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JUNE15-JULY15, 2021

Informal

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EDUCATIONAL MAGAZINE

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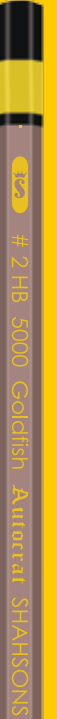
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Editorial NOTE

Education in every sense is one of the fundamental factors of development. No country can achieve sustainable economic development without substantial investment in human capital. Education enriches people's understanding of themselves and world. It improves the quality of their lives and leads to broad social benefits to individuals and society. Education raises people's productivity and creativity and promotes entrepreneurship and technological advances. In addition it plays a very crucial role in securing economic and social progress and improving income distribution.

The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily help them in development. Education is a basic necessity for any country's development and helps us in teaching that how we can improve the culture of peace.

In the earlier stages the peoples are talented, so that they invent many ideas and think much more but due to lack of education they can't prove them much more. At that time they have no laboratories in which they can prove their ideas. But now the world which is developing are using their ideas and thinking. It is due to education that they are developed so that they can prove the thinking of past scientists.

Education is the driving force for the national development and economic growth are very strongly depends on the education and these both are playing great role in developing a country. The nations are built by education economic growth can be increased, if the peoples of a country are educated they can easily grow up the national economy because then they can better know the economic principles and rules and can think about them easily if they are educated.

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JUNE 15-JULY 15, 2021



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Letter to the editor

Your magazine did highlighted a very common issue which our schools are facing day today, which is the "lack of security", as majority of the schools still have inadequate security measures taken by the administration for the safety of a school. The safety of a school is not just important for the students, but it is also important for teachers and parents as well.

Munazzam Khalid

It's been a brilliant experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. I think if you guys keep on doing a job like this, then soon our society will change the way it looks and deals the issue of our education system.

Hamza Asif

Your magazine is doing a tremendous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like the "Wise Advice" section, which I read when I'm looking for some serious matter to penetrate into my soul.

Maheen Saleem

I really enjoy reading your magazine and the section which I liked the most was the 'Tell Me Why' section, in which you write about various interesting and informative topics. It's always good to read your magazine; you guys are also promoting a good image of Pakistan along with other academic writings.

Saad Junaid

The story I liked the most was the cover story of this month, which showed a true side of the education system of Pakistan and the ailing condition of schools due to lack of security measures taken by the administration of schools. Schools should also take-up this issue and come-up with some quick solution to it, as the future of our students and teachers is at stake.

Arslan Ali

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something about the process of this our brain carries out the process if memorization. Generally, we don't notice this process, so I think it will be better to write something related to this topic.

Farwah Ch

It is a magnificent experience to read your magazine; it is perfect for students particularly. Cover story and Wise Advice are my most favorite in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

Ahmad Waseem

I would like to say that your magazine is very informative and at the same time it is very interesting. I like all of your content of all the sections and your selection of matter is always unique. I especially like the news sections, which includes the segments of National and Internal News. The information which I get from your magazine really helps me to learn and increase my level of knowledge.

Wajahat Shahzad

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We recived too many letters from our valued readers every month through mail and e-mail, however, due to shortage of space we are publishing only few selected letters.



What are the natural sciences?

The natural sciences (also natural sciences, physical-natural sciences or experimental sciences) are those study disciplines that are interested in understanding the laws that govern nature, and that do so in accordance with the scientific method and the experimental method.

This means that they try to study nature objectively, relying on logical reasoning (borrowing tools from the formal sciences), the repetition in controlled environments of naturally observed phenomena (experimentation), and contemplating to a lesser extent the subjective matters of the human being.

In the latter they are distinguished from the humanities and the social sciences, since the latter focus their attention on culture and human society respectively. On the other hand, the natural sciences are part of the basic sciences, that is, those that attempt to decipher the fundamental laws of the known universe, and should not be confused with the applied sciences, nor with the terrestrial sciences.

The antecedent of the natural sciences can be traced back to

ancient forms of philosophy and naturalism, although the ancient Greeks and Romans, for example, based their observation of nature on formal reasoning rather than on measurement and experimentation. We will have to wait until the Scientific Revolution of the 16th and 17th centuries for a concept of science to emerge as we understand it today, from the invention of the scientific method.

Object of study of natural sciences

As we have said before, the natural sciences focus their interest on nature, that is, on the laws that govern the world and the phenomena that are observable in it. In general, it deals with the phenomena that occur regardless of whether or not the human being is there to observe it or take part in it, that is, the world around us, whether in macroscopic or microscopic dimensions.

Classification and branches of the natural sciences

There are six natural sciences, classified according to the field of nature with which they deal, despite the fact that there are numerous contact areas between them that give rise, in turn, to a number of scientific disciplines.

Thus, we can talk about:

Physical sciences. They deal with

the fundamental laws of the perceivable universe. In this group are:

Astronomy. Study the celestial stars and the interactions between them.

Physical. Study the fundamental forces of the universe (energy, space, time, etc.) and the laws that follow from them.

Geology. Study the Earth, our planet, as well as its formation and transformation processes.

Chemistry. Study the composition, structure, and reactions of matter.

Biological Sciences. They deal with the fundamental laws of life as we know it. In this group are:

Biology. The study of living beings, their internal processes, their behavior, their origin and evolution, as well as their interactions.

Paleontology. Study the distribution and evolution of life on earth before the appearance of the human species.

Importance of natural sciences

The natural sciences respond to the need of the human being to understand the world that surrounds him (even the one that is within him), in order to later adapt to it or adapt it according to his needs.



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Why can't I get better grades if I study?

If you study the same time as your classmates, but you fail or your grades are worse, read this, the solution may be easier than you imagine.

Everything is learned

There are subjects that are choking. It happens to all of us. But if your grades are lower than or equal to your peers, even though you try twice as hard as they do, you may start to doubt your own abilities and get discouraged. Obtaining a university degree requires effort and perseverance, but also a good strategy. In most cases it is not a problem of lack of intelligence, capacity or memory, but of lack of technique. It is usually a matter of studying ineffectively, so don't be discouraged and blame the universe, your chosen career, or an ancient curse: improving performance and therefore grades, it has a solution if you correct some bad habits.

Avoid distractions

The first thing to avoid while studying are distractions. Close Facebook, leave your mobile in another room, don't put on music, and find a suitable study place. If your idea of a study day is to lie on the bed to read the notes above while a playlist is playing with your favorite songs and your brothers yell at each other, do you really miss getting bad grades? Thus there is no way to concentrate and the hours you spend in front of the notes will be hours wasted. If you have to study, do it, don't waste time trying because in the end you will have been bored a lot for nothing. Eliminate distractions and focus. When you are resting or finished, you will have time to chat with your friends.

Create a suitable space

Another typical mistake is studying in places that are not

adapted for studying. Low tables, uncomfortable chairs, little light ... If

you want to improve your grades, you need to create a pleasant space that you use to study, where you can isolate yourself and concentrate, hang your diagrams on the wall, have space for each subject, etc.

Find a place that is well lit and as quiet as possible. Adapt it to your needs by hanging a cork on the wall, putting a good table, filing cabinets to keep everything in its place and, please, choose a good chair that does not destroy your back. It is important that you create for yourself your own space where you know that you can concentrate and that you will be at ease.

Better not leave it for the end

If there is a typical mistake, it is this: leaving everything to the last moment and then sticking our heads around to study for twelve hours without looking up from the books. If you don't organize and study a little bit every day, you have it clear. Your grades are not going to magically go up. When you try to put in three days the agenda of a semester, the thing cannot go well. The brain has limits and when, in addition, very close exams coincide, it is likely that you will end up with a mental cocoa that will be reflected in the notes. If you want to be a good student, remember to review at least five days a week what you have seen in class (an hour or two a day is more than enough). Preparing for exams after making this little effort is a piece of cake.

Bad Organization

Another common mistake is getting organized badly, not planning the time required for each subject, not keeping the notes up to date, not knowing what day we are living ... Solution?

Buy yourself an agenda (and use it) and hang a calendar

on the wall of your room where you can mark the due dates of assignments or tests. Plan the time that you will need for each subject in a pessimistic plan, that is, nothing of "this is thrown away and I will learn it in two days", but rather the opposite: calculate the time necessary to finish a job assuming that they will surely arise problems. Thus, if everything goes well, you will have it ready before, but if something fails, there will be no problems with the delivery date.

Never lack of material

Books, notes, compulsory reading ... you must have everything and long before the time comes to prepare for the exams. It is essential so that you can do your daily work and that you do not see yourself at the end with too many texts to read with which you did not have or with incomplete notes. If you see all the syllabus as they give it to you, you will see how your grades go up.

Try other study techniques

The technique you use may not work well for you. It would be a mistake not to try different ones if the usual ones do not work as they should. Sometimes, because of what we have been taught since childhood, we tend to read, underline, memorize and try to parrot what we have read. Logically this does not work for all of us and it is also the least effective technique, that is, it requires more effort and more time than others. Try mnemonic rules to memorize, with mind maps, with associations of ideas to fix concepts, with creating your own tests, cards ... You have a lot to choose from.



The dangers of social networks in children and adolescents

Today, social networks connect people of all ages, including children and adolescents, in order to communicate and socialize. But is the risk of interacting (messages, images, videos, etc.) known through these types of platforms? The use of social networks in children and adolescents has been something very recently questioned by families, teachers, psychologists ... in terms of privacy and security reported to the minor.

We know very well the dangers that social networks pose for the youngest since we are a digital educational platform. Our duty is to educate the most vulnerable in the proper and safe use of them.

In turn, registration in social networks requires filling in a series of fields in which sensitive information is requested such as personal data, and sometimes bank details. Do you know what the next step is? Click on the acceptance field of the privacy policy; policy that nobody pays attention to, being essential to know the use that will be given to your personal data, images, comments, etc.

Children provide their email to social networks when opening an

account / profile. From that moment on, the spam folder begins to grow. Very curious, isn't it? On many occasions, the acceptance of the privacy policy invites that your data can be provided to third parties for commercial purposes. This is a problem since children can access certain advertisements, promotions, contests, etc. and make it easy to carry out certain digital transactions.

And when they are already browsing? Children can interact with strangers; very dangerous people who can get sensitive information from children and much more. On the other hand, another problem is addiction to new technologies, these include social networks.

From here, it is necessary, as a responsible party for the actions of minors, to ensure the following:

- Prevent children from filling in only forms with sensitive information or opening emails unsupervised.
- Prevent young people from contacting and / or sharing photos, images, data ... with strangers.
- Help children create strong passwords so that hacking their accounts is very difficult.

- Set the minor's social network profile as private so that only those users that we consider appropriate can see its content, and not the entire community of the social network.

- Make sure children do not accept friend requests from strangers.

- Prevent young people from sharing their location and / or tagging images with additional information that allows strangers to know your current location.

- Warn children not to insult or make fun of certain sensitive topics. Also, if someone is tormenting you, let them know about it so that they can help them solve the problem.

- Control usage times to prevent children from becoming addicted to new technologies.

We believe that trust and good communication between parents and children is very important in these cases. Good relationships with our children will facilitate communication and problem solving. If you want to be more calm and make sure of the good practices of your children, there are certain applications that will make it easier for us to monitor the use of your children's social networks.



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What is Globalization?

Globalization is a complex economic, social, political, technological and cultural process on a planetary scale, characterized by an increasing connection, communication and interdependence between the nations that make up the world, bringing with it a series of changes and trends that tend at the same time to plurality and to a certain paradoxical homogenization.

This process began after the end of the Cold War, at the end of the 20th century, and continues into the 21st, especially thanks to the unstoppable impulse of computer networks (Internet) and new telecommunication technologies, which have brought into contact geographically distant populations and markets.

Globalization is one of the clear signs of contemporary times, and it is usually considered a

consequence of the definitive implantation of liberal capitalism, tending towards democracy, multiculturalism, diversity, but also feeding by opposition the diametrically opposite tendencies: nationalism, conservatism.

The latter means that there are so many sectors enthusiastic about the project of "Global Village" proposed by globalization, in which it is marching towards a greater democratization of the world through its political and institutional interconnection (a world government), as well as great detractors, who they perceive it as a threat to traditional and transcendental values.

Characteristics of globalization

The main characteristics of globalization can be summarized as:

- Internationalization of markets. The "new economy" that globalization brought with it supposes the triumph of transnational capital and, therefore, of economic freedom and the free

movement of capital.

- Implementation of global culture. Communities that were never in contact can do so thanks to the global village, and this pushes them towards a new model of culture less rooted in the local, and the need for new forms of cultural identity: individualism and cosmopolitanism.

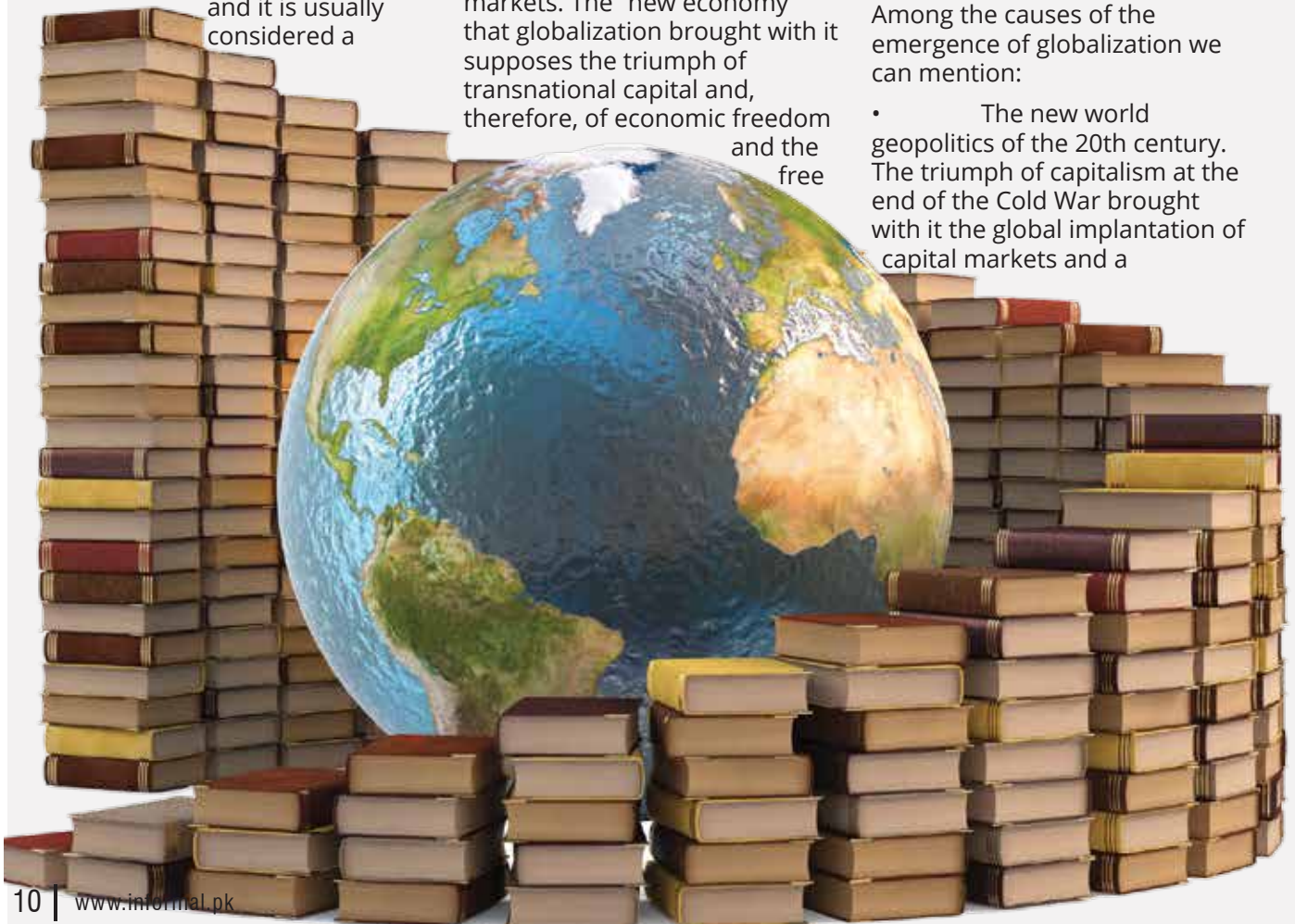
- It depends on the new ICT. The Internet and telecommunications are crucial to the global model, which enables operations to be carried out in record time across vast geographic platforms.

- Overcome geographic boundaries. The end of borders and the construction of a global society is the final destination of the globalization process, so its processes do not pay much attention to national borders or nationalities.

Causes of globalization

Among the causes of the emergence of globalization we can mention:

- The new world geopolitics of the 20th century. The triumph of capitalism at the end of the Cold War brought with it the global implantation of capital markets and a



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Tolerance, fairness and diversity - the attitude counts

Appreciate and use similarities and differences

Celebrating differences, learning from one another, being tolerant and curious - this is how we would wish for ideal social coexistence. But that doesn't always work out satisfactorily, not even at school, a few ideas and facts about the great and beautiful topic of diversity.

What we mean by diversity

Diversity is quite normal. In many areas of life it is even expressly desired. Whether at lunch, planning your vacation or a morning stop at the bakery: We like it when we have a choice and would find it boring if everything always happened the same way. We appreciate a wide range of options and are used to a certain variety of offers. At least that is true for most people in this country and for most areas of our everyday life.

But this diversity also presents us with new challenges. Some things are more confusing and demanding than they were a few years ago. A multitude of possibilities can also lead to confusion and uncertainty.

If you look at the interpersonal level, diversity often scares us. In social interaction, we like to look for the familiar, familiar and are much more open-minded when something sounds familiar or fits our ideas. That

gives us security. But especially when it comes to interpersonal relationships, diversity is an enormous asset! Just thinking within your own, accustomed limits is not enough. In this context, there is often talk of diversity (diversity, variety, difference) - a concept from social psychology that has its origin in the civil rights movement in the USA. Diversity is not a new term or a trend, but a sign of healthy social development.

In addition to diversity, terms such as heterogeneity and inclusion have established themselves in the school environment. Of course there are subtle differences in the definition of these terms, but much more important for you as a teacher is the general attitude that underlies all these concepts. Questions like:

- What philosophy do we live together at our school when it comes to diversity? How do we know that?
- Is this attitude firmly anchored in our mission statement?
- How do we treat each other and what values do we convey?
- Do we focus on diversity as a development potential or is it more of a side issue?

Living diversity - noticeably different

Give it a try: lived diversity can be felt as awareness across all areas of everyday

school life: in the staff room, in the classroom, in communication with parents, in human resources ... It relates, for example, to topics such as religion, ethical and Social origin, gender, gender identity, sexual orientation, various impairments, learning habits - in short: everything that distinguishes people in their diversity and individuality. How does it feel when you look at your workplace against the backdrop of diversity?

It is not always possible to implement everything that teachers would like and students need in school practice. Sometimes individual needs and factors take a back seat in favor of practicality. This is where the special challenge of diversity-competent teaching and cooperation lies.

Trust instead of stigmatization

"For educational work, it is important to look at differences and similarities," says the website adult.education.at explaining the term diversity. "The exclusive focus on difference often leads to the separation and categorization of social groups - a good basis



How to have a good level of English without doing language immersion

One of the great challenges facing our society today continues to be, without taking into account the importance of acquiring technological skills, learning a foreign language, specifically English.

It is becoming increasingly common for schools themselves to already offer a second or third foreign language to students, usually German, French or Chinese. However, the feeling that many language teachers share is that students have not yet finished learning their first foreign language 100%.

All this lack of learning is demonstrated when our son / daughter is able to talk to us about technicalities that he learns in the Science subject and, nevertheless, he does not know how to say everyday words such as "lid of a pot" or "handlebar of the door" in English.

Faced with this incongruity, any parent doubts if their child is really learning the foreign language or if it is just a parrot that repeats words like fossil fuels ("fossil fuels") or brainstem ("brain stem").

Is immersion a utopia or a

reality?

Language immersion is already part of the cultural heritage. We all want our children to be exposed to English as much of the time as possible.

As for educational centers, no matter how bilingual they may be, they will always have an essential component in Spanish, hence they are bilingual. Therefore, it is difficult to complete a full language immersion in most Spanish schools. And, in any case, these students live in a country where English is not a vehicular language, so the immersion is always somewhat incomplete.

However, this is much more difficult for elementary school students, since they need much more care and are more complicated to coordinate due to their age.

Summer camps

A good solution to this problem are language immersion camps, which children from first to sixth grade can attend. However, it is almost impossible for students to not break the rule of speaking only in English at some point.

Therefore, it is interesting that they can go to camps with

international students and in an intercultural context, because in this way the use of Spanish would not facilitate communication with their new friends.

In the case of teenagers it is always easier for them to go to a camp abroad. This experience will always be very positive for them, not only linguistically but also in their personal growth and their open-mindedness to other cultures.

In either case, be it a summer camp or a longer language immersion stay, we are prone to socializing and we always tend to seek contact with people who are culturally similar to us. We should not fear if this happens, because reflection on the process of learning English together with other speakers can also be very enriching.

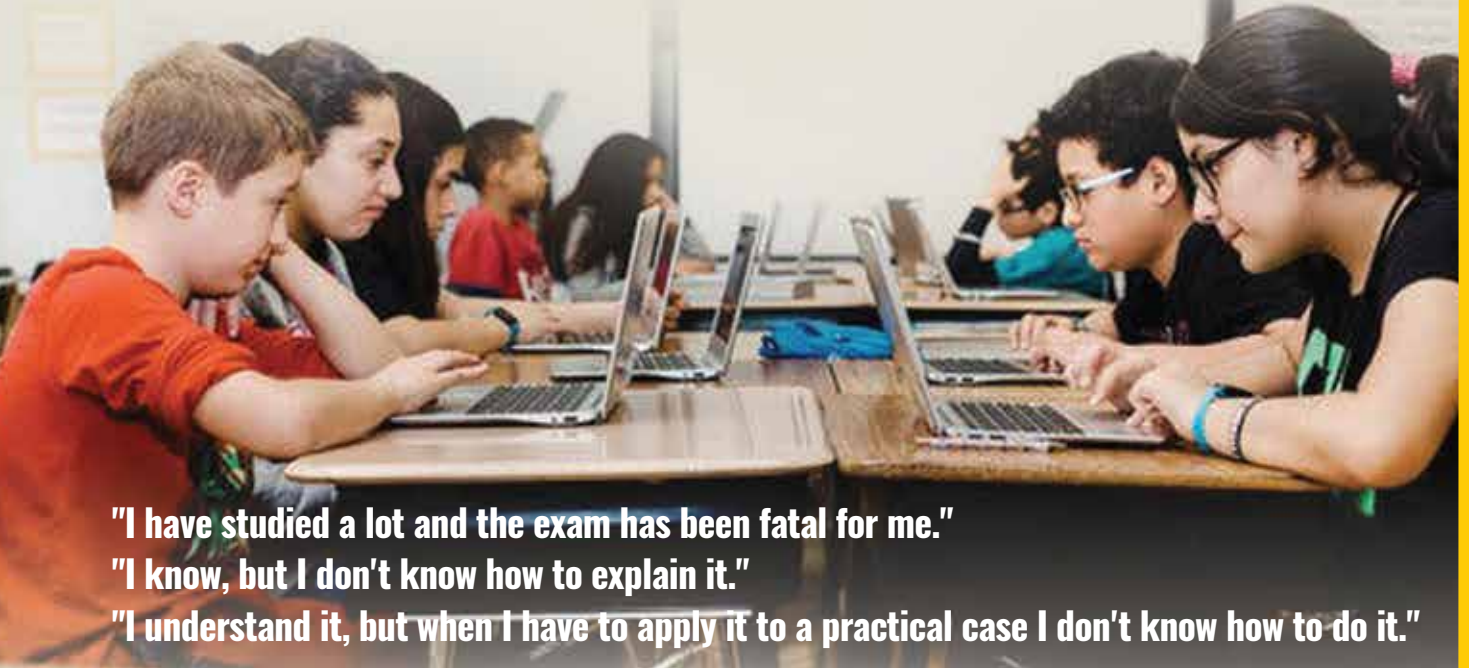
What if I don't have financial resources?

Is it possible to learn another language without taking an immersion? Of course yes. Even in an immersive context, you learn best if the experience is combined with formal classes. Therefore, to begin with, it is best to attend class and combine it with more resources.

Formal education is very



Why are there students who study a lot but it doesn't spread?



"I have studied a lot and the exam has been fatal for me."

"I know, but I don't know how to explain it."

"I understand it, but when I have to apply it to a practical case I don't know how to do it."

These situations and others like them indicate that, having made an effort to learn, many students do not succeed. And if this situation is repeated several times it can come (and in fact it does!) To generate frustration and demotivation towards the subject that is trying to learn. This unpleasant circumstance could have been avoided if students were clear, from an early age, what learning is and what they have to do so that it is not more difficult than it really is.

One of the most frequent mistakes in the classroom is that learners conceive of learning in a very restricted way: "Learning is literally memorizing". In this way, they face the tasks in a very superficial and passive way, resorting to basic techniques such as the mere repetition of the contents that appear in the texts, without reflecting on the validity of this technique and without conscious intention of understanding. Thus, they face the learning task in a mechanical, reproductive and ineffective way.

Learn strategies to stop tripping. Faced with this situation, educational research highlights the importance of helping students to make their theories explicit and to modify them by teaching them to approach learning situations in a more reflective and effective way.

It is important for the learner to understand that acquiring knowledge implies memorizing but, most of the time, in a comprehensive and functional way. It is about "learning to learn" not thoughtlessly, but deliberately and consciously, which requires the acquisition and use of learning strategies

Learning strategies are sequences of activities aimed at achieving a goal. Its function is to facilitate the acquisition of knowledge in a meaningful way. They are actions started by the learner intentionally, which require making conscious decisions about how to face the task of learning. To do this, you must not only know what activities you can perform (for

example, underline, outline, summarize, paraphrase ...), but also how, when and why it is important to do each of them.

This "conditional knowledge" is key, since it allows the learner to use the different learning procedures that they know, not in a mechanical way (underlining is not putting lines under certain sentences!), But deliberately.

Strategic learning requires planning what I am going to do, for what purpose and how I am going to do it.

But, since the selected actions must be directed towards an objective (assimilate the information in a comprehensive manner), it is also necessary to monitor one's own progress during the task and evaluate, once completed, whether the initial objective has been achieved or not. no and, in this case, review the actions carried out and modify those that are necessary.

Learning strategically always means "thinking before", "thinking during" and "thinking after" acting.



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Overcoming the social isolation of the child

EMOTIONAL SUPPORT FROM PARENTS DEMONSTRATES TO CHILDREN THAT THEIR FEELINGS ARE HEALTHY





Mom, why don't My brother or Sister let me play with them?" There are tears in the child's eyes, the pain of rejection is manifested in every small fold on her forehead and in the trembling of the lower lip.

In such moments, it is important for parents to remind themselves that they will not be able to be with the child every time he or she experiences alienation and social isolation. The role of parents should be to help them prepare for such situations, not to solve the child's problems instead.

The work of the master is afraid, and practice leads to perfection

For many children, self-affirmation is a difficult task. Parents can use role-playing games in a safe environment at home to help children practice different reactions to the situation "We do not want to play with you!"

Children sometimes feel that they need to protect their own space, and may reject another child without thinking. Attack, aggression - it's just their defense. If we can give our children the tools to resist the attack in a positive way, it will help break down barriers to communication and give the child access to a group of peers

A decent answer, an unequivocal argument, are very effective tools, and role-playing games are a great way to learn effective conflict resolution techniques. Here are some examples of the correct reaction of children to social exclusion.

- The reason: "You do not know how to play this game."
- Answer: "I will learn to play better if I can practice."
- The reason: "You played by the rules."
- Answer: "I am unintentional, really unintentional. Let's agree on the rules of the game in advance."

And only a purposefully unfriendly or very self-confident child will be able to reject a peer after such answers. By practicing such answers at home with parents, the child will learn to use

them confidently in real life situations.

If the baby is still rejected by peers, it is necessary to teach him to walk with his head held high. But most importantly, the child will do it, staying true to himself and knowing that he behaved positively and openly - and the problem is not in him. Her self-esteem will grow, despite the end result. (She may also need her parents' help.)

Improving the child's self-esteem

Social alienation strikes at a person's self-confidence at any age. But children with healthy self-esteem are better prepared to tolerate resentment and move on. The development of inner strength is one of the best ways to help a child prepare for such life situations.

To this end, experts advise simply to choose more carefully the words we use when communicating with children. Such simple actions of parents as avoiding negative labels, resentment and positive reaction to specific actions and situations instead of general phrases such as "You are very smart!", Form in children a sense of self-worth.

By setting children positive in their daily interactions, we not only strengthen our bond with them, but also help them develop a strong inner core of self-worth and self-confidence. With such a core, children will be able to draw strength from themselves when they have to face the inevitable problems that life will throw in their way.

Encourage introspection

It is not about encouraging children to take the blame for their social exclusion. It is important to teach them to objectively analyze how people around them perceive them. This is an important life skill for children that needs to be developed because it stimulates personal responsibility and empathy.

Here are some ways we can encourage children to think about their role in social situations and help them work on their attractiveness in the eyes of others. The importance of one or

another of the tips provided depends on the age of the child involved in the situation.

- Appearance - Talk to your child about how body language can convey silent messages, as well as how personal hygiene and a neat or untidy appearance contribute to a child's overall image. Take thoughtful steps to improve your baby's body image.

- Words are what you say and how you say them can have a significant impact on how you are perceived. Children are often unaware of this until they are shown this aspect.

- Character traits that repel those around the child - talk to her about what repels other children from her, such as boasting, inappropriate humor, inability to stop in time.

Work with your child to help him or her identify any of these internal factors. If it is still difficult for her to do this, ask the child if there are children with whom he does not always want to play and why, and then design the child's response to her. Then help your child identify ways they can change their image and attitudes toward themselves, friends, and acquaintances.

However, not all factors a child can or wants to change. Here are two more key factors:

- Differences are how a child differs from their peers. For example, she can wear glasses, be successful, be an introvert surrounded by extroverts.
- Family life - we are a product of the environment, and some children find it difficult to find common ground with people from other walks of life. It can be just the difference between a large or small family or complex social, economic or ethnic differences.

Dealing with these factors requires a different approach. If your child, for example, wears glasses or your family is different from the families of his peers, you need to teach him to understand the differences between people, appreciate and accept them. A positive attitude and self-respect create an inner world and strength that is hard to overcome.



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Teacher Health

What Makes Teachers Sick

The health of teachers is playing an increasingly important role in schools.

Schoolchildren, parents, colleagues and school policy are making ever higher demands. If the problems become too numerous, it affects teachers' health. How can primary school teachers deal with the special stresses in the first school phase?

It is early in the morning, the first lesson has been prepared, the primary school class is waiting for classes to start. And then that: an excited mother intercepts the teacher in front of the class door. You have to talk, and do it immediately. Because it doesn't go on like this, your child is completely under challenged in class. Scenes like these rob elementary school teachers not only of the joy of teaching over time, but together with many other, similar moments can make you really sick in the long run. Teachers who are absent due to chronic exhaustion, burnout or depression are not uncommon. The stress can hit teachers of all grades hard. But: "Teachers in primary schools are exposed to special requirements that can be

very stressful,"

Important course setting in elementary school

What are the special factors that can stress elementary school teachers so much? On the one hand, educationist says, in primary schools - more than in other types of school - children learn together who grow up in very different family backgrounds. It is not uncommon for there to be serious social, linguistic or educational deficits in the parents' home, so that the pupils cannot keep up with others right from the start of their school career. The important decision to be made during primary school is which secondary school will be open to the children. A decision that puts children, parents and teachers under pressure from an early age.

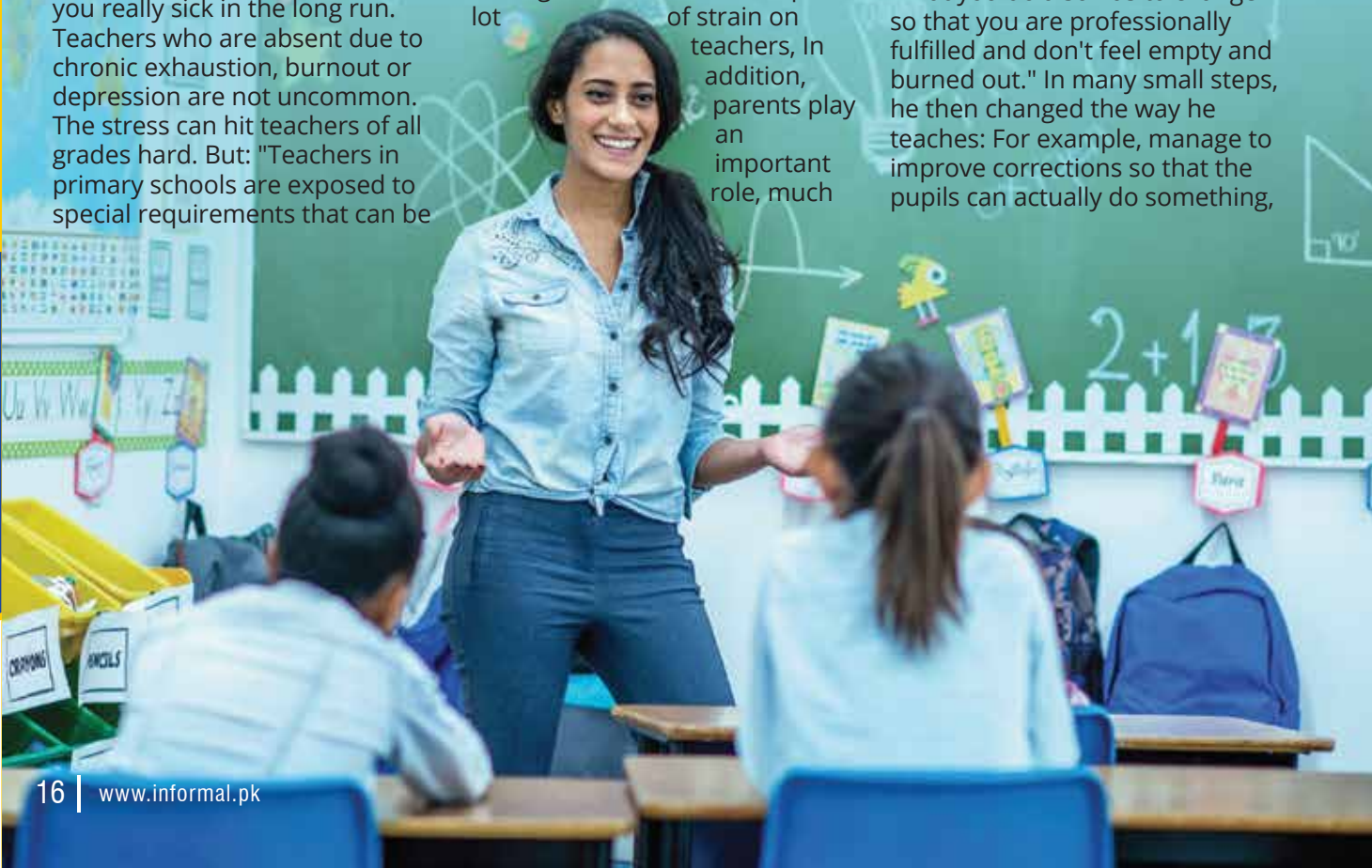
Cooperation with the parents

Setting the course can put a lot of strain on teachers. In addition, parents play an important role, much

more so than in later school years, and teachers have to devote a lot of energy and attention to them. If the parents are not available or, conversely, if they are constantly present in the school with demands and wishes, this can affect teachers psychologically "School policy and administration are bringing ever more demands and tasks to, for example working on quality management," In every class there are also one or two students who are difficult to control. And the students themselves are increasingly demanding new, exciting challenges. The pressure from parents is also increasing, As a result, teachers were absent for a long period of time in each school year. "In the past people used to shamefully talk about a flu-like effect. Today people openly name the psychological stress."

To better health in small steps

What you do also has to change so that you are professionally fulfilled and don't feel empty and burned out." In many small steps, he then changed the way he teaches: For example, manage to improve corrections so that the pupils can actually do something,



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4 INGENUOUS WAYS TO FOSTER CHILDREN'S CREATIVITY IN THE CLASSROOM

Ideas for teachers to stimulate the creativity of their students in class

Not only because it criticizes the entire system built by modernity, but because it pushes us to break those limits imposed by our lifestyle. Personally I have loved that call of the author who insists that we have to open the field of creativity and the childlike spirit, because that figure of the child, who spends his time constantly playing without stopping his creative process, pushes us precisely to live a life beyond monotony. Inspired by that thought, this time I bring you some tips and ways that will help teachers promote creativity in the classroom.

Why should we stimulate children's creativity?

In some way, it is related to the topic at hand today. I remember when I was little and I was celebrating the New Year with my family. I was glued to the television watching a movie. I felt the laughter of my mother and the jokes of my father and I observed how pathetic the image they were representing. Glued to the screen waiting for time to pass, we entered the New Year and nothing would consume me.

Well, I remember that at one point I saw a scene from that movie that motivated you to break your own limits, to challenge yourself and not give up. The end credits are coming and I felt such energy that I jumped out of bed and started dancing I don't know what. It was fun, but I felt very much alive in defying the logic I was experiencing at the time.

Ways to encourage creativity in the classroom

And, what ways are there to promote creativity in the classroom? Next, I show you very briefly some of them.

1. Inverted Classroom

The idea is to turn the classroom around. It is about leaving aside the frontal explanation, the delivery of the material or the performance of an activity that must be solved by the students with the material in hand. It is intended that children learn the knowledge that they will later contribute to the rest of the class. It gains time and focuses on skills other than mere comprehension, memorization, and comprehension posture.

2. Cooperative Learning

It is based on the fact that the team is the protagonist of learning. You deliver the material to a group of four students (more or less) and they are responsible for each member to learn. For cooperative learning to be effective, it is important to distribute roles and focus on goals that the team wants to achieve.

3. Gamification

Use video games as a base. Offer these virtual spaces to create different challenges within the content. It's about taking advantage of games that children like and that can teach them lessons such as math, strategy, vocabulary, etc. For example, the video game Fortnite, which is being talked about so much at the moment, can provide children with valuable mathematical knowledge.

4. Problem-based learning

Let's put aside the simple exposition and resolution of question guides. This type of path confronts students with a real problem, which is a challenge that they need to solve. That is the motivation for this methodology. We do not give them the bread of food, but we ask them to find that food and give it to us. In this way, at the same time they will be teaching their classmates what they have already learned.



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How to teach children to grow and eat vegetables

Being overweight in children is a serious problem that pediatricians in many countries talk about. For example, surveys conducted in 2017 and 2018 in the UK showed that 28% of children aged 2 to 15 were overweight or even obese. Such children have a high risk that overweight will persist into adulthood. They can also develop diseases such as type 2 diabetes, osteoarthritis and cancer.

This increase in obesity is caused by poor nutrition and decreased physical activity. Only 41% of 11-year-olds in Europe and Canada eat vegetables daily, and only 24% exercise daily (such as running or brisk walking) for an hour or more.

Addressing this problem in early childhood is important for developing healthy behaviors throughout life. One possible solution is to grow plants at school as an extracurricular activity. This strategy is aimed at both increasing physical activity and developing healthy eating skills.

How to teach children to grow vegetables

In 2018, a group of child psychologists from the UK conducted an experiment in a primary school in London. Scientists have developed a program that included growing vegetables. Appropriate classes were held for children two hours a week during the year. There were also separate lessons for children about the benefits of plant foods. In addition, children were encouraged to eat vegetable dishes.

Classes on growing vegetables were developed based on the suggestions of the children themselves. The children suggested where to build greenhouses for plants. In winter, under the guidance of teachers, they prepared beds for planting vegetables - weeded them and fed them. Then the children sowed the seeds and took care of the plants.

Research results

In order to conclude about the benefits of the classes described above, the researchers conducted

the experiment simultaneously in two groups of 30 people. While the experimental group grew vegetables during the year, the control group studied according to the regular school program. In the second half of the year, the control group was also asked to grow vegetables.

The researchers asked children in both groups to wear a pedometer watch for a week to measure their level of physical activity. The children were also asked to fill out a questionnaire in which they indicated whether they liked fruit and vegetables and how much they ate.

Psychologists found that children who were involved in growing vegetables spent more time on the move than their classmates. Also, children from the experimental group showed great physical activity, performing work on growing plants with moderate or high intensity. Also in conversations with psychologists, the children mentioned that during the time they spent in greenhouses, they became stronger and they developed muscles.



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NINE TIPS FOR PARENTS OF PRESCHOOLERS



When parents are actively involved in the preschool (and then - in school) life of the child, it brings him great benefits. The child becomes more confident and sees how much you value her learning efforts.

Research by psychologist's shows that children whose parents are actively involved in their education, later receive higher grades, and their success in school is generally higher. Such children are more likely than others to receive higher education after graduation.

Active participation in the child's preschool life will benefit you as well. You will meet the parents of other children and will always be aware of all the events that take place in kindergarten. Here are some tips to help you get active in your child's preschool life and contribute to their learning.

1. Start right now. Meet your child's caregivers. Don't wait for parent meetings. Exchange telephone numbers with your caregiver to stay in touch with her. This will set a positive tone for your interaction for the whole year.

2. Help in kindergarten. Most educators are happy to accept suggestions from parents to help. Ask the educator what help

she needs. This can be the arrangement of educational facilities, preparation of materials for classes, assistance in organizing various activities, accompanying children during excursions, and so on. If your work schedule does not allow you to spend time regularly in kindergarten, tell your caregiver that you will be happy to help from time to time.

3. Participate in the parent committee. Educators often entrust several parents to organize any holiday or administer parent chat in messenger. If you take on this responsibility, it usually means that you will do it during the school year. So make sure you have to get enough time for all this. If you have time for such work - this is a great way to meet other parents and caregivers.

4. Help the educator from home. If you do not have enough time to visit kindergarten often, you can help from home. For example, you can check how your parents can help you to prepare materials for classes, etc. If you do this, the child, looking at you, will understand that learning is important. It will also help you to communicate with the teacher.

5. If possible, attend classes in kindergarten. Offer your tutor your help as a guide during walks and excursions. Help organize the holidays that take place in

kindergarten.

6. Communicate with other parents. Find an opportunity to meet parents whose children are in the same group with your child. Meet them and exchange phone numbers. You will be able to communicate with them after your children go to school and exchange useful information.

7. Attend activities that are held in kindergarten. Make it a rule to go to all parent meetings, open days, exhibitions, etc. Try to attend even those events in which your child does not participate. This can be a good reason to talk to your caregiver and other parents. In addition, the baby will feel more confident when you are around.

8. Talk to your child about kindergarten. When you return home with your child, ask about what they did during the day. Try to ask specific questions. For example, instead of asking, "How was your day?" ask: "What good happened to you today in kindergarten?" or "Tell us about a new thing you learned today."

9. Show your child that his / her kindergarten lessons are important to you. Praise your child when you see how she tries. Let her know that you enjoy her work: for example, hang her picture on the fridge. Tell your child that learning is important to you, and show it in action.

South Australia approves plan for return of international students

A new plan to allow international students to return to South Australia has been approved by SA Health and is now being considered by the federal government, according to local media reports. Under the plan, 160 students will be brought in at a time and spend two weeks quarantining at Parafield Airport, in the north of the city of Salisbury. International students have been unable to travel to Australia since borders were shut last year and the disruption has resulted in significant overall declines in enrolments in the country. In 2019, almost 20,000 jobs were underpinned by international education, which is massive for our state. "International education is a significant part of South Australia's economy, contributing over \$2 billion in 2019, partly spent with our education providers such as schools and universities, and also providing a boost to our retail, hospitality and tourism sectors." Data from the Australian Bureau of Statistics has confirmed that South Australia's international education sector was valued at AUS\$2.2bn in 2019. The nominated quarantine facility is student accommodation for a local flight school, and is currently the "preferred space" to meet the quarantine and health standards required.



China authorises COVID-19 vaccine for children above 3



Beijing: China has approved emergency use of Sinovac Biotech's COVID-19 vaccine in people aged between three and 17, its chairman Yin Weidong told state TV late. China's mass vaccination drive, which administered 723.5 million doses of vaccines as of June 3, is currently only open to those aged 18 and above. When Sinovac's vaccine will be offered to younger groups depends on health authorities formulating China's inoculation strategies, Yin told state TV in a live interview. Yin said minors have lower priority for vaccination against the coronavirus compared with the elderly, who face higher risk of severe symptoms after infection. Preliminary results from Phase I and II clinical trials showed the vaccine could trigger immune response in three to 17 year-old

participants, and most adverse reactions were mild. State-backed drugmaker Sinopharm, which has two shots using similar technology to Sinovac's product, is also submitting data for clearance in younger groups. A vaccine from CanSino Biologics', adopting a different technique, has entered a Phase II trial involving those aged between six and 17.

UK approves Pfizer jab for 12 to 15-year-olds

The UK regulator has approved the use of the Pfizer-BioNTech vaccine in children aged 12-15, saying it is safe and effective in this age group and the benefits outweigh any risks. Dr June Raine, chief executive of the Medicines and Healthcare products Regulatory Agency (MHRA) said the safety of the vaccine in 12 to 15-year-olds would be carefully monitored.

"No extension to an authorisation would be approved unless the expected standards of safety, quality and effectiveness have been met," she said. The Joint Committee on Vaccination and Immunisation (JCVI) must now advise government on whether this age group should be vaccinated as part of the UK rollout.

A spokesperson for the Department of Health and Social Care said it would be "guided by the expert advisers and will update in due course". The Health Secretary Matt Hancock said any decision would be "clinically based". He confirmed that the UK had enough supplies to vaccinate children if recommended to by the JCVI. At present, there is no routine vaccination of under 18s against Covid in the UK.

However, current advice is that 16 to 18-years-old who are in a priority group or who live in the same house as someone who is extremely vulnerable, should be offered a Covid vaccine.





North Waziristan gets first passport office

Federal Minister for Interior Sheikh Rasheed on Saturday inaugurated the first passport office in North Waziristan's Miranshah. The minister, addressing the inauguration ceremony, said the government is paying special attention to uplift merged districts and has allocated special funds for their development. The minister acknowledged the numerous sacrifices of the tribal people to safeguard the motherland from enemies, saying that they had always stood shoulder to shoulder with the country's army against terrorists. Rasheed also lauded the support of tribal people to the armed forces for the restoration of durable peace in the region. "The tribal people have fought the war for the country's survival and the entire nation is proud of their bravery and sacrifices," he said. On a personal note, the minister said he was in favor of the Jirga system, as it provided a good alternative justice system due to the involvement of local elders who understood issues of the community better.



PM Imran Khan warns of worsening water crisis in Pakistan

Prime Minister Imran Khan addressing the World Environment Day event that Pakistan is hosting in partnership with the United Nations Environment Programme in Islamabad, on June 5, 2021. Prime Minister Imran Khan said Saturday a water crisis is in store for Pakistan and lamented that the provinces were already blaming each other for water theft. The prime minister made the statement during the World Environment Day event that Pakistan hosted in partnership with the United Nations Environment Programme. "Pakistan's 80% water comes through glaciers, and glaciers are being severely affected due to global warming India and several other countries will be impacted by this," he said. The premier warned that glaciers were melting due to global warming and if the world did not pay attention now, there could be further devastation across the globe.



Federal Govt to promote grade 1-4, 6-7 students without exams



Students of federal government schools from grade one to four will be promoted without exams, the federal education ministry said on Sunday. Grade six and seven students will not have to sit exams either. Students of fifth and eighth grades will have to sit exams. Those who don't have to appear in exams will be promoted on the basis of their past year's results. The ministry said that 90% of the students appeared in exams last year and their results will determine who will be promoted this year. Last year, all students from grade one to eight had to sit exams.

Shafqat Mahmood's corona test report has come, how is his health now?



Education Minister Shafqat Mahmood, whose name has been circulating in children's languages for the past one year, is remembered by some in memes and by others while reading. Some children even remember them well while taking online classes. The day they decided that the exams would be compulsory, the next day they had coronation and the children realized that now coronation has spread a lot. So now Shafqat Uncle will postpone the exams.

The decision regarding the exams has not been taken yet, but the report of the Corona test of Federal Minister Shafqat Mahmood has come. They succeeded in defeating the corona virus. Both the recent tests were negative. In his tweet on social networking site Twitter, Shafqat Mahmood said: "By the grace of God, I have fully recovered, my latest two tests have been negative. I'm going back to work today. The reason for my early recovery is vaccination which clearly works and is the best defense against the disease. It should be noted that now Shafqat Mahmood is in good health and he is fit, so we will make a big decision about the exams shortly.



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