



Nisarga
Batika
School



Pre School
Junior Elementary
Senior Elementary
High School

SCHOOL VIEWBOOK

An Experiential Learning School



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PRINCIPAL'S MESSAGE



It gives me immense pleasure to be a part of a team that values the uniqueness and worth of each individual. At Nisarga, one realizes that despite the unrelenting pressure

of work and exacting schedules, everyone manages to make time for thinking, reflecting and exploring the possibilities of providing holistic education to children. Children are taught to accept differences and develop values that are respected and admired in all cultures around the world. We aim to prepare individuals who are confident can make independent decisions and exhibit leadership qualities. We use real life experiences and experiential learning opportunities as a pedagogic medium for developing the required curricular concepts and skills.

Experiential learning is inter-disciplinary and each expedition helps the child experience the curriculum as a whole not in the form of isolated subjects. Well qualified, trained and experienced teachers support students' learning by providing personal care.

I believe that Nisarga is an exceptional school that provides excellent teaching/ learning opportunities and prepares students for life at University and beyond. Yet there is a lot more to be done as learning is an ongoing process. There are new challenges before teachers and education managers. At Nisarga, I would say that the journey has just begun; that there is much more to be done.

Kamana Regmi

Principal, Nisarga Batika School



NBS EXPERIENCE

MODERN-DAY LEARNERS

CURIIOUS, CONNECTED, CONFIDENT AND SELF-DIRECTED.

As a school, we are committed to raising aspirations and bringing out the best in all students to ensure that no one gets left behind. Our progressive curriculum emphasizes strong foundations across core subject areas, character education and community service. Our extracurricular activities range from competitive sports to arts, outdoor adventures and activities, as well as a variety of interest-based clubs. Nisarga Batika School is a place where students are encouraged to try new things, discover their passions and set goals for the future. Students leave Nisarga Batika School with genuine love for learning, equipped with the skills, confidence and drive to achieve their future aspirations, and to make a lasting contribution to the communities in which they live.

MODERN-DAY LEARNERS

A modern learner is someone who is in an environment where content changes fast and learning needs change even faster. The changing technology, competitive academics, and increasingly connected world makes it very important to prepare students as a modern-day learner. One needs to find answers and solve things right away and have access to and rely on a wide variety of sources to find the answer. At Nisarga Batika School we are creating an environment, infrastructure, and resources to each student to access and utilize for developing the creativity and critical thinking skills needed to succeed in today's world. We understand that the modern-day learners are hungry for information, are curious and like to reason, and use multiple devices and platforms to learn and to communicate. We work to guide, build, and support each child on their priorities, deadlines, and commitments. This is accomplished through learning resources, experiential learning experiences, collaborative and leadership opportunities, and individualized support. Nisarga Batika School is all about creating these modern-day learners – **curious, connected, confident and self-directed.**

NISARGA MEMORIES



Founded in the year 2012, Nisarga Batika School started as an initiative of a group of educators who wished to bring about a meaningful change in the lives of students and teachers and promote a culture of vibrant and engaging learning in schools across Nepal. Motivated and inspired by progressive educational values and their own experiences in teaching, teacher training and curriculum development, the journey commenced on 6th May 2013 in small 8-room infrastructure. The first year was a humble beginning of less than two dozen students and a dozen staff, with just the preschool and junior elementary.

Today the school is divided into four levels – Preschool, Junior Elementary, Senior Elementary, and the High School. It is spread across some 125,000 sq. ft of land and over 40,000 sq. ft of built up activity rooms and classrooms, has two swimming pools, two basketball courts, lots of open spaces, and separate pre-school, elementary school and high school infrastructures. Separate infrastructure for the preschool was developed in the year 2017, and the development of the high school wing infrastructure was finished in 2021. The infrastructure for the school and its students has been an ongoing part of development at the Nisarga Batika School.

The Leadership Team and their combined experiences in the education, their motivation to change and create a comfortable learning environment for the children drives the school towards providing a progressive educational environment. The school prioritizes experiential learning, where children can grow and learn freely.



CURRENT SCHOOL LEADERSHIP TEAM



ACADEMICS AND CURRICULUM

We believe in nurturing **independent life-long learners** through experiential education that fosters human values in a positive environment. At Nisarga Batika School, our kids **EXPLORE** themselves, **EVOLVE** into what they want to become, and **GROW** to become the students that can define their own future. Academic success at every level is important to us at Nisarga Batika High School.

We follow the national curriculum set down by the government but there is much more to what we offer than simply meeting the requirements. We believe that, given the right curriculum and learning opportunities, everyone can succeed. Nisarga integrates its curriculum and plans its activities to enable students to gain knowledge and apply skills across many disciplines. Teaching at Nisarga focuses on the individual and encourages students to work independently and think for themselves in preparation for the world of work and life beyond. We value and strive to develop the skills our students need for life beyond.

The classroom learning environment is set as close to how things occur out there in the real world, to facilitate best learning experiences. Breaking the content of learning into different subjects often gives students the wrong idea about how the world works, our curriculum works around cognitive themes and in integrating the curriculum around themes, issues, topics across the subjects.

Students delve into projects, field trips, and expeditions help to integrate a wider range of knowledge and skills, with increasing input from the students themselves. Students are provided extended schedules to enable them delve deeper into the integrated curriculum – which includes investigation, exploration, observation, analysis, and application. It allows each student to work at their own pace, gives them time to contemplate on their experiences, and helps them develop individual learning styles.



Nisarga
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Program Focus

Our preschool program focuses on **five** key learning areas:

- **Exercises of practical life:** Exercises to practice daily life skills help children learn to function in their environment.
- **Sensorial exercise:** Activities are designed to isolate and sharpen each of the five senses to develop the power of observation which enhances their readiness for higher intellectual work.
- **Language arts:** The children are introduced to letter sounds first and they continue to learn letter names and shapes, progressing to reading skills.
- **Mathematics:** Concepts are presented through extensive use of concrete materials allowing them to have a hands-on experience before they can truly think abstractly.
- **Knowledge and understanding of the world (Cultural Studies):** Children learn about the world around them which help them to understand and appreciate the diversity of the world, and respect for all living beings.

The Exercises of Practical Life is considered the foundation of our learning approach as it is the beginning of allowing the child to gain independence from adults around them.

Integrated Thematic Learning is the approach we use the Preschool, activities and subject areas are integrated together with a theme so that the children create meaningful connections. This makes preschool makes learning fun, and creates a well-balanced curriculum for young minds to explore and discover through self-directed learning as well as collaborative play. The primary goal of our Preschool program is to instill in every student life-long love for learning that will carry them through junior elementary school, as well as their entire academic career and beyond.



PRESCHOOL

EXPLORE, PLAY, DISCOVER, GROW

Our Preschool curriculum is based on the Montessori philosophy and applies the unique principles of the Montessori environment in the classroom and beyond. A child enrolled in our preschool will be in the same classroom for three academic years until it is time for the child to move to an elementary level. At Nisarga Batika School, our youngest learners thrive in a stimulating and nurturing environment that provides opportunities for exploration and discovery. In Preschool, children learn to develop concentration, coordination, independence, collaboration, responsibility to prepare themselves for elementary school, both academically and socially. There isn't a day without fun for our preschoolers as they **explore, play, discover, and grow.**

HANDS-ON LEARNING

Our preschool curriculum is non-graded and non-competitive, thus allowing children to work and grow in an environment that permits them to reach their potential levels and at their own pace. Lessons /presentations are given only when the child is ready. The lessons are very purposeful, specifically catering to each stage of the child's development. Our classrooms contain Montessori apparatus and other learning materials that respond to the developmental stages of a child. The learning environment is designed to encourage each child to touch, move and manipulate. The children are encouraged to move around the classroom and engage with the wide variety of activities available. The teachers prepare the environment, provide activities, function as resource persons or exemplars, offer stimulation and guidance, but it is the child who learns and who is motivated through the work to persist in the chosen task. Every lesson in our preschool, is enhanced with hands-on activities and each child learns through their own experience. Thus, the experiential learning in our classroom environment make subject matter both meaningful and fun.



Nisarga
Batika
School

Program Focus

Thematic Approach

The junior elementary students benefit from a unified teaching model to explore many subject areas using the thematic approach. Activities such as arts & crafts, performing arts, project works, and field trips are integrated with core academic subject areas. They **explore, discover, and understand**. Students understand how subjects, skills and the world are connected and learn how things are related to family, community, and the world around them. In each grade, subjects revolve around a theme that focuses on analytical thinking, problem-solving and decision making. This supports and helps young minds to sense, experience and understand the world.

Areas of Focus

In order to find space in the ever-changing world, we believe students must possess certain characteristics. Every activity is centred on developing different skills and abilities.

- **Enquiry skills:** learn to ask relevant questions, investigate and find solutions.
- **Reasoning skills:** encouraged to give reasons for their opinions, use correct language to explain what they think and make judgements and decisions by reason and evidence.
- **Creative thinking skills:** learn to generate and play with ideas, apply imagination to their thinking, and look for alternative explanations and ideas.
- **Evaluation skills:** learn to apply their judgement, evaluate ideas and practice being self-critical and self-connecting.

The junior elementary school **does not have any formal exams or tests**, but children are continuously assessed for forms and stages of learning.



JUNIOR ELEMENTARY

GRADES 1 - 4

EXPLORE, DISCOVER, UNDERSTAND

At Nisarga Batika School, the Junior Elementary School students are encouraged to continue their exploration to individualized growth and goals. With optimized teachers to class size, the junior elementary school provides an environment to identify individual needs and make individual assessment. It is a foundation stage for every student as they move through junior elementary, senior elementary, high school, and eventually, on to college. Here the foundation for the child is set, lifelong friendships are made, and the child explores academics, culture, languages, sports, music, arts, environment and much more.

We understand that each student is different, no two students learn in the same way or at the same pace. Our junior elementary is about more than academic success – we aim to provide an integrated development with individualized education in a holistic approach, that nurtures creativity, supports curiosity and fosters leadership and teamwork. Junior elementary at Nisarga Batika provides a collaborative environment, self-learning and self-assessment opportunities for children in secure and comfortable classrooms.

CORE SUBJECT AREAS

Two grade teachers for each classroom lead the integration of Social Studies and culture with other academic subjects. Through project-based learning and paced integration of technology, students are trained as today's learners. The classrooms provide a collaborative learning environment and are highly interactive across every core subject area including but not limited to:

- Mathematics
- Science
- Social Studies
- English
- Foreign language (Mandarin Chinese)
- Technology



Nisarga
Batika
School

Program Focus

Exploring neighbouring countries: our students of Grade 7 and 8 start preparing to become global citizens. They visit neighbouring countries, to understand the culture, economy, and cultural and cross-cultural similarities and linkages. This cycle ends with students showcasing their learning through photography, vlog, performances, and themed presentations

Technology Integration: higher grades students have a choice to bring their laptops or use the computer labs, library and classroom network to learn and study. Proper measures are in place and monitored to ensure digital safety at the school.

Nisarga Enrichment Program: students can choose an elective from the range of options offered to them. Opportunities include performing arts, visual and fine, languages, sports and STEAM. Students are exposed to many art forms and courses, and have opportunities to apply learnings in the classroom and beyond.

Active Engagement Understanding: group and individual tasks provide students with the opportunity to learn from peers, share knowledge with others, take and give constructive criticisms and reflect. The out-bound learning opportunities allow students to be involved in intensive learning in which information is collected, analysed, compiled and presented.

Awareness and Empathy: students plan and design activities to share with the communities. Students share their understanding, and also come back equipped with other skills neither books nor classrooms can provide.

Sports Teams: Students from Grade 7 onwards can be members of school sports teams. Juggling from their sport of interest to academics teaches them life skills such as time management, healthy eating and sleeping habits, and proper use of gadgets.



SENIOR ELEMENTARY

GRADES 5 - 8

UNDERSTAND, BE AWARE, REASON, CREATE

Our senior elementary school is all about working towards being a responsible citizen, preparing them for the challenges of high school and finding their place in society. At Nisarga Batika School, the senior elementary focuses on making each child aware of and understand the wider world – and their place in it. They start to take an active role in their community and work with others to make their community better, sustainable and fairer. The senior elementary students learn to balance increasingly challenging coursework with lots of choice of electives and extracurricular activities in the arts and sports fields. It is a time of rapid growth. At Nisarga Batika School, we make the most of this critical period, helping each student to take ownership of his or her education, choices and preferences. As students discover their unique talents, they are nurtured into lifelong passions. This is the time when the students start entering into school sports teams, and arts and music groups. They are given the required support in areas of arts, music and drama, sports, STEAM, and other areas of their interest. The academic team and the non-teaching faculty both work in coherence to understand students' interests, and to serve as guides, coaches and mentors to the students as they set goals for the future – supporting them in deeper exploration, making them more aware and understanding.

CORE SUBJECT AREAS

- The students of Grades 5 and 6 continue their junior elementary structure, while in Grades 7 and 8, they move slowly into full subject teaching, following the national curriculum by enriching it with cocurricular and beyond the curriculum activities. Grade 8 students have to appear for the metropolitan education board examination or the **Basic Level Examinations (BLE)**, their curriculum becomes more challenging and rigorous.
- Themes are connected to the national curriculum and they help in bringing in all the subjects together. This provides a platform for integrating subjects of study and, students get deeper insights.



Nisarga
Batika
School

Program Focus

The High School the national curriculum, which is demanding on its own. The course works, classes, club activities and electives are focused on preparing learners for life beyond the school. The school works with students to set and reach their individual goals. We are committed to seeing every learner flourish to their full potential. Beyond-the-Curriculum activities and the extended co-curricular program is packaged for the preparation of students for career and for being competent members of the society. It is designed primarily to provide the transition from school to further learning at colleges and beyond.

Get Engaged

- Cultural and academic exchange with schools outside of the country.
- Career and College counselling
- Interactions and engagements with visiting faculties and experts
- Short term internship engagements
- Personal counselling

Get Involved

- Student-led community service
- Conference and simulations of the UN, ICC Hague, the Parliament, and others.
- Fund raising: **Theatre for a Cause** and **Nisarga Ramailo**
- Student-led **Project Coffee Lounge**
- Duke of Edinburgh's International Award and World Scholars' Cup

Discover Self

- **STEAM** Education
- **Nisarga High School Capstone Project**
- Organise, collaborate and be involved to create **student clubs** of interest
- Individual projects and research
- Life skills workshop

Get in Shape

- Nisarga Seniors Sports Team
- Outdoors and Adventure Course



HIGH SCHOOL

GRADES 9 - 12

Nisarga Batika School aims to produce graduates who are aware, confident, ready to move up to their college and adult life. Our high school students are held to high expectations and, providing them mentorship and support, we groom them to have skills and demonstrate the qualities necessary for future success. The high school students at Nisarga Batika School get ample opportunities and need to be ready to collaborate, communicate, relate to each other, and solve their own problems outside of curricular work. Through a combination of methods, progressive learning, traditional classroom environment, and experiential activities, our faculty prepares students for college by utilizing all the available teaching styles and learning opportunities across all disciplines.

Our High School students have respect towards self and others, and while exercising democracy and understanding it's all about freedom with rules, maintain school's norms and code of conduct. The teachers are flexible, understanding and encouraging, while the students are expected to collaborate and cooperate with faculty members in all aspects of learning. Teaching at Nisarga focuses on the individual and encourages students to think for themselves independently in preparation for the world of work and life beyond. We value and strive to develop the skills our students need for their lives.

CORE SUBJECT AREAS

- The students of Grade 10 appear in the **Secondary Education Examinations (SEE)** and students of Grade 12 in the **School Leaving Certificate (SLC)** Examinations both conducted by the National Examinations Board (NEB), the subjects choices are in line with the national curriculum.
- Nisarga has adopted a liberal arts paradigm making it easier for students to select subjects based on their interest and needs of the modern days. They are directed towards selecting the mixture of best subjects available through academic counselling during the Grades 9 and/or Grade 11.

EXPERIENTIAL LEARNING

As an experiential learning school, Nisarga offers a stimulating environment where children are taught through real life experiences. Each individual looks upon the world as their classroom and values self-motivated learning as a way of life. The school engages learners in real world experiences and encourages them towards critical thinking, self-discovery and creativity. The school motivates individuals to realise themselves with respect for self, others and the environment. Experiential learning prioritises individual experiences, students have more ownership over the learning process. It is flexible and fulfilling, and immediately transforms the perception of learning from one where we receive pre-ordained information to a process of making self-discoveries. It fosters curiosity and creativity, and enables individuals to cultivate the learner in themselves.

Much of the learning in junior grades is theme-based rather than subject-based, while as students go to the higher grades, their learning is based on larger, complex, and more challenging projects and expeditions. Students are encouraged to be aware of the crises faced by the individual, community, city, nation and the earth, and incorporate them into their learning as well.



As experiential learners, students will regularly engage in real-world problem solving, helping them feel better integrated in the world, and earning them a sense of accomplishment. Learning is beyond the textbook and outside the classroom, and actively use natural and urban surroundings. In the process of experiential learning students are involved in the following:

- **Concrete experience**, delving into new experience or situation, or work towards reinterpretation of existing experience.
- **Reflective observation** of the new experience of particular importance, to understand and look for any inconsistencies between experience and understanding.
- **Abstract conceptualization and reflection** of the experiences to give rise to a new idea, or a modification of an existing (an indication of the students learning from their experience).
- **Active experimentation**, where the students apply their idea(s) to the world around them to see what happens.

Outbound Expeditions

Outbound expeditions and field trips are an integral part of the school's curriculum. These expeditions and trips are meant for acquiring subject related experiences and developing life skills that will be beneficial for them as adults. The school requires students of Grades 4 and up, to go for overnight field trips and expeditions, while lower grades go for day-long expeditions as preparation for the later years. Theme and areas of interest being studied in class, are supplemented by the day trips and overnight trips within and outside of the country. Students engage in experiential learning through travel, project-based learning and hands-on activities.



SPORTS AND OUTDOORS

Nisarga Batika School sports and outdoors program engagement challenges students to pursue excellence across swimming, basketball, and futsal, while increasing opportunities for them to engage in other sports. Students who are part of the School Sports Teams must learn to balance their behaviour that allows for success in the classroom as well as in the sports arena. Students who participate in sports are given support and guidance as they develop and refine their skills, improve their physical fitness and build a higher degree of self-confidence, and participate in major age-group competitions and inter-school competitions. Outdoors program focuses on developing life skills related to outdoors, nature, individual physical strength, and collaboration and problem solving as team. Outdoors programs starts from day hiking to backpacking to range of adventure courses, these experiential learning opportunities are built up over the different school levels.



Swimming is an life skills program as well as a competitive sports, supported by two in-campus swimming pools. The school is known to produce swimmers who have been making their names across the nationals and age-groups. We are proud to offer a multi-tiered program for swimmers who are interested in improving their skills and competing. Team practices focus on competitive techniques within age group classifications. Swimmers move up the ladders from the swim classes to the swim team. **Nisarga Swim Team, is considered a premier school level team in the country, with many breaking into the national swim team, and has leading national age-group swimmers.**



Basketball as a team sports has been evolving and with addition of the second basketball court, the students now have access to two courts to hone in their skills. Starting as an alternative sports to swimming, during the winters, it is now fast evolving into a competitive sports with teams being formed at intra-school house teams, and eventually making it to the school team.

Futsal, currently is being offered as an alternate sports to more established, swimming and basketball. The school utilises it open turfed ground and an outsourced futsal ground to provide for the trainings. Futsal is also planned to be scaled up as a competitive sports at the school, as the participation levels and different age group teams get formed.



Outdoors Program and Adventure Course focuses on developing students' life skills related to physical strength, collaboration and problem solving. Day hiking, backpacking to range of adventure courses, and experiential learning opportunities are built up over the senior elementary school days. These helps in integrating outdoors learning into formal education process and **brings in the outdoors inside the classrooms.**

The outdoors education help students become in tune with their surroundings and appreciation for the natural world, it also plays an important part in experiencing classroom learnings into real life through application and observation, and greatly contributes to their personal and social development.



VISUAL AND PERFORMING ARTS

On the stage and in the classrooms, Nisarga Batika School students experience and participate in the arts from the early years. Art and music instruction begin in the Preschool, while acts and drama are added slowly, and more embedded over the Junior Elementary School. Over the years the senior students, progress towards performing and creating at a much higher level, incorporating their curriculum and experiences with multiple offerings to showcase their creativity and demonstrate their talents.

Music and Dance

Singing begins at the preschool level integrated with their academic learning, incorporating rhymes, songs and music. The students are slowly introduced to more formalised music and dance lessons as they progress over the year, ensuring everyone gets basic music theory skills. The senior students then chose dance and instrumental music as one of the electives, among many offered, and are introduced to advanced skills and lessons in stage presence, performance etiquette and presentation. Students participate and perform, in school celebrations of Nisarga Showtime and Book-the-Evening, as well as other performance opportunities throughout the year.



Oratory Presentation and Drama

Oratory presentations, acts, drama, and theatre are part of the school cocurricular activities, allowing students to on presentation and acting skills, incorporating improvisation, teamwork and projection. Thematic presentations, acting and drama, and performances are integrated into the curriculum at each level, helping to build self-esteem and confidence in our students. Those themes are integrated with Nisarga education to create more connections between subjects so that the students can have a more cohesive learning experience. Nisarga Showtime is the platform, where students across different grade levels, produce acts and presentation every year, performing for the students and the families.

Visual Arts

Students across the grades work on visual arts and crafts, more pronounced during the preschool and junior elementary school days. Students are exposed to drawing, painting, moulding and crafts. They are taught the basics of art composition, colour mixing and learn to use various mediums, such as watercolour, collage, crayon, pencil and pastels. As students grow, they are assigned projects embedded into their curriculum that instil creativity and imagination, along with learnings. As with other electives, students delve deeper into visual arts as part of their curriculum during their senior student years, and may choose from electives in drawing and painting.



School Life



Nisarga Batika School is always bustling with activity, full of energy and fun, and overflowing with life. Students collaborate, build friendships, learn responsibility and work hard to reach their full potential in a safe, secure environment. We provide a unique environment to create an experiential learning education that remains for a lifetime, be it dancing, singing, acting, experimenting, competing or learning. Academics combined with the social, sports and creative experiences provide a nurturing atmosphere for the whole student.





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nisarga.edu.np
mail@nisarga.edu.np

Rabi Bhawan
Kathmandu
Nepal

(+977)-1-4275193