Activities happening for the Month of February, March, and April, 2014.

Election of School Captains.

School Captain: Sonam Choki, 8 "C" School Vice Captains: Sonam Zangpo, & Ugyen Dorji, 8 "D"

Ms Sonam Choki is the school captain and this is what she spoke during her campaign speech on February 18, 2014. “I have been attending this Monagr Lower Secondary for almost 8 fabulous years. I standing here one of the nominee for school captain for the academic year 2014. So now I am greatly thankful to my house masters, members and teachers. Friends it is in your hand to elect me as a school captain. If you happen to elect me I feel I can be an optimistic leader and play a fantabulous role model for junior as well as to my fellow mates. I am confident, well-mannered, punctual, approachable student and can be a good representative. I am familiar with leadership role a communication skills, somewhat good in games, will not differentiate younger and elder, the colors of my friends. I am willing to respect everyone interest and opinions and will also carry the roles and responsibilities accordingly. If elected I assure you all that I’ll work hard and will build a good bridge and foundation between teachers and students. I have capacity to dare problems and competition”.

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Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it.

Martin Luther King Jr.
All human actions have one or more of these seven causes: chance, nature, compulsion, habit, reason, passion, and desire. 

Aristotle

“Today I am proudly standing here as one of the nominee for school captain. If I get to be the captain I would:

1. Listen to everyone’s opinions.
2. Maintain the cleanliness of the school.
3. Look after the students in absence of the teachers…”

That was Mr. Sonam Zangpo from class VIIID who was elected as school vice captain.

Mr Ugyen Dorji of VIIID who is also the school vice captain said, “if I am selected as a school captain I would respect all of my teachers and take good care of younger ones. I am obedient to my teachers. I would act as a bridge between you and the teachers. I would do the best I can to solve all the problems of students”.

“for the majority of you who don’t me my name is Dendup Tshering hoping to lead Drami House. Being a leader isn’t just about being an out spoken character that get noticed its about all other little qualities like hard working, dedicated, persistent and good thought into mind. These are all extremely very important in becoming good leader. I believe I have all the qualities. I am worthy and honest student who is well respected amongst all my teacher and peers. I am confident and will often set my mind on a goal and commit myself of achieving it. it is demanding but rewarding to be a leadership and I am definitely up for the challenges”.

Mr Dendup Tshering, VIIIC

“I want to be your house captain because it would be fun and I would try to make all meeting interesting . I would listen to all your ideas and put them forward and try to make them happen. I am prepared to work hard and everything I hope it would be organized. I hope I would be fair to let you all participate in games, cultural and literary activities. I want to be role model and I will work hard to achieve the goal of our school. You can always come up to me and ask me any questions at anytime and if you have any good ideas you can always share with me so that everyone of us are working towards common goal. So if you all think I would make a wonderful captain please vote for me.”

Ms Tshering Yangzom.

When this opportunity arose for year 2014 Sernya House leader I knew it was the destiny calling my name. you may think why does I deserve this position. First of all I am a responsible, reliable, creative, fun, loving, and enthusiastic person which I believe are all characteristic that are necessary for this position. I will be a good listener and communicator and I am not afraid to speak out when required. I will be a helping hand whenever you need! I assure you all that this year we will have fun in all the house activities and will do whatever is necessary to be a successful team. The role of a house captain is immensely important not only for house but for the wider community of Mongar LSS. If I am elected as a house captain I will proudly represent the house. I will strive to guide every single one of you in this ground to success, continuing to set a example to you all. My ability doesn’t just involve the individual but the community as a whole. I will endeavor to everything to make the house proud. I would love to continue
Always bear in mind that your own resolution to succeed is more important than any one thing. *Abraham Lincoln*

**Mr Dorji Thongme VIIIB**

“I believe that becoming a house captain is more than getting a title. To me being a good house captain is one who can bridge the gap between the house masters and the members. If I become the house captain I would dedicate my time to fulfill the responsibilities given to me. I will work in favor of everyone that benefits the school as a whole. I will guide for younger ones and I will try to be a solution seeker for those who are at risk. I will work wholeheartedly for the house to the best of my capacity. So lastly if you think that I can become a dynamic leader please do vote for me”.

**Mr Thinley Dendup VIIIC**

“if somehow elected as the captainship I would handle all work as good as I can. For example if any work during SUPW I will lead the members and I will work myself sincerely. I will attend all the programs organized in the school. I will obey to the command of my teachers. Please vote for me”.

**Mr Santa Bir Tamang VIIIB**

“if I am elected as the Bumpa House Captain, the first thing that I could do is to respect elders and care the younger ones. I’ll do my best to lead the house to a better position than any other houses. I will not be biased. I will treat everyone equal. If I happen to fail under my captainship please correct me so that all of voyage to a common destination. Lastly, I would love to work with you all and please cooperate with me”.

**Ms Kinley Wangmo VIIA**

“I quote “a leader is one who knows the way and shows the way”. The main reason why I want to be house captain is because I want you all to be inspired by my action so we could dream more, learn more, do more, and become more productive citizen for tomorrow. I will listen to your problems and try to solve the problems. I want to be action oriented. As said by wise a leadership is not a position, it is a action and I will always lead you all from behind and put you all in front of me. I will try to listen to your ideas and make them happen so understanding the reason for failure is important and understanding the causes of success is far more powerful”.

**Ms Minjur VIIIC**

“these are something that I can do for the benefit of this school:  
1. I’ll lead the house by working hard.  
2. I won’t be differentiating amongst you as I want to give you all the equal opportunity for any activity conducted by the school.  
3. I want to be obedient to my teachers, fellow mates and my younger friends …”

**Mr Sonam Tobgay VIIID**

“I would like to quote Theodrear M.Herberg, “the very essence of leadership is that you to have a vision. You can’t blow an uncertain trumpet”. I always have the vision to influence you all with my greatness not with my authority. I will inspire you all with my determination. I will win your heart with my humbleness and receive your cooperation with my sincerity I think I poses all the qualities to be a leader to lead you in the right direction. So vote for me if you see a spark of leadership in me”.
Stop seeing the obstacles you face as reasons why you can’t do something. See them as a reason why you can. And celebrate your accomplishments on a daily basis. Ali Vincent.

Ms Sonam Lhamo VIII

“I know very well that to become a captain is not that easy since I had never taken part being captain. It is almost impossible for me to become the captain of Bumpa House. Still than I think there is no harm in imaging myself to be captain. If I am elected as a captain I would do good work and cooperate with you all. There is no end doing good. It is infinite. I would do my duties with full interest and sincerely. I will obey the command given by my house masters. I want to be a role model to my junior and senior students. I would make my house best of all by being fair to my friends. So I hope for the best!”

Ms Tserin Peldon VIII

“If I get the opportunity to become a captain for Drami House I will:

1. I’ll work sincerely when given responsibility.
2. I will help my house members when they are in problem and in need.

March 10-13, 2014. Ms Neten (overall coordinator of disaster management) Organized disaster awareness for the students. Students are made aware on safety and precaution to be considered before, during and after different natural disasters such as earthquake, flood, landslide, fire etc. Power point presentation were made by the respective coordinators.
March, 2014: The school conducted the second round of mock drill on 18th March, 2014 to create an enabling environment for school safety and to spread awareness among the school staff, teachers and students and make them prepared to deal with any kind of catastrophic event. Concentrated efforts were taken to engage students in activities which enhanced their understanding of disasters and relevant aspects. A Mock Drill is the testing of the efficacy of Disaster Management Plan. The objectives of conducting Mock Drills:

- Educating and training staff, teachers and students to react for any unforeseen emergency situations specifically like Earthquake & Fire, mainly because they have a quick onset and hardly have any warning signs.
- Mock exercises and evacuation to build up courage and confidence in staff, teachers and students.
- To teach Life Saving and Rescue techniques to school staff, teachers and students and to enable them to be life savers at the time of emergencies.
- Testing the efficacy of School Disaster Management Plan and improving it further so that it becomes do-able.
- To have clarity and better understanding of the roles and responsibility of all stakeholders.

March 28-31, 2014: A four-day book fair concluded at the Mongar Lower Secondary here on Monday. KMT Printers and Publishers organized the fair from 28-31 March 31, 2014, where variety of books, including religious texts and Buddhist Scriptures, were displayed.

Pema Tashi, the Manager of the KMT told few of the buyers that the book fair was arranged to provide books to the schools, students and other visitors on discounted prices. “We are providing all relevant books to all at 15 per cent discount,” he said. Many buyers as far as Nagor (one of the farthest schools) in Mongar have come to purchase the book for the school library.

The event is held annually in Mongar to cover all the Schools in the Eastern part of the country.

To accomplish great things, we must not only act, but also dream; not only plan, but also believe. Anatole France (1844 - 1924)
April 2, 2014: Ms. Kim McCormack, an Administrator on the Committee of Bhutan Foundation's Special Education Project, visited the school on April 2, 2014. She was visiting all the schools across the country with Special Education Needs Program. Bhutan Foundation has been a strong supporter of SEN program in many of the schools in Bhutan ever since the program started.

The Foundation had been supporting these schools with teaching-learning resources, expertise from the US to provide professional development to the teachers, and trainings abroad to some teachers.

Ms. Kim was accompanied by Ms. Tandin Pem and Ms. Sonam Yangden Tobgyel from the Bhutan Foundation Office in Thimphu and Mr. Karma Norbu, Program Officer from SEN division in the Ministry of Education.

The visit was mainly to see the progress made and any further support required.

Wednesday 21, 2014: "Hard work never fails". Hardworking students of Mongar Lower Secondary School are not only renowned by their teachers but also by their friends. Mark Twain said famously, “I never let my schooling interfere with my education.” We believe that the top students aren’t necessarily top of their class. Education is a power one yields to affect the world and identified through passion and dedication.

Mr. Sangay Rinchen was voted as the Best Student. He is an excellent choice for Student of the first quarter. He listens in class, works hard, and never has a negative comment in the classroom. Sangay helps create very positive energy that makes learning more enjoyable. The combination of Sangay’s hard work and excellent grades spells a very bright future for him. Congratulations, Sangay!
Good parenting is more important than a good school to a child’s academic success, according to a study. Mongar Lower Secondary School observed the second week of April (08/04/14-12/04/14) as the Positive Parenting Week.

Principal graced the opening week with the delivery of “Importance of parenting”. He highlighted that parents need to be aware of how important they are, and invest time in their children – checking homework, attending school events and letting kids know school is important. We had Two Guest Speakers from Sherub Reldri HSS and Mongar Referral Hospital. Mr. Pem Tshering, VP of SRHSS emphasized that becoming a parent is, indeed, the most rewarding experience one can ask for during one's entire lifetime.

Dr. Tulsi stressed that giving birth to a baby comes with several responsibilities as well as problems concerned with its upbringing. He also added that people inherit parenting skills through knowledge from past experiences and current situations.

In one on one parenting, many concluded that effective parenting helps in promoting good emotional and physical health in children. Parents and children ate their lunches together for five days and many students shared on why they love their parents.

The month long Parenting program is coordinated by Ms. Tshering Yangdon (SPEA Focal Person)

Parenting tips

This is the summary of my talk on 3rd April, 2014. Good morning principal, distinguish teachers, support staff, dear students and parents. I am delighted to talk on this important and challenging topic – the parenting tips. Thank you for giving me this opportunity.

Good parenting actually starts long before we actually become parents. Preparation for parenthood starts from pre-marital time. Once married, planning for pregnancy by use of appropriate family planning method is important. The woman should be in good health and seek medical advice if she has any chronic medical condition. Which otherwise might put both mother and fetus at risk during pregnancy.

Once pregnant, would be mother should take healthy food, avoid alcohol and smoking. Do regular antenatal check up and take iron and folic acid supplements. It is vital that the family provide calm environment and good social support and prepare for the arrival of the new born baby.

During the time of delivery the husband should be present to encourage and give morale support. He should help the mother in early initiation of breastfeeding, which will have lasting impact on the mother to child bonding and also on emotional wellbeing.

Father can also help to keep the babies warm, especially the premature and low birth weight babies by skin to skin contact (kangaroo mother care). Newborn babies need nutrition (breast milk), warmth, and be protected from infection.

Babies should be fed only breast milk up to six months of age and breast feeding should be continued up to at least two years of age. It is a wholesome food which has lots of protective factors. Babies should be protected from infection by vaccination/immunization.

The complimentary feeding should be started at six months of age.
By six months of age children start putting everything in mouth (mouthing), this is because the infant explores the world initially through their mouth. The risk for infection and poisoning is real and is a challenge. As the child becomes more mobile, the instability and tendency to fall puts them at risk from injury. Slight home modification may be required during this period. Parents also need to understand that children learn by exploring and experimenting. Children are inquisitive. Involve yourself as much as possible in the play activities.

Temper tantrums/outburst of anger can be a problem in some children at two to three years of age. Do not use physical force to stop unwanted behavior.

Up to 4 to 5 years of age children live in an imaginary/fancy world. At 5 to 6 years suddenly rules come into play. For example, getting up in the morning, going to school, read and write. Child can have apprehension and fear when they have to go to new place (school), adjust with new and strange people. Please be patient most of the children can overcome this situation with extraordinary ability to adopt and adjust.

Parents are role models for their children whether we like it or not. So be good role models. The children are likely to imitate your actions. Behave, conduct, and speak, in a way you would like your children to be. No one wants our children to misbehave, tell lies, be dishonest, corrupt, etc.

Take a middle path between discipline and freedom. Parent’s ability to discipline and teach is central to raising emotionally healthy children who can learn societal rules, live and play with others. Do not use physical force to discipline your children. This gives the subconscious message to the child that aggression toward another person can get desired results and it might reinforce negative values. Be consistent with the family norms and rules, it should not depend on parent’s mood. And also apply same rules for both son and daughter and prevent gender bias starting from the family, the smallest functional unit of the society.

Try to engage and involve with your children. Learn to listen to them and understand their problem. Do not enforce everything into them. Give them confidence and encouragement.

Promote healthy habits:
- Eating habits: eat homemade food. Avoid fast food, fizzy drinks, alcohol, smoking, chewing betel etc.
- Bathing, proper hand washing, wearing clean clothes.
- Inculcate civic sense, value for money, value for service and goods.

Avoid giving excessive/unreasonable amount of money to children. You don’t have to comply with all their demands but should know how to appropriately refuse it. Child should be provided safe and healthy environment at home. The rift between parents can lead to domestic violence, hostile home environment, and can lead to child abuse, with physical and psychological trauma to the child. Measures should be taken to reduce the risk of accidental poisoning, by properly storing medicine and drugs.

Parents should know their child’s strengths, potentials, and weaknesses. Set goals as per the caliber of the child. Setting up unrealistically high goals may not be a good idea. During the time of illness, be more flexible and adjust to child’s demand and comply with them. Do in the best interest of the child.

Parents should be extra cautious and careful when the children are preparing for exams, do not give excessive pressure to do well in exams, they may breakdown. But constantly encourage them. More importantly parents should be extra-careful when exams results are going to be out. Do not pass judgmental comment or demoralize them. This is the time they need your support and reassurance. Otherwise it can lead to very unpleasant situation, including the risk to life.

Try to know your child’s friends and their parents, if possible have their telephone numbers; it can be useful during emergencies. Parenting is a lifelong learning and teaching experience. There are many more issues I have not highlighted. Last but not the least try to make every
Dr. Tulsi Ram Sharma, (MBBS, DCH, MD (paed), Paediatrician, MRRH, Mangar, Bhutan.

moment, the little time that you spend with your child/children a memorable and joyful moment for whole family to cherish for life. Thank you and Tashi Delek.

My cries.
Born in this human of emptiness
Certainly have had loneliness
But my friends gave me the way
To discover my dream.

I wonder those days when I am alone
When my friends marry and they are gone
How I feel then, when they stop calling me?
May be memories could be my friends

When I think of my friends’ departure
I put myself to the cradle of torture
Tears drain out from the lake of eyes
Rolling on the plain cheek: My cries.

Loneliness
I have cried in the darkness,
I have stayed in the darkness,
Me, myself all alone in the darkness.
I have shed tears and filled my tea cup
Remembering that I forgot to drink tea.
God please help me to get true friend
Till now I haven’t got any.
Friends they avoid me like a monster
Friends they use me like a tissue paper
That is when they need me
They wipe the tear using me
And throw it after use.
They leave me in the crowd not even having
A thought that I am left alone there.
I wish this loneliness wasn’t there
I wish I have a friends to chat,
Talk, to sit with and to care me.
I will…..Friends.

SMS Jokes
1. Not every flowers represents love but rose did it. Not every tree can stand thirst but cactus did it. Not every monkey can read SMS but you did it.
2. Setting a place for me in your heart is ok but setting a place for me in your mind might be dangerous because I am mind blowing.
3. Money can buy home not love, money can buy medicine but not pain, so money is very bad it gives pain and tension, so send your all money to me and be happy.
4. Can you pronounce good English read along woof, roof, loof, whoof, loaf, poof, hearf, woof, roof, shoof. Tests results

It is possible to store the mind with a million facts and still be entirely uneducated. Alec Bourne
Tribute to my school.

I thank you from my heart
My beloved Mongar LSS
You endowed me with steps
To move forward.
You brought my life out
From the night to morning light.

Only it is too brief like a dream
That will soon come to an end.
I am at loss for words in your praise
You have blessed me with the light of knowledge
May you prosper and shine.
This is my wish and prayer.

Within your four walls
I am secure and fine.
Stepping into the hard world
My heart shudders and shivers.
I thank my beloved school
How much I owe you
No words will be sufficient.

Ms Deki Lhazom
VIII A

Friendship

Old friends are gold
New friends are diamond
If you get a diamond
Don’t forget the gold
Because gold can hold the diamond.

My friends are like an onion
It has several layers in it
It adds taste in my life
But if I cut them down
I will have tears from my eyes.

Friends are gift of god
Friends can light and shines for us
But don’t love a friend like a flower
It dies when the season approach
Love a friend like a river
Where they flows everyday.

True friendship never breaks away
It becomes more meaningful in life
Only true friends can understand the feeling
Friends trust you and smile for you
Keep moving to make proud yourself.

Mr Jampel Zangpo, VIIC

My Mother

Mother… mother… mother…
Where are you?
Without you I am suffering
As day elapsed by I miss you

Mother… mother… mother…
Where are you?
Without you is just like a pound without water
When I see someone’s mother
My eyes fill with tears.

Mother… mother… mother…
Where are you?

Mr Sonam Chophel, VIIC

Without you is a barren mountain
Without snows and trees

When I see someone’s mother
My tears rolls from my cheeks.

Mother… mother… mother…
Where are you?
Without you I am orphan boy.
So I pray we will be together in next generation.

Education is what survives when what has been learned has been forgotten. B. F. Skinner
A good friends

Friends you are important
Good friends shows right way
You are like a gift of a god
For me and all of us.

Friends when I am unhappy
You make me happy
When I am alone you are there
When I need you are always there with me.

When I am in problem
You always try to help me
“a friend in need is friend in deed”
So always love your dear friends.

Ms Kinley Pem, VIIIC

My Mother

So dear, so lovely, and so fair
By my side I always find my mother
Sitting with the love
The depth of her love and care
Cannot be measure
She is the preacher like a great teacher
Little by little she settles everything.

She is the giver of my life
A donor of everything I have
Her sacrifice is so much
No one can measure
Her dream is so vast.

Now I know mother
The path you want me to tread upon
And to reach the destination
I vow you my mother
To fulfil your dreams
Fighting through pages of books
I will become your true son.

By Loday Pelzang, VIIA

To My Teacher

Teachers are the one who teaches everyone to be good or if not the best. They are the one who shapes the life of the ignorance to the perfect citizens. Teachers are the Nation Builders and are the pillars of good Nation. A Nation is said to be strong if teachers are strong. They are the one who changes the world from animalism and humanism the teachers are the second parents to us. We student go to school with pencil, pen eraser, ruler and the things needed to study. But from the above things it is only the teachers who teaches, guides, and directs us to make our hopes and dreams comes true. Teachers are the precious things hidden behind the successful person as a guide and as a inspirational source to a failure.

I believe that teachers are more powerful because they can shape many life and posses the power to kill and take of the bad behavior with precious advice. Incase of me I am aimless and the world seem so different from what I want to expect from it. So it is my teacher who made my dreams to be final destination and by then I started working hard. After a long observation within myself I realized that life is what we make it and was somebody in my near future. Therefore I started to respect every teachers and also the steps that I have taken. I always look forward to saying as said by Shiv Khera, “Winner don’t do different thing, they do things differently”. It was all due to my teacher who proved my life and I always owe tribute to them for their wonderful guidance.

By Mr Shacha Dorji
Class VIID
What is Art Club?
A club that promotes motor skills and hand-eye coordination and enhances their ability to interpret and express the world through creative art.

What are the main Objectives of the Art Club?
The objective of the Art Club are as follow:
• Develop hand-eye coordination base for drawing.
• Understand the use of different colours.
• Use found/waste objects creatively from in and around their surroundings.
• Improve their handwriting and their sense of symmetry.
• Inculcate an appreciation for traditional paintings, do simple traditional drawings.
• Draw from sit-in models.
• Work on areas of their own interest and refine their skills.

What are the activities carried out during the clubs?
• talk about the usage of the art materials (safety)
• draw their own name and illustration what they like. Children will introduce themselves by showing their design. Art book
• shape their own hand on the paper and draw and paint things from their imagination. Art book
• collect some stones and paint with crayons. Next paint with water colour. Then put them in the flower garden to decorate.
• learn to make paper frame.
• mix primary and secondary colours to produce another colours and etc...