Dear Parents, Staff, Students and Friends of TBS

Health fitness and wellbeing has certainly been a focus this week, with lots of house competitions taking place during PE lessons, ‘drop everything and dance’, mini marathons, mindfulness sessions and our Secondary Swim Gala, which takes place tomorrow. We will be continuing with this theme as soon as we return in Term 2 with the visit of Natasha Devon, who will be working with staff, student and parents on our mental health and wellbeing. Natasha is a renowned and respected advocate for children’s mental health and wellbeing, having written several books, worked with the UK government and hundreds of schools, resulting in being awarded the MBE. We are so fortunate Natasha will be visiting the school and I urge all parents to attend her session on Tuesday 30th October, starting at 8:30 am. Please RSVP asap!

It was wonderful to attend the volleyball finals last weekend; the quality of performance was excellent, but even more impressive was the camaraderie and sportsmanship on show, not only within teams but between teams. Thank you to our PE team, staff and parents for supporting our students over the past term.

As we come to the end of long and successful term, and we are all looking forward to the term break, there will be 14 students completing some examinations over the next few weeks, starting next Monday: we wish them the very best.

Tomorrow, all parents will be receiving a letter from me requesting an update in your personal details for our records; it is vital that these records are accurate so that we can support you and your children in the very best way possible. Please do complete the form in detail and return to our Admissions Office by Friday 2nd November. Thank you in advance for your cooperation, and I would like to wish you all a happy Dashain and a restful term break.

Brian Platts

Recent & future events

Secondary Swim Gala

The first water based house event of the year, the Secondary Swim gala, will take place tomorrow! We look forward to seeing our swimmers in action and hopefully some new school records will be made.

Firefighting training for security/support staff

As part of annual training programme, Binod Thapa, our security supervisor conducted a brief training on firefighting - specifically the use of fire extinguishers and fire blankets for our security and support staff.
Parent Information Session - 3 Key Skills for Promoting Good Mental Health & High Self-Esteem - Tuesday 30th October

The upcoming Parent Information Session is on Tuesday next term i.e. 30th October at 8:30 am with Natasha Devon, where our focus will be on 3 Key Skills for Promoting Good Mental Health & High Self-Esteem. These information sessions are designed to have a focused presentation and discussion about select topics, with an opportunity for parents to ask questions they may have directly to the leadership team. If you have any suggestions or queries regarding these sessions, please contact Ms. Nancy Khetan directly.

Alumni Visit

Over the last two weeks, we had the pleasure of hosting three of our alumni for school visits. On the left, Akanksha and Ashlesha, visited us after four years of graduating. They both have been working in Kathmandu currently and were amazed to see school grow. On the right, Sophie is practicing as a doctor in New Zealand and was very much excited to visit school after 25 whole years of leaving!

Volleyball Cup Weekend

The TBS Volleyball season was rounded off on Saturday with an extravaganza of finals at TBS. Well done to Springdale who won both the boys league and cup title with a clean record of victories throughout the season. In the girls competition Springdale won the league title but Paropokar captured the cup title with amazing performances on Saturday. TBS girls were runners-up in the cup, 3rd in the league with the boys finishing in 4th position in both. Congratulations to all involved throughout the season for the first ever NISSA Volleyball initiative.

U15 FOBISIA Squad

Best wishes to our TBS U15 FOBISIA Yetis who will travel to Phuket at the end of the holidays to compete in the annual multi-sports competition. TBS will go up against schools from all over Asia in Athletics, Swimming, Basketball and Football events. Go Yetis.

Skipping Rope collection

In conjunction with Health & Fitness Week, KS4 are collecting new and used skipping ropes for our partner schools in Dhading. Please donate a skipping rope for this worthy cause by dropping it in the box at the coffee stand, Community Shop or PE office during Week 8 & 9.