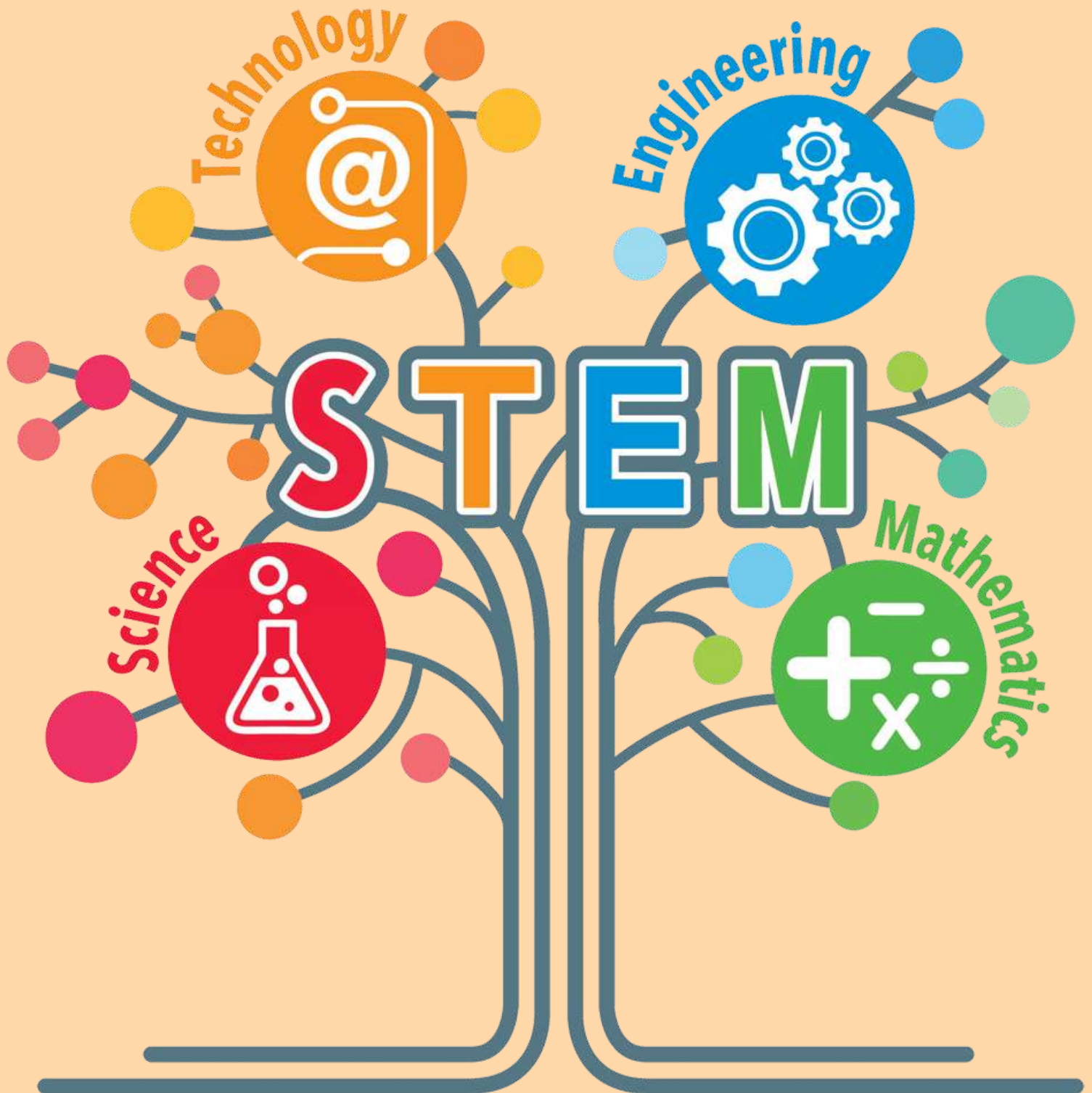


fenestra

A Window to our Culture of Learning and Sharing

PURANI HAVELI CAMPUS VOLUME IV APR-2022



Restructuring of our School's Leadership Team

By Minhaj Arastu, Principal

When we opened our school in 2013, we did not know if parents would accept the IB curriculum. We did not know if we would be financially sustainable. We did not know if we would find teachers who shared our vision.

By the grace of God, in nine years, we have grown to three campuses, a teacher training centre, and a school improvement programme that reaches schools as far away as Laddakh. We are blessed with capable and caring leaders, teachers and administrators. Most of all, we are blessed with the responsibility of nurturing 1300 young minds and hearts.

With this growth in mind, we are making some changes that will allow our organisation to function more effectively and also to grow further.

Each of our campuses will continue to be led by a Vice-principal (Curriculum) who is empowered to make all decisions about teaching-learning and staff. To guide and supervise the campuses, I will serve as the Director-Principal. My primary responsibilities will include mentoring the Vice-principals and ensuring that our schools meet international standards (of IB, Cognia, and Montessori education). To help me in this role, there will be two Joint Directors: Mr. Syed Mustafa Hussain (Curriculum) and Mr. Mirza Alamdar Ali (Operations). With this restructuring, each campus will strive towards excellence for its particular age group (Pre-Primary, Primary, HS) and according to its curriculum (PYP, MYP, SCERT, Montessori).

In this context, I will spend several months each year working away from Hyderabad on new projects and partnerships, confident that what we began in 2013 will become stronger and greater.



Minhaj Arastu
Director & Principal

Syed Mustafa Hussain
Jt Dir Curriculum

Mirza Alamdar Ali
Jt Dir Operations



Asma Zaidi
VP Curriculum
Pre-Primary
NKB & PH Campuses & TTC,
Endeavour, NIOS

Sheherbanoo Fathi
VP Curriculum
NKB Campus



Syed Mustafa Hussain
VP Curriculum
DS Campus

Syed Humayun Ali Abedi
VP Curriculum
PH Campus

We hope for your continued support and pray that we can further our mission of establishing justice and mercy through education.

Being a Creator of Peace

By Asma Zaidi, VP (Pre-primary)

Peace is one of the most abstract words. It can mean different things in different situations and might actually not be translatable in some. For example: does peace mean shanti (absence of violence or noise) or does it mean sukoon (calmness) or does it mean both? Some languages like the Indian North Eastern dialects don't even have a single word for that concept.

Although most people are not consciously aware of it, they are actively seeking it. Let's reflect on the word 'peace'. What is an addict looking for, when he takes his first sniff?? Is the silence of an abused victim peaceful? What would you call the silence before a war? Can the passive behaviour of a bystander who witnesses violence be called peaceful? Sometimes passive silence is mistaken for 'peace' and it needs to be destroyed, so that real peace can be built. This peace is gained by healing inner wounds and overcoming fears.

I came across a beautiful poem by the great Chinese philosopher- Lao tse.

If there is to be peace in the world,
There must be peace in the nations.
If there is to be peace in the nations,
There must be peace in the cities.
If there is to be peace in the cities,
There must be peace between neighbours.
If there is to be peace between neighbours,
There must be peace in the home.
If there is to be peace in the home,
There must be peace in the heart.

Lao-tse, so beautifully explains that without inner peace within every individual, it is impossible to dream of peace for the whole world.

Inner peace begins with acknowledgement of feelings and emotions that need time for reflection and healing. A heart that has no compassion and love, cannot forgive and therefore cannot heal, cannot forget and cannot consequently be peaceful.

All spiritual philosophies talk of forgiveness and compassion, but how many of us are truly forgiving? In this pathetic race for gaining material needs and comforts, man has become selfish and greedy.

There is no distinction between his 'needs' and his 'wants' and there is no limit to what a human can "want" and to the extent that a person can go in order to fulfil his desires. It is this greed and selfishness that makes the heart restless, but we don't understand, because we don't have time to listen to our conscience (our little inner voice).

If man took a pause in his daily life, to reflect on his actions, and listen to the voice within, he would find solutions to the biggest conflicts in the world.

The yogis talk of the magical twilight hours before dawn, where scientists find their solutions and philosophers find their answers. Muslims also have the knowledge of this golden period and are asked to perform special prayers before dawn. The magic in twilight is the silence in the outside world that enables one to connect to the universe. Every religion asks man to take a break from daily chores and duties, bow their heads and to be SILENT.

A period of silence spent in reflection is the magic ingredient to find peace, for when there will be peace in our heart and in our homes, there will be peace in the neighbourhood; when there will be peace in the neighbourhood, there will be peace in the city; when there will be peace in the city, there will be peace in the country, and when there will be peace in every country, there will be peace in the world.

Take a long pause after every prayer or between your chores, take time to forgive, to love and to find your inner peace, so that together, we can create a better world for our children.



School Culture

By Humayun Abedi, VP Curriculum (Primary & High School)

What is School Culture?

We often misunderstand the word ‘culture’ and limit it to religion, festivals, clothes, and food. But culture is a much broader concept and applies even to organisations and schools. School culture includes how we run the organisation, the way we communicate, and the quality we deliver.

Who is responsible for the school’s culture?

The onus for building the school culture lies with the school leaders. It is the leaders who must have a common mindset and a meaningful mission. Leaders must clearly state the school’s core values. Leaders must be role models for employees and mentors who will train the staff.



The most important task of the leader in creating school culture is that of team-building. A team is a group of individuals that works in harmony for a common purpose. Teachers must collaborate in a climate of trust and respect so that they can develop effective classroom culture. When a teacher enters the classroom, she should be enthusiastic and motivated—free from gossip, sarcasm and destructive politics of colleagues.



Managing skills

The leader’s challenge is to manage people and understand their behaviour. They must handle colleagues gently, keeping their background in mind. We usually see different mindsets of employees in organisations. The Matrix of Development given below gives us a clear idea:

Willing and Able	Willing and Unable
Unwilling and Able	Unwilling and Unable

Talented leaders strive to avoid common pitfalls. One pitfall is when employees enter a comfort zone. They want to work less and earn more. They are unable to take responsibility and only care about what they take home. If an employee has this attitude, he or she will always find ways to escape from work. She will avoid taking a lead, trying, and exploring.

I believe a true leader is able to inspire staff with a vision and mission. He seeks growth and craves to do extraordinary things. A leader must be open to constructive criticism. He must be a good listener, humble, and open-minded.

Sometimes, leaders have to be tough and they must tighten the screws in their team to get them on track when they are going away from the mission. Some leaders lack this ability and it gives the team a wrong message, eventually spoiling the culture of the school.

Conclusion

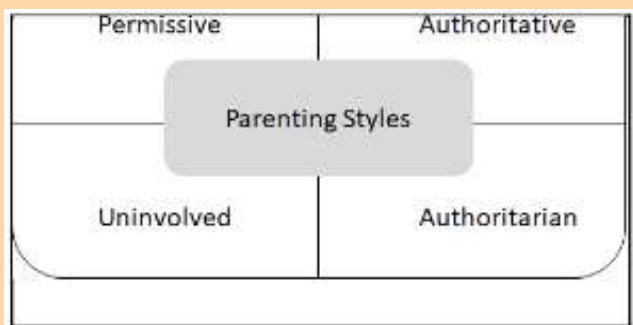
Our vision is to nurture human beings with sound values and skills, inspired to be life-long learners. We do not seek to train robots who merely generate money unaware of their responsibilities towards family and community. We invite parents to support this school culture of life-long learning and exploration.

What is your Parenting Style?

By Shazia Siddiqui, Counsellor

“It’s easier to build a child than it is to repair an adult”.

Parenting style is critical to the personality development of the children. Balanced and positive parenting results in successful personalities while caustic and toxic parenting results in broken people, who struggle with different personality disorders. Therefore, it is necessary for parents to understand the different styles that exist, and their benefits and disadvantages. There are four main types of parenting styles.



Authoritarian Parenting: Parents firmly believe that children should follow the rules without any question or expecting anything in return. Obedience is the primary goal.

1. Punishment is the only way to discipline and there are no negotiations.
2. Problem-solving doesn't involve children, solution is not their concern.
3. A child follows the rules with external force but no intrinsic motivation.
4. A child is made to feel guilty & sorry for their mistakes, rather than problem analysing or solving.

Result: Children who grow up with this style of parenting are at risk of developing low self-esteem. They feel their opinions are not valued.

Authoritative Parenting: Parents work closely with the children towards problem-solving.

- Parents implement a preventive approach rather than reactive behaviour.
- They interact with children to solve the problem, which results in positive teamwork from the children's point of view.

- They also use positive discipline strategies to reinforce good behaviours, like praise and reward systems.
- This allows child freedom, but has consistent rules and boundaries for their safety.

Result: Children raised with authoritative parenting tend to be happy, confident, and more successful.

• **Permissive parenting:** Parents are not proactive rather they are reactive. They have low or no expectations from children.

- They are forgiving mostly and have a careless attitude. They have a non-confrontational approach.
- There are no rules or boundaries. This creates indiscipline and disorganisation.
- They overlook the mistakes of children, do not take them seriously and there is no guidance for good or bad.

Results: So the children who grow up with such parenting will have poor organisation skills, indiscipline, low achievements, as they don't appreciate authority.

Uninvolved parenting: Parents are neglectful, passive and non-existent.

- They act as a bystander rather than a concerned parent.
- Parents don't give needed time & energy to meet children's needs.
- The reasons for such parenting could be unintentional. It could be due to a lack of knowledge, a busy lifestyle, health issues, etc.
- Children are made to feel 'you're on your own'.
- **Result:** So the children who grow up with such parenting will have low self-esteem and lead an unhappy and unsatisfied life. They hold a lifelong grudge against their parents' apathy.

It is necessary for parents to experience the pressures faced by children. They should not put additional pressure on them and not be surprised by their behaviours that may not coincide with their values, but rather they must understand the development and the modern times in which they live. They should understand the pressures and challenges the children are going through, and seek to find common solutions.

Physical Education, the most beloved subject

By PE Dept

PE. [physical education] has been one of the most challenging subjects to teach during and after the pandemic. When the school was online, it was hard to teach children to do exercise at home. There were many challenges of space and scope. Many games could not be taught.

Once the school became physical, it was found that the children had absolutely low stamina to do exercises and play games. They were enthusiastic but not energetic enough to sustain any physical activity.

PE is not about getting a free period and running around as you wish. PE is like any other subject. There are meetings and plannings for the PE classes. During the classes we concentrate on locomotor skills, balancing, hand-eye coordination, foot-hand coordination and teamwork. Though these appear to be minimal but are essential for the overall development of a child. These skills are in relation to their physical and mental development.



We teach fundamental movements and sports skills in a fun and safe environment. We consider these skills as an integral part of an active lifestyle that the child must live. PE caters to physical, emotional, logical and social skills.

Negligence to these skills can cause irreversible damage to the child's personality. Many parents do not take PE seriously. They do not consider 'play' necessary.

During Vacation, parents can enrol their child in many activities like swimming, skating or any other sports available in their areas. Giving free time to play and enrolling them in a good sport will teach them some of the important life skills.

Importance of Value Education and Life skills in Schools (VELS)

By Ms. Ashifa Fatima, V.E.L.S. Teacher

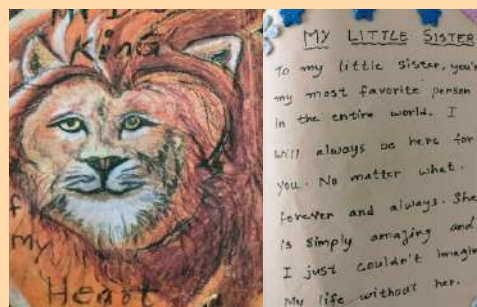
Here is a picture created by the student of C2. He drew this picture and wrote, 'My dad is the King of my heart.'

It is a very heart touching drawing to see coming from a child of 8 years. These are his actual emotions hidden deep inside his heart.

Humans are a bundle of intelligences and emotions. These two exist within the child.

The VELS class gives an opportunity to children to express themselves in a most creative and light hearted way. They learn values like gratitude, empathy, sharing and communicating. In these classes storytelling and activities occupy major space. Later the children explore their own creative ways to express themselves. It is so much satisfying to see the little ones come up with so many colourful drawings.

Here is another image of a child expressing gratitude. These are called Life skills. We nurture these things because they form an essential part of our existence. It helps them build confidence in communication, collaboration, problem solving and decision making. They also learn what is responsible behaviour and how their behaviour impacts others. According to experts, 'Life skills' can be defined as a set of psychosocial competencies and personal skills that help people make major decisions carefully, communicate effectively, develop coping skills with surrounding circumstances and manage oneself. These things help a person live a good life. These life skills should be inculcated among children from a young age.



By Khaja Samiulla-C2A (Left), By Salman Ali-C2B (Right)

Helping Children write creatively

By Kaneez e Zehra, Teacher of English (Primary)

Among all the skills to teach children, in English, the toughest is writing. Writing is the most complex skill of all. It takes lots of practice for the children to be able to put their thoughts down on paper. It is hard but not impossible.

There are different genres of writing. The easiest of all can be said as Descriptive writing.

So, what is descriptive writing? It is an art of writing in which the writer describes a person, place, or thing using sensory language to help readers visualise or create a picture in his mind of what is being described.

After the pandemic, when students returned to school, writing was at stake. It was a need of the hour to help children rebuild their writing skills.

Descriptive writing was initiated to assist students to make their writing more precise and incorporate new vocabulary. The learning was a slow process and took about a month for the students to be able to construct a paragraph using sensory details. Strategies that were used for teaching descriptive writing were:

- First, the students were made familiar with the sense organs and senses.
- Then, they learned new vocabulary words to describe all the senses.
- Students made five senses as a graphic organiser.
- Next, students worked in groups and brainstormed multiple ways of describing a given topic.
- Then, they understood the formation of sentences using words.
- Finally, they were able to construct a meaningful paragraph using sensory details.

Though it was a slow learning process, it assisted students in strengthening their writing skills.

Students are now able to write better descriptive essays using sensory details.

قومی زبان کی اہمیت:

اردو معتمد: مریم طاہر

فکس ہائی اسکول، پرائی ویلی

کسی بھی قوم کی مخصوص زبان اس کی قومی زبان کہلاتی ہے۔ جس قوم کی کوئی زبان کوئی ادب نہ ہو وہ قوم مردود تصور کی جاتی ہے۔ کسی بھی ملک کی تہذیب و تمدن کا اندازہ اسکی زبان و ادب سے لگایا جاسکتا ہے۔ ملک کے اتحاد کے لیے زبان کا کردار بہت اہمیت کا حامل ہوتا ہے۔ ہندوستان جیسے وسیع ملک جہاں مختلف مذاہب و تہذیب و تمدن کے لوگ رہتے ہیں۔ ان سب کو زبان ہی نے ایک دُور میں باندھے رکھا ہے۔ یہ حقیقت ہے کہ انسان مختلف براہِ رُیوں، قبیلوں اور قوموں میں بنا ہوا ہے جہاں ہر قبیلے اور ہر قوم کی ہر لکڑی خصوصیات میں۔ ایسی ہی خصوصیات میں سے اہم خصوصیت زبان کی انفرادیت ہے۔ یہ زبان ہی ہے جو انسان میں ادب و اخلاق پیدا کرتی ہے۔

بات کرنے کا حسین طور طریقہ سیکھا

ہم نے اردو کے بہانے سے سلیقہ سیکھا

قومی زبان تہذیب کی آئینہ دار ہوتی ہے۔ ہماری قومی زبان اردو ہے۔ اردو ترکی زبان کا لفظ ہے جس کے معنی لشکر یا فوج کے ہیں۔ اس اردو زبان کو عام طور پر لشکری زبان بھی کہتے ہیں کیونکہ اردو زبان عربی، فارسی اور سنسکرت زبان کا مرکب ہے۔

اردو جسے کہتے ہیں تہذیب کا چشمہ ہے

وہ شخص مذہب ہے جس کو یہ زبان آئی

اردو زبان بہت ہی قیمتی اور شیریں زبان ہے۔ اس زبان کے اندر اتنی وسعت ہے کہ ہر زبان کے الفاظ اس میں سما جاتی ہیں۔ اردو کے ساتھ ہماری قوم کا رشتہ بہت ہی قدیم ہے۔ الغرض اردو زبان اپنے وجود میں ایک نایاب زبان ہے۔

سب زبانوں کی جان ہے اردو

کتنی پیاری زبان ہے اردو

عجیب بات تو یہ ہے کہ ہماری قومی زبان اردو ہے جبکہ ہماری دفتری زبان انگریزی بن چکی ہے اگر غور کیا جائے تو یہ ہماری گردنوں کا طوق بن چکی ہے۔ جرمنی، فرانس، جاپان اور چین جیسے ممالک ہمارے لیے مثالی ہیں۔ جن کی قومی زبان ہی انکی دفتری زبان ہے۔ ہمیں بھی چاہیے کہ ہم بذریعہ تعلیمی ادارے اردو زبان کی تعلیم کو عام کریں اور طلباء کو اردو کی اہمیت اور اسکی خصوصیات سے آشنا کریں۔ والدین کا بھی فرض ہے کہ اپنے بچوں کو اردو زبان کی طرف راغب کریں اور انہیں قومی زبان کی قدر و قیمت سمجھائیں۔ اپنے بچوں میں اردو پڑھنے، سمجھنے اور لکھنے کا شوق اور جذبہ بیدار کریں تاکہ دورِ مستقبل میں یہی طلباء اردو کو قائم و دائم رکھ سکیں۔ قومی زبان کی اہمیت کو جانے کیونکہ اپنی زبان و ادب سے وابستگی ہی زندہ قوموں کا شیوہ ہوتا ہے۔

جب کرے بات تو ہر بات سے خوشم آئے

ایسی ہل ہی ہوئے جسے اردو آئے

छोटे बच्चों को हिंदी पढ़ना कैसे सिखाएं ?

प्राथमिक हिंदी शिक्षक : दुरदाना फातिमा

अक्सर हमने देखा है की ,कई अभिभावक हमसे शिकायत करते है की हमारे बच्चों को हिंदी पढ़ना नहीं आता | हिंदी एक सरल भाषा है और इसे कोई भी आसानी से सीख सकता है |

छोटे बच्चों को पढ़ना सिखाने के लिए कुछ अहम बातों का ध्यान रखना बहुत ज़रूरी है|

नीचे हम उन्ही बातों का ज़िक्र कर रहे है, जिनकी मदद से बच्चों को आसानी से पढ़ना सिखाया जा सकता है |

बच्चों को हिंदी सिखाने के लिए सब से पहले उन्हें सारे वर्णमाला में शामिल अक्षरों से परिचित कराएं | इस के लिए उन्हें बारी- बारी से वर्णमाला लिखकर उसे पढ़ना सिखाएं |

जैसे - अ, आ ,इ ,ई,उ,ऊ..

क,ख,ग,घ ..आदि |

जब बच्चे वर्णमाला बोलना सीख जाएं,तो उन्हें बिना मात्रा वाले शब्द से परिचित

कराएं |इस के लिए आप को दो,तीन या चार अक्षर वाले शब्दों को लिखकर समझाना चाहिए |

जैसे - नल , टब ,रथ , सब ..

कमल ,ऊपर ,भवन ..

अचकन ,मखमल ,पचपन ,बरगद ..आदि |

बच्चा जब वर्णों को पहचानना सीख जाए, तो फिर उसे खाली स्थान में वर्णों को भरना सिखाएं |

जैसे - (व _ न = थ / त) व त न

(स फ _ = ल / क) स फ ल

(_ व न = भ / ब) भ व न

इसके बाद बच्चों को चित्रों के माध्यम से शब्दों को पूरा करना सिखाएं और उसे बोलने के लिए कहें |

जैसे - “अचकन” का चित्र बनाएं और उसे बच्चों को पहचानने के लिए कहें या

फिर ,_चकन लिखकर आगे में उस गायब वर्ण को भर कर शब्द पूरा करने के लिए कहें |

इसके अलावा बच्चों को वर्णों को जोड़कर एक साथ लिखकर बोलने के लिए भी कह सकते है |जैसे की "प न घ ट" लिख दें और बच्चों को उसे जोड़ कर पढ़ने के लिए कहें और फिर उसे लिखाएं |

जब बच्चा यह सारी प्रक्रिया अच्छे से सीख जाता है ,तो उसे फिर चित्रों वाली कविताओं को धीरे - धीरे पढ़ना सिखाएं |

मगर, सबसे अहम बात यह है की बच्चे को पढ़ाते वक़्त बिलकुल भी डांटे नहीं | बिना गुस्सा किए उन्हें प्यार से समझाएं| इसके अलावा उन्हें पढ़ाने के तरीकों को मज़ेदार बनाने का प्रयास करें, ताकि पढ़ाई में बच्चे की दिलचस्पी बनी रहें |



Girls participating in Yaume Urdu Program held on 27th December, 21



Five Senses Graphic Organizer (Left), Students working in groups (Right) Images of creative writing



Word Web prepared by students (Right) Image of creative writing



INTEGRATING ART WITH LANGUAGE

By Sakeena Fatima, Teacher of English (Primary)

Children are always interested in any colourful activity. Even the most boring grammar can be taught in fun, if there is some colouring or playing activity associated with it.

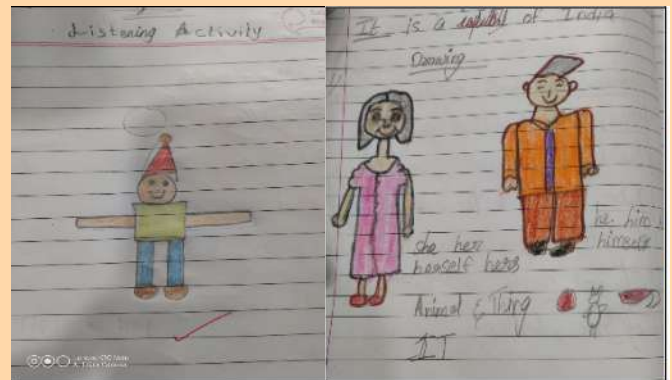
It brings out the lost interest. So my idea was to make the raw grammar topics of English a little more interesting and fun for the children.

How does integration of Arts help?

- Visual imagery: many students understand better when they see it in the form of an image.
- Coloured images: children enjoy colouring and drawing. Simple things can be drawn in books in order to make the class interesting. They feel the joy while revising too.
- Activity based learning: Grammar classes can be boring, if they are not filled with some fun activities, especially for young children
- Extended imagination: It triggers imagination among children which is healthy for learning.
- It makes the notebooks look colourful: if few activities can integrate arts in the English notebook, it makes your black and white book more colourful.
- Distracted students pay attention: Even the most disturbing child cannot fail to keep attention if some colour, drawing or paper folding activity is going on in the class.

What activities can be included-

- origami
- Colour and draw
- Correction with colour pencils
- Listen and draw
- Mime [Performing arts activity]



Striving towards Excellence

By Sabika Javeed, English Teacher [High]

The best place that can exist in this world is a school. It is the centre of learning where young minds are prepared for the future. But this is an herculean task. The results are slow and efforts have to be relentless. Sometimes more effort is required, even to bring about a small change in children. The work of the teachers and parents just never seems to end.

The changes around a child's life impacts his learning. Teachers have to be sensitive towards these changes. Thinking about the future of the children, new methods have to be brought in and old ones challenged.

Speaking in English is an essential skill of today's learning. It is very challenging to teach children this skill, especially if they come from a non speaking background.

Less exposure to the language keeps them away from speaking confidently. In order to give them exposure, listening classes were started.

Students were made to hear different materials in audio form. Students had to just listen and make notes. Videos were strictly avoided in order to develop their sense of listening.

Listening skill is often neglected in schools, thinking that it is non essential. In fact, out of the four skills mentioned for developing a language viz LSRW, Listening is the first step towards language development. In one session of a listening class, students are made to hear a text, a story or a song, three times. After that they are expected to make presentations on the question put forward by the teacher. It may be as simple as retelling a story or it could be a more complex activity like, present five points about the historic monument mentioned in the audio.

At home parents can give their children exposure to English by making them listen to a good English news channel, an animated story or childrens' movie. National Geographic Channel and BBC are the best for high school students. These channels are informative and a good source for learning English.



Sci Philia

By Moushami Choudary, Teacher of
Science [HS]

Travelling all the way from Assam to Hyderabad, my journey as a teacher has been full of experiences of different sorts. It is no surprise that children will be children no matter where on earth. They have the same innocence everywhere. They enjoy learning and curiosity forms their core.

They want to know more and do more. It depends upon the teacher how she brings out this curiosity. The students at my campus were too enthusiastic to learn and do experiments. They were highly motivated to make models and put on a science exhibition. In the beginning, I was not sure about the children over here. Will they be able to explore scientific topics? Do they have the insight to go into the detailing of making a model?

Soon all my inhibitions were shed and the students came up with excellent working models. Many students were doing it for the first time and they wanted to do their best. This feeling of theirs excited the inspiration I wanted to have.

All children did well and participated with full energy but some of the models where I felt that our students were going beyond their age were Hydraulic bridge, Hydroelectric power station, Bank security system using Laser technology etc. All these topics seem to be simple and usual but making a working model, without adult help, is not easy. Few students added a fun element to it by conducting a quiz with the parents. It was a surprise for the parents. With the setting up of the STEM lab at the campus, I am sure, the school will reach new heights. Children will do more than expected. Science is a subject to get amazed and be surprised. It should trigger the questioning power of the children. I want the children to just fall in love with Science



The Hydroelectricity power station and Stem Cell model prepared by C8

Interactive and Experiential Learning

By Shahrukh Fatima, Teacher for Social Studies

Involve me and I will remember
Associating teaching with interaction and experiences is the best form of learning. Social studies can be an interesting subject, if the students are made the stakeholders of their learning. In my classroom, I often use teaching strategies that require student participation.

I initiate a topic and involve the entire class to put forth their point of views. Since the class environment is safe, all students share their opinions. Long lectures are not required which are very dull and boring. It has been observed that concepts taught by involving children in discussions are retained longer. They are able to write long answers in their own words with little memorization. Different children learn in different ways and these activities help all children in some way or the other. Some of the methods used in Social Studies classes are....

1. Skits and presentations.
2. Role play: C8 student Sakina played the role of Gaura devi in chipko movement skit.
3. Debate: Gender Equality, by C10 students.
4. Tree planting activity: This activity was done In C6 and C8 under the topic (Greenery in Telangana and tree planting activity)
5. Model making: C8 Hadi made a model to explain 'Rotation and its effects'.
6. Handmade Things: C7 students made several hand made things under the topic (Handicrafts and Handloom

నిజమైన విద్య

నిజమైన విద్య మనిషికి ధైర్యరాన్ని ఇవ్వాలి, సాహసాన్ని ఇవ్వాలి. అన్ని అభద్రతా భావాలని, అపాయాలని మోస్తూ కూడా బ్రతకడం ఎలానో నేర్పాలి. సరైన విద్య ఒక మనిషికి తన అహాన్ని ఎలా వాడాలో బోధిస్తుంది.

విద్య మనిషి యొక్క వ్యక్తిత్వం, అహం, ఆలోచనల్ని ఎప్పుడు వాడాలి ఎప్పుడు వాడకూడదు అని చెప్పాలి. చాలామందికి అవి ఎప్పుడు వాడాలో తెలుసు కాని ఎప్పుడు వాడకూడదో తెలియదు.

నిజమైన విద్య మీ పిల్లలకు మీ ఆలోచనావిధానాన్ని ఇవ్వకూడదు. వాళ్ళని మీరు మీ అభిప్రాయాలకి తగ్గట్టు మార్చకూడదు, వాళ్ళకి మీ ప్రేమను ఇవ్వండి, పోషణని ఇవ్వండి, వాళ్ళని స్వతంత్రంగా వాళ్ళు ఎవరో, వారికి ఏమి కావాలో వాళ్ళనే తెలుసుకోనివ్వండి. అప్పుడు మీరు వాళ్ళ ఉన్నతిలో సహాయపడినట్టు. ఎప్పుడైతే మీరు మీ ప్రేమతో పాటు మీ ఆలోచనావిధానాన్ని కూడా వాళ్ళకు ఇచ్చే ప్రయత్నం చేస్తారో అప్పుడు మీ ప్రేమ కలుషితం. వారు ఎదిగే క్రమాన్ని మీరు అడ్డుకున్నట్లే లెక్క.

విద్య అంటే మీ అంతరాత్మను మీ రోజువారీ జీవితంలోకి తీసుకురావడం.

నిజమైన విద్య ఎదుటివారి కంటే నువ్వు ముందు ఉండాలని నేర్పించదు. ఒకరికొకరు సహకరించాలని చెప్తుంది. నువ్వు ఏ పని చేసినా ఆ పని యొక్క ఫలితంతో సంబంధం లేకుండా ఆ పనిని ఆస్వాదించమని చెప్తుంది. విద్య మనకు సృజనాత్మకతను నేర్పుతుంది. ఎవరితో పోలికలేకుండా ఆనందంగా ఉండటం నేర్పుతుంది.

నువ్వు అందరికంటే ముందు ఉన్నప్పుడే నువ్వు ఆనందంగా ఉంటావని చెప్పేది విధ్వేష కాదు. మొదటి స్థానానికి చేరుకోవాలనే తపన నీలో దుఃఖాన్ని కలిగిస్తుంది. ఆ దుఃఖం నువ్వు మొదటి స్థానానికి చేరుకునే సరికి నీకు అలవాటుగా మారిపోతుంది.

నిజమైన విద్య మిమ్మల్ని జ్ఞానం వైపు నడిపిస్తుంది. ఎందుకంటే అది మిమ్మల్ని నిశబ్దం వైపు, అవగాహన వైపు, ఆత్మావలోకనం వైపు ప్రేరేపిస్తుంది. కాని ఇప్పుడు ఉన్న విధ్యావిధానం మిమ్మల్ని కోరిక వైపు, అహం వైపు, అల్పజ్ఞానం వైపు నడుపుతోంది. ఈ విధానం చాలా విద్వంసకరమైంది. మిమ్మల్ని వేరొకరిగా మార్చే ప్రయత్నం ఇది. ఈ విధ్యావిధానం మారాలని ఆకాంక్షిస్తూ....

అందరూ బాగుండాలి
అందులో నేనుండాలి.

మీ

షేక్. మెహబూబ్ (ఉపాధ్యాయుడు, తెలుగు విభాగం అధిపతి)

ఫోకస్ ఉన్నత పాఠశాల

హైదరాబాదు.

Endeavour Department

By Endeavour Team

Endeavour is a special department in Focus High School. It's one of its kind in the old city. The RTE states that there is a right to education for every child but unfortunately in our education system there is no place for children with special needs, either they are ignored or to the worst, not handled properly. No one is there to understand them or handhold them. There is very little or no hope for these kids. If we still keep ignoring them, as if they don't exist, this will never change. Looking at this situation, it made us open our Endeavour Section.

This section was started in the year 2019-2020. As the name suggests, Endeavour, we are trying hard to help the differently abled children to learn and acquire necessary skills for their self-help, for their independent living and leading life as normally as possible. To help them acquire necessary social skills, emotional skills, and literacy skills, so that they can live and participate in school, home and community as normally as possible.

We strongly believe that every child is unique in his/her own way. Our SEN department is a mixture of trained teachers, Occupational and Physiotherapists, who make individual plans for each child according to their strengths & weaknesses. We follow IEP(Individual Education Plan) for each child for his/her academic learning. We try our level best for the overall development of a child, by including activities like Life Skills, Painting, Play, targeted exercises, Rhyme time, Circle time, Clay and Let's Read Material, just to name a few.

An occupational therapist will assess the child along with the environment in which they live and make modifications to help the child achieve specific tasks like

- Attention span and arousal level
- Sensory and processing skills
- Fine and gross motor skills

-Activities of Daily Living (ADLs), also known as self-help skills, such as brushing teeth.

-Visual-perceptual skills.

We also work with children who have trouble getting organised or completing everyday tasks. We, at the SEN department work on child's OT Activities/Exercises for Gross Motor/Fine Motor skills, Sensory Processing Disorder, Coordination, Mental Health Behaviour Issues, Learning Difficulties, Attention/Concentration and Bilateral Integration etc.

We are trying to bring out the best in a child.

Feedback from parents

*I'm so happy to see this. May Allah SWT bless all of you with many happy moments in your life. Ameen.

*Superb !!

This will help and make life easy both for kids and their families.

May Allah SWT increase your knowledge and patience and make you all successful. Ameen.

*Masha Allah..

You guys are hope for parents like us..
Thank you so much for your support.

*A Lot of improvement is there in Kazim. Very active at home also, thanks alot for your entire team work.

*Trust me your message notification gives me excitement. Always waiting to see new activities of Shahaan.

I can see he can follow commands from his teacher...

Allah SWT gives you all the best in return.Thanks for spreading hope.
Jazak Allahu khairan kaseera.

My school

By Ali Hussain, C2B

The place where I spend my day,
The place where my teacher and my
friends stay,
The place where I read and play,
The place where I like to come every day,
That place is my school, Focus High
School.

My Favourite fruit

By Syeda Aliha Fatima, C2B

Mango is a fruit. I like to eat mango. It is
my favourite fruit. My family and I love
to eat mangoes. It is the National fruit of
India and it is loved by all.

My Mother

By Mohammed Jaffer, C2B

My mother's name is Sakina Fatima. She
is my role model. She does hard work.
She cooks food for me and my family.
She helps me and guides me in every step
of my life. She teaches me discipline. She
is my first teacher. She is very loving and
caring. I love and respect my mom. I feel
proud to be her son.

New Beginning New School

By Khatija Fatima, C2A

This was a good year for me. New school,
new teacher and new classmates. I was
joining Focus High School. The happiness
of getting that fresh box of crayons, new
backpack, new school dress, new
notebooks with my favourite colour of
cover. The beginning of the year is like a
festival.

I Want To Be Like You Teacher

Azadar Hussain, C3A

Thank you teacher, for being my role
model.
I want to be like you, smart, confident and
positive.

I want to be like you, well informed, easy
to understand and gently nodding to us to
do our best.

I want to be like who gives her energy,
time and knowledge to make our future
bright.

IMPORTANCE OF EDUCATION

By Madeeha sultana, C4A

A man without education is like a building
without foundation. Education is very
important for everyone to move forward
in life and achieve success. Good
education serves many purposes such as:
promoting personal advancement, faster
social status, and improving social well
being. Education helps in the
development and innovation of
technology. Education is necessary for all
to be successful. It gives us a chance to
read and write. It helps us to become
strong. It makes us
independent. Education makes us
knowledgeable. It is an important, useful
tool of our life.



Sports

By Amreen Fatima, C4A

Sports are the gateway to wellness. It
provides us with good health. Getting
involved in sports activities makes us
healthy and strong. When our school
started after the pandemic and we were
taken for PE, I realised the importance of
sports. I was missing it during the
pandemic while sitting at home. Sports
makes our body active, burns calories and
makes us feel fresh. This cannot happen
by sitting in front of the phone or T.V. So,
sports are very important.

Magical hibiscus and the boy

By Sakina Fatima, C5B

In an old downtown lived a boy named Johnny. All the animals loved Johnny.

In an old downtown lived a boy named Johnny. All the animals loved Johnny. One day, he went in search of food, because of the high temperature only dry grass was found. He kept walking and walking and reached a forest without knowing about it or telling anyone.

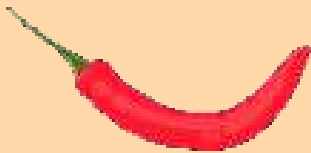
He was so hungry that he saw a hibiscus flower and immediately gulped it down.

He did not know that it was a magical hibiscus. Soon, he turned into a stone.

He was sad and started rolling down in search of some help.

Suddenly he found a creature, and he immediately asked for help. The creature said, "Answer my riddle and I will help you."

Riddle:



I am small but strong in taste,
I look like a red curved finger,
Ah ! but once you bite me,
tangy taste will make you dizzy.

Johnny quickly replied, "Maybe chilli."

The creature said, "Right answer, you may go-ahead."

Then he saw a pumpkin. He went near it. The pumpkin also asked a riddle.

Riddle:



I can fall from a hundred-story building
But I will still be alive.
Lightweight fragile me!
I get burned and wet in a second?

Guess who am I

The boy replied, "Paper."

Pumpkin said, "Go smart charm."

After answering the riddles, he luckily became a boy again and escaped from the jungle.

Then he realised the jungle was cursed by witches who asked strangers for riddles in different ways.

MORAL: Never go anywhere without knowing about the place and informing your elders.

My Best Friend

By Ali Asghar Agha, C5B

A few words for my best friend,
Who always lends me his hand.
Together we always try,
If one was sad, the other would cry.
So many memories everyday we make,
Love and care, we give and take.
Some days we did things that were crazy,
I still remember the days that were so lazy.
I am annoying, but you still care,
Remember the time I cut your hair.
Ah! I'll always store it in my mind,
Our memories will never go blind.

My Superman

By Syed Naveed Ullah, C6B

My Dad is my best friend,
He keeps on setting the trend,
My father an ideal for one and all,
He lifts my wings and never lets me fall.

I share things with him that I share with none,
Life with my super hero is quite fun,
He balances his responsibilities,
He has the best of all qualities.

He gets the best version out of me,
Its he within me that the world sees,
He is the best that I have ever got,
He is my might, I love him a lot.

Thankful to be blessed with him,
He's the spark when my life is dim,
The brightest star of my sky,
The man who taught me never to lie.

The Shadow Puppet Show

By Nafisa, C6B

The last lesson done by our teacher, just before the exams, was of light, shadow and images. It was a very interesting lesson in science. Our science teacher explained the lesson with many examples. At the end of the lesson there was an activity of creating a shadow puppet show.

It fascinated me a lot. I wanted to experiment with it. I wanted to present it in class. The three things important for creating the puppet show were opaque objects, light and screen.

In the beginning there was a bit of confusion but slowly, I started working on my story.

Later I made the puppets and a box theatre. I practised with a simple story having simple characters so that I could manage it easily. The presentation was enjoyed by all. Everyone appreciated me for my effort. Our science teacher was extremely happy. She gave me a token for my work.

Finally, I would like to say that learning by doing is more fun than just simply reading the lesson. In this way our class understood the concept well. Now they want more activities in school.



DEAR

By Mohammed Ammaar Khan, C7A

D - drop E - everything A - and R - read

The day our teacher announced it to the class, I thought it was just another reading program. What a bore it will be?

I clearly remember, it was thursday. A bell was rung in order to start the program. We immediately stopped everything and started reading. At that time I realised the power of this wonderful program. Drop everything and read.

All of a sudden, the noisy corridors and classes became silent. Everyone started reading. Even our aunty picked up a book to read. We all were reading. That moment of peace made me realise how it should be in a library.

I started enjoying my book. I thought about its words, its characters, its plot etc. I was enthusiastic about the book my friend was reading. To be honest, it was an amazing experience.

My favourite Subject

By Saba Khorasani, C7A

My favourite subject is Maths. I love to play with numbers and solve mathematical problems. It gives me a lot of satisfaction, boosts my energy and thinking capacity while studying.

I love number games, puzzles and quizzes. I can solve them for hours at a stretch without getting bored.

Maths is like a game which is interesting and my maths teacher teaches us various tricks to solve problems with speed and accuracy. In my previous school, I used to have a class for tricks where I learned a lot of tricks and that helps me to solve difficult problems.

The best part about Maths is that I don't need to memorise or mug up anything and it does not require retaining a lot of information in my mind. Maths is useful in day to day life .

Importance of Science

By Ayesha Khan, C7B

From an early age we interact with our environment. We ask questions and seek answers. This process of asking questions and finding answers is like the heart of gaining knowledge. We set up an inquiry and try to search for the reasons behind the common and uncommon things around us.

Students in particular do not understand its importance. They keep complaining about the difficulty and vastness, whereas in reality, it's more interesting than any other subject.

I really like this subject from the bottom of my heart. Even when I look at the food on my plate, I look at it in a scientific way. I think about its nutritional value, how it will be digested and all that. Studying science develops our ability to ask questions, collect information, organise and test our ideas, solve problems and apply what we learn.

Even more, I believe that science is a platform for building confidence, developing communications skills, and making sense of the world around us. Science is a part of our daily lives. Everything is impacted by Science. In the end, I would like to say just love science and study it with all enthusiasm.

Spell Bee - a competition to look forward to...

By Mohd Yousf, C8B

Many competitions are held every year for students. Among all the competitions held, the one that excites me the most is Spell Bee competition. It's just so exciting to participate in. It was conducted this year too.

In the first round the entire class had to participate. There was not much tension among the classmates. A list of words was given to us from which we had to prepare. There was a mild feeling of competition.

Some students had prepared, while others took it lightly.

Results were declared only after a month. I think our teacher Miss Sabika is best at creating suspense. I was happy that I had made it to round two, but sad for my friends who could not make it. When the time of round two came, we were given another list of words.

Round two made me nervous. It was definitely not easy. I had tough competitors. I was not sure whether I would make it to round three. I kept my hopes high and participated with complete dedication. It consisted of 3 levels. The first one was dictation, second was spellings and third was pronunciation. It went great for me and my friends.

After a week or so, the results were declared and fortunately, I was in the 3rd round. Now the competition grew even tougher. In this round we were given another list of words to prepare. The words were challenging. I somehow tried my best to learn the spellings.

The judges gave us a hard time. I was not confident that I would win. After the competition, I kept on thinking that my friends performed better than me. Maybe I would lose. After a week, winners were declared in the assembly. My name was called along with four other students. It was an unbelievable moment. For a few minutes, I couldn't believe my ears.

Certificates were presented to us by Miss Asma Zaidi. That day, I was in seventh heaven. I am all set to participate next year with more enthusiasm.



The fascinating world of Maps

By Madiha Iqbal, C8B

Maps, they are really one of a kind of thing. The word 'map' reminds us of our social teacher and the Atlas. Now that is no longer true. These days maps have become an integral part of our phone. We cannot imagine reaching a new place without google maps. Whether it's exploring on a long drive or reaching a particular restaurant or even a marriage function hall. Maps are used by everyone.

So where did this all start? Maybe we need to give credit to our 16th Century map makers, who had the idea of map making like Gerardus Mercator and many more. Maps were first carved on clay tablets. The oldest map could be traced back to Babylonian civilization. Maps are of different types. The main job of a map is to show us the way. In olden days maps were secretive and expensive. They were a valuable asset for the travellers both on road and at sea. However modern day innovation and technology has made it accessible to everyone. Anyone who has a device has a map. So maps have come a long way. Its journey from being something arduous to a simple tool to be an amazing part of history. Maps are of various kinds like thematic, physical, political etc. Maps also have the marking of physical features like trees, mountains, cliffs, rivers, continents, oceans etc.

At last, I tried my hand at making a map.

At last but not least, maps have also been an integral part of children's literature. One such example is DORA, the explorer. It's hard to imagine a world without maps. At least what we can do is be a little more thankful and grateful for it to exist.



Children of war

By Asma, C8B

What is happening today in the world makes me sad. I can feel the pain but I cannot do anything to stop it. I feel terrible for the children who have got stuck in the war between Ukraine and Russia. They are undergoing tremendous stress for what is happening around them. Their minds are filled with many questions and uncertain answers. It's difficult to answer questions of death, blood, bombings and unwanted killings in the middle of the streets.

People are dying from hunger and poverty. Children are trying to cross borders without proper food and resources.

Yesterday, I heard over the news that Russia destroyed a children's hospital by targeting it. I cannot imagine the condition of babies in that hospital. It's freezing cold in Ukraine and yet people have to leave their homes and travel to the borders to take refuge in Poland. Asian and African students were discriminated against at the borders. I did see Russians protesting against war. This was good to hear. Everyone must try to stop the war.

According to me the children are the greatest sufferers of war. They suffer more than adults do. They suffer emotionally, physically and mentally. Sometimes severe wounds are inflicted upon them due to shellings and bombings.

As I see images of children, especially those who are very young, my mind revolves around their plight. I just keep praying that everything will be normal and these children will go back home safely. They would once again play, run and sleep soundly in their homes.

Why do teachers need our love and gratitude?

By Syeda Khatija Fatima Samreen, C8B

Teachers are the most important members of our society. They are the first influencers on us. They create an impact on our lives through their knowledge.

They inspire us, help us to fight the odds and never allow us to give up. They put efforts each day to ensure our success.

I believe that such humble souls must receive our love and gratitude. They work hard for us, they care for each and every student. They even care for our well being both within and outside the classroom. Their strictness is also for the well being of the students.

In the daily struggles of life, we tend to forget their importance. We tend to become arrogant and criticise them. Often parents fail to understand the teacher's perspective and think they are correct whereas the teacher is wrong.

One of the things that I love the most about them is the way they cater to different students. They are patient enough to help different types of learners making sure everyone is learning. So, it is important to thank the teachers as often as possible.

Like any other human being, they love to feel appreciated. It makes them feel special. They can be called lifelong learners. They keep learning, reading, doing short courses, attending workshops etc. They keep learning new strategies, in order to make our learning fun and easy. My suggestion to my friends...
It's never too late to thank a teacher.
Always take time to show your gratitude.

There is no need to overdo anything but just simply wish them while in corridors. Give space to them while they are walking in the corridors.
Show humbleness. Humility of a student is loved by teachers a lot.

Words are powerful, let them know what you like about their classes. You can give them a gift card too. Try making them happy. Say Thank you.

“Respect teacher as your own mother”

A peaceful mind is necessary to live a happy life

By Zoha Fatima, C9A

Everyone dreams of attaining a peaceful and happy life. Everyone wants to achieve more and become successful. People keep chasing these words, failing to understand the actual meaning of it. Inner peace doesn't come automatically. It has to be achieved. You have to strive for it daily, by working on yourself.

The main purpose of writing this article is to give a message to all that even simple activities can help you achieve the peace you are looking for.

I would like to draw your attention towards a beautiful art form called Mandala Art. This art has been in the world for many centuries and one can trace back to as early as the 4th century. They were first created by Buddhist monks with coloured sands. Traditionally a mandala is a geometrical design/pattern that represents the cosmos. In order to create that they made beautiful and intriguing designs imagining a world free from suffering and pain.

I started doing mandala art when I was in C8. It was this year that my mother had a severe paralytic attack. My whole life was shattered. All of a sudden from an innocent girl free of responsibilities, I had to transform myself into the most responsible person in the house. I even had to drop my schooling in order to take care of my mother. There were chores that I had to do. It was a tough situation, I was suffering outside and inside. I started overthinking and restlessness became part of my life.

One day, as usual, I was browsing my phone. I saw a video of someone doing Mandala art.

Then I tried doing it myself. Slowly I realised that I was becoming a calmer person. There was a constant reduction in my anxiety and all my free time was occupied. I could give time to my mother and do the artwork as well.

My father was abroad and there was little he could do to help us. I never knew about the artwork that I was doing. I just kept moving ahead. Later, I read about Mandala Art and its effect on a person.

I am happy that I found my healing in this artwork.

One can write pages about its benefits but just to make it simple, I would like to say that it boosts the immune system, lowers blood pressure, reduces stress and eases depression. The process of creating round, symmetrical images promotes mindfulness and focus.

It's simple and easy. I would like everyone to try it at least once.



My experiences at school

By Kauser Fatima, C9A

School is the most important part of one's life. It holds treasures of unforgettable memories. I too have experienced the same at my school. My father always told me that school life is the best life, so enjoy yourself till you are in school.

He asked me to make the most of my learning through taking up challenges, making mistakes and experimenting with new things. According to me children should live their life to the fullest until they are at school.

School is a temple of knowledge, your first place where you are introduced to the world of learning.

The memories of friends, mischief and fun stay strong in these years.

My school has also given me some unforgettable memories.

It gave me opportunities to develop myself physically, mentally and socially.

I changed my school after completing my 8th. I shifted to Purani Haveli campus from DS.

When I entered this building, I found everything was new. I couldn't even find my classroom. But very quickly I bonded with the teachers. All the teachers were equally warm and friendly. Especially my science teacher, who would not move forward in her topic, unless we understood it. There is a balance between academics and co-curricular.

At the end I would just like to say study, play, pray and keep growing. These days are golden days and will remain forever.

Career Counselling - a must guidance for students

By Mir Abbas Ali, C9A

"The more you learn, the more you are amazed"

This was the case unless we had a career counselling session in our school. That day I felt how much more I could do in my life. A well known name in our class these days is 'Vacatio '. This is a career counselling group that gives information and guidance to select a career that suits you. They made us aware of so many fields and how they are divided and which personality can do what. They cleared our doubts till we were satisfied. We had four sessions with them.

I was surprised to see that there are hundreds of more professions that one could take up apart from being a doctor and engineer. They showed us the actual realities of life. They guided us about the subjects that match our personality, which will make us successful and at the same time earn us enough money.

Their worksheets were interesting. It gave us a clear view of what we liked and what we should keep as a second option. The interaction was eye-opening.

I would like to thank the school for arranging such expert people and providing us with such valuable information.



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