

Weekly Newsletter

Worry for the life

Pema Deki 10B

Since birth and until now, I have grown without any harm. I have a life full of pleasure and happiness. My parents took care of all my worries and responsibilities. They have provided food and clothes and met all my needs, making me the happiest person in the world. Moreover, they assisted me in fulfilling my desires and gave me the same sense of belonging as other children. They took responsibility for whatever came my way; they cleared all the barriers for me and made me feel safe and comfortable walking and travelling.

Additionally, they were deeply concerned about my future and decided not to leave due to the intense, intricate, intimidating, and burdensome nature of life. That's why they enrolled me in school and provided me with everything I needed to succeed. The government provided free food and other necessities to the school. My primary responsibility is to learn how to be a good person, to study, and to transform my inner attitude. However, I am curious to know what lessons I took away from those experiences. For me, I feel like the days are passing very fast, unknowingly, without accomplishing good or beneficial things.

As time passes, I am growing increasingly concerned. The lifestyle of people around them is changing rapidly; it's getting better every year. And our worry here is: How can I stand in the future by myself? Which career should I pursue? On which path am I capable of traveling? As we all know, the future is unpredictable; we can't foresee it, and life itself is impermanent. We can see the different scenarios, some living happily and some going through miserable lives. It is in our hands to decide how we will handle all those things. We have to be prepared to challenge everything that comes along. I will try my best and have the determination to tackle all the challenges that come along.

So, my message to all of my colleagues is that, as I always say in school, being a student is the right time to learn. For that, always try to change yourself and be the better person of tomorrow. Every day, consider and realise the things around you.

Don't let your weakness define who you are

Sonam Peldon 9C

Gaki, as a teenage girl, consistently found inspiration in reading. She wants to inculcate values and knowledge. She is a sincere and diligent girl. But as we all know, people will throw rocks at people, so other students would blame her and talk about lots of things behind her. Her classmates would disturb her while studying in the class as well, and when she told them to stop, they would say something that shattered her heart. Regrettably, she had to endure the discomfort. She wants to share those things with others, but there is no one she can trust. Often, she would cry silently and blame herself for her destitute life.

Her classmates don't like her, and when the boys in her class insult her, she just cries and does nothing. That happened several times. She believes that she is the cause of her own misery. Whenever people judged her by her appearance or anything else, she became demotivated. But one day, she knew that that was her weakness, and she tried her best to change herself because she knew that that was not her. She doesn't want to let her weakness define who she is. She tried to motivate herself by reading many inspirational books and listening to the motivational speeches spoken by famous and great people. She became stronger than before, day by day. She would try to stand on her feet when she faced challenges, and she would try to overcome those challenges. When she wakes up in the morning, she first prays for God to give her strength to overcome her weakness. Day by day, she was improving, and whenever her classmates or any other students insulted or mocked her, she would just stay silent and read a book. She develops the strength to change herself, and she acquires the strength to face her weakness. Soon, she became the strongest person that she ever knew, and she learned a lot on this journey. She gained self-awareness, understood her responsibilities, and, most importantly, understood that her weaknesses were obstacles in her life that she had to overcome on her own.

Looking at this short story, it's clear that you are the only one who truly understands yourself better than anyone else. You have to know your weaknesses in order to overcome them. People will stigmatise you when you are shining in your life, and they will even become an obstacle for you if you can't handle your emotions. In today's world, individuals have developed a strong habit of placing blame on others, often neglecting their own self-care. I am urging my readers to avoid joining the blame culture, as it hinders the process of self-discovery and self-improvement. I have also encountered numerous individuals who blame others when they are unable to achieve their goals or when they are experiencing some form of difficulty. I feel sorry for those people, because they are just wasting their precious time learning by blaming and gossiping about others. Most people misunderstand the concept of the learner. The learner is not only the students; students can be anyone, like teachers, doctors, farmers, grandparents, etc. A person who is aware of their own

weaknesses will not act in this manner; instead, they will seek solutions to overcome these weaknesses and instill the strengths they are aware of within themselves.

This is my kindest request to my readers: discover your weakness, find a solution to overcome it, and also know your strength, because if you really want to change others, you must first change yourself!

Chapter 4: My world of fascination

Jigme Pema Wangmo 9A

Yet I was very worried about my friend Ngawang. She neither picked up my call nor replied to my message. But after about a week passed, he texted me. “Jigme, I am really sorry that I couldn’t text you. So many things have been happening these days.” After reading her text, I felt extremely anxious. I thought, “What could have happened to her?” Afterwards, I decided to give her a call. Yes, this time she picked up. I said, “Hello, how are you, Ngawang?” With a saddened voice, Ngawang replied, “Hello Jigme, sorry that I couldn’t keep in touch with you these days.” She then shared everything that has been going on in her life. Ngawang was the only child in her family. And unfortunately, when she was a school-going girl, she lost both of her parents. Despite all these challenges, she managed to live a happy life, just like any other child, thanks to her grandmother. Her grandmother substituted everyone for her. Her grandmother represented her father, mother, and siblings. Her grandmother was so kind and loving to her that she never felt the absence of her parents. However, the loss of her grandmother a week ago left her deeply hurt. I felt very sorry for her, as she lost her precious jewel. I, along with my parents, went to our altar room, offered a butter lamp, and prayed for her swift rebirth immediately after hearing her. After several weeks and months, I received a call from Ngawang. She said that soon it’s her graduation day, and now she can move on happily. I was very happy to hear that. When I first arrived here in the USA, my mom told me not to search for work. Today, I have come to understand why she made this decision. From childhood, I was very ambitious, and my only dream was to become a doctor in the future. However, after completing high school, my parents relocated to the USA, which left me mentally disturbed and hindered my academic performance, ultimately preventing me from pursuing my MBBS degree. She said she felt very sorry for me. I was deeply saddened by the fact that I couldn’t pursue MBBS courses, but I eventually moved on with a positive attitude in my life. However, after spending about four months in the USA, my parents encouraged me to enrol in a local university and continue to pursue my dreams. For the first time since my parents left me, I was delighted by their words. I felt so happy that I couldn’t hold back my tears, and they were tears of joy. That day, I was filled with joy and continued with my usual activities from my high school years. I collected all of my study materials and created a separate study area. This time my motto was “Study Hard and Save Lives.” “I was born to save lives.” And the next day, my parents

searched for a university where I would be continuing my studies further. My parents arranged everything for me, and I gave it my all. My parents worked very hard day and night, and I studied very hard to chase my dream. I was extremely grateful to have such supportive parents. They provided me with all of my needs and wants, as well as support for my research-based assignments. During my time abroad, I had the opportunity to meet my first friend at university. Her name was Make, and she was from Germany. She lived all by herself in the United States. She managed to balance her work; she studied as well as worked for money. On one fruitful Monday, we were on our way to our university. I asked her, "Make, is it very hard for you to study as well as work?" Make smiled and responded, "I have been enduring these challenges since my childhood days, and now everything is fine for me." Jigme said, "All we need is 'Self Determination,'" and her words deeply touched me. After about four hours, our classes were over, and she asked me if I would join her at a café to have some coffee. By now, she knows very well about me. She asked me to join her because I loved having coffee. She guided me to a stunning café, adorned with beautiful décor and a clean, friendly atmosphere. While we were having our coffee, we talked more about ourselves and our country. She talked about the place where she belonged, Germany, and I shared about my peaceful country, Bhutan. Once our conversation concluded, we parted ways, and I made my way home. My parents were at work, and I was alone at home. I did the dishes, laundered, and even cleaned our house. And most importantly, I gave myself more time to study. After studying for an hour, I took a mental break by preparing a croissant and coffee for myself and strolling out onto our house's verandah. I spent around 20 minutes there, and afterwards, my parents returned from their work. After a tiring day, I immediately prepared tea for them, and that was the least I could do for them. My father inquired, "How is everything going at your university, Jigme?" I replied, "Everything is going well, and I even met a new friend named Make, who is from Germany." In between, my mother shouted from the kitchen. "That's great, Jigme! We are glad that at least you end up making a friend." I laughed when I realised that my mom had assumed I couldn't make friends there. I was preparing for MBBS courses, while Make expressed interest in pursuing a career in botany. Indeed, we shared a common ambition. Tomorrow was Sunday, and Make and I had planned to visit a mall together. As the winter season was nearing, we wanted to look for some thick clothes that would be suitable for the season. We had a great time shopping as well as visiting the arcade game zones inside the mall. After visiting the arcade game area, an idea clicked in our minds. The next weekend, we planned to visit a famous aquarium park where we could see lots of different species of aquatic animals. During the weekdays, I and Make concentrated fully on our studies, but on the weekends, we always made sure to do recreational activities. My stay in a foreign country was filled with fascinating experiences. We returned from the mall after about two hours, and since it was only 1 p.m. in the afternoon, we had plenty of time to spare. After doing lots of shopping, we both were hungry, and she took me to a market area where we could find lots of simple and delicious food stalls. Once we finished our meal, it was nearly 3 p.m., and we made the decision to

return home. After arriving home, I rested for a while and realised how fascinating today had been. Most importantly, I met Make, a kind soul who felt like my friend Ngawang.

Cleanliness

Tenzin Choden 8B

What do you mean by cleanliness? When the word cleanliness comes to mind, it reminds us about our health. Cleanliness is defined as the habit of maintaining personal hygiene. It is one of the things we must learn and incorporate into our lives. In addition to providing a decent and pleasant appearance, cleanliness keeps diseases at bay. A person can lead a good and disease-free life if both their body and mind are in a good and healthy condition. A person with a filthy habit and dirty hands, face, clothes, surroundings, and house has no pride in himself or herself and loses respect from others. If we keep our environment clean, we will not fall ill. However, we need to realise that we must also keep our school environment clean. Instead of thinking that it's someone else's responsibility, we need to take it on ourselves to make sure that we don't contribute negatively to the school's environment. Thus, cleanliness is necessary for every individual.

Chapter 5: My world of fascination

Jigme Pema Wangmo 9A

The next day, the sun was shining brightly, but then it was very cold, and it was already winter! My surroundings seemed so serene and refreshing, and it was already 5 a.m. I immediately woke up, and as all Bhutanese do, I went to my altar room, offered altar, and did my usual prayer. Classes began at 10 a.m., leaving me with ample time. After completing my morning routines, I spent an hour studying before my mother offered me breakfast. I got dressed up and packed all my essentials for school, and by that time it was already 8 a.m. My school was a thirty-minute walk from my home, so Make and I always started our journey from home at least forty minutes early. As I completed my work and other tasks, it was already 9 a.m., at which point I stepped out of my house, wished my parents a happy birthday, and headed to school. When I reached the bus stop, I saw my friend Make patiently waiting for me there. I apologised to her for being late, and we hurriedly boarded the bus to avoid being late to our school. Unfortunately, we had a very strict lecturer there. As we both took the same stream, we were in the same class. By the time we arrived at the campus, it was already 9:55 a.m., leaving us with a mere 5 minutes to reach our class. We hurriedly made our way to our class, much like race cars on a racetrack. Fortunately, we arrived on time, and to our relief, we discovered that our lecturer would be delayed by 10 minutes today. This announcement provided us with ample time to settle into the classroom. And those 10 minutes had already passed; we were completely settled. Immediately, our lecturer entered the class, and after precisely 10 minutes, I learned a valuable lesson from him: "We must always be on time; we must

be consistent in every activity.” I observed our lecturer's consistent punctuality, never missing an event. I also thought I would be like him, but as always, I couldn't maintain my consistency. About 4 months had passed since my recruitment to the university, and I felt a sense of belonging. After meeting with Make, it seems that I completely forgot Ngawang, but that's absolutely wrong. I have always wanted to meet with her, but at this time I don't want to disturb her as she is going through a harsh situation. I am doing my grade 11 courses here in the United States, and she is in Bhutan. I missed her so much that no one can even explain the time we spent together, the times where we went through harsh climates, and the times where we enjoyed ourselves to the fullest. We were best friends for eternity. Both Ngawang and I shared the same ambition, but we were unable to enrol in MBBS courses at that time. However, I now have the opportunity to pursue my dreams once more, while Ngawang is pursuing her optional dream of becoming a journalist. I just wish that we would both be successful in our own worlds. As I was contemplating these thoughts, I became completely disoriented, and a voice called out to me, “Jigme! Jigme!” What happened? I replied, “Nothing; I was just lost in some thoughts.” She smiled and asked, “Oh, is something wrong?” I responded, “No, Make.” Today, I noticed that my classes concluded quickly, primarily due to my lack of concentration. After our classes were over, I and Make went to our favourite street food market, where foods are delicious at a cheaper price. This is the usual spot we frequent. We had Korean dishes today, and our tummies were bursting. We went back to our home. When I reached home, my mother was there alone doing some laundry, and my father was at work. I asked my mother if we could go out for dinner today, but upon observing her tired expression, I realised that she was not in the mood to go out. I felt compelled to clarify that my mother, who works more than I do, may have put in a lot of effort both at her workplace and at home. If I were to force her out of the house, it would not only be exhausting but also torturous. And yet, I freshened up and went into my study room, willing to study, but today I wasn't feeling like studying because it was Monday and there were hangovers left from Sunday. Just kidding!!!!!! I began studying until dinnertime, at which point my mother prepared a feast! Regrettably, my father was absent, but this is a common occurrence. When mother was present, father was missed, and vice versa, but I understand. My mom and I had dinner together, after which we discussed my career path. She advised me, “Bum, now that you are climbing the stepping stones of your success, you should be careful and work accordingly.” I responded, “Ok, mom, I will always be thoughtful, and again, I would like to thank you and dad for giving me another chance to chase my dreams.” And in my lifetime until now, the biggest lesson they taught me was “Never give up; have faith in yourself,” and their golden wisdom won't vanish forever. It was already 8 p.m. after dinner, and my mom was preparing for her night shift at work. I said goodbye to her and then headed to my room. I read one comic book, which was given to me by Make. After reading a few pages, the gravity was pulling my head, and the doors of my eyes were about to close! Then I head off to bed!

Friendship

Sonam Yangdon 7A

Friendship is the key to a happy and peaceful life. Everyone needs a true friend in their life who helps them in every situation. True friends always guide you to the correct path. Friendship is all about trust and loyalty; there is no place for lying or cheating. A true friendship is like a backbone that always keeps you straight and never lets you down. Several times, we are unable to share our emotions or feelings with others, which makes us stressed and depressed. In this situation, we need a friend to convey our feelings. The bond of friendship saves us from depression and makes us joyful. A true friendship means living all the phases of life together. Friendship makes us stronger and more confident.

A person's ability

Sonam Peldon 9C

Imagine, for all of the readers, that you are currently gazing at millions of sparkling stars at night. All those stars are shining brightly, and you are so fascinated by them that you find yourself counting them. But let me ask you something: can you count all the stars? The answer will definitely be NO. That's why none of us can truly quantify our abilities. Before even discovering our capacities and abilities, we tend to underestimate ourselves, which demotivates us significantly. Not all of us are perfect; we make many mistakes in our lives and encounter numerous challenges and circumstances. However, are you aware that we possess hidden abilities within ourselves? How can we uncover these hidden abilities? We discover these abilities when we attempt new and familiar tasks in unexpected ways. We are not all the same; we don't all have the same birth mothers, so we shouldn't compare ourselves to others. Doing so will only lead to a decrease in self-esteem. We must inculcate values and knowledge rather than gossip about other people. Don't define the changes in others; rather, find the changes in yourself. If you really want to see your abilities, first and foremost, you must change yourself into a good person. I understand that it may be challenging, but making small, daily changes to yourself can significantly transform your life. Every day, we always tend to do the things that other people wish for us to do, as if we are doing them to impress other people. We all must not do things to impress others; rather, we have to learn something every day so that we can discover our real abilities in that area.

For example, there are two students. They are named Sonam and Yangdon. They are in the same grade, but Yangdon is much better in academics than Sonam. Yangdon possessed exceptional intelligence, while Sonam struggled with study habits. She would strive to study diligently, just like Yangdon, but she was unable to achieve the same academic success as Yangdon. But she has a skill of dancing, which Yangdon does not have, but she is shy and hides her talent, taking the notion that society will blame her and her parents will not support her. In this scenario, parents,

teachers, or mentors shouldn't force Sonam to study hard, but instead, they should motivate Sonam to dance so that she can become something in the future and lead her life by applying her skill of dancing. If parents, teachers, or mentors encourage Sonam, then she will not hide her skill of dancing; rather, she will expose her talent to everyone, believing that her parents, teachers, or mentors are supporting her. She will shine in her life and discover her abilities and strengths.

So, a person's ability differs from their own interests, and we all should not judge others' abilities by looking at their appearances, but rather we all should appreciate each person's capacity because every individual is totally different from one another, and lastly, just try your best to be a better version of yourself!

The Magical Sound of Rivers

Tshewang Zangmo 10A

The rivers are humming and uttering
I bid you all farewell.
And descending sorrowfully
Once it went down,
It is not coming back.
Just like the river,
Like a river, you are.
But I am expecting that.
You will come back.
And hold my hand.
It's only my expectation.
Now, I have changed my direction.
I try to stand by myself.
It's okay to keep me alone.
But I will make you regret it.
My final remarks to you are,
Keep going with your dreams.
And I am also following my path.
With my dreams!

She

Anonymous

A baby cried.
It was April 8th.
A brave girl
With an ambitious mind
She was kind.
She was passionate.
Full of compassion.
Everything came out to be her light.
Which shined her bright
She was born into life.
To save lives
She did her best.
She is still doing her best.
To reach her goal of saving lives
As she grows up
She won't lose faith.
She will try her best.
And she will be the best.

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