



Editorial

Winter – the promise of new beginning.....

Winter often marks both a time of rest and renewal. The cold and stillness can feel like the passing of the old, as nature sleeps and the days become shorter. Yet, it is also a season of anticipation, as beneath the surface, new life quietly waits to emerge in the coming spring. Winter feels like a doorway – one foot in the past, the other in the future. It holds everything this year has been: the chaos, the quiet, the heartbreaks that brought you to your knee, and the tiny victories that kept you going. It is heavy with memories but soft with the promise of something new. Maybe winter isn't about fixing what went wrong or rushing toward what's next. May be it is about breathing – about sitting with the year as it is, messy and beautiful in its own way. It is about recognizing the strength it took to make it through even if all you did this year was to survive. The New Year will come with its own rhythm, its own lesson, its own storms and sunshine. For now, let December be a time to honour how far you've come. To trust even that in the uncertainty, life is moving exactly as it should. Let it remind you that endings don't have to be rushed, and beginnings don't need to be perfect

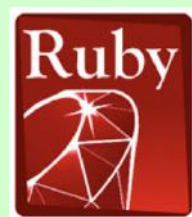
-Bernard Lama

School Coordinator

A Beginner's Guide to Programming Languages

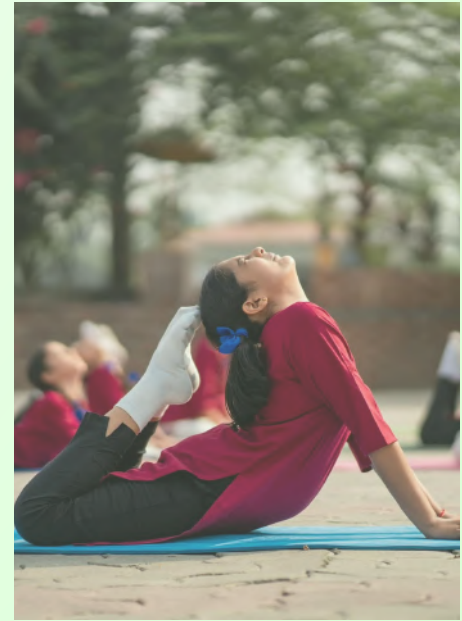
Programming languages are tools we use to communicate with computers and give them instructions. These languages follow specific rules, known as syntax, that guide us in writing code correctly. Just like human languages are suited to different cultures, programming languages are tailored to specific tasks. For example, Python is beginner-friendly and widely used in data science, machine learning, and automation, due to its simplicity. JavaScript is essential for building interactive websites, powering everything from animations to complex user interfaces. Java, known for its portability, is used for Android apps, large-scale systems, and enterprise software. C is a powerful language used in system programming and embedded systems, where efficiency and direct hardware manipulation are crucial. Other examples include Ruby, popular for web development due to its elegant syntax, and Swift, used to build iOS applications.

In addition, there are languages like Go, known for speed and efficiency in cloud computing, and PHP, which powers many content management systems like WordPress. Each language has its strengths, making them suitable for different uses. For example, R is preferred in statistics and data analysis, while Kotlin is rising in Android development. The choice of language depends on the project needs, the problem at hand, and the developer's familiarity. Ultimately, programming languages provide the building blocks to create software, solve problems, and innovate in the digital world.



Yoga In Green Field School

Green Field World School in Birtamode is an academic institution that takes an inclusive approach to education, striving to nurture students not only academically but also physically and mentally. As a science teacher here, I've had the privilege of witnessing directly how the school's commitment to wellness, particularly through yoga, has improved the overall learning environment of the school. Yoga classes are offered to all the students, providing them with opportunities to relax, focus, and recharge away from the usual hustle and bustle of everyday life. A dedicated male teacher, who is both experienced and passionate about the practice, leads these sessions. The yoga classes are balanced, covering a range of activities including asanas, pranayama, and meditation. Even on days when certain classes don't have a session, the peaceful environment created by



the yoga practice positively influences the entire school, making it a calm, peaceful place to learn, read and grow. Significant change has been noticed in the students. Their ability to focus during class has improved, and many seem more present, engaged and happy to study. Their increased concentration has had positive impact on their academic performance. Yoga has also contributed to their personal growth. Students appear more confident, disciplined, and optimistic. This is particularly noticeable in their approach to learning, where they seem brighter and more eager to take on challenges and questions asked by the teachers. Yoga is mandatory for all students, and it's evident that they appreciate the positive effects it has on both their mind and body. It's not just about keeping fit, it's about creating polished students who are mentally sharper and better prepared for life's challenges. I believe the incorporation of yoga has been one of the key factors that have contributed to the overall success of Green Field World School in shaping its students into who they are today.

-Raju Bhattarai [Science Teacher]

शिक्षक र शिक्षिकाको महत्त्व

शिक्षक र शिक्षिकाको महत्त्व विद्यार्थीलाई ज्ञान, सिप, व्यवहार सिकाएर जीवनलाई सफल हुनको लागि निन्तर सहयोगगर्ने व्यक्ति शिक्षक र शिक्षिका हुन्। शिक्षकलाई गुरु अथवा र शिक्षिकालाई गुरुआमा पनिभनिन्छ। र शिक्षकले विद्यार्थीहरूलाई जीवनको लक्ष्यमा पुर्याउनको लागि निस्वार्थभावले आफ्नो सेवा प्रदान गरिरहन्छन्। विद्यार्थीलाई सकारात्मक तरिकाले अघि बढेर आफ्नोजीवनको लक्ष्यसम्म पुग्ने शिक्षा प्रदान गर्दछन्। राष्ट्र निर्माणको लागि दक्ष जनशक्ति उत्पादन गर्ने प्रगतिशील समाजको विकास गर्ने कार्यमा शिक्षक र शिक्षिकाको महत्त्वपूर्ण भूमिका रहेको हुन्छ।

नाम- दृष्टि वंशल

कक्षा – ५ ख





Student's Section

Global warming

Global warming refers to a long time heating of earth's surface observed. Since long time due to the human activities. It happens mostly in the troposphere which extends from earth's surface.

Global warming increases the temperatures constantly which effect the seasonal changes. Due to the rapid industrialization increases in population growth and pollution. Global warming is growing. It disturbs the overall ecology of plant. Many scientists believe the main reasons of global warming are greenhouse gasses, deforestation, pollution etc. Global warming is causing significant impact on life.

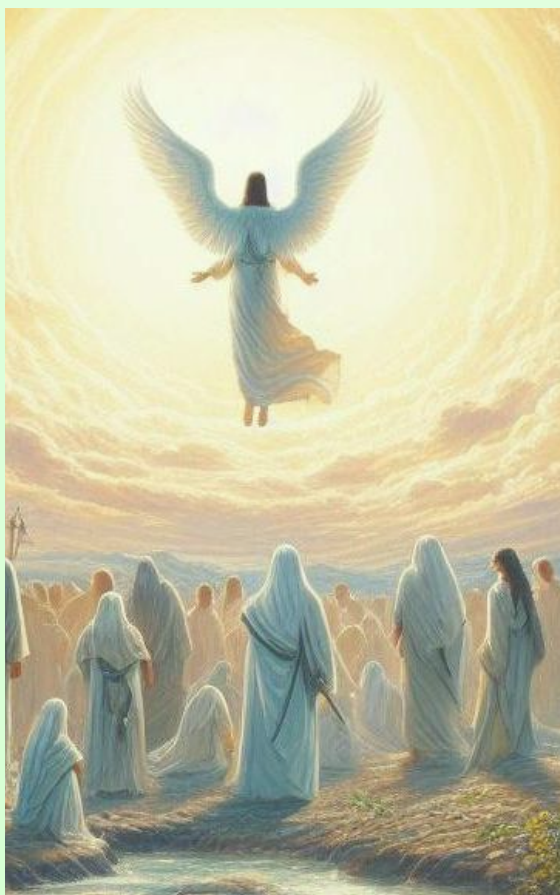
Global warming cannot be blamed on individuals but can be maintained from individual level. At the state of government level, world leaders need to create concrete plans and programs to ensure no further harm caused to environment. So, it is crucial to find right solution from individuals to government, everyone has to work upon a solution for global warming. Deforestation should be controlled and we should raise our helping hand to solve such risky natural problems.

Aahana baral

Class-5'Albratross'



Life after Death



The concept of life after death has always created curiosity among human being. Different cultures, religions and philosophers explain this concept in various ways. Some believe in eternal after life whereas some view death as the end of their existence.

The religious texts suggests that life after death is a continuation to soul's journey. Different Religion believe in different theories of life after death. The hindus and buddhists believe that the actions(karma)creates influence in future lives. Where as the christians and muslims believe that they either go to hell or heaven depending on their deed during life.

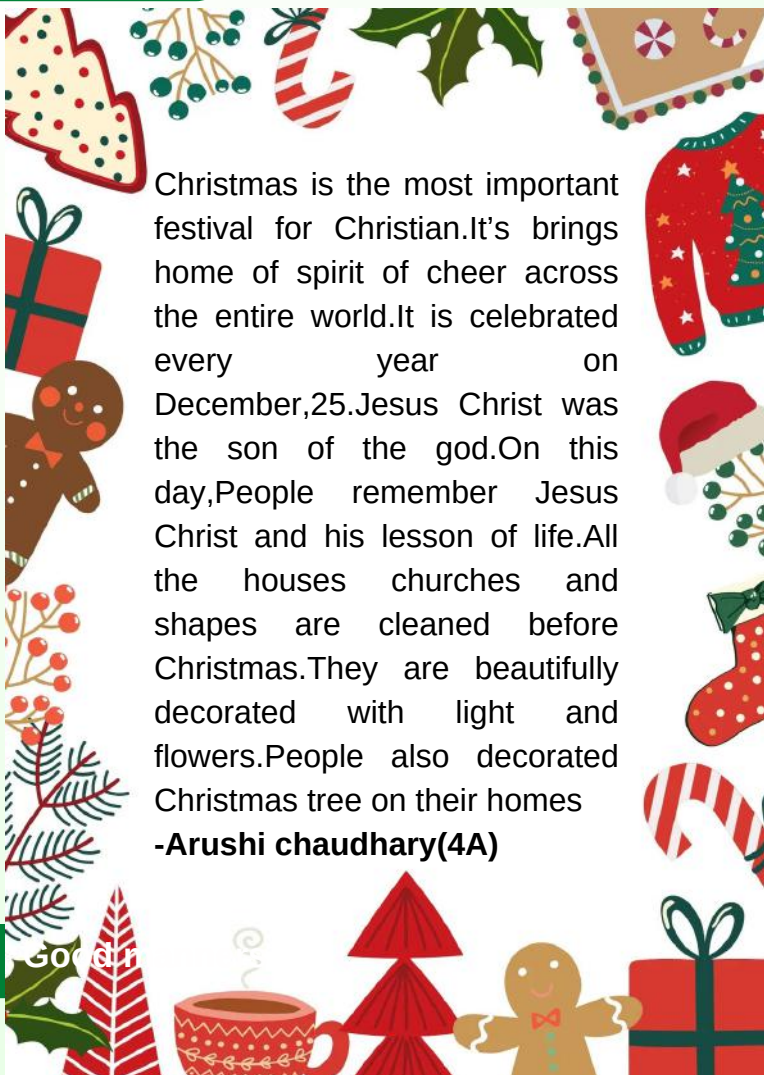
Philosophers see death as meaning of life and believe that death is what gives meaning to life. There are various philosophers describing death in their own perspective and thoughts.

Ultimately, scientists are still in research and yet the concept of life after death still remains a mystery to us. It can only provide us with hope or meaning. Living it a mystery we must live today fully and freely caring less about what is going to happen tomorrow.

-Samriddhi Oli

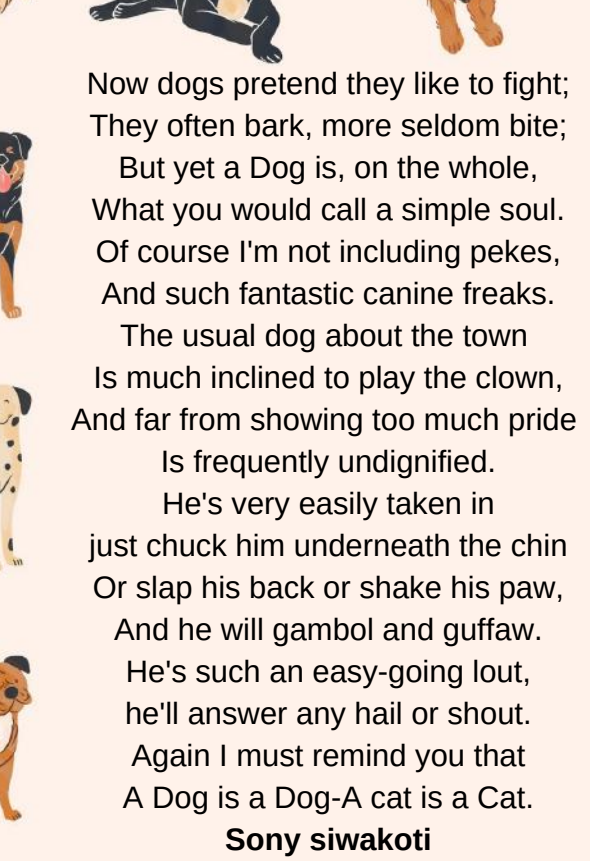
Class-9'A'





Christmas is the most important festival for Christian. It's brings home of spirit of cheer across the entire world. It is celebrated every year on December, 25. Jesus Christ was the son of the god. On this day, People remember Jesus Christ and his lesson of life. All the houses churches and shapes are cleaned before Christmas. They are beautifully decorated with light and flowers. People also decorated Christmas tree on their homes

-Arushi chaudhary(4A)



Now dogs pretend they like to fight;
They often bark, more seldom bite;
But yet a Dog is, on the whole,
What you would call a simple soul.
Of course I'm not including pekes,
And such fantastic canine freaks.
The usual dog about the town
Is much inclined to play the clown,
And far from showing too much pride
Is frequently undignified.
He's very easily taken in
just chuck him underneath the chin
Or slap his back or shake his paw,
And he will gambol and guffaw.
He's such an easy-going lout,
he'll answer any hail or shout.
Again I must remind you that
A Dog is a Dog-A cat is a Cat.

Sony siwakoti
Class-5'A'

In a world of stars, they rise
 Four fierce hearts with endless skies,
 A roar of pink, a storm of light
 They take the stage, they own the night
 Jennie's rap, A sharp embrace
 with the elegance and fierce grace.
 Lisa's dance, a lightning spark.
 Her every move, a work of art
 Jisoo's voice so pure and bright
 A melody that fills the night.
 Rosé's tone a haunting song.
 A voice where hearts and dream
 belong.
 Together they break every chain
 with every beat, they rise again.
 BLACKPINK IN YOUR AREA, loud
 and proud.
 A force so strong, they stand
 unbowed.
 From the stage to the screen, they
 reign supreme.
 More than a dream, they are gleam.
 In the hearts of millions, far and wide,
 BLACKPINK forever, with love as
 their guide.
-Simran suwar
Class-8'A'

With the rapid development of human civilization, there has been many opportunities for new technology and advancements to be innovated. Among these innovations was the creation of artificial intelligence or A.I in short; a field of technology in which computers and machines are created and programmed to receive, process, analyze and reconstruct input data in a manner comparable to human intelligence, hence its given destination. As the generation of 21st century, we are all very familiar with A.I but we may not be so with the sheer scale of its integration in our world, so much so that it also affects our day-to-day lives. While we may think that A.I is strictly restricted to the more advanced sectors of our functioning society, such as the fields of physics and computer science. A.I actually covers a vast majority of our technologically advanced civilizations. In fact, A.I plays a vital role in our much beloved internet as it performs a multitude of tasks that would otherwise require an entire team of operators to manage, such as reformatting the algorithm in social media and automatically organizing files in communication-based applications [eg; email].



Certain programmes like the infamous ChatGPT and perplexity can provide answers to questions and formulate literary pieces, be it essays, stories and so on, according to a given prompt by the user [eg: Write an essay on the rise and downfall of Prussia] Due to this staggering versatility, A.I on a daily basis, including you and I. You may even be compelled to think this piece of writing was A.I generated [which, I reassure you is not, and will take offense to if believed otherwise], which brings up one of the most prominent criticisms of A.I the diminishment of human creativity and effort. It's not a secret that the world is becoming inclined towards sloth; students are using A.I to complete their assignments, artists are being turned away as people favor our soulless A.I art in order to reduce costs, small-scale works like coffee making are also being replaced by autonomous machines and while all these may sound beneficial at first, in reality it propounds a negative impact on those affected, directly or otherwise. Students lose their creativity, artists and writers are demotivated from creation, and small-scale workers are left unemployed.

-sumnima rai
10'A'

Laughing Out Loud

- Why did the scarecrow win an award?
Because he was outstanding in his field!
- Why don't eggs tell jokes?
They might crack up! 🥚
- What did the ocean say to the beach?
Nothing, it just waved! 🌊
- Why did the math book look sad?
Because it had too many problems.
- Why was the computer cold?
It left its Windows open! 💻
- What do you get when you cross a snowman and a vampire?
Frostbite! ❄️🧛

