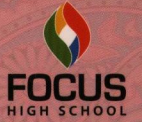


# fenestra

newsletter vol. 1 / issue no. 3 / March 2016



## From the Principal's Desk

### The Child is the Prize



These days, almost every member of our community tells me, "This is a big year! It's your first batch of SSC students," or "We're all waiting for the board exam results of the school. Then, we'll come to know!" In this important academic year, I would like to put things in perspective. What do C10 public examination results really mean for our students and our school?

If our results are excellent, we as a school cannot honestly claim all the credit or bask in the glory. And if our results are less than hoped for, it will not imply that our school as a whole has underperformed. According to the Yoruba proverb, 'It takes a whole village to raise a child'. Public examination results are certainly important, but they are not the only indicator of quality or success.

Our C10 students joined our school three years ago. Each child had his or her own unique academic history. Some were motivated, self-disciplined high achievers. Others were struggling students who had not discovered themselves yet. We took them all in, and their progress and development over three years is itself an indicator of the school's efforts.

What kind of progress and development did our teachers try to bring about? Academic study was naturally the highest priority. Extra classes were arranged during the summer break, after school, and on weekends. We gave special attention to Telugu and Mathematics. Teachers have attended several SCERT-led workshops on assessment so that they train students according to the demands of the new syllabus and examination pattern. We have tried to balance academic workload with all the other important aspects of a child's life so as to avoid stress.

The heart of a good quality education is character building and motivation. Our teachers have taken several measures to help students discover their talents, interests, and potential. Career counselling through Roshni Counselling Centre was one example. We used field visits to further develop awareness of what students can do professionally, the most recent being to Aminpur Lake with the Birdwatchers Society. Guest speakers this year included teachers from Bangkok, an IAS officer from Kerala, and an inventor from California. All this exposure and interaction is to sharpen thinking, communication, and social skills. To cap it off, each teacher is presently mentoring 4 or 5 students, including home visits, group study, and counselling.

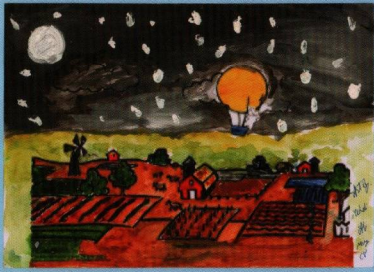
Many parents have appreciated and even contributed to these efforts. But, sadly, our C10 public examination result might also be harmed by the other priorities and problems that some families face. If a child has 70% attendance in class 10, who is responsible? If parents do not find time to attend a 'student led conference' to understand performance in internal assessment, who is responsible? Without proper guidance and limits, how can parents provide motorcycles or cell phones to C10 students? Medical issues, visa renewals, and simple laziness have all contributed to the challenges we face with our first batch.

Many schools handle these challenges by forcing low achieving students out in C9 or below. This is not our approach. The child is at the centre of our school, not the result. The spirit of the constitutional right to education is to work with the widest range of children to help them achieve their potential. We do not want to abandon any child, as long as the parents and the child are willing to strive for education. The education system provides countless options and chances to students, if we are willing to look for them.

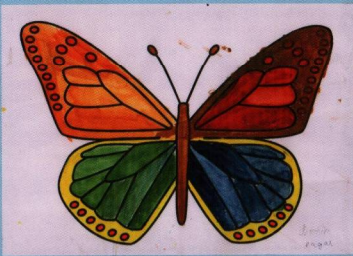
This year's public examination is only the second one under the new syllabus and assessment pattern. Old strategies of drilling past papers or racing to complete syllabus will most likely not be effective. Since opening, we have tried to persistently focus on the children in front of us; to motivate and support them, in academics and all aspects of personality. Whatever the outcome in the public examinations, we will continue to keep our eyes on this prize.

Minhaj Arastu, Principal

## Kaleidoscope - art by students



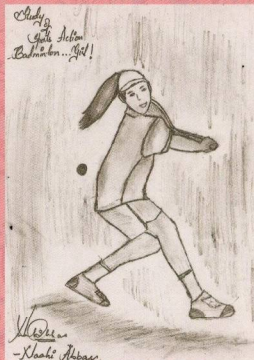
Mehdi Ali Mirza, C8



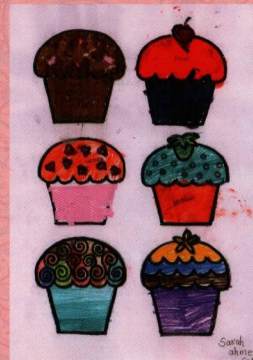
Mohammed Ibrahim Ali, C5



Safura Fatima, C4



Naahi Abbas, C10



Sara Ahmed, C3



Mohd Kabir Hussain, C8



Syed Mustafa Badaruddin Hannan, C6

## Message board

**Do you want your children to really behave well? If so, set an example.**

Ms. Ruhena Fathi, PYP Coordinator



"I may not be able to give my kids everything they want but I give them what they need. Love, time and attention. You can't buy those things." - Nishan Panwar

The job of raising a child is the most exciting, as well as a challenging task. Just as your child is affected by you, so were you affected by your parents. We would like to parent our child the way we were parented. Your child brings into the world a unique set of characteristics. If you were to grow a plant from a seed with a hope that it would mature into a healthy flowering plant, then you will learn what the plant needs. You would care for it tenderly, water it and shelter it from abusive elements. I am sure you would not shake its branches roughly, nor would you neglect it. After receiving your special care early in its life, the seedling will eventually grow into a strong tree, able to withstand stress and strain. In the same way your child also needs your care and guidance.

Parenting is the most difficult task in the world. It is demanding and requires sacrifice and continuous hard work to raise a confident, responsible and above all a well behaved child. Here are few tips to help you in shaping your child's behaviour. Discipline is not giving punishment but give them freedom to take decisions concerning themselves. Let them make rules for themselves. When the children themselves set rules they tend to abide by them. Be a role model for your child. They are smart and copy whatever you do. Therefore you should be extra careful in front of them.

Focus on the positive behavior and attitudes of your child. Do not let your child's efforts go unnoticed. A few words of appreciation or thanks will make them feel good about themselves. Accept your child's effort even though the finished product may not be up to your standard. Maintain a pleasant and a happy family climate. This will help your child to develop cooperation, love and understanding

for others. Raise your child's self esteem, for every child is special. Remember each one has unique talents and abilities that set him or her apart from others. This attitude will help your child to become a confident human.

Both parents should spend a significant amount of time with the child not only at the time of teaching, but to explain good and bad behaviour. Think before you talk in front of your child. Say what you mean and mean what you say. Practice patience if you desire favourable results. You have a right to enjoy being a parent. Together you and your child make a terrific team. So break the cycle of counter productive parenting and the home will become a happy place for you and your child.

### Holistic, and a dash of technology, please.

Mr. Mustafa Zaidi, MYP Coordinator



In the nervous system of our school lies a word that drives all our actions: *holistic*. Holistic education is the most wanted and the least understood idea in today's chaotic world struggling to get back to shape.

Green buildings, carbon cuts, Swach Bharat, RTI, renewable energy, nuclear disarmament, child labour ban, right to education and several other amazing initiatives by mankind for mankind are the product of holistic thought - the development of a human being in all the dimensions of life. Since education is a decisive stage in human development, our schools need to shift from just being factories producing good test takers to institutions that model complete human beings - having passion for excellence in their area of interest and compassion for fellow human beings.

For a holistic community the boundaries of region, colour and faith don't exist for it cares about the world and feels accountable for its situation. Such complete humans can be great doctors, engineers, musicians or politicians with genuine and lofty missions in life. And, therefore, at FHS there is a great deal of focus on refining the human performance alongside the academic.

## Message board

Talking about holistic education is at least a hundred times easier than delivering it. Holistic education pushes the educator outside the comfort zone of stagnant practices and experiences. The awareness that every child is unique, in several ways, must be followed by consistently evolving practices to ensure that all these beautifully different children are approached in as many different ways - interacted, taught and assessed not in just one way. Wanting this to happen doesn't mean you have the means to make it happen. To accomplish this Herculean task you either need an implausible super-hero or ... technology!!! Yes, the simple yet powerful software easily accessible on your phone or laptop.

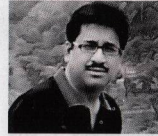
As we forayed into the technology-assisted learning, setting up a modest IT infrastructure proved worthwhile. We have a Google domain for the school offering amazing apps that children use from mailing to working collaboratively to taking assignments online. Obviously, we expect parents to take a peek inside these tools and understand how technology is helping us take a giant leap towards individualizing learning.

The MYP and the PYP blogs will help you track what's transacting in the classroom. Apps like Quizlet are exactly meant for differentiating the learning. So it is expected that your children will do a bit of their planned self-study using these apps. Please support them by carefully monitoring the use of internet and communication devices, strictly timed, at home.

With caution, technology-assisted learning is different from the technology-based one. The latter comes with packaged digital content limiting a student's ability to explore and innovate, and transforms a teacher into a computer operator. "Any teacher that can be replaced by a machine must be.", noted Arthur C. Clark (science fiction writer, futurist and inventor).

At FHS educators are deploying ace tools to engage students more individually giving them access to a world more suited for their style of learning. The sane use of technology is escorting the holistic teaching-learning practices all the way to our dream of gifting a complete human being to the world.

## Students – the Wonderful Creation of God



Mr. M. Ghouse Ahmed,  
C9 Class Teacher

As a class teacher I found C9 students very motivated in learning and other recreational activities. When I was made the class teacher of C9, I was overjoyed and happy because I liked the students as I could understand their mindset and deliver the lesson in the way it was required. In every aspect of my teaching the students of C9 were my motivation. Their curiosity, their willingness to learn, understand and reciprocate made me an effective teacher. I showered my blessings on all, whether mischievous or hard working. Each student is a unique personality, giving me an opportunity to understand different mindsets and characteristics. Every student was very respectful, polite and courteous towards me. Finally an ode to my lovely students:

You are the wonderful creation of God,

None can equal you nor bring joy to this world,

All the smiling faces I am glad to see daily,

When I wake up for school every day.

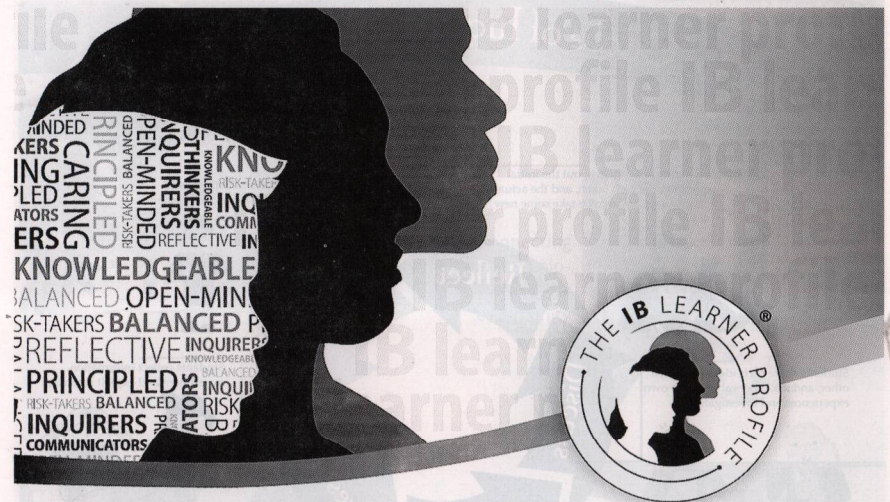
## My Experience as a Vice Captain

Syeda Batoob Abedi, C9

I never held as much responsibility as when I became the Vice Captain of Focus High School. Becoming a leader and role model was something new and a very interesting experience. I had many ups and downs but then the support and the cooperation of the fellow captains kept me sane.

The day I was elected to this position, any work I did in the school was overwhelmed by the thought that school's betterment is a top priority.

This experience was very captivating!



## IB learner profile

The aim of all IB programmes is to develop internationally minded people who, recognizing their common humanity and shared guardianship of the planet, help to create a better and more peaceful world.

As IB learners we strive to be:

### INQUIRERS

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

### KNOWLEDGEABLE

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

### THINKERS

We use critical and creative thinking skills to analyse and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.

### COMMUNICATORS

We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.

### PRINCIPLED

We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.

### OPEN-MINDED

We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view, and we are willing to grow from the experience.

### CARING

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

### RISK-TAKERS

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.

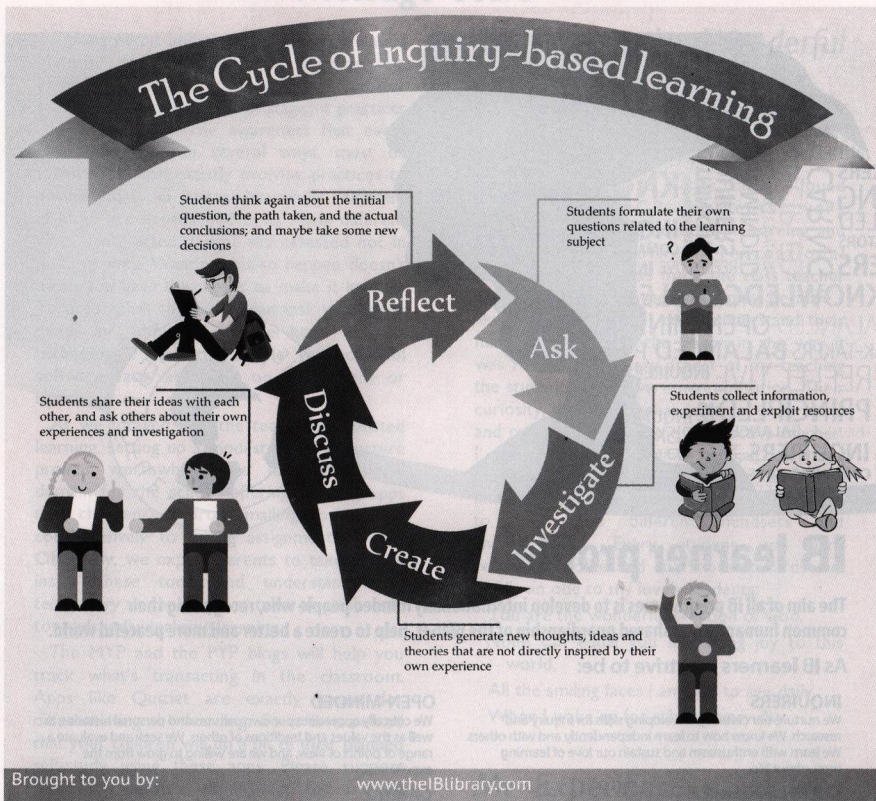
### BALANCED

We understand the importance of balancing different aspects of our lives—intellectual, physical, and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

### REFLECTIVE

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.

The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.

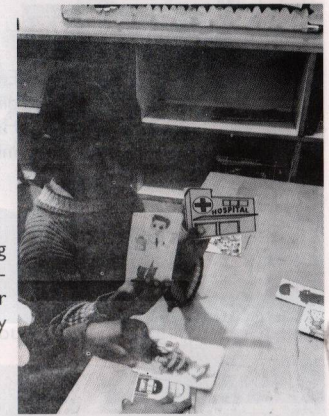


## PYP Transdisciplinary Skills

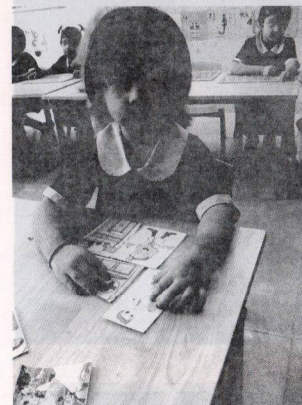
- **Thinking Skills** (acquisition of knowledge, comprehension, application, analysis, synthesis, evaluation, metacognition)
- **Social Skills** (accepting responsibility, respecting others, cooperating, resolving conflict, group decision-making, adopting a variety of roles)
- **Communication Skills** (listening, speaking, reading, writing, viewing, presenting, non-verbal communication)
- **Self-management Skills** (gross motor skills, fine motor skills, spatial awareness, organization, time management, safety, healthy lifestyle, codes of behavior, informed choices)
- **Research Skills** (formulating questions, observing, planning, collecting data, recording data, organizing data, interpreting data, presenting research findings)



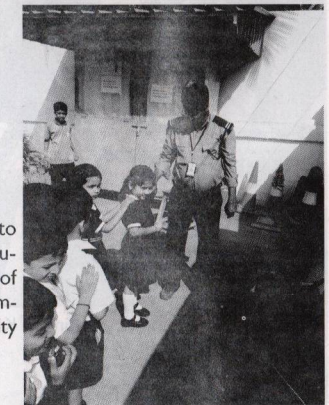
Sorting activity of community and their helpers



Connecting community helpers with their community



Showing different helpers of the same community



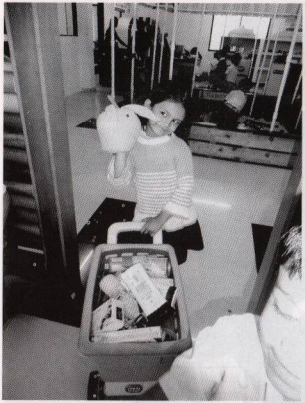
Speaking to the community helper of school community



Children playing with paper rocket made in art class



Learning letters using sand pit



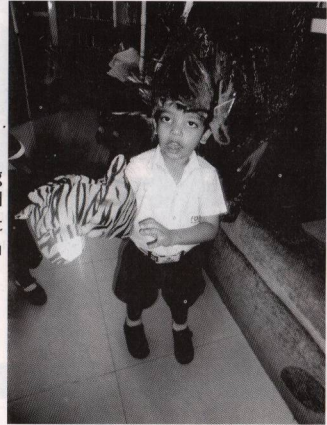
Enjoying shopping at Kiddi Hou (children's museum)



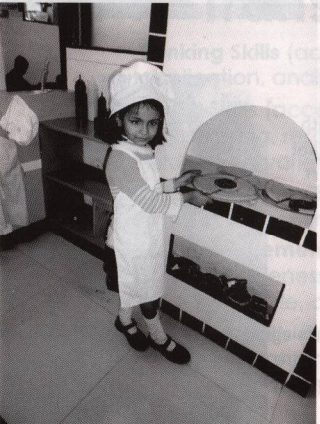
Constructing the buildings with blocks at Kiddi Hou



Exhibiting hand Puppets at Kiddi Hou



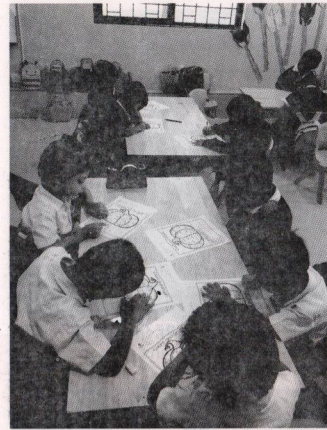
Little artists enjoying painting at Kiddi Hou



Baker preparing the pizza at Kiddi Hou



Little fire fighter exhibiting his tools at Kiddi Hou



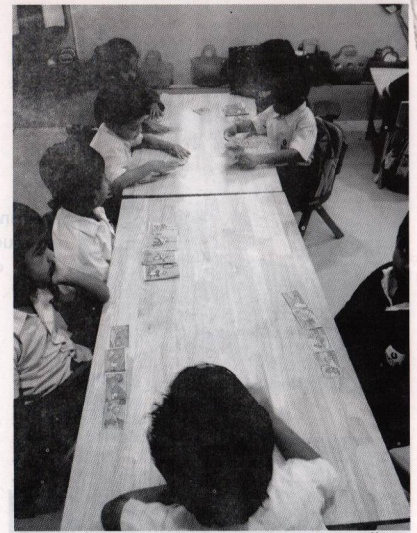
Doing data handling activity



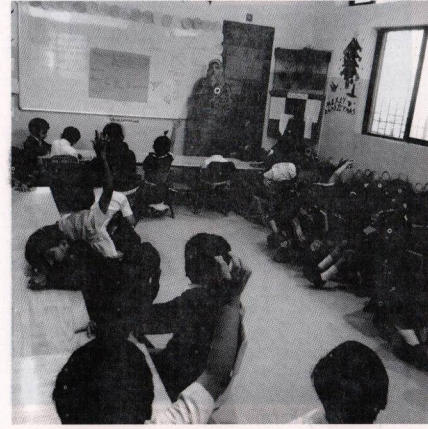
Making emotions face-mask using paper plates



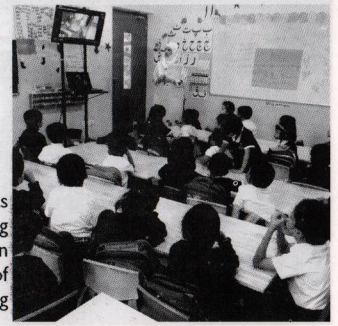
Performing a piece in the group assembly



Engaged in sequencing activity in story telling



Engaged in breaking up of central idea and testing prior knowledge

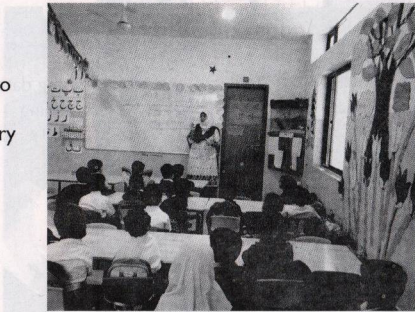


Students watching video on process of juice making

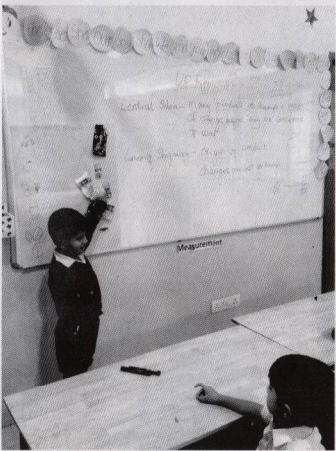
**Class peek PP2**



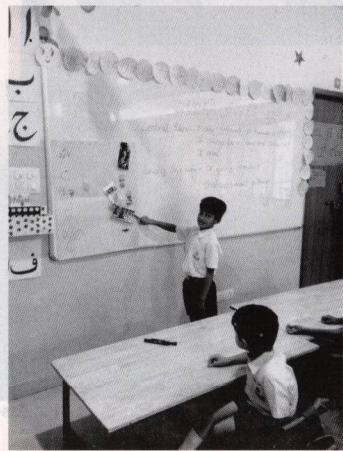
Enjoying sponge dabbing to make strawberry cut outs



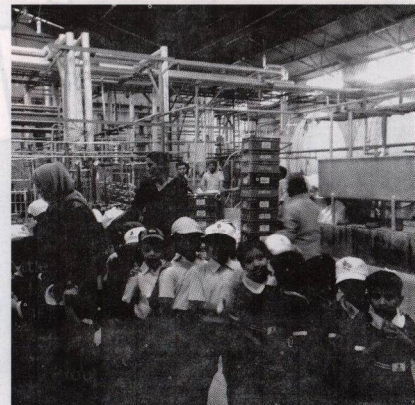
Engaged in understanding of products and their origins



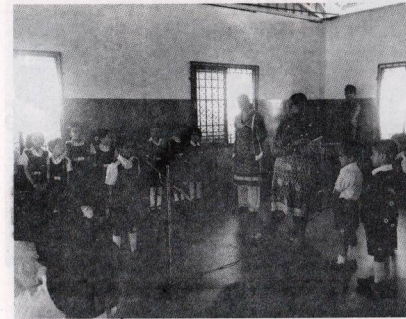
Exchanging ideas on products and their origins



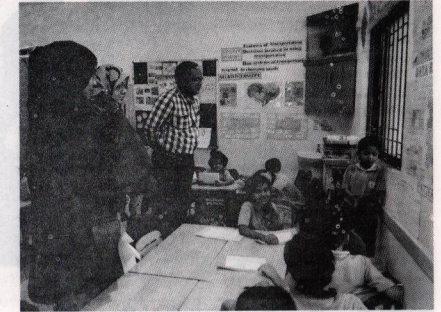
Enjoying the field trip to Masqati Dairy Farm



**Class peek CI**



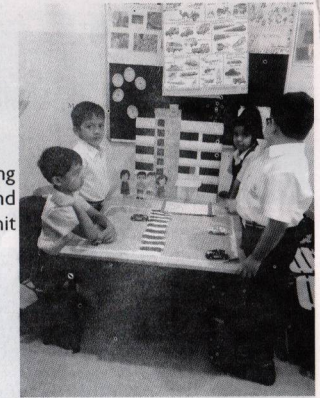
Beginning the day with assembly



Explaining the activity in Math Mela



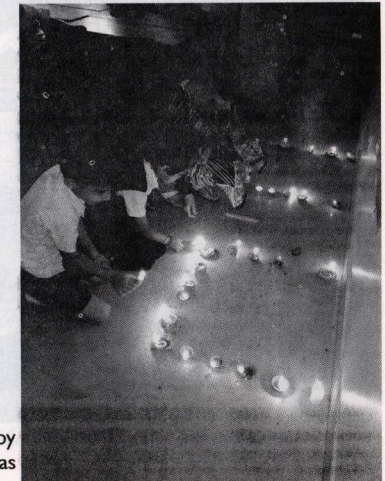
'Little Santas' spreading happiness around



Celebrating the end of a unit



Enjoying the field trip to Dabeerpura railway station



Celebrating Diwali by lighting up diyas

**Class peek C1**



Understanding traffic rules at Gosha Mahal Traffic Park



Eating together at Nehru Zoological Park



Exploring the land and water at Lumbini Park



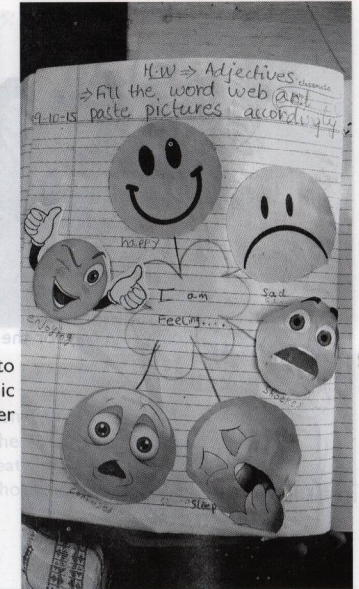
Demonstrating their understanding through the drawings



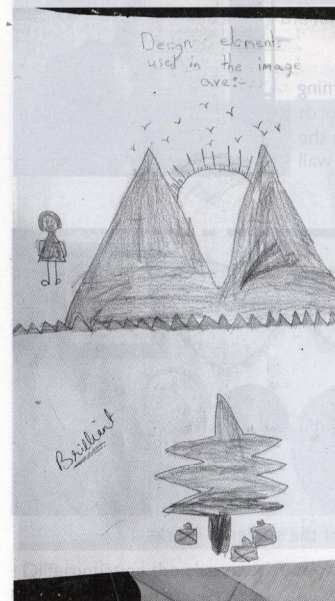
**Class peek C2**



Bonus time after finishing work



Learning to use graphic organizer



Demonstrating the use of design elements



Learning with concentric circle strategy

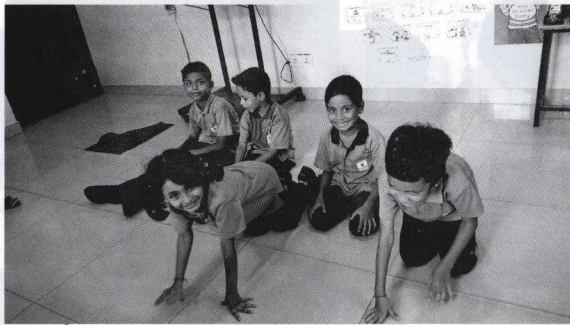


Enjoying on Children's Day at Zoo



Sorting out static & moving images

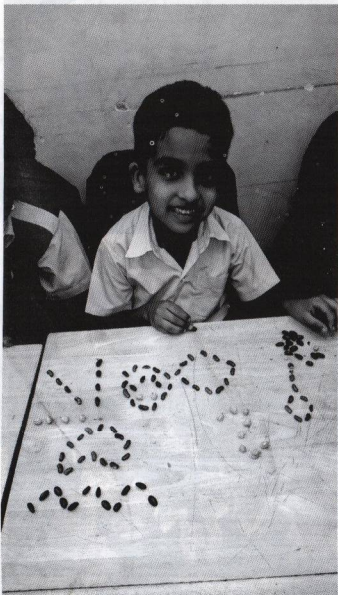
Class peek C2



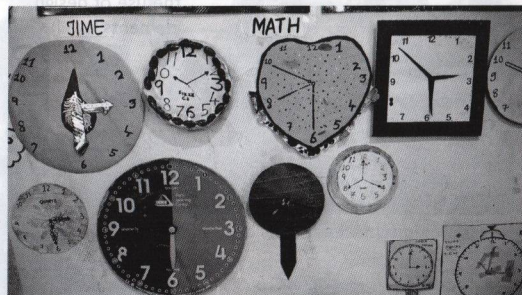
Doing role play for the theme



Learning new words from the word wall



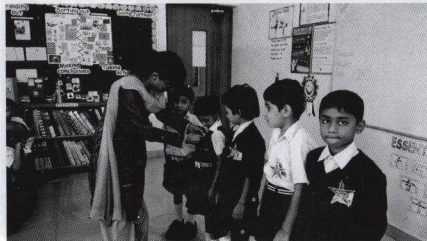
Making patterns



Some of the students' works



Learning outside the classroom

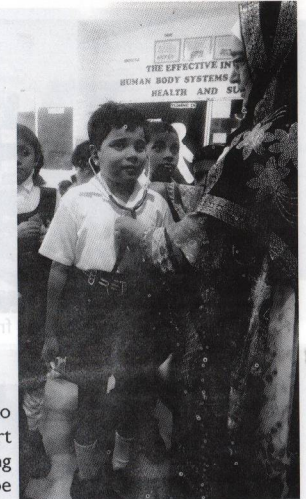


Leaders in the making

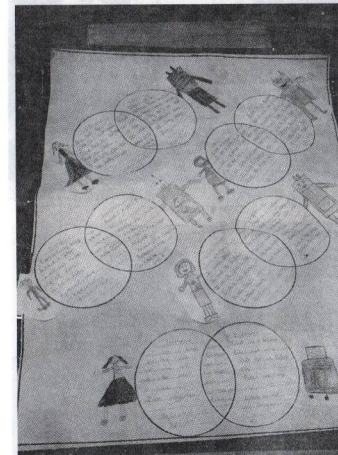
Class peek C3



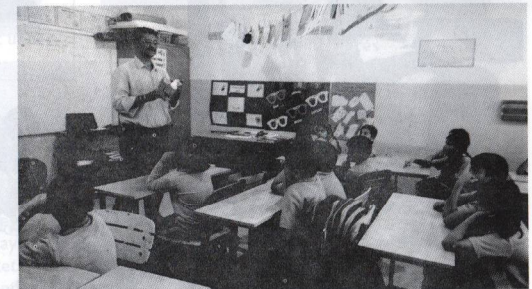
Exploring and learning the functions of the organs



Listening to the heart beat using stethoscope



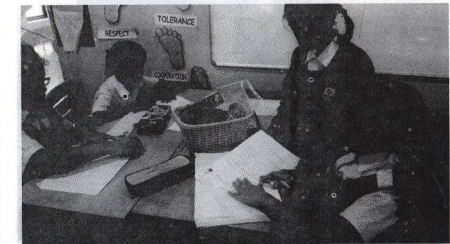
Differentiating the characteristics of a human and a robot



Listening to a story from a parent

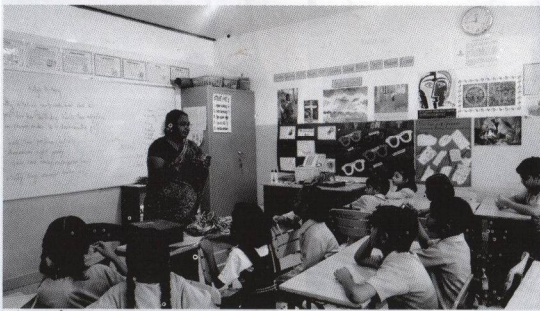


Showing classification of materials during tuning in activity



Finding the properties of materials through experimentation





Learning quilting from a parent



Making patterns using seeds



Modeling landforms to explain human settlement



Showing classification of materials during tuning in activity



Explaining their understanding to the parents and the teachers



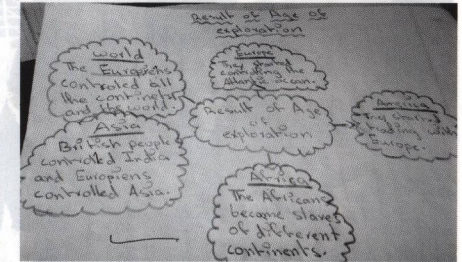
Finding out the cost of different items using sample money

## Analysis Gulliver's Travels

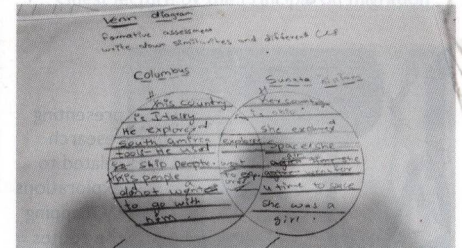
using de Bono's six thinking hats

Syed Ferwa Fatima Razvi, C4

Hats	Information
White hat (information)	Setting - Town Character - Gulliver
Yellow hat (positive points)	Gulliver got a chance to travel.
Black hat (negative points)	Gulliver was captured by Lilliputians.
Green hat (solutions)	Gulliver must break the ropes and run away.
Red hat (feelings)	I had sympathy for Gulliver as he had to suffer a lot.
Blue hat (reflection)	I learnt from the story that you have to respect everybody regardless of their caste, size, colour and so on. We should not underestimate anyone.



Using graphic organizers to map learning



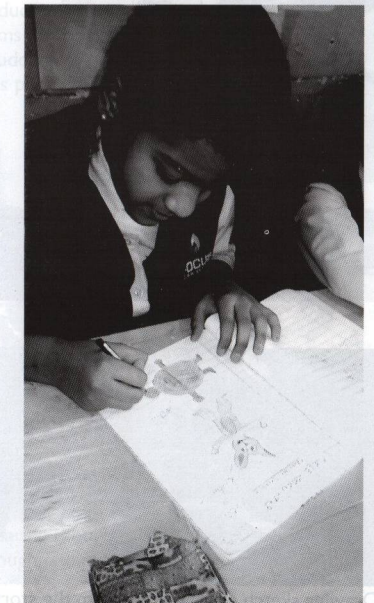
Using Venn diagram to show similarities and differences

## The Famous Astronauts

Deeba Kamran, C4

Once upon a time, there were two astronauts. They were best friends. They both wanted to become famous. One day, they both decided to go to Mars in a rocket. They started their journey. Their rocket landed on Mars. They both came out of the rocket and started their exploration. They couldn't find any new thing which had not been discovered. Suddenly, one alien landed in front of them and threatened to kill them. They were afraid. One astronaut suggested that they should steal the gun of the alien and kill him. They both took his gun while he was looking away and killed him. They decided that they would take the alien's body back home. They took the alien's body and went back to their country. Both of them became famous due to their determination and cooperation.

Moral of the story - We can accomplish our goals with determination and cooperation.



Drawing sketch of characters from the story

## Class peek C4



Conducting experiments to find out water pollution



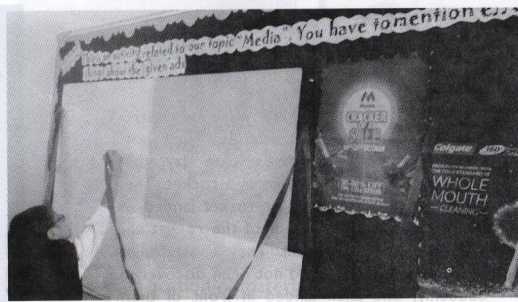
Making patterns using seeds



presenting research related to explorations by mapping the routes



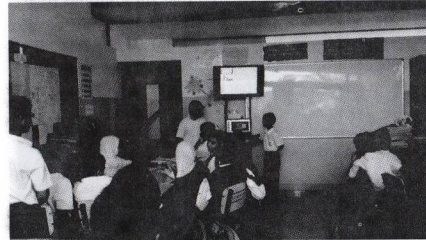
Performing the role of illustrator



Doing analysis of advertisements



Drawing sketch of characters from the story



Using technology for presentation using of their research

## Class peek C5

### Haiku

Syeda Zehra Fatima, C5

Books are friends  
Amazing, interesting  
With me every second.

### Acrostic poem: Mother

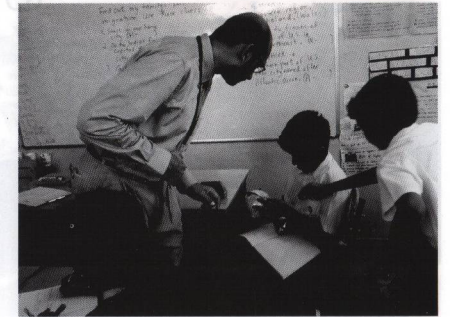
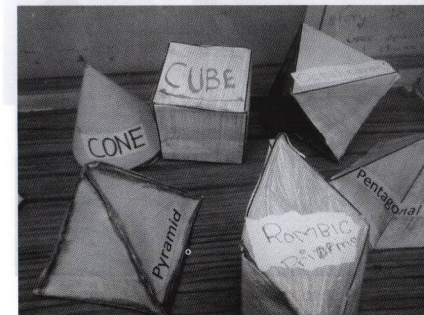
Syeda Kinza Fatima, C5

**M**ost caring person  
**O**utstanding in every aspect  
**T**otally dedicated  
**H**onest and humble  
**E**ver loving to her children  
**R**espected personality in the whole world.

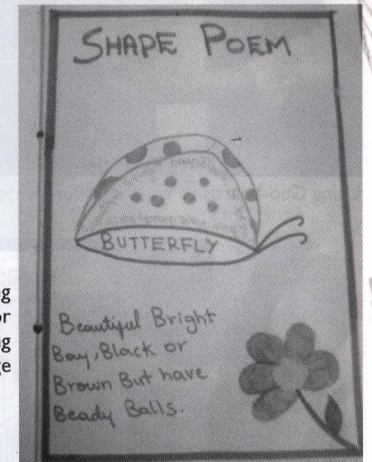
### Limerick

Zeenath Fatima, C5

Hello Mr. Morning and night  
Meet you with sun and light  
Becoming a lovely day  
See you on every way  
Again for next morning  
and night.



Guest lecture by the Principal on migration



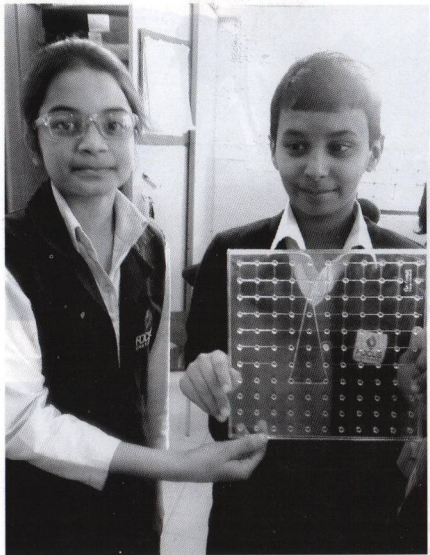
Producing poems for the Budding Poets page



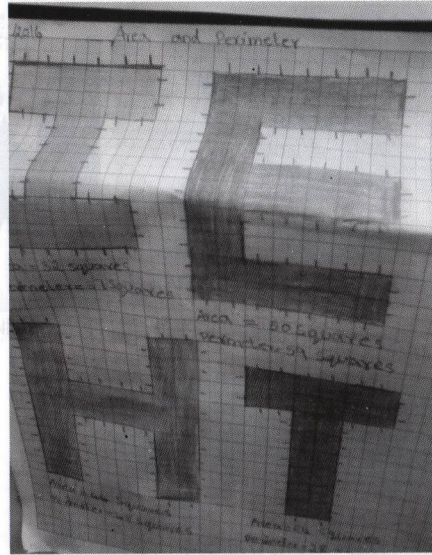
Sharing thoughts on migration through doughnut activity (top)

Nets of 3D figures (left)

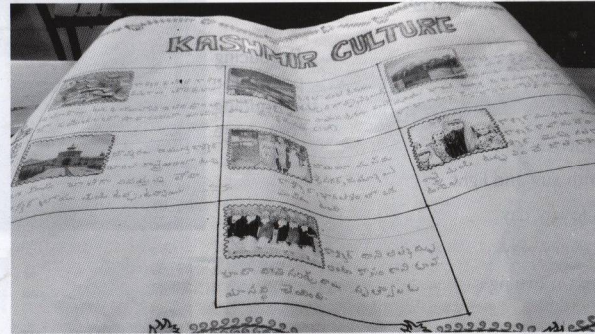
Class peak C5



Using Geo-boards to express different types of triangles



Calculating area and perimeter on a grid paper



Telugu integration with the unit on culture



Understanding comparing fractions through hands-on activity



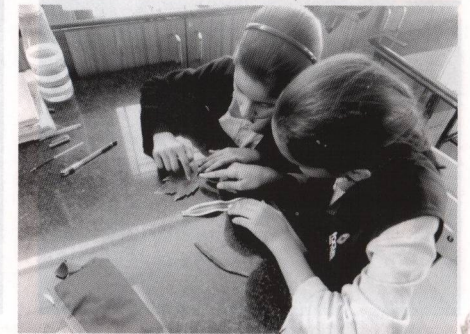
Role playing to depict Form of Government

Class peak C6

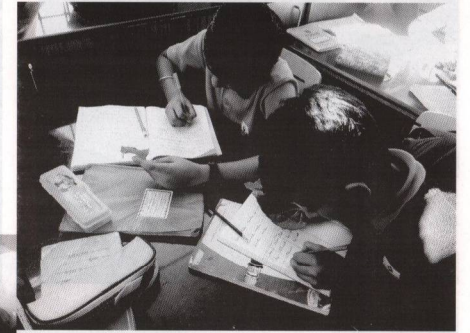
Help, Save and Protect

Batool Fatima Khan, C6

The Earth is saying  
"Help me!"  
The Animals are saying  
"Save me!"  
The River is saying  
"Clean me!"  
The Air is saying  
"Protect me!"  
The Tree is saying  
"Plant me!"  
Help them and they'll help you  
Protect them and they'll protect you  
Save them and they'll save you  
Harm them and they'll harm you  
Destroy them and they'll destroy you  
Ignore them and they'll ignore you.



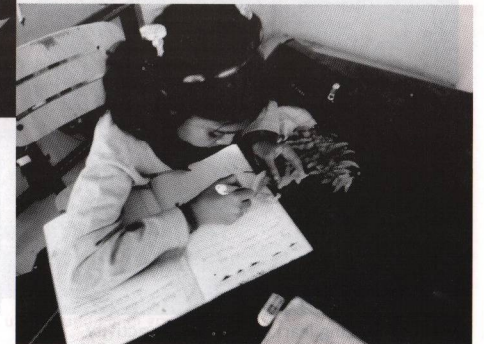
Doing a science activity in the classroom



Learning how to solve problems collaboratively



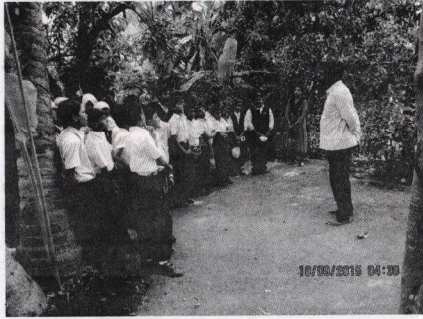
Taking part in group and individual activities to enhance the learning experience (top and right)



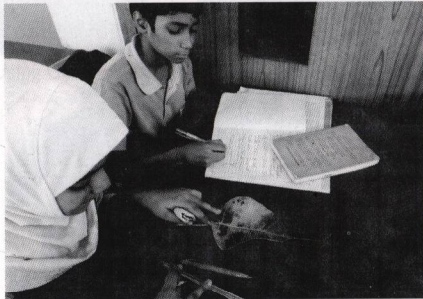
Class peak C6



Taking oath as a Monitor



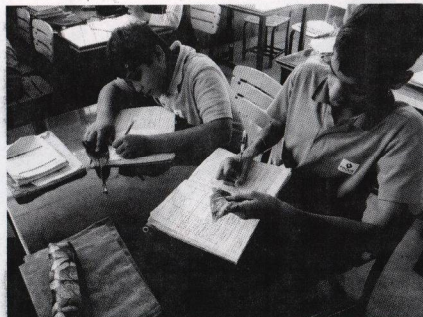
Enjoying fieldtrip to AP Forest Academy



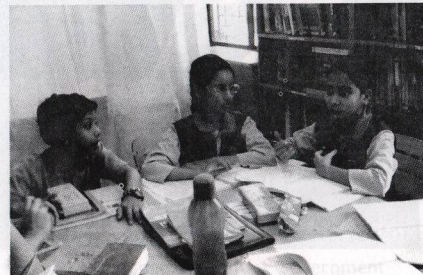
Learning science by observation



Presenting an idea in the group



Enhancing learning in a group activity



Taking active part in a group discussion

Class peak C7

टीचर होती एक परी

इसहाय, क ७

टीचर होती एक परी

सिखाती हमको चीज़ नयी

कभी सुनाती एक कविता

कभी सुनाती एक कहानी

करे कभी जो हम शैतानी

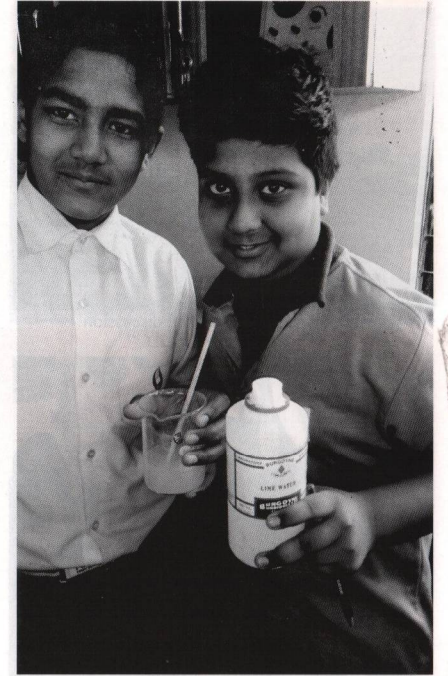
कान पकड़े याद आए नानी

भले काम पर मिले शबाशी

टीचर बनाती मुझे आत्मविश्वासी

टीचर होती एक परी

सिखाती हमको चीज़ नयी



Learning by doing experiments -  
Lime water turns milky due to the presence of CO<sub>2</sub>

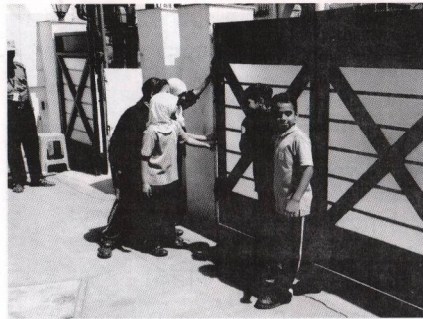


Learning in groups to understand Hindi grammar

Class peak C7



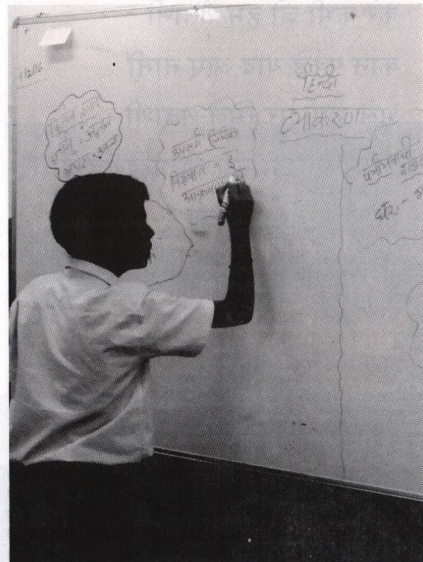
Taking part in classroom discussion



Enjoying an outdoor learning activity



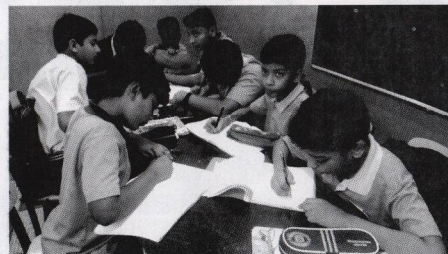
Doing science experiments



Sharing knowledge with class



Playing with circuits in Physics



Learning in groups

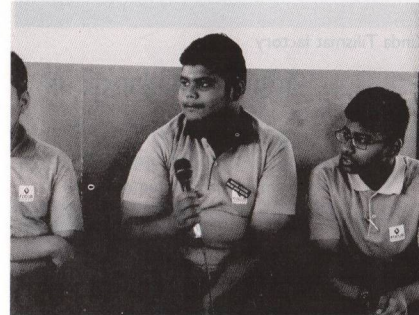
Class peak C8



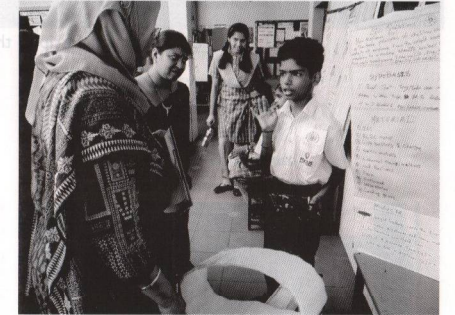
Celebrating One Nation Reading Together Day



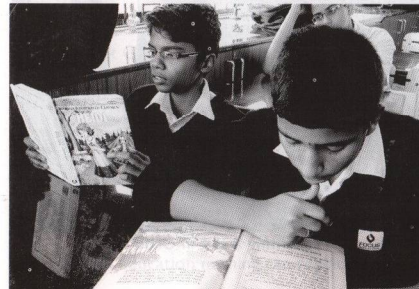
Participating in Food Mela



Taking part in Urdu Bait Baazi



Presenting RC airplane design in a science fair



Celebrating One Nation Reading Together Day

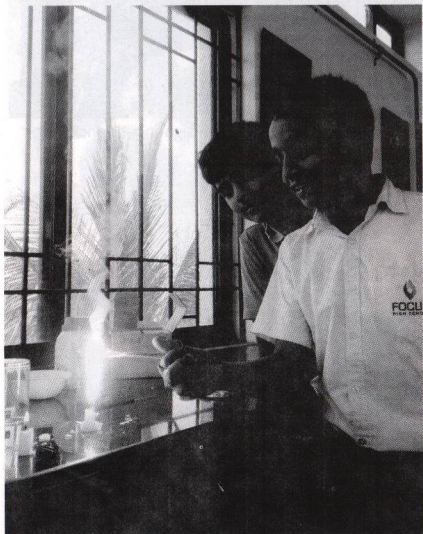


Being introduced to the Zinda Tilismat Factory

## Class peak C8



Enjoying the fieldtrip to the Zinda Tilismat factory



Doing experiments in Physics



Presenting a skit in Urdu

## Class peak C9

### My Inspiration

Md. Rayaan Khan, C9

When I got admission in this school I was very happy to see the new teaching strategies. When I was promoted to 8 class, I had a wonderful experience with my new friends. This school gave me opportunities for activities, competitions and seminars and many more things that I liked doing. I got many certificates and green cards. My Teachers encouraged me to do hard work and be a good student in the class. In class 9 I had many new experiences. I enjoyed studying with my friends. My teachers appreciated me in studies and, therefore, I too inspired my friends to work hard. So, I can say that I had an awesome experience at my school. I also thank all my teachers for helping me and showing me the path to overall development.

### A Sparkling Might

Kamran Jaffer, C9

What a sparkling night - a sparkling sight,  
Ready to pursue with all my might,  
Whether it's possible or impossible,  
Reaching the height is my right,  
Astronomer, scientist, biologist,  
Or someone who is looked up to,  
With dreams so high surely I now,  
Can fly in the sparkling sky.

### Our School Prayer

Syed Majeed Ul Hassan, C9

I the student of Focus High School  
I thank God for making this school.  
I appreciate the teachers here  
For they teach us without fear.  
We come here to gain more  
But I think we want some more.  
We should never give up  
And be always ready to help.  
Friendship is important to success  
But to education nothing can replace.

### My Teachers

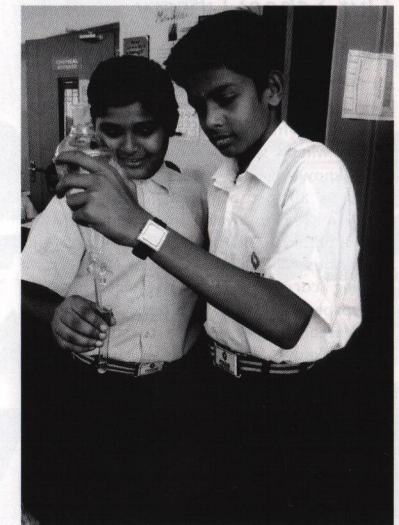
Mahvesh Fatima, C9

My teachers  
Paint my mind  
And guide my thoughts  
Inspire in me the quest for truth  
You light my path  
And lead me towards  
A future bright  
With each lesson you teach.

### Thank You

Mirza Ali Hyder, C9

I wonder if you thought  
To thank someone you knew  
Without whom our school would rot  
You might be wondering who?  
They come here everyday  
Usually early, before time  
Cleanliness everywhere  
And school shines like a dime  
No complaints, no demands  
They follow all the commands  
You calmed us when we fought  
Dear all ayahs, thanks a lot.



Experimenting with immiscible liquids using separating funnel

Books

Mohammed Jalaluddin Junaid, C9

We have them all way through school and college  
 They tells us the incidents from History  
 And also about the chemicals from Chemistry  
 They give us knowledge on cells and organs from Biology  
 Also taking us through the journey of planets, sun and moon in Astrology  
 Books also tells us the present day puzzling events and stories  
 Some of them which are solved and some of which are mysteries  
 And how we can forget the important mathematics  
 That makes us deals with numerical problems and daily life statistics  
 For those who think books as burden  
 Should understand that it helps us, cross our daily-life hurdles  
 So books are the important parts of our lives  
 Making us aware of everything of different kinds.

The table and chairs are neatly arranged. Racks are maintained. I feel very lucky that we have such a wonderful library. I thank my school principal Minhaj sir who guides the maintenance of our library. I also think that being a librarian and taking good care of the thousands of books is a very big responsibility. I would like to thank our librarian Ms. Vaseema for maintaining the library so well.

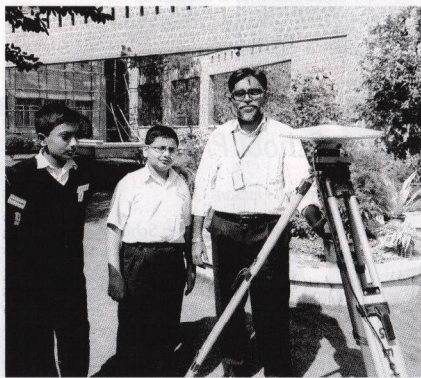


Visiting the National Institute of Nutrition

Our School Library

Mohammed Sumama Ahmed, C9

I find my school library very useful. Whenever I am free, I always spend my time in library. I get much benefits and profits in my studies when I spend my time in library, gathering knowledge by reading books. It always keeps us abreast with the latest knowledge and also keeps us away from bad company. My school library has a good collection of books on various subjects. Our school library has a reading corner where magazines, Journals, newspaper etc.. are stocked. Our librarian Ms. Vaseema is very polite to students, and she also knows all the books which are kept in the library. If we simply say her the title of the book and the author's name she immediately give us the book. Nobody is allowed to talk in the library while reading the books. Over and above many teachers also come for their reference work. Once in a week we can borrow a book, read it and then return it to the library. The library is kept very neat and tidy.



Surveying and mapping for geographic information systems

Golden Memories

Md. Abu Salah, C10

Ending days has come now  
 Finishing off the tenth class  
 Remembering the levels high and low  
 The fun we made in the class  
 The year of school I took admission  
 To achieve a successful mission  
 Everything has its dooms day  
 whether the person is not or on its way  
 The cards that we got  
 Green and blue need wise a lot  
 Getting yellow is easy task  
 while red is like coloring made mask  
 The things I have learned I will never forget  
 Placing football angle to touch goal net  
 Amazing field trips from sirs and teachers  
 who tell us to be in flying colors  
 Last sentence for you I will miss you  
 The fun together we made never too.

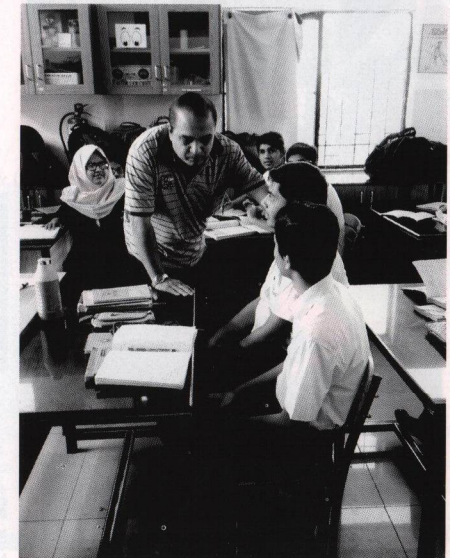
Food for Thought

Asma Fatima, C10

1. If you Educate a man, you educate an individual. If you educate a woman, you educate a nation.
2. Learn from yesterday, live for today, hope for tomorrow.
3. The important thing is to not stop questioning.
4. When wealth is lost, nothing is lost; When health is lost, some thing is lost; When character is lost, all is lost.
5. When you are good to others, you are best to yourself.
6. For every minute you are angry, you lose 60 seconds of happiness.
7. God is the best listener, you don't need to shout because He hears every silent prayer of a sincere heart
8. Life gives us a daily lesson not to study but understand.
9. Faith can move mountains.
10. Success is not permanent, failure is not final. So do not stop until your efforts makes a history.



Md. Basheeruddin Bilal receiving The Young Achiever Award 2015 for excellence in academics



Interacting in a guest talk

Class peak C9  
Class peak C10



Narjis Sultana & Fahad Z. Damudi making a presentation in Science Expo guided by Mr. A. Mumeed

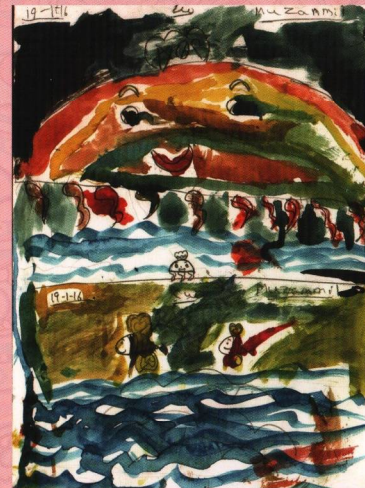


Naahi Abbas (left) and Syed Aleemuddin (Right) won the top prizes in Mount Mercy Science Fair



Exploring science concepts in a group activity (top)  
Modeling molecular structures in the class (left)

## Kaleidoscope - art by students



Mohammed Muzammil Uddin, C2



Maryum Fatima, C8



Mohammed Rayan Khan, C9



Syeda Ruqayya Fatima, C8



Syed Mustafa Badaruddin Hannan, C6



Soheib, C7



## FHS promotes activity-based collaborative learning

Glimpses from the activities of the 2nd term in 2015-16



### Editorial Team

Name	Class
Syed Younus Hasan Turabi	6
Shifa Mehveen	6
Mujahid Danish Ghori	6
Sukhaina	6
Mohammed Ishaq Ali	7
Md. Iyyan Hussain	7
Syed Asghar Hussain Zaidi	7
Ali Abbas	8
M Abdul Hameed Subhani	8
Syed Inamuddin	9
S M Murtuza Ali Khan	9
Mohd Saifuddin	9
Syed Abdul Nabi	10
Mohd Haji	10
Naahi Abbas	10
Asma Fatima	10

Published by the Publishing Club students  
under the guidance of  
the Club Guide Mr. Mustafa Zaidi at:  
Focus High School  
22-8-321, Darushifa, Hyderabad,  
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Best wishes from the devoted FHS family