



The Thranqu Express

The Voice of Himalayan Children

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TASHILING SCHOOL

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Tuesday

"I learned that true happiness lies in doing something useful with your life" -Eleanor Roosevelt

BRIEF NEWS

18th ACH {Academy, Clinic and hostel} meeting held

18th ACH {Academy, Clinic and hostel} meeting was called out on Friday, June 10. The meeting was conducted for the first time in this academic session of 2011-2012. Similarly as usual the clock wise health report had been done. "We can see the progress in the students' health and hygiene" Clinic in charge Miss Balkumari said. Speaking at the meeting Mr. Wangchuk Rapten, Clinic In charge, thanked all the academy and hostel members for their kind cooperation and for the smooth conduction of the meetings. Mr. Wangchuk Rapten handed out the responsibility of organizing ACH meeting to vice Principal. "This is not only my job to solve the issues and problems because I think it is our own responsibility and duty to look forward to the issues for the benefits of the school and kids" Vice Principal said. T.E.M

Inter-house poem competition

On June 16th, inter-house poem competition was conducted. The poem competition was categorized into three different languages: Nepali, Tibetan and English. There were almost fifty competitors. All the participants from different houses enjoyed the competition. T.E.M

Website designing class for students

Tashi Tsering Sherpa, a scholarship student, has been conducting web designing class to the students of class 6-10 during the month of June. The classes are conducted four days a week except Tuesday, Thursday and Saturday. There are two groups of students with 30 students in each group. However, only 50% students from each group attend the class. According to students, the class is more practical and fascinating. T.E.M

Two days teacher's drama workshop ended

16 June 2011, Thranqu Express

Jenny Hughes along with her friends Colleen Jackson both volunteers at SMD School organized a two-day drama workshop for the teachers on June 13 and 14, 2011. The workshop concluded with lots of fun and excitement.

The participants played various interesting games during the workshop. The game includes whoosh, Barn yard, Changing the scene, tongue twister, loosen up shake down 8 steps so on.

Speaking at the workshop Jenny said, "Drama is more about physical exercise, trust and cooperation". Likewise "I am very impressed with the energy, forwardness and participation of the teachers," she added.

Jenny Hughes and Colleen Jackson had volunteered teaching aid and had worked on drama workshops with the students and teachers during their one month stay. All the teachers including vice principal Kama Tsering participated in the event.

The school bid farewell to both of them in the morning assembly on Wednesday 15 June. Georgia and Lauren, ex-volunteers at the school, started the drama club in the school.

Kids work-out with peace pal project

13 June, 2011, Thranqu Express

'Peace Pal', a new project which aims to create international peace and friendship especially among the youth, has been assigned to a group of 39 girls and a boy student in a recent meeting held on June 11.

All the members of the project had written their first letters to their friends, peace pals.

The founder of peace pal "Sarah Wilkinson" saw different youths learning and sharing ideas among themselves. Then she implemented her ideas to give a chance to learn from each other.

"We don't have many boys participating therefore we would like to encourage boys to participate in this project" said Migmar Lama, a project helper.

Knowledge Board

Health and Hygiene

Ulcers

Many guests who attend our resort report having suffered from chronic acid indigestion for years. Nearly all of these people are free of indigestion within one week, some within only a day or two.

Excessive acid production may also cause ulcers in some individuals. Certain foods cause a higher stomach-acid secretion than others and should be avoided. Primary offenders in raising stomach acid are milk and coffee [both regular and decaffeinated]. Cigarette smoking is also closely associated with ulcers. As might be expected, a "fat-free" diet has been shown to be very effective in healing ulcers.

All of these digestive system disorders may be prevented, mitigated or cured by avoiding obviously harmful products such as coffee and cigarettes and by eating meals that do not turn digestive and excretory systems into cesspools; namely meals containing high-fiber, low-fat, animal-product free foods.

-Mega Health

Student-teacher relationship

Relationship is an emotional connection between two or more people. In the society everyone is connected to each other whether it is bad or good relationship. Relationship is not only made with people but even we can emotionally be connected to animals as well. As we are social animals we can get help from one another in one way or the other. That is the reason why we are trying to make many friends and build strong relationships with others.

The relationship between students and teachers is very important because students usually get connected with teachers in a way similar to their relationship with their own parents. If the relationship between students and teachers is good then it is easier for the class and it will create good and suitable environment for the learners. The relationship between the students and teachers are like two sides of a same coin that means if there are no teachers then students can't get education and students will be incomplete without teachers. The relationship between students and teachers is similar to the relationship between human beings, animals and plants. They are interrelated to each other and cannot be separated. Teachers are responsible for the students' future and they can help the students with their difficulties and problems. And teachers are always there to teach them new things apart from book. Students learn from teachers and sometimes teachers also learn from students.

If there is not good and strong relationship between the students and teachers it is very difficult and can cause different problems. In that case, we cannot express our feelings openly as we are scared. There won't be improvement in our studies and our behavior won't be good due to lack of knowledge. It is better to create strong and good relationship between teachers and students because it will increase our confidence and we can share feelings or opinions. It will also improve our relationship with friends and there will be suitable environment. Even if the person is very strange, we must always create a strong relationship with every person around us.

-Class VIII

All minds can be intelligent

"Wow! What an extraordinary little boy, that boy is with various story books all the day and night, he is so talented in speaking English".

"Have you ever noticed that girl wearing sixer's shorts?

Her hands are for scoring in the net". Everyone feels sorry and says "the dusked adult is very regretful for his tediousness".

Like this cases, every mind is unfamiliar as the above sentence in the inverted comma. They think that extraordinary person is born intelligent and mesmerizing, but everyone is born naked and equally.

My friend Tsesang got his theory for me, you and all "to be accomplished and intelligent we don't need attention, instead we need interest and experience". I can prove you in reality. In SMD, everyone says "Karma Tsewang (No-no) is skilled at fixing the rubies cube". Yes! He is.

But we also know that he cannot compete with Karma DonDhup on kicking a football". Have you ever thought why?

I also thought a lot and came to a fair conclusion. Karma Tsewang's interest has been on rubies cube, whereas Karma Dondhup has more interest in soccer rather than others.

Likewise, Tsesang's got talent of both Karma's skills as he has interest in everything.

This can prove that you have to have interest and a bit hard work to become intelligent and better in any of your daily activities. As each diamonds is dear and pure, you too do have the interest and experience on the field you like.

"All minds are born equal you have to use it to become special"

-Sonam Lama B331'A'

Peace comes from within. Do not seek it without.

Junior Section

SOUND!

When I get out

I'm going to ask someone

To talk with me,

Politely please And softly

Please talk with me

I want to learn again

How life feels, how to
hear polite sound

I've not been talked to

For seven years,

For seven years

I've been deaf

I've heard the voice of nobody

Now I realize how life feels when

We have no friends to talk to

Silence-not really

I can count the screams

That I've heard

One: shouting

At the beginning

Rudely, loudly,

Screaming

Shouting and screaming

Till I remember

"Don't shout at me,

Please don't shout at me!"

Two: orders

The first four years of obeying

Everyday

Rude orders, harsh sounds and

Much sadness

Hurting sounds

Heavy, indifferent

Probing away

All privacy.

I don't want loud and harsh

I want

To want to be spoken to

Again

And to feel sung

Again

And to speak

I want to say when I get out

"Here I am

Please, talk to me."

By class IX 'A'

SMD School

A place of culture

A planet of traditions,

Feeling of love for each other

A quality of goodness in each,

The hidden innocence in their eyes

The real buddichitta kindness

deep inside their heart

A heaven filled with love and peace,

And a world where happiness never ends

The place where there is so

much to learn

And a temple where hold prayers.

So, think! What is it?

Of course, it's our school,

"Shree Mangal Dvip" known as

"Tashiling"

Rithar Dolma B305



Hostel students performing as a welcome greet for the newcomers during hostel night.

VIDKIDS

Congratulations!!!

Congratulations to the entire grade X students for their successful result and fruitful achievement. SLC result has been come up with 100% passed result including 9 distinction and 10 first division holders. Speaking with the vice principal Karma Tsering, "Personally I am very happy for the successful result, I think it is all because of whole team including teachers, support staffs and everyone. It is their commitment and contributions but at the same time I feel very challenging for the upcoming years". "I think it is all because of new teaching strategy that the teachers have adopted" he added.

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Senior Section

STORY

Can you make your own story?? 'Yes, you can. You won't believe to yourself after you read through this amazing story. The story is self written by the students of class UKG with their creative ideas and thinking. They wrote this story in the class activity. The students think that they can create and write the story.

The Wolf and a boy

Once upon a time, there was an old farm house in the middle of the deep jungle. Nobody used to live there. The people believed there lived a ghost. One day, a boy arrived there from the city area. He liked the farm house very much. He stayed there feeling very warm and cozy at the house. The very next morning he decided to go into the deep jungle for hunting. As he went deeper into the jungle, he got lost. He felt very worried as it was about to get dark. He felt so tired that he rested below a tall tree. Suddenly, he heard the sound of a wolf. He turned his face all over to catch the glimpse of wolf but he wasn't able to see the wolf due to the darkness. He was in panic and terror but as time passed by he felt asleep. When he woke up, he started to panic in shock because he saw the wolf in front of his eyes. He shouts with fear and tears in his eyes. The wolf turns away. The wolf ran and ran and suddenly he heard the sound of a lion. He was so afraid that he stopped at the point and took a deep breath. Again the wolf ran and ran and saw a house where he saw that same boy. The wolf saw some very weird and unusual changes on his body. His eyes were red and his fingers turned into claws. That moment he realized that the boy was not an ordinary boy. As the wolf was scared, he ran as fast as he could. Finally, he reached his house where he saw his parents. He went to hug tightly to his parents, father wolf and mother wolf. With such an adventurous and scary moment of that day, he slept with a promise never to leave the forest alone.

Laugh out loud!! Hahahehe....

"My father never slept - oh, he used to 'rest his eyes' quite a bit. He'd never admit he was sleeping... So I tried to throw this back at him: 'No Dad, I'm not ignoring you, I'm resting my ears.' 'No Dad, I'm not drunk, I'm resting my ability to make sound decisions.'"

- Drake Witham

Important Notice

All the students are requested to submit their article with full names and Adm. Your article will not be accepted if you do not mention your

Adm and name.

Thank you

-Thrangu Express

My teacher

My teacher's name is Tsering Dhundup .He is very nice and always good towards me. He teaches us English and science. We are really happy to have him as our teacher. We also have many teachers in the school. We always respect and love them from our inner core of our heart. They are the main source from where we get the daily information and news. We are really thankful to them. We love you all.

-By Phurbu Sangpo 'D132'



Espunkids against ultra boys in action doing the intermediate basketball tournament.

My school

My school's name is

Shree Mangal Dvip Boarding School

My school has three building

There is one big library

There are many teachers

There are three dogs

There are so many offices

There are more than seven hundred students

We have one tailor room

My school is very nice

We have one hall

We have one dining hall

We have one play ground

I like my school

-Unknown

Every human being is the author of his own health or disease.