



Leaders' Odyssey
School and College

NEWSLETTER

September 17th, 2024





HAPPINESS

The scales of happiness are immeasurable – enjoying a cup of tea on a cold winter's day, seeing a mother's tears of joy as she hugs her son after a long separation, or lending a helping hand to a total stranger in distress, are feel good moments. Investing in Happiness is contingent on how well you handle the inevitable cross-currents of day-to-day life. Nothing is constant in life, except change. We all are involved in varying degrees in the pursuit of contentment and thereby feelings of joy. No doubt they are intermittent, and sometimes long overdue, but consistency is the key. Research shows that much of happiness is "the ability to acknowledge and embrace every emotion, even the unpleasant.; being happy is to live with mindfulness, meaning, and purpose."

Wealth and material trappings do make life more comfortable, but researchers point out that people around the globe, rate happiness more important than other desirable personal goals and objectives. The World Happiness Index rates Denmark, Finland and Sweden, countries with the Happiest People on Earth; Pakistan is ranked 108th while neighboring India is placed 126th .

How happy are you?



CHECKPOINT # 3

The assessments concluded this past Friday. The last stretch, the last session of the academic year has started from Monday, September 16, 2024. Time for Students to push the pedal and shift into top gear, studies wise. The Passing Criteria for Checkpoint 3 is a minimum of 40%

OUTDOOR MORNING MEETINGS

Summer's Peak has passed and our Outdoor Meetings will resume from the current week. Interesting topics will make for some imaginative and thought-provoking stage presentations. Expectations are high for a spirited repertoire of the outdoor meetings.



DENTAL CLINIC

Dental health and hygiene, is an important aspect of physical growth and well-being. Too often it is neglected and put on the back-burner by Parents. The school has taken the initiative of conducting a clinic in this regard, and a team of dental professionals will conduct oral-check-ups on students, ten years and older, in the current week.

A WELCOME BREAK!

Primary students from Grade V thoroughly enjoyed their recreational outing. A special movie screening, exclusively for them, set the tone of the day at various locales in the Cantt area. This was followed by fun and frolic in the park, Ziarat Park to be precise, and with Lunch as the final act of this delightful outing!





SAP – Interpersonal & Communication Skills

The Student Assessment Policy, amongst other things, takes into account a student's interpersonal and communication skills. Interpersonal skills are the ability to communicate and interact with others.

Collaboration, critical thinking, creativity, positivity, empathy, patience, conflict-resolution, respect, are essential elements of Interpersonal Skills. Effective Communication requires the

use of skills that enhance the quality of interactions with people, in every kind of environment, whether in school or home, be it a social gathering or an interview – communication is the key. Verbal and written communication, listening, articulating thoughts and responding, body language, keeping things in proper perspective, calm demeanor, are factors that facilitate communication. Again, important for students to cultivate. Both Interpersonal and Communication Skills, are an extremely important commodity for students, not only in furthering one's educational progression but also in preparing for career planning.





IN BRIEF

- SPR – Student Progress Reports have been shared.
- The IKLC registration has been extended till the 25th of September, 2024.
- Sports Activities will commence from this week.

GOLD MEDALIST

A promising addition to the Girls Section Faculty, Ms. Ruqaiya Liaqat Ali epitomizes a new generation of highly motivated and well qualified teachers. A Gold Medalist in Physics, she has proven her credentials as a teacher of merit. She also has developed a good rapport with her students. Surely deserving the Gold Medallion!

