

Writing Encouraging Notes

An activity of "Principal saves 900 lives"

Thousands of homes and buildings were completely destroyed in the 26 August flood in Nepal. One of the buildings was Tribhuvan Trishuli Secondary School. Miraculously, all its students and teachers were saved.

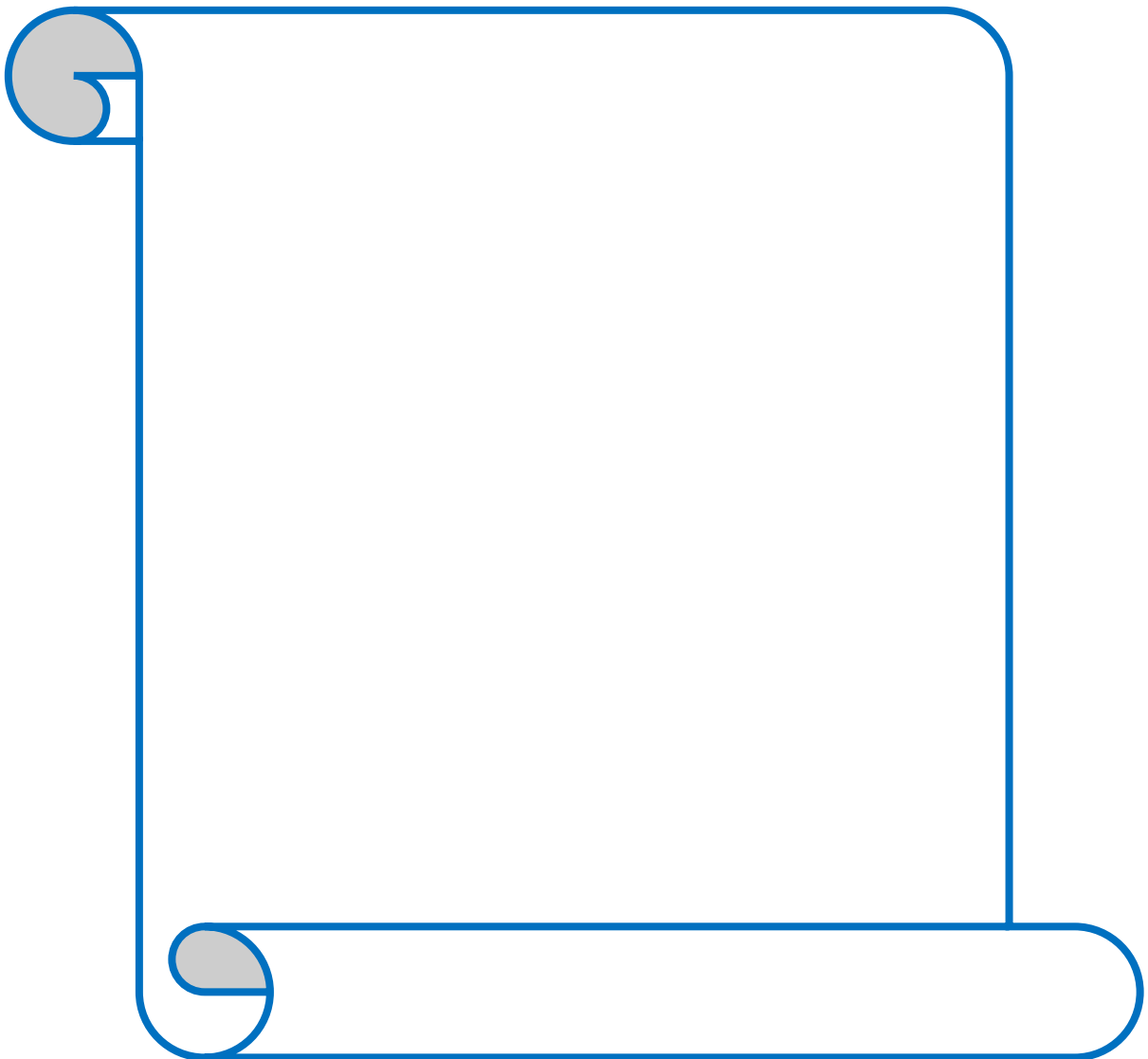
A) Read "Principal saves 900 lives" (page 8, *What's Up* October 2026). Trace the sequence of events of how Principal Rajendra Dawadi led his students and teachers to safety during the flood. Write numbers 2 to 10 to arrange the following sentences in chronological order. The first one is done for you.

On the morning of 26 August, a huge chunk of ice and rock broke off a mountain peak in Nepal and crashed into the river below.	1
Within minutes, Mr Dawadi received many phone calls warning him of the flood.	
This triggered a powerful avalanche of water, rock, and debris down the valley.	
The students scrambled uphill by climbing a narrow ladder and running up a muddy path.	
Then a mother came to the school to take her daughter home.	
The wall of water then reached the school and wiped it out completely, leaving only two school buses.	
The students and teachers made their way to a neighbouring village.	
Most of them were then airlifted back to their home village.	
News of the impending flood reached Tribhuvan Trishuli Secondary School. A staff member hurriedly informed the school principal Rajendra Dawadi.	
Mr Dawadi rang the school bell and ordered everyone in the school to run to higher ground.	

B) Yunisha Amatya was one of the students from Tribhuvan Trishuli Secondary School who escaped the catastrophic flood. Reread the *What's Up* story and highlight the parts recounting (1) what she experienced during the evacuation and (2) how she felt after that. To offer her comfort and encouragement, write her a note.

About writing encouraging notes:

- An encouraging note is a message to make someone feel stronger.
- It is a message that the person can keep and reread on difficult days.
- Keep the note brief — between two to five sentences.
- Name the difficulty and the strength that he or she has displayed.
E.g. *It was not easy climbing uphill and running to safety, but you did it!*
- Decorating the note cheers up the recipient and makes it special.



C) Writing a short note of encouragement is a simple way of showing that you care. Your note may just be what someone needs to brighten their day. Think of someone you know who needs encouragement or cheering up and write them a note.