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Insight

Cambridge Assessment
International Education

Cambridge International School

Monthly Newsletter of Foundation World School

Theme for Academic Year 2023-24

RESPECT FOR SELF AND RESPECTING OTHERS



Welcome to the new edition of Foundation Insight Newsletter. Our newsletter covers a wider range of features, views and experiences of our school.

Learners are at the heart of everything we do at Foundation, and it's vital that we prepare them well for not only higher education, but work and life skills.

Executive Head,
Ummar Sheriff



Cambridge Center No: IN094

FWS holds maiden graduation day ceremony to felicitate students

Srinagar, Mar 18: The Foundation World School (FWS) on Saturday celebrated the graduation ceremony of its maiden IGCSE batch at Mamath Campus in Budgam district.

The Academic Advisor Cambridge International Alka Pandey was the chief guest at the occasion. In her address, she congratulated the students and also spoke about the future plans of Cambridge with regard to curriculum development and teacher training.

She also provided insight into the shifting modalities and challenges of the Cambridge curriculum and the strategies to cope with them. Principal DPS Athwajan and Principal DPS Budgam were also present at the occasion.

The proceedings of the graduation day started with the recitation and translation of selected Quranic verses and later a group of students



presented a skit. Speaking at the occasion, Director FWS Suhail Bakshi spoke about the mission and vision of the school and gave insights into future endeavours.

The IGCSE graduates and their teachers were conferred with certificates and medals of achievement at the occasion.

Chairman FWS Syed Arshad Hussain while speaking emphasized the need to lift the standards of education and strengthen the moral fabric for the greater good of "our student community and society at large." Head of the Boys' School, Tufail A Haji delivered the vote of thanks at the occasion.

Foundation World School Celebrates World Earth Day 2023

Srinagar: Foundation World School, Mamath - Budgam today commemorated the World Earth Day and witnessed the Inauguration of the Environmental Club. Mr. Ghulam Hassan Kangoo (IFS) (Retd. Principal Chief Conservator of Forests) presided as the Chief Guest on the occasion whereas Dr. Rafiq Masoodi served as the Guest of honour. The guests were accorded a warm welcome from the staff and administration.

Ghulam Hassan Kango, while giving the background of the Earth Day said, "In the later 1960s there was a massive oil spill in the ocean due to which around 3500 seabirds and other sea creatures perished. This led to the creation US Urban Mental Population Body and also it marked April 22 as Earth Day."

He also opined that awareness and information for preservation and



conservation should be taken forward by the budding learners as they would serve as the torch bearers of the future. They have to be better prepared and informed so that they use things judiciously and be more patient and loving towards the preservation and conservation of Mother Nature.

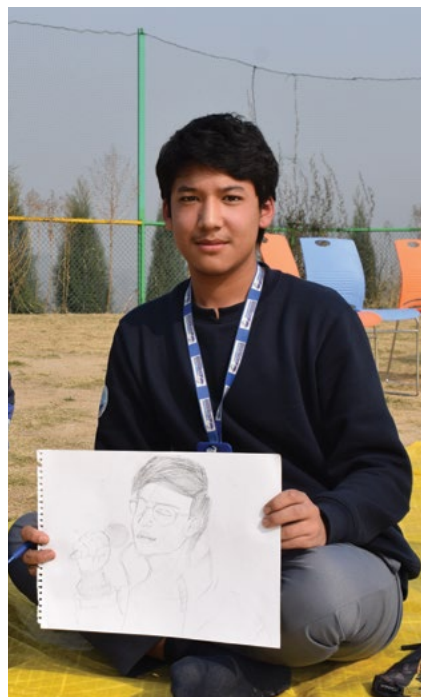
Dr. Rafiq Masoodi, an environment enthusiast, emphasized upon the conservation and protection of the

environment as a conscious society.

He further stated, "We live in such a beautiful place, but massive deforestation has changed the demographics. Animals have lost their habitat, and due to this reason we have more man-animal conflict these days. Climate change is another issue we are facing as we are continuously polluting the environment in every way. There is a daily increase in industrial waste, air and water pollution. We need to take concrete steps to halt its progress, as we directly depend on the Mother Nature for our survival."

The vote of thanks on the occasion was given by the Executive Head of the school, who also expressed that Foundation World School will be effectively and efficiently following and working towards the UN SDGs (Sustainable Development Goals) for a clean and green environment.

Art Event



TRAFFIC AWARENESS



VIGILANCE WEEK CELEBRATED



The pessimism lingered...

It was raining to create a perfect day to end things. I was leaving but the cars continued to honk. I was leaving but the time continued to fly. I was leaving but nothing stopped. Choking down my own words was different because I had always stood up for myself. I was leaving all the imperative moments here; my memories. I needed to leave all kinds of memories whether they were good or bad. The last moments were my feelings and my thoughts.

People had always recognized my bad side but never acknowledged my morals. The bad blood between them and me continued to grow thicker. No one cared. People forgot everything comforting they had said till now because they never meant it. The finicky, inside the people, is always toxic. A heart can never be a sanctum because enemies exist. When you have contentment but there is vacant space for something else inside you means that you are hopeless. And I demanded for optimism when the pessimism always revolved around me.

People come and people go and nothing stops. The lives are insignificant. Life itself is hysterical but I think no one has realized this. It is beyond reach to think you are momentous and it is even frenzied because almost every mind is like that.

No matter what happens an ending will always be sad. There is no such thing as a happy ending. In the end of the end the death is at hand. I stipulate to call me out because I never thought of finding the blue sky. I never thought I could break in the clouds. I never thought of finding my silver lining and I never will because of the end. Who said the light at the end of tunnel was always something bright? I hated everything and the light at the end of my tunnel was death.

I do not jump but I let myself descend. I reach the shallow water and I can hear my own dive but the splash is muffled. It's warm. The blood is warm. I have a blurry vision of the deep red blood diffusing with the water and it looks pleasant to me. I see my own blood swirling in front of my eyes. My head has already clashed with the ground. I can not breathe but I retain inside the water and involuntarily, I do not take the water in as my body resists. Finally, I take it in to my lungs as if I can breathe underwater and I start choking. I can not direct and I realize something. I am there; the end. At last I leave the world.

By: Noor Zainab, Grade 10

The Misty Night

With the foggy air overlaying my skin, I stood there, amid the bleak alleyway. Walking further, I noticed an eerie and crippled house in the howling wind that gave me Goosebumps. Passing the desolate streets, I shivered in vigilance, unsure of what would come my way next. As I struck the appalling house, my body froze for a second before entering it. Opening the door cautiously, I stepped inside and almost fainted from the smell of something hideous, but I couldn't pinpoint what it was.

All I ought to pay attention was to the window shutters rattling on the outside, however, that was rarely of my problem after getting an experience of being grabbed on the arm by a person, I could swear I felt the contact of a cold-blooded being, which my mind quickly dismissed considering it was the wind's trick. I subsequently moved on to one of the bedrooms with the floor beneath my legs cranking, with dust floating in the air and coating the tongue. Stepping into the room, I let out a big scream after discovering the remains of a human on the bed there.

I gathered all my courage and carefully stepped outside when I heeded a mysterious and high-pitched voice apprising me to release it. With no more will to discover the fullness of the house, I ran outside and to the lively and noisy primary street immediately, after which I took a cab back to my cosy home, feeling the wind from the house following me. As soon as I reached, I called my friend in a hurry and informed him about all that had happened in a very low tone as I still tried to recover from witnessing it all.

The phone lowered from my shaking hands as soon as I heard him say that the house I discovered was a terror-filled site where, many years earlier, a person had died to his wife setting the house on fire and leaving. From that day forward, it is assumed that the spirit of the person still roams within those mysteries filled walls, seeking someone to aid him. Could this be why I heeded a voice telling me to release it? I had many questions in my brain that were left unanswered forever. That incident always dwells in my mind like a photograph stuck on an album.

By: Abdul Hafi, Grade 10

King Cobra

He wears his crown when angry
Eats his subjects when he is hungry.
Longer than you faster than you.
When you see his crown, don't show a frown
or he will make your heart stop.
Dead you will drop.

By: Abdulah Pandith, Grade 10



Parenting Tips

1) Mothers:

Please give your child a glass of water after returning from school everyday and ask him/her how his/her day was. {Even if his/hers clothes are soiled, treat nicely}.

2) Fathers:

Please fix a TIME with your child and talk to him/her or let him/her talk to you everyday for at least 10 minutes. {This improves speech and the ability to recollect things}.

3) Parents:

- Never argue, shout or fight with each other in front of the child. {He will learn that fighting is the best solution to solve a problem}.
- Provide a healthy and compulsory breakfast in the morning itself. {Don't make it brunch please}.
- Educate your child of "good and bad touch". Make him/her feel free to reveal if something goes wrong with him/her.
- Don't let your maid change clothes or give a bath to a school going child. {Maintain privacy always}.
- Ask your child to stand in front of a mirror and hold his tie and say "I am the best" every day. {This improves self-confidence}.
- Children reciprocate what you give them - say "good", they will be "very good". If you say "very good" they will be excellent.
- Don't consider your child a stage performer to perform in front of guests. {They will be shy and get guest phobia}.
- Never talk bad about your child's teacher (s) or school in front of them. {This will create a bad attitude towards the teachers/school}.
- Ask the opinions and suggestions of your child while taking decisions whenever possible. {This will improve his/her self-esteem}.

NURTURING A CHILD

“ Education is what remains after one has forgotten what one has learned in school. ”

-Albert Einstein



It is the overall development of an individual that includes shaping myriad forms of human behaviour from personality development to cognitive and meta cognitive understanding, integration of indigenous and global cultures, customs and an amalgamation of world class standard, considering the fact that world has become a global village.

I have always believed in the fact that a teacher is a second parent to a child and with this utmost trust and faith, a parent admits his /her child in a particular school . It's becomes our utmost responsibility to keep that trust and faith of the parent throughout the schooling years of a student and even after that . As teachers, let's vouch to cultivate , nurture and educate a child in its true essence and set our own benchmarks.

Remember that every child is different and each one of them needs personal touch , care , compassion and empathy. It's important to know all of them at an individual level , guide and motivate them . Teach them values, respect , morality and honesty. Seek out for those who are quiet , shy and timid . They are the ones who need utmost care and attention . Everyone knows the high achievers but somewhere sometimes, we may be missing on an Albert Einstein , a Vincent Van Gogh or a Newton; for pearls are often found in bruised oysters and diamonds in a coal mine .

Children of today are future of tomorrow and the onus lies on us as we guide , mentor and regulate them . Ensure we aren't raising them but cultivating them as pedestals on which tomorrow walks . Strong , independent and intelligent .

“ Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, And though they are with you yet they belong not to you.”(Kahlil Gibran)

Naveena Qadir
PDQ Trainer- Foundation World School

Recipes

Healthy Breakfast



People skip breakfast because they sleep too late or they think it's a way to stay thin. But those who skip breakfast tend to eat more calories throughout the day.

Children who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight. If you or your children skip breakfast because either you or they are too rushed, try these quick breakfasts- Easy to grab on the way out the door or get ready the night before.

Dates Almonds Rolls:

Ramadan is coming, this recipe can be added in iftari delights too. Packed with the goodness of dates and almonds, the whole wheat and oats rolls are the sweet variants of the traditional kathi rolls.

Ingredients:

- For the Dough
- Wheat flour – 1 and 1/2 cups
- Salt – to taste
- Water – enough for kneading into dough
- For the filling:
- Oats – ½ cup
- Dates – 10, pitted, finely chopped
- Almonds – 10, roasted, finely powdered
- Raisins-1/2 cup
- Clarified butter – 1 tbsp
- Cardamom powder – ½ tsp
- Dry ginger powder – ½ tsp

How To Make:

For the Dough:

1. Knead the flour with water to make a smooth dough. Cover and keep aside.

For the Filling:

- Add clarified butter to a preheated pan, kept on medium flame.
- Add oats and roast on low to medium heat until the oats turn golden and loses its raw flavor.
- Add dates, rasins and cook until it turns pulpy and loses its raw flavor.
- Add almond powder, cardamom powder, and dry ginger powder. Mix quickly.
- Keep aside.

How to Proceed:

- Divide the dough into 10 equal sized balls.
- Take one ball, dip in whole wheat flour, and roll out into a thin circle.
- Cook both sides on a preheated skillet, kept on medium flame.

- Repeat the same until all the 10 chapathis are made.
- Divide the filling into 10 equal portions.
- Take one chapathi, spread ¼ tsp ghee on it, and place one portion on the filling along the sides.
- Roll the chapathi like a Swiss roll.
- Place on the skillet and cook for two more minutes.
- Serve hot with honey drizzling over the rolls.

Peanut Butter Banana Smoothie

IngredientsOn

- 2 bananas, broken into chunks
- 2 cups milk
- 1/2 cup peanut butter
- 2 tablespoons honey, or to taste
- 2 cups ice cubes

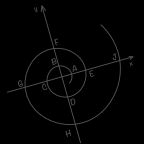
Directions

Prep: 5 m Ready In: 5 m
Place bananas, milk, peanut butter, honey, and ice cubes in a blender; blend until smooth, about 30 seconds. Your Smoothie is ready!

Just like with other meals, try to eat a variety of foods, including:

- Fresh fruits
 - Grains (make at least half your grains whole grains, low-sugar cereal)
 - Protein (meat, poultry, fish, eggs, dry beans, nuts, and seeds)
 - Dairy products (low-fat or fat-free milk, cheese, and yogurt)
- So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Teacher's Corner



Top tips for teaching

1. **Creativity has many definitions**
Look for ways to teach collaborative creative projects with other subjects. For example, a history project or a food festival can be exciting sources of cross-curricular projects.
2. **Instigate visual research**
Why not set your own class research projects instead, where students have to respond visually to a different hashtag, word or theme every week? This encourages students to observe and record their surroundings.
3. **Embrace lucky mistakes**
Students may feel disheartened when their work hasn't turned out as expected, but this is often when the most creative results happen. Suggest that your students problem-solve their way out of a stale project by introducing new materials, or by changing the scale or scope.
4. **Time management is key**
Bundle together tasks or projects across year groups to save yourself preparation time. For example, a still life of flowers for a drawing or photography task can become a lesson on complementary colours for another group of students .
5. **Encourage peer feedback**
Giving and receiving feedback is a valuable part of learning, and demonstrating how design ideas have evolved is part of the creative journey. Print off the appropriate assessment criteria on large sheets of paper and encourage your students to give each other interim feedback.
6. **Top up your own creativity bank**
A day away from the classroom, learning a new creative skill, can help you remember why you chose to teach in the first place!
7. **Share expectations**
Use Cambridge Example Candidate Responses booklets to share what the expectations of the syllabus are, and as part of your own interim assessment. That way, students will understand the different levels of achievement expected.



**FOUNDATION
WORLD SCHOOL**

Cambridge Center No: IN094

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FUTURE**



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Main Campus: Mamath Budgam, Kashmir
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“ Education is not an affair of ‘telling’ and being told, but an active and constructive process. ”
- John Dewey

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Cambridge Center No: IN094

E-mail: info@foundationworldschool.com
www.foundationworldschool.com/newsletter.html

Main Campus: Mamath Budgam
Kindergarten Campus: Tawheed Bagh, Humhama, Airport Road, Srinagar
Phone No: 0194 3101300