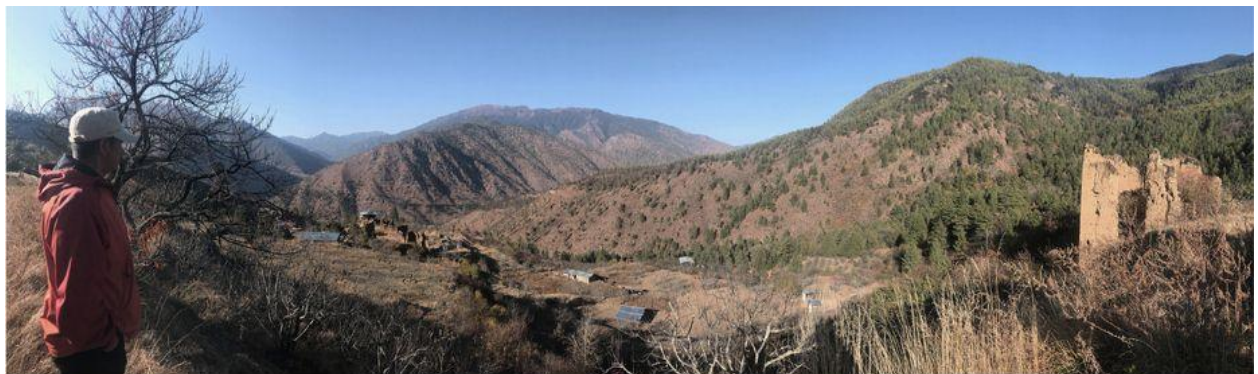




THIMPHU HIGH SCHOOL HANDBOOK 2026

INTRODUCTION

Welcome to Thimphu High School. Thimphu High School is a fully residential co-ed school located close to the capital, yet far from the hustle and bustle of city life. THS is within 18KM from the capital nestled among the lush forest with plenty of greenery surrounding this six acre school.



Location: THS is located at Khasadrapchu Thimphu, and Tsaphu village.

With a passion for education and with a background in the services business, we aim to bring the same experience that so many of our own children are seeking in schools outside Bhutan.

THS provides children with a rich educational experience, enhanced by the warm family environment as we are a complete boarding school. THS endeavours to ensure that every

child enjoys learning in a safe environment where they will be personally coached to achieve their goals. At THS, your child's happiness, safety, security and to strive for excellence will be our mission.

Students at THS will be prepared to become well rounded citizens that possess strong values, self-leadership qualities and academic prowess.

If you and your family are looking for an international school experience with excellent facilities supported by a family community, THS is going to be your choice of school.



WHO WE ARE

The dream of THS was conceived many years ago, since we already run a successful primary school, and an early childhood daycare center, this motivated us to give our children a continuity learning environment and experience. The promoters are passionately service

mindful, and ensure the well being of the child with no compromise on the quality of services being offered. Vivi and Tshering are the founders and promoters of THS.



Vivi Tshering, founded Thimphu Primary School which is now in service for over 19 years and her passion for education stems from her Loreto convent background. Additionally she has a strong community service record as a Dessup she has been involved in supporting skilling programs.



Tshering Penjore with more than 27 years of service experience with the national airline serving in key and senior positions, will be personally engaged in ensuring service standards and well-being are of the highest priority. They will be residing on the campus, ensuring the children receive a well rounded learning experience.

Key member that will form the initial Board of Committee as Advisor will be **Father Kinley Tshering**, who needs no introduction in the field of education. He has served, led many institutions notably as the Principal/Rector for St. Josephs School. He will support, guide and nurture through the initial years on setting up the boarding school, as the first Principal.

Why THS

Many of our students after graduating from primary school are leaving the country to study in India, Thailand and many countries abroad. While this trend will continue, we believe that Bhutan can compete and offer exceptional boarding experience with our pristine nature and an enabling environment of good policy and vision from our government and leadership.

Academics alone do not create a well rounded individual, and each child has to be nurtured carefully and collectively by the faculty. The school offers a broad-based curriculum that includes academics, service, sports, creative arts, and skills development. The curriculum seeks to prepare every child to understand his unique abilities, to define goals which are both idealistic and obtainable, and to achieve them. The school is a full time seven day boarding, with an academic time table from Monday to Saturday. Afternoons are dedicated to service, sports and activities. Sundays are reserved for sports, outings, outdoor activities and opportunity for students to spend time doing the things they love. THS does not encourage weekend outings to the city, and these are permissible only once a month.

Therefore, we are working hard to create a multi cultural institution through admission for a limited number of students from India and abroad.

VISION

We strive for excellence in all things, to inspire and challenge our students to reach beyond themselves.

The vision will be articulated through the core values of:

Awareness, Empathy, Sustainability, Community, Knowledge, Creativity, Discipline, Service

SCHOOL MOTTO

“*Sherab Joenshing*” The Tree of Wisdom

We aim to;

- Inspire our students through a broad and balanced curriculum that challenges inside and outside the classroom, where they learn about their strengths and weaknesses, and are encouraged to strive for excellence in all things;
- Support our students to develop their individual academic, creative and sporting talents and skills of leadership to enable and empower them to make an active and real contribution to their world;
- Use our unique location as our greater classroom for adventure and adventurous learning, where our students will learn directly about the environment, each other and themselves;
- Foster a democratic and accountable culture where our students contribute fully to school and community life and take increasing responsibility for their own learning and actions;
- Encourage a global perspective by providing opportunities for all our students and encouraging them to value and respect differences.

MISSION

Building a strong foundation of its students is the key priority and the purpose of Thimphu High School. The school will commit in providing the best educational practices and preparing a high-quality academic program supported by one of the best infrastructures. Through a rigorous academic program as its core, the children will be exposed to and engaged in challenging activities using the environment, nature, science and physical activity as a forum for experiential learning.

School Community

FACULTY

The faculty at THS are certified and professional teachers many holding advanced or master certifications. Most important the promoters are personally engaged in selecting the teachers that can provide additional skills in fine arts, sports and foreign languages.

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FATHER KINLEY TSHERING

M.ED - Canada MBA - IIM Bangalore



More than 30 years in the field of education was the Principal/Rector of St. Josephs School, Darjeeling India, and many other institutions. Will take the lead as Principal Mentor and guide the school in setting up a strong institutional foundation. A well known figure in the field of education students will enjoy his classes and life lessons in general.

Mr. SONAM TOBGAY

M. COM FINANCE

Recruited this December 2025 as the Resident Principal. Close to 20 years of service in education and more than 10 Years as Principal in Government and Private High Schools. Proficient in teaching Commerce, Accountancy and Economics.



Ms. Bernadette Cordero is from the Philippines with 24 years experience in education and working across many companies. Bernadette most recently has also helped with the designing and conducting early childhood training programs in Bhutan. She will be heading the Mathematics Faculty and integrating STEM, and we are excited to have her on board with us. She will also be ensuring pastoral care of the residential students.



Mr. Kinley Wangchuk holds a MA degree and having passed out from Simtokha Rihzhung Institute will be teaching Dzongkha and Bhutan History. He has been teaching Dzongkha since 1997 and also held the position of Principal and as a Dy.CDEO. He has been a private tutor for the last few years and we are extremely glad that he will share his rich cultural experience for our students to enhance their knowledge of our language and traditions.



Mr. Birendra Chettri holds a MSc Environmental Management degree, with more than 20 years of teaching experience and held Vice Principal positions. We are delighted that he will be teaching Science and his passion to work with us a residential school will enable our students to explore and gain from his experience.



Ms. Dana Ochstein is an American citizen having majored in Community Studies from the University of California, Berkeley and a certified TESOL teacher. She will be heading the English Faculty.



Mr. Aaron Bayard is an American citizen having lived in Bhutan for several years. He has great passion in the outdoors and is a certified instructor for biking. He is also the current record holder for the Tour of the Dragon race. We are happy to have him visit our campus to include some adventure programs.

MS. ANANDI SHARMA NORBU

Bachelors Education India

Masters Education - Australia

Has been teaching since 1999 and has over 25 years experience. She joined us December 2025 and been teaching English Language, English Literature, Economics, Mathematics, Science, History, Geography and Social Studies

MR. STEVEN ARNOLD YOUNG

Bachelors Education - India

More than 15 years of teaching in Bhutan and India for all grades from Primary to High School and subjects taught English, Science, Social Studies, Sports and Art and Crafts.

MS. UGYEN LHADEN

Bachelor Commerce - Gedu Business College. She is the focal back office Executive and coordinating office and management affairs.

MS. SANGAY HEZOM

High School graduate and with Voluntary service experience at the De-Sung program. She is the Dorm Parent for the girls.

MR. TANDIN TSHERING

PE. Teacher with a second degree Black belt in Taekwondo. Also functions as the Dorm Parent for the Boys.

STUDENT BODY

We are a full residential co-ed school and only students joining from Grade 7-9 on a full time boarding basis are accepted.

ACADEMIC PROGRAM

From 2026 THS will have been granted approval from the Ministry of Education in introducing Cambridge as its curriculum.

- The objective of THS is to develop our students into independent individuals with leadership qualities and skills to meet the 21st century goals.
- Inspire our students through a broad and balanced curriculum that challenges inside and outside the classroom, where they learn about their strengths and weaknesses, and are encouraged to strive for excellence in all things.
- Encourage a global perspective by providing opportunities for all our students and encouraging them to value and respect differences.

CAMBRIDGE LOWER SECONDARY PROGRAMME/IGCSE - GRADES 6-9

The Curriculum develops skills in 11 subjects including English, Mathematics and Science. It helps schools prepare learners for the next step of their education with a broad and balanced curriculum that they can adapt to suit their context, culture and ethos. The curriculum sets clear learning objectives and focuses on developing knowledge and skills in all subjects, giving children an excellent foundation for the next stage of education.

Following Subjects

- Art & Design • Cambridge Global Perspectives • Computing • Digital Literacy
- English as a First or Second Language • Mathematics • Music • Physical Education
- Science • Wellbeing

MINDFULNESS

Administrators, teachers, students, and staff will practice mindfulness at THS regularly. Mindfulness cultivates a caring environment that generates empathy and compassion within the school culture. We teach students to love and respect their parents and teachers. We groom them to become leaders who respond well to crises. We want our students to feel that they are being listened to and teaching three mindfulness skills:

Mindful Thinking

Mindful Speaking

Mindful Listening

FACILITIES ROUND-UP

THS capacity is for around 300 students. However in the initial phase we will be focusing on middle school enrolment. In the initial years we will be accepting only grades 7 & 8. Facilities completed and due for completion by 2025 will include:

Academic Block : 12 Classrooms

Principal Office

Director Office

Staff Room

Business offices

Library room

Conference room

Dining Room

Residence Dormitory

Café/Lounge

Football field with artificial turf

Basketball court

Gym/Yoga Room



RESIDENTIAL LEARNING CENTRE

(DORMITORY FACILITIES)

THS boarding life offers students a home away from home experience with a family-feel environment. The residential center offers modern and comfortable accommodation, internet access, and recreation room. For the initial years for middle school the residence will be based on a dormitory system with one floor for the Boys and one floor for the girls. The dormitory will be housed in the admin block which is connected to the academic block, with an elevator for residents. Pastoral care will be under the supervision of a Dorm parent, who will monitor dorm life, academic support and counseling.

Students will be able to join many clubs and activities that promote a family atmosphere within the residential community.



SPORTS PROGRAMME

Football artificial turf soccer field is complete and will serve as an athletic ground for all sporting activities. Besides football, we will also have Basketball with Synthetic Acrylic flooring, Table Tennis, Taekwondo and other indoor sports as well. It will be compulsory for all students to participate in some of the sporting disciplines. Being in a natural outdoor setting, the students will be exposed to many outdoor adventure activities.



EXTRACURRICULAR ACTIVITIES

While initial enrolment numbers are expected to be very small, we plan to have few clubs and activities that promote creativity and expressiveness through music, art, fitness, cooking, public speaking and IT. Yoga will be part of the curricular program and all students will be encouraged to attend. With our fantastic outdoor setting, on weekends we will have adventure hikes, biking rides under expert supervision. Mr. Aaron Bayard will be teaching and guiding the biking tours.

COMMUNITY SERVICE PROGRAMME

As we are located in a rural setting, we will encourage students to participate in some form of community service through raise of funds to support local community needs of young children with low home support for education. As the school is based out farm settings, our students will be introduced to some learning, and growing own vegetables.

ROLE OF THE PARENT

We encourage parents to visit the school on weekends and spend the day with your child. Additionally, we hope to have in a year or so few cottages that parents can rent to spend weekends with your child. This will be especially useful for families coming to Bhutan from overseas or even parents from out of Thimphu. THS will be fully open to engage and collaborate with our parents in the well being and upbringing of your child.

SCHOOL DAY SCHEDULE

DAILY BOARDING SCHEDULE										
START	END	DURATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
07:00	08:00	1:00:00	WAKE UP/ FIX BED/ GET READY FOR THE DAY						8:00 WAKE UP	
08:00	08:45	0:45:00	BREAKFAST						08:30 BREAKFAST	
08:45	09:00	0:15:00	ASSEMBLY							
08:45	15:00	6:15:00	ACADEMIC CLASS SCHEDULE						09:00 - 12:00 ADVENTURE SPORTS	REST & LEISURE/ STUDY HOURS
15:00	15:30	0:30:00	REST/ SPORTS ATTIRE CHANGE						12:30 LUNCH	
15:30	15:45	0:15:00	AFTERNOON TEA BREAK						13:30 - 18:45 REST & LEISURE/ STUDY HOURS	
15:45	17:00	1:15:00	SPORTS							
17:00	17:30	0:30:00	REST/ CLOTHES CHANGE							
17:30	18:30	1:00:00	STUDY TIME							
18:30	18:45	0:15:00	EVENING BREAK							
18:45	20:00	1:15:00	DINNER							
20:00	20:30	0:30:00	REVIEW/ REST AT LOUNGE							
20:30	21:00	0:30:00	BED TIME							
21:00	21:00		LIGHTS OUT							

CONCERNS AND COMPLAINTS PROCEDURE

The School is here for parents, pupils and staff and we want to hear your views and ideas. We recognise and acknowledge your entitlement to complain or air a grievance and we hope to work with you in the best interests of the children and young people in our care.

The School welcomes suggestions and comments from parents, pupils and staff members and takes serious complaints and concerns that may arise. We encourage parents to bring their concerns to us as early as possible. This gives us the opportunity to try and rectify a problem or to explain the School's position before a matter becomes more serious. If in doubt about whether or not to raise a concern, we encourage you to contact us as we are here to help.

What we do ask is that together we present a united front to pupils; otherwise, children can receive damaging mixed messages. A concern or complaint should be raised in the first instance with your child's class teacher or the Boarding house Head. Any parent, pupil or member of staff has the right to contact the Principal of the whole school directly. Alternately, the Director is always available for any issue that needs attention, and as a small school, we will ensure that personal care and level of attention on every matter will be adequately addressed.

The Parents are advised to go through Code of Conduct and Disciplinary Procedures carefully and thoroughly.

