

natural beauty of the national park and the surrounding places.

PROFESSIONAL DEVELOPMENT FOR TEACHERS

All the Teachers and Administrators from Unit I and Unit II as well as preschool teachers and the Foundation trainers took part in a training course entitled Student Support through Inclusion, Disability Awareness and Universal Design for Learning conducted by Rachel Manadhar from 26

January to 8 March, 2020.

HIMALAYAN MOUNTAINEERING INSTITUTE

As is the tradition of the school, 45 Grade IX students and two teachers went to Himalayan Mountaineering Institute, Darjeeling, to take part in an adventure course from 4-18 January, 2020.

RBS NATIONAL DEBATE CHAMPION

Four of our A Level students, Devansh D. Dutta, Larisha

Lamichhane, Pratyush Ghimire and Shaleen Baral have been selected to participate in World School Debate Championship which is to be held in Mexico City, Mexico from July 19 to July 29.

Likewise, Senchen Subba has been selected by the Debate Network Nepal Committee to participate in Colombo International Debating Championship to be held in Sri Lanka from June 26-29. Well done students!

SOME ACTIVITIES FOR CHILDREN AT HOME DURING THE COVID-19 PANDEMIC

Keep a journal. Write stories.	Gardening: plant flowers and vegetables even in pots.	Play outdoors in a safe space.
Go for a hike.	Play board games.	Clean your room and closet.
Read books of different genres.	Create visual representation of books read.	Go for a walk. Exercise, dance. Meditation
Listen to music. Practice your instruments	Watch good movies and good programs with the family.	Take photographs and make a portfolio to share in school.
Do scientific experiments, build something.	Learn to knit or sew and develop other skills that can be managed at home.	Cook different kinds of meals. Compile a recipe book.
Replenish your collection of books and read more.	Paint, draw, do art and craft.	Check up on your friends and get ideas of how to spend your time beneficially.

Have a relaxing, healthy and safe vacation. School reopens on 23 April, 2020.

Panel discussion on Impact of Screen Time on Children: BSM 2020



RATO BANGALA SAMACHAR

MARCH 2020

THANK YOU

Another eventful year has come to an end and we are grateful to all the members of the RBS family for their support and cooperation throughout the academic year 2019-20.

COVID-19

This year brought with it fun-filled days as well as difficult ones. We faced two major health issues this year, with the dengue in the summer and COVID-19 as a serious pandemic now; the school administration has been working closely with public health experts from the parent body who have been giving us valuable information on how to raise awareness and be safe during this crisis.

We would like to thank Dr. Sameer Dixit who has been updating and advising us through this year, first on dengue and now on COVID-19. Dr. Dixit also talked to the students of Unit II about the Corona virus in February and briefed us on how to protect ourselves, maintain good

hygiene and stressed on washing our hands regularly among other important tips.

Thank you also to Dr. Anup Subedi who talked to our Unit I students on how we can protect ourselves from the virus. The school immediately installed hand sanitizers in every class and electric hand dryers in the kitchen, dining rooms and other appropriate areas.

We have been reminding the students every day about how to be safe and we request you to continue to do so during the holidays as well. Please take the message of hand washing, keeping social distance and not gathering to heart so that we can all be responsible for flattening the curve for Nepal.

We will continue to update you as and when we hear from the public health specialists. We hope things will look brighter when we begin the new academic year. We are grateful that the RBS family is coming together and supporting each other as a community.

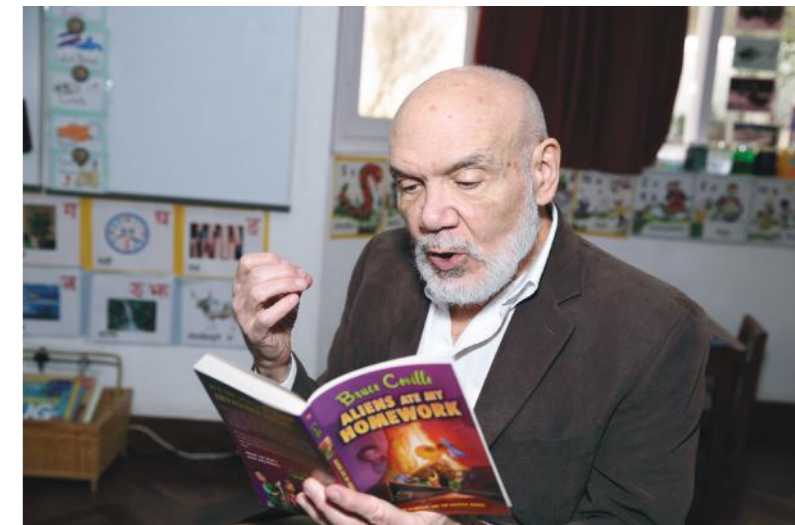
BAL SAHITYA MAHOTSAV 2020

The fifth edition of the Bal Sahitya Mahotsav (BSM) was held on 10-11 February, 2020. This literature festival was initiated to encourage and inculcate a reading culture in our country. Our guest author for this year was the renowned children's author Bruce Coville of the highly popular books like My Teacher is an Alien, Aliens Ate My Homework, Cursed and many more. The students and teachers enjoyed interactive sessions with Mr. Coville. This year Rato Bangala Kitab launched six Board Books called 'Baliyo Bal Kitab' for very young readers. These are the first board books to be published in Nepali. Along with the board books, two Braille Books were also launched and donated to 75 schools, in addition we had two picture books and two big books as well. Various workshops for children, parents and teachers were conducted. We had schools from places as remote as Bajura participating in the BSM this year. It was a fun filled day with books, good food, music and lots of interesting new things to learn.

NISSA Football Champions 2020



Author Bruce Coville



On the second day of the BSM, training and workshops were conducted by the Rato Bangala Foundation for the teachers from other districts who will take the festival to their own districts.

SCIENCE EXPO

RBS Science Expo 2020 was showcased in Rato Bangala School (Lalitpur) and Shree Papropakar Adarsha Secondary School (Kathmandu) on Thursday 27 February and Monday 2 March respectively. There were 18 projects presented by 14 groups that contained 75 participating AS Level students in total. The projects ranged from the use of arduino and breadboard to the applications of different sensors that required high level of programming skills. Some projects were simple, yet interesting and of everyday application values. There were cars, drones, games and the use of light, moisture, pressure sensors and innovative apps. The students worked on the projects themselves with some scaffolding from the A Level Science Teachers. The projects demonstrated the passion and interests of the students and we could see that the students had worked at a very high standard. The whole Rato Bangala community and the students of nearby schools in Lalitpur and Kathmandu benefitted from the two showcases. The third showcase which was to take place in Shree Padma Higher Secondary

school (Bhaktapur) was postponed due to safety issues surrounding the corona virus.

DUKE OF EDINBURGH'S AWARD

Eleven A Level Gold participants of the Duke of Edinburgh's International Awards successfully completed their Qualifying Adventurous Journey on 8 – 12 January, 2020 to Ghandruk crossing Australian Base Camp, Deurali, Landruk and Jhinudanda. The experience helped the participants to hone their hiking and leadership skills. The students displayed confidence and an excellent team spirit throughout the journey.

Similarly, thirty seven A Level and forty-three Grade IX Bronze Award participants also completed their Practice Adventurous Journey to Patalekhet – Namobuddha, Kavre and Nepal Scout Training Center, Kakani from 15-16 Feb. The students were trained on navigation skills, especially to prepare route card and route map; camp craft, first aid and basic research methods.

TED-ED CLUB

After a regular series of informal events and spectrums, the Rato Bangala School TED-Ed Club, established in 2018, hosted their first formal TED-Ed event on 27 February, 2020 with an array of speeches eloquently delivered under

the format of TED. The speakers were club members, now club executives, from our A1 students Aashir Thapa, Devansh Dutta, Priyam Bhattarai, Saharsha Dhan Tuladhar, and Sweccha Karn. The event was a success and received great praise from the listeners. Congratulations to the club initiators A2 students Samyak Shrestha and Prashanti Khadka.

RBS-MUN

The annual Rato Bangala Model United Nations International Conference was held for three days, 13-15 December. Mr. Sujeev Shakya, for the opening and Rato Bangala alum, Mr. Abiral Pant, for the closing, were the guests of honour for the event. Students from Grades VIII to A Levels participated in the conference. We also hosted number of delegates from various schools in Kathmandu and from India. On 25 February, 2020, the students of Grade VII took part in the Junior Model United Nations. A big thank you to the A Level students who helped train Grade VII students and gave them the confidence required to debate and discuss in the committees in the senior MUN in the coming year.

CAMBRIDGE A LEVEL TEACHER TRAINING

Cambridge Face to face training was hosted by Rato Bangala School on

5 and 6 February. The trainers for Physics, Chemistry and Mathematics travelled from UK to conduct the training. Teachers from different schools and colleges participated in the two day training.

BIDYA PURASKAR

Krittika Kasaju from Grade VIII, Rato Bangala School won this year's Bidya Puraskar, a valley wide Nepali Essay Writing Competition. Sarjal Dallakoti from GEMS and Arya Shrestha from Matribhumi School received the Consolation Prize. Congratulations students!

SPORTS

Football News

A Level girls won the NISSA 2020 Football and were declared NISSA Champions 2020. The Grade V boys participated in the Excelsior Junior boys Futsal competition and reached the semi-finals. The junior boys' team played a friendly match with the AIMS School.

Similarly, the boys' team of Grade VIII won the Champion Futsal Tournament. Friendly futsal matches were held with the British School and the Rosebud School in which students of Grade VI, VII and VIII participated. In the Little Angel's Cup Futsal Tournament the Boys finished second and they won in the Intra-School Football Tournament. In the British School Charity Futsal

Tournament our Girls team got the First Position.

Basketball News

The girls participated in the Himalayan Inter School Girls Basketball Tournament and emerged victorious. In the NISSA Basketball Tournament the Girls Team won the first place and in the Lincoln Friendly Basketball Tournament the Boys came third. The junior boys and girls basketball team played a friendly match with the KISC School.

EVENTS AND TRIPS

Grade I Bakery

As part of their Social Studies curriculum, the students of Grade I did a long-term study about the Bakery. During the Bakery Unit, the students had trips to two Bakeries; Dhokaima Cafe and Krishna Pauroti. The students also made recipe booklets. As a culmination activity of their study, the students set up their own bakery and shared their cakes and cookies and presented their study to an audience.

Grade II Library

Grade II had multiple trips this term during their study of the Library. In order to gain more knowledge about how libraries are kept and maintained, the students visited various libraries namely, Pingal Library, RBS Library, and Madan Puraskar Pustakalaya. They also took a trip to Jagadamba Press on 6

December where they got a chance to see books being published first hand. They created their own library in their classrooms on 12 March with books of different genres that were written by the student authors themselves.

GRADE III CITY PROJECT

As a culmination activity of the City Project, the students of Grade III set up their own city on 6 March in their classrooms. Students made 3D models to set up their city which had the basic services that make up a city. It was impressive to see how the children had used their scientific skills to electrify the city by making two-way switches in their models.

OTHER TRIPS

Grade IV took a trip to Sundarimal on the 5-6 February to further enhance their knowledge on river systems. The students visited the Sundarimal area in particular to study the River Bagmati.

Grade V students, went on an overnight trip to Gorkha on 7 and 13 December, 2019. Gorkha being the birthplace of King Prithvi Narayan Shah, the students got to explore his palace and learn a little more about our country's history.

This year Grade X students had an opportunity to go to Chitwan for an overnight trip from 21-23 December, 2019. They spent time taking in the

RBS TED-ED Event



City Project, Grade III



Board books launched at BSM 2020



Adventurous Journey Gold Award group

