Dear Parents, Staff, Students and Friends of TBS

It was wonderful to experience my first International Day at TBS; it was not only the music and costumes that made it so special, but the atmosphere it helped to create, which was one of genuine interest, and celebration in each other's cultures. The Primary Assembly in the afternoon was spectacular; it was fantastic to see so many students performing with such pride and gusto! Thank you to Ms. Griffin, who was the driving force behind this very successful and joyful day.

One of the many great things about TBS is how involved our parents are; it is vital that a genuine partnership is created between students, teachers and parents for the former to make progress (it actually helps all 3!). On Tuesday and Wednesday it was heartening to see so many parents in school discussing their children's progress with their primary teachers, celebrating the many successes, identifying the next steps in their development, and how they can get there.

Our Senior volleyball teams are developing all of the time and we welcomed them back from their tour to Singapore. Both teams reached the semi finals and although they were disappointed in the final result, they will have learnt so many valuable things about themselves and their teammates. They have their Kathmandu finals this weekend and we wish them all of the very best.

Next week is our Health, Fitness and Wellbeing Week which includes our Secondary Swimming Gala on Friday. Don't forget to sign up for Natasha Devon's presentation on the first Tuesday back after Term Break (30th October); Natasha's talk on promoting good mental health and self esteem is focused on helping adolescent children, but parents with younger children may want to attend also. Please don't also forget that the school is closed next Wednesday for Ghatasthapana!

Have a lovely end to the week and weekend.

Brian Platts

Recent & future events

Year 9-13 Geography and History trip to Vietnam
The final deadline to show interest for the Y9-13 Geography and History trip to Vietnam will be this Friday (5th October). Please email jpinder@tbs.edu.np to express an interest in your son/daughter attending. Further information can be found here.

Donations for Chautara
For the aid and development of underprivileged schools in Chautara, a donation box has been placed outside in front of the gates. Please donate any old books, toys, clothes, etc. The Sixth Form would appreciate any and all forms of help.
Employee of the month
Shrijana has been excellent in her work and has proved to be very hardworking. She is always ready to help her colleagues in any manner and does whatever she is requested to efficiently. This is a small gesture to recognise her effort and all the work she does. We declare him the employee of the month Congratulations! We appreciate all that you do.

Parent Information Session - 3 Key Skills for Promoting Good Mental Health & High Self-Esteem

The upcoming Parents 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. We request you to RSVP so that we can organise a suitable space and appropriate refreshments. Please also send in any questions you may have to us, regarding Mental Health and Well being by Tuesday 9th October, so that we can include these in our presentation. 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.

Health & Fitness Week Trail
Around the school site from next week you will see the H&F Week fitness circuit. All students will undertake the trail at various times throughout the week. Parents are welcome to try any of the activity stations!

Yeti Volleyballers
The NISSA Cup finals day on Saturday will round off an exciting and busy term of Volleyball here at TBS. Our Senior teams are just back from a successful tour to Singapore where both Senior boys and Senior Girls reached the semi-finals. Best Wishes to our Volleyball Yetis as we look forward to an action packed day of sets, spikes and blocks!

USEF University Fair
Last week we hosted 16 U.S. colleges and universities, as part of the annual USEF University Fair. The Hall was buzzing with the sounds of college counsellors delivering their sales-pitches and eager students considering the exciting futures ahead of them. The fair was well attended by years 11 - 13, but also parents and students as young as 14 quizzing the colleges.

International Day 2018
The annual celebration of our wonderful International community took place last Friday. It was great to see everyone dressed in their national costumes and taking in great pride in where they come from. The parade was a colourful show of the 50 nations we have represented in our school. The exciting day culminated in an International Extravaganza, celebrating home and host nations. The primary children left us all with following message from International Day 2018 - We are the world, We are the children, We are the ones who make a brighter day. Photos from the day.

Secondary Swim Gala
The first water based house event of the year, the Secondary Swim gala, will take place on Friday Week 9. We look forward to seeing our swimmers in action and hopefully some new school records will be made.

University of British Columbia Visit
UBC will be running a University talk for all Years 11-13 students on Thursday 11th October between 3.30 pm and 4:30 pm in the secondary library. This will be an excellent opportunity for students to meet with their representatives and gain valuable advice about selecting suitable colleges and the application process.

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.