costumes

*Livelihood Insecurity and Social Conflict in Nepal: Land Politics and Conflict in Nepal* (English & Nepali); *Peace Process and Federalism in Nepal* (English and Nepali) are books authored by Dr. Upreti himself. Dr. Upreti also donated a copy of the book, *Nepal-Transition to Transformation* written by Mr. Kailash Nath Pyakurel.

On August 29, **Mrs. Bobyňa Rai** organized for a lecture event for students from Grades 6 - 10 on gender issues by

bringing in an expert **Ms. Shova Lama** from Save the Children. The lecture focused on sensitizing teenagers to issues related to gender equity and equality and how such societal norms and legalities translate themselves on to the lives of children.

ATP also took the lead in organizing one of the biggest days in Ullens School calendar - the Diversity Day. All of the food management was handled by the Action Team for Partnership with active participation of its members and that of other parents in making sure the big turnout of people got a taste of the good food.



Ethnic food delights



Songs for unity in diversity and ethnic rhythms being performed by students

## IB News

The new academic year 2010-11 for the IB students began in mid-August and has already taken a full swing. This is the second year of the IB Diploma Programme at Ullens School.

The total number of IB students is now 66: 26 in 2nd year (known as IB 2) and 40 in 1st year (Known as IB 1).

In response to high demand for comprehensive sciences offerings, Ullens School IB Diploma Programme now provides Standard and Higher level Biology classes. Similarly, in the group 6 category, the Ullens IBDP offers Theatre at the Standard as well as the Higher level.



IB Admin and Faculty Team

As planned, we now have a separate new IB building with spacious classrooms, library, teachers' room and offices. All classrooms are equipped with the Promethean ActivBoards (the interactive digital white board). There is also a new multipurpose auditorium in the same building. With all the new facilities, there is now a marked improvement in the learning environment for the students and teachers.

### Professional Development in IB

As a part of Ullens School's commitment to maintaining the concurrency for Professional Development trainings for IB Teachers, all of the new IB faculty members have received certified IB teacher trainings at various international workshops. **Mr. Shane Horn** of English A, attended a workshop in Kuala Lumpur between 3 -5 September, 2010. Likewise,



The New IB Building

**Ms. Hannah Lilly** of Theatre Arts attended a workshop in Jakarta, Indonesia between 27 - 30 October, 2010. **Mr. Ivan Coursac** of Maths Studies, as well as **Ms. Radha Panti** of Biology attended separate subject based workshops in Bangalore, India between 13-15 November, 2010.

### Principal Medin Lamichhane facilitates IBO's workshop for Nepali Educators

From 2- 4 December, 2010, Principal of Ullens School, **Mr. Medin Bd. Lamichhane** co-facilitated a training for educators and policymakers in Kathmandu and Pokhara for the Nepal Exploration Series of IB's Access and Service Projects, held in association with National Center for Educator

Development, Kathmandu, District Education Office, Pokhara and Global Action Nepal and Ullens School. Other trainers at the occasion were **Nettie Verdon**, an IBO trainer and teacher in an IB World School in Abu Dhabi and **Mr. B.K. Shrestha**, Director of Global Action Nepal. The event in Kathmandu was attended by representatives from Kathmandu University, Tribhuvan University, NCED and other educators.

Workshop was attended entirely by school principals in Pokhara. The workshops in Kathmandu as well as Pokhara entailed sensitizing Nepali educators on explore learner centered pedagogy; strategies and tools for the same and approaches and systems for supporting learner centered pedagogy in schools.



IBO workshop facilitated by the principal of Ullens School Medin Bd. Lamichhane

## IBDP CAS update:

As part of the CAS program the following choices are offered to IBDP students at Ullens School. All students must choose one from each category for the different hours selected for each of these activities during their school week.

In Creativity, Journalism for News and Yearbook, Theatre, Salsa, B-Boying, Mural Arts, Music and Cooking are offered. In Service, helping at the B & B Hospital, MSPN, Center for Cerebral Palsy, Old Age Homes, In-school support for Grade 1



Doing your own chores

teachers, On campus tutoring for junior students, the Eco Club, Tutoring at government schools, Basketball coaching to students of local schools, Theatre for Service as part of the Global Youth Council program are offered. For Action, Basketball, Football, Wushu, Badminton and Table Tennis are offered.

In addition to the one of each of the above categories, Ullens School IBDP students must attend the Sunday Outdoor Leadership program which trains them in life skills and outdoor activities like Orienteering, First Aid Training, Cooking, Camping, Hiking etc. So far the first year students have already been Rock



Ready for the rapids - IB2 students on the Trisuli River

Climbing several times to a training wall in Balaju and then subsequently in Nagarjun. Students have been on a Hiking trip to Hattiban and an overnight camping trip to Chisapani, above Sundarijal. For these trips, students had to carry their own tents, sleeping mats, stove and gas and 3 days worth of food as well as first aid kits and manage setting up as well as feeding themselves and packing up, all on their own with coordinator and faculty supervision.

On Saturday, November 20, the second year IBDP students participated in an overnight rafting trip in the Trishuli River for their CAS program (Creativity, Action, and Service).

The rafting started from Galaudi Khola and ended at Malekhu after about 3 hours. The over night camping took place by the beach at Big Fig, near Malekhu.

The trip was organized by Himalayan Encounter, a professional rafting company.

As with all CAS outdoor trips, this trip was lead by **Ivan Coursac**, IB CAS coordinator and accompanied by other IB teachers. Although not a mandatory activity, almost all of the IBDP second year students took part and enjoyed an adventurous and full filled weekend of white water rafting.



Group photo session at Chisapani - IB1 students in outdoor leadership



Photo by Jenisha Shrestha, IB2, Journalism Club

Well done IB Basketball Team!

## College Corner: University Preparations for IBDP students

So far 7 U.S. and British Universities have visited Ullens School to recruit potential undergraduate students from Ullens School IB Diploma Programs and children have learned more from the Linden Tour (12 Colleges) and the CIT Tour (29 Colleges) which specifically invited Ullens School students for special session at the USEF and Lincoln School for information on the application process and campus life at these colleges. Both the Linden as well as CIT Tours had member of very reputable American liberal arts colleges and Ivy League schools.

On 11 November, 2010 the Undergraduate Admissions Counselor and Multicultural Recruiter of Nazareth College, NY, U.S.A. **Ms. Diva Shrestha** visited Ullens School to speak to the soon to be IB graduates about the programs offered at Nazareth College and to encourage them to apply to it. Facilitated by **Mrs. Chantal Berthome Lama**, Academic Counselor of Ullens School, the program was meant to make Ullens School IB students aware of the possibility for applying to Nazareth College after the completion of their IBDP as well as, for the value of an

interaction between a Nepali person who has recently completed her B.A. as well M.A. from this same college in the United States. Ms. Shrestha shared the details of the programs, the application process as well as her experiences as a Nepali coming into the American culture and the shocks and adjustments that international students and particularly Nepali students have to face while studying abroad. The interaction was very helpful in orienting students towards further education in the U.S.A.

More universities and colleges are lined up to visit and interact with Ullens School students in the coming months as part of university preparations lead by the Academic Counseling Department at Ullens School IB Diploma Program.

On an ongoing basis, the Academic Counseling Department emphasizes that the first step in researching colleges is to examine their own interests, goals, and plans for the future. For that we use specially designed tools that helps them to define a career direction, select subjects and choose a major. We conduct special sessions for the generalities they should know regarding

studying abroad i.e. if students have adequate funding, strong academic background, written & spoken skills etc. and address areas that need special help. In addition to this, students are briefed properly on the various standardize test requirements and facilitated to prepare for and appear for the exams like TOEFL, SAT, IELTS. Special sessions are also held for discussion on visa application procedures for children and parents.

We communicate with students as well as parents through letters, emails and SMS to inform them about programs and encourage that all attend the sessions so that they are better prepared.

Several IB 2 students have already appeared for the standardized tests like (SAT, TOEFL, IELTS) in October and November while a few have placed for early decision applications to a few select Universities.

We work intensely and continuously with our students to ensure placement in good higher education institutions at home and aboard.

## IB student Priyanka Tiwari gets selected into the UN Youth Advisory Panel

In October 2010, **Priyanka Tiwari** of Ullens School IB Diploma Programme and member of the Theatre for Service CAS group of IBDP designed to meet the expectations of Global Youth Council - global youth networking platform represented by Ullens School students, was nominated by the United Nations Development Program in Nepal as one of the members of a 10 person panel called the United Nations Youth Advisory Panel. The UNYAP is a part of the United Nations Country Team's commitment to the young people's empowerment and rights in accordance with basic human rights principles and the Convention on the Rights of the Child (CRC). Therefore, the

purpose of the UN Youth Advisory Panel is to establish open dialogue between the UNCT and young people and to advise the UNCT in the strategic opportunities and necessary actions for addressing adolescent and youth issues.

Priyanka is expected to communicate youth issues back to the UNCT, based on her experiences and impressions as a Nepali youth as well as through her engagement with her peers and programs at school and outside of school. We congratulate Priyanka on this important role she has been chosen for and hope she will work with the rest of her friends in school and at her various social work

engagements to communicate youth issues that strongly need the attention of adults and the society in general.

Congratulations & all the best Priyanka!



## Tips for Parents

### A. Positive Discipline Suggestions

- 1. Give praise hugs and privileges for good behavior.**  
Rewarding positive behavior works better than punishing misbehavior.
- 2. Adopt a non-hitting attitude.**  
Studies show that spanking, contrary to popular belief, is not an effective way to discipline.
- 3. Set a good example.**  
Your children learn by imitating you. To teach manners, use words like "please" and "thank you" in front of your children.
- 4. Learn what to expect from children at every age.**  
Toddlers have tantrums, preschoolers are active. Discipline that works for one stage may not work for another.
- 5. Listen to your children.**  
Respect their ideas and try to understand their point of view.

### B. Guidelines for setting rules:

- 1. Limit the number of rules to a very few.**  
Keep it simple. Make rules realistic and age-appropriate.
- 2. Be Clear.**  
Say, "Be home at 9 p.m." instead of "Don't be home too late."
- 3. Establish ahead of time what happens when rules are broken.**  
Consequences should fit the misbehavior. If a toy is thrown, taking the toy away is appropriate.
- 4. Give older kids a voice.**  
When they help make the rules, they are more likely to obey them.

### C. Guidelines for enforcing rules:

- 1. Be calm, clear and consistent.**
- 2. Express disapproval for the behavior, not the child.**
- 3. Direct Children.**  
Tell them what to do. For example, "No standing in the tub. Sit please."
- 4. Say, "Subject closed."**  
When you've heard the request and stated your answer, there is no need to continue it further. Do not respond to tantrums or continuous complaints.

*(Source: Positive Parenting, Tips on Discipline, Children's Trust Fund)*



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