

NURTURING THE  
**MIND  
BODY &  
SOUL**



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# Message from Chairperson

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Apex Life School was established in 2040 B.S. as Sishu Niketan, which was renamed Serene Valley School, and then Apex Life School in 2067 B.S. Today it enjoys the privilege of offering enriched academic and socio-spiritual education in world class standards. In friendly atmosphere and educationally rich classrooms, we aim to inspire and encourage our students to think, question and imagine. We strive to make learning a joyous experience which engages every child whilst maintaining academic rigor, social and spiritual excellence. Apex Life School has implemented the latest technologies and has deployed a web-based Academic Management Information System (AMIS). The AMIS is designed to help the schools of all sizes and types to manage the entire student development track. This includes Admissions, Registration, Student Records, Alumni Relations, Document Management and built-in Course Management. The web-enabled technology allows parents to browse every aspect of a child's behavior and performance from any location and at any time. To me parents' involvement in children's education is vital to effective learning and discipline. Therefore, we offer opportunities to establish school-home links through a variety of parent-teacher initiatives.

Thank You

**Tika Upreti**  
Chairperson

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# Message from Executive Director

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Thank you for your interest in Apex Life School in Kathmandu. We are delighted to announce that the Apex Life School has become a part of Apex College, a premier schooling system. This is the beginning of a new and more powerful approach to equitable education. One of the most important responsibilities you undertake is choosing the right school for your child. Today's pre-school children will be graduating in 20 years and we have no idea how the world will be then. Despite this, we are preparing our students for life in that world. Therefore, we must prepare our students to become even more resourceful so that they will continue to learn and adapt themselves in the changing world. Apex Life School recognizes that each child is a unique and creative individual, and needs to succeed in all walks of life. Our aim is to develop children with active and creative minds, with a sense of understanding and courage to act on their sound principles. We believe in holistic development of each child: spiritual, moral, intellectual, social, emotional, and physical. We are conscious of the need to provide our digital learners with a broad and balanced curriculum. This contributes to the development of a culture of inquiry and constant learning, and helps them to evaluate their achievements. We firmly believe that treating every child as an individual is the pathway to holistic development. Our learning programs are based on scientific research, which guides us in developing a well-rounded person. We are a family of skilled academicians, teachers and senior leaders, and are justifiably proud of our high standards and expectations.

Thank You

**Subas Neupane**  
Executive Director







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# Our Philosophy

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## Vision

Our vision is to create the most prestigious and exemplary learning institution in Nepal. We aim to do this by implementing the best educational philosophies and teaching practices. This will enable us to nurture and hone every child's individual talent and skill, resulting in a well-rounded individual whose actions are guided by the moral and ethical values gained at APEX LIFE SCHOOL.

## Mission

We aim to develop human beings who will help to create a better society and ultimately a better world. We strive to empower each student through the right blend of modern education, appropriate skills and deep-rooted spiritual values, with the help of which our students will develop to be curious and confident risk-takers with compassion towards life.





## Core Values



We believe in value based progressive education, experimental learning and holistic development of child.



We are guided by the belief that every individual has the potential to excel in all fields in life. Our aim is to ensure that every student exceeds their potential.



We believe in multiple intelligences which claim that learners are of different type. So we need different teaching approaches to address multiple expectations.



We believe in achieving and experiencing Excellence by imparting holistic education that incorporates the development of human values and maturity of MIND, BODY, and SOUL.

# Through a long history of glory...

Established in 2040 B.S. as Sishu Niketan School, the premier institution now known as Apex Life School has a history of more than three decades.

It has undertaken countless improvements in school systems, policies, curriculum, and pedagogy. It continues to be progressive and innovative.

Many of its graduates are undergoing higher education in Nepal and abroad, with an extremely commendable performance record.

Its graduates are placed at various places in Nepal and abroad, both in governmental and non-governmental sectors with dynamic and lucrative careers.

The school has maintained productive outreach programs with the local community.

Its alumni and employees have responded to the call for action during natural calamities, environmental crisis and philanthropic causes.





# Apex Life Practices

Learning environments provided in a school determine the future of our community and nation as a whole. A child's spirit is nurtured by an inspiring school environment.

At our school, various co- and extra-curricular activities reflect the caring ethos and value which we place on the holistic development of our students. These activities nourish their inner spirit and motivate them to get engaged and learn with fun.

Committed to and focused on student participation, we believe in learning by doing. Through our collective involvement in every activity, we particularly aim at providing a caring and supportive environment for your children to:

- Identify themselves as individuals and groups at school and beyond.

- Develop empathy in everyday situations and beliefs.
- Deepen their sense of wonder about the world around them.
- Build confidence by involving them in several tasks e.g. presentation, debate etc.
- Invoke a sense of appreciation in effective and value based Sanskrit hymns taught at school.



## Parents' Involvement

Parental involvement in a child's education is essential for generating an earnest connection between families and the school. We believe that parental involvement in a child's schooling can have a huge impact and can also be one of the most influential factors to ensure success in life. Believing the fact, Apex Life School regularly conducts programs that help it build a close tie with the parents and the school. We encourage our parents to take special classes in the school and share their knowledge and expertise.

We also provide special orientations and training programs and impart parenting skills to support children academically, emotionally, and socially. We encourage our parents to attend Parent-Teacher Meeting (PTM), Annual Day Celebration, Curriculum Night, and other special functions organized by the school. In addition, the school website, Facebook page, newsletters, annual magazine and the school software SMIS (School Management Information System) carry regular updates on students' activities thereby keeping our parents updated with school programs.

# Curriculum

We follow the national curriculum from grade VIII to X.

**Grade I-VII:** Curriculum that no longer makes books burden.

**Grade VIII- X:** Government Curriculum with co-curricular activities

Our school curriculum from grade I to VII, is the National government-prescribed curriculum, but we have made it our own to supplement academic attainment have incorporate cross-curricular projects and ICT links. We have integrated co-curricular activities with the core curriculum to move away from outmoded ways of teaching and learning.

From grade VIII to X, our curriculum is the one prescribed by the government. However, we support it with our co-curricular and project-based learning approaches and rely heavily on computer-assisted learning.







# Teaching: Methods and Accessories

## FACULTY

A highly dedicated, qualified and experienced team has been delivering the school's curriculum. They guide, nurture, love and respect every student. To improve the teachers' professional standards further, the school has been providing regular training, workshops and teachers development programs within the school and at other venues.

## Teaching/Learning Pedagogy

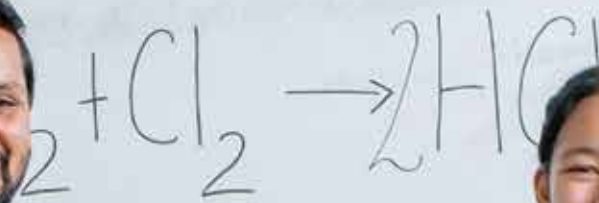
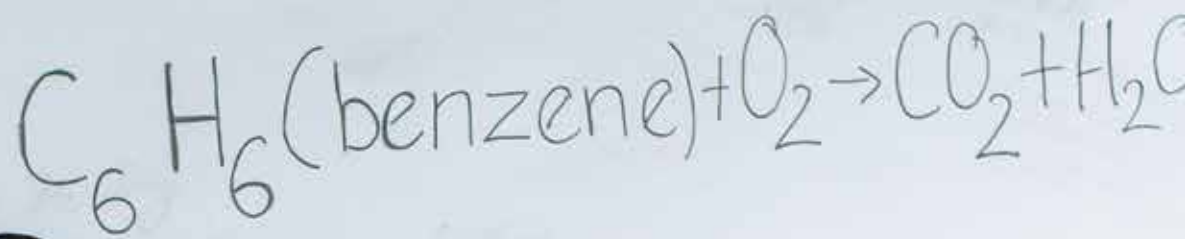
- Project-based learning
- Lecture, role play, interactive learning, group work, task -based cross-curricular
- An amalgam of Eastern and Western educational philosophies

## To support learning, we use:

- Laboratories (Science Lab, Computer Lab)
- Library
- Smart class with varieties of teaching software
- Educational tours and excursions
- Community outreach programs









# Life Skill Programs



## A. REASONING AND COGNITIVE SKILLS

Our teaching helps in developing a curious mind and aims to push students to be independent and able to find solutions to any problem they encounter.

Mind, Body and Soul are the three fundamental premises. The rich balance of Life Skill Programs at our school teaches students how to think outside the box, build positive behavior, develop self- confidence and a sense of responsibility.

## B. PHYSICAL SKILLS

This is where we train the body in order to help our students face any challenge and conquer it with ease.

## C. MORAL AND CULTURAL EDUCATION

We aim to teach the students our cultural and moral values. We believe that these values will enable our students to thrive in the modern world.







# School Policies

A variety of teaching methods are applied by dedicated teaching staff to ensure optimum exposure for managing all learning.

The School starts at 8:15 a.m. and ends at 4:45 p.m.

## **STUDENT EXCHANGE PROGRAMS**

We emphasize national and international student exchange programs and educational tours. These programs contribute to individual success, and provide a forum for positive cross-cultural interaction, and develop a sense of respect for others.

## **COMMUNITY OUTREACH PROGRAMS**

Building a strong sense of community and friendship is critical for each student to achieve his/her potential. Our educational programs reinforce the sense of community and involve our students in community services so that they can learn to help others and develop moral values.

## **EXAMINATIONS AND ASSESSMENTS**

The academic session is divided into three terms. Fortnightly assessments are arranged to keep a track of the students' progress. We use both formative and summative assessments to ensure fair judgement and optimum progress of every student.

## **ADMISSION POLICY**

For classes I-VIII, deserving candidates who qualify through a written test and interview are granted admission, subject to the availability of seats and acceptance of all the rules outlined by the school.

## **ATTENDANCE POLICY**

The students must maintain 90% of attendance of the total class days. Failing to do so may result in the student having to repeat the class.

## **TRANSPORT**

The school has its own fleet of vehicles that can commute to all the accessible areas of Kathmandu Valley.







# Awards and Scholarship

## NEED-BASED SCHOLARSHIP

Full exemption of tuition fees for five economically incapacitated students and five students from ethnic minority communities.

An application should be forwarded for claiming these scholarships at the time of admission, along with the necessary supporting documents. The application will put through further screening. The school reserves the right to make the final decision on the beneficiary of the scholarship scheme.

## MERIT-BASED SCHOLARSHIP

Full Scholarships are awarded to the two students with out-standing academic results and an exceptional ECA/CRE performance for the particular academic year respectively.

(Note: All scholarship schemes will be directed by the Nepal Government's scholarship rules and regulations)





# Facilities

Apex Life School offers the facilities that are responsive to the modern expectations, carefully tailored to its pristine physical environment which is comfortable, safe, secure, accessible, and aesthetically pleasing.

- Fully-equipped medical room
- Dining hall with modern facilities
- A safe and hygienic modern kitchen
- Audio-visual rooms for junior and senior blocks
- Fully-equipped computer and science laboratories
- Smart class, computer-assisted learning, project based activities
- Well-resourced library with e-library facility
- Two meals a day (lunch and snacks)
- Transportation
- Extra-Curricular Activities (Basketball, Cricket, Badminton, Table Tennis, Taekwondo and Futsal)
- Creative Apex School Club (Vocals, Dance (Both Classical & Modern), Keyboard, Guitar, Art& Craft, Violin, Leather Instruments, Yoga & Meditation, Drama, Scouts)
- Speaker's club (public speaking)
- Writer's club (creative writing)
- Nature club



# Why Apex Life School?

- Situated at a accessible location at Kathmandu Valley
- Spacious grounds
- A complete day-boarding system
- Extra and co-curricular activities, six days a week
- Well-trained and experienced teachers, who receive regular continuous professional development
- Web-based School Management System for parent-school communication
- Modern education at an affordable fee
- Extended support programs to help improve the academic performance of students with learning difficulties
- Nutritious and balanced meals
- Psychological and behavioural counselling for students
- Fostering guardianship program
- Resourceful e-library
- Digital classrooms





# Message from Director

Education has never been as challenging as it is today. On other hand, scientific development has changed our ways of thinking, working and living and on the other hand, these changes have brought about unprecedented stress, conflicts, uncertainties and ambiguities in human lives. At such a time, educating young minds need lots of wisdom, compassion and sound choices.

I am proud that Apex Life School offers the perfect balance of knowledge, skills, and spiritual values.

We believe that learning need not be strenuous and boring. Our students learn as they enjoy interacting with their friendly and competent teachers in a welcoming school environment. Our graduates show their appreciation by reconnecting with us through different events and activities.

We are proud that our students become ambassadors to the world.

We now invite you to become a part of our vibrant and harmonious school community.

Thank you

**LP. Bhanu Sharma**  
Director





**Apex Life School**

Sarswotinagar-6, Chabahal, Kathmandu

Tel: 4812920, 4821723

Email: [info@apexlifeschool.edu.np](mailto:info@apexlifeschool.edu.np)

Web: [www.apexlifeschool.edu.np](http://www.apexlifeschool.edu.np)



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