

REPORT OF THE REFRESHER TRAINING
ON
Teacher Training for Child Centered Teaching Learning in
Schools

4-9 September, 2017

Sarwodaya Secondary School, Tatopani Resource Center, Myagdi



CONDUCTED BY

LEARN

IN COORDINATION WITH

District Education Office, Myagdi and
Annapurna Rural Municipality, Myagdi

SUPPORTED BY

Rotary Global Grant Project 1525855

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Acronyms

DEO: District Education Office

ECD: Early childhood Development

SS: Secondary School

BS: Basic School

NGO: Non-Governmental Organization

PT: Physical Training

PTA: Parents Teachers Association

RP: Resource Person

RM: Rural Municipality

SMC: School Management Committee

HT: Head Teacher

Background

LEARN is an NGO, working in the field of education with a slogan “Lifting Education, Advancing Rural Nepal”. Teacher training and refresher programs with the motto "Quality teaching for quality education" are the key focuses of the program. In its initial phase, LEARN has been working with 24 schools of Myagdi District in the areas of teachers' performance development and support and 14 more schools have been added from this year. Beside teacher trainings, LEARN has also focused on school management, awareness programs, capacity development events for School Management Committee (SMC) and Parents Teachers Association (PTA), and instructional materials support in the selected schools of the program area for the improvement of quality education.

Myagdi is one of the remotest districts of Nepal, fully covered with high hills and mountains. This is one of the best destinations for tourists and it has high prospects in agriculture, especially for medicine, fruits and animal products. Believing in the fact that people first need quality education for sustainable economic growth of the rural people, economic growth of the local community at Myagdi not only lifts them above the poverty line, it also helps in retention of students for schools. Hence, quality education in the schools and economic activities in the community should go side by side in order to improve quality living of the rural Nepali.

LEARN has been contributing to impart quality education in the rural area of Nepal. It is focused on its goals for quality education based on child rights and creating child friendly school environment where each child is considered capable, important and influential member of the community. LEARN's training and support programs basically focus on active participation of children in learning and solving real life problems by themselves.

The teacher trainings and refreshers aim to provide knowledge and skills to teachers so that they will create welcoming school environment; understand the children and their learning styles; and involve each child and ensure their learning through real life experiences.

LEARN encourages teachers to seek the best practices, the innovative ways in teaching with varied techniques, use teaching materials to involve students in learning, involve students in group/pair works, share their innovations and creations, and encourage them to identify and solve problems in their class and the community. To help teachers/schools to adopt the activity based, cooperative and collaborative learning in the classroom situation, LEARN provides educational materials to those schools.

The themes of the trainings are PT, brain gym, class songs, responsibilities and accountability of teachers, child psychology, classroom management, team building, curriculum planning, using IT in instruction, identifying students' interests and learning styles, designing effective instructional activities, develop and use of no cost and low cost instructional materials, involving students in creative thinking, innovation and problem solving, assessment/evaluation of learning, and creating child friendly atmosphere in school.

To follow up the effectiveness of the program, LEARN provides in-school support. LEARN, with a team of trainers and experts, visits the schools in the middle of the session during the school days. The team interacts with teachers, students, PTA, SMC members, RPs and the head teachers and receives their feedback on the effectiveness of the programs launched in those schools. During the interaction, the team receives the feedback from these stakeholders. The team also witnesses the classroom environment and teaching – learning activities. Hence the main objective of this program is to assess the effectiveness of the program, appreciate the changes and provide instant support to teachers and schools, and integrate feedbacks/suggestions too to improve the LEARN's programs in future.

LEARN provides refresher training to all the teachers from the project area where the basic level training has already been conducted. Refresher training programs are conducted for 5-6 days, but the time duration may vary depending upon the training clusters.

Executive Summary of the Event

Teacher Training for Child Centered Teaching Learning program in Schools has been implemented in different schools in Myagdi by LEARN. The main aim of the project is to support these schools in creating child friendly teaching learning environment.

This report presents the details of the activities and outcomes of the Refresher Training conducted for the basic level teachers from Tatopani Resource Center, Myagdi District of Nepal. The refresher training aims at improving teachers' classroom performance by reviewing the implementation aspects of 10 day basic training including its successes and challenges as well as introducing some new methods. The refresher training was conducted for 6 days, dated 4-9 September, 2017. The refresher training was mainly focused on reviewing the 10 day basic training, developing more teaching learning materials, learning skills for making classrooms resourceful, and usage of learning materials. LEARN organized the event in financial support of

Rotary Global Grant Project 1525855 and in coordination with District Education Office and Annapurna Rural Municipality, Maygdi.

During this refresher training, Rotary Club of Baglung, the manager and host sponsor club of Global Grant has sent best wishes for the success of training program and is hopeful for its strong implementation. After concluding the training program, LEARN team had a meeting with the club at Baglung where LEARN team shared about the program in brief. LEARN appreciates the club for the encouragement and support, and is very thankful to Peter, Ronda Hall and all the QEN members for all their strong support.

The strong cooperation among District Education Office and its Resource Centers, Annapurna Rural Municipality, the participants, and the team of facilitators is the key factors for the success of this program. Hence, LEARN acknowledges and appreciates all the contributions from the stakeholders.

Introduction to the Refresher Training Program

This refresher training is the continuation of the previous 10 day basic training. The daily contents of training included Brain Gym, class songs, group games, group works, observations, creations, presentations, connections, reporting, and reflections during the sessions. In accordance with the number of participants, they were divided in to three groups and those from each group were placed in different training hall. The program was conducted at Sarwodaya Secondary School, Tatopani Resource Center. There were 85 participants from 14 schools from Annapurna Rural Municipality.

Refresher training to basic level teachers has been organized for the teachers of Tatopani Resource Center to initiate and establish child friendly and interactive learning environment in these schools in the joint efforts of Rotary Global Grant, District Education Office, schools and LEARN.

Objectives of the Training

SN	Objectives of the Training	Expected Outputs
1	Strengthen teachers to create child friendly and safe school environment	Participants understand students' psychology and make their classrooms child-friendly: safe, enjoyable and resourceful
2	Encourage teachers to develop learning needs and learning styles based activities	Participants design several differentiated and student centered activities in classrooms and ensure the whole class learning.
3	Guide teachers to develop and use locally available materials and resources during classroom instruction	Teachers identify and create/collect locally available materials, and use them for making the classroom instruction more meaningful and interactive.
4	Support teachers to resolve classroom issues and problems	Teachers resolve the classroom issues and problems more effectively

Daily Format of the Training

The workshop involved teachers in various activities so that they would gain experience to apply them in their classrooms. The workshop was started with an assembly in the morning at 10:00 AM and went up to 4:00 PM with reflection meeting. The assemblies included National Anthem, PT, Brain Gym and class songs. The participants were divided into three groups, led by three different facilitators.



Each group created their classroom rules, designed their job chart including a Reporter, Room Coordinator and an Entertainer. The workshop also included need assessment, group works, sharing, presentations, games and fun activities in regular basis. The list of methodologies and techniques followed during the training sessions is given below:

- ❖ Participatory
- ❖ Collaborative
- ❖ Practice, presentation and production (PPP) method
- ❖ Individual sharing & discussion
- ❖ Collective sharing experiences & ideas
- ❖ Group-wise activities
- ❖ Brain storming
- ❖ Songs and Games
- ❖ Group work, presentation, discussion & realization
- ❖ Model activities & practices
- ❖ Role play
- ❖ Whole group exercises
- ❖ Demonstration, discussion & use
- ❖ Materials preparation & demonstration
- ❖ Interaction

- ❖ Interactive semi lecture
- ❖ Motivation, practice, and production
- ❖ Think, pair and share
- ❖ Exposure visit

Each day, the reporters reported the activities and experiences of the previous day, Class Coordinators collected the feedback and suggestions forms from their class groups. At the end of the day, the trainers, RPs, Classroom Coordinators and the LEARN team met for a Review Meeting, and shared their experiences and provided feedbacks, that helped to understand the different prospective and review the program instantly.

The workshop covered National Anthem, Brain Gym, PT and Class Songs during the assemblies in order to comply with the government policy, and those activities are important to develop physically and emotionally healthy students. Teachers should lead and guide students to perform those activities in their schools. Another important content of the training is origami and art works. Origami is an art of paper folding. Wonderful flowers, designs and many mathematical shapes can be created through origami. Origami expert Mr. Bharat Pun, RP of DEO, Myagdi contributed each session for all training days with each of the three groups. That provided a break for the other resource persons, more than that the participants had their quality time creating, beautiful flowers, leaves, fruits etc.

Brief Overview of the Activities

Three sessions were conducted each day. (See Appendix 2 for the overall contents). The brief overview of the activities of each day is stated below:

First Day

There were only two sessions on the first day because of the fact that teachers had to come from far distances. The first session was inaugural session, facilitated by Mr. Kaillash Tamang. SMC chairperson of Sarwodaya Secondary School Mr. Buddhi Bahadur Pun chaired the program and executive officer of Annapurna Rural Municipality Mr. Achyut Dahal and ward chairperson Mr. Om Prakash Phagami were the chief guest and the special guest respectively. There was also the presence of the Resource Person of Tatopani Resource Center Mr. Jayaram Subedi, head teachers from the different community schools of Tatopani, the team of facilitators, 85 participants from 14 different schools and LEARN team were present at the inaugural program. Chief Guest, special guest and other guests addressed the inaugural

program and stated that the training would be successful if the trainees applied their learnings in real classroom situation. After the first session was over, participants had lunch.

The second and last session of the first day started in three different rooms after the participants had been divided into three groups/ rooms. Participants introduced themselves through an activity called 'PALM GAME,' in which they traced their own palm on a paper and wrote each of different pieces of information on each finger. Then, the activity was followed by group division exercises, where the participants were divided into five groups within each hall. Each group was assigned with different roles and responsibilities. Participants set their rules themselves for the entire training days.

After the formal sessions were over, training team including room coordinators of each room and RPs evaluated the day with the assurance of better performance and management in the days to come.

Second Day

Three sessions were conducted on the second day following physical exercises, brain gym, songs and games. After completion of physical exercises, brain gym and songs in the morning assembly, the first session was about reviewing and refreshing the contents of the 10 day basic training conducted about 6 months ago.

The participants were provided with some pieces of papers and asked to write each of the topics/ contents they discussed in the previous basic level training. Then, they first discussed in pair and then in groups and collected the slips without repetition. And, a trainee volunteer wrote these topics on the board. And, the participants were



randomly distributed each slip and asked them to describe the contents written on the slip. Then, the facilitator clarified the process followed in this exercise, called 'Snow Ball'.

The second session was about the development of teaching learning materials and in this sessions participants developed hanging cards of different subjects. Each group was assigned to one of the different subject groups, Nepali, English, Mathematics, Science and Social Studies. Each group developed 20 hanging cards.

The third sessions was about paper work called 'Origami', led by Mr. Bharat Bahadur Pun, an RP from District Education Office, Myagdi. Participants developed different assisting materials like flowers, paper holders, etc. in this session.

Third Day

The first session continued with material development. In this session, participants developed job chart, pocket board and subject corner and discussed their use. They also practiced 'Run to the Board' game for the better use of pocket board.

In the second session, they discussed different teaching learning strategies, like mobile/ resource tree and round robin. The facilitator made them clear about the use of these strategies. Mobile tree could be useful to teach the concept of height or altitude and round robin technique, for free writing practice on different topics.

The third session continued with Origami and kirigami. Participants prepared more items made up of papers in this session.

Fourth Day

In the first session of the fourth day, participants practiced a technique, named Jigsaw Method, for writing practice. They developed a profile of Annapurna Rural Municipality where each of the five groups were collected information under different sub topics, Geographical Structure, Social Structure, Political Structure, Educational Statistics and Economic Condition. Then, they formed an expert group that was responsible to compile the information collected by each group and develop it into a fine document.

The second session was about enhancing reading comprehension in students. This technique is called Gallery Walk. In this technique participants performed a gallery walk to read the newspaper article and write what the article was about. They, then, present their work in the class.



The third session continued with kolaz and mosaic. They developed different teaching materials, like rabbit, cat, dog, cock, etc.

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Fifth Day

On the fifth day, participants performed an exposure visit to the nearby school, named Prabha Secondary School. The participants were divided into two groups, a leader was appointed from each group and oriented



about the tasks they were assigned to. They were also given the format for the development of report they had to develop after they finished visiting the school. The topics they had to study included Physical Aspects, Learning Outcomes, Office Management, Parenting Participation and Co-curricular Activities. They followed different techniques like observation, interview, reviewing different documents, etc. Then, the leader, along with other members of the group, compiled each group's finding and developed a final report.

Sixth Day

As usual, there were three sessions on the sixth and last day. The first session continued with teaching learning strategies in which they discussed and practiced two different methods, post box and mind mapping.

In the second session, the presenters from two groups presented the school visit report as they performed the exposure visit the previous day.

The last session was closing ceremony of the six day refresher training. The closing ceremony was chaired by Mr. Buddhi Bahadur Pun, SMC chairperson of Sarwodaya Secondary School. Two Resource Persons from District Education Office, Myagdi Mr. Jayaram Subedi and Mr. Bharat Bahadur Pun were also present in this event. Two representatives from the trainees, a representative from training team, CEO of LEARN and other guests put their remarks in the closing ceremony, hosted by Mr. Gopal Dhungel, Chief Training Officer. The participants and training team expressed their experiences and the RPs and other speakers expressed their expectations from the participants during the closing program. For the effective transformation of the learnings of the trainings to classrooms, 3 key teachers were chosen by the participants during the closing ceremony.

Evaluation of the Training

Every day after the training, reflection meetings were conducted. In those meetings, classroom coordinators from each subject group, RPs, facilitators and LEARN members and officials shared their experiences and observations. In overall all of them appreciated the program. Group feedbacks their appreciations and suggestions were presented by room coordinators in reflection meetings for the betterment of the program. Many of them found the workshop very useful since they learnt new ideas such as using real objects and relating to



the real life situation, and forming classroom rules to manage the classroom effectively. The participants also provided some suggestions through their feedback forms. The participants suggested extending the duration of the workshop so that they could learn more and practicing more. They also expected more time with origami and increase entertainment time in some cases. And, there were some suggestions to cover particular contents and introduce more activities in the session.

In LEARN's observation the participants were engaged in all the six days. They were so excited and focused on their activities; someone had to intervene even for games and snacks at times. Almost all the participants were very happy to be a part of the program and they were committed to bring change in their classroom. However, they still felt they had lot more to learn.

Challenges and Recommendations

Looking at the past and current experience, the following challenges observed and to overcome them, some recommendations are enlisted below:

- a. Some of the participants missed the 10 day basic level training attended this refresher training for the first time, so, they seemed unknown to some contents.
- b. The level of teachers affected the training, as some of them seemed to be inactive because of low competency.
- c. The participants are worried that they have 7 classes a day and they have not got enough time for material production and lesson planning.
- d. Some classes have huge number of students; that makes it difficult to follow child friendly and interactive teaching and learning.
- e. Some of the teachers get retired soon, so they seem to be reluctant to develop and use teaching materials.
- f. To what extent the teachers will be able to change their approach in classrooms is still a question unless the school administration is committed. LEARN have to work closely with the school administration and DEO for effective



implementation of the training.

- g. One of the strengths of the workshop was inspiring the participants to use no-cost and low-cost materials, but at the same time teachers could have given skills and ideas to technology in instruction.
- h. Ultimately the parents value the academic performance of the students in secondary level. So, LEARN have to plan training for secondary level teachers too.
- i. Participants provided their feedback through reports, daily group feedback forms and individual evaluation forms at the end of the workshop. Feedback from RPs, head teachers and the resource persons too can contribute for future programs.
- j. Frequent supervision and support should be provided to the schools so that the teachers can resolve their problems instantly and motivate them to go ahead.

Appendices

Appendix 1: Participants Name List

S.No	Name	Contact No.	M/F	School
1	Murari Poudel	9849637175	M	Sarwodaya Secondary School
2	Parbin Phagami	9806708915	M	Sarwodaya Secondary School
3	Shobha G.C.	9847641769	F	Sarwodaya Secondary School
4	Khem Nath Sharma	9847639442	M	Sarwodaya Secondary School
5	Shiva Datta Regmi	9847628219	M	Sarwodaya Secondary School
6	Kabita Nepali	9867647574	F	Sarwodaya Secondary School
7	Manu B.K.	9806180511	F	Sarwodaya Secondary School
8	Saraswoti Giri	9843769749	F	Sarwodaya Secondary School
9	Laxmi Prasad Wagle	9857626269	M	Sarwodaya Secondary School
10	Rasmi Khadka	9846867188	F	Sarwodaya Secondary School
11	Let Bahadur Khadka	9846004450	M	Sarwodaya Secondary School
12	Ram Prasad Tiwari	9857623296	M	Himalaya Basic School
13	Bishnu Kumari Garbuja	9847712771	F	Himalaya Basic School
14	Mina B.K.	9847650203	F	Himalaya Basic School
15	Aruna Sunar	9847668797	F	Himalaya Basic School
16	Atisara Garbuja		F	Himalaya Basic School
17	Indra Thapa	9805130548	M	Himalaya Basic School
18	Lal Maya Chhantyal	9847642168	F	Kailash Secondary School
19	Kusum Purja	9867846303	F	Kailash Secondary School
20	Bom Kumari Ramjali	9821354402	F	Kailash Secondary School
21	Nirmala Khadka	9861129915	F	Kailash Secondary School
22	Dipa Garbuja	9846385385	F	Kailash Secondary School
23	Milan Khadka	9849864867	F	Kailash Secondary School
24	Shanta Maya Rantija	9847650627	F	Sunari Basic School
25	Suk Devi Garbuja	9845179216	F	Prabha Secondary School
26	Priya Phagami	9846336502	F	Prabha Secondary School
27	Rita Armaja	9806159536	F	Prabha Secondary School
28	Tara Devi Rantija	9846183344	F	Prabha Secondary School

29	Lok Bahadur Phagami	9867639959	M	Prabha Secondary School
30	Deu Kumari Tilija	9846382226	F	Prabha Secondary School
31	Tikaram Bhandari	9847712539	M	Prabha Secondary School
32	Jit Maya Garbuja	9846265952	F	Prabha Secondary School
33	Manisha Hamal	9846517479	F	Prabha Secondary School
34	Durga Bahadur Roka	9847997486	M	Prabha Secondary School
35	Min Kumari Garbuja	9857640543	F	Kranti Basic School
36	Man Bahadur Thapa	9847628034	M	Kranti Basic School
37	Uma Buduja	9846140985	F	Kranti Basic School
38	Hira Purja	9847675408	F	Kranti Basic School
39	Jun Kumari Gharti	9846572310	F	Kranti Basic School
40	Yam Kumari Garbuja	9846000911	F	Nilgiri Basic School
41	Narimaya Garbuja	9824176703	F	Nilgiri Basic School
42	Bir Maya B.K	9846381843	F	Nilgiri Basic School
43	Suk Bahadur Garbuja	9867768075	M	Narchyang Basic School
44	Mina Budhathoki	9846082348	F	Narchyang Basic School
45	Mina Kumari Rana	9847675319	F	Narchyang Basic School
46	Rajendra Khadka	9867624769	M	Narchyang Basic School
47	Dinesh Pun Buduja	9847681803	M	Narchyang Basic School
48	Dipa Khadka	9867869912	F	Narchyang Basic School
49	Deu Maya Garbuja	9805241489	F	Narchyang Basic School
50	Sumitra Garbuja	9806505441	F	Narchyang Basic School
51	Om Bahadur Budhathoki	9847712607	M	Narchyang Basic School
52	Durga Devi Baruwal	9847712008	F	Dhaulagiri Basic School
53	Shanti Ramjali	9841076220	F	Dhaulagiri Basic School
54	Rabita Pun	9847650370	F	Gyan Prakash Secondary School
55	Tek Bahadur Khatri	9847652161	M	Gyan Prakash Secondary School
56	Bhoj Raj Sharma	9867743628	M	Gyan Prakash Secondary School
57	Tilak Thapa	9821336474	M	Gyan Prakash Secondary School
58	Mohan Mijar	9846828071	M	Gyan Prakash Secondary School
59	San Maya B.K.	9867889505	F	Gyan Prakash Secondary School

60	Hira Purja	9841372544	F	Gyan Prakash Secondary School
61	Bed Prasad Poudel	9847655604	M	Gyan Prakash Secondary School
62	Raj Kumari Purja	9746135743	F	Gyan Prakash Secondary School
63	Munni Phagami	9741372687	F	Gyan Prakash Secondary School
64	Devi Tilija	9867695496	F	Gyan Prakash Secondary School
65	Matrika Prasad Ghimire	9847602481	M	Suwa Basic School
66	Nisha Paija	9867617883	F	Suwa Basic School
67	Hasti Maya Paija		F	Suwa Basic School
68	Prem Kumari Tilija	9847670430	F	Suwa Basic School
69	Parbati Mijar	9847649295	F	Suwa Basic School
70	Ananda Serbuja		M	Suwa Basic School
71	Khim Maya Serpuja	9846286318	F	Jana Kalyan Basic School
72	Lila Devi Khadka	9847713900	F	Jana Kalyan Basic School
73	Aditya Subedi	9847757925	M	Jana Kalyan Basic School
74	Anita K.C.	9847751866	F	Jyoti Basic School
75	Tika Maya Ruchal	9847702187	F	Jyoti Basic School
76	Sujan Budhathoki	9846463590	M	Jyoti Basic School
77	Subina Thapa	9847664826	F	Jyoti Basic School
78	Shyam Bahadur Pun	9847675382	M	Sarswoti Basic School
79	Kamala Khatri	9847627900	F	Sarswoti Basic School
80	Ruk Devi Buduja	9847650129	F	Sarswoti Basic School
81	Kamala Pun	9847650498	F	Sarswoti Basic School
82	Lok Nath Baral	9845090366	M	Prabha Secondary School
83	Pau Maya Purja	9847723214	F	Kailash Secondary School
84	Bhagawan B. Karki	9857660100	M	Prabha Secondary School
85	Anita Roka	9860986293	F	Nilgiri Basic School

Appendix 2: Daily Contents

Day	Morning Assembly (10:00-10:30)	Session 1	Game (12:00-12:15)	Session 2	LUNCH	Session 3	Day Brief
		(10:30-12:00)		(12:15-1:50)	(1:50-2:20)	(2:20-3:50)	(2:50-4:00)
1	Registration & Material Distribution	Opening Ceremony	GAME	Introduction (Group division, RC selection, role division, Rule & Regulation, Objectives of training, Needs Collection)	LUNCH	Review of Previous Training	Day Brief
2	Brain Gym, Class Song & Educational Song	Materials Preparation & use (Hanging cards)	GAME	Materials Preparation & use (Pocket board)	LUNCH	Origami	Day Brief
3	Brain Gym, Class Song & Educational Song	Materials Preparation & use (Subject Corner)	GAME	Teaching Techniques Jig saw	LUNCH	Origami	Day Brief
4	Brain Gym, Class Song & Educational Song	Teaching Techniques Gallery Walk	GAME	Teaching Techniques Mobile Tree/Resource Tree	LUNCH	Origami	Day Brief
5	Brain Gym, Class Song & Educational Song	Concept of Field trip & Preparation	GAME	Exposure Visit (All)	LUNCH	Exposure Visit (All)	Day Brief
6	Brain Gym, Class Song & Educational Song	Teaching Techniques Post box/ Mind Mapping	GAME	Sharing of Exposure visit	LUNCH	Review, Course Evaluation, Closing Ceremony & Administration	

Appendix 3: List of Training Team, Visitors and Contact Persons

Training Team

1. Meen Prasad Shahi: District Coordinator, REED Nepal
2. Bharat Bahadur Pun: Resource Person, District Education Office, Myagdi
3. Kailash Tamang: Consultant, LEARN
4. Krishna Bahadur Tilija Pun: Chief Executive Officer, LEARN
5. Gopal Dhungel: Chief Training Officer, LEARN

Visitors

1. Achyut Dahal: Executive Officer, Annapurna Rural Municipality
2. Jayaram Subedi: Resource Person, District Education Office, Myagdi
3. Om Prakash Phagami: Ward Chairperson, Annapurna Rural Municipality
4. Buddhi Bdr. Pun: SMC Chairperson, Sarwodaya Secondary School
5. Sim Bdr. Pun: Head Teacher, Sarwodaya Secondary School

Contact Persons

KB SHAHI

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Rotary Club of Baglung

(Host Sponsor Club)

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