



Weekly Newsletter

བདུན་པ་གླིང་གི་
གནས་ཚུལ།

JAMPELING C.S
འཇམ་དཔལ་གླིང་སློབ་གླིང་།

August 29, 2024

First batch of Gyalsung trainees to embark on National Service Programme



IMAGE COURTESY-BBS

The historic Bhutan's National Service Programme, Gyalsung will commence next week. More than 2,100 Bhutanese youths born in 2005 will be trained at the four Gyalsung Academies spread across the country for three months in the first cohort. Gearing up for the programme designed to impart discipline, knowledge, and leadership skills, youths selected for the training have been preparing themselves, both physically and mentally. For them, the training is a challenge and an opportunity to grow and contribute to nation-building.

The Gyalsung National Service is a Royal Initiative. His Majesty The King announced it during the Royal Address of the 112th National Day celebrations on 17th December 2019.

-Compiled from BBS

Tama HSS to become a special TVET school

The government's announcement to establish a Technical, Vocational Education and Training (TVET) school in Tama has reignited excitement and hope among the people of Zhemgang. Their renewed hope stems from the government's plan to convert a long-idle facility into a vocational education centre, finally resolving the uncertainty about its future use.

-Source Kuensel

**In this newsletter
you can expect:**

**National
Updates**

Campus News

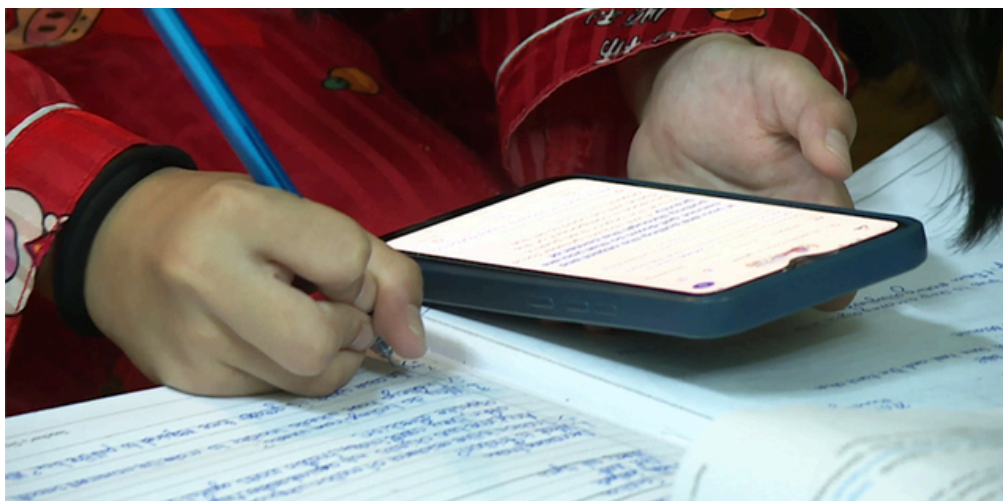
Riddles

**Stories of
Impact**

**Articles &
Poems**

**Dzongkha
Section**

Using smartphones for educational purposes and balancing screen time



Smartphones are fast becoming indispensable tools to navigate the digital world. Its uses are expanding. Beyond just making phone calls and staying connected with the world, it is also being used as a teaching and learning tool beyond classrooms. Teachers are increasingly using smartphones to assign students homework. While this is a positive move welcomed by the vast majority, there are some sections of society concerned about unmonitored screen time that could negatively impact a child's growth. In the country, use of smartphones for educational purposes increased since the COVID-19 pandemic as classroom learning was restricted to contain spread of the virus. Authorities started investing in ICT labs and provided computer desktops wherever possible to implement online learning.

Today, even as normalcy returns, teachers continue to take advantage of the digital platforms. Students are assigned homework and assignments through groups created with the parents on various social media platforms such as Telegram, WhatsApp, and Messenger among others. With the increase in use of such platforms for educational purposes comes a rising threat of unlimited screen time. Most of the parents are concerned about their children spending too much time on smartphones at home. However, there are also some parents who monitor their children's screen time and feel that social media groups with teachers allow them to assess their children's performances.

Working parents unable to balance work and family time are also among those concerned about the negative impacts of unlimited screen time. Meanwhile, experts recommend zero screen time for children under two years except for video chatting with family or friends, no more than one hour per day co-viewing with a parent or sibling for two to five years old and generally no more than two hours per day, except for homework for children aged five to 17.

-Source BBS

Author's Chair Event Illuminates School's Creative Talent

On 26, August, the Literary Committee hosted an inspiring Author's Chair event in the school's Multi-Purpose Hall (MPH), drawing attention to the rich pool of creative talent among the students. The event, aimed at fostering a love for writing and self-expression, featured a series of readings by students across different grade levels.

The MPH was transformed into a literary haven, with a specially decorated Author's Chair placed center stage, symbolizing the honor and respect given to each young author. Students took turns sitting in the chair,



reading excerpts from their original works, which ranged from poetry and short stories to personal essays and narratives.

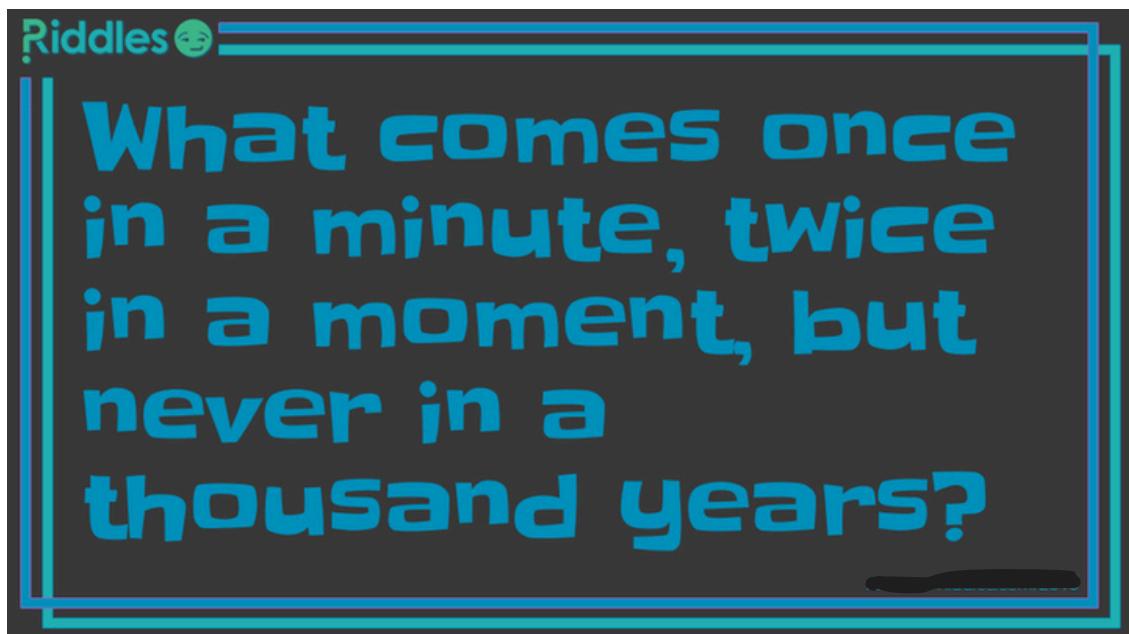
In addition to the readings, the Literary Committee organized a brief Q&A session after each presentation, allowing the audience to engage directly with the authors. This interactive element added a deeper dimension to the event, offering insights into the students' creative

processes and the inspirations behind their work

the Author's Chair event was a resounding success, leaving everyone inspired and eager for the next literary gathering. It served as a reminder of the power of words and the importance of providing young minds with opportunities to express themselves creatively.

-Ugyen Phuntsho 9A

Riddles of the Week.



Answers Next Week

First-Ever Get-Together Unites Academic Performers and Sports Players



In a landmark event, our school hosted its first-ever get-together bringing together Academic Performers and Sports Players on 26 August. The event, held in the school's Multi-Purpose Hall (MPH), was a celebration of excellence in both academics and sports, recognizing the dedication and achievements of students in these fields. The gathering was a vibrant mix of intellectual discussions and athletic camaraderie, reflecting the diverse talents of the student body. The event began with a warm welcome from the Principal, [insert principal's name], who highlighted the importance of balancing academic pursuits with physical fitness and teamwork. They expressed pride in the students who have excelled in both areas, calling them role models for their peers.

The highlight of the evening was an interactive session where academic achievers and athletes engaged in lively discussions, sharing their experiences and learning from one another. This session fostered a sense of unity among the students, breaking down the barriers that often separate academic and athletic communities. The event also featured a special awards ceremony, where students who excelled in both academics and sports were recognized for their exceptional balance of mind and body. The awards served as a powerful reminder that excellence can be achieved in multiple areas with the right mindset and support.

The evening concluded with a casual dinner, allowing students to further bond over shared interests and experiences. The get-together was not just a celebration of achievements, but also a step towards building a more inclusive school culture, where academic and athletic excellence are equally valued and encouraged.

Overall, the first-ever get-together of Academic Performers and Sports Players was a resounding success, setting a positive precedent for future events. It reinforced the school's commitment to holistic education, nurturing both the mind and the body.

-Pema Yangki XI Sci



My Guiding Light.

What do I do,
Without you?
Here stands a home without a roof
For you disappeared leaving no proof

Yes, all will be gone one day
Dare.. you left without a proper say.
Do you hear my pounding beat?
Still not, I believe it.

Nothing feels the same
Like it used to be.
Without you around me,
All I feel is lame.

My life continued with challenges challenging
My dreams with fear.
Hopes with terror. Homelike hotel
I, homeless without shelter
And heart empty without feelings.

Seeing my peers with their father
I feel fatherless, powerless, hopeless and helpless.
Never imagined what my life would be like;
When you were not around me.
Now nothing is the same and I am all alone.

Holding your shirt and your picture
Feels like you are beside me.
And every time I realize you are not.
Tons of emotion burn to tears.

If only had I given you lots of love and concern
I could have saved you to live longer.
You would be still alive
And I would still be your little princess.

I still see your smile
And feel your energy.
That makes me more emotional
Where i can't handle myself.

My prayers and love,
Will be always with you.
And always stay close
To my heart.



Chimi Yuden 8C

IN THE ECHOES OF UNSEEN EFFORTS

You stand there, lost in your own world,
While friends reach out, their hearts
unfurled
Their laughter fades like a distant star,
Slowly vanishing, drifting too far.

In the quiet moments, their care go
unseen,
The love you take for granted, a bond so
serene
Do you remember the warmth of their
grace
The colors they painted in your life
space?

In moments of quiet, feel the
connection,
Know worth is felt, not just a mention
Take a pause, see those who brings you
cheer,
Their gentle act makes joy appear

Can you stop just once, and let their love
show,
In the echoes of care that continues to
grow.
You, in the stillness, find beauty so true
In friendship, a bond we all pursue.

Seeing beyond the surface, a treasure
trove awaits,
Hearts yearning for trust, not just
debates
For friendship isn't just laughter
exchanged,
Its the silent battles fought, where love
is arranged.

-Jamyang Loday XI Sci

No Sweets



By Tenzin Drodhen

*I spent my money on toys
A car, a gun, and other toys
But now my pockets are all bare
No money for sweets, not one to spare.*

*The chocolate bars are calling me,
But empty hands are all I see
I wish I had saved some
For treats I love along the way.*

*Next time I will save my money,
So, when the sweets are calling,
I will have money to buy a treat,
And not just some toys, but something
sweet.*

*I'll learn to wait, to hold off on joy,
And not spend every coin on just a toy.
For sweets that melt in my mouth, so
sweet,
Are worth the patience, a special treat.*

*So next time when my pockets are full,
I'll think twice, be careful, not just a fool.
I'll balance my love for toys and delight,
With a candy bar waiting, oh, what a
sight!*



Back Story

OF NO SWEETS

My aunt living in Trashigang gifted me Nu 1500 for my birthday. I was very excited because it was the first time I had so much money in my hand. I rushed to the little shop in the town square, my mind filled with dreams of all the toys I could buy. I ended up spending all the money on a shiny toy car, a plastic gun, and a few other small toys that caught my eye.

I was thrilled with my new toys at first, but later, when I walked by the shop and saw the colorful rows of chocolates and candies, I realized I had no money left to buy any sweets. My pockets were empty and I regretted.

That's when it hit me—I should have saved some of my money. If I had thought ahead, I could have enjoyed both my toys and the sweets I loved. That experience taught me a lesson: next time, I would be more careful with my money, making sure to save some so I wouldn't miss out on the things that truly make me happy.

རིག་གསར་ མི་ལམ་འདྲ་བའི་ས་ཆ།

བུཙ། མི་ལམ་འདྲ་བའི་ས་ཆ། མིག་འཕུལ་བཟུམ་གྱི་བྱ་མོ། བདེན་འཛིན་རེ་ཡང་མ་ཚུགས། བདེན་ག་མཉོ་
ཡང་མ་བཏང། རྒྱལ་ཁ་ང་གིས་ཐོབ་ན། གཡས་པའི་གཤོག་སྒྲིལོད། གཡས་པའི་གཤོག་སྒྲིའི་སྒྱུ་ལ་གསན།
དགའ་བའི་གཏམ་གྱི་ཚིགས་ལ་གསན།

བུམོ། བང་ཅན་བཀའ་ལུ་མི་ཉན། ཉམ་ཚུང་སྒོ་ཡང་མི་བདེ། སྒྲང་གཤོང་ལ་ཁའི་བྱ་མོ། སེམས་ཁར་ན་ཚུག་
མ་བཀལ། བ་ཡུལ་སྒྲང་གཤོང་ནང། བ་གཞིས་ལ་ཉོར་ཡོད། རང་ཡུལ་དགའ་བའི་སྒྱུ་ལ་གསན། རང་
སེམས་སྒྲིད་པའི་ཚིག་ལ་གསན།

བུཙ། གསེར་ཤོག་སྒྲང་གི་སྒྱག་ལས། གསེར་གྱི་མེ་ཏོག་འཁྱུངས་ཅུག། མིག་ཁར་ལེགས་པའི་མེ་ཏོག་ མི་
ལམ་ཨིན་ཟེར་མ་གསུངས། དམ་ཚིག་ཁྱོད་ལུ་ཡོད་ན། གཡོ་བ་ང་ལུ་མེད། མཚོད་པའི་སྒྲ་མོ་སྒྱུ་ལ་གསན།
སྒྲག་ཤར་དགའ་བའི་སྒྱུ་ལ་གསན།

བུམོ། རྣམ་ཅོ་བསུབས་རུང་གོལ་མས། མིག་ཏོ་བཙུམས་རུང་མཐོང་མས། ལུས་དང་གྱིབ་མ་བཟུམ་སྒྲི།
འབྲལ་བ་འབྲལ་ས་མིན་འདུག། གཡོ་བ་ཁྱོད་ལུ་མེད་ན། དམ་ཚིག་ང་ལུ་ཡོད། སག་སྒྲིང་མེ་ཏོག་ཡི་སྒྱུ་ལ་
གསན། སྒྲིན་ཚུང་དགའ་བའི་ཚིག་ལ་གསན།

བུཙ། ཚད་ལས་བསྐལ་བའི་ངོ་རིས། སྒྲོན་ཡང་བཏགས་ས་མིན་འདུག། ཟུགས་སེམས་ཨ་ཞེ་སྒྲང་ས། དམའ་
ཕབ་རྒྱབ་ས་མིན་འདུག། སེམས་གྱི་མི་ཡོང་ནང། ཨ་རྟག་ཁྱོད་ར་མཐོང། མཐོང་པའི་བྱ་མོའི་སྒྱུ་ལ་གསན།
དམ་ཚིག་གཙང་བའི་ཚིག་ལ་གསན།

བུམོ། ཁྱོད་ཡང་མེད་ཟེར་མ་བཟོ། ཁྱོམ་ཐོག་ཚོད་པའི་མི་ཨིན། གཡུས་གྱི་བུམོ་ལུ་དགའ་ལྟོད། ཉིང་ཁར་
དོགས་པ་བསགས་མས། དགའ་བའི་དགའ་མཚན་གཉིས། མཉམ་དུ་འཛོམས་པ་དགའ།

བུཙ། དང་བུམོ། མཉམ་དུ་འཛོམས་པའི་སྒྱུ་ལ་གསན། འབྱུང་བ་མེད་པའི་ཚིག་ལ་གསན།ཨ

སྐད་འཐེན་མི་ ལྷན་དང་ སྤར་བ་བཟང་མོ།
སྒོག་བརྟན་ སག་སྒྲིང་མེ་ཏོག།

བསྐྱེད་པ་ བགྱིས་དོ་ཆེ།

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འཇིག་རྟེན་པའི་དགོང་ལ། འབྲི་མི་ འགོ་མ་གྱིས་རབ་མཐའ་ཡས།

༡ ཉེས་ རྩོམ་བཟུང་ རྩོམ་ལས་ལྷན་གྱི་དེ་ དགྲུང་ལོ་བཟུང་ཅུང་ ལྷ་ཡོན་སྒོམ་ཡོད་ ལྷགས་དམ་
བཅོན་ནི་དེ་གིས་ མི་སེང་ཡོངས་ཀྱིས་ དད་པ་ མོས་གྲུས་སྒོམ་ཡོད་པ་མས། དེ་ལས་ ཉིན་མ་ཅིག་འབདམ་ད་ ལྷ་ན་ཆ་ལོག་
ཤེས་རྩེད་ལས་ ལྷན་བདག་ཅིག་གིས་ ལྷམ་བཞིན་དུ་ ལྷན་ཞིན་མ་ལས་ ཁོང་གི་ལོ་ཆོག་དང་ མི་སེང་དམངས་ལུ་ ཆོ་
དབང་གནང་སྟེ་ ལོག་ཞོར་ལྷང་ལུ་ལྷན་ཅུག།

དེསྟེ་བྱོན་ཏི་མོར་བུ་སྒྲུང་ལུ་ མ་སྟོད་པ་ཅིག་ཁར་ སྟོང་ཆང་བསིལ་ཏྲོང་ཏྲོང་དང་ ཁམས་དྲངས་ཏྲོག་ཏྲོ་ ཉིང་སངས་ས་ཅིག་
ཡོད་སར་ སྐྱུང་ལ་གནང་བཅུག་སྟེ་ སྦྱིན་བདག་གིས་ གསོལ་རྒྱུངས་ཞེན་མ་ལས་ གསུང་གྲོས་ལུ་ཡོད་པ་ཨིན་པས།
དེ་བསྒྲུང་ ཞལ་ནང་ སོ་གཅིག་ཡང་མེད་པ་ལས་ སྦྱིན་བདག་དེ་གིས་ སོ་ཟེར་ལྷ་བ་ཅིན་ ང་བཅས་དང་ འབྲན་འབྲ་མིན་མ་
ལས་ མི་སྟོན་མུ་ལུ་ ཞེས་འབད་ལྷ་བ་ཅིན་ མཆེས་ཟེར་ལྷ་ནི་ཨིན་མ་འོང་མཐོ་སྟེ་ རྩེ་རིན་པོ་ཆེ་གི་ཞལ་ནང་ མཆེས་གཅིག་
ཡང་མིན་འདུག་ཟེར་ལྷ་སྟེ་ རྩེ་སྐྱུ་བགྲོས་ཀྱིས་ ཨིན་དེ་གི་མཆེས་གི་ར་ བུད་སོང་ཡི་ཟེར་ གསུངས་ལྷག་གོ།
བསྟུ་སྟྱིག་པ་ སངས་རྒྱུས་ལྷ་མོ། ལ་པ་ཁ། འཕྲོ་མ་སྟུང་ བུན་སྟུག་ལུ་མ།

Note: If you have any original articles in both Dzongkha and English.
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