

## Paddington post card

Hello Poppy Class,

We have received another post card from Paddington! He has visited Nepal and met a girl called Shital. Shital enjoys playing cricket and football at school, just like we do!

Paddington also visited the tallest mountain in the world, called Mount Everest. Can you make a fact file on Mount Everest? You could find out where the mountain is, how tall it is, what it is made of and any interesting facts. I would love to see your fact files, if your grown ups could take photos and email them to me.

Enjoy reading Paddington's post card.

Love Mrs Fletcher



## Hello Emma

Mrs Johnson, my new friend at Unicef, has been telling me about all the **fun** children are having **playing football** at school in **Nepal**.

Nepal has the **tallest mountain** on Earth, called **Mount Everest**, which rises to **8,484m**. In the UK our tallest mountain is called Ben Nevis, which is **1,344m** high. It's **six times shorter** than **Everest!**

This afternoon, Judy and I drew a mountain on a piece of paper, then we cut it out and copied it **six** times to see the difference in height between the two mountains. **Mount Everest is very, very tall.**

In Nepal they enjoy playing **cricket** and **football**. I **play football** just like Shital, who goes to a school in Nepal that is supported by Unicef. I hope you **enjoy learning** about **Shital** and her country in this month's pack.

With love from  
**Paddington**



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## DAL BHAT

Dal bhat is the national dish of Nepal. It's a meal of cooked lentils and rice. It usually also comes with a vegetable curry. Nepali people often eat dal bhat twice a day.



Cows are a holy animal in Nepal, and it is illegal to kill them. This means that Nepali people do not eat any beef.

"I do like to try food from around the world. Many people in London come from all over the world, so we have a lot of delicious foods to choose from."

## FLAG

Nepal is the only country in the world that does not have a square or rectangle flag. The Nepali flag is made up of two shapes called pennons, which are like triangles.



The pennons represent the Himalayas. The blue symbolises peace, and the red means bravery. Red also represents the rhododendron, Nepal's national flower.



"I wonder if the British flag wasn't a rectangle, what shape could it be?"





## MOUNT EVEREST

Nepal is home to the highest mountain on earth, Mount Everest, in the Himalaya mountains. It is 8,848m above sea level. That's 10 times taller than the world's tallest building!



Everest is growing by half a centimetre every year. In 1953, two climbers reached the top of the mountain for the very first time.

"Being the first person to reach the top of a mountain must feel amazing. I hope climbers eat plenty of marmalade to keep them going."



## BIKRAM SAMBAT

2076

JAN	FEB	MAR	APR
MAY	JUNE	JULY	AUG
SEPT	OCT	NOV	DEC

The Nepali calendar, called Bikram Sambat, is around 56 years and 8 months ahead of the calendar we use in the UK, which is called the Gregorian Calendar.

Each month in the Nepali calendar is as long as the moon's cycle – 28 days. Once every three years, there is an extra month.



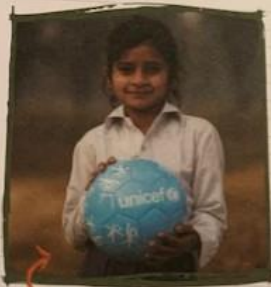
"I like the idea of keeping the same days as the moon. I wonder what Nepali people call the extra month. Shall we look it up?"

## SHITAL PLAYS FOOTBALL

Shital lives in a town called Parsa in Nepal. She is 12 years old. At school, Shital plays football with other girls and boys. "Football makes me happy. It's fun. I like being part of a team."



Shital



Shital in her school playground

Girls at Shital's school didn't used to play any sport. Paddington can get a little bored when he can't go out to play – and you might too! Now, thanks to Unicef's help, girls all over Nepal are playing football. It's fun, and it helps them enjoy going to school.



Shital playing football with her team

Many girls in Nepal leave school when they are still very young. When they play football, girls stay in school longer. This means they have a much better chance to live a happy life.