

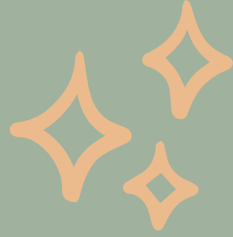
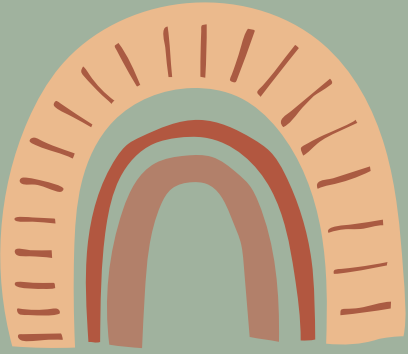


مدرستنا الثانوية الانجليزية - الفجيرة
OUR OWN ENGLISH HIGH SCHOOL - FUJAIRAH

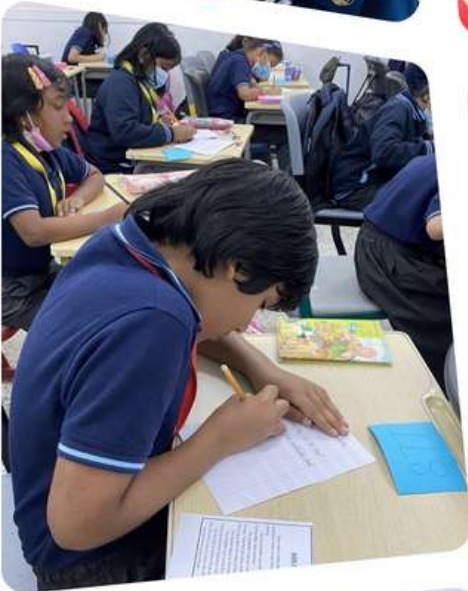
CBSE

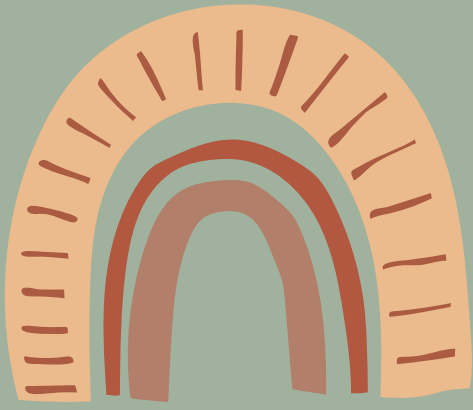
MIDDLE SCHOOL

NEWSLETTER



Insight



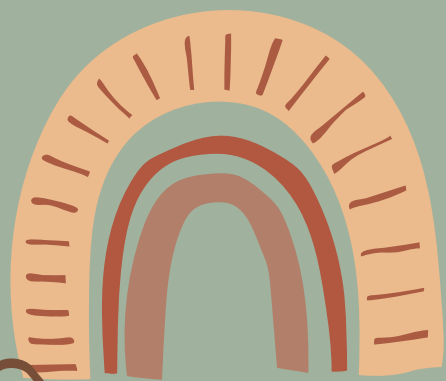


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From the Principal's Desk



Dear Parents, Guardians, and Students,

Welcome to yet another edition of the newsletter from the CBSE Middle School. At Our Own English High School Fujairah, we have always been pioneers in fostering education by encouraging creative thinking using technology. In the current term, we witnessed remarkable achievements through events like the Investiture Ceremony, the Prize Distribution Ceremony and KIDS Fiesta, which showcased the immense talent of our students etc., to name a few.

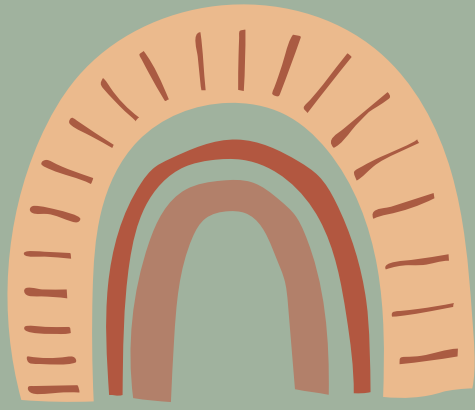
The last two months were filled with a fantastic array of classroom activities, competitions, and joyful celebrations. Our students immersed themselves in the educational process, revelling in the enriching experiences offered here at Our Own. From World Cultural Diversity Day, Anti-Tobacco Day, World Biodiversity Day, World Environment Day, World Blood Donor Day, Mother's Day and Father's Day celebrations, each event added vibrant colours to the fabric of Our Own.

As we reflect on the past term, we are filled with pride for our students' remarkable accomplishments. Their enthusiastic participation exemplifies the spirit of Our Own English High School. We remain dedicated to providing a nurturing environment that embraces technology as a catalyst for igniting creativity in every student. We will continue to support our students for their overall growth by providing many more challenging platforms.

Thank you for your continued support. Let us look forward to an equally exciting academic year ahead!

Best regards,
Syed Tahir Ali
Principal





Headmaster's Message



Dear Parents, students, and staff,

It is hard to believe that another term has passed so quickly; June is almost over, and we are saying so long to our students, staff, and parents. A fantastic term filled with events that have brought us closer together. Despite challenges, it has been very rewarding. We could not offer such a rich education to our students without the continuing effort and support that you all give.

We highly appreciate the continuous care of HIS HIGHNESS SHEIKH ABDULLAH BIN HAMAD BIN SAIF AL SHARQI. At our school, we are fortunate to have a hard-working, caring, and dedicated team represented by Management members, administrators, supervisors, teachers, teaching assistants and support staff, who collaborate tirelessly to ensure that every student gets the best experience possible.

Alongside this, our students deserve recognition for their passion for learning. Thank you, dear parents, for the support and partnership of our fantastic parental community. Your genuine interest in your child's education is evident and the students ultimately benefit.

To the families and students who have left us, we wish you all the best in your future destinations. For our returning students and their families, we look forward to welcoming you back on Monday 28th August with enthusiasm and eagerness to have a fresh and successful new term of the academic year 2023- 2024.

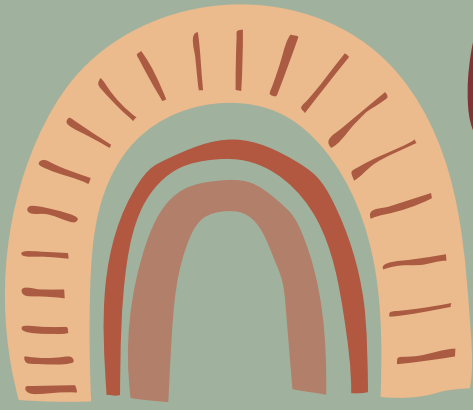
We wish you all a safe, relaxing, enjoyable, and rewarding summer vacation. Hopefully, we will all get the opportunity to spend quality time with family and friends and come back to school with a sense of rejuvenation.

Respectfully and with gratitude,

Headmaster

Bassam Nasser





Academic leader's message



"By learning, you will teach, and by teaching, you will learn."

Dear Parents and Students,

The CBSE Middle School of Our Own English High School Fujairah delegated integral leadership responsibilities to students during the Investiture Ceremony and by honouring the achievements of our learners during the Prize Distribution Ceremony. With the guidance of the management, the efforts of our teachers, and the support and best wishes of our parents, the organised events unfolded marvellously, highlighting children's creativity, perseverance and hard work in their endeavours.

Over the past two months, our teachers have organised and tailored numerous other initiatives to provide our students with hands-on learning opportunities to delve deeper into exploring essential concepts and understanding the world around us.

With summer vacation around the corner, our teachers have designed enlightening activities for our learners to refresh, reflect, and revisit concepts introduced throughout the academic year.

I take this opportunity to extend my sincere gratitude to the school management, our Principal, Mr Syed Tahir Ali, our Headmaster, Mr Bassam Nasser, and the parents for their constant guidance and support for the development of our learners.

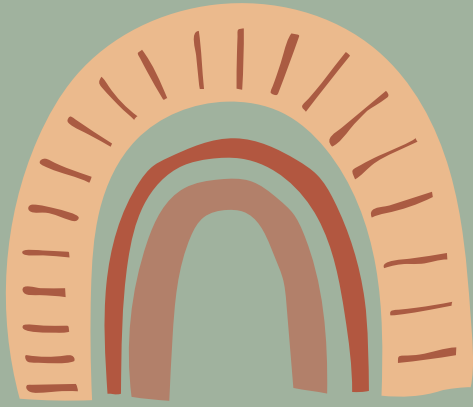
I hope the summer vacation provides numerous magical moments of rejuvenation and relaxation with ample opportunities to create memories to cherish with loved ones!

Warm Regards,

Manpreet Kaur

Middle School Supervisor





WORLD MOTHER'S DAY



MOTHER'S
DAY

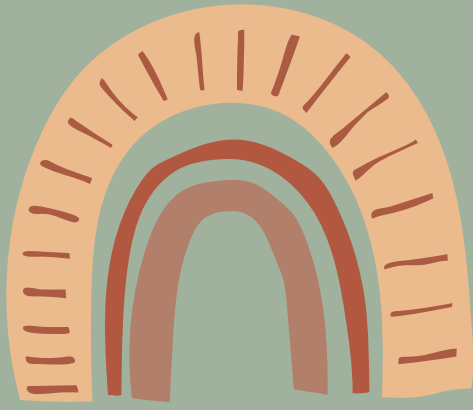
"A mother is a person who can take the place of all others, but whose place no one else can take."

Mother's Day is celebrated every year on the second Sunday of May. This day is dedicated to mothers. A mother is a person whose love and support are unconditional. No one can take the place of a mother. On this day, people express their love for their mothers in their own special way.

On May 15, 2023, the CBSE Middle School section of Our Own English High School celebrated the special occasion of Mother's Day with great fervor and enthusiasm. The mothers of the students were specially invited to a celebration in school along with their children. A cooking contest was also organized on the occasion in which mothers participated with great interest and zeal. It was a good opportunity to showcase their cooking talents. To celebrate the everlasting bond of love and affection on Mother's Day, several fun activities were also organized for students.

It was indubitably an enjoyable and memorable day for both the mother and child which left a warm feeling of tenderness and warmth in all our hearts.



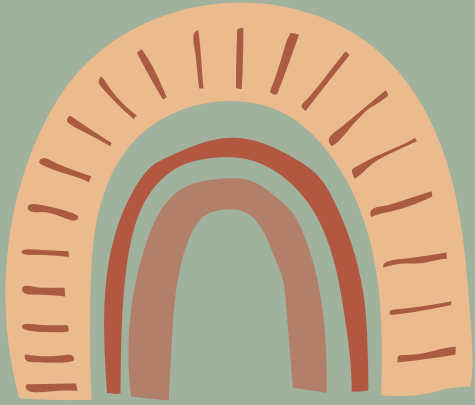


WORLD MOTHER'S DAY



MOTHER'S
DAY





WORLD CULTURAL DIVERSITY DAY



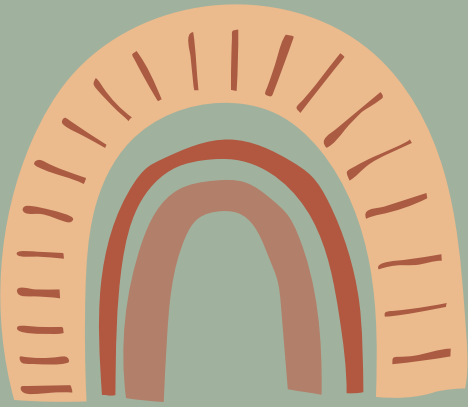
The World Cultural Diversity Day is an annual celebration that aims to promote and appreciate the diverse cultures and traditions that exist around the globe.

The Middle School CBSE, enthusiastically celebrated World Cultural Diversity Day on May 19 2023 to recognize the richness and beauty of different cultures.

This report highlights the following activities organized and conducted during the celebration.

These activities helped the students gain a deeper understanding and appreciation for cultural diversity.





WORLD CULTURAL DIVERSITY DAY



Panagam
• The Perfect Drink for Summer •

Panagam, a special and traditional beverage prepared on auspicious occasions.

Ingredients:

- 2 cups of Crushed Jaggery
- 2 pieces of Cardamom
- 1 tsp of Ginger Powder
- 3 cup of Water
- To Taste


Instructions:

- Soak the half jaggery and extract the juice.
- Crush the cardamom and add it to water.
- To that, add crushed jaggery, brown jaggery, ginger powder and stir well so that the jaggery gets dissolved.
- The Panagam is ready!

WHY HAVE I CHOSEN THIS AS MY DISH?


It is very commonly used in traditional festivals and it very easy to make. It is famous in Tamil Nadu. This dish is not only good for festival, but also as a refreshing and cool beverage to beat the heat.

By Shreya Ashok of class 7A



Parched Gram Dal

Parched Gram Dal or (Panna Dal or Badam Dal) can be prepared without too an elaborate in many ways including Chutneys, salads and more, more but my most favorite recipe is to prepare it as a salad as this you can eat it as a snack or a salad. Panna Dal is very easy to prepare with few ingredients. It is prepared in the very easy and simple way with few ingredients like lentils, salt, pepper, and some spices. Panna Dal is very common in India. In some parts of India, commonly called as Panna Dal, but in some parts it is called as Panna Dal.



Raita Recipe

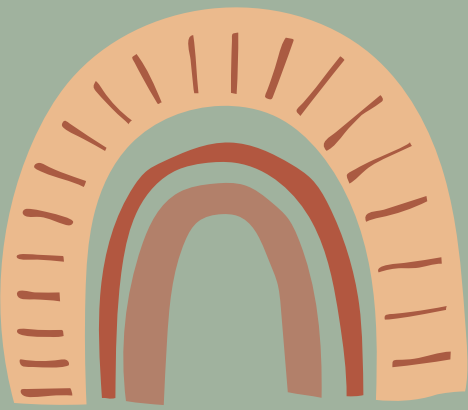
Raita is a quick side dish made with curd, veggies, spice & herbs. It is usually eaten as a side with rice, biryani, kotas or snacks. Here is a simple recipe for raita that you can try at home:

- 1 cup fresh thin yogurt
- 1/2 cup cucumber (washed and chopped)
- 1/4 teaspoon salt (adjust to taste)
- 2 green chillies (optional)
- 2 tablespoons coriander leaves (chopped finely cilantro)
- 1/2 teaspoon coriander powder
- 1/2 teaspoon cumin powder

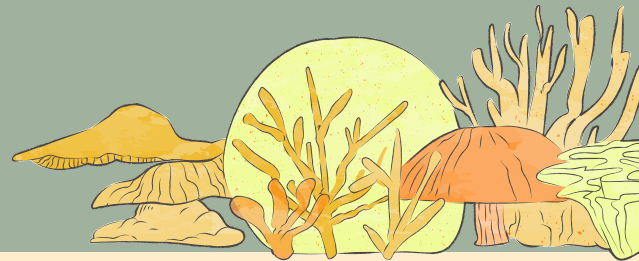
Now your raita is complete! It's one of the most famous dish in Uttarakhand and I hope you will love it!

Done by
Vivek Singh





WORLD BIODIVERSITY DAY



Biodiversity

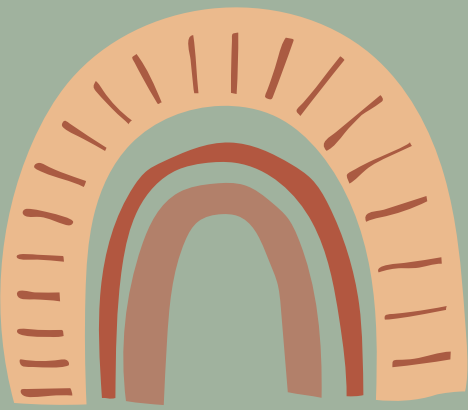
Habitat loss
Habitat loss negatively influences biodiversity directly through its impact on species abundance, genetic diversity, species richness, species distribution, and also indirectly.

Deforestation
Deforestation can directly lead to biodiversity loss when animal species that live in the trees no longer have their habitat, cannot relocate, and therefore become extinct.

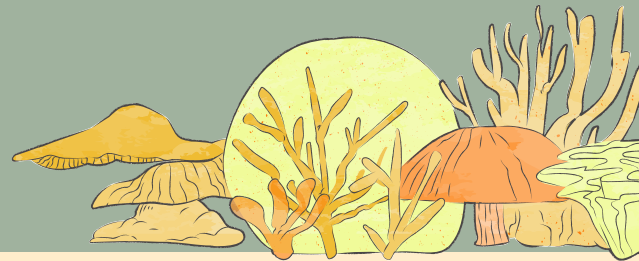
Pollution
The deposition of sulphur dioxide (SO_2), NO_x and NH_3 leads to changes in the chemical composition of soils, lakes, rivers and marine waters through a process known as acidification, which disrupts ecosystems and leads to biodiversity loss.

Biodiversity
Biodiversity makes up all the living things on planet earth including all animals, plants and microorganisms. Biodiversity is essential as it maintains the ecological balance of our planet. Many species are endangered which means that they are on the verge of extinction.

Done by: Harshit, Yashi, Adwiti, Allin Singh



WORLD BIODIVERSITY DAY



BIODIVERSITY

Depleting biodiversity refers to the ongoing loss of species, ecosystems, and genetic diversity on Earth. It is primarily caused by habitat destruction, pollution, climate change, and overexploitation of natural resources. The consequences include ecological disruptions, economic instability, and the loss of potential benefits for human well-being. Addressing this issue requires conservation measures, sustainable practices, national awareness, and international cooperation.

Bio-Diversity Day

Source: by: Siddhant - Nail 28

Biodiversity Day

Biodiversity Day refers to the date of rediscovery of biological diversity.

Cause of Biodiversity loss

- Over Exploitation
- Habitat loss
- Overfishing
- Climate Change

How can we Stop

- Buy Sustainable and Eco-Friendly products
- Educate youth on this problem
- Protect local habitat

BIODIVERSITY

Biodiversity, or the variety of all living things on our planet, has been declining at an alarming rate in recent years, mainly due to human activities, such as land use changes, pollution, and climate change.

Deforestation and forest clearance is the removal of a forest or stand of trees from land that is then converted to non-forest use. It can cause climate change, soil erosion, floods etc.

The risk of species extinction increases with every degree of warming. In the ocean, rising temperatures increase the risk of irreversible loss of marine and coastal ecosystems. Live coral reefs, for instance, have nearly halved in the past 150 years.

BIODIVERSITY

What is Biodiversity Loss?

Biodiversity loss refers to the decline or disappearance of biological diversity.

Causes of Biodiversity Loss

Biodiversity has declined at an alarming rate in recent years. This is a result of human activities, such as habitat loss, over-exploitation, and climate change.

CLIMATE CHANGE

Climate change impacts biodiversity at various levels: species distribution, population dynamics, community structure and the functioning of the ecosystem.

POLLUTION

When we talk about pollution, we may think of car exhaust fumes billowing into the atmosphere, but diversity is not only affected by this type, it is also affected by noise, pollution and light pollution.

DESTRUCTION OF HABITS

Soil pollution and changes in its wetland due to activities such as deforestation have a negative impact on ecosystem and the species that make them up.

PAPER WASTAGE

Introduction

The environmental impact of paper production is a significant one. The use of excessive amounts of energy and water in the production of paper is a major concern. Paper accounts for 25% of total waste at landfills.

Recycling

Each tonne of recycled paper can save 1700 litres of water, 1000 kilowatts of energy and 12,000 litres of water. Paper is made from wood pulp, and 70% of the global paper supply comes from newly cut trees.

Paper usage countries

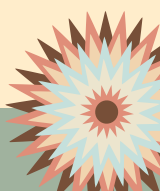
China	11,000,000 tons
USA	10,000,000 tons
Japan	2,000,000 tons

Water

It takes between 2 and 11 litres of water to produce a single sheet of paper, depending on the pulp and paper industry in the country. Large industrial consumers of water.

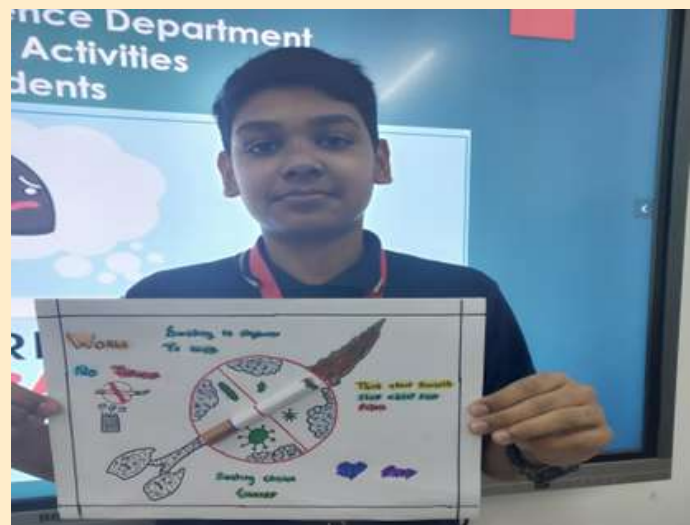
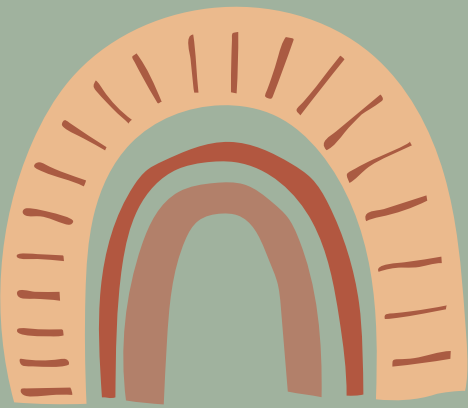
Facts

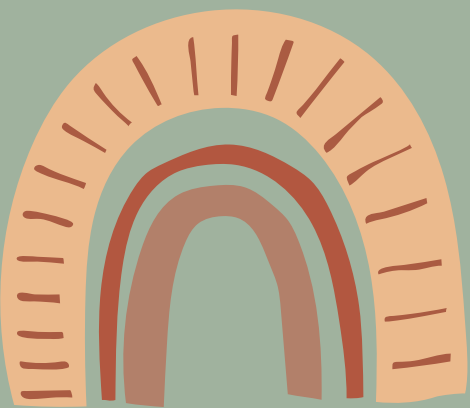
The world consumes 300 million tonnes of paper a year. More than 90% of paper is made in 14 countries. 32% of paper is made to be recycled. Only 7% of paper is recycled. 20% of the world's paper comes from sustainable forest. 1.7 billion tonnes of forest have been replaced by tree plantations. When paper ends, it ends in a landfill. One document is discarded 19 times in its life span. 10% of office waste consists of paper.





ANTI - TOBACCO DAY





ANTI - TOBACCO DAY




Awareness message given by students

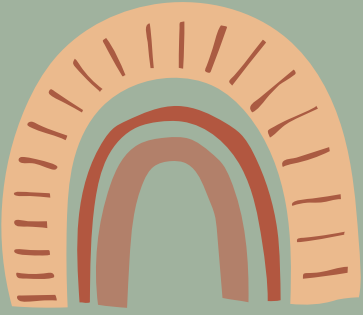
The members of the World Health Organisation created World No Tobacco Day in 1987. It was created in order to draw attention to the tobacco epidemic and the preventable deaths and diseases it causes.

The objective of World No Tobacco Day was to encourage people who use tobacco to quit for at least 24 hours.

Every year, World No Tobacco Day is used to educate people on the dangers of using tobacco and to encourage people to stop using it. Here are some facts that you may not know about tobacco and smoking:

- Smoking harms nearly every organ in your body
- Tobacco kills up to 50% of its users
- Tobacco kills more than 8 million people every year
- Smoking one cigarette can take 11 minutes off your life
- Smoking can affect fertility.



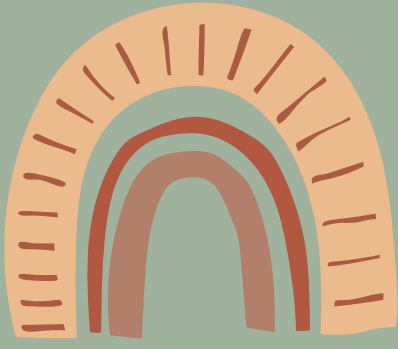


INVESTITURE CEREMONY



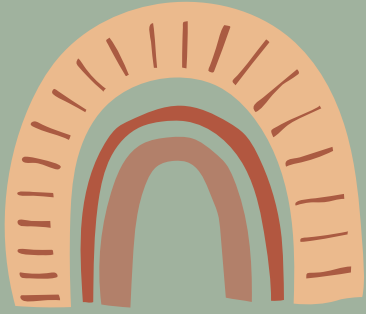
The Investiture ceremony of CBSE Junior and Middle School, Our Own English High School was held on 23rd of May 2023 at the Indian Social Club. It marked a significant beginning of the academic year. The solemn occasion announced the readiness of the young students to don the mantle of leadership and execute the responsibilities entrusted to them by the school. The ceremony was presided over by the Senior management and leaders that included the Principal, Ms. Syed Tahir Ali, the Headmaster, Mr. Bassam Al Koussi, the Legal Advisor Mr. Mohammed Heshmat, the MSO, Mr. Ahmed Hassan, HR Academics, Ms. Amna Batool, the Middle School Supervisor, Ms. Manpreet Kaur and the Early and Junior School Supervisor Ms. Diba Siddique.





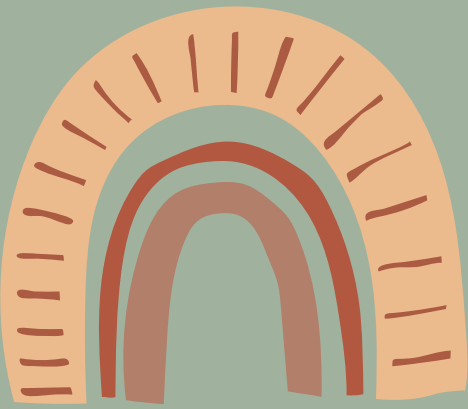
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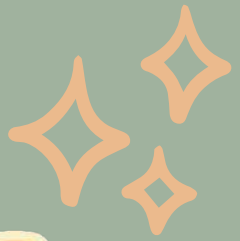


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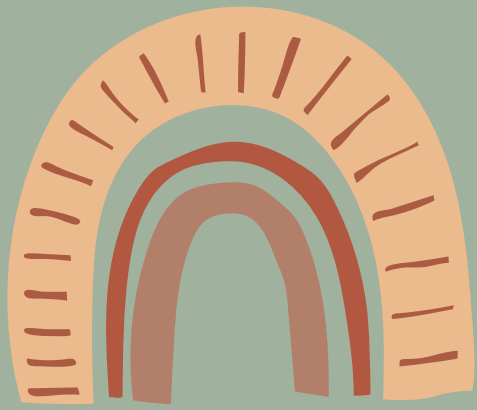


WORLD Environment DAY

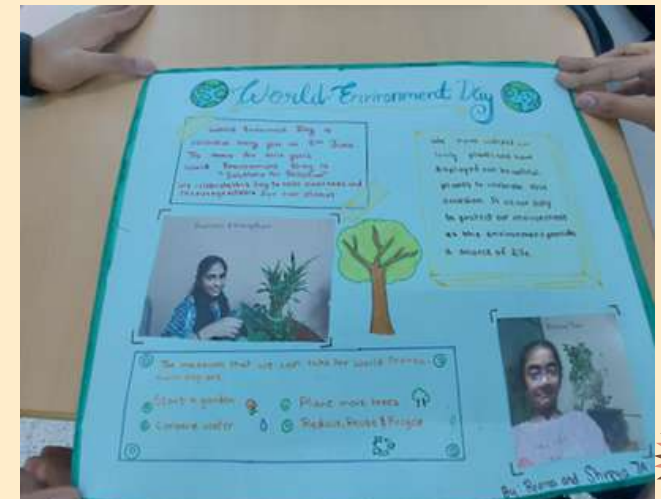
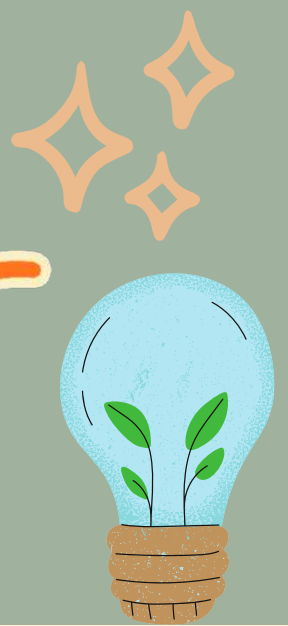


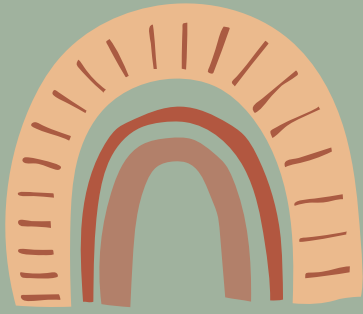
On June 6, CBSE Middle School celebrated World Environment Day. The students and members of the Science faculty participated in the program with great enthusiasm. By organising this event, the Middle School Science department hoped to reach out to students and the staff of Our Own to create a long-lasting awareness about keeping the environment clean and safe from pollution. The students and the teachers were successful in propagating this year's theme 'Reduce plastic pollution.' The Middle School Supervisor Ms Manpreet Kaur thanked and encouraged the students, stressing the importance of being more aware and proactive about environment conservation.





WORLD Environment DAY

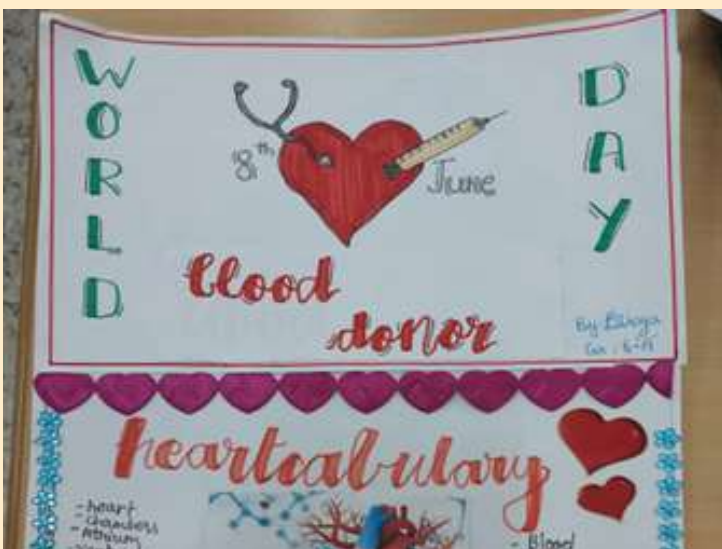
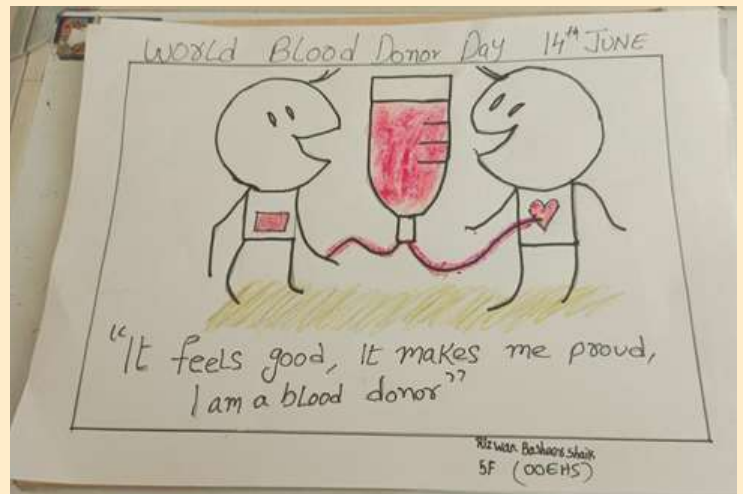


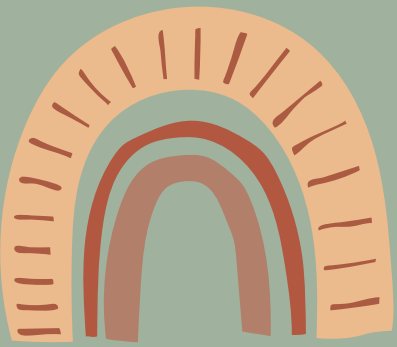


WORLD BLOOD DONOR DAY

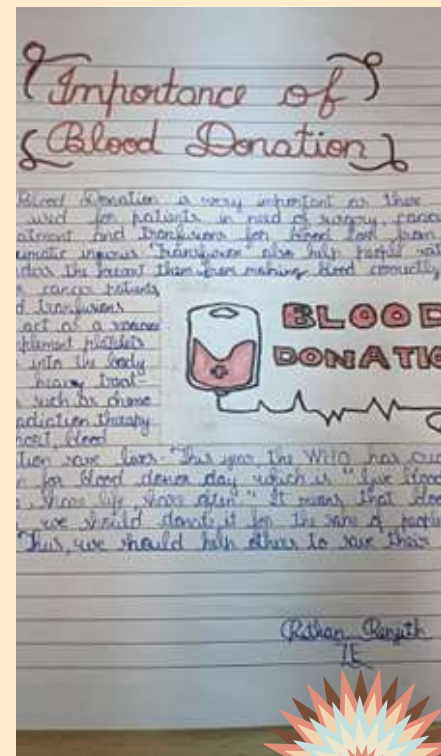
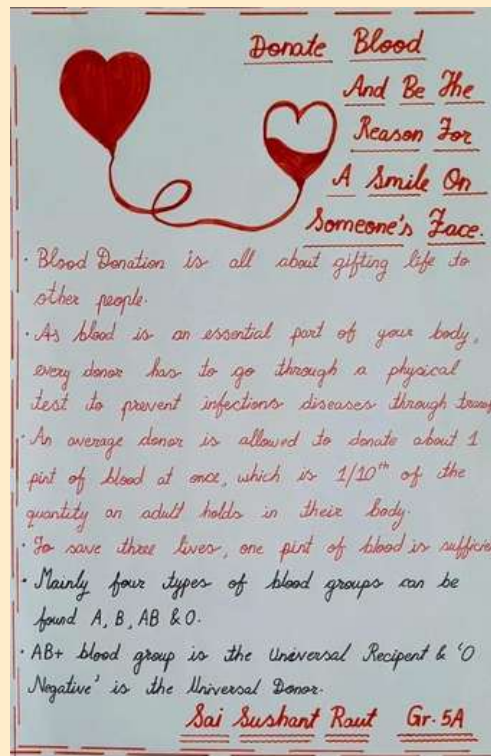
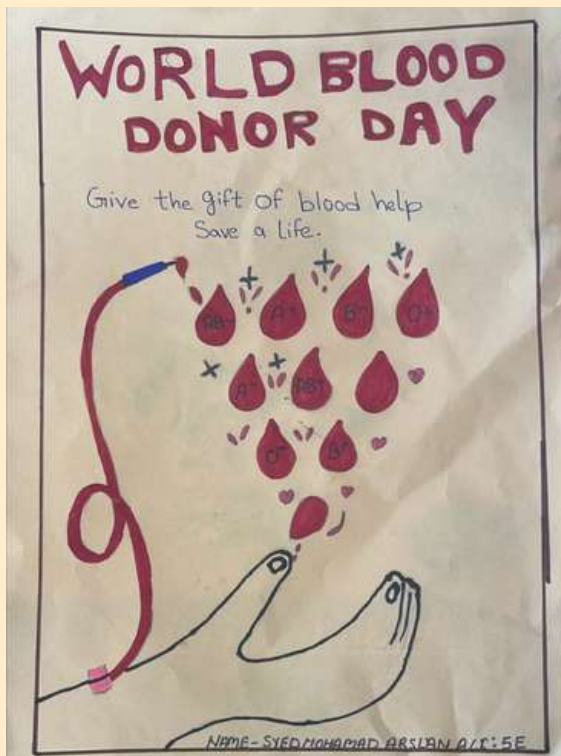
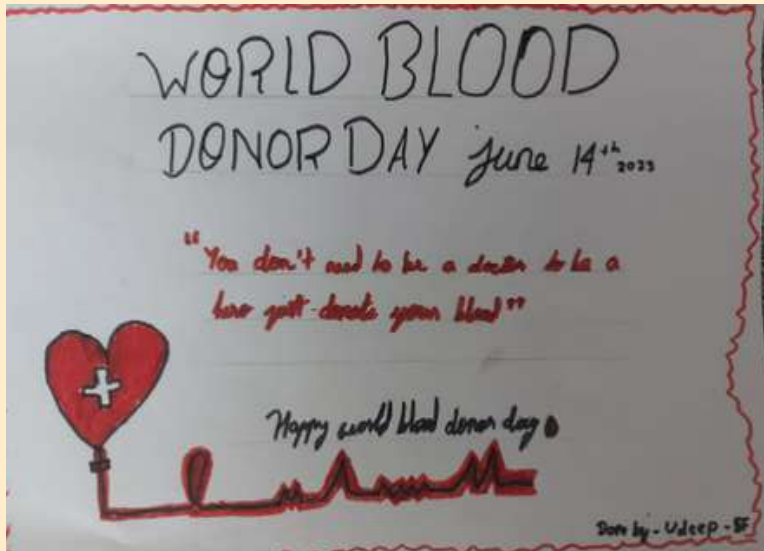


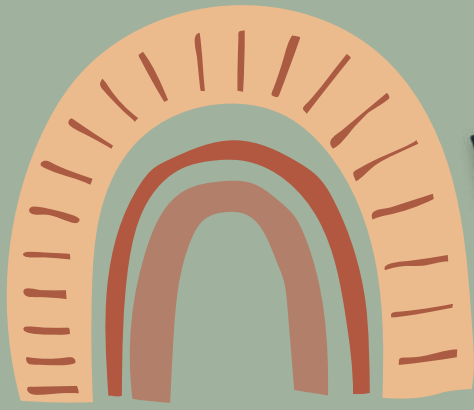
June 14 is observed as 'Blood Donor Day' across the world. The CBSE Middle School Science Department echoed the same with replenished enthusiasm and remarkable fervour. The programme was marked with a massive participation of all the students from grades 3 to 8. Age-appropriate activities were assigned to the students. The students welcomed the day's message and disseminated the information throughout the school.





WORLD BLOOD DONOR DAY





WORLD FATHER'S DAY

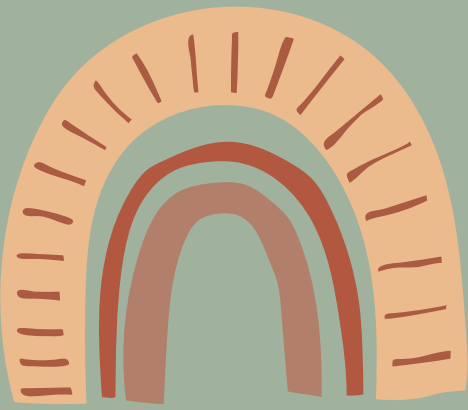


"One father is more than a hundred schoolmasters." —George Herbert

Father's Day is celebrated across the world with the objective of realising and honouring the contribution of fathers in society. It is a day that celebrates fatherhood, paternal bonds, and the efforts of male parents towards their family and society.

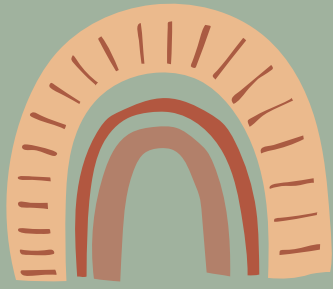
The CBSE Middle School observed Father's Day on June 20, 2023. Students were given a variety of age-appropriate tasks to honour their fathers.





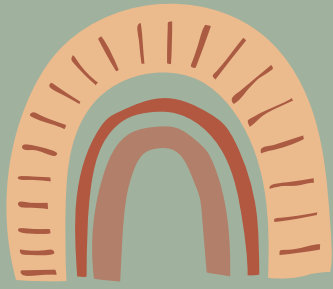
WORLD FATHER'S DAY





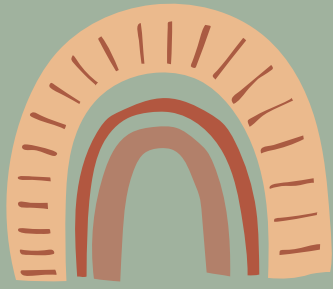
KIDS FIESTA





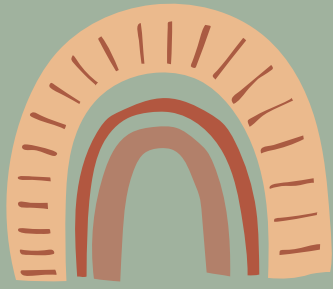
KIDS FIESTA





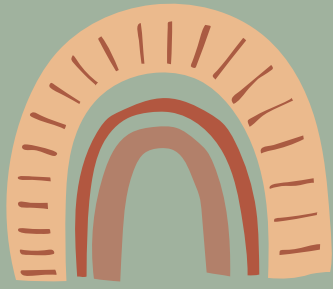
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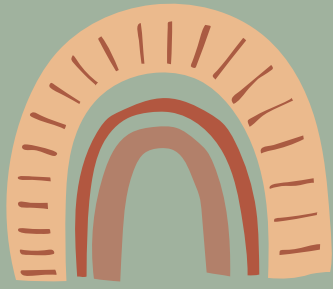
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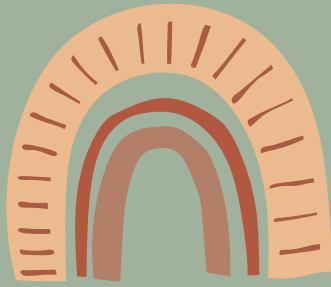
KIDS FIESTA PRIZE DISTRIBUTION





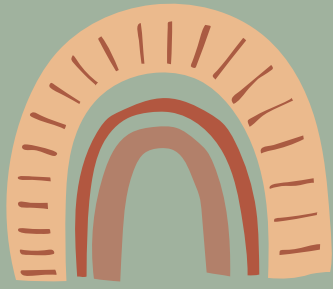
KIDS FIESTA PRIZE DISTRIBUTION





PRIZE DISTRIBUTION CEREMONY

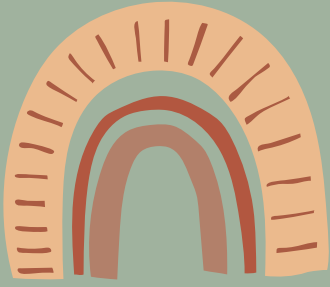


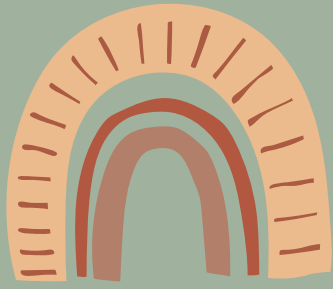


PRIZE DISTRIBUTION CEREMONY



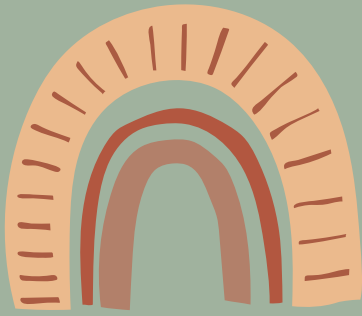
PRIZE DISTRIBUTION CEREMONY





PRIZE DISTRIBUTION CEREMONY



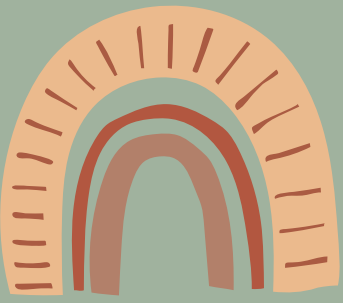


INTERNATIONAL DAY OF YOGA

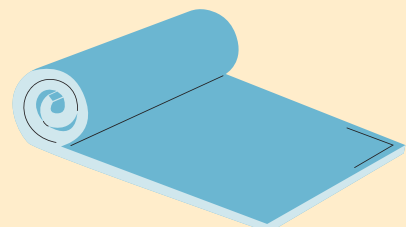
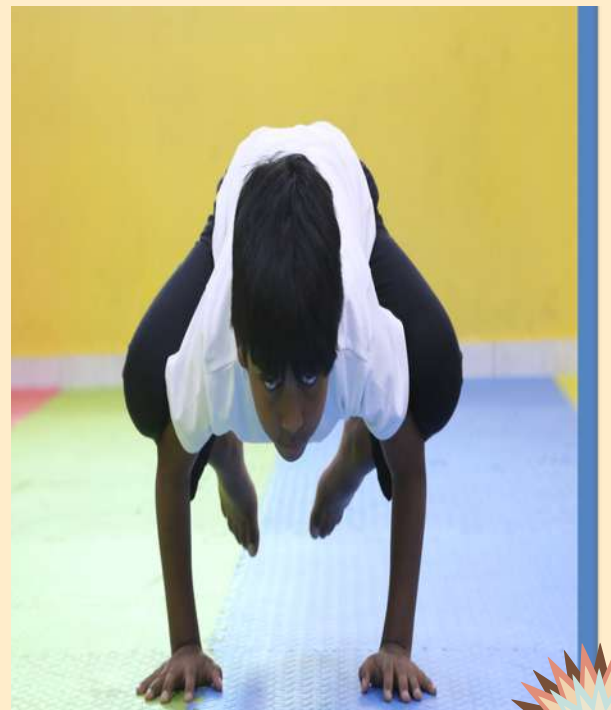


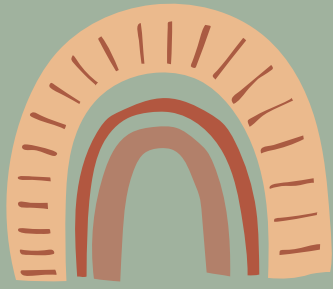
The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. The annual event aims to raise awareness about the numerous physical and mental health benefits of yoga and promote its practice worldwide. The International Day of Yoga programme was conducted by the CBSE section under the supervision of the Physical Education department headed by Mr Abdul Manan Khan and the Middle School PE teacher, Ms Alka Gaikwad. The programme was graced by the Principal, Mr. Syed Tahir Ali who enlightened the audience about the importance of yoga. The Head of Section CBSE Mr. Tamoghna Chakraborty, Head of Section Early Years and Junior School Mrs. Diba Siddique and CBSE Middle School Section Leader, Ms Manpreet Kaur encouraged the students with their presence. Ms Alka Gaikwad, along with three students demonstrated the yoga postures or asanas which were followed by the students who participated in the event. The flexibility, stamina and strength of the performers were evident thus proving that the yoga asanas benefit both body and mind.





INTERNATIONAL DAY OF YOGA

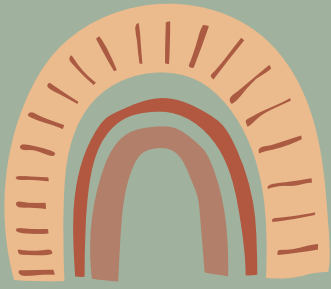


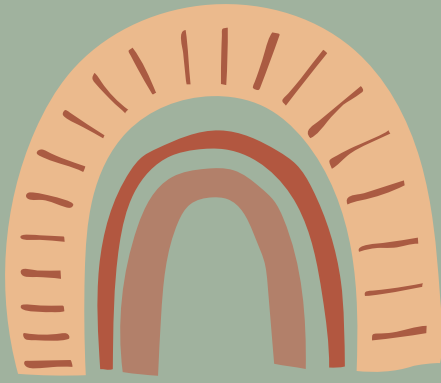


INTERNATIONAL DAY OF YOGA



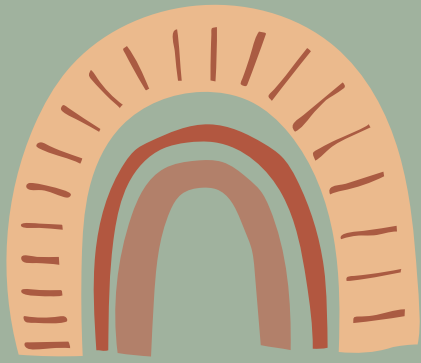
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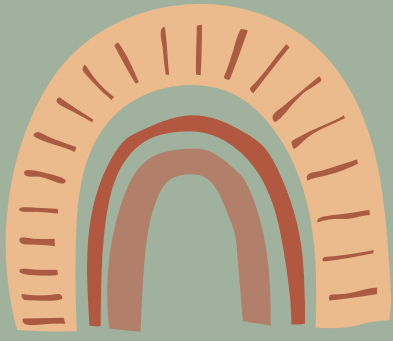
ASSEMBLY





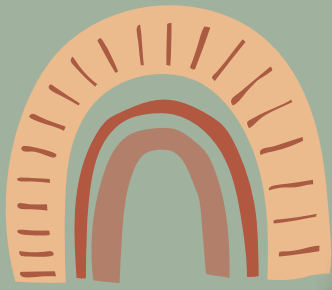
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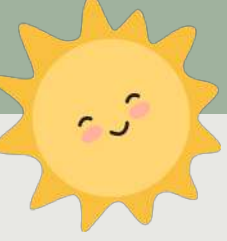


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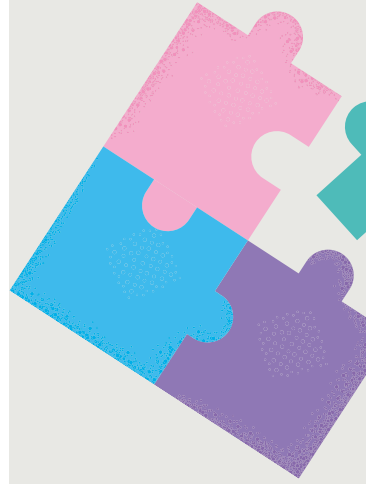




Creative Minds



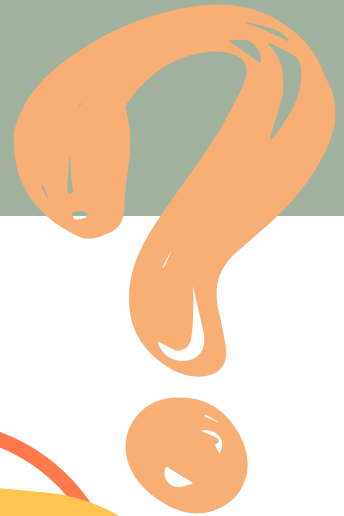
प्यारी धरती से न्यारी है माँ,
चलना और बोलना सिखाती है माँ।
लोरी गाकर अपने बच्चों को सुलाती
है माँ।
खाना हमें खिलाती है माँ,
दुनिया से प्यारी है अपनी माँ।
कभी-कभी अपनी जिद पूरी करती है माँ
दुनिया की सारी खुशियाँ देती है माँ।
अपनी गलतियों के लिए डाँटती
है माँ।
सही राह पर चलना सिखाती है माँ
दुनिया से प्यारी हैं अपनी माँ।
अपने बच्चों के लिए सबसे लड़ती
है माँ,
अपने सपने को पूरी करती हैं माँ।
सबसे मीठा स्वर है माँ,
सबसे अनोखी है माँ।
दुनिया से प्यारी हैं अपनी माँ।



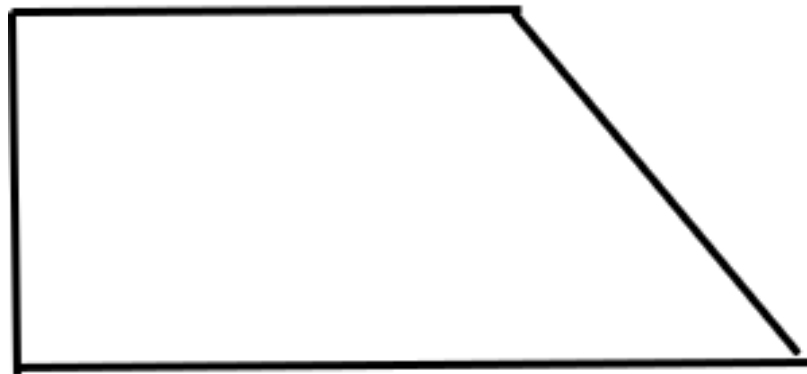
**Reema
7A**

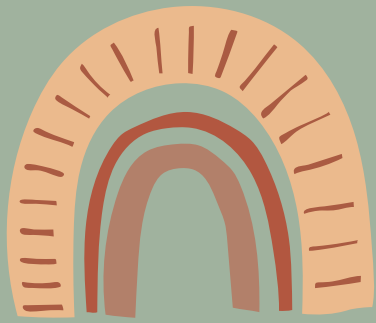


CHALLENGING QUESTION



**THE SHAPE SHOWN IN THE SKETCH BELOW, OBVIOUSLY, IS THAT OF A SQUARE ATTACHED TO HALF OF ANOTHER SIMILAR SQUARE, DIVIDED DIAGONALLY:
CAN YOU DIVIDE IT INTO FOUR PIECES, ALL OF PRECISELY THE SAME SIZE AND SHAPE?**





TEACHER'S CORNER



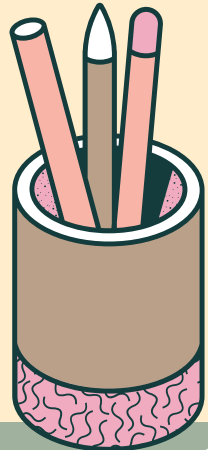
പട്ടം

അന്ന് വൈകുന്നേരം മക്കൾ കടലിൽ മത്സരിച്ച് നീന്തുകയാണ്, മലർന്നും മുങ്ങിയും പൊങ്ങിയും രണ്ടുപേരും സ്വന്തം മികവ് കാട്ടാൻ ശ്രമിക്കുന്നത് നോക്കി വെറുതെ ഇരിക്കുമ്പോഴാണ് മടിയിലേക്ക് ഒരു പട്ടം പറന്ന് വന്നു വീണത് . നൂല് പൊട്ടി ലക്ഷ്യം കിട്ടാതെ പോയ പട്ടം

മഞ്ഞയും ചുവപ്പും പച്ചയും നിറത്തിൽ നല്ല ഭംഗിയുള്ള പട്ടമായിരുന്നു അത്. കുഞ്ഞുനാളിൽ ഉണ്ടായിരുന്ന ഒരു ഉടുപ്പാണ് പെട്ടെന്ന് ഓർമ്മ വന്നത് . ആ ഉടുപ്പ് വാങ്ങിയത്തിന്റെ ആദ്യനാളുകളിലൊക്കെ എവിടെ പോകുമ്പോഴും അത് തന്നെ വേണമെന്ന് വാശിപിടിക്കാറുണ്ടായിരുന്നു. പട്ടം പോലെ പറന്ന് നടന്ന കാലം.....

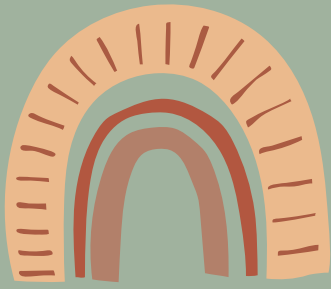
കൈയിലെടുത്തു..... നഷ്ടപ്പെട്ടുപോയ കാലത്തിന്റെ ഭാരം..... നൂല് പൊട്ടിയ ആ പട്ടത്തിൽ സ്വന്തം മുഖം തെളിഞ്ഞ് വരുന്നത് നോക്കി നിന്നത് സന്തോഷത്തോടെയാണോ സങ്കടത്തോടെയാണോ എന്നറിയില്ല . എന്താണാവോ കണ്ണു നിറയുന്നു. കണ്ണീരിന്റെ നനവ് ആ പട്ടത്തിന്റെ നിറം കൂടുതൽ സുന്ദരമാക്കുകയാണ് ചെയ്തത് . തിരിച്ച് പോരുമ്പോൾ അതും കൂടെ കൈയിൽ എടുത്തിരുന്നു.

അത് പൊട്ടിയതാണ് എടുക്കണ്ട എന്നും മറ്റും എന്തൊക്കെയാ മക്കൾ പറയുന്നത് കേട്ടിരുന്നെങ്കിലും അത് ശ്രദ്ധിക്കാൻ തോന്നിയില്ല. അവരുടെ നനഞ്ഞ വസ്ത്രത്തിന്റെ ഈർപ്പം അടുത്തിരുന്നിട്ടും അറിഞ്ഞതേയില്ല. പക്ഷേ മനസ്സിൽ ഈർപ്പം വന്നു നിറയുന്നത് അറിയാനാവുന്നുണ്ടായിരുന്നു..... കാർ വീട്ടിന്റെ ഇടവഴിയിലേക്ക് എത്തിക്കഴിഞ്ഞു . അപ്പോഴും നൂലുപൊട്ടിയ ആ പട്ടം, താൻ പറന്നു നടന്ന ആകാശത്തിന്റെ ഓർമ്മകളിലായിരുന്നു.....

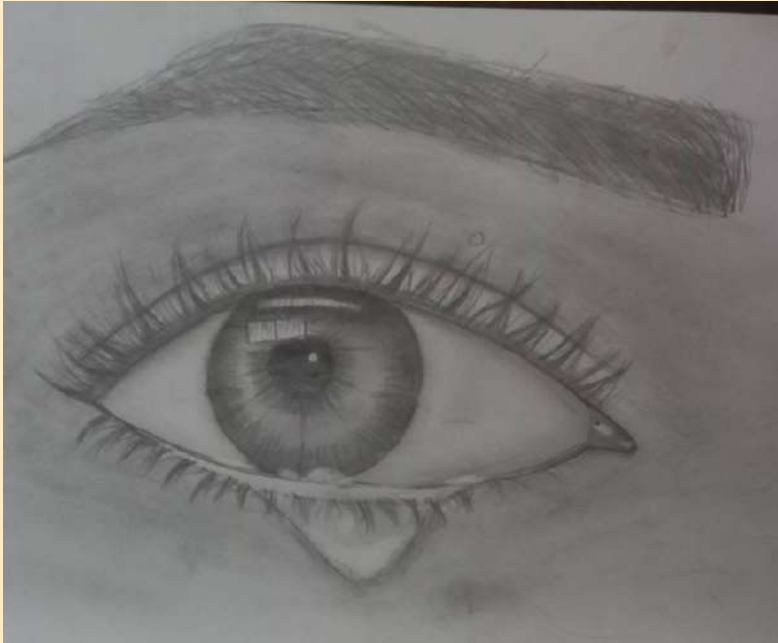
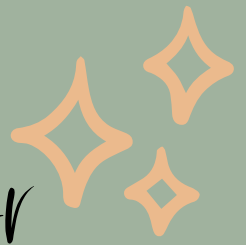


Geetha Sandeep



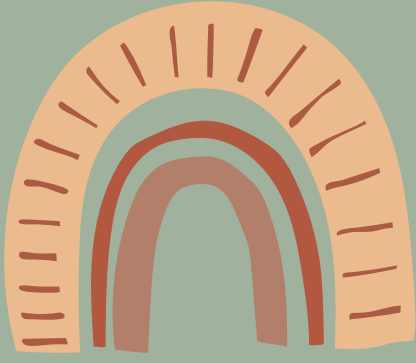


Student's Corner

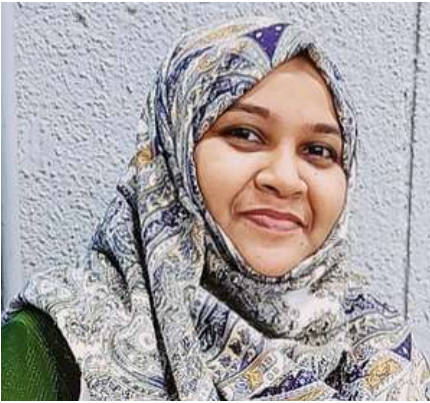


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