Dear Parents, Staff, Students and Friends of TBS,

Last Saturday we hosted our community partners at TBS to run training on a range of topics such as planning, crisis management, child protection and first aid. We were joined by BVS (Burns Violence Survivors), ZONTA and ASMAN who also delivered training. Over 20 TBS staff gave up their time and expertise to support colleagues from our partner schools. The feedback was very positive and it was a really rewarding day. If any parents have relevant skills they would be happy to share with our community partners, please do let Mrs Wambeek know (lwambeek@tbs.edu.np).

Next week we have a British Schools Overseas OFSTED inspection and we welcome Mark Evans & Sheila Smith from PENTA to TBS. As members of the Confederation of British International Schools (COBIS) and the Federation of British International Schools in Asia (FOBISIA), we undertake a voluntary inspection every 3 years for quality assurance and as such we feel this is a useful process.

Recent & future events

Sport at TBS!

At a parents forum earlier this year there was a request for an overview of the Physical Education programme at the school. The PE department have put together a document which outlines the philosophy and the schedule of sports taught across the year. These do rotate and change so do talk to the PE department if you would like to know more - PE Provision Overview.

Stress!

Stress! We all experience it occasionally. Sometimes we cannot avoid sources of stress, and need to know and use strategies that will help to keep us healthy. This week during Secondary assembly, students and staff tried a few minutes of mindful meditation. We made sure we were sitting in a comfortable position, before doing a body scan. We paid attention to our breathing and different parts of our bodies, and noticed how we were feeling. This was an introduction to using mindfulness as a way of managing stress. If anyone would like to find out more, check out this link or speak to our School Counsellor, Nicole.
First outing for TBS U-15 Boys’ Cricket team

TBS cricketers had their first competitive outings of the year with matches against Paragon School and Alok Vidyashram School on the first weekend of February. TBS batted first against Paragon scoring 93 all out, but the opposition mounted a successful run chase and won with two wickets to spare. In the second game, the opponents were Alok Vidyashram School and batting first scored 119. TBS played a fantastic innings in response and clinched victory with just 9 balls to spare. Well done to all the players on a great victory and two dedicated performances.

Cupcakes

Foundation 2 started their new topic, *Shopping*, in an exciting way! They went to the Harati Market to buy ingredients with which they baked cakes. The next day F2 parents were invited to come and buy the children’s delicious cupcakes. The children practised handling the money and raised 4200NRs for their community project, the Suryodaya School. Young entrepreneurs in action!

Wicked tickets!

Secondary students are busily rehearsing for their production of *Wicked* on Wednesday 9th and Thursday 10th March. Tickets will be on sale soon!

Guest speaker in A Level Economics

Y13 Economics students received yet another guest speaker, Annika Olsson, from DFID last week who explained how economic development works in practice. She was kind enough to show how Foreign Direct Investment in Nepal and other countries works using real life examples and current projects. Students also had the opportunity to ask some excellent questions!

Model United Nations at Rato Bangala

TBS students took part in the well-established annual Model United Nations competition at Rato Bangala over the weekend. Intense debates about cyber warfare, civil war in the Ukraine and the threat of ISIS took place. Our Year 9 TBS students were competing with students who have organised and taken part in MUN conferences for 5 or more years and were from Years 10-13! The fact they did so well shows how much hard work went into their preparation. Students wishing to take part in future MUN events should speak to Ms. Hands or Mr. Jackson.

Mini Olympics by Foundation 1

Foundation 1 at their Olympics opening ceremony before they impressed us all with their athletic prowess!