

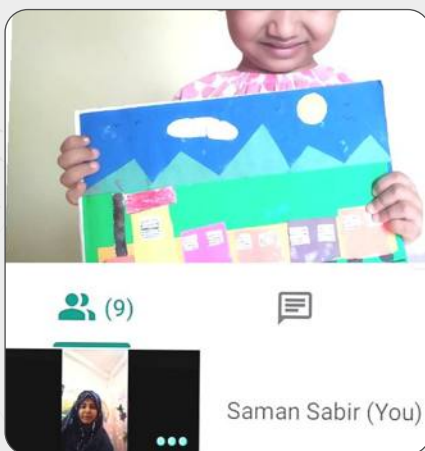
Distance Learning

The Insight

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POP and Face2Face | Storytelling competition and Parwaaz | Mental Health Workshop | Pride Day |
Distance Learning in Middle School | Showing Gratitude

The Illuminating Sessions

An online interactive session, 'Face2Face', was held for parents. It was organised by Eastern Public School in June. Conducted by Head of School Javed Khan, the session was held for all the departments.



During the session, HOS talked about the present scenario. He said that COVID-19

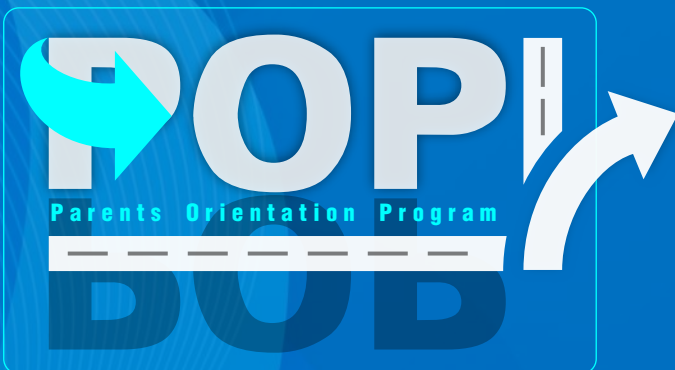
brought difficult times for each one of us, but we will strive through it, In Shaa Allah! He further talked about 'how we can deal with this scenario as a school community and overcome it'.

During the sessions, HOS emphasized on mental health. During the sessions, he talked about various topics, including online classes, fees, attendance, and assessments. He told parents to share their concerns with the HOS, and the school will surely look into the matter and will provide support to the parents.

HOS also highlighted the online classes and formative assessments conducted at school. He cleared various doubts related to assignments posted on Google Classrooms and how to use the tool.

He told parents of Primary grades that the classes resume after the school will receive orders from State authorities. The sessions went off well, as parents enthusiastically participated in the interaction.

Syeda Sana Riyaz
Editor, The Insight



"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." --John Maxwell

One of the most important life skills is that of 'adapting to change', which requires an alliance of many other 21st-century life skills. And EPS has been moving shoulder to shoulder with institutions all over the world striving to ensure continuity of learning for all its stakeholders; students, teachers, parents, society, nation, and world.

The first-ever online 'Parents Orientation Session 2020' was a testimony in itself. Its two main objectives were, one to empower the parents with the knowledge and understanding of the IB Philosophy, Standards and Practices and the structure of the IB Curriculum; and the other, making parents realize the whopping shift in roles, responsibilities, and partnership between school and parents.

The session was well received by the parents and most of the frequently experienced doubts and queries stood cleared and answered as the programme coordinators shared the quintessence of their programmes. Going forward we anticipate many more interactive interlinks with the parent community, inshaAllah.

Fozia Mehfooz
Early Years Coordinator

High Spirited Performances

“Storytelling is about connecting to other people and helping people to see what you see.”

-Michael Margolis



First-ever online storytelling competition held for little EPSites

To allow our students to enhance their communication and presentation skills an ‘Online Storytelling Session’ was organized for first graders on Friday.

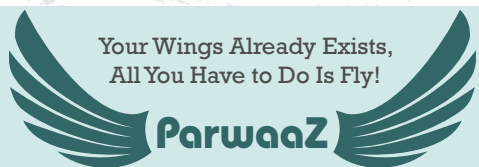
Young children have an innate love of stories. Storytelling is a unique way that encourages students to use their imagination and creativity. It increases willingness to communicate their thoughts and feelings and most importantly enhances listening skills.

Students were asked to fill in a google form to participate in the session. Keeping up with the essence of PYP we implemented student agency and gave them

the ownership to choose their favourite story. A lot of students showed interest in participating and exhibiting their presentation skills. Before starting the event we agreed upon some mutual essential agreements that helped in smooth completion of the event.

The participants used beautiful props, costumes, and flashcards for storytelling. They confidently presented their story. It was a wonderful experience to organize our first remote event. The participants were facilitated with certificates after the event.

Afreen Zaheer
HRT Grade 1 C&D



EPSites outshone at National level Competition

Mariya Umar
ISP Educator

To magnify the immense talent of school students and enhance their Islamic values Wahdat Group, Hyderabad conducted various competitions. These competitions were held under their online contest programme for students of varied age groups ‘Parwaaz’.



A number of students were motivated and participated in the nationwide competition; sending their audios & videos online.

The students from Eastern Public School showcased their

flair and secured position, bringing laurels to the school and their parents. The winners were awarded cash prizes.

The first prize in the Azaan Competition was won by Hassan Ahmed, grade VI. He won a cash prize of Rs 2500. Eiman Khan of Grade IX won third prize in Naat Competition, bagging a cash prize of Rs 700.

In Analysis competition, student of Grade XII Tasneem Khan was the winner winning the cash prize of Rs 2500. Lastly, students of Grade XII Madiha Arshad won first prize in a Speech competition and was awarded a cash prize of Rs 2500.

When the Pandemic brought the world down, it was time for some to rise & fly; chasing the dreams. These bunch of students deserves special accolades as they utilized their stay at home time productively.

To be surprised, to wonder, is to begin, to understand



Mental Health Workshop

“The only journey is the journey within.” – Rainer Maria Rilke.

The COVID-19 scenario is giving everyone a tough time. The thoughts are spinning out of control, anxiety and restlessness are overtaking us. Empowering the peace of mind and soul is the only stock of our lives.

Giving halt to these overwhelming experiences, a three-day Virtual Mental Health Workshop was organized at Eastern Public School from July 23 to 25. The workshop was hosted by Team Grade 5, for students, parents, and teachers, under the initiative ‘The Mindful Week’.

Counselor and Psychologist Ayesha Ali was the chief speaker of the workshop.

The Virtual Mental Health Workshop was conducted in three sessions. On the first day, the workshop was held for Grade 5 students. Ayesha told students how to stay calm and relaxed during the lockdown. While giving some tips to the youngsters, she emphasized the importance of ‘sharing thoughts’. She said, “Share your thoughts with your friends, parents, or your teachers. This will make you feel good about yourself.”

The fun part was Who is My Superhero? activity. The students wrote gratitude notes to their parents, friends, and teachers.’

The second day, the session was held for parents. In this session, Ayesha highlighted how to deal with kids during the ‘lockdown’. She said, “Of course it is stressful for children and parents to be at home all time, as all the outdoor activities are barred.”

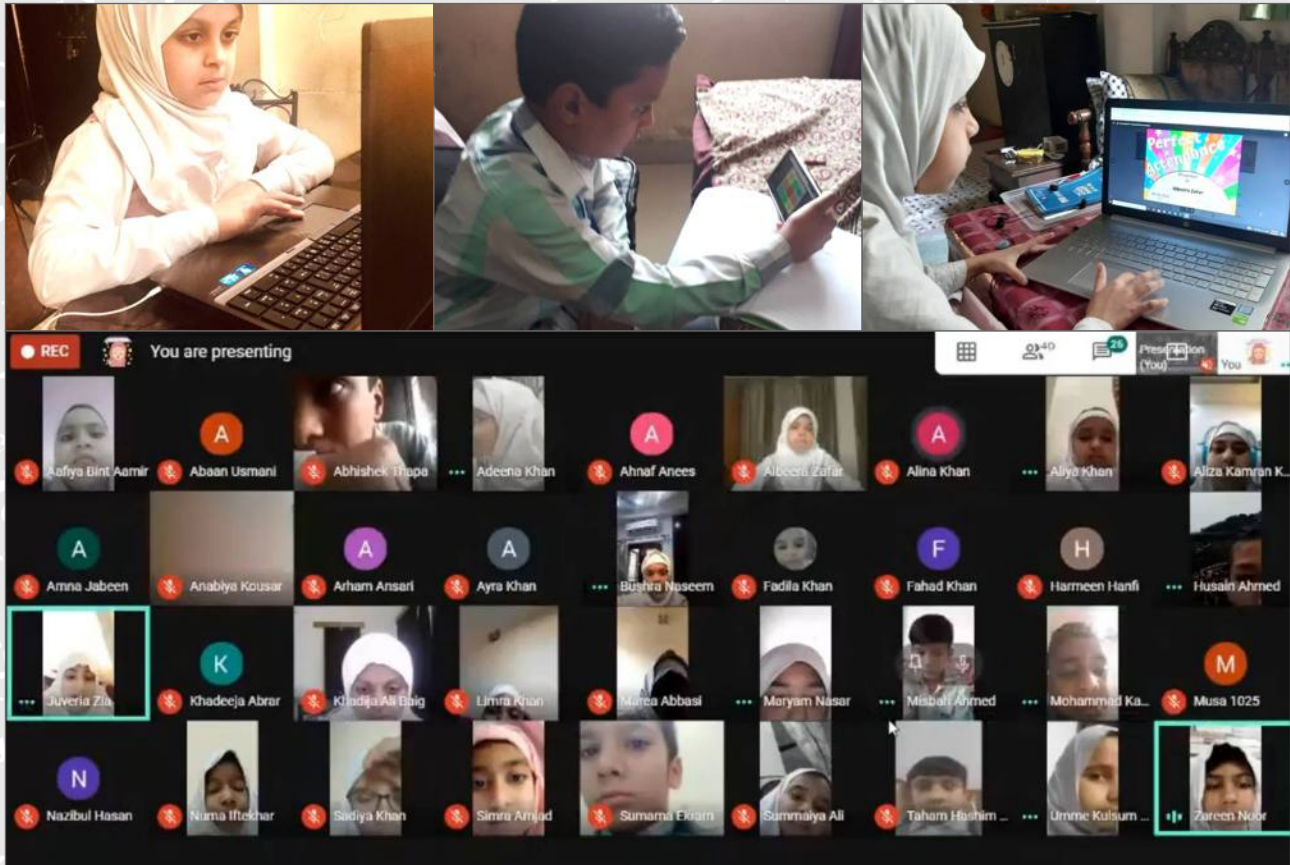
Giving thoughtful advice to parents, she said, “It is advisable to indulge in some fun and educational activities with kids. It is an opportunity to spend some quality time with each other. It will bring down the stress meter for sure.” In the end, she made parents write a positive note for their child. These notes were posted on Google Classrooms for students to read.

On the last day, Ayesha interacted with the teachers. She emphasized on dealing with the stress teachers are going through and then encouraging their students to get some positivity. She began with a ‘Gratitude Note for You activity, wherein all the teachers appreciated their colleagues they never acknowledged before. Then, she talked about perception and how to stay positive all the time.

The workshop was helpful for students, parents, and teachers. There were many positive takeaways.

Syeda Sana Riyaz
HRT Grade 5

It's not about Just Ideas- It's about Creating them



When smiles spread all around, and the heart was filled with Pride - Pride Day Celebrated at EPS

The Pride Day was observed on April 30. It was the day when we all EPSites celebrated the successful completion of the online learning session.

All the students wore their school uniforms. It was an emotional day for all the students and the teachers, as we met as we do in school. All the students met each other through online conferencing. It was an exciting and new experience.

On the D-day, teachers discussed COVID-19 pandemic; the reason due to which the schools are closed. But, the learning continued at EPS.

It was due to the efforts of our teachers that made learning interesting and easy in such hard times. Online teaching was all about homework, quizzes, and exciting lessons. On the other hand, sincere parents and students have also contributed to the success of these sessions.

On Pride Day the homeroom teachers awarded the students with the certificates of excellence, which helped the students to build a sense of recognition among them and boosted their confidence. The entire day was full of joy and pride for everyone.

**Khadija Ali Baig
Grade IV**

The Art of Teaching, is assisting art of discovery

My online teaching and learning experience - Aisha Bint Ausim Grade VIII

Most people see Covid-19 as a great catastrophe. No one could meet each other, no one could hang out with their friends at school. But did anyone take it as a blessing? A blessing in disguise it is. That's where online learning comes through...

In times of need, the online mode of education has helped us, students, to catch up with our studies. Surprisingly, more apps have been introduced to carry on with our meetings or classes or even family gatherings! It's pretty refreshing to attend your classes tucked in your blanket at home.

It has also allowed us to explore and learn through endless surfing on chrome that will be very helpful for us in the future too. Also, I attended an out-of-school MUN that was held online for the first time and represented Ghana as my country.

All in all, the online mode of teaching and learning has opened new platforms for students to cope up with their hunt for knowledge. This is the future of education.



Showing Gratitude is the happiest thing you can ever do! - Hamzah Ahmed Grade III B

It was April, we were locked in our homes due to COVID 19. We were missing going to school, meeting our friends and teachers.

But our co-ordinator Humera ma'am and her team made lots of effort and brought our classrooms to our homes. Firstly we met our new HRT- Zenab Khan ma'am and our new classmates. Zenab ma'am gave us lots of interesting and engaging puzzles and tasks. We rolled in laughter and learned with her as well.

As a token of gratitude, we the students of Grade 3 B prepared a collage. This collage was prepared at our homes. None of us stepped out of our houses and

did exactly the way Zenab ma'am instructed us. She gave each one of us a word which we wrote on a paper, took a picture holding it and forwarded it to Zenab mam and she prepared a beautiful pictorial collage.

It demonstrated our love, affection, respect, and fondness for her. The collage said, "Thank you Humera ma'am for bringing our classrooms to our homes, we love you and our school Eastern Public School lots."