

APSACS DATELINE

VOLUME 4, ISSUE 4

DECEMBER 2010

Director's Note

APSACS System entered the fifth year of its life on 3rd of October; 2010. The dedication of the APSACS Team is unique and should be a source of inspiration. A tremendous amount of hard work has been put in their planning and establishment of policies and procedures in the fields of Curriculum Development, Assessments and Training. These efforts are bearing fruit and a visible difference can be seen.

This being the last quarter of the year, has been a review and feedback time, so that further improvement can take place with input from Regions, Schools, Teachers, Parents and Students. Evaluation visits by

RCs and Secretariat Teams, Written documented, systematic feedback from all schools and varied other reaching out mechanisms have been evolved.

This feedback mechanism is giving a sense of ownership/ participation to everyone associated with the system. Evolution of better teaching and learning standards is expected as the planners, implements and target audience blend their ideas together. My heart felt condolence to the families of all those who were innocent victims of the horrific event at the Parade Lane. APSACS has prepared a Crisis Management Handout as an ap-

pendix to the crisis Management Handbook 2008. Though we hope and pray that no untoward incident ever takes place, but on the other hand we have to

preemptively prepare ourselves and have all our procedures in place to minimize

emotional trauma and physical damage in any unforeseen situation. My felicitation to high achievers in all across the system. By Allah's will APSACS System will rise and shine.

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From the Editor's Desk

Mrs. Nazneen Jan

The year that was, was no doubt full of trials and turbulence, the loss and the pain suffered as a nation was tremendous, yet the adversity brought out national virtues of courage and hope and the nation rose up from ashes, like the phoenix, totally undaunted in their task of picking up the pieces.

This poem has been chosen in accordance to the situation faced by the nation today, it is also

said to have cheered **Nelson Mandela** during his years of incarceration

INVICTUS

William Ernest Henley
(1849-1903)

Out of the night that covers me,
Black as the pit from pole to pole.

In the fell clutch of circumstance

I have not winced nor cried aloud.

Under the bludgeonings of chance

My head is bloody, but

unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,

How charged with punishments the scroll,

I am the master of my fate:

I am the captain of my soul.

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AL-QURAN:

By (the Token of) Time
(through the ages), Verily
Man is in loss, Except such as
have Faith, and do righteous
deeds, and (join together) in
the mutual teaching of Truth,
and of Patience and Constancy

(AL-'Asr)



HADITH:

The ink of the scholar is more holy than the blood of the martyr.

Student's Achievement

The following Short story by Ms. Amna Naqvi of APSC (girls) West ridge, Rwp won her the "Young Common Wealth Essay Competition" 2009. The budding writer has been awarded the commendation certificate.

THE SEA'S DILEMMA.



Many things we come across in our life are nonliving. But it doesn't mean that we shouldn't care for them'

I am the one to whom you must be accustomed to. I am the sea and today I will tell to you a tale that may seem a cock and bull to you but it is not. Instead you should consider it serious.

My story arises when Roger shifted with his family near my shore. It was an effulgent and blazing sunny morning. The birds were flying as high as a kite, chirping and singing the morning song. My waves were rushing against the cliffs and sinking almost half of the shore. The gushing water was making a thudding noise; the sheet of sunlight spread on the beach. Roger came out to play, all by himself. I discovered he was the only child Mr. and Mrs.

Luke had. He was the only gaiety of their life. They loved him with their heart. They gave him every thing he wanted. But the negative aspect in their love was that they blemished their love completely. They never scrutinized what their son was doing and also never halted him from doing wrong. And if he did something very fallacious they just gave him a slap on the wrist which made roger exasperating.

Roger started to play with wet sand and splash on cold water. The beach was empty and no one was there except Roger. I also felt a little better as after a long time I got someone to play with me. But then his mother came to fetch him as he had to go somewhere. The next morning he came again and so we played together. He came almost daily to play but day by day, there was also some change in his behavior.

When he came he usually had some kind of snacks and tins of beverages in his hands and when he had finished them, he threw wrappers in me. Eventually, this was becoming his habit and so I was becoming a sort of trash basket for him. Roger grew older but did not stop driving me up to the wall. This made me angry and full of revenge. But you know, I could not do anything. I had no hands or something like that.

Whenever there was any kind of trash in his house, He simply just disposed it off by throwing it in me. His negligence was polluting me. I could do nothing else, instead of getting impatient. He had blotted out all our friendship. Daily there was a load of trash ready to be put inside me. My bed was full of waste materials and my creatures were dying. Roger was nearly a killer in my eyes and I had chosen his and his parent's chastisement.

One afternoon, I saw Roger coming towards me with a black shopper full of trash. I knew then that that was the time to get down to brass tracks and punish Roger. Roger was coming nearer and nearer. I started to move faster and faster until I created a whirlpool. As Roger was standing before me, my waves caused his feet to slip and so he fell in my trap. Roger screamed and also tried to escape but I had to take eye for an eye. Roger did not now how to swim and so I made him hit the hay forever. I felt apologetic for what I did, but for the sake of my existence and my creatures' life I had to do it.

Meanwhile Roger's parents were upset as their son had not returned to his house, it was evening but still there was no sign of him. They searched for him everywhere. Could see tear's flowing from Mrs. Luke's eyes and ...

Continued on page 3

Teacher's Guide to Avoid Teacher Burnout.

Composed By: Mrs.MahjabeenAmin

The word burning out refers to physical or psychological exhaustion due to being overworked or under prolonged stress. Teaching is stressful but so are all other jobs done with passion and commitment. You teach because it is your passion to teach kids and build a better tomorrow. Let us take a look at some ways you can avoid teacher burnout, and keep your momentum in the right place.

Take "Me Time" Regularly

After a busy full day in school it's hard to come home from a rough day and not want to rant and rave about it. As a result it's natural, both you and your family feel the burden of your stress. One way to tackle these feelings is to take some time for you and pamper yourself. Go out for a leisurely walk, read a book, make a quiet time, enjoy a cup of tea or coffee. Just be alone for sometime!

Join a Gym or go for a walk

Get the poison out of your system by a good workout routine in a gym or a nearby park. You will be amazed at the healing power of exercise and walk. It will rejuvenate your stress will rejuvenate your mental faculties.

, Have a Routine

Having planned well for your daily classroom routines will

save you lots of stress and worry. It takes some time in the beginning to set up your routines, but it will be worth it in the long run.

Keep your home and school roles separate

Don't play teacher at home. When you enter your house, drop the teaching role and let your inner personality surface and breathe. Acting in an officiating manner at home is irritating for the family too. Be yourself for the next x many hours till you are leaving for school the next day. Wear the mantle again.

Let the Small Irritants Go

Don't try to be a perfectionist. It is self defeating. Accept that every thing you have planned will not look and be perfect. No matter how hard you work, there always will be students who will not have attained the learning you planned for them.. Are you working sincerely and with dedication? If yes, Do not worry .*To every action there is an equal and opposite reaction.* Get back to the basics, and get on with teaching your students what they need to know. They will learn in time.

Remind your self Why You Teach

No matter why and how you entered this prolific profession, you are now in it and for a defi-



nite purpose. You are here to make a difference in someone's life. You may be the one person who will have turned around the destiny of a child. You are a teacher and for God's sake never forget that.

Continued from page 2

Mr. Luke was consoling her, making her believe that Roger was alright. Their pain made me feel guilty. So next morning, I threw Roger's dead body on the shore. His parents found it soon and were shocked on his death, the sorrow they had was terrible. Soon after his funeral he sold and left that house and shifted elsewhere.

NEWS FROM THE SECRETARIAT



FBISE Intra Science Exhibition 2009 (HSSC Level)

The following students from APSC (Boys) Ordinance Road RWP, were awarded ...

Names:

1. Waqas Farooq
2. Asjad Abdul Rehman
3. Hamza Malik (all XII R)

Achievement: 1st position (Physics model)

Names:

1. M. Mobeen Ayub (XII Blue)
2. Adil Jaleel (XI R)

Achievement: 4th position / consolation prize (Physics model)

Service Excellence Award by KFC

Mrs. Masooma Haider, senior section Head at APS (Girls branch) Sialkot has received service excellence award from M/S KFC Lahore.

Award of KFC Teacher's Convention 2009

The following staff of APS (Toddler Academy) Peshawar

were selected for service excellence award at the KFC Teachers Convention 2009.

Principal Mrs. Azra Yasmin
Sec Head Mrs Kiran Shahwar.

Solidarity with Pak Army

Students of following APS's of this region presented Eid cards, bouquets, gifts, sweets and other eatables to soldiers in operation Ragh-i-Nijat on the eve of Eid-ul-Azha.

1. APS (Junior) Peshawar
2. APS (Toddler's Academy) Peshawar
3. APS&C (Boys) Peshawar
4. APS (Girls) Peshawar.

Red Crescent Society Poster Competition

We are proud to announce that APS Westridge (girls) participated in Red Crescent Society's event titled "volunteering for our planet", and won the following prizes, under the supervision of Ms. Roohi Rasheed (Art Teacher Jnr. Sec) and Ms. Saira Batool (Art Teacher Mid Sec)

Tableau -- 1st Position
Debate -- 2nd position

International Kangaroo Mathematics Awards - 2009

The following students from APS&C (Girls) Westridge III Rwp, obtained 1st Position in the competition at city level held in

Islamabad 2009 and received Bronze medals.

Manahil Ahmed - Class IV
Arham Qadir Khan - Class VI
Grammatically

Cambridge Results

OL Physics . **Mohammad Hasan Kiani** top in the world (Army Public School) - PK126

OL First language Urdu , **Hamna Shakeel** , Army Public School and Girls college . Top in Islamabad - PK306

2. Karachi O level Economics , **Muhammad Furqan** , Army Public School and College , Top in Karachi - PK688



MISCELLANEOUS

WHAT PARENTS SAY/ WHAT PARENTS ACTUALLY MEAN.

1. Make up your bed

Means:

Learn good habits.

2. Clean up your room

Means:

Have order in your life.

3. Be careful

Means:

you're precious to us.

4. Don't drive fast

Means:

We couldn't bear to live without you.

5. Get off the phone

Means:

Get off the phone.

6. Do your homework

Means:

Learn everything you can.

7. Don't spend it all

Means

Always keep some for emergencies.

8. It's late

Means:

Get the rest you need.

9. Pick up your Clothes

Means:

Pick up your clothes

10. Good job in the play

Means:

We are proud of you.



A LIFE WORTH SAVING.

A man risked his life by swimming through the treacherous riptide to save a youngster being swept out to sea. After the child recovered from the harrowing experience, he said to the man "Thank you for saving my life."

The man looked into the boy's eyes and said. "That's okay, kid. Just make sure your life was worth saving."

(Courtesy: Chicken Soup for the Soul)



JOKES.

Physical Fitness.

This Office requires no physical fitness programme..Everyone here gets enough exercise:

- ★ Jumping to conclusions.
- ★ Flying off the handle.
- ★ Carrying things too far.
- ★ Dodging Responsibilities
- ★ Pushing their luck!

Teacher: You missed school yesterday didn't you?

Pupil: Not very much!

Teacher: How can you make so many mistakes in just one day?

Pupil: I get up early!

Son: I can't go to school today.

Father: Why not?

Son: I don't feel well

Father: Where don't you feel well?

Son: In school!

Teacher: I told you to stand at the end of the line?

Child: I tried, but there was someone already there!

10 Tips for Better Classroom Management

Composed By: Saadia Mustafa.

Courtesy:www.about.com

Classroom management refers to having the skills and planning to smoothly conduct a class within the allotted time frame and checking the disruptive behavior of the students simultaneously. The teacher who has mastered the art of Classroom management has in essence won the battle. Below are 10 tips that might prove worthy while managing a classroom.

1. Make clear and simple rules with understandable consequences

Begin the session by developing rules and regulations for your class in collaboration with the student. These should be posted at a prominent place the class. Simple and age appropriate rules are more effective than a hundred rules which the class cannot abide by and you cannot consistently monitor. You need to be selective in your [class rules](#). Students should understand what is and what is not acceptable. Further, the consequences for breaking class should be discussed and agreed on by the students. In the early weeks make it a point to have the class repeat and review the rules. This will help to develop a democratic environment in the class.

2. Wrong Message In The Beginning Of Session

Many teachers make the mistake of starting the school year with a poor discipline plan. Students are smart and quickly assess the situation, and realize what they will be allowed to get away with. Once you set a precedent of allowing a lot of disruptions, it can be very hard to start better classroom management and discipline techniques. Hence, it is productive to spell out rules and limitations right from the beginning of the session rather than setting them after a bad behavior has been manifested

3. Over plan

Free time is something teachers should avoid in the class. When you allow students time just to talk each day, you are setting a precedent about how you view academics and your subject. It also gives a message about how little you value time. Always over-plan so that you are not at a loss when a given task is completed in less than expected time. Over planning is to your advantage as compared to adhoc planning which shows what a scatter brain you are!

4. Be Consistent

One of the worst things you can do as a teacher is not to enforce your rules consistently. If one day you ig-

Welcome to APSACS



Farhat

Jabeen



Saadia

Mustafa



Sadia Omer

nore misbehaviors and the next day you jump on someone for a minor infraction, your students will quickly lose respect for you. Once you lose student's respect, you also lose their attention and their desire to please you. Your students have the right to expect

you to be a steady person.

Moodiness is reflective of an instable personality.

5. Fairness is vital for better classroom management

Never let yourself be caught at being unjust and partial. Students have a distinct sense of what is and what is not fair. Treat all students fairly and with equity. Make sure that your best student/ (Principal's son) faces the same disciplinary music as does the rest of the class for misbehavior on their part.

6. Deal with Disruptions with as Little Interruption as Possible

When you have classroom disruptions, it is vital that you nip the evil in the bud. Deal with them immediately and with as little interruption of your class momentum as possible. If students are talking amongst themselves and you are having a classroom discussion, ask one of them a question to try to get them back on track. Do not stop the flow of your lesson to deal with disruptions; it is unfair to attentive students to lose their precious in-class time.

7. Avoid Confrontations in Front of Students

Whenever there is a confrontation in class there is a winner and a loser. As a teacher, you will be expected to resolve such issues in order to keep discipline in your class. However, it is much better to deal with discipline issues

privately than cause a student to 'lose face' in front of his friends. It is not a good idea to make an example out of a disciplinary issue. Even though other students might get the point, you will have permanently put that student in a defensive and hostile frame of mind. He will not benefit from you in future classes.

8. Use a Little Humor

Sometimes, all it takes to dispel a nasty situation is for everyone to have a good laugh to get things back on track in a classroom. However, good humor should not be confused with sarcasm. While humor can quickly diffuse a situation, sarcasm may harm your relationship with the students involved. Use your best judgment but realize that what some people think as funny others may find to be offensive.

9. Keep High Expectations in Your Class

Always have good expectations of your students. It is productive to show and express faith in their ability to maintain good discipline in the classroom. Do not tell them that any one who will speak out of turn during class discussion will not be allowed to participate. It is better to inform them before the group discussion starts that she expects the students to keep order in class and save time by following the rules for group discussion .

This will give them a sense of responsibility .

10. Start Fresh Everyday

Although a teacher must at all times be alert to possible disruptions from most probable students, she must never carry the previous day's issues when she enters the class. Do not prejudge that if a student has misbehaved the previous day he will do it every day of the week. If you expect something bad it is bound to happen like a bad omen!

You Might Be a School-teacher if...

- ★ you have no time for a life from August to May.
- ★ You want to slap the next person who says "must be great to work from 8 to 3 and have your summers free!"
- ★ when out in public you feel the urge to talk to strange children and correct their behavior.
- ★ you refer to adults as "boys and girls."
- ★ you encourage your spouse by telling them they are a "good helper."
- ★ you've ever had your profession slammed by someone who would never dream of doing your job.
- ★ meeting a child's parents instantly answers the question, "Why is this kid like this?"
- ★ you believe "extremely annoying" should have its own box on the report card.
- ★ you don't want children of your own because there isn't a name you can hear that wouldn't elevate your blood pressure.

APSACS DEPARTMENTAL HIGHLIGHTS

CURRICULUM PLANNING AND DEVELOPMENT.

1. Syllabus break up 2nd term Warm Region 2009-2010
2. List of creative Writing Topics (2nd term)
3. Comparative study of books
4. Revised Period Allocation
5. Revised Friday Bell Timing
6. Value Education Program
7. Panel Discussions for the Development of Syllabus Break up 1st term 2010-2011
8. Notebook checking and Marking
9. Winter Vacation Homework.

DEPARTMENT OF ASSESSMENT & EXAMINATION

1. HSSC Results Comparison 2008-2009
 1. First term Exam Papers Class IV-VIII (Warm Region)
 2. First term Exam Papers Class IV-VIII (Warm Region) Evening Shift
 3. Sample Report Comments Booklet
 4. Pre-School Training Workshop for 10 Corps (Gikgit, Sakardu, Bhimber, Barnala, Jhelum)
 5. Changes in the Term Report Cards and Assessment Procedures Class IV-VIII 2010-2011Changes in the Pre-School Syllabus Break-up 2010-2011

DEPARTMENT OF TRAINING AND EVALUATION.

School Evaluation & Remedial Workshops

Gilgit, Bunji, Skardu, Sraialamgir, Jalalpur Jattan, Bhimber, Barnala, Jarikus, Kotli, Jhelum, Sialkot, Gujranwala.

Designing & Development of new course "School as learning Organization". It is a new department specially designed for Principals and participants of School Improvement Framework (SIF) to improve the standards of APSACS course. The basic rationale for this course is to develop such schools that are positive towards change. In situation of rapid change only those organizations excel that are flexible, adaptive and productive. For this purpose, schools need to discover how to tap teacher's strength and capacity to learn at all levels.

3. Trainings

- a. Curriculum Based Training Workshops (English, Urdu, Math, Science, Geo/Hist and S.St Pre School) Gilgit, Sakardu, Jhelum, Mangla.
 - b. School Improvement Framework, Quetta
- External Trainings: Rawalpindi-Syllabus Mathematics by Oxford University Press
-
- Karachi, Murree, Islamabad - Connecting Classroom by British Council.

DEPARTMENT OF REVIEW AND QUALITY ASSURANCE .

1. School Evaluation Visits (Sialkot, Qadirabad, Jhelum, Gilgit, Sakardu, APS Boys and Girls Westridge)
2. Review of all the School Evaluation Visit Reports
3. Conducted meetings with Staff APS Ordinance Rd, Humayun Rd and Westridge for Class IX/ X
4. Review and selection of English Papers sent from 4 Regions so as to prepare Send ups Papers
5. Input given in the development of syllabus Break up 2010-2011 in the following subjects : English Language (CI IV-VIII), English Literature (CI IV-VII) Geography and Science.
6. Standard Planning on Award Programmed 2008-2009
7. Crisis Management.
8. News Letter.

COMOUTER RESEARCH & RESOURCES

1. **Designing:**
 - a. Annual Calendar 2010
 - b. Yearly Planner 2010
2. **Website maintenance & up-**

dates/uploads

- a. Syllabus Break up second Term 2009-2010 (PG-X) Warm Region
- b. Winter Vocation Homework 2009-2010
- c. Transfer of Teachers

3. Research work for all Departments

- a. Presentation and documentation of Budget 2010
- b. Presentation of LGES
- c. Award ceremony Programme 2008-2009
- d. Software development proposal
- e. Daily checking and replying

of e-mails

4. Data

- a. Maintenance and Updating of data of all schools

5. Curriculum

- a. Computer worksheets Class I-VII

6. Examinations

- a. Mathematics pre board Examination Papers 2010, class 9th
- b. Mathematics pre board Examination Papers 2010, class 10th
- c. Physics Pre-Board Examination Papers 2010, Class 9th
- d. Physics Pre-Board Examination Papers 2010, Class 10th
- e. Chemistry pre-board Examination Papers 2010, Class 9th
- f. Chemistry pre-board Examination Papers 2010, Class 10th

Evaluations

- a. Schools in Jhelum
- b. Schools in Westridge, Rawalpindi
- c. Schools in Skardu
- d. Schools in Gilgit
- e. Schools in Bhimber, Barnala, Jalalpur Jattan
- f. Attended workshop of OUP



This poem is dedicated to all the martyrs of Parade lane.

A Martyr's Poem .

Don't stand at my grave and weep,
 I am not there, I do not sleep,
 I am in the thousand winds that blow,
 I am in the flakes of falling snow,
 I am gentle shower of rain,
 I am the fields of ripening grain,
 I am one of the birds that sing,
 I am in each and every lovely thing,
 Do not stand at my grave and cry,
 I am not there; I did not die!!

7 Secrets that keep you slim.

1. Have breakfast every morning.

2. Limit fast food fare-burgers, fries, pizza, etc.-to not more than once a WEEK.

3. Weigh yourself everyday so you know when you're starting to gain flab.

4. Avoid snacking in front of the TV. It makes you prone to bingeing.

5. Consumes three servings of milk or yogurt or pop a calcium supplement daily. A lack of calcium may lead to overeating.

6. Skip sugary beverages in favor of water, black coffee, and tea.

7. Choose quality over quantity. Eat real food (not fat-free or diet items) and in reasonable amounts.



VOCABULARY BUILDING

ICONOCLASTIC : There are some people whose chief delight seems to derive from poking fun at the cherished beliefs of others.

They are happy only when rebelling against constituted authority or established custom and they sneer, in no mild language, at those of us who are content to accept life as it is.

They totally disagree with, and therefore violently attack; any venerated customs or accepted traditions, holding that these are usually obstacles to progress and freedom.

Such people are iconoclastic.

Unlike Dale Carnegie, the iconoclastic does not believe in making friends or influencing people.

No, his greatest talent is for destructiveness; and since his most frequently employed weapons are sarcasm and cynicism, he is, as you can imagine, far from popular and less than comfortable to have around.

The iconoclastic mocks religion, morality, convention, marriage, family, patriotism, and any other attitudes or institutions that many of us are attached to.

Adolescents are more addicted to iconoclasm than their elders.

While iconoclastic attitudes are normal to adolescence, iconoclasm is considered a sign of immaturity in adulthood.

Definition: Iconoclastic means assailing traditional beliefs; habitually mocking, and refusing to conform to, convention.

Derivation: From Greek Words:

eikon, a religious image; and *klastes*, a breaker.

An iconoclast is, fundamentally, a violator of religious restrictions and, by extension, a rebel against tradition and authority.

FOREIGN WORDS AND PHRASES:

Veni, Vidi, Vici: Latin, I came, I saw, I conquered.

According to the ancient biographer Plutarch, the word in which Julius Cesar reported his victory over Pharnaces.

Vertigo:whirling about ,giddiness.1.a sensation of whirling motion 2. a disorder state of mind or things.

Via Media: Latin; A middle way; an intermediate course, a compromise.

Vice versa: with the reversal of the order of terms or conditions mentioned; contrariwise, conversely.

Vis-à-vis:Old and modern French; face to face 1.a light-horse drawn carriage for two people sitting face to face. 2. A person or thing situated or facing opposite to one another, especially in certain dances. 3.face to face meeting.

Vox populi: Latin; voices of the people, expressed general opinion, common talk or rumour.

Volte-face: French; the act or an instance of completely so as to face in



opposite direction. Chiefly figurative, a complete change of attitude opinion or position in an argument.

MY HISTORY BOOK.

When I open my history book
I don't want to have a look
Oh! Its so boring
That starts snoring
Talking about emperors and kings
I start having sleepy winks.
Who can remember all these wars?
So I go to sleep for hours
Having sweet dreams, that I am
Baber
Or Rana building the victory tower
Sometimes I am Akbar the Great
Drinking a Pepsi crate
Once Birbal was singing on a mike
And Shah Jehan was on a bike
Mumtaz Mehal then gave a clap
In front of me was my history teacher!
Was I dreaming ? No, it was no other
She ordered me to open my book
And then I have to give a look!!!

Poem By: Rimmel Tariq-VII
APS&C Badin

NOBEL PRIZE

Contributed by: Mrs.Nazneen Jan.

HISTORY:

Swedish Chemist Alfred Nobel, who invented the dynamite, left a will that established the now famous Nobel Prizes. The will left 94 percent of his worth to the establishment of five prizes (Physics, Chemistry, Philosophy, or Medicine, Literature and Peace) for those who, during the preceding year, shall have conferred the greatest benefit on mankind.



AWARD: Each award consists of,

A Diploma

A Medal

A document confirming the prize amount.

CATAGORIES:

Nobel Peace prize

Nobel Prize for Physics

Nobel Prize for Chemistry

Nobel Prize for Philosophy / Medicine

Nobel Prize for Literature

Nobel Prize for Economics

RECIPIENT OF NOBEL PRIZE 2009

Peace: **Barack H. Obama** (USA): "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples"

Physics: **Charles K. Kao**(China):

for groundbreaking achievements concerning the transmission of light in fibers for optical communication"

Willard S. Boyle and George E.

Smith (USA): for the invention of an imaging semiconductor circuit – the CCD sensor

Chemistry: **Venkatraman Ramakrishnan** (United Kingdom), **Thomas A. Steitz** (USA) and **Ada E. Yonath** (Israel): for studies of the structure and function of the ribosome

Physiology or Medicine: **Elizabeth H. Blackburn, Carol W. Greider and Jack W. Szostak** (USA): "for the discovery of how chromosomes are protected by telomeres and the enzyme telomerase"

Literature: **Herta Müller** (Germany): "who, with the concentration of poetry and the frankness of prose, depicts the landscape of the dispossessed"

Prize in Economics: **Elinor Ostrom** (USA): "for her analysis of economic governance, especially the commons"

Oliver E. Williamson(USA): "for his analysis of economic governance, especially the boundaries of the firm"



Quotations

Education is the ability to listen to almost anything without losing your temper.

R.Frost

. Good Teachers are costly but bad teachers cost more Bob.

Talbert

.The average teacher explains complexity, the gifted teacher reveals simplicity.

Robert Brault

Always forgive your enemies, nothing annoys them so much.

Oscar Wilde

The most important thing a father can do for his children is to love their mother"

Theadore M.Hesburg.

Laziness may appear attractive but work gives satisfaction.

Ann Frank

I'm a great believer in luck and I find the harder I work, the more I have of it.

Thomas Jefferson

Early to bed, early to rise Work like hell and advertise.

Ted Turner

When a man tells you that he got rich through hard work ask him, 'Whose?'

Don Marquis

"If you don't know where you are going, you will wind up somewhere else!" *Yogi Berra* .

How To Build Your Child's Self Esteem

People often mistake the notion of boosting a child's self esteem with turning him or her into an insufferable dictator. Many parents think that letting their child win every argument /issue will help boost his/her self esteem. They praise and validate their child without realizing that he may perceive these accomplishments in an unrealistic light. As parents and educators we want to raise self-assured, self-confident children, but certainly not monsters with inflated egos.

It is always an experience to study a child with a healthy level of self-worth and a snooty, self-important child that has his parents running in circles to have all his wishes granted. It disgusts me to see moms and dads trying to please and placate their kid by bowing to his/her most unreasonable wishes. Often such tyrants throw fits in public places, throwing their royal behinds on the floors (be it a street or a shop) screaming and hitting his/her mother. All the mother/father is doing is trying to placate his/her whines and brushing off his obvious tantrum as just one of routine things. Why is she trying to bribe him with rewards? She wants to reward him for being a little tyrant? This just riles me to no end!

What should a parent do in such a situation?

By bowing to all the whims and wishes of your children you are teaching them that the whole world is theirs to command. Does this give them a true picture of the real world? Will they be allowed to win all the time? By giving in to their whining you are teaching them a faulty strategy of behavior controlling. You are teaching them

that if they whine enough, mummy and papa will give in and so will others. Well, your child will get a shock when he / she grows up and learns that whining /complaining does not work and may actually develop contempt in others. What a rude awakening!

Life is not always fair and the sooner one learns this the better it is. If, once in a while, you let your child win a game of ludo it will give him confidence and a sense of accomplishment, but it doesn't make sense to always let him win. How will he or she react when confronted with a failure in real life? I remember once I learnt that the studies faced by students in the first year at Agha Khan Medical College were so challenging that many high achievers became suicidal because in the first year they could not match up to the expected standard and their grades fell sharply. Having never faced failure before it was very difficult for them to understand why they failed at all. Unfortunately, such students have never received a dent in their egos before. Shouldn't our child be learning a few of life's hard facts? I think that it is better to learn about the failures in life early, when we are there to soothe him and help deal with these things. If they experience life's set backs when they grow up, perhaps they will give up too easily. Over protected children do not find it easy to accept failures and adversity.

So, how may we develop and boost our children's ego so that they are ready to face realities of life without going into depres-

sion every time they face a failure?

1. Sincerely and wholeheartedly praise your children when it is warranted. Commend them for achieving good grades when they have worked hard or have shown respect for rules and authority. Respect for hard work, rules and authority will inculcate in them the sterling qualities of discipline and moral uprightness.

2. We normally find faults with our children and have a faulty notion that checking their mistakes is a sure way to make them good persons. What about the good deeds they do? Do we ever appreciate them also or those are taken for granted. Thank your children for their helpful gestures like kindness and good manners. Appreciate and admire your child and give him to understand that you value him not only as an offspring but as a good human being too.

3. Encourage your children to understand that although it is highly desirable to succeed, it is alright and normal to fail even if they have worked hard. Give sincere praise for their creative efforts and school grades. (even if they fall short of expected high standard). I remember that whenever my children got good grades I discussed with them how they made us (parents) feel proud and grateful too as because of their hard work they were helping us. I made them feel good about their efforts as we

did not have to good money paying for tuitions for extra help. Instead of giving a passing compliment on their achievements, make them feel part of the team-you as parents.

4. Always positively reinforce your child's improvement in grades or high achievement. Make it an occasion for family celebration. Show happiness, get excited. If celebrating, let them decide on the guest list if he/she wishes to invite other people, let him extend the invitations, decide on the menu/ venue. Of course you keep the reins in your hands, never forget that children respect firm and loving parents more than just loving parents.

5. When your child talks to you make it a habit to give him your complete attention. Maintain eye contact; validate the conversation with your facial expressions that you are really paying attention even if it is a trivial matter. It may not be a trivial matter for your child.

6. Try to find out how your child's day was by asking questions. Your child learns that the parents are always there to share every thing and not only to be sought out when he/she is distressed or happy. Interaction with parents develop children into adults who are not wary and afraid of authority figures, instead, they respect and look up to them as experienced individuals who will facilitate them.

7. Value your children's input in matters under discussion. Let them understand that their ideas and opinions are valued by you. Don't be offhandedly dismissive about their views. They will grow up with this memory in their minds. If you have listened

to them as children they will turn to you for advice when they grow up. Bad communication during young years will drive them away from you when they become adults.

As adults, responsible for nurturing our future generations, we must understand that both self-esteem and humility need to be ingrained in our children. Just as there is a thin red line between normal and abnormal behavior similarly, there is a very fine divide between self esteem and humility. Our children must have a good self-image of themselves, but not at the expense of others. Too often, children with a high self-image are the ones that make it very difficult for others in school. They have developed an inflated opinion about their abilities and worth. Therefore, they adopt very snooty attitudes in their school towards their less assertive contemporaries, whereby, losing good stable people in their circle of acquaintances. How lonely they must become because of our faulty training!

Everyone wants confident and self-assured children but certainly not egoistic, insensitive, pompous fools who are unable to identify with pain and suffering in others. We will have failed our children if we have not contributed towards making them into better human beings. People having a truly well developed self-esteem will be highly sensitive towards others and will at no cost, wilfully try to damage others self respect and esteem.

Written By:

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REFLECTION.

Be afraid of a gentleman when he is hungry, and of a mean person when his stomach is full. (Hazrat Ali A.S)

Funny Answers.

These are from test papers submitted to science teachers by junior and high school students around the world.

- ★ When you breathe, you inspire. When you do not breath, you expire.
- ★ H₂O is hot water and CO₂ is cold water.
- ★ There are three kinds of blood vessels; arteries, veins and caterpillars
- ★ Mushrooms always grow in damp places and so they look like umbrellas.
- ★ The pistle of a flower is its only protection against insects.
- ★ The tides are a fight between the earth and the moon. All water tends towards the moon because there is no water on the moon and nature abhors vacuum .I forgot where the sun joins in this fight.
- ★ Equator: An Imaginary 'lion' running around the earth through Africa.
- ★ Vacuum : A large, empty space where the Pope lives.
- ★ To keep milk from turning sour: keep it in the cow!

Contributed by:Mrs.Nazneen Jan
Courtesy:www.bitoffun.com.

MIRZA GHALIB.

Mirza Asadullah Khan Galib perhaps the greatest poet of the South Asian sub-Continent lived in the troubled age of the disintegrating Mughal Empire. Born in



1797 in Agra he witnessed the end of an era along with its traditions and culture and the birth of another with all its pains and tribulations. The pangs of transition which were let loose on him resulted without doubt into his tragic poetry.

Galib was of Turkish aristocratic stock. His grandfather Mirza Quban Beg an Aybek Turk had come to the sub-Continent from Sumarkand. Asadullah Khan's father, Abdullah Beg Khan married Sahibzadi Izzat Banu the daughter of Gulam Hussain Kamdani, a prominent noble of Agra, Mirza Abdullah Beg remained in the employment at first of the Asifuddaula and later of Nizam Ali Khan of Hyderabad. He left behind two sons and a daughter. The daughter was the eldest and Asadullah Beg Khan aged five at the time, the older of the two brothers.

Galib was a non-conformist. He revolted against the established values held dear by the Mughal civilisation and the palsy of transition which set in. His great dramatic talent comes out through his gazals. The gazal allowed him to express himself with sparkling wit and penetrating intellect.

Following are assorted verses from his poetry which depict the great profundity and intellectual depth of his verse



■ آہ کو چاہیے ایک عمر، اثر ہونے تک
کون جیتتا ہے، تری زلف کے سر ہونے تک

■ سب کہاں، کچھ لالہ و گل میں نمایاں ہو گئیں
خاک میں، کیا صورتیں ہونگی کہ، پنہاں ہو گئیں

■ یہ فننہ، آدمی کی خانہ ویرانی کو کیا کم ہے؟
ہوئے تم دوست جس کے، دشمن اس کا آسمان کیوں ہو؟

■ عمر بھر کا تو نے بیان وفا باندھا، تو کیا؟
عمر کو بھی تو نہیں ہے پائنداری، ہائے ہائے

■ آتے ہیں غیب سے یہ مضامین خیال میں
غالب صریرِ خامہ نوائے سروش ہے

■ عشق پر زور نہیں، ہے یہ وہ آتش، غالب
کہ لگائے نہ لگے، اور بجھائے نہ بنے

■ محبت میں نہیں ہے فرق جینے اور مرنے کا
اسی کو دیکھ کر جیتے ہیں جس کافر پہ دم نکلے