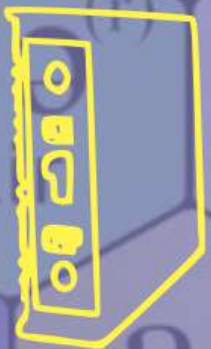


Fenestra

A Window to our culture of Learning and Sharing
Volume 5
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Reading

(ability to *decode* the meaning of a written string)



Listening

(ability to *decode* the meaning of an audio string)



Writing

(ability to *encode* thoughts and concepts into written form)



Speaking

(ability to *encode* thoughts and concepts into oral form)

The Pinecone and Pebble Museum

By Minhaj Arastu, Principal

One day, I saw a pinecone on a side table. A few days later, there was a pebble in the corner of the bedroom. After that, a bunch of crushed leaves came out of pant pockets in the washing machine. Day after day, the children were discovering creatures and objects from outside and bringing them into the house.

My first instinct was to ask them to “throw it away”, “clean it up”, and “not bring garbage in the house” (or in the pocket!). My parent-as-housekeeper mindset could not bear the clutter.

After being exiled, feathers, dried out insects and shells started accumulating on a forgotten table in the storeroom. Whimsically, I started to call the table a ‘museum’-- whenever the children found something fascinating,

I told them to put it in their ‘museum’. They took it to heart and in a short while, there was a huge collection of cement shards, pebbles, rocks, and granite chips.

At school, the children were learning about the creation of the earth and how rocks are formed. Their classmates brought in gemstones in all colours of the rainbow. Some brought geodes in full bloom. I recalled a 5-kg amethyst that my father had found in the jungles of Narsapur and sent it to school with the children.

Something was snowballing and it looked like something worthwhile. After a field trip to a *real* museum,

the children were interested in buying a few polished gems: agate, amazonite, obsidian. They made a distinct effort to pronounce these odd names. They learned how ‘igneous’ and ‘sedimentary’ rocks differ. They paid attention to how much money they needed to buy the gems. They orally presented their rocks to a family gathering. My parent-as-educator eyes started to twinkle.

The makeshift ‘museum’ was becoming a laboratory for the children to study and inquire about their surroundings *on their own initiative*. Maria Montessori’s words ring true time and again: “follow the child”.



Note: For any students or parents who are fascinated by gems or unusual stones, please ask Ms. Zainab to show you the rock collection in the Darushifa Campus Science lab.

Standardized Assessments

A Tool for Teachers to Help Students

By Mirza Alamdar Ali, Vice Principal-Operations

After 2 years of struggle in the pandemic, it is good to see that schools are vibrant again with the physical presence of children and teachers. The pandemic posed several challenges to the education community. These zestful and exuberant teachers with their spirit of helpfulness now had to face the many challenges that the pandemic had imposed on them.

Focus High School has always aimed at enabling children to excel in all aspects and now when we are tasked with the education of 2000 students at a time, we want to explore more strategies and innovative methodologies to understand the needs of children. With changing times and never ending challenges,

effective teaching is highly required. Among the many steps that we take, one thing that we strongly want to introduce in coming days across all the campuses, is a Standardized Assessment System. It will be a detailed diagnosis of students' learnings through a general assessment. It is meant to be an internal assessment of academic standards and will not impact on the promotion or the detention of students. Assessment results will help in planning the subject experts according to the learning gaps identified in them.

This practice will be implemented in 2-3 cycles in a year. I believe this approach will help us identify the learning gaps in a more comprehensive way, so that we can work on them in a more targeted way than ever.



3 Advantages of Standardized Testing

- Identifies learning gaps in individuals and groups
- Helps compare progress between classes and schools
- Eliminates discrimination and marking bias

Empowering Parents

By Asma Zaidi, Pre Primary Vice Principal

Adults play many roles as they grow older and one of the most demanding roles is that of a parent. The pressure is compounded for females because the onus of raising children is generally tilted towards them for various reasons. Parenting can be an overwhelming experience. It is sad that our culture and circumstances numb our experiences and make the journey unplanned. Planning milestones in life- for ourselves and to a certain degree for our children- can make the journey healthier and more pleasant. Like children, parents also experience a sensory overload- too much noise, too many demands from our own parents, stress of handling small children, work, traffic, relatives, continuous social engagements- the list is endless. The tragedy is that none of our educational institutions prepare us for challenges of real life and especially of parenting. Here are a few strategies for parents to follow when life gets tough:

- Take some non-negotiable time OFF from the world. The best place is your prayer mat, 10 minutes before you begin your prayers. Sit quietly and BREATHE consciously.
- Recognise your triggers - there is a point when some of us 'flip the lid' easily. Being able to recognise what makes you lose control, will help you navigate your emotions.
- Complete your 8 hours of sleep. If you haven't slept properly for days, then recognise the need to take a nap in the afternoon, or have an early night.

- Enjoy nature. It is the best gift you can give your family. Take them out to a park, the zoo or to a picnic spot, at least once a month. It's important for everyone to connect with nature, feel the soft grass under your feet and be in a relaxing surrounding. Take a long walk.
- Prioritise work, draw boundaries and shift work load to another day, if today was too much. (The clothes won't complain if you fold them a day later).
- Turn evenings GADGET FREE. Spend time in conversations, telling stories of your life and experiences, sharing memories and life lessons, playing board games. These few hours will help you to not only destress, but also form strong bonds and memories with your children.
- Exercise, cycle and get massages. We have forgotten our ancient traditions of "champi" and "tel maalish". Revive those traditions and make it a Sunday routine. Oiling the head and body is a sure shot way to destress for adults and children.

At Focus High School, we understand the challenges faced by parents and invite you to come forward whenever you need support.

Our leaders will be more than happy to share their learning and experiences in handling difficult situations with children.

Teaching

An ardent métier

By Humayun Abedi, Vice Principal Curriculum (Primary & High School)

And the secret behind its success

Have you ever wondered why some educational institutions are more successful than others? Have you ever tried to know the secret behind it? The simple secret is to think and act effectively. Efficiency and motivation defines how well you do your job. Everything that you do is driven by either passion or some kind of a strong motivation that pushes you! The people who work without these two elements, just do a regular “job”. Thus any job turns into a metier when it is done with passion.

‘Teaching’ - the Noblest profession

A few years back, we were students and now we are teachers. Until we are passionate about what we do, we can never get the results we want. I believe that teaching is one of the noblest métier, the most Primaeval occupations, that not only spreads and nurtures the mammal to become a human being, but it also carries forward the acquired knowledge to the future generations. If teaching comes from the heart, it needs complete involvement of oneself. Passionate Teaching will affect the hearts and minds of students and it will make learning enjoyable. I would take the help of the phrase of Allama Iqbal’s philosophical poetry - Jawab-e-Shikwa below:

Allama Iqbal says:

*dil se jo baat nikaltī hai asar rakhtī hai
par nahīñ, tāqat-e-parvāz magar rakhtī hai
When passion streaming from the heart
turns human lips to lyres,
Some magic wings man’s music then, his
song with soul inspires;*

How can parents empower the system?

Educating and nurturing the children is the responsibility of parents as well as the school. If parents have a fixed mind-set about their child’s progress then a child may lose his innate potential. Parents must allow their children to grow naturally and in this process find out the hidden talents of their children.



Children are like plants, they grow 360 degrees. They inquire, perceive, explore, learn, re-learn and unlearn. What you sow at home with respect to family, culture, academics and emotional security, the same you shall reap at school. Children need enough love and care to grow. If parents put in equal efforts as that of school, then the best result can be obtained. Someone has very beautifully phrased collaboration efforts of teacher-student-parent as follows:

*Education is like a cycle controlled
by three forces
The teacher as the front wheel
which gives direction,
The student as the back wheel
does the work on the ground,
The parent as the chain,
provide power to the whole system*

This is not the conclusion but the beginning of our mission at Focus High School. You can join us by being a part of our team. Our doors are open for talented teachers. Parents who aspire to become teachers may get trained and join us. Their contribution may help us in bringing the desired change.

ROUTINE FOR STUDENTS

By Munazza Fatima High School
Coordinator

A routine is a sequence of actions that one does repeatedly or the usual series of things that one does at a particular time in a fixed order. The students who aspire to be successful develop a healthy, balanced routine in their daily life to achieve academic goals and targets. A daily routine for students should include eating a nutrition-rich diet, exercising, studying, playing and getting enough sleep. To successfully create a daily routine, the most important thing is time management.

As a student, one has a lot of responsibilities from attending classes, completing assignments, going to the playground or for tuitions etc, to name a few. With a clear schedule/routine and time management skills, one can alleviate stress, stay productive, and know how to balance fun with studies. Routines boost self confidence of the students, develop consistency and remove distractions. Routines must be a right mix of tasks that help achieve both health and academic goals. These must be performed in the same order everyday.

To start with, students CAN

- make their personal timetables.
- Wake up early in the morning to offer prayers. This will help develop their mental wellbeing.
- Exercise to develop motor skills.
- Have healthy nutritious breakfast, lunch and dinner on time which will help boost immunity, develop the brain and to remain active.
- Study after school hours for a dedicated time without any distractions where they revise what is taught and also complete homework.

This would help generate interest in studies, boost confidence and help in better conceptual understanding concepts.

To conclude, I would suggest students to do the following:

- Takeout time for extra co curricular activities.
- Avoid social media. Instead they can make a habit to sit along with grandparents and spend time with them by sharing their day to day activities.
- A child can end the day by thanking their parents who are always by their side.
- Lastly, be thankful to GOD for all you have in your life, forget and forgive the ones who have done wrong to you and have adequate sleep.

Kindness

Arshiya Fatima, C5B

Kindness is the act of being friendly, generous, and considerate. It is a way of showing care and concern for others. It is a virtue that can make a person more liked and respected. It can also make the world a better place.

One act of kindness can make a difference in someone's life. It can brighten their day and make them feel valued. A kind act can also be contagious. When we see someone being kind, it inspires us to be kind as well.

Kindness is something that doesn't cost anything but means a lot. It is a way to make someone feel good. A kind act can be as simple as a compliment or a smile. We can also do something more significant, such as volunteering our time or donating to a cause.

No matter how big or small, our acts of kindness can have a positive impact on others. By being kind, we can make a difference in the world, one person at a time.

Co curricular activities and its role in child development

By Sabika Javeed, Co-curricular Coordinator

Co-curricular activities, a word commonly used in schools. One of the many functions of a school is to organise co-curricular events. I consider it an essential part of the school curriculum. So let's take a brief look at what it does?

For children.....

- **Experiential learning:** Each time a child participates in an event, he goes through a process of getting himself ready to face the audience. He works hard so that he/she should put up his best, in speech as well as appearance. This indirectly boosts confidence. I have personally experienced many introverts and shy children after being on stage, show change. They get the appreciation they were looking for. Children should never be stopped from participating in any event.
- **Building strong collaboration skills:** Often presentations are done in groups. This helps the child to develop good bonding with other classmates. The entire group has a common goal to achieve. A child is doing more than just studying, he is using his resources to the best. It is like getting polished. Everyone wants to put their best foot forward.
- **Learning beyond the black and white text:** School life comprises of two things, one is your marksheet and other is your skills. Not letting the skills develop could damage the personality of children. They may not grow up to their possible potential.

- Adding value to a child's self-esteem by giving an opportunity to do something different than a regular paper-pen test, you add value to your child's life.
- Learning does not occur only through the lecture method. Learning happens in numerous ways. It is the school's responsibility to give those rich experiences to children.
- It encourages curiosity and sets children up for inquiry.
- School as a place of interest: Various activities at school encourage children to look forward to coming to school. It develops a strong sense of belongingness towards the school community.
- Last but not the least, it is beneficial for the mental and physical health of the children.



Listening class

By Sakeena Fatima, Teacher of English
(Primary School)

Developing English speaking skills in students is very important. It's a tough challenge for the teachers as students lack exposure to the language. All the listening that they do is only through teachers. Even if students learn they do not have the day to day vocabulary to speak. Adding to the problem, children, in fact, never develop the richness of the language.

So to improve the speaking skills of children, we came up with the idea of listening classes. Listening not only enhances your ability to listen, it also makes you a better communicator.

How do we conduct our listening classes?

- Set a goal: It's important to have a purpose for every listening class. We first begin with stating the purpose of the listening class. This guides the students to know where to focus
- Prepare an environment :children are taken to the separate listening room with speakers. This is done to reduce distractions and bring focus on auditory senses.
- Introduce listening strategies: instructing the children to listen to the stories, poems, commentary, news etc carefully and note down specific information. This makes them active listeners.
- Repeat: No speaking can happen unless you speak. Providing an opportunity to speak is the key to these classes. Children enjoy speaking the newly learnt vocabulary.

The class is all fun and there is no assessment. Children keep repeating the sentences, narrate stories and discuss the topic heard in the class. A chatterful class might be too much in other schools but not in listening class.

Keeping Fit

By Afshan Begum, Primary & High School
Teacher of Physical Education for Girls

Exercise should be part of daily life. It is as important as eating and sleeping. Parents and children do not realize its benefits and as a result face health issues. Regular exercise helps children grow to their full height and weight. A fit person enjoys a good life. He doesn't get tired easily. He is able to perform better in academics and sports. He/She gets sound sleep and is free from diseases. If one could understand the importance of exercise they will soon realize that good health saves a lot of money. An individual becomes a sportsperson only when he/she acquires fundamental skills of the sport. Different motor skills help the players to acquire expertise in these fundamental skills. Individual sports like sprinting, jumping, throwing, relays, gymnastics help the children develop focus and attention. In our school a PE class is taken in the following way.

- Engage the students in warming up activities.
- Teachers demonstrate any exercise or game.
- Identify some good performers (students) in each group, who can perform the skill with ease and ask the rest of the students to observe carefully.
- Check the level of competency in each student at the end of the activity and give them a feedback for improvement.
- Make them play games according to their age.
- Help them relieve stress.
- End the class by relaxing the muscles and disperse.

Through PE classes children understand the importance of rules and discipline. Parents should also encourage sports activities during holidays.

हमारे विद्यालय में मनाया गया 'हिंदी दिवस'

नमस्कार

'हिंदी को आगे बढ़ाना है
उन्नति की राह ले जाना है
केवल एक दिन ही नहीं
नित हिंदी दिवस मनाना है!'

हिंदी किसी सम्प्रदाय विशेष की भाषा नहीं, ये जन - जन की भाषा है हिंदी हमारे हृदय की भाषा है लोगो को आकर्षित करती है हिंदी की मधुरता, विश्व में अधिक बोली जाने वाली भाषा है हिंदी। हमारे (फोकस) विद्यालय में हिंदी दिवस बड़े उत्साह से उप प्रधानचार्य हुमायूं सर और आसमा जैदि मैम की अध्यक्षता में मनाया गया।

हिंदी दिवस प्रत्येक वर्ष १४ सितंबर १९४९ को संविधान सभा ने यह निर्णय लिया कि हिंदी केन्द्र सरकार की आधिकारिक भाषा होगी।

शिक्षको और छात्रों ने इकट्ठा होकर हिंदी दिवस मनाया है। विद्यालय में आयोजित कार्यक्रम देश में हिंदी भाषा का महत्व विषय पर छात्रों ने अपने विचार प्रकट किए और इस दिन होनेवाले कुछ सब से दिलचस्प कार्यक्रम यह थे की - भाषण पढ़ना, गीत गाना, नृत्य करना, कबीरदास के दोहे, तुलसीदास के दोहे, हिन्दी मे सामान्य ज्ञान प्रश्नोत्तरी, नाटक करना, नारे बोलना, कविताएं पढ़ना आदि। इस दिन छात्रों को भाषण देना, निबंध लिखना और अन्य काम करना के लिए प्रोत्साहित किया गया है और हिन्दी दिवस कार्यक्रम में भागलेने पर प्रमाण पत्र प्रदान किया गया।

मुझे कुछ चुनौतियाँ का सामना ऐसा करना पड़ा जो - बच्चे उत्साहित नहीं थे उन को भी प्रेरित किया। उन बच्चों को कार्यक्रम मे भाग लेने की सलाह दी और उन छात्रों को आगे बढ़ने के लिए प्रोत्साहित किया और कार्यक्रम का हर कार्य समय पर पूरा करना मेरे लिए बहुत बड़ी चुनौती थी।

अपने अध्यक्षीय संबोधन में उप प्रधानाचार्य ने कहा कि - "हिन्दी देश को जोड़ने वाली भाषा है। हिन्दी को मातृभाषा का दर्जा प्राप्त हुआ है और हमें हिन्दी भाषा कि ओर विशेष ध्यान देना चाहिए।"

मैं कुछ पंक्तियाँ कहना चाहूँगी।

"हिन्दी मीठी मधुर वाणी
हर दिल को ये भाती है
शब्द-शब्द में शहद घुला
हर मन को ये लुभाती है।"

धन्यवाद।

कविता ठाकुर और दुर्दाना फातिमा

हिंदी विभाग

प्राथमिक और उच्च विद्यालय।

छात्र प्रतिबिम्ब (Student reflection)

सकीना फातिमा, कक्षा-६

मैं १४ सितम्बर को प्राथमिक विद्यालय के लिए हिन्दी दिवस सभा मे भाग लिया। हमने इस बारे मे बात की कि हिन्दी दिवस क्यों मनाया जाता है और भाषा हमारे लिए क्यों महत्वपूर्ण है। मुझे इस सभा की तैयारी करने मे बहुत मज़ा आया क्योंकि यह एक महत्वपूर्ण भाषा सीखने का अनुभव था। जहाँ मैं अपने हिन्दी शब्दों के उच्चारण मे सुधार करने, अपने संचार कौशल और अभ्यास करने में सक्षम थी। वैश्विक महामारी के बाद छात्रों के साथ सभा मे वापस आना विशेष रूप मे सुखद था।

धन्यवाद।

माں باپ کی اہمیت

آمرین فاطمہ، C9A

ماں باپ اپنے آپ سے پہلے بچوں کا خیال کرتے ہے۔ وہ اپنے بچوں کو پال پوس کر بٹے کرتے ہیں۔ وہ اپنے بچوں کو اچھی تعلیم نے کی کوشش کرتے ہے۔ ماں باپ اپنے بچوں کو اچھا پڑا کر ایک اچھا انسان بنا نے کی کوشش کرتے ہے۔ ہمیں اپنے ماں باپ کی خدمت کرنا چاہیے۔ ماں باپ ہمارے لے مہنت کرتے ہیں تاکے ہم ایک اچھا انسان بنے۔ ماں ہمارے سا تھ ہمیشا رہتی ہے۔ اور وہ ہمیں اچھے آداب سکھتی ہے۔ اور ہمارے بابا کام کر کے مہنت سے ہمارے اسکول کی فیس بھرتے ہیں۔ ہمیں اپنے ماں باپ کی عذت کرنی چاہیے۔ اور ان کا احترام کرنا چاہیے۔ ماں ایک ایسا بیڑا ہے جو کبھی خریدنے سے حاصل نہیں ہوتا۔ ہمیں اپنے والدین کو خوش رکھنا چاہیے۔ اگر ہم کوئی مشکل یا پریشانی پیش آئے تو اپنے ماں باپ کو خوش رکھنا چاہیے۔ اگر ہم ماں باپ کی طرف پیار سے دیکھنا بھی عبادت ہے۔ ہمیں اپنے ماں باپ کی ہر ضرورت کو پورا کرنا چاہیے۔ اگر وہ ہم بچوں کے لئے ہر چیز کر سکتے ہیں تو ہمیں بھی اپنے ماں باپ کی ہر ضرورت کو پورا کرنے کی کوشش کرنا چاہیے۔ آج کل تمام لوگ کے یتیم ہے اور سب اپنے ماں باپ کو یاد کرتے۔ جو لوگ کے پاس ماں باپ ہیں وہ بہت ہی قسمت والے ہیں۔ اور وہ اپنے ماں باپ کی خدمت، عذت، احترام، اچھے آداب وغیرہ کرنا چاہیے۔

Experiential Learning

By Mohd Mahmood Ali, High School Teacher of Mathematics and Physical Sciences

What is Experiential Learning and why is it important?



Experiential Learning is the process of learning by doing. By engaging students in hands-on experiences followed by a reflection activity, they are better able to connect the new theories and knowledge to real-world situations. Experiential learning opportunities exist in a variety of course- and non-course-based forms and may include community service, service-learning, undergraduate research, study abroad/away, and culminating experiences such as internships, student teaching, and capstone projects, to name a few.



Experiential learning enhances

- A better understanding of course material.
- A broader view of the world and an appreciation of community.
- Insight into their own skills, interests, passions, and values.
- Opportunities to collaborate with diverse organizations and people
- Positive professional practices and skill sets.
- The gratification of assisting in meeting community needs
- Self-confidence and leadership skills



In order to impart the quality education, we are trying our level best to make students meet today's need of learning concepts experimentally, practically and learn through experience rather than rote memorization. Thus a science laboratory was set up in FOCUS HIGH SCHOOL, Purani Haveli campus, where students are asked to attend physical science and chemical science in science lab and not in their respective classrooms.



Observations: students are curious, excited and enjoy gathering new information in the lab.



Conclusion: Students' engagement in activities proves that Curiosity is the mother of invention, they say. *It was the curiosity of knowing the reason behind the fall of an apple which made Isaac Newton invent the Laws of Motion.* Aryabhata, Kepler, Einstein and a few more, were those super-brains who led the path to scientific advances.

Kinesthetic Learning

By Maliha Fatima, High School Teacher of
Biological Sciences

Being a teacher entails a great deal of responsibility. A teacher must nurture young minds that are completely reliant on them for learning. Teachers frequently attempt to use traditional teaching methods, either because they are under pressure to complete the syllabus or because they believe that students will understand better if they are given direct knowledge.

Through my experience I believe that kinesthetic learning should be promoted in schools. It encourages both teachers and students' creativity in problem solving, student's independence, and improves skills of discussion, investigation, and communication. Different students learn in different ways, and forcing everyone to learn the same way can limit any given class.

Kinesthetic learning has the potential to help or elevate any learner. Everyone's learning needs are different. Children learn at their own pace and in their own style. Hands-on learning supports the student to learn at his own pace. By allowing students to move, discuss, interact, and truly engage in the lesson, hands-on learning replaces tired, traditional classroom instruction.

Instead of being bored students waiting for their turn, they are fully immersed in the task's functional points. It allows them to connect the presentation to their daily lives more easily than just - listening, taking notes and memorizing. It becomes a magical experience for students. It's interesting, so it's easier to remember and more appealing to investigate. Kinesthetic learners frequently grasp the "big picture" of a lesson or activity quickly.

It encourages students to think creatively and to look for real-world applications. Encourages curiosity and the desire to try new things. Children can learn organically by making mistakes and correcting them. Hands-on learning allows older students to investigate potential career paths before committing to any conclusions regarding their careers.

Introducing blood groups to Class 9 was both exciting and challenging for me. By providing the students an opportunity to find their own blood group through a practical activity made the topic interesting. I am glad that our school encourages activity based learning to the children

Reflections from students:-

This experiment was fascinating. It taught me something new. – Zainab Fatima C9A

I wasn't aware of my blood type before the activity, therefore learning it made me happy. Batool C9A



"మన తెలుగు భాష"

By Ms.Ayesha

పిల్లలు తెలుగు భాష నీ చాలా కఠినమైన భాష అనుకుంటారు.కాని వాస్తవానికిఇదిచాలా సులభమైన భాష.ఒకసారితెలుగు అర్థమైందిఅంటేదీనికన్న మంచి భాష ఏదిఉండదు అని ఒక భావం కలుగుతుంది.ముందు ఏదైన నేర్చు కోవాలి అంటేపట్టుదల,శ్రద్ధ,క్రమశిక్షణ ఉండాలి.

ఇప్పు డు తెలంగాణ లో తెలుగు అనేదిముఖ్యమైన భాష అయింది.అందుకేపతేర ఒకరు తెలుగు మాట్లాడి,నేర్చు కొవాలి కూడ.ముఖ్యంగా తల్లిదండ్రులు పిల్లలకితెలుగు భాష కఠినమైన భాష కాదు అని నేర్పాలి, ప్రోత్సహించాలి.కాని చాలా మందితల్లిదండ్రులు వాళ్ళ పిల్లల ముందర ఈ భాష చాలా కఠినమైన భాష అని అంటారు.వాళ్ళ మెదడిలో అదేమాట కూర్చో ండిపోతుంది.అలా తల్లిదండ్రులు ఎప్పు డు చెప్పకూడదు.పిల్లలని తెలుగు భాష నేర్చు కోవడానికిప్రోత్సహించాలి. పిల్లలు ఏదైన నేర్చు కోవడానికితల్లిదండ్రుల పాత్రచాలా ముఖ్యమైనది.వాళ్ళు గనక పిల్లలని ప్రోత్సా హిస్తే పిల్లలు ఏదైన నేర్చు కోగలుగుతారు.మనుషులకిఅసాధ్యమైనదిఏదీకాదు.మానవు డు ఏదైన సాధించవచ్చు .తెలుగు భాష రాయడం గాని నేర్చు కోవడానికిగాని ముందుగ వర్ణమల వచ్చి ఉండాలి.ఆ తర్వా త కొన్ని వాస్తవిక సంఘటలను చూడాలి, అంటేకొన్ని తెలుగు కథలు,తెలుగు బాగ మాట్లాడేవాళ్ళతో ఉండిఇంక బాగ భాషని నేర్చు కోవచ్చు .

నేను ముందుగా పిల్లలకిఒకటేచెబుతాను.తెలుగు నేర్చు కోవడానికిభయపడకూడదు.వాళ్ళకి మొదటిగ వర్ణమాల బాగ నేర్పిస్తాను.దీని కొసం నేను కొన్ని య్యు టుబ్ వీడియోస్ చూపిస్తాను చార్ట్ వర్క్ చెయిస్తాను. నేను వార్తాపత్రికలు కూడ ఉపయోగిస్తాను.ఏందుకంటేదాని ద్వారా పిల్లలు కొన్ని కొత్తకొత్త పదాలు నేర్చు కుంటారు.ఈ ఒక టస్క్ పిల్లలకిఒక గ్రూప్ లో ఇస్తేఇంక చాలా ఉత్సా హంగ చేస్తారు.

పైన బొమ్మలో నేను ఇచ్చి న టస్క్ వార్తపత్రిక ద్వారా కొన్ని పదాలు వెతకడం దానికిఅర్థాలు ఆంగ్లం లో రాయడం.ఈ టస్క్ పిల్లలు చాలా ఉత్సా హంగ చేసారు. పిల్లలకిపాఠాలు చెప్పేటప్పు డు నేను ముందుగా కొన్ని పాఠానికిసంబంధించి కొన్ని పశ్నలు అడుగుతాను.వాళ్ళకికొన్ని టాస్కు లు ఇస్తాను.

పాఠానికిసంబంధించిన కొన్ని వాస్తవిక సంఘటలను విడియోల ద్వారా చూపిస్తాను.కొన్ని క్రియి ిటివిటి టాస్కు లు ఇస్తాను.క్రియి ిటివి టాస్కు లు ఇవ్వడం వళ్ళ పిల్లలకి జట్టుకృషితో ఏలా పని చేయాలి లో తెలుస్తుంది, పిల్లలు స్వా తంతరంగ ఏదైన నేర్చు కొవడానికిముందుగు వస్తారు.

భాషనీ ఇంక బాగ నేర్చు కుంటారు.సులభంగ మాట్లాడానికిపయ్య త్ని స్తారు కూడ.పిల్లలకికొన్ని చిన్న చిన్న వాక్యా లు నేర్పించాను.ఎదైతేమనము తరగతిలో మాట్లాడుతామో అవేవాక్యా లు పిల్లలకి నేర్పించాను.

మా పాఠశాలలో తెలుగు దినోత్సవ వేడుకలు జరిగాయి.ఈ దినోత్సవం పతేర ఏడాది29-ఆగస్టు న జరుపుకుంటాము.ఆ రోజు తెలుగు భాష ఒక గొప్పదనం గురించి కొన్ని స్క్రిట్లు,పాటలు,గేయాలు,కవుల గొప్పదనం గురించి తెలుపబడింది.

పైచిత్రాల్లో పిల్లలు చదరంగం ఆట పాఠం చదివి చదరంగం బోర్డునీ తయ్యా రు చేసారు.వాళ్ళు అది తయ్యా రు చేయడానికివాళ్ళు ఇంట్లో ఉండేపనికిరాని వస్తువులు ఉపయోగించారు.అలాగేఇంకో బొమ్మలో

ఈక పాఠం విని పిల్లలు ఒక క్రియి ిటివి టాస్క్ చేసారు.అలాగేఇంకో బొమ్మలో పిల్లలు తెలంగాణ రాష్ట్ర చీహ్న లు గురించి ఒక క్రియి ిటివి టాస్క్ చేసారు.నేను పిల్లలకిఎప్పు డు టాస్కు లు ఇచ్చి నిమగ్నం చేస్తాను.కొన్ని టాస్కు లు అన్వేషించడానికిఇస్తాను.ఇలా వాళ్ళకిటాస్కు లు ఇవ్వడం వళ్ళ కొంచం గ్యా ణం పెరుగుతుందిభాష మీద ఆసక్తికలుగుతుంది.

ఆ తర్వా త పిల్లలకినేను పాఠం వివరంగ చెబుతాను.అప్పు డు పిల్లలు పాఠాన్ని సులభంగ అర్థం చేసుకుంటారు.

వాళ్ళకికఠినమైన పాఠాలు కొన్ని ఉదాహరణాలు ఇస్తూ ఆ పాఠాన్ని సులభంగ చదివిస్తాను. ఆ తర్వా త పిల్లలకిపాఠానికిసంబంధించిన పశ్నలు అడుగుతాను,రాపిస్తాను.

ఇలాంటికొన్ని పద్ధతుల ద్వారా పిల్లలకిభాష నేర్చు కొవడంలో, చదవడం లో సహాయ పడుతున్నా ను .



Parents are Equal Partners in child's Education

By Kaneez E Zehra, Primary Coordinator,
Teacher of English

“At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents” - Jane D Hull

Is the saying not true? Researchers have recognized that a positive bond between parents and teachers play a vital role in the development and education of children.

Many parents believe that their children's education is entirely in the hands of the teachers, but fail to understand that parental involvement is as crucial as teachers' contribution. Children tend to do their best when they observe their parents connecting themselves to school in meaningful ways. No doubt, everyone juggles between professional and personal tight schedules, but you need to believe that minting out and investing a few hours to spend quality time with your children will have long term benefits on their overall growth and development.

A few simple ways a parent can adopt to support their child's education....

- Participate in their activities to give them a feeling that they are being supported.
- Celebrate their achievements, no matter big or small.
- Education should be the top most priority, cut down on their after school activities that are really not necessary.
- Provide a quiet place at home away from distractions
- Read, Read, and Read - the best way a parent can embrace their child's learning. Either you can read to your child or have your child read to you.
- Encourage them to read newspaper articles, good books and magazines.
- Monitor their screen time, and the content they browse.

- Listen: It is a general assumption that a child should listen to the parents and not the other way around. But that is not correct. Parents should also listen to children. They feel valued when they are listened to, an essential element to boost their confidence.
- Stay connected with the school. Strong, respectful relationships with school and teachers can work wonders for your child.
- Checking their home assignments and signing their diaries regularly is equally important.
- Have a family connect time.

Education today is not confined to the four walls of the classroom, and just a teacher imparting knowledge, it is way beyond. Give children the right kind of exposure outside the classroom, and this can be possible only with parents providing opportunities for a child to explore. Show them that you are equally involved in educating them. “Your children need your presence more than your presents”.

STEM - The magical subject

By Nabeel Ali, C8B

One of the most wonderful things added to my syllabus this year is the STEM subject. It is wonderful in all aspects. It has coding, engineering, maths and science. All these are my favourite subjects.

Uptil now we have learnt coding. Our subject is divided into two semesters. At the end of this semester, we designed games to solve problems. It was a collaborative project but we had a lot of fun doing it. We designed games in coding. The future lies in coding. According to me all children must learn coding.

I am deeply thankful to Humayun Sir for his farsightedness and introducing a new subject like this. My thanks to Maria Ma'am, who teaches with all her interest.

Learning through exploring Socio-enthusiastic

By Aliya Khanam, High School Teacher of
Social Studies

Social studies basically seeks to arm citizens with knowledge about the world, nation and society around them, with the help of other disciplines like Political science, History, Economics, Religion, Geography, Anthropology, and Psychology. With such knowledge, children and young adults understand the world better and make informed decisions about civic issues. These issues affect them and their families directly or indirectly. Such issues include health care, crime, migration, foreign policy etc.

Social studies can be taught through **3E's - Exploring, Experimenting & Evolving.**

Students find Social a boring subject but through exploring & experimenting themselves in any activity they can solve appropriate levels of challenges, and can be a quick decision maker.

When a teacher's teaching is followed by **constructivism (student-centred learning)**, it gives an opportunity to the students to develop curiosity which leads to thought provoking questions & lifelong learning. Such teaching has a great impact on the students.



The reality of social media

By Mohd Yousuf C9B, Vice Captain

Social media is the biggest enemy of students. It wastes more than 50% of their time which could easily be used in other productive work. Nowadays most of the people use apps such as Twitter, Instagram and Facebook. Facebook and Instagram are the apps that are the most dangerous .

Twitter somewhat creates a balanced position for me. It shows the latest news around the world. It keeps me updated. If anything interests me, then I will read more about it. I will try to find out the depth of the news. Keeping updated oneself with news is always good. You can discuss the same with your friends, participate in debate and discussions.

Teachers like those students who are well aware of their surroundings. Being a leader, I shoulder the responsibility of guiding other students too. In that case, News is good for me. I was upset at the fact that the Russia – Ukraine war is still going on.

It trended in the beginning but soon all got bored with it and very soon forgot the war. Now the implications are more severe but no one has time. This I feel is the biggest problem with social media. Every topic over here tends to last for only a few weeks or even days.

If I think deeper, I have realised that our generation is growing up with the fact that everything is short lived. Their focus and interest to do any work is also short lived. They have little attention span and severe health issues. In the end, I would like to suggest to my friends that you may use social media but it should be done with responsibility and awareness.

Girls' Education a challenge still today

By Syeda Zainab Fatima, C9A

If we look at the demographics of our country, we find that India is one of the most populated countries in the world. The ratio of men and women is not equal. The percentage of men is higher than women. In a country where women are considered goddesses, it is surprising to see the percentage of girl education. The difference is visible both in urban as well as rural areas. In my article, I would like to state some of the reasons for this lower rate in girl education. Awareness about the problem is essential, and everyone needs to think deeply for a solution.

Let me first list down the factors:

- Poverty: parents who struggle to make ends meet, easily give up on their daughter's schooling more than their male counterparts.
- Unreachable government schools: parents of the rural areas face the problem of distance. They are not willing to send their daughters to far away schools thinking about their security.
- Ideology: few parents are of the opinion that a girl is meant to be at home taking care of household chores. There is no need for education.
- Social issues also keep girls at home. Child marriage and child labour are two commonly found issues in India.

Feeling this problem near my heart, I think that everyone must work towards it. The problem cannot be eradicated overnight but one must understand that progress of India lies in the hands of an educated population. Girls are indeed the future of our nation.

School life

By Saba Fatima Khorasani
C8A

School life is all about learning. School life is all about getting ready for a bigger school called 'World'. We need to get ready to face challenges. At this moment, I would like to say that Schools in general have a great influence on children. A school moulds the character of a child.

It helps in developing attitudes, abilities and basic principles of life. For many of us, days spent in school are the happiest of all. Every moment spent in school is every moment to be cherished in future.

I study at Focus high School. I am glad that I am part of such a good school. My school is one of the renowned schools in my town. It is beautiful, neat and huge.

My school has all the facilities like a STEM lab, sports area, Science lab and library. I like going upstairs to play games in the PE period. During the library period the colourful books all arranged neatly in shelves attract us to read more.

It gives wings to my imagination. I like both fiction and nonfiction books. The STEM lab has its own essence. Engineering and coding.

Earlier I would think that these are so difficult things but now as we are learning, we are enjoying it a lot. Science Lab and arts room are all in their place. One is extremely neat and another is colourful.

The small hangings make us feel cheerful. Everytime I go to an arts lab, I feel I have entered an enchanted world. I am thankful to my school for all these things. I know, one day, I will be out of the school but I will always remember my school life.

Arts

The joy of doing

By Tasneem Fatima, Primary Teacher of Arts

There is no general definition of what constitutes art but its definition has changed over time. Painting, Sculpture, and Architecture can all come under art. Until the 17th century, art was referred to as any skill or mastery and was not differentiated from crafts or sciences. In modern usage that is after the 17th century, aesthetic considerations were given paramount importance. Later fine art was separated from other arts such as the decorative or applied arts. In Focus High School, Arts is considered as important as other subjects like Languages, Math, Science and Social.

Students show keen interest in activities related to arts which encourages me to plan and implement new arts activities for them in each class. Few students come up with their own art work which I display as motivation for other students. Children enjoy art work. To keep them away from art is not healthy. It helps them perceive colours, shapes, forms and develops aesthetic sense. I had the joy of teaching emboss painting, glass painting, pot painting, to the students. I feel happy when children come running to art class. Art is a therapy. It works wonders for their own development. It allows them to express their creativity, emotions, and they become imaginative.



Zainab Ali, C10



Ruqaiya, C10



Mohammed Ali, C8B



Viqar Ali, C8B



Agha Liaqath Ali, C6B



Decorating the diyas & Storage holder

An Academic Outreach Program

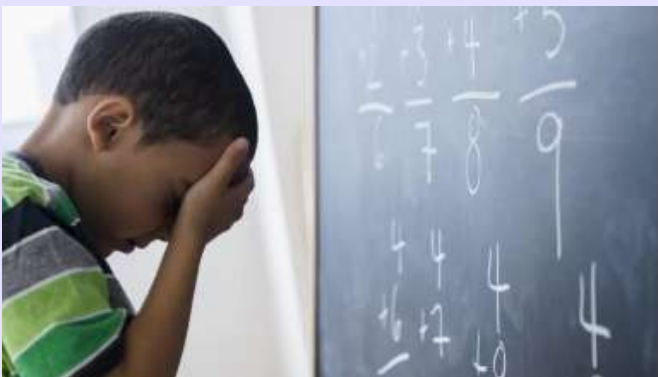
By Humayun Abedi, Vice Principal Curriculum (Primary & High School)

The Fact figures

Nearly 90% Indians between 10-16 years lack basic operational maths skills. Only 12.3 per cent of India's lower secondary school students (aged 10-16) are proficient in basic mathematics. (UNESCO SDG 4 report; 24 January 2022).

The Need

It is very difficult for students to understand the Mathematics, English & Indian languages of their grade level without having basic clarity of foundational concepts. The government's resolution to promote children every academic year, even if he/she has not completed the grade level requirements has actually backfired. Students develop huge academic gaps of 3-4 years. With no intervention being done in primary classes, these gaps keep widening every year.



FHS Intervention Approach

On 14 October 2022, FHS started the Academic Intensive Care Unit (AICU) at the Purani Haveli campus. Each 'unit' (group of students) is pulled out from the classrooms and taught individually by a teacher expert. The teacher is supposed to understand their set of students and help him/her in the best possible way. Our approach is to support children in their academics, starting from basics in Maths and English, covering all their learning gaps.

Difficulties in Indian languages are overcome by teaching basic alphabets with sounds, followed by reading 3-4 lettered words, along with comprehension. Our AICU classes are stress free. Children enjoy, learn and overcome their learning gaps through games, puzzles, crossword, word-formation etc.

Speaking of language is given utmost importance. Reading, comprehension and writing skills are introduced slowly one by one. PHE & ICT has been added to each unit so that students don't miss extra curricular activities. The most important strategy for the success of the AICU is the high interaction ratio of 1:6 for teacher: students. Regular lecture method of teaching is replaced with 20-30% of intensive teaching time and 70%-80% of individual attention time. Thus the teacher interaction time is intense and full of care.

The Assessment

Students performance is evaluated through rigorous daily homework follow up, weekly and monthly assessments in each subject / language.

The Duration

The course has been designed for a maximum of three months. It is expected that students will overcome the academic gaps and become eligible to revert in the mainstream curriculum and grade level. The success of the AICU depends on the support extended by parents at home to practise concepts covered in school.

I would like to use this opportunity to thank parents of C6 & C7 who believed in us to initiate and execute the program.

Credit - The AICU idea has been borrowed from Shaheen Institutions, Bidar-Karnataka.

Independence is crucial for children

By Rabab Fatima, Teacher of Montessori

“The greatest gift we can give our children are the roots of responsibility and the wings of independence” - By Maria Montessori

The development of a child is a conquest for greater independence. The stages of development are the same throughout the world but differ with the environment provided to them. Development of a child acts jointly with independence. In order for children to grow normally, they need to have independence.

Every individual strives to work according to their will. There is a subconscious will in every child to perform certain tasks that helps normal growth in them. Depending on the child's development, we need to provide meaningful activities and independence to children so that they can function according to his/her own tendencies until they reach adulthood.

If a child is given the freedom to work according to his/her will, they learn enthusiastically and are always happy. A child can only develop by experiencing the environment. A child's first freedom is being born and coming out of his mother's womb. Likewise, a child's first step to independence is learning to speak.

Now he can express himself and doesn't need others to do the guess work. Six month old babies can survive without their mother's milk. Learning to walk is the next level of independence. He does not need anyone to carry him. Adolescents who dislike being dependent on their parents tend to be independent. In an environment, children develop through experience.

If we do not let the child experience things around him the child will grow up as a degenerate child. When nature has its own process of development, one cannot change it or force it to become faster. We cannot force a 6 month old to walk, just as we cannot force a child to understand or learn things which are beyond his age. There are tendencies in every child.

In order to become independent, the child is inclined to do things on his own. The mind will develop through experiences. It is only through experience that a child can grow, and freedom plays a vital role in the same.

“If teaching is to be effective with young children, it must assist them to advance on the way to independence” - By Maria Montessori

The independence of a child leads to normal growth. In order to ensure the child can become independent, we should offer him enjoyable activities allowing him/her to repeat till they master it.

We should also support the child through a literacy environment at home. Having independence as a continuous process allows a child to develop strength, self-confidence and self-perfection.



Spelling through phonics in Early years

By Durdana Fatima, Montessori Teacher

Phonetics is a developmental milestone when it comes to literacy. Most children struggle with reading and spelling in primary years. The struggle to use the right combination of letters in English can be tricky for some children.

Learning to spell phonetically helps a child to develop a strong connection between the letters and their sounds that later assists him/her with other skills like reading and writing. During 3-6 years the child's mind is highly absorbent and sensitive to learning of language. The important question is how to teach spelling from the very beginning, so that it becomes an automatic and effortless lifetime skill.

At Focus High School, our solution is the Let's Read program that helps the children to build systematic skills of reading which over a period of time helps them to become fluent readers. The program is unique and uses many strategies that make learning enjoyable. One of the most important factors in teaching letter sounds is the way the teacher pronounces each sound. We teach children letter sounds so that they can use those sounds to read words.

When children are reading words, they must be able to blend the sounds together to form words. The kinesthetic activities turn reading into play. Through games and activities the children learn to read effortlessly. We assess every child's Reading Age at the beginning, middle and end of the academic year. This helps us to track the progress of every child. Take a look at our class- reading in action!



Joy of Learning with Montessori Method

By Sumana fatima, Montessori D

The learning phase of a child is the special stage in early years where they learn new words, new emotions, and form new behavioural patterns based on their experiences in the environment. The time, effort, and tools you provide to the children in this crucial phase are no less than an investment.

Every little thing makes a huge impact on their progress and can have an everlasting impression on their developing minds. Montessori is a method of education that is based on self-directed activity, hands-on learning and collaborative play.

In Montessori classrooms children make creative choices in their learning which helps in holistic development. The self learning material ensures that the concepts are well learnt and the confidence of the child remains high. Here are samples of activities that the children chose to do in our Montessori class.



Learning geometry with Montessori constructive triangles and binomial Cube



Learning to be independent with practical life activities



Enhancing sensorial skills with Montessori Sound boxes



Learning geography with Montessori Maps



Enhancing numerical skills with Montessori beads

Importance of Play in Early Childhood

By Zainab Asghar, Pre Primary Coordinator

Play is the work of the child- Dr. Maria Montessori.

When children are allowed to explore their environment through meaningful activities they can learn an unfathomable amount of knowledge about their world. In a Montessori classroom, children can both experience and play at the same time.

Play helps children in brain development, creative thinking, language, forming friendships, communication skills, sharpens reflexes, keeping themselves controlled, growing empathy, thinking ability, increasing emotional maturity and improves vocabulary. The children who were given multiple opportunities to play in their early life grow up not only physically but also emotionally and socially stronger.

When children are given the right encouragement and support, they create 'Pretend' scenarios by talking with peers, using props in a symbolic way, and developing specific roles and rules. (Recall-teacher-teacher; playing mummy daddy). These games are very important to understand social contexts and social norms.

Children in early years must be given a lot of opportunities at home and in school. The child should take interest in outdoor and indoor games and activities. As caretakers of tomorrow's generation, let us all unite in providing abundant opportunities to our children and facilitate play for their development and growth.



NIOS

By Kubra Fatima

We are the NIOS batch. I feel we are the uniquely special teenagers who have missed a few crucial skills while growing up. But, we found a special place in Focus High School where we are taking every initiative to improve and keep up with the pace of this demanding world.

Our curriculum has been modified so that we can complete our high school without stress. The carefully thought of schedules and the collective efforts of our teachers are the reason why our class takes up any challenge with a smile. All our subjects are connected to Life Skills.

At Focus High School, we have learnt discipline and strength of character. Our field trips expose us to the world beyond our reach. Apart from intellectual growth our school focuses a lot on mental health. Guidance for our future is given through Career Counseling sessions. These classes give us realistic achievable goals that we can strive towards.



Trip to Salarjung museum

Endeavour (Special Needs) Department

The Endeavour section is a new initiative of Focus High School which started in 2019-2020. We recognised a high need in the community for children who have no place to learn and grow. We started our department with 4 students and have now reached a maximum strength of 47 children.

There is a mixture of neuro diversified students who have challenges ranging from Down Syndrome, Severe Learning Disabilities, Fragile-x syndrome, Global delay, Cerebral Palsy, Severe Autism, severe ADHD Intellectual Disability etc.



Our staff comprises Special B.Ed teachers and trained, experienced therapists. We focus on life skills, social skills, communication skills and self management as a priority.

The idea is to enable these children to live as independently as possible and become productive members of the community.

Categories:

- Remedial (service available Focus NKB & DS Campuses)
- Counselling (service available in all 3 campuses)
- SEN (special educational needs) service available in Endeavour Department at PH Campus only

Services provided:

- Occupational Therapy
- Speech Therapy
- Physiotherapy
- Vocational training
- Remedial Therapy
- Training in social & behavioural skills
- Life skill training



Teacher Training Centre

By Syeda Lulu Fatima, Teacher's Training coordinator

We have successfully completed two batches of Focus Teacher Training Centre and the third batch is under training. The journey of training is full of

- Exposure Visits to different Montessori schools and pre-primary settings
- Attending Multiple seminars and webinars to gain insight knowledge of Early Childhood Educations
- Weekly sessions by subject experts
- Virtual Exchange with Lone Star college (Houston)US to know the educational system, Culture & way of teaching
- Therapy sessions to connect themselves with their own personality and taking out ME TIME

The main aim of this training is to uplift the level of teaching in our society and bring a transformation of ideas and mindsets within each teacher. Our training is helpful for personal growth and development and also for parenting.

During this training we focus on improving their English Communication & ICT skills. Most of the experienced teachers also need awareness of child development and child psychology. After training at Focus High School, teachers start applying best practices and strategies learnt during their internship.

We also want to change the perspective of the society that not anyone can become a pre-primary teacher. Teaching is a vocation that requires skills and training. To become an efficient teacher a person must have that calibre, knowledge & patience and a feeling of happiness to make students a better human being. This training allows teachers to discover their purpose in life and take action towards achieving their dreams- which might or might not be teaching.



ECE Session (Left), English Communications Session (Right)



Trainee with students (Left), Virtual Exchange with Lone Star College, Houston, US (Right)



PP teachers & trainees at The SHRI RAM ACADEMY



TTC ex- trainees selected as Teachers as transformers



Therapy Session (Left), PAT FEST at Osmania University (Right)



STEM LAB



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