

ULLENS NEWS

Volume II, Year 6, July - November, 2011

Message from the Principal

*"Instruction ends in the school-room,
but education ends only with life"*
~ Frederick W. Robertson

Dear parents and guardians,

Guy Ullens and Myriam Ullens, our patrons, visited the school on Monday, 14th November, 2011. Their visit always gives us energy in our mission to provide our students with world class progressive education.

Ullens School, the first and only IB World School in Nepal, hosted a three-day conference of SAIBSA (South Asian International Baccalaureate Schools Association) from 4th to 6th of November 2011. 57 educators from 35 IB World Schools attended this conference including delegates from Nepal, Bangladesh, India and Pakistan.

His Excellency Ambassador of Switzerland to Nepal Mr. Thomas Gass and Mrs. Gass visited Ullens School on Friday, October 21, 2011. I would like to take this opportunity to thank His Excellency and the Embassy of Switzerland for visiting our school and showing keen interest in the realm of education in Nepal.

It is soon time to schedule our admissions for the academic year 2011/2012. The Admission's office will be distributing forms from January 03, 2011. If you have a child, or know of a child, who will be six years of age on or before 1st of April 2012, please have their parents contact the Admission's office.

I would like to thank our parents and guardians once again for their continued support. We are always trying to improve our communication between home and school. We urge parents to maintain an email address, notify school of any changes to addresses and check emails as well as to visit our school's website: www.ullens.edu.np for regular updates. Ullens School is striving to be more environmentally friendly by cutting down on the use of paper for notices.

As always, please do not hesitate to contact me with any queries or concerns. You can reach me directly through email, medin@ullens.edu.np, or through telephone at 977-1-5570724.

Wish you all a happy and prosperous new year 2012.

Thank you
Medin Lamichhane
Principal

Welcome Note

Welcome

Ullens School would like to welcome new members of the school teaching faculty- Sumitra Thapa (Grade 5 Maths and Science Teacher), Ruby Karki (Grade 3 LA/Social Studies Teacher), and Deepali Rana (Grade 1 Teacher)

We look forward to working with you in enriching the learning experience here at Ullens.

Ullens Class of 2011 - SLC Graduation

24 Ullens School students who appeared in the S. L. C. board examinations of 2010/2011 were awarded their certificates on 2th August 2011 amidst a special graduation ceremony at the school auditorium.

In her Keynote Speech, Mrs. Chandani Joshi, former regional Program Director of UNIFEM in the South Asia Region, congratulated the graduates and shared her experiences of youth mobilization and activism since her teenage years. She encouraged the young students to pick up their passions from early ages.

Chairperson of School Management Committee Dr. Arzu Rana Deuba joined

Mrs. Joshi in congratulating the students' achievements at Ullens and urged them to continue in pursuing a meaningful education that would enhance both individual growths and contribute to the larger communities that the students represented.

Principal Medin Lamichhane highlighted the unique education that the graduates received while at Ullens and reiterated their contributions to enhancing the learning environment at Ullens.

The program also included musical performances from the current batch of grade 10 students.

The graduating class with 24 students achieved a cent percent passage with 11 of them obtaining distinctions.



News and Event Updates

Diversity on Display at Ullens

Embracing the motto of promoting multicultural awareness and understanding, Ullens School celebrated the Annual Diversity Day on Thursday, 15th September 2010 in School's playground. Also marking the Children's Day, the day's activities included spectacular musical and dance performances by students of all grades representing a very wide range of Nepal's diverse ethnic and regional groups. Such performances included



Kumari Dance, Tharu Dance, Tamang Selo among many others, and instrumental folk tunes where students played different instruments.

Attended in large numbers by parents and relatives of the students, the ethnic attires and a lunch with multi-ethnic cuisine coordinated by the ATP added to the vibrant celebrations of unity in diversity. Each class of students performed



a class parade in their ethnic attires and presented the ethnic composition of the member students.

Principal Medin Lamichhane highlighted the need to respect and appreciate the incredible diversity that we have and to formulate curriculum and learning environment in classrooms that are open and friendly to students with varying socio-economic and ethno-religious backgrounds. He stressed that Ullens has successfully developed a learning environment that caters to the needs of students with different backgrounds.

Ullens Students Shine in Chinese Language Contest

Three Ullens students were awarded prizes in the Second Ambassador Cup Chinese Language Contest during the award ceremony at Academy Hall, Kamaladi on 13th September, 2011.

Aarusha Bista of grade 5 and Subashana Dahal of grade 9 got the Excellent award while Simfara Ranjit of grade 5 bagged the Third prize.

Ullens family would like to congratulate the winners.



Patrons Visit School

Guy Ullens and Myriam Ullens, Ullens School's patrons, visited the school on Monday, 14th November, 2011. The patrons were accompanied by their close friends.

During the visit, the patron family interacted enthusiastically with the students, administrators, faculty and staff. They also visited different classrooms and observed classes in session.

President of Ullens Education Foundation Mr. Som Paneru, School Principal Mr. Medin Lamichhane and other senior

members of the school administration briefed the patrons on Ullens school's achievements over the last 6 years.

The patrons also attended a special cultural program staged in their honor by the students from grades 1 to 5.

Swiss Ambassador Visits Ullens School

His Excellency Ambassador of Switzerland to Nepal Mr. Thomas Gass and Mrs. Gass visited Ullens School at the latter's invitation on Friday, October 21, 2011.

Interacting with the school administrators, teachers, and students His Excellency complimented the school on its progressive curriculum and a robust learning environment. President of Ullens Education Foundation Mr. Som Paneru and School Principal Mr. Medin Lamichhane briefed His Excellency on school's history, progress, and challenges.

Ullens IBDP Coordinator Mr. Dinesh Lal Shrestha gave His Excellency an overview of the IB curriculum at Ullens School. As the only IB school in the country, Ullens enrolled its third batch of IB students this March.

Ullens Celebrates Sixth School Day

Ullens School celebrated its Sixth Annual School Day amidst a special function in the school auditorium on Friday, 11.11.11.



Students, faculty, staff, and parents were in attendance as the progress made by the school in fostering a top quality progressive learning was highlighted.

Addressing the gathering, Principal Medin Lamichhane congratulated the entire school community for immense collective effort for successful 6 years since Ullens School's establishment.

Coordinator of Ullens IBDP, Dinesh Lal Shrestha discussed the progress made by Ullens as Nepal's only IB Diploma Programme and encouraged junior students to benefit from the resources.

Each grade marked the special day in their classrooms by cutting cakes and exchanging greetings.

The event culminated with class, and group photo sessions.

Ullens Outreach Training, 2011

After a successful 4-month long teacher's training program to 15 participants from 4 different schools in 2010, this year's outreach program followed a similar trend in its core. However, as a new experiment, only teachers from one school were trained May to July. The school selected was Jyotidaya Secondary School in Chapagaon, a community-run co-operative institution.

The 12-week long training program was coordinated by Nayan Pokhrel and advised by Principal Medin Lamichhane and Director of Program and Communications Reshu Aryal Dhungana.

Ullens School Professional Development team consisting of Devaki Paneru, Vani Rana, Barsha Shrestha, Shilu Karki, Rita Ale, Ekta Rana, and Principal Medin Lamichhane were selected as this year's trainers/training facilitators.

Trainings were provided on three major categories -General Philosophy/ Pedagogy with Medin Lamichhane; Early Childhood Development (ECD) with Shilu Karki; and Language and Arts with Devaki Paneru, Vani Rana and Ekta Rana; and Math and Sciences with Barsha Shrestha and Rita Ale.





Each training session in every category focused on two-way interaction between the trainers and the trainees with a great emphasis on reflection of the issues discussed their implementation in the classrooms and other learning environments, and the challenges in doing so. The sessions were often broken down into smaller groups and one-to-one interactions.

Most of the participants openly shared the issues they encountered both in the training and in their classes while trying to implement new ideas.

LEM Phonics Training at Ullens

Ullens School's primary teachers participated in a basic-level training conducted by LEM Phonics Phonograms Australia, Nepal from 24th August to 5th September 2011. The workshop was facilitated by Mr. Richard, a phonics trainer from Australia.



LEM Phonics is a comprehensive English language starter program designed to teach listening, speaking, writing and spelling skills. A major focus of the LEM Phonics program is the rules which help students decide what sounds to say while reading and what letters to write when spelling.

The training is being attended by all teachers in the primary level.

ATP Update

Action Team for Partnership (ATP) at Ullens School conducted a special parenting workshop titled "Systematic Training for Effective Parenting" on October 21, 2011. The workshop was led by American psychologist and counselor Dr. Barbara Jones.

Altogether 25 parents participated enthusiastically and participated in discussions ranging from understanding child's mental and physical growth, behavioral changes, proper ways of encouraging children and communicating.

Co-facilitator Chhori Laxmi will lead follow-up sessions with interested parents in the future.

Students Service Project



School counselor and Service Learning Coordinator Lauren Yu has been working with students of grade 7 on a service project. The students are working with Animal Nepal to help the street dogs. Students visited their Chobar Dog Sanctuary back in September. The students have raised about NPR 10,000 to go towards spaying and vaccinating the street dogs. They have also planned a second fundraiser to take place in December.

Sex Awareness at Ullens

School Counselor Lauren Yu, with the help of IB faculty members, conducted a session on sex awareness and education with the First Year IB students on 20th October, 2011. The hour-long seminar follows from a similar event

initiated last year. The counselor plans to conduct a follow-up session for both the boys and the girls to discuss general issues. Similarly during her regular counseling sessions, Ms. Yu has been introducing the idea of sex education to the students from 8 to 10 grades. Ullens School believes in informing children correctly in adolescence to prepare them for safer socialization in adult life.

KJC Musicians Enthrall Ullens

Established musicians and teachers from Kathmandu Jazz Conservatory (KJC) enthralled the Ullens School family with an hour-long concert at the school auditorium on Monday, 26th September 2011.

Organized by Ullens School's Music Department to mark the festival season, the talented artists performed both classical jazz covers and their original creations. Students, faculty, and staff were treated to a delightful mix of jazz, blues, funk, rock and roll and fusion.

The artists interacted with the students about different kinds of music, instruments, and the opportunity to learn music at KJC.

Ullens Students Excel in AVM Eco-Mela

This October, three grade 9 students from Ullens School - Anukul Shrestha, Ashish Upreti, and Chiran Raj Pandey, took part in inter-school model making competition organized by eco-club of AVM School, Manbawan and secured the second position. The model was based on the concept of water management. Ullens students used innovative ideas and constructed model focusing on rainwater harvesting, ground recharge and grey water recycling. All the students of grade 9 visited the eco-mela and observed the different models made by students of participating schools.

Ullens School Mentoring Herbal Gardens in Schools

After being awarded the second prize in Inter-School Herbal Garden Upscaling Project competition organized by International Center for Integrated Mountain Development (ICIMOD) last year, Ullens School is now mentoring herbal garden projects in three schools - Namuna Machhindra H. S. School, Lagankhel; Shree Krishna H.S.School, Dhapakhel; and Bhawani H. S. School, Nuwakot. As a mentor School, Ullens has started regularly visiting the schools and advising them on the proper identification and expansion of herbal plants. Coordinated by ES teacher Poonam Hamal, the ICIMOD project seeks to promote and protect the valuable herbal plants in their local habitats and also contribute to the overall preservation of plants.



Professional Development Sessions at Ullens School

Ullens School believes in continuing professional development of its faculty and staff to ensure high quality education and management. In addition to sending members of its faculty for training at international institutes, a series of in-house PD sessions are conducted by the Professional Development and Curriculum Committee. These sessions are designed to help re-orient all of the faculty/staff, and, train new ones in the school's philosophy as well as pedagogical practices. In the last term (July-November), PD sessions were conducted in the following focus areas: Narrative Report Writing/Strategies for PTC, Case Study Discussions, Developing/ Designing



worksheets (Primary teachers), Setting questions (Level of questions) for examination (Senior Grade teachers).

Ullens Students on a Day Hike

53 Ullens Students from grades 8 and 9 participated in a day-long hike from Kirtipur to Pharping on Saturday, November 12, 2011.

The hike, led by the President of Ullens Education Foundation Mr. Som Paneru, also included 5 teachers.

The trail, which passes through scenic places like Champadevi and Hattiban, was planned as a test hike for the students who will be participating in a longer trek to Bigu Gompa in December.

As a new experience for many, students greatly enjoyed the weekend hike.



Upcoming Event: Educational Tours

Ullens students will get a taste of experiential learning through outdoor adventures in their annual educational tours this December. Keeping up with Ullens School's strong focus on learning outside classroom, this year's annual educational tours will provide students with opportunities like discovering new places, exploring different ways of life, problem solving in groups, team-building and bonding, outdoor physical activities, and leadership development among others.

Following tours have been finalized for this year:

Grade 4 and 5 -Lumbini, Bhairahawa, Chitwan Industrial Estate from 2-4 December, 2011

Grade 6 and 7 - Panchase Trek (Pokhara to Panchase) from 26 Dec. 2011-1 Jan, 2012

Grade 8 and 9 - Bigu Gompa Trek (Charikot to Barhabise) from 26 Dec. 2011-1 Jan, 2012 n

IB News

IB Update

The new academic year 2011-12 for the IB students is already in full swing. This is the third year of the IB diploma programme at Ullens School. All students have already settled in well and are very engaged with various activities of the IB diploma programme.

There are 74 students this year in the Ullens School IB diploma programme; 37 in 2nd yr (17 girls and 20 boys) and 37 in 1st yr (14 girls and 23 boys). The new cohort, class of 2013, represents a very diverse background. We have our first international student from USA, as well as, several students from outside of the Kathmandu Valley - Dolpa, Butwal, Chitwan, Pokhara, Namche, Baglung among others. We are all looking forward to another exciting and successful year of the IB diploma programme.

Professional Development Sessions - IB Teachers' Workshop

As part of the regular professional development training, most of the faculty members at Ullens IBDP will have participated in international workshops by the end of 2011. Following faculty members are participating in such workshops this year:

Social and Cultural Anthropology (level 1) - Ruth Herrin, New Mexico USA

Chemistry (level 1) - Sangeeta Shrestha, Singapore

Environmental systems and societies (level 1) - Radha Panthi - Singapore

Economics (level 1) - Suvash Dhakal - Dubai

Business and Management (level 1) - Sanjeev Lama- Kuala Lumpur, Malaysia

Maths HL (level 2) - Yadav Pant - Kuala Lumpur, Malaysia

English A language and Literature (level 2) Shane Horn, online workshop

Physics (Level 2) Baburam Niraula - Mumbai, India

Ullens IBDP CAS Activities

As part of the CAS (Creativity, Action, Service) under IBDP curriculum, students are participating in the following activities:



Creativity:

- n Music with Subash Dahal
- n Creative writing with Gaurav Monga
- n Photography with Sworup Ranjit and Nayan Pokhrel
- n Cooking (Off-campus)
- n Web Designing with Ajay Maharjan

Outdoor/Activities:

IB 1st Year

- n Wall climbing, and day trips (Hatiban, Nagarjun)
- n Trekking from Sundarijal to Chisopani then to Julley and down to Sankhu for three days and two nights
- n Learning collaboration and group work, pitching tents, cooking on gas stoves
- n First-Aid Training (one day workshop with school nurses,



IB 2nd Year

- n Rafting on Trishuli River, Big Fig

CAS activities offered this year at Ullens Service:

- n Volunteering at Dil Shova (for which Nrs. 16,500 was donated after a charity movie night)
- n Theatre group's workshops and performance with children at the Cerebral Palsy Center
- n Basketball coaching, tutoring in local schools, and Eco-club activities
- n Theatre for Service

IB Students, Alumni Raise Rs. 32,500 for Charity

Students and alumni of Ullens IB Programme organized a charity Movie show at Ullens on the 25th October, 2011. The two screenings, one for the students and the other for faculty and staff, raised Rs. 32,500 from ticket sales. Of the total proceeds, Rs. 16,000 has been donated to the Red Thread Movement, an organization that works to rehabilitate Nepali women forced to work in Indian brothels, and the remaining money has been given to Dilshova, an old-age home.



Ullens IB Alumni Abash Sharma, Shalom Dahal and current IB1 student Allison Sapkota were the main organizers of this charity show. Selling the tickets and managing logistics of the event were Pragya Malla, Prabin Shrestha and Abhas Joshi (Ullens IB Alumni Class of 2011) and present IB 1 students Shrishta Pradhananga and Kavya Rizal.

Ullens Theatre Group at Cerebral Palsy Center

14th to 18th November was a memorable week for the 2nd year IB Theatre to the Max group as they conducted a workshop with people with cerebral palsy. This workshop was conducted at the SCGP, Self-Help Group



for Cerebral Palsy located at Dhapakhel, Lalitpur. The students conducted an applied theatre workshop where they played games, shared stories and worked together to devise a performance that was performed on the 18th of November. The group was happy at being able to put up a performance and when asked how the performance was the lead facilitator, Hritesh C. Regmi, replied, "the performance does not matter. What matters is that all of us and all of them had something to take with us from the workshop." The theater group was advised by Hanna Lilly, theater teacher at Ullens IBDP. - *Written by Priyash Shrestha and Bishesh Lal Shrestha*

24 Hour Theater

The IB Second Year theatre class at Ullens participated in a unique 24 hour play process between 25th and 26th of August 2011. Supervised by theatre teacher Hanna Lilly, the students created, wrote and rehearsed a 15-minute long play before performing it on stage for the entire school community on the auditorium on August 26th.



The performances showcased students' abilities to improvise, work in groups effectively with limited resources and time.

Social and Cultural Anthropology at Ullens IBDP

The newest of the courses offered by Ullens IB School, Social and Cultural Anthropology has already covered much ground with the first year students. It is being taught by Ruth Herrin, the newest faculty member at Ullens IBDP. This semester's focus is on learning basic anthropological vocabularies, methodologies and research techniques. In addition, all students have been intrinsically questioning themselves and their belief structures in order to fully understand bias and its affect upon ethnographic writing and research. Students have been supplementing this learning by reading one of the four ethnographies-- anthropological research texts-- which they will cover throughout their IB career. In the coming semester, SCA students will shift their focus to the study of theory and its implementation within the context of methodology.

Ullens Students Share Free Hugs

After being inspired by a youtube video on history of the "Free Hugs Campaign" and its initiator Juan Mann, Ullens IB student Hritesh C.Regmi decided to



start something similar in the streets of Kathmandu. He created an event on Facebook for the "International Hug Day" on 2nd July, 2011. Few of his friends showed up as they went around the streets of Basantapur and Durbar Marg with "Free Hugs" posters embracing people from all walks of life.

People greatly appreciated their gesture of brotherhood and universal love and their event got further public recognition when another fellow IB student Pragyana Thapa Ghimire wrote a commentary on it for the Reporter Weekly.

South Asian IB Schools Meet at Ullens

Ullens School, the first and only IB World School in Nepal, hosted a three-day conference of 57 educators from 35 IB World Schools in Nepal, Bangladesh, India and Pakistan. The Founding Head of Ullens, Mr. Medin Lamichhane, is an executive member of the South Asian International Baccalaureate Schools Association (SAIBSA) and his invitation to meet in Kathmandu was graciously accepted by his counterparts from South Asia.

The three- day conference which started on the 4th of November was led by education programme managers from the International Baccalaureate Asia Pacific (IBAP) regional office in Singapore and international keynote speakers and presenters. Besides the professional development opportunities provided in the conference, educators from South Asian IB world Schools met face to face to share their best practices and challenges in the implementation of the IB programmes in the region.

Mr. Kaiser Dopaishi, President of SAIBSA and Head of Singapore International School (Mumbai, India), chaired the general meeting of SAIBSA on Sunday, 6th of November.

The conference was opened by Honorable Dr. Arzu Rana Deuba, Member of the Constituent Assembly and Chairperson of the School Management Committee of Ullens School on 4 November, 2011 at Ullens School, Khumaltar.



College Corner: University Preparations Update

As IB Second Year students take pre-university tests and start meeting their counselors, representatives from few international universities have been visiting Ullens School to provide students with options to explore for their further education.

- n On 22nd September, John P. Nesbitt, Assistant Director of Undergraduate Admissions from Vanderbilt University; Nashville, Tennessee made a presentation to the Ullens IB students.
- n On 27th September, Mark Schroeder, Associate Director of International and Military Admission at University of Toledo presented at Ullens School

- n On 27th September, Diva Shrestha, Multicultural and International Admissions Counselor, Undergraduate Admissions at Nazareth College did a presentation and interaction program with senior IB students

Tips for Parents

Tips for talking with adolescent

Adolescents, despite their protests, need adults and want them to be part of their lives, recognizing that they can nurture, teach, guide, and protect them on the journey to adulthood. Directing the courage and creativity of normal adolescents into healthy pursuits is part of what successfully counseling, teaching, or mentoring an adolescent is all about. The following tips may be helpful for having conversations with adolescents, as taking time to ask questions and listening without judgment to the answers can be quite effective.

- n Engage adolescents with nonthreatening questions. Choosing only one or two questions at a given time, ask adolescents questions that help them to define their identities. For example, whom do you admire? What is it about that person that makes them admirable? What do you like to do in your free time? What do you consider to be your strengths? What are your hopes for the future? What have you done in your life that you feel proud of (even if just a little)?
- n Listen non-judgmentally (and listen more than you speak). This enables the adolescent to realize that you value his or her opinions, and thus to trust you more (Forgatch & Patterson, 1989).
- n Ask open-ended questions. Ask questions that require more than a yes or no response; this helps the adolescent think through ideas and options (Hill & O'Brien, 1999).
- n Avoid "why" questions. "Why?" questions tend to put people on the defensive (Plutchik, 2000). Try to rephrase your questions to get at what the adolescent was thinking rather than the reason for something the adolescent has said or done. For example, instead of asking, "Why did you say that?" say instead: "You seemed to be really trying to get across a point when you did that. Can you tell me more about what you meant?"
- n Match the adolescent's emotional state, unless it is hostile. If the adolescent seems enthusiastic or sad, let your responses reflect his or her mood. Reflecting someone's mood helps the individual feel understood (Forgatch & Patterson, 1989).
- n Casually model rational decision-making strategies. Discuss how you once arrived at a decision. Explain, for example, how you (or someone you know well) defined the problem, generated options, anticipated positive and negative consequences, made the decision, and evaluated the outcome. Keep in mind that the adolescent has a relatively short attention span, so be brief. Choose a topic that is relevant to adolescents (e.g., deciding how to deal with an interpersonal conflict, identifying strategies for earning money for college) (Keating, 1990).
- n Discuss ethical and moral problems that are in the news. Encourage the adolescent to think through the issues out loud. Without challenging his or her point of view, wonder aloud about how others might differ in their perspective on the issue and what might influence these differences (Santilli & Hudson, 1992).

Source: www.apa.org



A Center of Excellence in Education

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