



The Thrangu Express

The Voice of Himalayan Children

Date: 9/9/2011

Issued: 101

Tashiling School

Volume IV

Day:Friday

Thoughts for the Day

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

-Eleanor Roosevelt



Students voting for the new student council members in the computer. The students council members has been elected for the year 2011-2012.Video Kids

Held Inter house drama competition

On 19th August the house drama competition was held in the school at shrine hall. The school activity in charge Mr. Wandue organized the competition. The three house Sagarmatha (blue) house, Sambotha (yellow) house and Srongtsen (red) house were participated in the competition. Our school Principal Sangye Tsering, school director Shirley Blair, school vice principal Karma Tsering including a volunteer Jodi was the chief guest. The time schedule for the drama was started at 3:00 pm until 4:45 pm. T.E.M

Audition for Thrangu Idol left with 10 participants

Out of around 55 participants both boys and girls only 10 participants has been chosen in the audition of Thrangu Idol. 30 participants were left out on the first audition, where as 10 and 5 participants were left out on the second and third auditions. Thrangu Idol program was organized by the 5 girl's students of grade 9. Kunsang Diki B373, Pema Dekyong B028, Tsering Yangchen B32, Urgen Khandro B238 and Sangita Tamang B25 are among them. The students along with the hostel teachers have organized different types of musical show and program early. The school has already chosen 2 SMD idols in the early program. "We saw the students having a lot of interest, passion and attachment with music" the organizers said. "Everybody gave their best in the auditions and shown great interest and passion; however they lack confidence" they added. T.E.M

After school Art class hosted Art exhibition

On 2nd August, Art exhibition was demonstrated by the after school art class artists group with the guidance of two volunteers Toby and Samantha. The exhibition was named "after school art exhibition". The exhibition was started after lunch at library. The students of grade 4 to 10 including the chief guests Director Shirley Blair, School Principal lama Sangye Tsering and the school vice principal Karma Tsering were present at the exhibition. T.E.M

Junior Section

Our School

Our school name is Shree Mangal Dvip boarding school. It was established in 1987 by the very venerable Khenchen Thrang Rinpoche.

It was especially established for Himalayan children. School has many good facilities. It has three different blocks with contain two hostel and academic blocks. School gives scholarship to the able students. Our school is non-profitable educational institution. There are more than five hundred students. Our schools have also other co-curricular activities such as libraries, sports, dance and music, dharma classes. Our school has also number of events and functions like children days, teacher day, parent's day and sports day. Our school has two dogs one is Tara and another is Sherab. School has many female and male teachers, palas and amalas. We love our school very much.

Thank you

By Class 4 b

My Dream

My dream is to be good human beings. I want to help all the other human beings. I want to teach dharma to other people, relatives, parents and friends. I want to teach dharma about love, cooperate, to be kind and to be honest. I want to teach how dharma is beneficial to every human being. I want to go the entire monastery in Nepal, India and other country. I want to meet my brothers in India monastery. I want to meet my main dream to fulfill my family dream.

-Dawa Dolma

My best teacher

We have many teachers in the school. My favourite teacher name is Zamling Sir. He is smart and hard working. He teaches us science subject. He works very hard for students. Sometimes he gives us free time .We talks to class mates and I like his curly hair. He never Changes his hair style. He is a simple teacher. As always he gives smile and joke and he is Kind to all the students. So, I like him very much. I wish he will always be with us.

Yeshi Tenzin D11.1

My Class room

My class room is beautiful and colorful. There are twenty Two students in my class. My class room has many benches and desks. My class teacher's name is Munu Rana. She is beautiful. She is very nice. Our class room is also used for showing movies to small children. There are many windows in our class. But there is only one door. There are many pictures in my class room. There is one big white board. Our class is the biggest class in our school.

**Suman lama(3 b)
class III**

OUR RINPOCHE

Our school Rinpoche's name is karma lodro Ringlung maway Singay. He established our school in 1987. The main reason for establishing our school is to preserve our own Himalayan culture. Our school is very nice. We have great facilities in our school. I can see many changes in our school. We should be heartily grateful to our rinpoche for all of this.

-Tashi Dhondup(B06)

MY PET DOG

My pet dog name is tiger. It is a Tibetan dog. He is a boy. He was given to me by my aunty during last summer. He has grown up very big now. My friends get scared every time when he comes to my home but in reality tiger is not fierce at all. He is very gentle but when he is angry it is very hard to calm him. From my family all of us love him dearly. To loose him it will be like loosing my best friend. I will always look over you. I love you tiger.

Ngawang lama



Students participating in the Inter house drama competition of the year. It was performed in the shrine hall. Video Kids

SENIOR SECTION

The intimate details your handwriting reveals if your writing is

- ***Really small:** you are someone who is introspective and deeply focused. Your contemplative nature may get little Frustrating because you often need to be think about things.
- ***Is over sized:** you thrive on being the centre of attention and Love to talk to people. You are also a flirt.
- ***slant right:** no one will ever have to wonder what you are thinking you wear your emotions or your sleeve. You'll tell a person that you love them.
- ***slant left:** writing this way is technically difficult and so pretty rare. It's usually a sign that aren't very free with your Feeling.
- ***is straight up and down:** logic is what rules your life. You like to be in control and appreciate a partner who is able to look at Things clearly instead of always getting caught up in his or her emotions.
- ***use heavy pressure:** intense and extreme are just couple of Words that could be used to describe you. You have a bit of a Temper and will keep things in until you blow and unleash all your emotions the good news? Your intensity and your Passion almost always carries over into your relation.

Complied by: Tsering Yangchen
Class: IX" b"
B32

Swimming

Swimming is a kind of sport which is very good to our human body. As far from exercise many people swim for fun. Swimming makes them healthy. It is also important because people may save themselves if accidentally they fall inside the water resource. We students of SMD School go to swimming too at Norling.

TsesangGurung
class: 8

"The fox and the crane"

Once upon a time, a fox was extremely thirsty and he went to a river to drink some water. When he reached near the river he saw a fish playing into the river. He thought the fish was delicious for him. So, he caught the fish and ate it. But suddenly the fish was stuck at his throat. So he became uneasy to swallow it and he was in confusion whether it be swallowed or take out. By the way, he saw a crane and begs for help. The crane replied "if I take out fish from your mouth then you should do something for me". "Ya sure" replied the fox. "Promised me" said the crane. The fox said, "Yes I promised". When the crane takes out fish from the fox mouth, the fox went happily to his own way. The crane asked "what can you do for me?" The fox said "when you put your beak into my mouth and at that time I didn't bite it. So that was my promised. Isn't it enough?"

After that the fox went own his way and the crane became silence at this point.

-Gyaltsen Norbu
CLASS: NINE



Girls in the action of inter house basket ball tournament between Srongtsen and sambhota. Video Kids

SPRING SEASON

Spring is a season in which joy approaches
Spring is the season which is colorful
Spring is the season whose value cannot be measured.
Spring is the season in which we can enjoy the true nature.

The happiness it brings on people's face is incredible.
That's why it is precious and liked by everyone.
Everyone prays the other season to similar to it.
Because merely it is the time of excitement and enjoyment
For the people to like it.

Everyone waits it to come
With excitements, happiness to have fun.
Everyone knows the value of spring season
That is why it always brings a smile.

Nyima Sherpa
Class: 9 A

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KNOWLEDGE BOARD

EDUCATION

Education is the light
Making our future bright
With help of education.

Education is the root of progress
This helps to remove our ignorant
It is water washing the darkness
This teaches us to be harmless.

Education is a weapon of a person
Which we can achieve success
e get from books and people
It is the wealth none can steal and we
Should share it to our coming generations.

Tsering Dhundup
Class 6b

Hypertension is not a disease

High blood pressure itself is not a disease. The relationship of heart disease to hypertension is often one of a disease and its symptom. When blood vessels are partially closed due to atherosclerosis, the pressure in the circulatory system increases, since more pressure is required to move the blood through a narrower pipe. Blood also becomes viscous and sticky when laden with saturated fats and cholesterol, creating the need for greater pressure to move it through the arterial system. This is similar to pushing honey through a pipe—a task which would require a good deal of pressure required to push it would decrease, because the substance would be thinner and less viscous.

A low fat diet thins the blood. Blood cells under the influence of a high fat diet, however tend to stick together in clumps and can block or severely retard circulation as well as cause blood vessels to constrict. These factors cause blood pressure to rise.

-Mega Health

“Do one thing at a time”

If we do to many things at once, we become less focus and effective. We also loose out on the joy of activity. Whether we have to talk on the phone, play with friends, wash dishes, clean the house or read a magazine we should decide on a block of time and take up just one thing at time. This will enable us to have the right focus and concentration. The advantage in such an exercise shall be twofold. Since we are fully focused on the task, we shall get absorbed and interested in it. So we shall enjoy whatever we do. The second advantage is that we shall do the task quickly and efficiently. Our skills will increase generally in all areas of our life. Such as, reading, writing, cleaning the house and speaking on the phone. All that we need to do is decide on our choice and focus our attention at one thing at a time.

Menla Norbu (m 46)
7 ‘b’

Drinking water..

Water is a chemical merge ness of hydrogen and oxygen. It is one of the universal compounds that are found in the whole part of the world. It is very important for senital beings because it cures much of the diseases in the whole world. It is the cheapest medicine that we get without any money. So it is important to drink as much as water as possible and it is a renewable substance that we never have any fear of finishing water.

-Tsesang Gurung
-B19 A

Laugh out loud.. hahhehe..

It was a night time and two robbers were hiding behind a wall waiting for a victim. Then along came a fat person. Then the two robbers jumped at him. The fat man taken by a surprise fell back but after seeing what was happening he also charged like a bull. There was a long fight. The fat man fought like a bull but in the end the two robbers pin him down and went through his pocket but them only found 5

STORY OF BOUDHA

A certain old woman, with her four sons, interred this great sage's remains at the spot over which the great mound now stands, the latter having been built by the woman herself. Before starting on the work of construction, she petitioned the King of the time, and obtained permission to "proceed with" building a tower. By the time that, as a result of great sacrifices on the part of the woman and her four sons, the groundwork of the structure had been finished, those who saw it were astonished at the greatness of the scale on which it was undertaken. Especially was this the case with the high officials of the country, who all said that if such a poor old dame were allowed to complete building such a stupendous tower, they themselves would have to dedicate a temple as great as a mountain, and so they decided to ask the King to disallow the further progress of the work. When the King was approached on the matter his Majesty replied: "I have finished giving the order to the woman to proceed with the work. Kings must not eat their words, and I cannot undo my orders now." So the tower was allowed to be finished, and hence its unique name, "Ja Rung Kashol Chorten Chenpo." I rather think, however, that the tower must have been built after the days of Shākyauni Buddha, for the above description from Tibetan books is different from the records in Sanskrit, which are more reliable than the Tibetan." the biggest stupa in Nepal.

.UNKNOWN

“Look at me! Look at my arm! I have plowed, and planted, and gathered [crops] into barns, and no man could [do better than]me. And ain’t I a woman?”

-Sojourner Truth