



### اسكول ترانه

میر اسبق محبت ہے اور مشق اخوت ہے۔ استاد میرے رہبر ہر گام چراغال ہے۔

> شان میں یکتامیر اپاکستان ہے لرننگ الائتنیں تومر کزعر فال ہے

محنت مروت صداقت روش ضمیری یمی دولت یمی ثروت میری پیچال ہے

شان میں یکتامیر ایا کستان ہے لرننگ الائنیس تومر کزعرفاں ہے میراعلم عقیدہ ہے۔ میراحال شادال ہے اور فرداتا بال ہے۔

> بے علم کوئی ندرہے، بید عبد ہمارا دیپ سے ہر دیپ جلے، بید عزم ہے ہمارا

ہے پیروی حق بات کی میر امقصدِ زندگی جذبہ جنون بیدار رہے،ہمت جوال رہے

بے علم کوئی نہ رہے، یہ عہد ہمارا دیپسے ہر دیپ جلے، یہ عزم ہے ہمارا

#### TABLE OF CONTENTS

**01 EXECUTIVE PRINCIPAL'S NOTE** 

**02 PRINCIPAL'S NOTE** 

**03 SENIOR VICE PRINCIPAL'S NOTE** 

**04 STAFF PHOTOGRAPHS** 

**05 CLASS PHOTOGRAPHS** 

**07 BLOOMING CREATIVITY** 

**08 ARTIST'S CORNER** 

**09 FRUITFUL INSIGHTS** 

10 SPORTS & WELLNESS

11 FACTOIDS & ENTERTAINMENT

12 URDU

13 CLASS PRESENTATIONS & ANNUAL PLAY

14 JUNIOR SCHOOL BAKE SALE

#### Executive Principal's Message

"What a roller-coaster ride it has been for all of us!"

I am so proud of each one of my school community members who have shown commendable resilience in beating all odds to continue the educational journey of our students. It is said that difficult times such as these alter us and change the way we think and operate. Social distancing protocols forced us to explore a different lifestyle and defined a new normal. I understand it has been tough for our students, but I commend them for how they adapted themselves and made the best of these trying circumstances.

The year 2021 also marked a new beginning for me, as I took on the role of Executive Principal and witnessed my team take on responsibility in the management of their respective schools. I look forward to them undoubtedly raising Learning Alliance to greater heights with their continued determination and expertise.

I was thrilled to see the return of co-curricular activities on campus and have parents back as proud audiences of their children's presentations, plays, graduation ceremonies and so much more. I especially enjoyed the amazing performances from students of Learning Alliance and Learning Alliance International this year!

Learning Alliance International received another feather in its cap by maintaining our status as an IB World Continuum School after a thorough evaluation conducted by the international team from IBO. Our students have made us proud by winning numerous prestigious accolades in various national and international competitions, especially the five Junior School students from LA & LAI who have been selected to represent Pakistan in the Western Asia Youth Chess Championship to be held in Maldives this summer.

I wish the best of luck to our outgoing batches of A level and IBDP as they embark on their next journey. These students have worked



Ms. Anjum

extremely hard to secure admissions in top ranked universities such as Stanford University, Parsons School of Design & University of Warwick to name a few. Additionally, one of our A level student received a World Distinction in Sociology, while two O level students received National Distinctions in Biology and Economics respectively in the final CAIE Examinations.

This year on Earth Day, my team and I took a conscious decision to digitize the School Magazine and Yearbook. This will not only help us save paper but will also enable safe record keeping of the magazines and will allow ease of access to everyone. I would strongly encourage my students take small initiatives in protecting our home, our planet Earth. We have to think and do today for a better cleaner and sustainable future for coming generations.

Wishing you all a very safe happy healthy future!

#### Principal's Message

Learning Alliance Junior School Gulberg had an extremely eventful and rewarding year despite being the first year back from lockdown due to the pandemic. Our parents, faculty and administration's dedication, and our student's enthusiasm for defying these obstacles, and achieving collective goals have been truly awe-inspiring. This year, we not only excelled in academics but also took our extracurricular activities to new heights. From scholastic competitions such as the Kangaroo Linguistics and Mathematics Contests, to our girls showcasing extraordinary Gymnastic skills at the Learning Alliance Artistic & Acrobatic International Gymnastics Competition - students have continued to work with zeal, making sure they expand their intellectual and athletic abilities to the maximum. The Annual Play gave our students the opportunity to explore their creative potential, and I was delighted to see their wonderful performances, having witnessed first-hand how hard they worked during their rehearsals.

Learning Alliance has a rigorous approach to raising the academic achievement of all students. This magazine is a true embodiment of the hard work put in by our students, and I am deeply proud of them. All this would not have been possible without the cooperation and understanding of our parents, and their commitment to their children's futures. I wish all of us best of luck in our endeavors and pray that we carry with pride the name of this esteemed institution. I hope you enjoyed this year as much as I did. I wish you and your child all the best for the coming academic year.



Ms. Zaira

#### SVP's Message

I am always amazed at how the school year's end arrives so quickly. Thank you all for the support and patience shown these past ten months. We had successes and some challenges, yet we continued the work we needed to do to ensure our students' safety and educational needs. Ask anyone from the school how the year went, and I'm confident you'll get "it was challenging" in the response. And it surely was for all of us. But in our adaptations and reflections during this time, we still grew. We gained new skills and standards about how we teach, learn, and relate to each other and ourselves. Personally, the highlight of the year was working with the students of Grade III & IV for their 1st Annual Play Ella Enchanted. Our students displayed exceptional talent, skill, discipline, kindness and fortitude.

I want to thank our hard-working and caring faculty and staff, who have made a massive difference to our students. Their commitment to our students' enrichment is truly outstanding. Thank you for providing rich, engaging, well-rounded experiences for our kids. Thank you for recognizing that education is about wonder, fostering curiosity, and developing social skills needed to succeed. For these and a million other things, we are truly grateful.

We thank our parents for helping us wrap up a good year here at Learning Alliance Junior School Gulberg. Your help, encouragement and partnership go a long way to making this a special place.

A final word to students: Thank you for your hard work throughout the school year. I am honoured to be your Senior Vice-Principal; you make me proud. You keep me laughing and young at heart. I am grateful for your joy, astute insights and unique talents. We sadly say goodbye to the Grade 4 boys who move to the Aziz Avenue Campus this year.

Best wishes to you. I shall miss you greatly—please come back and visit. Everyone, have a safe and happy summer break.



Ms. Faiza

Ms. Tania Sarwar (Vice Principal)

Iram Zeeshan (Coordinator/ Class Teacher II B)



Komal Tahir III A (Class Teacher)

Banin Zahra

(Computer)



Aimen Kashif III B (Class Teacher)





Saima Niaz III A (Math & TA)



Saima Javed



Junior School Staff

I A (Class Teacher) IB (Class Teacher)



Mah Rukh Mubasher II A (Class Teacher)



Aimen Sheikh

Sara Khurram

IV (Class Teacher)

Ayesha Laceq Ahmad Rana (Quran Teacher)



Nida Raffique (Collaboratory)



(Urdu)



Sahar Ejaz I (TA)



Affifa Atif II A (TA)



Sobia Sallahudin **ПВ (ТА)** 

#### **CLASSI**





#### IA

Standing (L to R): Syed Muhammad Irtaza Akhyar, Enaya Asim Malik, Minahil Rizwan, Zahra Ali, Ilana Shehryar, Aynur Asad

Sitting (L to R): Ms. Aimen Sheikh (Class Teacher), Ayesha Ahmad, Mustafa Bhatti, Ibrahim Chohan, Mustafa Ahmed Butt, Nael Chohan, Muhammad Sulaiman Salar, Dua-e-Noor Qadri, Ms. Banin Zahra (Subject Teacher)

#### IB

Standing (L to R): Muhammad Ameer Hamza, Fatima Tahir, Mahnoor Umair Syed, Inara Sahi, Haya Ahmed Tawab, Muhammad Azil, Ashal Ali Sheikh, Mohammad Zaviyar Zafar Sitting (L to R): Ms. Rubab Abbas (Class Teacher), Amna Waleed, Minha Usama, Muhammad Hassan Askari, Zarmisha Nawaz, Muhammad Anas, Alisha Ali, Abdullah Butt, Ms. Sahar Ejaz (Assistant Teacher)

#### **CLASS II**





#### IIA

Standing (L to R): Sundus Mahmud Bajwa, Dua Rahim, Muhammad Rohaan Asif, Hashir Zeeshan, Arham Adnan, Muhammad Amaan Ali, Ismail Aamir, Huzaifa Taimoor Bhatti, Zenia Hayat, Zoya Nauman, Hateem Tanveer

Sitting (L to R): Ms. Mahrukh Mubasher (Class Teacher), Aiman Umair, Muhammad Jahangir, Muhammad Dawood Imran, Mustafa Arslan, Aaban Rizwan Chaudhry, Meerab Khalid, Syeda Sheharbano Hassan, Ms. Affifa Atif (Assistant Teacher)

#### II B

Standing (L to R): Linta Ahmad, Aaima Ahmad, Kabir Rahman Mir, Manaal Zia Malik, Ainoor Ahmed Tawab, Adeena Khan, Zoha Amjad, Azaam Kashif, Anaya Naveed, Ishal Nafees, Zaynab Salman

Sitting (L to R): Ms. Iram Zeeshan (Class Teacher), Abdul Rehman Qasir, Muhammad Hussain Rabbani, Mohammad Arham Sheikh, Irum Sultana Aadil, Muhammad Hashim Ahmad, Ibrahim Ahmed, Salena Adnan Abbas, Ms. Sobia Salahuddin (Assistant Teacher)

#### **CLASS III**





#### IIIA

Standing (L to R): Maryam Hamd, Anza Fatima, Abeeha Babar Malik, Anabia Rahimeen Shahbaz, Muhammad Mustafa

Sitting (L to R): Ms. Komal Tahir (Class Teacher), Zara Masood, Muhammad Yahya Mubeen, Muhammad Husain Ali, Muhammad Haroon Faizan, Muhammad Mohid Naeem, Ms. Saima Niaz (Subject Teacher)

#### III B

Standing (L to R): Kamila Butt, Ayesha Kashif Shakoor, Ali Ahmed Saeed, Muhammad Musa Usman Bhatti

Sitting (L to R): Ms. Ayesha Laeeq (Subject Teacher), Minah Gulab Malak, Annaya Ali, Alina Haider, Iesa Imran Rashid, Minsa Kamal Hameed, Ms. Aimen Kashif (Class Teacher)

#### **CLASS IV**



#### IVA

Standing (L to R): Raniya Ali Qureshi, Minal Akbar, Shezeen Kashif, Maiza Umer Khan, Eliza Usman, Omar Ahmad Farhan, Aayan Idrees Malik, Kashaf Khan, Aamna Haider, Arfa Anam Malik, Aliana Taha, Sophiya Sikander Bhadera

Sitting (L to R): Ms. Sara Khurram (Class Teacher), Jaiyana Umar, Airah Khan, Maheen Kureshi, Taha Ahmed Khan, Rafay Habib, Abdullah Rizwan, Muhammad Azaan Ali, Attiya Rehman, Bareerah Sultan, Ms. Saima Javaid (Subject Teacher)

# **CLASS**



Ayesha Ahmad



Aynur Asad



Dua-E-Noor Qadri



Enaya Asim Malik



Hadi Ullah Khan



Ilana Shehryar



Maira Salman



Minahil Rizwan



Samad



Muhammad Ibrahim Muhammad Sulaiman Salar



Muhammad Zawar Ashraf



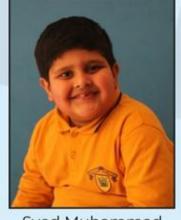
Mustafa Ahmad Butt



Mustafa Bhatti



Nael Chohan



Syed Muhammad Irtaza Akhyar



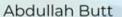
Zahra Ali

# **CLASS**









Aimen Junaid

Alisha Ali



Amna Waleed



Haya Ahmed Tawab





Inara Sahi



Mahnoor Umair Syed



Minha Usama



Muhammad Zaviyar Zafar



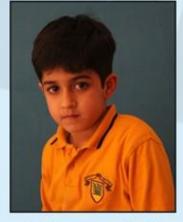
Muhammad Ameer Hamza



Muhammad Anas



Muhammad Ashal Ali Sheikh



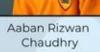
Muhammad Azil



Zarmisha Nawaz

## CLASS **2A**







Aiman Umair



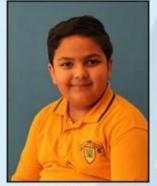
Arham Adnan



Dua Rahim



Hashir Zeeshan



Hateem Tanveer



Huzaifa Taimoor Bhatti



Ismail Aamir



Meerab Khalid



Muhammad Amaan Ali



Muhammad Dawood Imran



Muhammad Jahangir



Muhammad Rohaan Asif



Mustafa Arslan



Mustafa Haider



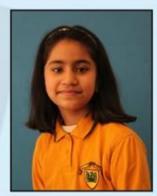
Sundus Mahmud Bajwa



Syeda Sheharbano Hassan



Zenia Hayat



Zoya Nauman

## CLASS **2B**

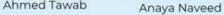




























Ibrahim Ahmed

Irum Sultana Adil

Kabir Rahman Mir

Linta Ahmad

Manaal Zia Malik



Muhammad Arham Sheikh



Muhammad Imam Ali Sukhera



Muhammad Hashim Ahmad



Muhammad Hussain Rabbani



Salena Adnan Abbasi



Zaynab Salman



Zoha Amjad

## CLASS 3A



Abdul Wali Malik



Abeeha Babar Malik



Anabia Rahimeen Shahbaz



Anza Fatima



Maryam Hamd



Mazin Yaseen Sarwar



Muhammad Haroon Faizan



Muhammad Husain Ali



Muhammad Mohid Naeem



Muhammad Mustafa



Muhammad Yahya Mubeen

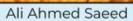


Zara Masood

# **CLASS**







Alina Haider

Annaya Ali









Ayesha Kashif Shakoor

Haadi Mir Khan

lesa Imran Rashid

Kamila Butt









Mehrosh Ashraf

Minah Gulab Malak

Minsa Kamal Hameed

Muhammad Musa Usman Bhatti

# CLASS



















Bareerah Sultan





























Muhammad Azaan

Omar Ahmad Farhan

Rafay Habib

Raniya Ali Qureshi

Shezeen Kashif

Sophiya Sikander Bhadera

Taha Ahmed Khan



#### International Kangaroo Linguistic Contest



"We are proud of our very own Minah Gulab Malak (III b) & Raniya Ali Qureshi (IV) for winning the Bronze Medals while participating in the International Kangaroo Linguistics Contest. We are uber excited to witness all that they will achieve in the future."



#### IF I WAS THE PRINCIPAL FOR A DAY

M. Hashim Ahmad

#### MY SCHOOL

My school name is learning alliance. My school is very good and very big. My teachers are so sweet. My class is so big. There are fifteen chairs in my class.

There a lot of classes. There are my so many friend. I love my school a lot. There is a cycling area in my ground jungle gym and there are so many rooms in my school.

There is a swimming pool in my school. There is a science lab in my school. There is a very big swimming pool in my school. My school is very good. Ali Ahmed Saeeed

If I was the Principal for the day, the first thing I would do is change the school into a more fun area. I would make sure that every day has Physical Education classes. I would also change my anime into Mr. Ali.

I would take the whole class to famous landmarks such as the Big Ben, Statue of

Liberty, Eiffel Tower, and Minaar-e-Pakistan.

The exams and tests would be easier. It would be lots of fun being Principal for the day.



Alina Haider



If I was the principal for the day there would be three weekend's Sunday, Monday and Friday. Oh there would also be four classes but they would last for an hour. The first class on Tuesday would be G.P next up Art for an hour then Urdu. Before Urdu would be break.

On Wednesday would be English in the place of rasplus and on Thursday it would be same as Wednesday but a field trip in the place of English. There would have to be in school at 9:00 am and there home time would be at 1:00 pm. This weeks field trip would be to packages mall. Oh it would be so much fun.

#### IF I WAS THE PRINCIPAL FOR A DAY

#### Annaya Ali Khan

If I was a Principal for the day of this amazing, beautiful, and lovely school Learning Alliance Gulberg - I would be a kind and generous Principal, king of like every lovely principal here, for example, Ms. Faiza, Ms. tania, Ms. Zaira, and Ms. Anjum. Every blessed Friday I would give the students chocolates.

Yes, I would choose a Friday to be a Principal. I would also take the kids on a field trip to Minaar-e-Pakistan. That's it, I really hope the children like me and they have lots of fun.



Ayesha Kashif

do whatever they want.

If I'm the principal for the day. I would call all her students in my office and tell them that they will play for one hour and after that I would call their parents and tell the, to pick up the students late. After that I would take them with me to a field trip and when we come back I would let the students

After that I would take everyone to my office and give them free food to eat. Then I would ask the students what they want to do? And whatever they say we would do that. Then whatever the students say I will do it with them.

Hadi Mir Khan

If I was the principal for the day. I would be very kind and clear to my students. The break time would be for 45 minutes. So my students could happily play did easily finish their lunch the home time would be at 1:47 pm.

The PE class would be 1 hour. We would not have exams only tests and quizzes. The summer break would be 3 and a half months and winter break for one month. The spring break for 2 weeks and 4 days. It would be so fun.



#### IF I WAS THE PRINCIPAL FOR A DAY

#### Minal Gulab Malak

One day I imagined if I was the principal and well if I was the principal instead of all the students eating healthy I would give them candy to eat! They would never have to do work, instead I would give them phones to play games on. I would turn the classroom into a gaming room.

Instead of chairs there would be bean bags and instead of tables there would be phones, tablets and laptops. Also we would go on field trips to FunCo, Zoo's, fast food restaurants and parks. Spring breaks would not be for 1 week but for 2 months. Home time would not be at 1:00 pm but 10:40 am. That's what I would do if I was the principal.



#### Minsa Kamal



If were the principal for the day first I would go in the principal's office and check what was planned for the day. If there was anything interesting or fun then I would plan something myself.

I would plan to call the Ice cream man and Dunkin Donuts. I would also call McDonald's and I would tell them to sell their food at school to all the children.

After that we all would have a field trip to emporium mall and have the fun of our life. We would come back before home time and the children and go home.



#### **POEMS**



#### Surprise Gift

One day I was getting ready for School. I was sad: Because today was my birthday and my parents for got. I went down to go to School I uas math at my parent they forgot my birthday. I was at school F mat my said happy birthday . I was so happy I went back hone my man and day surprised me they got me a new ipod, iphone laptop and tv. I saw my friends covering and family went upstairts to get ready I love the gifts but I wanted a puppy and a car. My mom called me down I came she told me to close my eye and I saw a car and arrivery

#### Salena Abbas II B Poem

#### Adeena Khan II B Poem

#### Homes

If you could change your home for a different one, what kind of home would you like to live in? Write about your new home.



I would like to live in a tent of will take the tent in a rain forest because I have nature, when I will wake up I will see lots of animals and hirls. I will keep a hap because I last want to lose my tent. Then I will shift my tent to the mountains. There I will shift my place to the island. There will be lots of palm trees. I can swim in the ocean. I want to have fun and enion. The rad







#### My Father

Baba you are bright like light For my life.
You are a superhero
You are not a zero.
You are the best
Than the rest.
You get everything done
That is why you are number one!



Husain Rabbani II B Poem

#### **POEMS**

# O PRING

Spring, spring is coming soon,

Grass is green and flowers bloom,

Birds returning from the south,

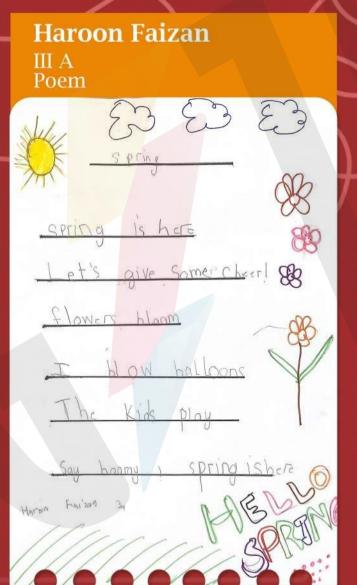
Bees are buzzing all about,

Leaves are buddign everywhere,

Spring, spring is finally here!



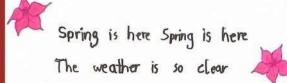
Mazin Yaseen III A Poem



Spring is my favourite time Its my time to shine New flowers and trees And the buzzing bees The wind blow through my hair and it makes me not care On spring! how I have missed you now it is time to love you. **Anabia Shahbaz** 

Anabia Shahbaz III A Poem

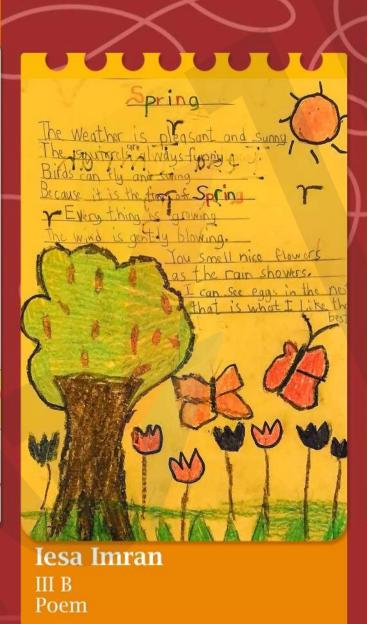
#### Abdul Wali Malik III A Poem



All the birds are flying near of

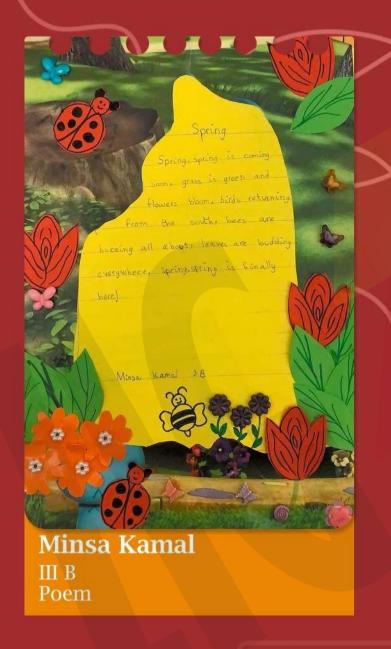
All colourful flowers will soon appear The kids look so happy and dear

Spring is here Spring is here
Time for my birthday has come so near



## Ali Ahmed Saeed III B Poem





#### Amna Haider IV A Poem

Aamna Flasser
DA Paris

Paris is the capital city of France in the north central part of country

What is Paris famous for?
Paris is famous for
Lowere Musem, Notre-Dome
cathedal, and the Eiffel tower.
It has a reputation
of being a romantic
and cultural city.

Paris known forcase?
Paris has always
been known for its
cafes deme and
and hearty espresso

Fact.
Do you know that Paris proper name is Pari.



# VINNER'S SPO

#### Art Fest 2022



It was a perfect day to be sitting with friends outside, under the clear blue skies, painting away. The Junior School Gulberg 1st Art Fest proved to be a big success as the students worked on their pieces with extreme dedication and focus - determined for their piece to win the competition. Some painted along the theme of child labour, while others celebrated their favourite and beloved family members and friends by drawing their portraits. The entire school ground was filled with colour, giggles, and absorbed faces of our bright young artists.

#### Following is the list of Students who claimed top positions:

Class I - Category: Portrait

1st Position: Zahra Ali

2nd Position: Haya Ahmed Tawab

3rd Position: Ashal Ali

Class II - Category: Landscape

1st Position: Sheharbano Hassan

2nd Position: Sundus Mehmud Bajwa

3rd Position: Linta Ahmed & Ishaal Nafees

Class III - Colourful & Abstract

1st Position: Zara Masood

2nd Position: Annaya Ali

3rd Position: Iesa Imran Rashid

Class IV - Child Labour

1st Position: Aamna Haider

2nd Position: Maiza Umer Khan

3rd Position: Ranniya Ali Qureshi



Aynur Asad I A



Nael Chohan I A



Ilana Shehryar I A



Zahra Ali I A



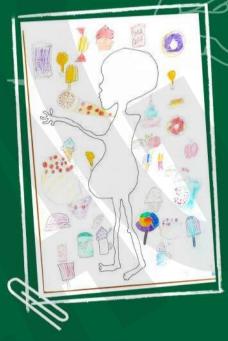
Anza Fatima III A



Arfa Anum Malik IV A



Eliza Usman IV A



Eliza Usman IV A



Kashaf Khan IV A



Raniya Ali Qureshi IV A



Zahra Ali I A



Syeda Sheharbano Hassan II A

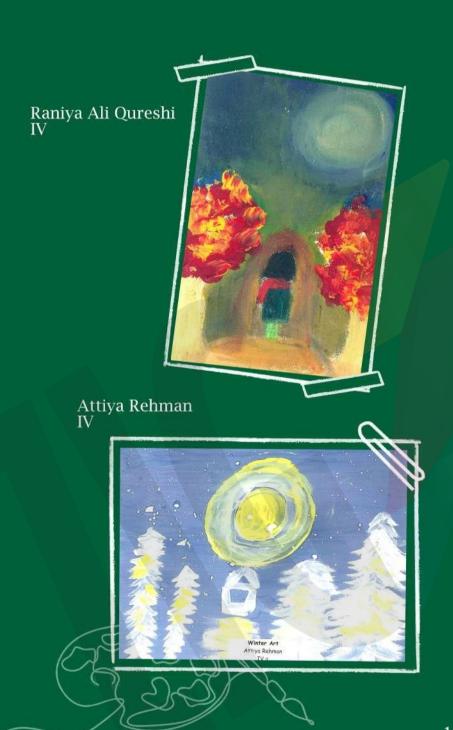


Meerab Khalid II A



Zara Masood III A





Shezeen Kashif IV



Aliana Taha IV







#### **Grandparents Interview**

Q: Favourite book as a student?

Grandfather: "Bachon ki Dunya" & "Taleem-o-Turbiat".

Q: Favourite toy as a child?

Grandfather: Dolls and racing cars.

Q: How did you celebrate your birthday?

Grandfather: Sharing cake with friends and cousins.

O: What was your first job?

Grandfather: Joined PMA as a cadet.

Q: Who was your favourite teacher?

Grandfather: Ms. Farida and Mr. Ghulam Muhammad

Q: Best school memory?

Grandfather: Annual sports day and school trips.

Q: What do you miss about school?

Grandfather: The discipline in my life and spending time

with my classmates.

#### **Grandparents Interview**

Q: Favourite book as a student? Grandmother: Radiant Way.

Q: Favourite toy as a child? Grandmother: Dolls.

Q: How did you celebrate your birthday? MGrandmother: With friends and family.

Q: What was your first job? Grandmother: School teacher.

Q: Who was your favourite teacher? Grandmother: Mother Helen.

Q: Best school memory? Grandmother: Very good friends.

Q: What do you miss about school? Grandmother: To sit and tell stories.



Irum Sultana II B

## Interview with my Grandmother about her Childhood

Q: Favourite show as a child? Grandmother: Fugitive

Q: What's your favourite technological invention that occurred in your time?
Grandmother: The invention of a mobile phone

Q: Do you have a favourite age/stage in life? Grandmother: My favourite age was when I was in my twenties - thirties.

Q: What's your favourite memory of being a mom/grandma?
Grandmother: My favourite memory is when I held my granddaughter in my arms.

Q: Favourite subject in school? Grandmother: English Literature.

Q:The most important lesson your parents taught you? Grandmother: To be honest and not be afraid of telling the truth.

Q: What is different about growing up today than when you were a child?

Grandmother: In the past, growing up was simple. Growing up today is far more complicated.



#### **Interviewing Mom!**

Q: Favourite show as a child? Mom: Power Puff Girls

Q: Favourite technological invention that occurred in your time?

Mom: Dog translator

Q: Favaourite stage in life? Mom: When I went to Umrah for the first time.

Q: Favourite memory about being a mom? Mom: My baby's first words

Q: Favourite memory? Mom: My wedding day

Q: Favourite subject and teacher from school? Mom: My favourite subject was history and I loved my history teacher.

Q: The most important lesson taught by your parents? Mom: To never lie.

Q: What is different about growing up today than when you were a child?

Mom: Life was simpler before, now it's more tough.



Musa Usman Bhatti III B

## Interview with my Khala, Mama and Grandmother

Q: What is your special memory of me? Khala: When we all went to Hunza

Q: How much do you love me? Khala: To the stars and never back

Q: If you could get one day for yourself what would you do? Khala: Rest

Q: Do I remind you of mama? Grandmother: No

Q: Who do you love more out of all my siblings? Grandmother: Maizah is very pretty, caring, and loving

Q:Do you love mama or baba more? Grandmother: Bothe equal. But your mama is my daughter.

Q: Did I tease you a lot as a baby? Mama: No.

Q:Did you ever lie to someone? Mama: Sometimes

Q: What was the first word that I learned to speak? Mama: "Mama"

Q: What do you wish me to become when I am older? Mama: A Pirate

Q: What is your biggest wish to get as a gift? Mama: For you to be responsible.



Maiza Umer Khan

#### Interview with my Grandfather

Q: What is your name? Grandfather: Rafique ur Rehman

Q: How old are you? Grandfather: 84 years old

Q: When were you born? Grandfather: 31st January 1937

Q: What's your favourite food? Grandfather: A mango

Q: What is your favourite colour? Grandfather: White



Attiya Rehman IV



## **Health Week**

Junior School Gulberg celebrated Health Week from 18th October to 22nd October 2021 with full spirit. The goal was to familiarize young students with food groups, nutrition, exercise, and awareness regarding mental and physical health. Even though nutrition and health education has always been an integral part of the school's curriculum, however, in present times, it deems necessary. The threats of Covid-19 virus, dengue, flu, and smog loom over our heads. Encouraging students early on, how to take care of their bodies, health, and mind will help us build a healthier and stronger community.

#### Discussion of 5 Food Groups, & Balanced Diet

The students of Class I made Food Booklets, and of Class II, constructed 3D Food Pyramids highlighting the main food groups. Students of Class III and IV made diet charts according to the lunch they brought over the week. Moreover, a special workshop was held by the Campus Doctor, Dr. Ghazala Habib, where she spoke about the importance of a healthy meal and the consequences of an unbalanced diet. An exclusive morning assembly was also held at the end of the week where the students were involved in a trivia quiz to wrap up their learning outcomes of the Health Week.

#### "Strong Mind, Strong Body": Hatha Yoga & Meditation

In lieu of Health Week at Learning Alliance Junior School Gulberg, the students of Classes I - IV practiced mindful meditation and Hatha Yoga on Friday, 22nd October 2021; focused on teaching students how to slow down and be mentally and physically aware of present surroundings. Apart from psychological benefits, these breathing techniques also play an important role in strengthening the lungs and improving digestion. Following meditation, the students practiced various Yoga poses, focusing on full-body stretching. The most favorite seemed to be the camel and cobra poses. A number of students showed keen interest. Once the giggling was over, many quietly retreated to their individual zones.

## **Sports Week**

The students of Learning Alliance Junior School Gulberg showcased their remarkable athleticism and sportsperson spirit during the Sports Week. The event commenced with the flag bearers leading the student's march past. This was followed by the recitation of Surah Al-Ikhlas, Oath-taking, and the harmonious singing of the National Anthem. The event was packed with a variety of activities. Students geared up for competitive football matches, where one class section competed against the other section - while their peers sat on the sides, pom-poms in hand, cheering on their favorite teams. Apart from the matches, the students participated in a number of races such as the hurdle race.

The most fascinating was the gymnastic display where students ran up to a ring perched up in the air, performed a front flip through it, and successfully landed on the mattress. Moreover, the students' showcased their Taekwondo skills; proving immense discipline and control on their physical movements. The Sports Week was concluded with the Prize Distribution Ceremony where winning racers received their medals, and victorious class teams were awarded with their cups. After the ceremony the teachers and students partnered up to defeat the other in a fun tug-of-war. The most wonderful aspect to come out of Sports Week was the big-heartedness of our students. They not only played with full enthusiasm, but also cheered for their friends and schoolmates with great fervor and warmth.

### **Gymnastics Competition**

Learning Alliance Junior School Gulberg participated in the 1st LA & LAI Artistic & Acrobatic Gymnastics Competition U-13 Girls Interschool Championship 2022 at DHA Campus Lahore. Attiya Rehman from Class IV made her school proud by winning a Silver Medal in the first category of Fllor, Vaulting Table, and Balance Beam.



# Health Week

# Sports Week







# DO YOU KNOW Y Food for the Brain

#### Did vou know?

- · Every year the female giant clam lays billions of eggs so it may have the biggest families of all.
- In every two years only one egg is laid by the Albatross mother until the chick is big enough to fly. It is looked after by its parents for about ten months
- One of the dangerous babies would be the young dragonfly. It has got spiky jaws with which it clutches almost anything in rivers and lakes.
- · There are a billion bacteria in your mouth at a
- · Your skin is the largest body organ.
- · Human eves can detect about two million different colours.
- . Human blood is salty as the ocean.

Iesa Imran III A

#### **Fun Facts:**

- Your nose gets warmer when you lie. • Number four is the only number with the same
- amount of letters
- Caterpillars have 12 eyes.
- Horses and cows sleep standing up.
- Kangaroos cannot walk backwards.

Ayesha Kashif III B

#### Fun Facts about Planes:

- On new year's day of the year 1914, the first scheduled passenger airline took its maiden flight. The route was a 34 kilometers hop across Tampa Bay in Florida, and the first passenger was the Mayor of St. Petersberg, Abraham C. Pheil.
- Talking about busy... the busiest day recorded in aviation is 24th July 2019, with more than 225,000 flights recorded, that too on my birthday!

Haadi Mir III B

## Facts about animals:

- Many bears have rotten teeth because of eating
- The name leopard is from Latin word "Leopardus" which means spotted lion.
- Ostriches lay the largest eggs 24 times bigger
- A starfish is one of the many creatures that make their home among coral reefs.
- Ostrich eyes are almost as big as tennis balls.

Minsa Kamal Hameed

- Facts about Polar Bears:
- They have black skin which absorbs more UV • Their fur acts as a fiber optic cable directing the
- Their fur is transparent.
- · Classified as marine animals.
- They can swim continuously for days at a time. • Less than 2% of polar bear hunts are successful. • Scientists can extract polar bear DNA from just

Rania Ali Qureshi

#### **Fun Facts:**

- The Mona Lisa has no evebrows or evelashes.
- The strongest muscle in our body is the tongue.
- · Bananas cannot reproduce.
- It is impossible to say "hm" while holding your nose.
- It is impossible to sneeze with your eyes open.
- Rainbows can be in the sky even at night.

Arfa Anam

## **Fun Facts:**

- Dragonflies come in every colour of the rainbow.
- Adult dragonflies have the largest eyes of any •In some parts of the world you can buy dragon
- •Young dragonflies shed their skin every time they grow.

Kashaf Khan



## JOKES & RIDDLES

#### Riddles

Q1. What begins with T, finishes with T, and has T in it?

Ans: A Teapot

Q2. What can you catch but not throw? Ans: A Cold

Q3. What bank never has any money? Ans: A River Bank

Q4. What did the student say after the teacher said, "Order students, order?"

Ans: "Can I have fries and a burger?"

Q5. What did the baby corn ask the mother corn? Ans: Where is Pop Corn?

Q6. Why did the student eat her homework? Ans: Because the teacher said it was a piece of cake!

> Ayesha Ahmed IA

#### Riddles

Student to teacher: Would you punish me for the

thing I didn't do?

Teacher: No

Student: Than I didn't do my homework

Q: تین حرف سے بنتا ہول میں، بچوں کا ساتھی ہوں میں، میری وجہ سے مار وہ کھائیں، پھر بھی صدا سے باتی ہوں میں۔

Alisha Ali

IB

#### **Jokes**

"Our cook Saleem chacha ran away because my mummy's phone saved the name Cook Saleem. He thought she was going to cook him."

میرا کھٹ اسلام آباد کیوں نہیں پونچا جب کے مین نہیں ڈاک عمل مجی لگا تھا؟ كيوں كے اس كا يبد كراچى كا تھا۔

#### **Riddles**

Q1. What is a horse's favorite body part? Ans: Kneeee (neigh)

Inara Sahi

#### Riddles

Q1: What does the ocean do when it sees it Ans: It waves.

Q2: What do you call a Boomerang that won't Ans: A Stick.

Q3: What do you give a sick lemon?

Q4: Why can't you tell an egg a joke? Ans: It will crack up.

Q5: Which parts of a fish weighs most?

Azaam Kashif



## JOKES & RIDDLES



Riddles

Q1: What goes up but never comes down? Ans: Your Age.

Q2: What can you break even if you never pick it or touch it? Ans: A promise.

Q3: I am tall when I am young and I am short when I am old what am I? Ans: A candle.

Q4: What is always infront of you but cant see? Ans: The future.

Q5: What has one head, one foot and four legs? Ans: A bed.

Q6: David's father had three sons: Snap, crackle Ans: David

> Zavnab Salman II B

Riddles

Q1: Why did the kid throw his clock out of the window! Ans: Because he wanted see how the time fly.

O2: How did the barber win the race? Ans: He knew a short cut.

O3: Why did the student eat his homework? U3: wny and the student eat his homework?
Ans: Why did the student eat his homework?

Jokes

بچہ: انگل آپ کے پاس پنس ہے؟ د کاندار: تی ہے۔ بچہ: زیادہ خوش سنیل ہوں آپ میرے پاس بھی ہے۔

Abdul Rehman II B

#### Riddles

Q1: What can you hold without touching it? Ans: Your breath

Q2: What has many things but no fingers? Ans: A telephone.

Q3: What goes up but never goes down? Ans: Your Age.

Q3: I have cities, but no houses. I have moutains, but no trees. I have water but no fish. What am I? Ans: Map.

#### **Jokes**

1. Why do we write "etc" at the end in the exam? It means

E- end of

T- thinking

C- capacity

2. Teacher asks the students:

" why are you so late?"

Student: Well I was crossing the road and suddenly it says "School ahead, go slowly!"

Hashim Ahmed

#### Riddles

Q: وہ کون کی چیز ہے جو آدمی کھا بھی لیں تب بھی وہ پوری رہتی ہے؟ Q: انسانی جس کا وہ حصہ جو پیدا ہونے کے بعد ملا ہے؟ Q: انانی جس کا وہ حصہ جو پیدا ہونے کے بعد ملا ہے؟ Ans: دانت

**Jokes** 

أستاد: پاكستان مين امن كيول قائم سين موتا ؟ پو: ہمار المجمنڈا ہی اُلٹا ہے۔ اُستاد: کیا مطلب؟ پو: سفید رنگ امن کا ہوتا ہے اور سرز رنگ قوم کا امن کو تو ڈنڈا دیا ہوا ہے اگر یکی ڈنڈا قوم کو دیا ہوتا تو آج امن ہوتا۔

> بینا: دیر ہو گئی تھی دوست کے گھر ہی رک گیا تھا۔ باپ نے ای وقت فون اٹھایا اور اس کے دوستوں کو کال کی۔ چھ نے کہا: ہاں انکل میرے ساتھ ہی تھا۔ تین نے کہا: انگل وہ سو رہا ہے اٹھا دوں \_

Hashim Ahmed II B



## JOKES & RIDDLES

#### Riddles

Q1. Why can't Elsa from frozen have a balloon? Ans: Because she will (Let it go)

Q2. Knock Knock! Ans: Who's there? Says. Says who? Says me.

Q3. Why was the baby strawberry crying? Ans: Because her mom and dad were in jam

Q4. What is the cat's favorite colour? Ans: (Purr)ple

Q5. What goes up and down but does not move? Ans: Stairs

O5. Knock Knock! Who's there? Ans: NANA. NANA who? NANA YOUR BUSINESS.

Q5. What kind of shoes do robbers wear? Ans: Sneakers

Q5. What do we call a bear with no teeth? Ans: Gummy bear

Eliza Usman

#### Riddle Me!

Q1. What has roots as nobody sees, is taller than trees, up, up, up it goes, and yet, never grows? Ans: A Mountain

Q2. I have no feet, no hands, no wings, but I climb to the sky. What am I? Ans: Smoke

Q3. This ancient invention allows people to see through walls. What is it? Ans: A Window

Q4. I am so simple, that I can only point yet I guide men all over the world. Ans: Compass

Q5. There is a clerk at the butchers shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh? Ans: Meat

Q5. What you can hold in your right hand not in your left hand? Ans: Your Left Elbow

Maiza Umer Khan

Why is six atraid of seven? Because 7 ate 9

Abdul Wali III A



Q1. What gets wet while drying? Ans: A Towel

Riddles

Q2. What can't be used until it's cracked?

Q3. What has holes and is used to clean dishes?

Q4. 2+2=fish Ans: N + 10 = 10

Q5. What goes up and down but does not move?

Aliana Taha



Abeeha Babar

III A





الله سيج زنده-الله موجير كهنا. ال موجير كهنا

\*آپ اینے والد کے ساتھ وقت کیسے گزارتے تھے؟ میں ان کے ساتھ باہر جانا اور ان سے بات کرنا پیند کرتا تھا۔

> \* آپ اپنی گرمیوں کی چھٹیاں کیسے گزارتے تھے؟ ہم زیادہ تر وقت پہاڑی علاقوں میں گزارتے ہیں۔

> > \*آپ کی لیندیدہ شخصیت کون ہے؟ میرے ابو۔



\*آپ اپنے بچوں کو کیا سکھائیں گے؟ محنت کرو ہمیشہ کتے بولو اور نیک کام کرو۔



Minsa 3b انٹر ویو

#### Minsa 3b انٹرویو

میرے ابو کے ساتھ انٹرویو



\*آپ کا پورا نام کیا ہے؟ کمال حمید

\*آپ کا پیندیدہ کھل کیا ہے؟ امرود اور آم۔

\*آپ کے مشغلہ کیا ہیں؟ کرکٹ اور ٹیلی ویژن پر خبریں سننا۔



\*آپ کیا بننا چاہتے تھے؟ انجینئر۔

#### Haadi Mir 3b انٹرویو

\* آپ کا پیندیدہ بہن بھائی کون ہے؟ ان کی پیندیدہ بہن آمنہ ہے۔

> \*آپ کا پندیدہ کھل؟ ان کا پندیدہ کھل آم ہے۔

\* آپ کا پیندیدہ کھیل؟ ان کا پیندیدہ کھیل کرکٹ ہے۔

\* اس کا پیندیدہ کھانا؟ ان کا پیندیدہ کھانا بر گر ہے۔ کشف خان انٹڑویو

انٹرویو

انٹرویو ٹے بناناپسی بید

Kashaf Khan 4 انٹرویو

#### Aliana Taha 4 پیراگراف



پیرا گراف: اردو زبان کی اہمیت



اردو ہماری قومی زبان ہے۔ اردو بہت پیاری زبان ہے۔ ہم سب کو اردو لکھنا اور پڑھنا آئی چاہیے۔ اردو زبان کی اہمیت کا اندازہ اس بات سے لگایا جا سکتا ہے کہ یہ دو قوموں کے درمیان رابطے کے ذریعہ بی۔ اردو زبان سے محبت کی خوشبو آتی ہے۔



میں: آپ کا نام کیا ہے؟

فرادی: میرا نام قادوی ہے۔

فرادی: میں مل سال کی ہیں؟

فرادی: میں مل سال کی ہوں۔

فرادی: میرا پستیدہ عوسم کیا ہد؟

ورادی: میرا پستیدہ عوسم سری کائی۔

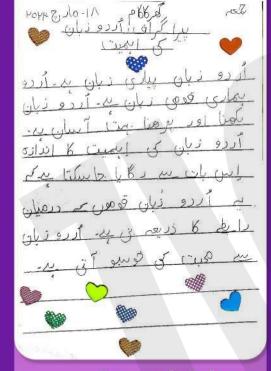
ورادی: میرا پستیدہ عوسم سری کائی۔

ورادی: میرا پستیدہ علی آم ہے۔

ادرو ميرا يسديدي

Bareerah Sultan 4 انٹروپو

#### Attiya Rehman 4 انٹرویو



Bareerah Sultan 4 پراگراف

# نام: صفدر حسين سالگره: 30 اگست پندیده کیل: آم

## Aliana Taha پرا گراف

#### اردو کی اہمیت

اردو جاری قومی زبان ہے۔ اردو بہت آسان ہے۔ اردو پڑھنا اور لکھنا آسان ہے۔ پاکستان میں زیادہ تر لوگ اردو بولتے ہیں۔ اردو زبان کی اہمیت کا اندازہ اس بات سے لگایا جا سکتا ہے کہ یہ دو توموں کے درمیان رابطے کے ذریعہ بی ہے۔



# Sophia Sikandar

ص البين بابا مانالم ويو ر دس به ٠٠ جيد ليه ول لاليام س

ح مرانام سکنرد فعاص محدمرا ہے۔

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Sophia Sikandar

Aliana Taha

پندیده جگه: لامور

ببنديده كليل: اسكواش

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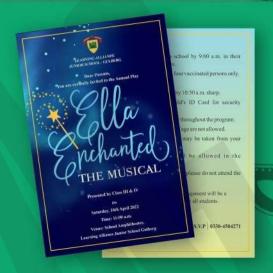
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# ANNUAL PLAY ELLA ENCHANTED



The students of Junior School Gulberg (Class III & IV) put up a wonderful performance of Ella Enchanted for their Annual Play. The stage depicted a deep forest where magic, spells, music, and justice prevails. The students had been rehearsing for weeks now, and ripples of excitement, mixed with nervousness, were evident on their faces. The choir kept everyone entrapped into the enchanted forest with their melodic voices, and the main characters did extreme justice to the parts they played. The Elf Song was a particular highlight as the students, dressed up in vibrant elf costumes, danced, twirled, and pounced around on the stage.

The moral of the play was that no matter how small you are, you can always make a difference and bring about justice. Seeing our students so excited, yet relaxed and confident on stage was a proud moment for us all. From dialogue delivery, to following the relevant cues - the students did a remarkable job. The play concluded with bows and confetti, and the students jumped off of stage hastily to embrace their parents.













## Class I: 'Sharing the Planet' Class II: 'Hope for the Planet'



The students of Class I & II displayed wonderful performances of the plays 'Sharing the Planet' & 'Hope for the Planet', respectively. The predominant theme of the presentations was ecocriticism: where the students celebrated nature's diversity and the codependent relationship of humans with nature, highlighted the ways all animal and plant life is necessary for the smooth functioning of our planet and how excessive human practices are harming the environment. The students were dressed up in vibrant costumes depicting animal life.

Boasting with confidence and thrilled to be up on stage in front of their parents, the students did a remarkable job of reciting their lines with appropriate expressions. It was evident that the students thoroughly enjoyed the characters they were playing. Both the plays ended in songs, sung in perfect harmony. As soon as the plays concluded, the students were eager to jump into the arms of their parents: proud of what they had achieved. These presentations not only helped students with their confidence and self-esteem, but also taught them how to work as a team with their peers.













# Character Parade & Class Party (Last Day of School)

The students of Junior School Gulberg celebrated their last day of school with a fun-filled Character Parade and Class Party. Dressed as their favourite characters from various books, movies, and cartoon series - the students paraded around the school, enacting their character's memorable lines, and visited other classes to show their creatively inspired costumes. The students also brought in delicious snacks and desserts to share with their friends and teachers. After lots of fun, food, and pictures, the students hugged their friends goodbye and set out to enjoy their well-deserved summer holidays.















# YEAR'S HIGHI

## **Bake Sale**

The students of Junior School Gulberg wholeheartedly hosted a Bake Sale on 7th December 2021, to raise money for Deaf Reach, a program of the Family Educational Services Foundation (FESF). The program is one of the few networks advocating for academic and vocational education for Pakistan's hearing impaired community.

Students of different classes were allotted specific countries: England, China, France, Pakistan, Italy, & America, so they all brought in food items from the respective cuisines and dressed up in traditional attire. The teachers and the students did a marvelous job of decorating their stalls in accordance with their country's theme. Some of the most memorable decorations were the Piris (wooden stools with weaves), the cutouts of Eiffel Tower, Leaning Tower of Pisa, & the Statue of Liberty, and the flowery Cafe backdrop of France's stall. The tables were laden with mouthwatering food items, beautiful baskets, glass jars, LED candles, and various other handmade props.

Apart from managing the stalls, the students also performed throughout the event, showcasing their musical talent and melodious voices. Many roamed and pranced around the ground with pamphlets in their hands, marketing their stalls and encouraging parents to buy from them. The 'Bail-Out Jail' was the most famous feature of the event among students. They mischievously sent their peers and teachers to jail and amusingly waited for them to be bailed out. Some other activity stalls included pin the donkey's tail and hit-the-can game.

The event proved to be a grand success as the School collected a handsome amount of money for contribution to the Deaf Reach Program. It was heartwarming and inspiring to see our students confidently and adamantly manage the entire event for a good cause. We later invited the Program's team to join us for the Pakistan Day celebrations and to receive the donation's cheque. The students from Deaf Reach brought self-baked delicious assortments. Their team also taught our students and teachers some common phrases in sign language. It was truly heartwarming to see our students show utmost respect and enthusiasm.















