

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.

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.



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NURTURING THE MIND BODY & SOUL



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.
- Its graduates are placed at various places in Nepal and abroad, both in governmental and non-governmental sectors with dynamic and lucrative careers.
- 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 alumni and employees have responded to the call for action during natural calamities, environmental crisis and philanthropic causes.
- The school has maintained productive outreach programs with the local community.

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

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.