

fenestra

High School Edition

A window to our culture of learning and sharing

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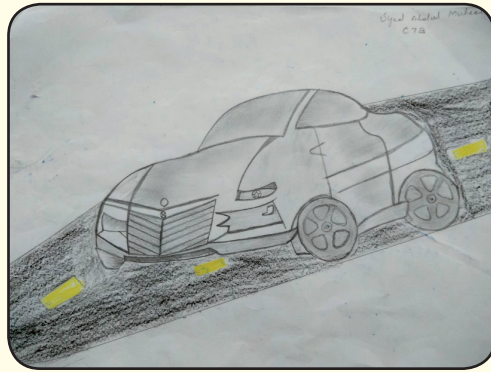
Contents

Leaders Desk.....	Pg. 1, 2
Teachers in Action.....	Pg. 2-12
Student Leaders Speak.....	Pg.12,13
Students in Action.....	Pg. 14
Parents Speak.....	Pg. 15
Highlights.....	Pg. 16

GALLERIA



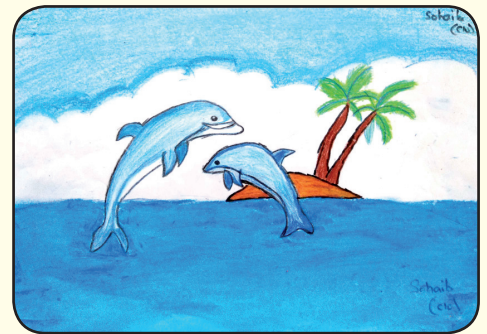
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FOCUS HS EMBARKS ON THE IB MIDDLE YEARS PROGRAMME

By Minhaj Arastu, Principal

We are pleased and excited to announce that our school is a candidate* for the IB Middle Years Programme. The MYP is designed to build on the Primary Years Programme (PYP) and develop the knowledge, skills, and attitudes that we value as a school community. As with all IB programmes, the MYP focuses on holistic development of children and an international, humanistic mindset.

As you can see in the curriculum model pictured here, the MYP seeks to inculcate the traits of the IB learner profile.

Children study at least eight academic subjects, among which two require further clarification. 'Language and literature' is a course for mother tongue (Urdu or Hindi) and medium of instruction (English). 'Language acquisition' in our context would be Telugu. 'Design' is a unique and flexible course that involves critical thinking and problem solving.

The IB has created MYP as a framework that can be applied to any state curriculum. This means that as children study SSC subjects, they will follow guidelines of 'Approaches to Teaching and Learning', including inquiry, academic honesty, and reflecting on learning.

In the model, 'Global Contexts' means that students should engage with subject topics within meaningful contexts. For example, if they are studying about pollution, they should certainly examine the Musi River as a local example of a worldwide problem. As in the PYP, Middle Years students will always connect specific knowledge with broader concepts, such as form and causation.

Finally, the model points out that children in middle years must undertake a community project in which they put their learning to use. This service project is the culmination of three years of learning and attitude formation. In our school, the community project will take place in C8.

Because of the requirement of state laws and our education system, we will be modifying the MYP to make it appropriate for our students and parents. From C6-C8, we will follow the entire MYP methodology keeping the SSC textbooks as a resource for content. In C9 and C10, we will switch entirely to the SSC syllabus in preparation

for the public examinations. There are two reasons for this approach. The IB MYP's C10 public examination system, 'eAssessment', is too costly for most parents in our school community at Rs 35,000 per child. Also, the MYP's certificate is legally recognised, but not well known among junior colleges in Hyderabad. We therefore will retain the SSC affiliation as a path to higher studies.

With the above targets in mind, we are beginning trial implementation of the MYP in school year 2019-20.

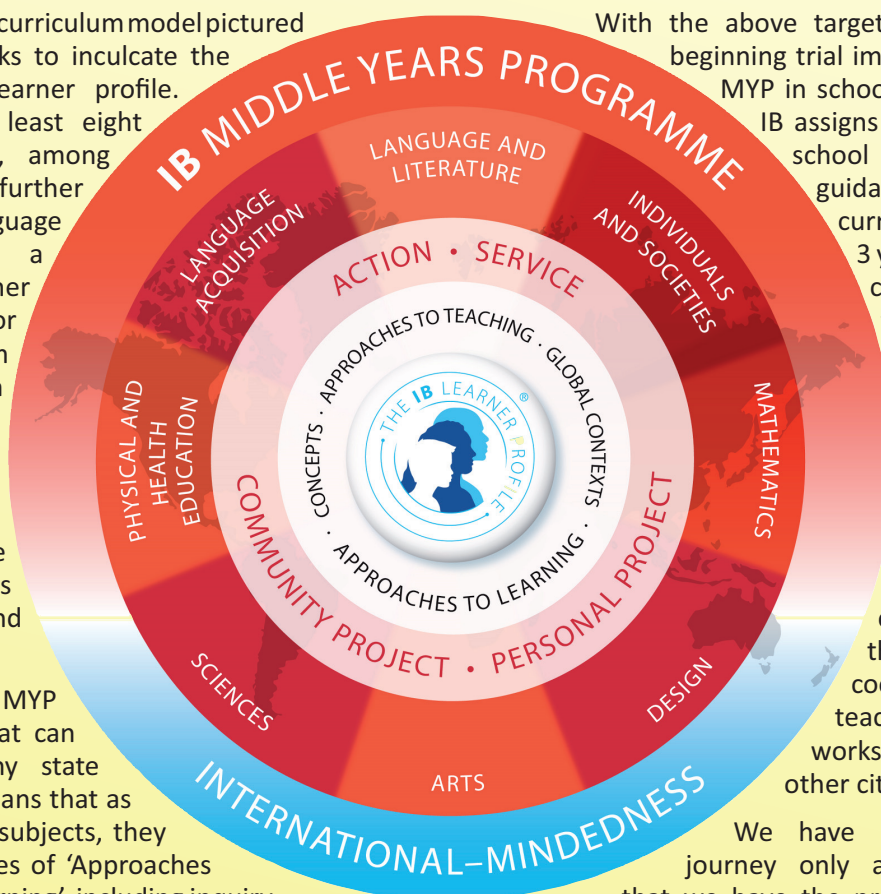
The IB assigns a consultant to the school and with his or her guidance, we develop the curriculum for up to 2 or 3 years. As soon as our consultant is satisfied with our progress, we will undergo a verification visit by IB officials and then, hopefully be fully authorised as an IB World School offering the MYP. During this candidacy period, the vice principal, coordinator and all teachers will attend IB workshops in Mumbai and other cities.

We have embarked on this journey only after demonstrating that we have the proficiency, resources,

and aspiration to implement the PYP. It is important for parents and our entire community to understand the challenge and the path ahead of us. The financial aspect is one of the challenges that we must face, keeping in mind our mission of making the IB accessible to middle class families. The annual fees that we must pay to the IB for candidacy are Rs 10,00,000 in this year, and Rs 7,50,000 in each year thereafter. In addition to this, teacher training costs are roughly Rs 2,00,000 in the first 2 years. We have applied for a grant and hope that it might lower the financial burden on our school and parents.

We look forward to your cooperation and feedback about this new stage of our school's growth. As you know, ours is the only IB school in the Old City and the only IB school in India that is affordable to middle class families. Let us continue striving for world class, holistic education that takes our children to ever greater heights.

**Only schools authorized by the International Baccalaureate can offer any of its four academic programmes. Candidate status gives no guarantee that authorization will be granted. For further information about the IB and its programmes, visit www.ibo.org*



Value Education and Life Skills

By Munazza Fatima, Math Teacher & HS Coordinator

The characteristics that distinguish human beings from other living beings are intellect, knowledge and wisdom. Knowledge is the food for intellect and education sharpens it. The more educated and knowledgeable a man becomes, the wiser he would be. Moral values are the adornment of education and education without them is a catastrophe.

Earlier in the education system, there used to be special emphasis on inculcating moral values in the students. This was done by narrating short moral stories which helped students learn lessons of life easily. Besides, in a joint family system, children were taught ethics and moral values by the elders who then used to have a lot of time. But gradually in the mad rush of this world, the importance of teaching moral values is fading away and Moral Science is being replaced with new subjects. All of a sudden the entire focus of both parents and teachers has shifted from making a student a good human being to a commodity which can add value to a company rather than a society. Thus, they are prepared to score high marks and grades so as to get into top colleges after school, then into big corporate firms.

To add to the miseries of education, technological advancement has also acted as a bane, as society is not taught the proper use of it and how to benefit from it. The aftermath is that the smartphones and other technological gadgets have become toys for children and elders alike, who spend more time with their gadgets than spending time with each other. The television shows and cartoons these days are as absurd and immoral. They are mostly programmed to degenerate the moral values of the viewers rather than provide entertainment,

leading to moral degradation and deterioration of the society in all spheres.

It should be noted that an introduction of an individual in the society is not his certificates, but his ethics, etiquette and moral values which are reflected in his demeanor and distinguish him from the crowd. An educated person without moral values and ethics is no different from an ignorant fool.

Therefore, it is necessary to have an education system where there is emphasis on value education and life skills and this will automatically solve the problems faced by the world today, for it would teach an individual to 'give back' to the society rather than exploiting it. It also helps them become selfless, besides making the world a beautiful place to live through the moral values and ethics imbibed in them.

Keeping these challenges in mind, the high school in Darushifa Campus, has added Value Education and Life Skills classes to the curriculum. Due to the abstract nature of content in moral science, the topics in the VELs course are transacted in the class through group discussion, debate, skits and reflection. Action is the final outcome of the course. The students are asked to present the action taken after gaining the understanding of a moral value or a life skill. Since this is the first year of the course, the teachers and the parents are hopeful to see their children adopt concrete moral values for life.

TEACHERS IN ACTION

Role of SEN (Special Educational Needs) and Counselling Department

By Syed Murthuza Hussaini, Counsellor & SEN HOD

With the advancement in science and technology and growing awareness and acceptance of neuro-psychological issues, it is imperative and natural for a school to have a Special Educational Needs and Psychological Counselling department.

The system of education and teaching methodology have been evolving at quite a slow pace when compared to the advancements in other fields especially information technology which brought a huge influx of information via different channels. However, IT also brought accessibility to crucial information required to help those who have special educational needs.

Traditionally, there was no difference between a slow learner, a dyslexic, a dyscalculic or an ADHD child. Same was the case with an autistic, a down syndrome affected or intellectually disabled child. However, today we know that each of them has distinct difficulties with specific challenges that require different and unique approaches, especially designed for them.

Nature of remedial and counseling work at Focus High School

The SEN and Counselling Department at Focus High School handles cases of SLD (specific learning difficulties) in general, like dyslexia (difficulty in learning to read), dyscalculia (difficulty with arithmetic functions) and ADHD (Attention Deficit Hyperactivity Disorder). We also assist cases of ASD (Autism Spectrum Disorder), intellectual disability (previously called mental retardation) and other neurological syndromes in learning, each according to the IQ level and the ability of child to learn and understand. On the counseling front, we look into behavioural issues, psychological issues, child safety and overall holistic development of children.

The challenges

The biggest challenge in this field is to keep ourselves updated with any new information related to our subject. It's a constant and never ending process, but enjoyable and satisfying all the same. Knowledge brings insight and provides tools to address and manage issues related to mental health. The other challenge that we face is the stigma associated with mental or neurological health issues.

However, the silver lining is that parents are becoming more involved and showing acceptance these days. Acceptance brings ownership and involvement, which by the way is imperative for proper resolution and management of conditions described previously.

Action research

As already mentioned, the SEN and Counseling team is always on the hunt for the latest trends and information available on our subject domain. We get information in the form of articles, courses, workshops, lectures, videos and audio podcasts. At FHS this is counted as PD (personal development) and is appreciated and valued. We try to incorporate our learning in our day to day activities and duties which is called action research. I would like to mention a course that I did and how it helped me. I did an online certification course on dyslexia from Coursera in collaboration with University of London. This was a very comprehensive course that helped me in understanding the basic mechanism behind the ability to read. With this information, I was able to have a basic understanding of how reading happens deep inside the brain, parts of the brain that are involved and what modules and routes are used while reading. Doing this course has immensely helped me in my SEN work. Whenever I test a child for his/her ability to read, I can predict with high accuracy if the child has issues with the auditory module or the visual module. These two modules provide the basic mechanism needed for reading, which is an artificial process invented around 3000 years ago, which is a very short time for evolution to intervene and provide specific module for reading in the brain. Also, I can understand if the child is relying on the decoding route or the direct access route while trying to read. Once I understand the strengths and deficits of the child, I provide intervention that is designed to address the deficits and supplement the strengths. This is just one example. I am providing few websites and hope that some of the readers embark on the adventurous journey of helping children with special needs.

www.understood.org - www.additudemag.com -

<https://www.coursera.org/learn/dyslexia-difficulties/home/welcome> -

<https://tinyurl.com/ybm9ywnp>

شिक्षण रणनीतियाँ

By Rohini Srivastav, Hindi Teacher & HOD

“एक सकारात्मक कार्य करने के लिए
हमे सकारात्मक दृष्टि रखनी पड़ती है”

छात्रों को प्रेरित करना और उन्हें पढ़ाई में रुचि दिलाना एक अध्यापक का काम होता है। इसके लिए हमें कई शिक्षण रणनीतियाँ अपनाना पड़ता है। मेरा ये विचार है की एक सुशील छात्र को कोई भी पढ़ा सकता है। लेकिन जो छात्र पढ़ने या लिखने में कठिनाइयों का सामना करना पड़ता है, तो ऐसे छात्र को पढ़ाना और सुशील बनाना एक अध्यापक का कर्तव्य है। एक कक्षा को पढ़ाना एक शिक्षक के लिए आनंददायक अनुभव होता है। साथ ही साथ ऐसे क्लासरूम का माहोल छात्रों को आकर्षित करता है। छात्रों के साथ बातचीत करना तथा उन्हें पढ़ाने का तरीखा ऐसा होना चाहिए के छात्र कोई भी विषय बड़ी ही आसानी से पढ़ सके।

मैं छात्रों को प्रेरित करके पढ़ने में ये खास बातें ध्यान रखती हूँ।

- छात्रों के स्तर के अनुरूप चुनौती रखे और उनको समाधान खोजने के लिए सकारात्मक प्रतियोगिता का अवसर दे।

- अपने कालांश की शुरुआत सवाल के साथ करे, जवाब के साथ नहीं। ऐसा करके आप छात्रों की सीखने में रुचि को बरकरार रख सकते हैं।
- छात्रों को ऐसे असाइनमेंट दे, जो उनकी रुचि के साथ मेल खाते हैं।
- छात्रों को खुद करके सीखने का अनुभव दे।
- छात्रों को उनकी प्रगति के बारे में व्यक्तिगत करके अन्ध प्रोत्साहित करे।
- छात्रों को स्थानीय परिवेश के साथ अपने ज्ञान व समझ को जोड़ने का अनुभव दे।

किसी विषय की गहराई में उतरना छात्रों में एक रुचि का निर्माण करता है, जो ज्यादा स्थाई होता है। इससे छात्र आगे भी सीखने के लिए हमेशा तत्पर रहेंगे।

سوشل میڈیا اور نوجوان نسل

By Sabeeha Ishrath, Urdu Teacher & HOD

جس کا راست اثر ان کے اقدار و کردار پر عیاں ہو رہا ہے۔ ان کا کثیر طبقہ سوشل میڈیا کا اسیر ہو چکا ہیں ان کے نہ پختہ ذہن اس کے منفی اثر کو قبول کر رہے ہیں۔ سادہ اس پر نظر آنے والی غیر معیاری ویب ہودہ عمل کی تقلید کو اپنا نصب العین بنا چکی ہیں۔ اور جب ان کو اس لعنت سے بچانے کے لئے بزرگوں، والدین اور اساتذہ کی جانب سے نصیحت کی جاتی تب وہ ان کی روک ٹوک کو فرسودہ سمجھ کر مذاق اڑا رہی ہیں۔

سوشل میڈیا کی اندھی تقلید میں وہ اپنا بیش قیمتی وقت، نیند، تعلیم قرباں کرنے کے لئے بہ خوشی تیار ہیں۔ اس کے اسیر بن کر بے راہ روی اختیار کر کے بے نمازی بن چکے ہیں۔

والدین کی محنت اور آرزو کو فراموش کر رہے ہیں۔ اپنے نونہالوں کے رویہ اور حصول علم میں عدم دلچسپی کو دیکھ کر والدین فکر میں ڈوب کر مختلف امراض میں گرفتار ہو رہے ہیں۔ معمار قوم کی اس حالت کو دیکھ اساتذہ بھی فکر فرما رہے ہیں۔

غرض نوجوان نسل کو اس بلا سے بچانے کے لئے قوم کے ہر مرد و زن کو عرق ریزی اور نہایت صبر و تحمل کے ساتھ پیش پیش ہونا ہوگا۔ کیونکہ یہ کام ہمارے صبر و استقلال کا طالب ہیں۔ اس سوشل میڈیا کے جال میں گرفتار اسیروں کو راہ راست پر لانے کے لیے اساتذہ اور والدین میں تعاون بے حد ضروری ہے۔ کیونکہ

فرد قائم رابطہ ملت سے ہیں تنہا کچھ نہیں موج ہے دریا میں بیرون دریا کچھ نہیں

اللہ تعالیٰ نے انسان کو تمام مخلوقات میں اعلیٰ اشرف المخلوقات کا درجہ عطا کیا ہے۔ اور انسان نے عقل کو بروئے کار لاتے ہوئے حیرت انگیز کارنامے کر رہا ہے جنہیں دیکھ کر یقین نہیں ہوتا کہ یہ انسانی ذہن کی اختراع ہیں۔ جسکی ایک مثال مواصلاتی نظام کے نٹ ورک سوشل میڈیا ہے۔

اس عنوان کے پیش نظر مجھے اپنی درسی کتاب کے سبق انٹرنٹ کا جملہ یاد آ گیا کہ انٹرنٹ ایک ایسی ٹکنالوجی ہے جو مستقبل میں آنے والی نسلوں کی زندگیوں کو سنوارنے میں مددگار ثابت ہوگی۔

یہ جملہ میرے لئے ایک سوال بن چکا ہے کہ آیا یہ مستقبل سنوار رہا ہے یا.....؟ سوشل میڈیا مواصلاتی نظام کا ایک وسیع نٹ ورک ہے جسکی دستیاب سہولیات کا احاطہ کرتے ہیں تب پتہ چلتا ہے کہ اس کے بے شمار فوائد ہیں۔ انسان کی ذاتی زندگی پر اس کا سب سے بڑا فائدہ یہ ہے کہ اس کے ذریعہ سے ہم دنیا کے کسی بھی گوشہ میں موجود عزیز و رشتہ دار سے آن و احد میں رابطہ کر سکتے ہیں۔

جس طرح ایک سکے کے دو رخ ہوتے ہیں اسی طرح سوشل میڈیا کے مثبت و منفی دو رخ ہیں۔ منفی پہلو پر نظر ڈالتے ہی نوجوان نسل کے معصوم چہرے تصور میں آ جاتے ہیں۔ کیونکہ دور حاضر کی نوجوان نسل اسکا بے جا و بے تحاشہ استعمال کر رہی ہے۔

تحصیل علم کے پانچ مقاماتی اصول

Mir Shujath Ali, Urdu Teacher

ہوا آسکتے ہیں۔ یہ حقیقت ہے کہ پابندی سے اسکول آنے والے بچوں کا مظاہرہ یقیناً ان طلباء سے بہتر لگا جوا کثر غیر حاضر رہتے ہیں۔ طالب علم اپنے لیے پابندی سے اسکول آنا لازمی قرار دے۔ چوتھا اصول: طالب علم کو چاہیے کہ وہ باادب رہے۔ وہ اپنے لیے ادب کو فرض و واجب کر لے۔ کہتے ہیں: کہاوت ہے "باادب بالنصیب، بے ادب بے نصیب"۔ یہ بات صد فی صد درست اور صحیح ہے کہ جو بچے باادب ہوتے ہیں وہ بڑے قسمت والے ہوتے ہیں۔ باادب ہونے کا مطلب کیا ہے؟ اس کا مطلب یہ ہے کہ طلبہ اپنے تمام معلمین و معلمات کی عزت اور ان کا احترام کریں۔ یہ کوشش رہے کہ اساتذہ کو اپنی کسی بات سے اور اپنے کسی کام سے تکلیف نہ پہچائے۔ ہمیشہ ایسے کام انجام دیں جو انھیں خوش اور شاد کریں۔ اساتذہ روحانی ماں باپ کا درجہ رکھتے ہیں۔ جس طرح والدین اپنے بچوں کی رشد و ترقی کے خواہاں ہوتے ہیں ٹھیک اسی طرح سے اچھے اساتذہ اپنے شاگردوں کی ترقی اور پیش رفت کے خواہش مند ہوتے ہیں۔ استاد کے ادب و احترام سے طلبہ کی ترقی کا کیا تعلق ہے؟ اس کا جواب روز روشن کی طرح واضح ہے کہ جن افراد کا ہم احترام نہیں کرتے ان کی باتوں پر بھی توجہ نہیں دیتے اور نہ ان سے کوئی چیز سیکھنے کی کوشش کرتے ہیں۔ اس کے برعکس جن اشخاص کا ہم احترام کرتے ہیں ان کی باتیں بڑے ہی توجہ کے ساتھ سماعت کرتے ہیں اور محترم افراد سے سیکھنے میں ہمیں خوشی بھی محسوس ہوتی ہے۔ یہ بات بھی واضح رہے کہ ادب و احترام دو طرفہ ہونا چاہیے یعنی جس طرح بچے اپنے استاد کی عزت کرتے ہیں ویسی ہی استاد بھی اپنے شاگردوں کا ادب و احترام کر یاور ان سے مہربانی، شفقت اور محبت سے پیش آئے۔

پانچواں اصول: توجہ۔ پڑھائی اور درس و تدریس کے وقت طالب علم استاد کی باتوں کو توجہ کے ساتھ سنے۔ بغیر توجہ کوئی بھی کام شرم آور اور فائدہ مند نہیں ہوتا۔ جب توجہ کی بات آتی ہے تو ایک بڑی تعداد اس سے محروم نظر آتی ہے۔ توجہ کی کمی یا عدم توجہ کے کئی اسباب ہو سکتے ہیں ان میں چند یہ ہیں: مضمون سے عدم دلچسپی، نیند کی کمی، بھوکے رہنا، یا پھر ضرورت سے زیادہ کھانا، سبق کے دوران آپس میں گفتگو اور باتیں کرنا، سبق کو بے اہمیت یا کم اہمیت سمجھنا، ٹی وی خاص کر کارٹون زیادہ دیکھنا، زیادہ ویڈیو گیمز کھیلنا، اسمارٹ فون اور سوشل میڈیا کا ضرورت سے زیادہ استعمال وغیرہ۔ مذکورہ اسباب کا حل یہ ہے: طالب علم مضمون کے بارے میں معلومات حاصل کرے۔ مضمون کی اہمیت اور اس کے فوائد جانے۔ اور استاد کی مدد سے مضمون کو دلچسپ بنانے کی کوشش کریں تاکہ شوق پیدا ہو سکے۔ رات میں جلد سو جائے تاکہ صبح تازہ دم اسکول آ سکے۔ طالب علم کو چاہیے کہ صبح ہلکا مگر صحت سے بھرپور ناشتہ کرے۔ یہ بھی یاد رہے کہ ضرورت سے زیادہ نہ کھائے کیوں کہ اس سے بھی توجہ میں کمی ہوتی ہے۔ جماعت میں سبق کے دوران آپس میں باتیں اور گفتگو نہ کرے تاکہ پوری توجہ سے سبق پڑھ اور سمجھ سکے۔ ٹی وی کم سے کم دیکھے۔ ایک گھنٹے سے زیادہ ہرگز نہ دیکھے۔ ویڈیو گیمز کے بجائے وہ دماغی اور جسمانی کھیل کھیلے جو گھریبا ہر آسانی سے کھیلے جاسکتے ہیں۔ اس طرح صحت بھی اچھی رہے گی۔ اسمارٹ فون اور سوشل میڈیا کا استعمال ضرورت کے علاوہ نہ کرے۔ اس کے بجائے مفید کتابیں، رسائل اور اخبار پڑھے۔ توجہ بڑھانے کے لیے کسرت اور یوگا کرے خاص کر مراقبہ مفید ہے، مراقبہ یعنی ابتدا میں 30 سکند اپنے اندر کوئی خیال آنے نہ دے۔ اور اس مشق کے وقفہ کو آہستہ آہستہ بڑھائے۔ اس طرح ان اصول پر عمل کر کے آپ ایک اچھا ورمثالی طلب علم بن سکتے ہیں۔

انسان کی زندگی میں اصول و آئین کا ہونا اس قدر ضروری ہے جس طرح انسان کو جینے کے لیے ہوا، غذا اور پانی کا ہونا ناگزیر ہے۔ جس طرح ان کے بغیر انسانی زیست کا تصور محال ہے اسی طرح بدون اصول امور حیات کا صحیح طور پر چلنا بھی ممکن نہیں۔ حیات کے ہر شعبہ میں اصول و ضوابط کا ہونا ضروری ہے۔ یہی وجہ ہے کہ ہمارے تمام کام اصول و ضوابط کے ماتحت ہیں ان امور کا تعلق چاہے تعلیم سے ہو یا اقتصاد سے، سیاست سے ہو یا تجارت سے، معاملات سے ہو یا اخلاق سے سب کا دار و مدار اصول ہی پر ہے۔ اگر سماج اصول و ضوابط کا پابند نہ ہو تو ہر طرف بدظمی، بد امنی، اور لاقانونیت کا بول بالا نظر آئے اور آخر کار نظام حیات درہم برہم اور تباہ و برباد ہو جائے۔ عظیم و خیر پروردگار عالم نے اس کائنات کا نظام بھی کچھ اصولوں پر قائم و استوار کیا ہے اور ہر ذی نفس کو ان ہی کی تابع قرار دیا لہذا انسان فطرتاً اصول پسند واقع ہوا ہے۔ المختصر ہر اہم کام کے لیے اصول کا ہونا لازمی ہے تو پھر حصول علم جیسے مہم و لازمی شئی کے لیے کوئی اصول نہ ہوں یہ تو ممکن نہیں۔ حصول و تحصیل علم سے پہلے چند مقدمات اصول ہیں جن کا جاننا اور اس پر عمل کرنا ہر طالب علم کے لیے ضروری ہے۔ اگر طالب علم ان اصولوں کی پابندی کرے تو حصول علم میں یہ باتیں نہ صرف آسانی کا باعث بنیں گی بلکہ ترقی و رشد کا سبب بھی قرار پائیں گی۔ یوں تو مذکورہ موضوع پر کئی نکات قلم بند کیے جاسکتے ہیں مگر اختصار کے پیش نظر یہاں صرف پانچ اہم اصول و ضوابط کو ضبط تحریر کیا جا رہا ہے۔ مضمون کا آخری حصہ مزید تشریحات کا متقاضی ہے اگر توفیق شامل حال رہی تو آئندہ کسی اور موقع پر اس پر روشنی ڈالی جائے گی۔

پہلا اصول: ایک طلب علم کے لیے ضروری ہے کہ وہ منظم رہے۔ اس کے ہر روز کا پروگرام مرتب شدہ ہو۔ یعنی کس وقت کیا کام کرنا ہے پہلے ہی سے طے رہے۔ سونے اور صبح بیدار ہونے کا وقت، تحصیل علم اور دیگر اہم امور کی انجام دہی کا وقت، نفع بخش کھیل، کسرت، کتب و اخبار کا مطالعہ یہاں تک کہ غذا تناول کرنے کا وقت بھی مقرر رہے تاکہ طالب علم اپنے قیمتی اوقات سے بھرپور فائدہ اٹھائے اور اسے بے فضول ضائع نہ کرے۔

دوسرا اصول: ایک طالب علم کے لیے ضروری ہے کہ وہ مناسب نیند لے۔ ہر روز کم سے کم 6 اور زیادہ سے زیادہ 8 گھنٹے سونا صحت کے لیے انتہائی ضروری ہے۔ یہ بات مشاہدے میں آئی ہے کہ وہ افراد جو رات میں کم سوتے ہیں وہ دن میں سستی کا شکار رہتے ہیں۔ نیند کے غلبہ کی وجہ سے وہ اپنے کاموں کو ٹھیک طرح سے انجام نہیں دے پاتے اور ان کا دن غصے اور چڑچڑاہٹ کی نذر ہو جاتا ہے۔ نتیجاً ان کا مظاہرہ دن بہ دن رو بہ زوال اور نا کامیوں کی نذر ہونے لگتا ہے۔ ان نقصانات سے پرہیز کا واحد راستہ رات میں جلد سو جانا ہے اور کم سے کم 6 گھنٹے کی نیند لینا بہت ہی ضروری ہے۔

تیسرا اصول: ہر کام میں بہتری اور ندرت کے لیے پابندی سے اس کام کو انجام دینا لازمی ہے۔ مثل مشہور ہے: "مشق انسان کو ماہر بناتی ہے"۔ ایک طالب علم کے لیے یہ لازم ہے کہ وہ مدرسہ و اسکول کو پابندی سے آئے۔ وقت مقررہ پر حاضر رہنے کو بھی اپنے فرائض میں شمار کرے۔ بلا وجہ غیر حاضری بے عقلی کے سوا کچھ نہیں۔ بسا اوقات غیر حاضری کے سبب کوئی ایسا علمی نقصان ہو جاتا ہے کہ جس کی تلافی ممکن نہیں ہوتی ہے۔ خدا نہ کرے اگر کوئی طالب علم مریض و بیمار ہو جائے یا کوئی ناگہانی صورت درپیش ہو جائے تو یہ مسئلہ دوسرا ہے۔ مجبوری کی حالت میں غیر حاضری قابل احتساب نہیں، ان مسائل سے خود اساتذہ بھی دوچار

తెలుగు యొక్క ప్రాధాన్యత

By Kavitha Akula, Telugu Teacher & HOD

తెలంగాణ రాష్ట్ర భాష తెలుగు. తెలంగాణలో జీవిస్తున్న ప్రతి విద్యార్థి తెలుగు తప్పనిసరిగా చదవాలి. మాతృ భాష తెలుగు కలిగిన విద్యార్థులు తెలుగు చదవడానికి గాని రాయడానికిగాని ఇబ్బంది పడరు. కాని మాతృ భాష కాని విద్యార్థులు, వారు పరిసరాలలో నైతం తెలుగు మాట్లాడని వారు రాయడంలో మరియు చదవడంలో ఇబ్బందులను ఎదుర్కొంటారు.

కొద్దిమంది విద్యార్థులు ఆరవ తరగతి నుండి తెలుగు చదవడం మొదలు పెడితే, మరికొద్దిమంది ఎనిమిది లేదా తొమ్మిదవ తరగతి నుండి మొదలు పెడతారు. ఏ తరగతి నుండి మొదలుపెట్టినా పునాది సరిగ్గా ఉండాలి.

అనగా అక్షరాలు, గుణింతాలు, ఒత్తులు పలకడం మరియు రాయడం రావాలి. ఏ భాష నేర్చుకోవాలన్నా మాతృ భాషలో సంపూర్ణ పరిజ్ఞానం ఉండాలి. అప్పుడే పరిభాషను అవలీలగా నేర్చుకోగలుగుతారు.

ఆవగాహనా - పరిశీలనా సామర్థ్యాలు విద్యార్థులలో ఒక్కొక్కరిలో ఒక్కొక్క విధంగా ఉంటాయి. కావున అందరికీ ఒకే రకమైన బోధన సాధ్యపడదు. ఒకరు ఒకరోజులో చదవగలిగిన అంశం మరొక విద్యార్థికి పదిరోజులు పట్టవచ్చు. అందుకే అందరినీ ఒకే త్రాటిపై

నడిపించలేము. ఒక్కొక్క విద్యార్థి చొప్పున ప్రతి ఒక్కరిపై ప్రత్యేక శ్రద్ధ తీసుకొని చదివించవలసి ఉంటుంది. దీనికి కాస్త ఎక్కువ సమయం పడుతుంది. కాని ప్రతి ఒక్కరికి విషయ పరిజ్ఞానం లభిస్తుంది. తరగతి గదిలో ఉపాధ్యాయురాలు చెప్పినదానిని ఇంటికి వెళ్ళి మననం చేయాలి. ఏరోజు పనిని ఆరోజు పూర్తి చేయగలగాలి. సందేహం ఉంటే వెంటనే ఆ మరుసటి రోజు ఉపాధ్యాయురాలి సహాయంతో సందేహ నివృత్తి చేసుకోవాలి. తరగతి పుస్తకాలు నిఘంటువు, పెద్దబాలశిక్ష సందేహ నివృత్తిలో కీలక పాత్రను పోషిస్తాయి.

ప్రతిరోజు వార్తాపత్రికను చదవడం వలన లోకజ్ఞానంతోపాటు భాషపై మంచి పట్టును సాధించవచ్చు. వార్తా పత్రిక పఠనం వలన స్పష్టమైన పదాల ఉచ్చారణ సాధ్యపడుతుంది. పాఠశాల గ్రంథాలయం కూడా విద్యార్థులకు ఎంతగానో ఉపయోగపడుతుంది. తప్పనిసరిగా విద్యార్థులను తెలుగులోనే మాట్లాడించాలి. తెలుగు భాషపై ఆసక్తి, అభిరుచి కలిగి ఉన్నప్పుడే తెలుగు చదవడం, రాయడం, మాట్లాడడం సాధ్యపడుతుంది.

Love for Reading-How it is developed in the Classroom

By Vaseema Sultana, English Teacher & HOD

"I was cycling down the lane that led away from Kirrin Cottage along with The Famous Five (Julian, Dick, Anne, Georgia and Timothy, the dog) waving at their aunt and uncle who stood at the gate, till I disappeared round the corner in the sunshine. The morning was very warm and I could hear someone calling out my name from the distance. Yet, I didn't respond to it. Suddenly the book was jerked out of my hand, and I was back in my room, facing my angry mom."

I discovered this magic of reading at the age of 9 and since then books and I are inseparable. Reading has the power to take you into another realm, in which you live and learn. It leaves you in an elated fervour. At Focus High School we have a repertoire of resources that support reading and also incentivise it:

A) Project Bibliophile

Project Bibliophile is an incentivised reading programme in which a student borrows a novel and gains points through various reading activities that he/she completes. One of the activities is character dress-up which has been thoroughly enjoyed by students. The points are then converted to rewards, and there are four different levels of rewards that can be won by the student.

The results: Students who were excited to read a book for rewards are now reading for pleasure which is a purpose fulfilled.

B) The Hindu In School newspaper

Every student has an annual subscription of The Hindu In School edition. It is a student friendly newspaper which gives a lot of meaningful information, along with innovative articles about current developed sciences, arts and literature. An example is 'Qwikipedia'.

The school ensures that the students read the newspaper for 15 minutes in the morning and write a brief reflection on what he/she has read.

Everyone loves reading. The genre preferred will vary. Few prefer news, some like comics, others like mysteries and the list goes on. The language varies too. Parents, ensure that you create opportunities for your child to explore the various resources available for reading. Spend time to hear them read aloud and discuss what they have read. Take them to a bookstore for an outing. George Martin rightly said, "A reader lives a thousand lives before he dies ... the man who never reads lives only one." At Focus, we are aiming at just that.



Character dress-up by students

An Interesting Way to Build Vocabulary

By Masooma Fatima, English Teacher

Vocabulary is the foundation of reading and listening comprehension.

"... vocabulary is the glue that holds stories, ideas and content together ... making comprehension accessible for children."

Students need to become independent learners, which is why it is important to create an atmosphere in which our students feel comfortable and motivated to learn. For this it is also important to create meaningful tasks which will ensure significant learning. 'Word of the Day Quiz' is an effective way to build their vocabulary.

Firstly, it is said that even though students are able to communicate, their limited knowledge of vocabulary and structures makes it difficult for them to speak correctly. They need to know not only the meaning of words but also they have to be aware of the different elements a language has, such as style and the degree of formality in order to communicate in a better way. When learning a new language, students need to develop memory strategies in order to hold as much information as possible. One of the things we can do as teachers is to diagnose their individual learning style and to show them ways to improve this ability which will certainly help them increase their vocabulary and facilitate the learning process.

My vocabulary teaching is highly systematic. My students are given one word each day.

Here are the things I do:

- Display a word each day.
- Prepare the quiz in Google Form. It consists of questions to fill in missing words and match words with definitions.
- Post the quiz by the end of the week.
- Release the results.

- Students who scored 10/10 are rewarded with a green card in school assembly.



Furthermore, these activities can provide students with meaningful contexts which help them understand the meaning of words, and thus support memorization. Also, with such activities, learners will actively use new vocabulary. Most students ignore words they do not know unless these words are introduced through specific activities. Thus, extensive reading has merits of its own, but it becomes even more effective if it is supported by differentiated instruction.

Every student loves 'Word of the Day Quiz'. In fact, if the posting of the quiz is delayed at times, the students remind me about it. I highly recommend this activity for any grade level. It is also great because it doesn't take any preparation or paper.

Easy Ways to Learn English

By Zainab Kirmani, English Intern

Speaking in correct English has become a necessity today. There are a lot of free apps available on the internet which help your child learn English with ease. Well, you might already know that lots of universities have online courses which can be quite expensive and time consuming. But a different kind of learning is becoming popular. It is called MOOC. MOOC stands for Massive Open Online Course, which means a course given on the internet usually at school and college level. These courses simulate a real class. Millions of people are using MOOC's nowadays. You too can become a student in MOOC. Here's why you should.

- Its free.
- Its online so that you can learn it anywhere.
- Many times you can earn a certificate which shows that you completed the course.
- You can drop out anytime.

MOOC's are great way to improve your English language skills. It has different courses for different levels. MOOC is a good place to start since it will take less of your time.

Courses you could be taking.

- Elementary English Course. Here's a perfect course if you are just a beginner.

- Common Mistakes. This course covers the most common mistakes people make.
- Coffee culture . For anyone interested in Australian English which teaches listening and speaking skills.

Future course: Many online courses can be done on your own. But future learning encourages students to talk to other people in English. These courses are offered from over 40 British Institutions around the world. Courses you could be taking .

- A Beginners guide to writing English for university study. It can be useful for any English learner.
- Exploring English language and culture. With this course you can learn about British culture as you can improve your English .
- Saylor offers you a free online course.
- Pre college english. This course prepares you for college level writing.
- Canvas This website encourages students to have conversations about the lessons .
- College Readiness, Reading ,Writing. This class lets you select what you want to study.

Significance of MBL in Math

By Sajid Asghar Naqvi, HOD Mathematics

Mathematics is a subject in which concepts are developed in sequence and in a graded manner. If the concepts taught during the initial stages are incomplete or missing then it is going to affect further learning. This implies the primary education in Math needs to be very strong. In the words of renowned Chinese mathematician Liping Ma, *"Elementary (primary) education in Mathematics is the basis on which all the future mathematical learnings depend."*

The problem in middle and high school Math education is when a child doesn't have the knowledge of basic skills that is needed to cope up with the given syllabus. The nature of subject, which is sequential interlinked topics distributed grade-wise, does not allow the child to learn more advanced and complex mathematical concepts, if any one of the initial concepts is missed. This middle and high school learning will take place only when the gaps that are created earlier are completely filled.

In this short article, let us address the issues faced in middle and high school Math teaching and the steps being taken to overcome them. It has been observed that a majority of students in middle and high school have a lot of gaps - both in concepts and procedures. Keeping this scenario in mind, a

new teaching strategy is being tried out in high school called Mastery-based Learning (MBL).

In this methodology, before giving a New Learning Task (NLT) to the student, first the teacher identifies all prerequisites (PRQs) that are essential to facilitate that learning. Then the teacher will conduct a Gap test in the PRQs to identify and close gaps, if any. Now the child is ready to acquire the new skill on their own and after practicing it over a period of time the child will master the concept. Then the teacher will assign a challenging problem in that concept (enrichment task) in order to make sure that child has not only mastered the concept but also is in a position to make use of it in any given situation. One of the major challenges of this strategy is that it is 'painstakingly' slow in the beginning. This is because a lot of time is utilised in closing the existing gaps. But, once the gaps are closed the child's learning pace automatically accelerates which will help make up for the 'lost time'.

Despite all the difficulties and problems, the teachers of Mathematics department at FHS are hopeful and believe in the potential of the children and are trying their best to harness it to the maximum.

Concerns of a Math Teacher

By Adeeba Anjum, Mathematics Teacher

All curricular subjects face some learning issues and concerns. Math teachers have issues that are specific with regard to students' abilities. Most students can read and write by the time they reach elementary school. Math, however, becomes intimidating, particularly as they advance from basic addition and subtraction to fractions, algebra and geometry. To help Math teachers cope with these issues, this list looks at the top 10 concerns for Math teachers, along with some possible answers.

1. Prerequisite Knowledge

Math curriculum depends on information learned in previous years. If a student does not have the required prerequisite knowledge, then a math teacher is left with the choice of either remediation or going ahead and covering topics which the student might not understand.

2. Connections to Real Life

Consumer Math is easily connected to daily life. However, it is often hard for students to see the connection between their lives and geometry, trigonometry, and even basic algebra. When students do not see why they have to learn a topic, it impacts their motivation and retention. Teachers can deal with this by giving real-life examples; showing where they can use the math concepts being taught, particularly upper-level math.

3. Cheating

Math deals with solving problems. It can be difficult for a math teacher to determine if students are cheating. Typically, Math teachers use wrong answers and incorrect solving methods to determine if students cheated.

4. Math Block

Some students face difficulty and finally come to believe over time that they are just not good at Math. This attitude can result in students failing to even try to learn certain topics. Fighting this self-esteem-related issue can be difficult, but pulling students aside individually to reassure them can help pupils overcome Math block.

5. Varying Instruction

The teaching of Mathematics cannot be done by much varied

instruction. While students can be made to present material, work in small groups for certain topics, and create multimedia projects dealing with Math, the norm of a Math classroom is direct instruction followed by a period of solving problems.

6. Dealing With Absentees

When students miss a math class, it can be difficult for them to catch up. For example, if a student is absent in the first few days when a new topic is being discussed and explained, such as solving variables, a teacher needs to push the student to learn the material on her own.

7. Timely Grading

Math teachers need to keep up with the daily grading of assignments. It does not help a student to have a paper returned a few weeks after the unit has been completed. By seeing what mistakes they have made and correcting them immediately will help students use that information effectively. Giving immediate feedback is very important.

8. After-School Tutoring

Math teachers typically have many demands on their time from students who need extra help. This may require a greater dedication on the part of Math teachers, but the extra help is usually vital to help students understand and master the topics being learned.

9. Varying Student Abilities

Math teachers often have classes with students of varying ability levels within the same classroom. This results in gaps in prerequisite knowledge or students' individual feelings. Teachers must decide how to meet the needs of the individual students in their classrooms, possibly through additional tutoring or sitting down with students to assess their abilities and reassure them of their ability to succeed.

10. Homework Issues

Math curriculum often requires daily practice and review for mastery. Therefore, the completion of daily assignments is essential. Students who do not complete their homework or copy from other students often struggle at test time. Dealing with this issue is often very difficult for Math teachers.

Making Math Less Difficult

By Syed Murtuza Hussain, Mathematics Teacher

At the beginning of the year 2018, we asked students to rank school subjects according to the level of difficulty. Predictably, mathematics topped the list. What do you think, what makes it difficult? Have you ever wondered?

Oxforddictionaries.com defines the word difficult as 'Needing much effort or skill to accomplish, deal with, or understand.'

This definition describes the problem that a math learner faces, very aptly – explicitly the statement 'the difficult job is one which needs much effort/skill'. Patience and persistence are mainly required in this discipline, which makes it difficult for the students. In fact, it is not something that comes automatically or instinctively – rather it requires lot of understanding. Math sometimes need students to devote lots and lots of energy and time.

Problems usually arise during middle and high school years, when students move to next level/grade even before they are ready for it. Students in high/middle school, who secure a low grade are found to have understood only half of what they have studied, but still moved on. What are the reasons for this?

Reasons:

1. Some students perceive that a low grade is enough for them to pass; excellence is not required.
2. Parents do not realize the consequences of moving on without full understanding of a concept, which can cause bigger problems and difficulties for high school/college.
3. It is difficult for teachers to ensure that every individual student understands all the concepts due to lack of time and energy for additional efforts.

So, the transition of students takes place to the next grade with a weak or shaky foundation. The consequence of any such foundation

will become a serious drawback in the growth and will cause failure even for students with real potential.

Thus, the conclusion here is for every student who earns a C in mathematics must and should practice and review intensively the important concepts that will be needed later. In fact, it is smart to seek extra support from the teacher after school hours to help you with topics in which you are struggling in Math!

Our Math department concluded that:

- because Math takes time and energy, it seems to be difficult.
- majority of students experience insufficient time to acquire Math skills which leads to students falling back while the teacher moves on.
- moving on to Mathematical complexity with a shaky foundation will end up nowhere.

Even though it may sound like a very bad news, it really is a good news. If the students are patient enough then the resolution is easy. Certainly, no matter what level you are at in Math, basic skills must always be reinforced. The basics concepts of middle school Math can be understood by filling the learning gaps completely.

- Middle school students should not attempt to move on until pre-algebra concepts are fully mastered
- High school students who are struggling with Math, must revise of middle school Math and understand each and every concept with the help of related activities. Extra support from teachers and peers will be a suitable choice.

No matter where you start and how much you struggle, you must make sure you identify weak spots in your foundation and fill, fill, fill the holes with understanding and practice.

Social Studies Teaching & Learning Strategies

By Somana Fatima, Social Teacher & HOD

Social Studies students are inundated with pedagogy in which exposure to factual information is overwhelmingly the paramount means to success. Students are often encouraged to regurgitate facts as a means to demonstrate academic understanding. Passive learning dominates social studies curriculum despite the abundance of research calling for engaged learning.

The academic standards in Social Studies requires students to do a lot of research. The students need to refer to books, magazines, newspapers, etc., as giving references is needed while answering questions, doing projects, giving presentations, etc. They need to keep themselves updated with the current affairs of the world.

There are many useful teaching methods to support effective teaching in Social Studies to keep children motivated and fully occupied, but there is no single method of teaching which fits all the learning situations. Therefore, to make the learning of social science more enjoyable and effective, there is a need for innovations in teaching methods. Some of the methods which I have been using in my school to capture the attention of the children are quiz, debate, videos, books for reference, maps & globes, 'think, pair and share activity', cooperative learning (team activities), presentations, puzzles, skits, graphic organizers, surveys, projects, field trips, reflection on newspaper articles, Model United Nations and Student Parliament.

Importance of Heritage

By Seema Sultana, Social Teacher

Heritage is something which is a part of our present and future which is passed from generation to generation. Heritage is categorized into two parts Natural Heritage and Cultural Heritage

Cultural Heritage: It refers to the cultural aspects like monuments, tombs, forts, museums etc. It makes connection between our

ancestor's beliefs, social values, religious values, customs. Cultural heritage provides us sense of unity and love and affection towards our community to

understand about our previous generation and to know where we are from. Moreover, cultural heritage is not limited to the material objects which can be seen and touched but immaterial things which can be oral history, performance, dances, dramas done by people to remember the historical stories or wars of the kings and these are passed from generation to generation in the community. In this way all the people contribute to World History, UNESCO (United Nations Educational, Scientific and Cultural Organization), was founded in 1954 to protect cultural heritage.

Natural Heritage: It refers to the elements of biodiversity, including flora, fauna, and ecosystem of geographical structures. Each heritage site is unique and so is the range of ecosystem services and benefits it delivers to people at different scale. Many of our natural areas are considered environmentally sensitive that contain rare plant and animal species. We are fortunate to have some globally unique features in our state such as at Bhongir.

In October 2006 the World Heritage Centre published the UNESCO World Heritage Centre's Natural Heritage Strategy to protect natural heritage.



Improve Classroom Practice With Action Research

The action research process can help you understand what is happening in your classroom and identify changes that improve teaching and learning. Action research can help answer questions you have about the effectiveness of specific instructional strategies, the performance of specific students, and classroom management techniques.

Educational research often seems removed from the realities of the classroom. For many classroom educators, formal experimental research, including the use of a control group, seems to contradict the mandate to improve learning for all students. Even quasi-experimental research with no control group seems difficult to implement, given the variety of learners and diverse learning needs present in every classroom.

Action research gives you the benefits of research in the classroom without these obstacles. Believe it or not, you are probably doing some form of research already. Every time you change a lesson plan or try a new approach with your students, you are engaged in trying to figure out what works. Even though you may not acknowledge it as formal research, you are still investigating, implementing, reflecting, and refining your approach.

The Action Research Cycle

Action research is a cycle of inquiry and reflection. During the process, you will determine 1) where you are, 2) where you want to be, and 3) how you are going to get there. In general terms, the cycle follows these steps:

1. Identify the problem and envision success
2. Develop a plan of action
3. Collect data
4. Analyze data and form conclusions
5. Modify your theory and repeat the cycle

6. Report the results

All teachers want to reach their students more effectively and help them become better learners and citizens. Action research provides a reflective process you can use to implement changes in your classroom and determine if those changes result in the desired outcome.

Excerpted from:

Kolk, Melinda. "Embrace Action Research." *Creative Educator*. Accessed October 1st, 2018. https://www.thecreativeeducator.com/v07/articles/Embracing_Action_Research.



Implementation of Blooms Taxonomy in ICT for Enhancing Creativity & Critical Thinking

By Zeeshan Fatima Armeen, ICT Teacher

Being a teacher, I got the opportunity to change life of students by implementing Bloom's Taxonomy in my ICT classroom. I have to set up students to be successful in today's world and society. "Bloom's Taxonomy was created in 1956 under the leadership of educational psychologist Dr. Benjamin Bloom in order to promote higher forms of thinking in education." (Clark, 2015). It allows students to learn through concepts rather than procedure, i.e. students are learning not just how to do things, but also why are they doing them. This is done through critical thinking.

Bloom's taxonomy works using three main learning domains:

- Cognitive (Mental skills, Knowledge)
- Affective (Attitude or Emotional areas)
- Psychomotor (Physical skills)

Bloom's taxonomy of learning behaviors may be thought of as 'the goals of the learning process'. i.e. after learning a lesson, the students should have acquired a new skill, knowledge, and attitude. This ensures that students are learning not only life skills, but they are also learning to learn through critical thinking, encouraging lifelong learning.

Scratch, Doodle 4 Google projects were assigned to students in ICT lab at Focus High School, to enhance student's creativity and critical thinking skills.

Bloom's taxonomy provides a way to organize the six thinking skills into six levels, from the most basic to higher order levels of critical thinking.

The six thinking skills include creating, evaluating, analyzing, applying, understanding and remembering.

ICT Education is critical for helping students develop creativity, critical thinking and problem solving abilities.



Reflections on an Approach of Analyzing and Classifying Physics Problems

A Taxonomy of Introductory Physics Problems (TIPP) of Raluca E. Teodorescu and et. al. Department of Physics of George Washington University, USA.

By Mohammad Abdul Mumeed, Physical Science Teacher & Science HOD

Taxonomy of Introductory Physics Problems (TIPP) was created in order to design educational objectives, to develop assessments and to guide design of thinking skills curriculum. This classification relates physics problems to cognitive processes required to solve them.

Bloom combines knowledge domains with cognitive process and doesn't clearly distinguish between the cognitive process and the knowledge involved in problem solving.

The New Taxonomy of Educational Objectives (NTEO) developed by Marzano and Kendall follow all the three criteria given by Physics education research (PER) to guide instructors in planning and assessing curriculum activities for problem solving. NTEO has arranged students' level of consciousness of processing into six levels (highest to lowest):

Level 6 - Self-system: Network of interrelated attitudes and expectations that are involved in making judgment - whether to engage in a new task.

Level 5 - Metacognitive system: A student starts to think about thinking and learning. This system gets activated only when decision is made to engage in a new learning task. At this level goals would be defined and strategies would be developed to achieve those goals.

Level 4 - Knowledge utilization: The solver applies or uses knowledge to create new products and new ideas. The focus here is on the products and ideas, not on the knowledge. Component processes: decision making, problem solving, experimenting, and investigating. Decision making is selecting between given several options. Experimenting is making hypothesis/predicting and testing it with the purpose of understanding.

Level 3 - Analysis: The solver elaborates on the knowledge as comprehended, examines knowledge in fine detail and generates new conclusions. The focus here is on the knowledge. Component processes: matching, classifying, analyzing errors and generalizing and specifying. Find solution pattern that relates to the current problem is a key skill.

Level 2 - Comprehension: The solver translates knowledge into a form appropriate for storage in permanent memory. Component processes: integrating and symbolizing. Integrating means identifying target concepts and selecting required equations from. Symbolizing means translation of quantities into mathematical entities for calculation, description or explanation.

Level 1 - Retrieval: The solver activates and transfers knowledge from permanent memory to working memory. The process of retrieval depends on the type of knowledge that has to be retrieved. Information is recognized and recalled, while mental procedures are also executed. Recalling means just recognizing basic physics knowledge related to the problem. Executing means performing a procedure needed to solve a problem/manipulating symbols to calculate target quantity.

I have been using animations/simulations for building conceptual understanding of C8 students and by organizing games in auditorium and on computer using Scratch a visual programming language developed by MIT. I have also given enough time for them to understand speed, velocity and acceleration to describe motion using practical activities within the classroom and outside the school, in the Football ground, for calculating average speed and velocity.

Here I am citing few example questions of different types from SA I examination of 2018-19:

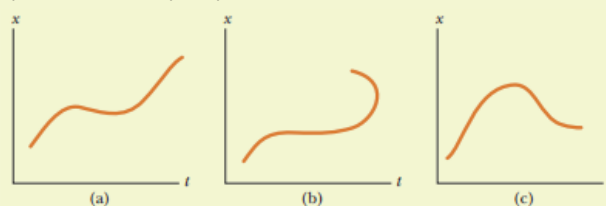
Example problem: Can velocity of an object be zero but not speed? Justify your answer.

A student required to solve this problem would process the knowledge (information and mental procedures) in different ways. Concerning information, the student has to

- recall the concepts of speed, velocity, distance and displacement.
- decide what are the key elements that need to be taken into account (integrate)
- represent the required information (symbolize the facts)

Example: Identify which of the following quantities are scalars and which are vectors: displacement, acceleration, distance, speed, and velocity.

Another example: Which of the following position-time graphs is impossible and why do you think so?



These type of questions do not involve mathematical manipulations. They are mostly conceptual, simple and have straight forward answers.

Physics problems involving executing of mental procedures: To solve this class of problems, the students need to know how to perform the mental procedures particular to physics problem solving. Example: What is the magnitude of acceleration of a ball that starts from rest and rolls down a ramp and gains a speed of 25 m/s in 5s? Working steps are required here.

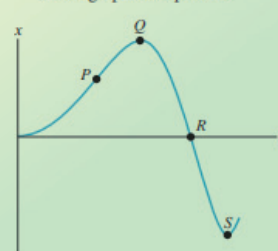
Integrating physics information: The students can isolate, separate, extract, identify and select the relevant information. Example: When a speed of a ball increases by the same amount each second, what is its acceleration?

Symbolizing physics information: The students can represent pictorially, verbally, mathematically, or graphically physical quantities, basic equations, formulas, physics vocabulary terms, concepts, symbols and phenomena.

Ex:(a) At which points is v_x negative?
(b) At which points v_x is zero?

I have been using TIPP as it is an application of NTEO in the context of physics problem solving based on cognitive processes and the Physics knowledge.

An $x-t$ graph for a particle.



Get Into Action Today

By Zainab Taiyebi, Biological Science Teacher

Getting the most out of life takes some planning. If you plan what you are going to do today, it will definitely improve your tomorrow. Success is never random. It is a result of hard and continued work. Success is never achieved by simply dreaming about it. It demands hard work, dedication, concentration, enthusiasm and a burning desire towards success which does not change. When you make an effort to do your best in all you do, you are sowing the seeds of greatness. You are preparing your beautiful life in all your tomorrows.

If you are focused and work towards success on daily basis, then only you succeed. Miracles happen when you make an effort to be sure that each day's activities are productive and worthwhile.

Everyday try to do something new and worthy so that at the end of the day when you reflect about the day, which will soon morph into tomorrow, you can be thankful and feel happy, content, and satisfied

that what you have accomplished today will hopefully be carried forward into all your tomorrow's.

Try to give every day the best of you. It's not always easy, not always possible but at least try to give your best in every situation.

Our life is a diary and every new day is a blank page in the diary of life. It's up to you how you will fill these pages of diary. Success takes time and one who knows to utilize the time, conquers the world. Being lethargic, negligent, unenthusiastic, thoughtless and unconcerned will never let you step forward today, to do something for your glorifying tomorrow. The secret of success is in turning that diary into the best story you possibly can.

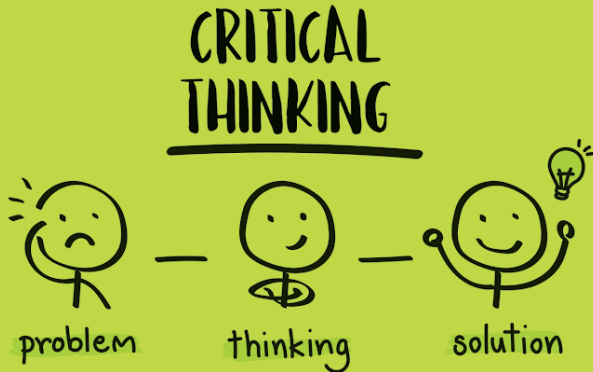
Whatever you want to do, get that into action today. So that your tomorrow can shine as bright as sun.

Critical Thinking - A Skilled Work

By Murtuza Fatima, Biological Science Teacher

There were times when there was a teacher-centered classroom. The teacher would stand in front of the classroom giving a lecture and hoping that students were getting something out of the lesson. But now, we are moving to student-centered learning. Critical thinking plays a crucial role in such style of learning.

WHAT IS CRITICAL THINKING?



Critical thinking is the ability to think clearly and rationally about what to do or what to believe. It develops reflective and independent thinking. So, developing these critical thinking skills in students helps to shift the classroom from a teacher-centered environment to a more engaging student-centered approach. To develop these critical thinking skills, highly effective classroom strategies should be applied.

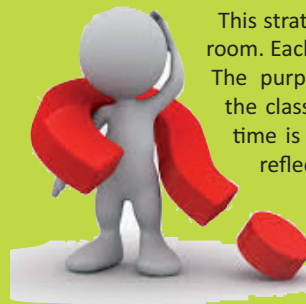
Following are some of these strategies:

Begin with a Question

This is the simplest way to promote critical thinking. Questions shouldn't have a 'yes' or 'no' answer. Questions beginning with what, when, where, who, whom, which, whose, why and how, test for knowledge and problem-solving that supports the development of critical thinking skills beautifully. When a question is posed, encourage students to brainstorm and have an open discussion on their answers.

Four corners

This strategy involves using four corners of the room. Each corner represents an answer choice. The purpose of the strategy is explained to the class, a thoughtful question is posed and time is provided for individual thoughts and reflections. Then, students are allowed to move to one corner of the room based on their responses to the question. There, they will discuss and justify their selected responses with their peers. These discussions are shared with the entire class.



Building critical thinking is not restricted to a particular subject. However, being able to think well and solve problems systematically is a requirement for any career.

Sports: The Essence of Holistic Education

By Mohammed Abdul Khader, PE Teacher

A new sport can be intimidating to anyone. When I started introducing a new sport to a beginner, I wanted to make it as comfortable and as non-threatening as possible.

So first and foremost, I selected the right activity considering the following factors: age, gender, lifestyle, body type and personality. These factors are the deciding elements for the selection of a new sport. While helping students to find a new sport, I have to put aside my personal preference and think about these factors. Once I begin to narrow down the options, it's time to think about more practical matters.

I may be a pro, but the students are beginners and should be encouraged to learn it with ease and at their pace. One-on-one instruction can be a great way for a beginner to get their feet wet and to get familiar with the rules of the sport.

Some kids will be better suited to some sports than others and should be encouraged to experiment! However, as a starting point, Kho Kho was a good choice. It is one of the two most popular traditional tag games in the Indian subcontinent, the other being Kabaddi. It is equally important to teach students about our culture and tradition as it is to teach them new age concepts. It is vital that they know their roots and have a sense of pride about it. By playing Indian traditional games, children can connect with their heritage through sports and this has a deep lifelong positive impact on them. Indian traditional games like Kho Kho and many more that don't require expensive equipment to play, nor does it require any uniform or specific shoes and accessories. All that is required is people to play with and space to play in.

A big benefit of Kho Kho is that in most local schools, it is of-

fered to every age group and in a wide variety of levels so that everyone can play in an appropriate environment. Kids can begin playing Kho Kho in recreational ways as young as 5 years or 15 years. Equal opportunities exist in for both the genders as they are young.

Sports education not only teaches the students to maintain the physical stamina, but also the habit of obedience, discipline, the determination to win, willpower, etc. The power of reasoning, mental development, vocational specialisation comes from the academic education of the students. Therefore, sports along with the academics results in the all-round development of the students. If the system of education makes the students focus more on their mental development and completely rejects the physical activities, the outcome of this is that the graduates and professionals will have weak bodies and poor physique. It's important to integrate sports in the curriculum for the all-round development of the students. Any student who excels in sports automatically gains confidence in other disciplines.

Sports releases good feeling hormone endorphin which elevates the mood. A good mood is conducive to performing well in other fields because there is peace of mind that allows greater concentration. Sports acts as a great outlet for frustrations of any kind. The qualities of the leadership, sharing, team spirit and tolerance are learnt from sports.

Sports education should be introduced in schools and colleges with complete sincerity. It also justifies the statement 'a sound mind resides only in a sound body'. A healthy and strong body is not possible without sports and physical activities.

Speak In English

By Sabika Javed, Focus Bridge School Teacher

The above phrase is a common statement in almost all schools across India. A phrase that is both inspirational as well as intimidating. We all want our students to speak well in English.

So what is it that makes one master a language? Is it the brain, the tools or your interest. I looked for answers. Some books tried to explain the grammar, some talked about the brain stimulus while others gave me techniques about teaching the language. But my question remained the same: why do years of teaching English not make the children fluent speakers?

You must have heard about a theory 'Listening comes before speaking'. Everyone has to listen enough to speak just a little. According to this phrase, our schools are doing a great job. All teachers speak in English all the time. Our Indian children are listening enough, let's not forget the internet and cartoon, that are all well made in English. However, the fact remains that listening does not guarantee speaking.

What the mind is absorbing, also needs an outlet. There is a connection that has to be completed. I discovered that listening has

to be followed by active speaking. And this needs practice. A time when children speak and others listen. Children practise speaking, frequently and continuously in an organised environment. The lack of opportunity to speak in silent classrooms has actually killed the joy that children get from expressing themselves. Regular practice gives them confidence, solves their writing problems and improves comprehension.

In the name of discipline, we have actually made our children silent and mute. Let the children speak. Let them make mistakes and learn from it. Encourage activities that help them enjoy the language like songs, rhymes, riddles, tongue twisters and jokes; children get a chance to talk and understand nuances of the language. Role plays, games and reader's theatre are some of the other ways in which constructive language usage can take place.

My experience at Focus Bridge School has made me believe in active speaking. I taught children who could not even understand or speak a single sentence of English. I am sure, if the magic has worked at FBS, it can work elsewhere also.

STUDENT LEADERS SPEAK

Leadership Builds Character

By Zahra Mehdi, C10A student & School Captain

Leadership plays an important role in school life. Leadership is not about glorious crowning acts. It's about keeping your team focused on a goal and motivated to do their best to achieve it. It is about laying the foundation for other's success and then standing back and seeing them shine.

Being a captain of the school was an unforgettable and a wonderful

experience. We enjoy our responsibilities and always motivate each other. I thank all my teachers who trusted me with the responsibility and were always there supporting and guiding me. Thank you for giving me the opportunity to prove myself.

Life Lessons On Trying New Things

By Zainab Fatima Syeda, C10A student & Sports Captain

"You'll never know unless you try". Trying new things is basically facing our fears. Fear is now part of everyone, deeply wired within. Studies show we fear the unknown, more than we do the known. In other words, you would rather eat a meal that you know tastes bad than try a new one. Deep down we all know that our life would be boring if we don't face our fear. But that fear is always there. You might say, "Can I do this? What if I fail? What if I look silly?" It is natural to think about what can go wrong. This is only useful if it helps you plan. It is harmful if it stops you in your tracks.

I had one of these moments. It was in the last month, when our school participated in the Charminar zonal level school games and sports. I, as the sports captain, had to give an oath. I was sick that day and had never given a speech in my own school and to give an oath in front of so many other schools; I was devastated! I feared that I would mess up with the oath. Many things were going in my mind at that time. I took a moment to sit down, and think how this speech can help level up my personality. I had two choices, either panicking and messing up with the oath or being confident and giving a mind blowing oath. Our PE sir, Mr. Abdul Khadir, helped me build confidence within me. And just like that, I gave the oath. The next day many people praised me. I was so surprised that many people thought I gave an amazing oath. The compliments boosted my confidence. You will have hundreds, if not thousands of moments like these. They may not be as important as that oath proved to be, but they all matter.

A lot of good comes from trying new things. Remember, it is natural for us to fear the unknown. That fear holds us back. It prevents us from living an amazing life. I never want you to look back and think that you missed out on something good because of fear. Embrace as many new experiences as you can. Take chances. Live an awesome life!

Success!

By Syed Mudassir Ali Ahmed Taha,
C10B student & School Captain

What is success? Why are we not able to achieve success? How can we achieve success?

Here are tips that help you achieve success. Read it, follow it and plan it. This will surely help you achieve success.

Set your goals, plan your activities: The first step is planning: What will you do? How will you do it? Always plan twice.

Focus on commitment: Always focus on what to do and remember what is your goal, as at the beginning of your journey to success, you will be inspired a lot but you will gradually lose inspiration as you move towards success.

Stay away from distractions: There are 3 ways of getting away from distractions.

- monastic approach: In this you sacrifice everything until you achieve success or fulfill your dreams.
- bi-modal approach: In this you create time slots where you go into deep work. This is temporary monastic approach.
- Rhythmic approach: In this you go into deep work mode whenever you get free time.

Do 'Smart Work' not 'Hard Work': The easiest way to achieve success is by doing smart work.

Quit social media: This is your biggest hindrance in the way of success. Specially for students.

Tips for better future:

- If you are going for any competitive exam start your foundation from class 6 or class 7.
- Use vedic/mental mathematics calculations. It minimizes calculation time and maximizes accuracy.
- Make important notes in science and always keep a highlighter.
- Set a personal timetable scheduling study as well as play time.
- Before writing an exam practice - 1. previous year papers, 2. model papers, 3. guess papers.
- Study in advance

Positivity

By Amina Fatima, CgB student & School Vice-Captain

"Success consists of going from failure to failure without loss of enthusiasm" - Winston Churchill

In life, most students work hard but they fail at the very last movement. Every time they try and try but they never give up. I met many people who easily give up but a person who has an attitude to achieve something in life will definitely reach his goal. This is called positive thinking. If a person thinks that he or she can do it then he or she will do it. Having negative thoughts like 'I can't do it' is not helpful. It will break our expectations and make us think that we can't do it.

I like the people who encourage others when someone needs help from them. Teachers are role models for students and can provide examples of good character. In my school my teachers encourage students. They always try to make sure that every student should actively participate in activity, competition. They make us learn new things. Teachers want us to work hard for a bright future. Whenever I have a doubt or am not understanding any idea or a concept, I ask help from my teacher. They always explain me things in a way that I can easily understand a problem and overcome within.

Most of the students get inspired by our dynamic Principal, Mr. Minhaj Arastu because he is a responsible and caring person. Once during the break-time, I was filling my water bottle when I saw students passing from there and none of them saw that the bulletin board chart had fallen down along with the push pins. Minhaj Sir saw that and picked up the push pins and put the chart properly again. I was amazed and felt bad that I didn't make an effort to do the same. It is important because this shows how responsible and caring person our Principal is. Every action of a teacher is an example to the students.

So I wanted to say that all students have their own unique personalities. If we want to achieve something then we need to work hard to make our parents proud.

What Makes a Good Student

By Zehra Fatima, C8B student and Unity House Leader

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle. To achieve success in your life, be a student who is distinguished by their attitude, intellectual skills, achievements etc..

Qualities of a good student are:

- Positive attitude towards study
- Ability to think and work independently
- Determination to complete tasks
- An inquiring mind
- An ability to work well in groups
- A good writer

I think there should be a good balance between academics and fun, during school life. A good student should be "Self-Advocated" who asks questions, contacts teachers for extra help and communicates regularly with classmates. A good student should also be well-organised. They should be on time, keep their things organised, maintain discipline, do their work in proper manner. Being connected with world is also a role of a good student. A good and a successful student must discuss their needs with family or friends. If anyone needs any kind of help, they should always be ready to help. If you want a successful life, you should have your own perspective of learning. "If you are not willing to learn, no one can help you! If you are determined to learn, no one can stop you!" Consciousness or awareness is another helpful aspect of becoming a good student. The student must be aware of their surroundings and know what is going in the world around them. We must strive to connect what is happening around us with what we are learning. We should care about what is happening politically, academically and socially. Being aware and paying attention is also a good trait.

They are some basic rules for a good student:

- Always attend class
- Do all the work
- Develop self-discipline
- Manage the time
- Be attentive

Last but not the least I want to conclude by saying that, "Being a student is not easy, learning requires actual work".

My Experience

Zeenaath Fatima, Class Leader 8A

I have experienced many new things during my schooling, all of which can't be expressed in this article. So, I would share two of my experiences.

- I have never seen a parliament happening in school. We have school parliament twice a year. All the monitors, captain discuss about possibilities to improve our school. We ask students to write resolutions/problems in our school and discuss if this problem is necessary or important enough to be addressed. I think these Parliament sessions are quite useful as I saw many changes happening in the school.

Here is my second experience.

- This is one of my best experiences which is the MUN (Model United Nations). I was selected the chairperson for my class.

Chairperson is the student controlling the MUN session. Since it was the first MUN, we were not aware of the rules and procedures. So, our social teachers made a tremendous effort to train us. When Sheherbanoo mam got to know that I'm the chairperson of the MUN for my class, she gave me the opportunity to attend the MUN of Oakridge as an observer and get an idea about it. I attended the MUN and explored a lot. I even got a chance to interact with the chairperson at Oakridge and I learned a lot.

Finally, I was confident enough to control the MUN, everything was set! Everyone participated happily. I was awarded a trophy for the best chairperson!

Students in Action

Thank You Teachers

By Ali Zama, C10A student

You became our shadow,
and made us bright
Fulfilling our needs and rights.

With your sincere kindness,
warm feelings you bring
You guide and protect us
under your wings.

You encourage us,
to learn and create.
Your teaching style,
is a wonderful trait.

At the end of the day,
You teachers understand.
It takes both tools and love,
For our young minds to expand.

You all are fabulous teachers,
this is obvious and clear.
I hope and I pray,
You'll all be with us next year

Summer Time

By Syeda Zehra Fatima , C6B student



summer summer
is almost here.
we all have to cheer!

the earth is warm,the sun is ablaze
its time for fun now a days.

summer brings us nice warm sun
for swimming,fishing and lots of fun.

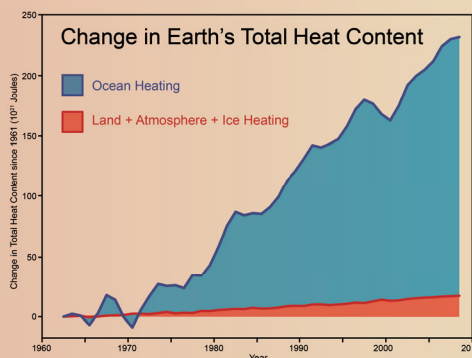
on my car or in the pool,
a sip of water keeps me cool.

Global Warming is not Charming

By Rabab Fatima, C7B student

Do you know what is happening to
this world?
Do you know why is it so hot these
days?
Why? Who made this happen? Who
is responsible for the damage?
Has it ever occurred to you what is
global warming?
Let me tell you -

It is the slow increase in the earth's
average atmospheric temperature
because of an increased amount
of the energy (heat) striking the earth from the sun is



being trapped in the atmosphere
and not radiated out into space.
As for who made this happen it is
us humans who created so much
pollution, who spoilt the world by
throwing plastic in the water bod-
ies. We all should save the world
but we are the ones who are ac-
tually killing it. Now let's actually
save it, use paper bags instead
of plastic. Why use fireworks and
make more pollution.

LET'S SAVE OUR WORLD!

Child - A Victim of Parenting?

Parenthood is a science while parenting is an art!

By Ms. Mariya Fatima



Parenting is understood in a different way by every individual and it is dealt in a different manner by each of them as per their nature and upbringing... some take it as their responsibility while some, though they may not admit it, feel it's a burden..



Some parents are very harsh with their children. They take out frustration of their personal and work pressures and limitations on their children, in different

ways (intentionally or unintentionally, knowingly or unknowingly). They give them severe punishments, use abusive language and even hit them hard. While some parents are busy for different reasons, they cannot give their children enough time and special attention but they expect them to be perfect. They expect them to learn fast on their own, If they fail to do so they're reprimanded. Such children are over pressured with dual impact of negligence and punishment.

Most of the parents don't realize that children are not meant to be trained, they have to be moulded

with patience, warmth, love, affection, care, special attention, positivity, appreciation, emotional security and encouragement, while educating them with discipline, hygiene, good manners, obedience, punctuality, values, morals, self respect, respect for others, culture and religion, in a balanced, healthy and lively atmosphere.

No child is born angel or born devil! No one is born perfect or extra ordinary or imperfect! A newborn is like a blank paper, What you fill in it is what it carries... The way you talk to your children and the way you behave with them is what reflects in their behaviour. It is the most important aspect of parenting. As a parent you have to be positive about your children to keep them positive about themselves. You have to respect them first for them to be respected by others. Parents who are rude to their own kids cannot expect others to give them love and care or be good to them. Moreover, they cannot expect such children to respect and obey them or others. Parents who are negative about their children and complain about them in front of them give a very negative impact on their tender minds, which makes them psychologically weak and insecure. They lack confidence.

*"Be the parent today
that you want your kids to remember tomorrow."*

HIGHLIGHTS



Students creating artifacts in activity conducted by Ms. Madhu Vottery, an architect and heritage expert, in the Centenary Museum



House Leaders waiting to receive the Chief Guest on the occasion of Independence Day.



A Physics class in action, students excited to learn all about magnetism.



Students of various schools staged a play organized by Sarvodaya International Trust on Gandhi Jayanti at FHS, DS campus

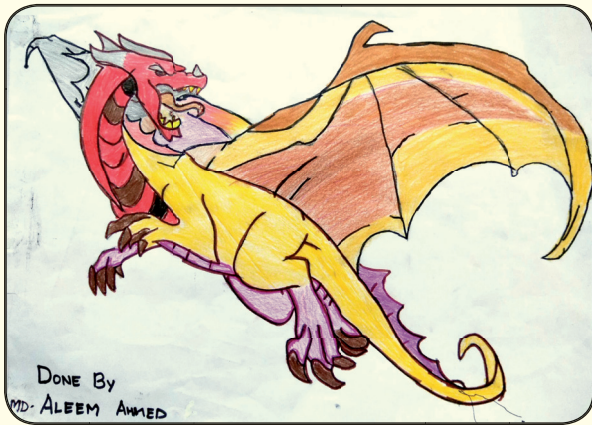


Students learning make a green house to understand biodiversity.



Students campaigning in the group assembly.

GALLERIA



Md. Aleem Ahmed 7B



S. Hiba Moosavi 7A



Rida Fatima 6B



S. Umme Kaunain Quadri 9B



Ahmed Ali 6B



Sofia Noreen 9B



Syeda Zehra 6B

TRIUMPH - WHAT DOES SUCCESS MEAN?

By Mohd Ghouse Ahmed, Vice Principal

"Respect for the wisdom of teachers is the secret of success".

Success is viewed in different perspectives by different people. The king may consider it as victory over the enemy and the occupying territory. The scientist may view it as a new invention which may benefit mankind. The explorer may view it as a discovery of a new land or a new astronomical body. An engineer may view it as a new architectural design of a building. The sleuth or police personnel may consider it as cracking a tough criminal case. A doctor may view it as discovery of a new drug or performing a new surgical procedure on patients to cure them. In this way, each person has a peculiar way perceiving success.

A teacher may view it as the successful completion of a class in which he feels that all students have followed what was instructed in the class or may have attempted to follow the instructions. In a broader sense, a teacher is truly responsible for moulding the child, beginning from answering his first question to making him a professional. The teacher becomes a role model for the students and the students may imitate the teacher in all the ways, including talking and dressing. The role of a teacher is directly related to overall development of the student in terms of academics, behaviour and physical fitness. So a successful teacher is one who influences students in all spheres of life: training, guiding, supporting and providing the impetus for growth. Additionally, a teacher also plays the role

of a guardian, where the students share personal problems, allowing the teacher to show them a true path for one's existence.

A student may define success as getting a good GPA or rank. In broader perspective, it is not only getting good numbers but also becoming responsible individuals who care for their parents, teachers, elders and fellow human beings. If the student is good at academics, we can expect other traits in him like honesty, regularity, punctuality etc. Most of the characteristics are learned or acquired and play a significant role in the growth of the child. The child adopts the environmental conditions irrespective of their correctness, and teachers must guide the student to the correct path. As a result of this continuous guidance from the Gurus, the fact remains that discoveries, inventions continue and will happen till the end of the world. Hence, the triumph of a disciple is following the instructions of his teachers heartily and remaining strong to face obstacles in life with determination.



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