

# The British School



Caroline Drumm  
Principal

P.O. Box 566, Jhamsikhel, Patan  
Kathmandu, Nepal

26th October 2021

Dear Parents and Carers,

## **Information for families - Upcoming Student Events**

Following on from a highly successful International Day celebration, we have several exciting and valuable student days planned for early this term. These days are designed to celebrate the diverse cultures of our students, raise awareness of important topics and to provide further opportunities for all of our students and staff to come together as a community. All of these events will run during normal school hours and will not impact student learning time. A brief overview of each of the planned events has been outlined below.

### ***Halloween Dress Up Day (Monday 1st November)***

Halloween celebrations are an important cultural event for many of our students and their families. To acknowledge this, we will be inviting all students (Early Years, Primary and Secondary) and staff to dress up in Halloween costumes on Monday 1st November. We are encouraging all students to embrace this opportunity and come to school dressed in their best Halloween costumes. As always, we want our students to dress appropriately and be mindful that their outfits can be eye-catching and exciting, but also sensitive to the feelings and perceptions of others. Further guidance on appropriate costumes will be provided to students by their mentors or class teachers. Should students have PE lessons on this day, they will need to pack their PE Kit and be prepared to change in and out of their costume for this lesson (this will also apply to any sports clubs after school). We are very excited to see all of the Halloween costumes next week.

### ***Breast Cancer Awareness Day (Wednesday 3rd November)***

Our student leadership team has planned a Breast Cancer Awareness Day for Wednesday 3rd November. Given the significant impact breast cancer has for people and families all around the world, our student leaders would like to use this as an opportunity to discuss the importance of breast cancer awareness and raise funds that will be donated to breast cancer research. On this day, all students (Early Years, Primary and Secondary) are encouraged to wear something pink in support of breast cancer awareness. Students could choose to dress entirely in pink, or they can also wear a single pink item (such as a shirt, socks, hat or ribbon). Collection stations will also be located around the school where students can leave donations of any value. These donations will be used to support organisations specialising in breast cancer research and awareness. We hope to see all students and staff wearing pink on this day and supporting such an important cause.

Patron: H.E.The British Ambassador

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## ***Remembrance Day (Thursday 11th November)***

Thursday 11th of November is Remembrance Day. This day is a memorial for all those who have lost their lives in wars and other conflicts. Although traditionally acknowledged by the Commonwealth states, this day now acknowledges all individuals, regardless of nation, who have lost their lives defending our rights and freedom. To pay our respects to this important day, and to continue creating awareness in our younger generations of the sacrifices made by those before them, we will be hosting an online whole-school Remembrance Day assembly. With speakers and presentations from all sections of the school, including staff and students, we will come together as a community to remember those we have lost and appreciate the rights and freedoms that they fought so bravely to protect. We hope this is a highly valuable day for all of our community.

## ***TBS Mental Health Day (Friday 12th November)***

TBS Mental Health Day is a day dedicated to the awareness of mental health and to provide additional opportunities for students and staff to engage in activities focussed on mindfulness, relaxation and positive wellbeing. Learning resources will be shared with students during mentor time where they will have discussions around mental health, raise awareness of mental health concerns (for individuals and communities), discuss ways to reduce the stigma around mental health and encourage our community members to talk about issues that might be affecting them or others. We will also be offering a range of activities to students during lunch which focus on promoting positive mental health and wellbeing. These activities will be optional for students and staff, however, we are highly encouraging all students to get involved and advocate the importance of mental health and wellbeing for everyone.

We hope that these events are valuable experiences for your child/children. Should you have any questions, please do not hesitate to contact us.

Yours Sincerely

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