



# The Thranggu Express

The Voice of Himalayan Children

Date: 16<sup>th</sup> Dec. 2011

Tashiling School

Day: Friday



Inter-house soccer tournament being played in the 2nd match between Sagarmatha house and Sambotha house.

## Two days first Aid training End

**Thranggu Express 30th Nov:** The first aid training for two days conducted by Vanessa Gates, the dentist from US concluded successfully on Tuesday, 29th Nov 011. The health club members, interested students along with the teachers participated in the training. The training was focused on curing cuts/wounds, spinal cord problems and CPR. The school clinic in charge Miss Balkumari and the Vice Principal Mr.KarmaTsering were also present in the training. The training was held 2 days for an hour after school hours in the shrine hall. -T.E.M

**"Students' attention is very important to control classroom and manage discipline problems" Shirley the director said.**

Speaking at the workshop for classroom management, Miss Shirley Blair, the director, said to the teachers, "Students' attention is very important to control the classroom and manage discipline problems"." Interested and happy kids learn better", she added. Director Shirley distributed chocolates to all the teachers to welcome the class. She talks about the background of Rinpoche's aim of establishing school in the event. Similarly, she expressed her surprise about not to find any teachers from the Himalayan part of country. A computer teacher and ex students Pema Norbu from Nubri shared his experienced in the event. 'Likewise, a short rhyme "Right foot in and out" was danced along with the director. Rinpoche established this school in 1987 to preserve Buddhist way of life, preserve own culture and give better education to Himalayan children, Shirley added. She thinks "Everybody should learn whole different way to teach and new ways to handling kids discipline in the school. Moreover "she added kid's participation is very important for learning.

## Sagarmatha house defeated Strongtsen house in Inter House soccer tournament

**Thranggu Express 12 Dec:** The first match between Sagarmatha and Strongtsen was defeated by Sagarmatha house by scoring goals 7-1 in the first yearly inter house soccer tournament held on 11th '011.' Similarly, the second match between Sombhota and Sagarmatha remain equal by 2-2 goals. In the third match held on 13th Dec. Strongtsen house defeated Sombhota house by 3-2 goals. Wangchuk Sherpa from the Strongten house was given red card after he was given yellow card when he quarreled to the referee of the match. The final match will be held on Thursday, 15th 2011 between Sagarmatha house and Strongtsen house. The event was organized by the students Gyaltzen Sherpa, Tsering Norbu, Prem Bahadur, Sonam lama along with health club members. T.E.M

## Bid farewell to Keith and Karen

**Thranggu Express 2 Dec:** Teachers bid farewell to Keith and Karen, the volunteers from Canada on Friday, 2 Dec 2011. Speaking at the farewell the school director Shirley said, "School is very thankful for their knowledge, generosity and wisdom that they have shared with the kids". 'Similarly, seniors organized farewell program to Keith and Karan on Monday 5th Dec 2011. The seniors along with the students dance and sang in the event. Keith and Karen had volunteered for three months. Keith took Digital citizenship class for two weeks above class 5 to 10. 'Likewise, Karen took health and Hygiene class to the senior classes. The families also donated several utensils to the senior apartment. -T.E.M

## Scrabble competition held

**Thranggu Express 11 Dec:** Scrabble competition was organized by Mr.Dawa Gyaltzen, a V.P assistant for the first time at school on 10th December. The students from class 6 to 9 with almost 24 students had participated in the open competition. The competition was disrupted due to other school activities for time being. Until now the highest point in the competition stood 140 score whereas the lowest stood 31 score. "Even I have organized this event but the students themselves are leading", Organizer said. T.E.M

## Knowledge Section

### **Animals Socializing**

Some animals live on their own. They only encounter others of their species breeding time. Otherwise they live alone, feeding and hiding and surviving without help from their fellows. Worms, starfish, slugs and salamanders are a few of the many animals that follow the life of a loner.

Other animals live in groups. Tuna swim in schools, and starlings fly in flocks. Animals live these could probably survive on their own. But in a large group they find safely, and they often feed and breed more effectively.

Some creatures not only live together they depend on each other, too. They are known as highly social animals. They help each other and cooperate in the basics of life, such as feeding, defense, home-building, and raising young. Insects, birds and mammals are the most highly social animals.

#### **-How nature works**

### **Laugh out Loud...!!!**

A professor stood before his class of twenty senior organic biology students, about to hand out the final exam. "I want to say that it's been a pleasure teaching you this semester. I know you've all worked extremely hard and many of you are off to medical school after summer. So that no one gets their GPA messed up because they might have been celebrating a bit too much this week, anyone who would like to opt out of the final exam today will receive a 'B' for the course."

There was much rejoicing in the class as students got up, walked to the front of the class, and took the professor up on his offer. As the last taker left the room, the professor looked out over the handful of remaining students and asked, "Anyone else? This is your last chance."

One final student rose up and opted out of the final. The professor closed the door and took attendance of those students remaining. "I'm glad to see you believe in yourself," he said. "You all get 'A's.'"

### **Diabetes is a Risk Factor for Heart Disease**

Diabetes is one of the strongest risk factor for heart disease. It causes up to a 340% increase in mortality. When stroke and heart disease are combined, the death risk increases to 410%.

Even a small decrease in the ability to metabolize sugar may increase the risk of dying from heart disease. Those with blood sugar levels above 96 two hours after a glucose-tolerance test are at approximately double the risk of death from heart disease as those who are below those levels. This is an interesting finding, because levels under 115 are not usually considered to be diabetic

.Even a tendency toward diabetes may predict an increased chance of death from heart disease. As might be expected, a low fat diet can prevent both heart disease and diabetes in nearly every case. Other methods may control sugar levels but can increase the risk of death from heart disease. Oral hypoglycemic drugs, which lower blood sugar, have been shown, in some cases, to increase the rate of death from heart attacks by 250%.The drug tolines carries a warning label stating the increased risk of death.

A prominent California physician considers these drugs to be so dangerous that he always removes diabetics from these medications immediately and then treats them with a low-fat, high starch nutrition program. He has stated that, 'Because nowadays the primary purpose of diabetes treatment is to reduce the complications of the diabetes treatment is to reduce the complications have the disease, prescribing a drug which doubles the risk of heart disease makes no sense. It is hard to argue with that logic.

#### **- Health Magazine**

## Junior Section

## Story

Once upon a time there lived a wolf. One day, the lion saw wolf running into a deep jungle. The lion asked to wolf why is he running into jungle. The wolf did not answer his question and continue running deeper inside the jungle. The lion become so sad and turned into his ways. The wolf seems so fast and furious. Suddenly the cat appeared nearby bush. The cat asked to wolf why is he running into jungle. The wolf did not answer his question as well. Then again, the cat mewed and turned his own way. The wolf started running even faster than before. As the wolf was approaching in the middle of the jungle one of the wolf mother saw him. The wolf mother asked him the same question and the wolf talk to him soon. The wolf mother asked him about his ignorance to others. The wolf begins to cry. The wolf mother advice him that everyone is equal creature. We are equal to every other animal even we are born as wolf. We are different by our structure but we are same in feelings. The wolf began to cry and apologized to both of them. Finally they lived happily ever after.

**-Tsewang Gyaltzen B806**

## My family

My name is Nyima Wangmo. I am 11 years old. In my family there are five members .They are father, mother, sister and brother and me. My father is monk. He teaches to old women about Buddha dharma. My mother is a house wife. She cooks food for us. My sister goes to school. She studies in class L.K.G. I have one small brother. He is very small. He drinks my mother milk. I love my family.

**-Nyima Wangmob605**

## Wise Quote from His Holiness the Dalai Lama

- ❖ *If you can, help others; if you cannot do that, at least do not harm them.*
- ❖ *If you want others to be happy, practice compassion. If you want to be happy, practice compassion.*
- ❖ *Happiness is not something ready-made. It comes from your own actions.*
- ❖ *If you have fear of some pain or suffering, you should examine whether there is anything you can do about it. If you can, there is no need to worry about it; if you cannot do anything, then there is also no need to worry.*

## My best animal



My best animal is Rabbit. It has four legs. It has small tail. It has small two eyes. The color of body is white and black. Rabbit is very important. I like rabbit very much because it is very beautiful and smart. We keep rabbit at home. Rabbit is a domestic animal. I have my own rabbit. I play with my rabbit.

**-Unknown**



**Figure 1** Social teacher Bhudiman sir holding Rinpoche potrait on his farewell along with school Principal

## My Classmate

There are 22 students in my class  
My classmates are all very nice  
There are many students  
My classmates are tall and short  
My classmates are very good  
I have many good friends  
My classmate is very smart  
My classmate is very helpful  
My classmates are very lazy  
I love my classmate  
Some of my classmate does not study  
My classmate is very happy.

**-Unknown.**

## Senior Section

### New Nepal

Nepal is a country of natural Beauty. We Nepalese people are very proud of our country but some people are misusing our country's resources by polluting them. Our government has promised that he will change our Nepal as new Nepal. My vision of that new Nepal are; we Nepalese people should performed their own duties with full of honesty. The government should launched yearly development programs. Everybody should be given free education including parents. The constitution should be made very early as possible. School and hospitals should be built in the rural areas in order to give good facilities to rural people. Education system should be changed in a better ways and the most importantly unity and cooperation among people should be built as to see further development and new Nepal.

-Dolma Tsering B24'A'

### Natural Resources is our Responsibility

Natural resources are very important for us. If there are no natural resources we cannot do anything. The natural resources are water, soil, mountains, forest and many more. They are all created by nature. We use water for drinking, cooking and bathing and to pot in the field. With water we can also generate electricity.

Forest is natural resources which we used for cooking food, table, mat, bed etc. Now a day's people are cutting forest for woods to make thing so there is no more forests. And we have to stop that people to stop that people to stop cutting forests. If there is no forest, we cannot breathe fresh air and sometime when the landslides come they take away our home and destroyed our fields so we have to plants more as much as we could. Likewise mountain is also natural resources which the tourists come to our country to visit and see. In our country there are many mountains such as Mount Everest, Manasulu and so on. Tourists come to see how it is. If tourists come more than in our country it is very good to our country. So we don't have to destroy our natural resources.

-Tsultrim Dolma "N70"

## My School

School is an organization which drills with children with miscellaneous knowledge in order to make them the best human beings. There are schools of different level varying in student's number and standards but I believe that they are all set up with a good and noble motive.

Likewise, my school. Shree Mangal- Dvip Boarding School was established in 1987 by our very venerable Thrangurinpoche, deliberately to give modern education to the children of the Himalayan region. Most of the assistance is provided via sponsorship particularly from the Himalayan children fund (u.s.a).

My school consists of almost 40 staffs, 600 students, 4 buildings, a big playground, a small clinic, a library and a science lab, a kitchen, one big dining hall, dormitories and others, the most unique feature of my school is that out of 600 students, about 37 are monks and 28 are nuns.

My school has given much priority to modern education that includes computer education as well. We have also other co-curricular activities such as literary, sports, games, dance/music, dharma classes etc. We have also number of events and functions like children's day, teacher's day, parent's day, sports day etc. We also celebrate different festivals and have vacation in both summer and winter time.

What if this school was not established? Then these helpless children at their early age would land up in manual works than being educated. So, with Rinpoche's blessing this school is playing a significant role in the progress of the life of these children coming from Himalayan region.

In conclusion, I would like to wish all success to our school and my fellow and convey my gratitude to all concerned individuals and organizations for providing this golden chance to gain life time experienced.

-LhakpaNorbu, Adm: B7

**Members: PemaNamgyal[Supervisor], TsesangGurung[News PageMaker], PemaDolkar [Juniors/Seniors PageMaker], DolmaSangmo[Knowledge board PageMaker], Janchub Dolma [Typist], PhurbuLhamo[Typist], ThinleyGyamtso[Typist], Prem Bahadur [Reporter]**