

Weekly Newsletter

Be strong

Sonam Peldon 9C

You may have observed individuals shedding tears when they encounter setbacks in their lives. I have witnessed numerous individuals weeping simply because they were unable to achieve their desired outcomes. I want to assure those individuals that they are not alone in encountering obstacles, as every individual in this world encounters a variety of challenges, including myself. From infancy until now, I have faced numerous challenges. However, I am grateful that I have overcome these challenges by using my strength, a trait my father instilled in me. Viewing the flashback, I felt truly blessed and happy to have been born as a Bhutanese girl, most likely under benevolent and generous parents who love me with their whole hearts.

I learned to be a strong girl from a young age, and with the belief that I could succeed, my bravery grew as I matured. Throughout my educational journey, I have discovered my own educational purpose. In the 'Serene Strength' book, Mr. Arun Kapur stated that the purpose of education is to cultivate good human beings, among other things, and my own purpose for education bears some similarities to his. From my perspective, I believe that education should equip learners with the ability to confront and overcome failures and challenges, thereby fostering resilience. I should say that a person who has not faced failures in his or her life will not overcome the challenges when he or she faces failures or challenges in his or her life. For further understanding, let me narrate a short story.

Pema was lucky enough to be born as a boy into a wealthy family, and his parents would be very soft on him and take very good care of him. They instilled in him the value of discipline. His parents raised him well-mannered, but they never taught him how to deal with the failures he faces in life. They also never taught him how to overcome challenges or obstacles. Soon he went to school, and from that day on, his educational journey began. He was a hard-working boy, and he was very sincere. He would always top the whole class, and his parents would always motivate and encourage him to move forward. He received a great deal of appreciation throughout his life, and he was filled with joy at the beauty of his existence. Even in high school, he topped the whole class, and when he finished his class twelve, he went for an interview for engineer training. At a very young age, he loved mathematics, and he wanted to become an engineer in the future. He thought that the interview went well, and as a result, he also got an opportunity to train as an engineer. His parents were very proud of him and happy for him. Unfortunately, after completing all of his training, he couldn't get a job as an engineer. It was the first time that Pema faced failure

in his life. Pema struggled to cope with the setbacks in his life. He shed many tears in front of his parents, but they remained silent. It dawned on them that they had failed to teach their son how to overcome the challenges and failures in his life. They recognised this, gave Pema confidence that he could succeed, and imparted lessons on how to overcome life's challenges. Pema heeded his parents' advice and went back for another interview, which he successfully completed. He went for engineering training again, and after completing his training, he got a job as an engineer. He was happy, and his parents were too, but other than that, he has learned to overcome the failures in his life, and he has learned that failure makes a person braver and stronger!

From this story, it is evident that Pema's parents did not teach him how to overcome failures, nor did he learn how to face them. As a result, when he faced his first failure, he struggled to handle it appropriately and was on the verge of giving up. However, with the motivation and unwavering support of his parents, he was able to return to his original form, demonstrating his resilience.

To my readers, what I am trying to convey through my writing is that we all must learn to handle failure when we face it in our lives. Especially for the students, we all must learn to become resilient and strong enough to face the failures in student life. I have referred to myself as a student, but I can now realise that I am not a student; I am a learner!

Why me?

Chemi Lhamo 9A

Ever since I was born,
I have been thinking,
Why me? Hmm
When others were free
Why me?
When others were enjoying,
Why me?
In order to earn the best
We have to fight through.
Some bad days in your life
The more I include in the problem,
The more I become stronger
Don't say, 'Why me?'
Rather, say, 'challenge me more'.

Amazing Night

Phuntsho Wangmo 9D

That night was entirely different.
When I opened a book with curiosity,
And enormous letters jumped everywhere.
And pictures too.
I climbed every letter and picture,
They clasped me everywhere.
They took me with them.
For a journey around the world
When pages flap,
Marvellous words and knowledge were there.
And I am fascinated to read,
The new journey was thrilling to me.

My Brother

Phuntsho Wangmo 9D

His life began with me.
From birth till now,
We spend our time together.
He is a gift from God.
We used to fight.
We used to chase.
Like Tom and Jerry,
But we can't live without each other.
When I am in trouble,
He rescued me like Superman.
I am blessed to be by his side as his sister.
Thanks for being my strength and confidence.

The world no tobacco day

Sonam Peldon 9C

The peer helper club, in collaboration with club coordinator Mr. Dawa Drukpa, conducted a World No Tobacco Day event at MPH of Dungtse Central School on May 31. The main purpose of

conducting this event was to inform the learners about the impact of tobacco use, how it leads to addiction, and how to avoid using tobacco.

The programme began with all the learners entering the hall, staying in their mentees' seats. The learners were required to invite their own mentors to sit with them and provide a brief description of tobacco. Pema Deki from 10A led the programme, with Ugyen Tenzin Dendup from 10B serving as the anchor. After the speech, some of the peer helpers performed a short drama on how to avoid using tobacco, how it leads to addiction, and the progression of tobacco use. Jigme Losel from 10B played the role of father; Tenzin Yangdon from 9A took on the role of mother; Nima Wangyel from 9D and Tshewang Choden from 7A took on the role of children; and Sonam Peldon from 9C played the role of doctor. In that drama, the doctor explains to the father and mother the progression of tobacco use, which includes experimental or recreational use, occasional use, regular use, and compulsive use. After that, the doctor explains that one can use tobacco because of factors like environment and genetics. The doctor then outlines the steps for quitting tobacco: the first step is to set a target to stop using tobacco, and you must stop on that specific day; the second step is to inform your family and friends about your intention to stop using tobacco; the third step is to engage in alternative activities when you feel the urge to use tobacco; the fourth step is to plan how you will avoid using tobacco; the fifth step is to keep a record of the day you felt the urge to use tobacco; and the sixth step is to plan how you will avoid using tobacco. When the father understood how to quit tobacco, the programme came to an end.

Soon, the programme came to an end with a vote of thanks by the anchor, Ugyen Tenzin Dendup, and a request for all the teachers to move first and the learners to stay back to take some attendance. The counsellor, Mr. Dawa Drukpa, announced and requested that all the learners learn how to quit smoking, as it is very important in life.



Dear Mother

Chador Eden Wangmo 9B

She is the one who gives you all the things.

She is the one who gives you the best advice.

She is the one who takes you down the right path.

She is the one who made you feel happy in your life.

She is the one who looks after you.

She is the one who sacrifices so many things for you.

She is the moon who shines in your darkness.

She is the one who takes care of you.

She is the one who thinks of you all the time.

She is the one who prays for you.

She is the one who understands your feelings.

She is the one who will love you forever.

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