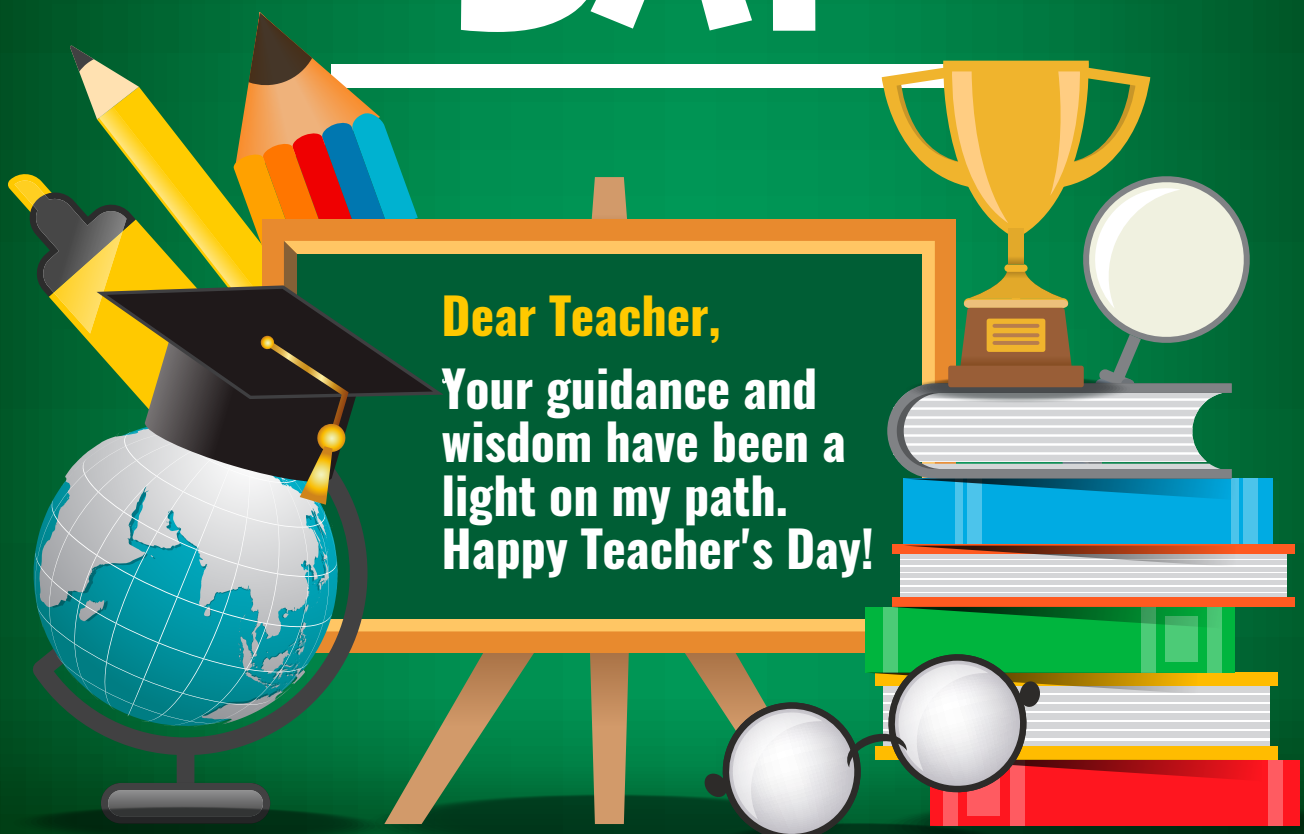


Conversation with | **Sadia Azam**
Regional Manager, American Lycetuff DNK

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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 helps 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 lake 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 used 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 build 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 knows the economic principles and rules and can think about them easily if they are educated.

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OCTOBER-2023



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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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The Wonders of Bioluminescence Nature's Night Lights

Science can be an enchanting journey of discovery, and one of its most captivating phenomena is bioluminescence. Imagine walking through a moonlit forest, dipping your hand into the ocean's waves, or exploring the deepest, darkest parts of the ocean—all while being surrounded by natural, glowing lights. This is the magic of bioluminescence, a fascinating scientific wonder that occurs in various organisms. Let's dive into this unique natural spectacle and explore the science behind it.

What is Bioluminescence?

Bioluminescence is the production and emission of light by living organisms. Unlike incandescence, where light is produced by heat, bioluminescence is a chemical reaction that takes place within special light-emitting cells. These cells contain a molecule called luciferin, an enzyme called luciferase, oxygen, and other necessary components. When luciferin reacts with oxygen in the presence of luciferase, it produces light without generating heat—a process known as cold light.

Creatures of the Night

Bioluminescence can be found in various organisms, both on land and in the sea. Let's explore a few examples:

Fireflies: These enchanting insects are perhaps the most familiar bioluminescent creatures on land. Fireflies use their bioluminescence to communicate with potential mates. Each species has a unique pattern of flashes that helps individuals of the same species find one another in the dark.

Deep-Sea Creatures: Some of the most spectacular displays of bioluminescence occur in the depths of the ocean, where sunlight cannot penetrate. Deep-sea animals, such as the anglerfish, use bioluminescent lures to attract prey. These glowing appendages hang in front of the fish like a fishing pole, luring smaller fish into their gaping jaws.

Dinoflagellates: These tiny, single-celled organisms are responsible for the mesmerizing glow seen in the ocean at night. When disturbed by waves or movement, they emit a blue-green light. This phenomenon is what creates the stunning "milky sea" effect, where the entire ocean appears to be glowing.

The Science Behind Bioluminescence

At its core, bioluminescence is a chemical reaction. The enzyme luciferase plays a crucial role in catalyzing this reaction. Luciferase helps luciferin react with oxygen, releasing energy in the form of photons—tiny particles of light. This process is incredibly efficient, with almost all of the energy being converted into light rather than heat.

The color of the light produced can vary depending on the specific type of luciferin used by the organism. Different organisms have evolved to emit different colors, from the blue-green glow of dinoflagellates to the yellowish light of fireflies.

Why Do Organisms Bioluminesce?

Bioluminescence serves various purposes in the animal kingdom:

Predation: As mentioned earlier, deep-sea creatures like the anglerfish use bioluminescence to attract prey. By luring smaller fish with their glowing lures, they secure their next

meal.

Communication: Fireflies use their bioluminescent flashes to signal potential mates. Each species has a unique pattern, ensuring that they attract individuals of the same species.

Camouflage: Some bioluminescent organisms use their light to blend in with their surroundings. For example, certain species of jellyfish have bioluminescent organs that match the faint light from the moon, making them less visible to predators from below.

Distracting Predators: Some creatures, like the firefly squid, release bioluminescent ink to confuse and distract predators, allowing them to escape.

Conserving the Magic

Bioluminescence is not only captivating but also plays a vital role in various ecosystems. However, it's essential to remember that human activities, such as pollution and habitat destruction, can threaten the populations of bioluminescent organisms. Conservation efforts are crucial to preserving these magical natural phenomena for future generations to enjoy.

Exploring Bioluminescence

If you're intrigued by bioluminescence, there are opportunities to witness it firsthand. Visit coastal areas at night, where you might see bioluminescent waves crashing on the shore. You can also explore the depths of the ocean through documentaries and educational programs that showcase the incredible diversity of bioluminescent creatures.

Why is Mathematics Difficult?

Why is it so difficult for children to learn math in school? Why activities that seem completely simple and logical to us - because mathematics is the most logical and systematic science - cause so many problems to children? How can you help them keep up with the overloaded, massive material to master in elementary school? Here are some thoughts on this.

Problems in teaching math at school

The Material Is Divided Into Sections - Example: students learn briefly what fractions are - after checking them they forget them and return to the material only in the next grade - "because it is not needed now". Other times, children learn geometry and calculate the surface area until checked - after that, this knowledge is not needed for at least another year. Unfortunately, mathematics, unlike most subjects, has to be treated globally, you cannot pass, clothe, forget some material, because later we will not need it - it's not biology, where ferns in the department with mammals are no longer of our concern.

Tasks Are Disserted From Reality - abstraction does not appeal to children, but what they can use in

practice. Tasks should be arranged in such a way that the mathematics is tangible and the students feel the need to master the material - because it will be useful in their lives. For example, instead of rolling out empty geometry tasks, let's do one big task on renovating a room.

We Teach Schemes - but we do not give the possibility to choose what suits a given student the most, or to come up with our own method of counting, and there are as many methods as there are thinking heads.

WEAK STUDENTS CANNOT CALL UP - which is in part the result of overloading the material to be mastered. Children who cope worse usually cannot count on "translating until successful", the teacher lays the material on time and this should be enough. After all, everyone learns at their own pace and we will not avoid this problem if we teach children the same material at the same speed.

Thus, BETTER PUPILS GET BORED AND CANNOT EXPAND. Perhaps this is an even greater problem than the previous one, because such children lose the opportunity to develop - it is not known how much we lose potential "geniuses" - and here again it would be enough to equip those capable and curious with the proverbial rod - to indicate where and how to develop.

The Joy Of Counting Is Received -

students focus so much on their grades that they have no way of enjoying their skills.

There Is No Place For Mistakes - and after all, learning means making mistakes, a bad answer of a child who is just figuring out the problem is immediately followed by a bad assessment, which discourages further learning.

DID YOU KNOW THAT CHILDREN IN JAPAN PLAY TASKS ONLY?

According to research, these students fare much better when solving unconventional tasks than those who learn from classic sets of tasks and polish the patterns.

What can we do as parents?

A parent can be a child's best teacher. First of all, let's talk and find out what exactly causes him a problem and what discourages him. Let's take the initiative and find and provide learning aids ourselves - let's show everything with examples. It's easier to understand fractions by dividing pizza or chocolate. Multiplication can be explained by using Lego bricks or by drawing rectangles. The child is much more likely to start learning the interest if you explain to him how loans, promotions and deposits on his own savings work. And is written multiplication the only way to multiply large numbers? Maybe it will be easier for a child with Japanese "knots".

$$\alpha = \arccos\left(\frac{-2}{2\sqrt{2}}\right)$$

$$= \arccos\left(\frac{-1}{\sqrt{2}}\right) = 135^\circ$$

Choosing a color palette for sites is one of the most difficult steps for a designer. However, you don't have to be a master of color theory to choose the right combination. Here are 14 tools that will be useful for both web designers and beginners.

1. HueSnap

Inspiration can catch up with us at any time. The HueSnap tool allows you to capture interesting combinations of shades that surround us in real life. The decor of a hotel room or evening park can suggest unusual solutions for the color scheme of the next site. Just take a picture and create a palette with HueSnap.

This application is only for mobile devices, but you can save and share the created palettes with others. It also includes many additional features, such as options for selecting additional and component colors.

2. Khroma

This is an AI color palette generator that adapts to your preferences. First you need to choose 50 favorite colors, and then the algorithm itself will offer other combinations.

3. Colors.co

Colors offers a wide range of tools for customizing palettes. In addition, the result can be exported in various formats. Colors also allows you to be inspired by the work of other users. In the "Browse" section you can find many ready-made color selections that can also be viewed, saved and

edited.

Colors is available for desktops, iOS devices. Moreover, this tool can be added as an extension for Adobe applications (PhotoShop, Illustrator, InDesign) and even in the Google Chrome browser.

4. Adobe Color CC

This tool is considered one of the best for choosing color selections. It allows you not only to create your own schemes, but also to be inspired by the work of others. To create a palette, you need to choose a shade on the wheel (or in the image) and apply the rules of color harmony. For example, sequential, monochrome or shades of your chosen color.

Recently, the tool got a new feature. She will tell you if the selected colors are suitable for people with color blindness, and whether they can be used as a background for the text.

5. Colordot

Colordot by Hailpixel is a free online tool for creating a color palette.

Management is carried out by means of clicks:

- Find a hue - move the cursor back and forth,
- Adjust the light - move the cursor up and down,
- Adjust saturation - scroll the mouse wheel,
- Save color in the palette - click on the selected shade.

If you click on the switch icon, you will be able to see the RGB and HSL values of each hue. And the mobile application for iOS devices allows

you to capture colors with the camera.

6. Eggradients

This tool offers a variety of gradient ideas selected by professional designers.

7. 147 Colors

To create a comfortable and readable CSS code, it is sometimes better to use standard colors and their names. The 147 Colors tool has gathered all the CSS colors in one place so you can choose the right one. It contains 17 standard and 130 additional names of shades. You can also filter the results by color or select with the color wheel.

8. Canva color palette generator

This tool is ideal for creating a color palette based on a specific image. Canva is very easy to use: you upload an image, and the generator creates a selection of the five primary colors it contains. Click on your favorite hue to copy the hexadecimal value to the clipboard. You can also use the color wheel to create a palette manually. Unfortunately, this tool does not allow you to customize the colors of the created sample.

9. Material Design Palette

With this tool, you can select two colors, which are converted than into a full color palette.

10. ColourCode

ColourCode is somewhat similar to Colordot, but contains more useful tips. In addition, it also allows you to choose different palette categories (analogues, triad, monochrome, etc.).

To help a web designer 14 best tools for working with color



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Sadia Azam

Regional Manager, American Lycetuff DNK

We should play our part in creating a positive and healthy work environment to improve teacher retention

Provide background information about your career in education and how you became a school principal.

I started my career way back in 1999 as a teacher. It was a coincidence when I was called in to substitute for a month only and since that day, my journey in the education field never stopped. I have been working for about 24 years now. I have worked in almost all fields of an educational organization, starting from teacher to HR, from coordinator to administrator and lastly from a principal to Regional Manager. My hard work and honesty paid off with a great reward Alhamdulillah.

What is your educational philosophy and how does it guide your leadership as a principal?

There is no specific formula or one-size-fits to all philosophy in the education system. I believe it's a mixture of many thoughts and ideas that combine together to bring a positive change. For example, we should priorities the needs, interests and well-being of students. We as educationists should believe that every student has the potential to succeed.

We must ensure that all students have access to opportunities,

resources and support regardless of their background or circumstances. Life-long learning should be provided to both teachers and students and we must value collaboration among teachers, students, parents and the community.

I believe education goes beyond academics and educators should also focus on social, emotional and physical development of students. We should also understand that challenges and set backs are a part of an educational process and cultivate resilience in staff and students.

What initiatives/ programs have you implemented during your tenure as principal to improve the overall educational experience for students?

It's been a year with ALS now and in this time span I have worked on various aspects starting from an English speaking culture to an updated curriculum and teaching techniques.

We focused on student-centered classrooms rather than teacher centered.

English speaking culture was introduced as I believe it's imperative to learn English to be able to compete the world outside.

STEM was integrated in the curriculum. There is no emphasis on rote learning, and instead more importance is placed on conceptual understanding.

The testing system has been improved. Formative and summative assessments are taken to grade students on their understanding of the concept taught.

We have introduced co-curricular activities, debate competitions and contests to improve students' confidence.

Our students are also competing at national level now.

As far as teachers are concerned, regular pedagogical training sessions are being given. Sessions are taken on mindfulness and mental well-being and teachers trips are arranged to promote positive and healthy work environment.

What are some of the biggest challenges facing education today and how is your school addressing them?

I think one of the biggest challenges that we face as a nation is low enrollment and high rate of drop outs from schools. This is happening because of the economic crises risen in Pakistan. Even the schools that are



being considered the giants of the education industry are shutting down campuses. We, at American Lycetuff DNK, offer an affordable fee package for students and provide quality education. We believe education is for all, whether rich or less privileged.

Another crucial challenge is gender disparities. In a country like Pakistan, we have a very low percentage of school going girls as compared to boys. We need to educate our society about the need of education for girls. Although we are living in an advanced city and here, girls do go to school but if we look at the larger picture, yes, our country is lacking behind when compared to the outer world.

Many of our schools lack proper infrastructure, well-trained teachers and updated curriculum which could meet the requirements of the 21st century education. At American Lycetuff DNK, we have many purpose built campuses which have large playgrounds, well-equipped Science and IT Labs and proper cafeterias for students to enjoy their meals during the day. We have a highly skilled Academic Training Department that trains teachers not only in Lahore but in all the major cities where ALS DNK is operating.

Not only the training department, the

Regional Managers and principals also take in-house training sessions to update their teachers according to the 21st century skills.

It's a sad and bitter reality that very less percentage of our students have access to digital devices which now have become an imperative part of an educational system. The elite class enjoys the maximum number of facilities including digital technology and this was clearly seen during COVID 19 pandemic. When the entire world shifted to online system, many of our schools could not do so as most of their students did not have the facility of internet or digital devices. I believe here the government needs to step in and provide facilities to less privileged people. Unfortunately very less amount of budget is being spent on education in Pakistan and that's why we are lacking behind and not even close in the international race towards success.

How does your school measure and promote student success and achievement?

Measuring students' success and achievements is a complex task. An effective approach to measure student success should be holistic, taking into account various aspects of students' development and learning. For example,

Regular formative and summative assessments are being taken to help gauge a student's understanding of subject matter.

Providing academic grades and transcripts on regular basis is another progressive measurement.

At American Lycetuff DNK, teamwork, communication, problem solving and social emotional skills are an imperative aspect of a student's success. We do not only focus on academics, but train our students to become a responsible and sensible citizens of the society.

We promote project-based learning and encourage students to actively take part in extracurricular activities.

How do you foster a strong partnership between the school, parents and local community?

ALS DNK strongly believes in creating a strong bond with its parent body. Parents are provided regular updates on school activities and achievements through text messages and social media handles. We invite parents for meetings, discuss the challenges faced by the community and try to come up with a solution to play our part. I strongly believe that school and parents should work together for the community needs such as health issues, after school programs, planting trees campaign etc. We have an open door policy for our parents and regular feedback is being taken to improve our standard.

In what ways has technology been integrated into the learning environment at your school and how has it impacted student learning?

All our campuses are well equipped with smart boards, LCDs, projectors, IT and Science labs. These digital devices are used on daily basis and are a part of our curriculum and planners. Students watch educational videos, solve worksheets on smart boards and learn computer knowledge which is the most common and imperative demand of the 21st century. Access to this system and devices has helped students gain confidence and knowledge. Visual aids have always helped students learn in a positive way and with hands on experience of latest digital devices and technology, students get a better understanding of the concept taught.

Is there any advice you would like to offer to aspire educators or fellow principals based on your experience?

The most important thing an educator should remember is that we need to learn to be leaders and not bosses. We should play our part in creating a positive and healthy work environment to improve teacher retention. New and improved pedagogical techniques should be introduced and implemented to uplift the education system of Pakistan. We all should start looking at the bigger picture and understand that we are born for a reason, we are being given an aim to achieve. Our world should not just revolve around us, we should work for the betterment of the society as a whole.



Learn a few keys to understand your child and redirect them if you find that they are not doing well at school or are not using their full potential.

If your child fails a few subjects during the semester, the first thing to know is that over-dramatization in this situation is not a good idea at all. With that in mind, today we're going to present you some tips for making a positive difference to a child who is doing poorly in school.

There are many reasons why a child does not do well in school and may fail many items. Most parents think it is because their children play too much and are not interested in learning. But there may be other, much more hidden reasons behind this situation that we need to know first.

Let's learn how to influence a child when he is not doing well in school

After the first semester, when parents see that their children have not achieved expected grades, they often seek professional advice. They want to maximize the quality of their child's education and for this purpose they usually choose extracurricular activities and tutoring.

Many parents automatically assume that their child is not focused, that they are learning too little, and so on. However, we also need to take into account other factors.

For example, the constant nervous mornings, the accumulation of classes, the obligation to attend them and many extracurricular activities, which sometimes also have a great impact on our children.

To this we can add holidays, usually periods when children do not rest too much, and children eat too much, and not always in a healthy way.

After all, we see that children have almost no interruptions in their constant activity. That is why it is so

important to be aware of the environment in which toddlers develop before we start analyzing their learning results.

Tips to Avoid Unnecessary Frustration When Your Children Are Doing Low in School

Providing an appropriate family environment is essential to motivate children and help them adapt to school requirements. At the same time, it prevents you from being unnecessarily frustrated with the results they achieve at school. Therefore, the home is an ideal place for parents to deal with problems at school.

- If you know your child well, you will know how he developed and what evolutionary and psychological stage he is in. You have to consider his character, process of change, stage of life, what motivates him and what helps him concentrate.
- Pay attention to his personal and social environment. Both the school environment and extracurricular activities determine the child's group of friends. If it's a motivating group, it will be easier for them to get good grades.
- It is easier for children to become more involved in school work if they fulfill their obligations and responsibilities at home. Therefore, it is worth defining yourself as a family and making sure that the child feels like an important part of it.
- Good school performance will result from meeting all the aspects in the family environment that help motivate a child. They must understand the importance of being responsible and willing to improve day by day.

Motivate your child

It is important to accept reality. Your baby won't get better just because of the above aspects. Many times, he won't do it just out of duty alone. For this reason, you have to accept that if your child is not motivated enough, they will not take the final steps to

improve their academic performance.

But there are also ways you can help them at home.

- Create the right environment and space for your child to learn comfortably. This way, they will be more focused, more careful and comfortable with their school assignments.
- Help him identify the work he needs to do to make him feel comfortable and cared for.
- Use empathy and put yourself in his shoes. You can help him do whatever it takes, but make sure he does it himself. Act as a guide and tutor but never do his job for them.
- Avoid interrupting the learning process for activities at home all the time. Let your child have their own space where they feel motivated and have no learning difficulties.
- Carefully follow the child's progress, encourage him to act and help him within his abilities and free time.

Final thoughts on how to influence a child who is doing poorly at school

We hope these tips will help you motivate, guide and support your child. Remember, however, that if you do not find a way to influence a child who is not doing poorly in school, you always have the option to seek help from a professional school psychologist to find the best solution together.

How can your child be influenced if he or she does not do well at school?





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A good plan will be needed to get better results when you study. Without it, it will be difficult for a child to get good results. Apply some of the strategies we present to you below.

Many students feel stressed and overwhelmed when they have to learn and do not know how to improve their learning performance. But having a strategy and organization will quickly prove to be the key to getting a good mark on your next exam and being successful.

If teens improve their learning planning and follow a series of recommendations and tricks to put them into practice, their learning outcomes will be better. However, if they do not follow these guidelines, it will be difficult for them to achieve the success they desire in college.

Why is time management so important to improve learning

outcomes?

Each of us must organize our daily life to fulfill all our obligations. Employees must stick to their work schedule, and students must organize their study time, whether it's to prepare for an exam or leave work on time.

However, students have an advantage that employees do not have, and that is the freedom to organize their study time. While this may not seem obvious at first glance, it is sometimes more of a problem than helping. But why is this happening?

As we grow older, the institutions we study at change and even in some, such as higher education, we may have morning or afternoon classes. The difficulty is that it is the students themselves who have to be responsible for adhering to the study schedule.

Tips for organizing and improving your learning outcomes

In order to obtain the best grades

in your exams, it is important to have a study plan in place. For this, students must set aside time for each subject. Let's look at some strategies to help you stay organized and make the most of your study time.

Establish a routine for the learning process

Each student is different and therefore performance may vary from person to person. Some work best in the morning, others in the afternoon, and others learn best in the evening. It also depends on the timetable.

Therefore, this routine must be person-oriented. It doesn't matter what time you sit down to study. But once we've cleared this up, you have to get to work at the same time every day.

Start with the most difficult topics and move on to the easier ones

It is important to start with the more difficult subjects as your

8 strategies for better learning outcomes





brain will gradually get bored as you learn. So, if you leave complicated things to the end, it will be difficult for you to achieve good results while studying because your brain will get tired. The schedule can be on paper or in digital format, but it's important to just have one. This will help you be more aware of the planning you need to follow if you want to get good results while studying.

Distinguish between important and urgent goals and avoid multitasking

When it comes to organizing your study time, you need to know how to distinguish between what is important and what is urgent. You need to be clear about which tasks are to be done in front of others, rather than trying to do everything at once. If an exam or assignment deadline is approaching, you should focus on these goals and then move on to others.

You cannot learn two things at the

same time; this is not advisable and, moreover, both topics require a high level of concentration. So, if you switch from one task to another, you will not be able to grasp the contents of both satisfactorily.

Schedule breaks and rest for better learning results

In the same way that you organize your study time, it's also a good idea to schedule a time to rest and disconnect from your books, although you should obviously not fall into the trap of putting everything off for longer than your scheduled time.

This is because it can negatively affect the time you have set for learning. Therefore, you must respect the time for your breaks and not let them be too long or too frequent.

Have good abilities and willpower

A proactive and motivated approach to learning is essential

when it comes to achieving better learning outcomes. It is also important to have the willpower to meet all planned goals and schedules. This is the key to success in the field of education.

Repeat the material every day

This last tip is very important: repeating what you have learned will help you reach the exam day with a clear mind and confidence in your knowledge, which will translate into a good grade.

If you want to improve your learning performance, follow these tips. To get good grades, you need to have an action plan to help you organize and make the most of your learning time.

Like anything else, constant practice will lead you to acquire the right habits, and once you do, it will be much easier to do so. So put all of these strategies into practice; you will definitely notice the impact on improving your academic performance.

The best healthy drink in the morning

Stay ringing in the summer of life potential. As for the time of obtaining and forming hydration, you will probably have your preferences. When you wake up, you can enjoy your own or fruit company, but not for a refreshing glass of plain water! Drinking water is used for your health when you get it, and it should always be the first liquid you touch with your lips in the morning.

Advantages of ordinary water

Water is a necessary fluid for our lives. Our body depends on water, as well as all the chemical reactions that occur in it. In fact, it is about 75 percent of the total weight. Water is cheap, widely available, naturally low in sodium, and does not contain caffeine, which is more suitable as the first source of fluid when the body needs to hydrate after sleep.

Do not anger your stomach

During the day we can be so busy that we just forget to stop and drink, even when we are thirsty. And eating may not be the best time, because it can reduce the amount of digestive juices and "upset" our stomach.

Reasons to drink water immediately after waking up?

Why should water be the first liquid in the morning? Your stomach is empty, so water will not affect digestion.

1. Reduces stomach acidity

Are you also one of the thousands suffering from heartburn? Usually the condition occurs due to high levels of acid in the stomach. Your stomach is the main source of hydrochloric acid, which is excreted during the night. Therefore, heartburn is more likely in the morning. Drinking water soon after waking up can reduce the acidity in the stomach and relieve the symptoms of heartburn.

- What are the names of upholstered ears?
- Home remedies for liver recovery
- How to quickly sew breeches without a pattern
- And the morning is good and the day is wonderful

2. Helps prevent constipation

Drinking water in the morning can help stimulate defecation. Your body depends on rhythmic contractions, which occur in our large intestine and help to remove food from the body. These contractions depend on what is called a gastrocolic reflex. Simply put, when you fill your stomach with new food or drink, your body experiences a tumor and sends signals to the

intestines to evacuate everything in it. To achieve this goal and a light chair, water is a very good choice because it is refreshing and does not contain calories.

3. It gives us energy

Drinking water, especially early in the morning, has a reputation as an absolute energy charger and increases metabolism. Virtually every system or function of the body needs water to get started. For example, if you have dehydration, you may feel slow and tired. Even digestion can be slow and inefficient.

4. Helps the body get rid of toxins

First of all, the role of the kidneys is to remove various toxins and wastes from the body. However, the kidneys work well if they are constantly washed. It also filters waste from your system faster.

How much water to drink a day?

The exact requirements vary from person to person. However, people who are particularly physically active or in the summer heat need more water. A good rule of thumb is to drink enough water so that you never feel thirsty and your urine is almost colorless.

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Teaching children to cope with challenges and problems is very important. Learn a

few ways to help them become independent. Children must learn to solve problems on their own. In this article, we will discuss three ways in which teaching children the skills of problem-solving, social networking and self-reliance may be.

How to talk about difficult matters with young children?

Teaching children values and reacting to situations can teach them to behave and adapt in life. For example, disagreements and arguments are a normal part of life.

Sometimes, however, children do not know how to behave in such a situation and how to react to it. Teaching them how to solve problems will prepare them for the future and for conflict resolution in adulthood.

Teaching children problem-solving skills

Many children have difficulty interacting with others: adults and even their peers. In addition, such problems can generate anxiety, aggression, and even outbursts of rage and the like. It takes time and emotional maturity to fully develop children's problem-solving and networking skills and friendships.

Therefore, parents are obliged to teach their children at home social skills and appropriate reactions in difficult situations. This will help them learn to communicate, negotiate, and resolve conflicts with

others. This can be done by teaching them the values and principles necessary to live in harmony with others.

Teaching children to trust and show empathy

One of the best and key methods and ways to help children resolve conflicts is to teach them to trust and empathize. This is crucial for the development of their personality and character.

Therefore, it is important that parents can meet three conditions:

- Constant attention and devoting time to educating children.
- Unconditional love and support no matter what the situation.
- Create opportunities to develop your child's emotional intelligence - let them play with their peers.

In some ways, it can strengthen family ties and help the child to resolve conflicts without resorting to violence.

Thanks to empathy and trust, children can learn:

- Recognize the feelings and emotions and points of view of other people.
- Identify the similarities and differences between the characters of other people.
- Using soft skills, sensitivity and emotional intelligence.
- Learning the ability to constructively solve problems through negotiation, mediation, discussions and the like.

According to many psychologists, emotional intelligence is a very

important competence. It is about understanding the ability to recognize your own and other people's emotional states, as well as the ability to use your own emotions and deal with other people's emotional states.

Teaching children how to establish healthy relationships with other people

Between the ages of 6 and 12, children broaden their knowledge of social principles and interpersonal relations. Early childhood is the best time to teach them to share, collaborate and deal with rejection and failure.

Children can learn to establish healthy relationships by, for example:

- Ability to react or not to intolerance and mockery, insults.
- Finding out about different ways to deal with anger and negative emotions on your own.
- Finding solutions and creating new proposals for coping with different situations.
- Knowing that not all conflicts are negative can do a lot of good, constructive criticism.
- In this way, children can develop respectful relationships without avoiding social interaction with others.

Practice role-playing together

Practicing role-playing is another way of teaching your children the ability to solve problems and learn from other people's perspectives. This can be done by creating dialogues and acting in conflict

Teaching Children problem-solving skills





By: Kazi Muhammad Tauseef
(Educationist- Manarat Al-Riyadh
International School, Saudi Arabia)

EVEN & ODDS

“ Oh my God! This is going to be very tough for me, I am really worried about my coming days at

the office. The HR director has instructed me to complete the process by next weekend, as we must arrange induction training for our new staff”.

Not being pinnacle about her work was bothering her, and that's why she was animated too.

The HR staff are always under the pump whether it is the hiring of new staff, conducting training or completing their appraisals towards the end of an accounting year. On the contrary the staff has long list of complaints about the HR department. Anyhow, this is a never-ending sorry story.

“You know Ayesha, the first task is to hire qualified and experienced professionals, then the bigger task is to retain them for a long time & form a winning combination”.

“Yeah, Ms. Noureen, I got you. Ayesha, do you think this is going to happen overnight? No Ms. Noureen, I know it is a very challenging and demanding task and at times thankless as well.

Because you must face the odds in the weirdest possible way. Having said that one shouldn't

throw the towel in the ring”.

She was affirmative in her expression.

“Ayesha, having clear objectives is the first step towards your success, whether it is personal or professional”.

“Very true, Ms. Noureen!”

She nodded.

The team must also be clear about its objectives and always pursue them religiously. Top Management must create an environment where new team members can unleash their talent and the senior associates can cascade their wisdom and knowledge. This would be a winning combination for any good organization, as it would

ensure effective, productive, and profitable utilization of human and material resources.

“So, you mean let the staff enjoy their working hours, create an environment where people are eager to shine by supporting each other, they share their positive thoughts and resources with each other, they cover each other in difficult times, they bring laurels to their company and celebrate happy moments with each other”.

“Yes, Ayesha, you are spot on! We call it a workplace where peace and harmony are joyful, and greed and hypocrisy are rejected. The upbeat and gratifying working environment doesn't mean that there wouldn't be accountability. Yes, we call WRONG as WRONG, the slackness in your professional obligations is always linked with accountability. Indeed, justice is imperative in forming a disciplined and dedicated team”.

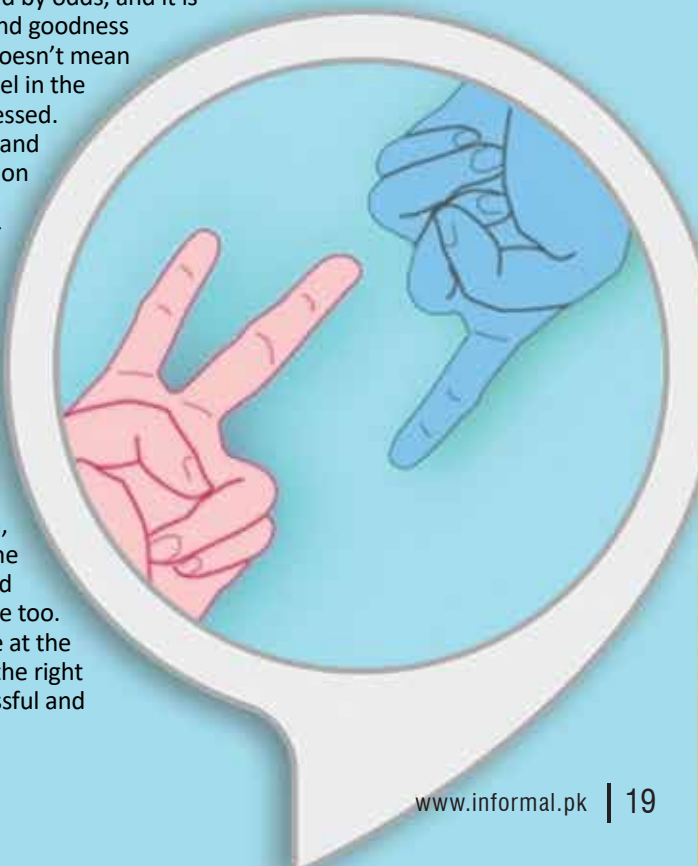
“Ahh, are we in this world or in the Heavens? Ms. Noureen”.

We are surrounded by odds, and it is even difficult to find goodness now a days, this doesn't mean we throw our towel in the ring and get depressed. Every challenging and demanding situation has something good in it. It is our perception which changes the view about it, and then we sail through it easily. Our patience and persuasive approach can solve the problem, having said that the margin of time and space is imperative too. You must be there at the right time and at the right place to be successful and

triumphant. A supportive, safe & enjoyable working environment makes it easy for anyone in pursuit of excellence in his/her related field. Employees who are valued are always more likely to be efficient and productive. They are meant to contribute at a higher level and be the professional ambassador of their company. On the contrary, a professionally sound and experienced human resource can be less efficient and demotivated if the working environment is not conducive to perform well. Having said that it is not the job of top management only to create such an environment, the employees' community must also play their part in their own capacity.

Organizations where employees are treated according to their ability & experience are likely to be victorious and unvanquished, then those where employees are treated as an impediment.

So, Level up guys and don't succumb to your circumstances !!





In recent years, the education sector has witnessed a significant transformation due to the integration of digital learning tools into traditional classroom settings. This shift has prompted researchers and educators alike to explore the impact of these technologies on student engagement and academic success. As we navigate an increasingly digital world, understanding the relationship between digital learning tools and student outcomes is paramount. This article delves into the research surrounding this topic, shedding light on the ways in which these tools are changing the educational landscape.

The Rise of Digital Learning Tools

The 21st century has witnessed an explosion of digital learning tools, ranging from learning management systems (LMS) and virtual classrooms to interactive educational apps and multimedia resources. These tools have become integral parts of modern education, offering flexibility, accessibility, and interactive learning experiences. However, the question remains: do these tools truly enhance student engagement and academic success?

Enhancing Engagement

One of the primary benefits of digital learning tools is their ability to engage students in ways that traditional methods often struggle to achieve. Research indicates that interactive multimedia elements, such as videos, simulations, and

gamified content, can capture students' attention and make learning more enjoyable. This increased engagement can lead to higher levels of motivation and active participation in class.

A study conducted by Smith et al. (2019) found that students who used digital tools reported higher levels of engagement compared to those in traditional classrooms. The ability to access course materials online and collaborate with peers through digital platforms allowed students to take greater ownership of their learning. Furthermore, instant feedback mechanisms in digital assessments enabled students to track their progress and make necessary adjustments, further enhancing their engagement.

Supporting Diverse Learning Styles

Digital learning tools also cater to diverse learning styles, accommodating both visual and auditory learners. Interactive multimedia content, for example, can present information in multiple formats, making it easier for students to grasp complex concepts. This flexibility in presentation allows educators to differentiate instruction and better meet the individual needs of their students.

Moreover, digital tools often provide opportunities for self-paced learning, enabling students to review materials at their own speed. This approach empowers students to take control of their learning process, contributing to a more personalized educational experience.

Measuring Academic Success

While engagement is crucial, the ultimate goal of education is academic success. Research suggests that digital learning tools can positively influence academic outcomes. A study conducted by Johnson and Smith (2020) found that students who utilized digital resources as part of their coursework achieved higher grades on average compared to those who relied solely on traditional methods.

One of the key factors contributing to improved academic success is the ability to access a wealth of information online. Digital learning tools enable students to explore supplementary materials, access up-to-date resources, and engage with a global learning community. This access to a vast knowledge base can enhance comprehension and critical thinking skills.

Additionally, digital assessments and analytics provide valuable data on student performance. Educators can use this data to identify areas where students may be struggling and intervene promptly with targeted support. This data-driven approach to education contributes to more successful learning outcomes.

Challenges and Considerations

While the benefits of digital learning tools are evident, it is essential to acknowledge the challenges and considerations associated with their implementation. One significant concern is the digital divide, as not all students have equal access to technology and the internet. Addressing this issue is crucial to

The Impact of Digital Learning Tools on Student Engagement and Academic Success



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Was I really there?

The old house stood at the end of the desolate street, its windows shattered and its walls covered in ivy. It had a sinister aura that sent shivers down the spines of anyone who dared to approach. Curiosity got the better of me one moonlit night, and I found myself standing at its creaking front door.

As I stepped inside, a chilling breeze whispered through the corridors, carrying with it the echoes of long-forgotten whispers. The air grew heavy, and a sense of dread enveloped me. Shadows danced on the walls, their movements unnatural and unsettling.

I ventured further, guided by an unseen force. The floorboards groaned beneath my feet, as if protesting my intrusion. The silence was broken by a sudden, blood-curdling scream that echoed through the house. My heart raced, and I felt a cold sweat forming on my brow.

In the dim

light, I caught a glimpse of a figure lurking in the corner. Its eyes glowed with an otherworldly intensity, and its twisted smile sent chills down my spine. I tried to run, but my legs felt like lead, rooted to the spot.

Whispers grew louder, filling the air with their haunting words. The walls seemed to close in on me, suffocating me with their malevolence. Panic consumed me as I realized I was trapped in this house of horrors.

To this day, the old house remains a place of nightmares, its secrets locked within its decaying walls. Those who dare to enter are forever haunted by the terrors that lurk within, their souls forever trapped in its eternal darkness.



Aleeza Shah

8th Grade, Beaconhouse School System

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Beat the rhythm competition was held at THE STEM SCHOOL SYSTEM

The magic of rhymes has a special place in the hearts of our youngest learners. These catchy and rhythmic verses not only entertain but also play a crucial role in developing language skills, memory and creativity. And what better way to celebrate the joy of rhymes than through a friendly competition? Beat the rhythm competition was held at THE STEM SCHOOL SYSTEM. Their little participants of Pre-school enjoyed and actively participated and recited different rhymes based on themes like manners, nature, earth, healthy food, transport etc...with their innocent smiles and boundless energy they were all set to showcase their talents. Hina Aslam (Educationists/ IELTS trainer) invited as a chief guest. Principal Fatima Usman also distribute Trophies, certificates, and special prizes to participant. This was an excellent opportunity to witness growth and confidence of tiny performers.



ALS DNK JT campus joyfully celebrated International Peace Day

The International Day of Peace is for 'commemorating and strengthening the ideals of peace within and among all nations and people. Each year, on the International Day of Peace, people worldwide come together to envision a world where peace and love prevail. This helps us to see that true peace can only be achieved when people are treated equal. ALS DNK JT campus celebrated International Peace Day.



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