



# **LICEF SECONDARY SCHOOL**

**TERM 3 ,2020 NEWSLETTER**

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## From the Head's office

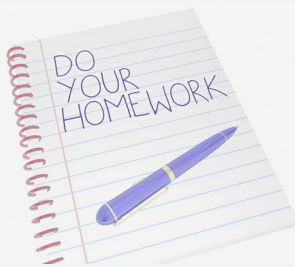
### HOMEWORK



Homework! This is a word that most learners dread hearing. After hours upon hours of being in class, the last thing we want is more schoolwork over our precious evening or weekends when you are supposed to catch up on some missed cartoons or movies or time with friends. Despite the fact that homework is considered to be a staple food of traditional schooling, it has, however, become a rather diverse topic. Some "schools of thought" feel that **homework is a necessary part of school**, while others feel the time could be better invested.

Should students have homework? What are the advantages and disadvantages of having homework for learners? These are some of the few questions I will try to address in this article. At the end, I would like you to make a decision for yourself.

By definition, homework involves work that learners are given to supplement what they do in class. It may be in form of some written work, reading some portion of work, finding out something on a particular topic or completing an activity while not under the guidance of a teacher. Homework should not be too long or too little but at the end of the day, the learner must benefit from the exercise.



#### Why should learners be given homework in schools?

Below are a few reasons why homework is an advantage to the learners. When homework is assigned to be completed and learned by kids at home it is actually a good thing.

#### 1. It enhances collaboration between learners and teachers;

Once homework is completed at home, learners and their educators can discuss the results, share the thoughts and search for proper solutions to problems they have along the way in their studies. Schools of-

fering homework have a chance for better communication inside the classroom.

#### 2. It gets parents to be involved with the learners;

Whenever a learner feels lost or insecure about a homework task they have completed, they go to their parents/guardian or older siblings for a piece of advice. As a result, families might end up spending hours solving problems, looking for creative math solutions to a vast amount of tasks, polishing analytical thinking skills and having fun together.

#### 3. Learners' Practice resulting in the perfecting of such skills;

Writing or any other homework tasks assigned to learners really helps them prepare for obtaining higher grades in school assessments. In fact, the more time a learner spends polishing his skills, the higher his chances are to get better results and the more confident they become.

#### 4. It instills a sense of responsibility in the learners:.

Knowing that each homework has a deadline one cannot postpone makes learner more responsible; it trains their willpower, an ability to plan their time for academic activities, lessons up front. Families, friends, schools can all contribute to children's development in this area. With such an amount of support, growing is much easier.

#### 5. It helps parents keep track of their kids' performance;

Learners doing work at home, gives a family a sense of the education level of their small ones (no matter what their age is); in fact, spend a couple of minutes looking at your child's homework to find out their weak areas, identify problems, see their achievements, or offer help - it's all possible after you check your child's homework.

#### 6. For practicing at home:

Many people believe that one of the

positive effects of homework is that it encourages the discipline of practice. While it may be time consuming and boring compared to other activities, repetition is needed to get better at skills. Homework helps make concepts more clearer, and gives students more opportunities when starting their career.

#### 7. Homework teaches Time Management

Homework is much more than just completing the assigned tasks. Homework can develop time management skills, forcing students to plan their time and make sure that all of their homework assignments are done on time. By learning to manage their time, students also practise their problem-solving skills and independent thinking. One of the positive effects of homework is that it forces decision making and compromises to be made.

#### 8. Homework Allows For More Learning Time:

Homework allows for more time to complete the learning process. School hours are not always enough for learners to really understand core concepts and homework can counter the effects of time shortages, benefiting students in the long run, even if they can't see it in the moment.

#### 9. Homework Reduces Screen Time;

Many learners these days spend far too many hours watching TV. If they weren't in school, these numbers would likely increase even more. Although homework is usually undesired, it encourages better study habits, and discourages spending time in front of the TV. Homework can be seen as another extracurricular activity and many families already invest a lot of time and money in different clubs and lessons to fill up their chil-

dren's extra time. Just like extracurricular activities, homework can be fitted into one's schedule.

Not everyone agrees that homework is such a good idea after all. There is a school of thought that supports the idea that learners should rest at home, have some free time, instead of working long hours of struggling with the homework academic tasks. Below are some reasons that are advanced for that:

#### 1. It deprives them of social life;

Having to work a lot (even at nights!) at home means that a learner has fewer opportunities to socialize (have positive contact with people in a class and beyond) which can lead to poor communication skills in the future and children becoming reserved. No wonder young people don't want to do homework but use any chance to get out for a walk with friends or to do sports.

#### 2. Children lose interest;

Lots of homework puts much pressure on young minds; this pressure only makes them lose interest and become less effective in their work. They need time to switch focus, explore the world, and engage in other activities or else they'll be ineffective at school/university.

#### 3. It'll lead to academic burnout;

Homework takes long hours, not minutes which after a day at school feel like a heavy burden. Learners already are tired, sleepy, and tremendous homework tasks will only be wearier each day and week and cause complete burnout.

#### 4. They're not effective.

Homework is less effective because mostly, pupils ask their siblings, parents, or tutors to do them instead. Tasks explained by a teacher in the classroom, make way more sense than at home where they are often done just to be done and forgotten right after submission in a class. A student may stay receiving higher grades for assignment done at school with a teacher.

#### 5. Homework Encourages a Sedentary Lifestyle

While classroom time is important, playground time is just as important. If children are given too much homework, they won't have enough play time, which can impact their social development and learning. Studies have found that those who get more play get better grades in school, as it can help them pay closer attention in the classroom.

Children are already sitting long hours in the classroom, and homework assignments only add to these. Sedentary lifestyles can be dangerous and cause health problems such as obesity. Homework takes away from time that could be spent invested in physical activity.

#### 6. Homework isn't healthy in every home

While many people think homes are a beneficial environment for children to learn. However, not all homes provide a healthy environment and there may be very little investment from parents. Some parents do not provide any kind of support or homework help, and even if they would like to, due to personal barriers, they sometimes cannot. Homework can create friction between children and their parents, which is one of the reasons why home-

work is bad.

#### 7. Homework adds to an already full-time Job

School is already a full-time job for students, as they generally spend over 6 hours each day in class. Students also often have extracurricular activities such as sports, music, or art that are just as important as their traditional courses. Adding on extra hours to all of these demands is a lot for children to manage, and prevents students from having extra time to themselves for a variety of creative endeavors. Homework prevents self-discovery and having the time to learn new skills outside of the school system. This is one of the main disadvantages of homework.

#### 8. Homework has not been proven to provide results

Endless surveys have found that homework creates a negative attitude towards school, and homework has not been found to be linked to a higher level of academic success.

The positive effects of homework have not been backed up enough. While homework may help some students improve in specific subjects, there is no real proof that homework makes for improvements if they have outside help. It can be a challenge to really enforce the completion of homework. Extra school time does not necessarily mean better grades – **quality must always come before quantity.**

Accurate practice, when it comes to homework, simply is not reliable. Homework could even cause opposite effects if misunderstood, especially since the reliance is placed on the student and any student would rather cheat in class to avoid doing their homework at home. Children often just copy off one another or present that which they read on the internet.

From the foregoing, one can see that there are two "schools of thought" on the homework issue.. Supporters of the first emphasize necessity of self-education while others believe too much homework can harm one's health, deprive one of their of social life, or have a child burn out completely. It's up to you which side to take but make your decision wisely after studying both sides' and consider the arguments carefully and impartially.

The pros and cons of homework are both valid but at the end of the day, learning has to take place.

Personally, I subscribe to the first "School of thought".

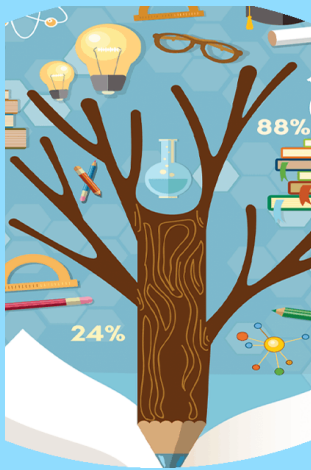
By : Mr. G. Siwelwa  
Secondary Head



## The Importance of Art Education

Education is an important aspect in one's life. It is a known fact that it is the key to success in the future as it opens many opportunities.

Education has many advantages. For instance, education illuminates a person's mind and thinking. It helps one to think, feel and behave in a way that contributes to their success.



First of all, formal education develops one's ability to read and write. Reading and writing is the first step in formal education. It is clear that most information is given in writing. Hence, the lack of reading and writing skills means missing out on a lot of information. Consequently, education makes people literate.

Education also grants people a good status in society. As educated people, we are considered to be a valuable source of knowledge in our society. Having an education helps us teach other necessary morals, good manners and wise ethics. In addition, education makes us role models in our society. It also helps us to guide the people to the right path and make wise decisions. In fact, being educated is an

advantage not only to ourselves but also contributes to building a good society.

It can also be argued that education paves a way for us to have a career. Education enhances the opportunities for better and easier employment thereby certainly creating an opportunity for a decent standard of living. This is due to a decent salary that an educated working class is likely to be provided with. On the other hand, uneducated people are probably at a huge disadvantage when it comes to being employed. It seems like many poor people improve their lives through education.

Better communication is yet another benefit of education. Education improves and refines the speech of a person. Furthermore, individuals have also come to improve other means of communication as a result of education.

Apart from that, education makes an individual a better user of technology. Education certainly provides the technical skills for using technology. Therefore, education certainly provides the technical skills necessary for using technology. It goes without saying then that without education, it would probably be difficult to handle modern machines.

Finally, education enables individuals to express their views efficiently. Educated individuals can explain their opinions in a clear manner. It is more of a fact educated people are more likely to convince people to their point of view.

By Faatima Mohamed

10G2

### Some Lessons failure presents

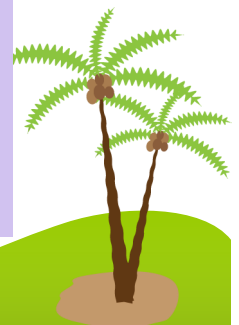
**A** lesson that I have learnt is that failure is the key towards learning. It may seem excruciating but nothing serves as a better teacher than failure. Failure can be defined as a sign for us to strive harder to fulfill our ambitions. Failure builds our character and moulds us into resilient beings. This can be illustrated by a natural phenomenon; the formation of a diamond, one of the hardest materials on earth. A diamond is said to be formed under a mountain of pressure. The same goes with us Homo Sapiens. We can only show our true colours after overcoming a mountain of Failure. One famous person, Thomas Edison, who exerted

tremendous influence on modern life by contributing to inventions such as the incandescent light bulb, the photograph and the motion picture camera, as well as improving the telegraph and telephone, had to go through Failure but never gave up.

In conclusion, I would like to emphasise the fact that Failure is a blessing and not a curse. It is a teacher, a mind opener and a motivator. "NEVER GIVE UP BECAUSE FAILURE IS THE FIRST STEP TO SUCCESS".

Anonymous

11B2



## ON FAMILY

*What is family?*

*To me family is everything. The English Dictionary defines family as: " A group consisting of parents and their children." However, family does not necessarily mean that you have to be of the same blood or be blood related to each other. Family is when you have a group of certain people you love and they love you and are always there for you. Family does not also mean you have to be of the same colour or race, or even the same culture.*

*As long as you feel certain emotions with your family, you feel free with them, you love them and they love you, that's all you need. Family love is the best feeling in the world and the best thing about it is that it's priceless. Many cannot buy it.*

*There are **four** types of families, but they all have the same values and roles.*

*a) **Normal Modern Family:** This family consists of a mother, father and children.*

*b) **Foster Family:** This family is slightly different from the normal modern family. This is a family in which children are adopted by parents. So parents and children are not blood related, but still they love each other.*

*c) **Divorced or Separated Family:** This is a family where either the mother or father (like my family) is not part of the family due to problems between the two parents. So either one of the two parents is not there in the actual family but is still there to support the children. There is no difference as long as the parents love the children.*

*d) **Blended Family:** This family is also known as a step family or a bonus family. It is a family where at least one parent has children that are not biologically related or adoptive related to the other spouse or partner. Either parent or both, may have children from previous relationships. The conclusion is that family is something that nothing in the world can replace. So, love your family and support each other.*

*"Family, Today's special moments, become  
 Tomorrow's wonderful mysteries!"*

**By: Atiya Suleman - 862**



One cannot emphasize enough the importance of family. They play a great role in our lives and make us better human beings. The one lucky enough to have a family often do not realize the value of a family. However, those who do not have families know their worth. A family is our source of strength. It teaches us what relationships mean. They help us create meaningful relationships in the outside world. , We pass the love we inherit from our families on to our independent relationships. Moreover, families teach us better communication. When we spend time with our families, love each other and communicate openly, we create a better future for ourselves. When we stay connected with our families, we learn to connect better with the world. Similarly, families teach us patience. It gets tough sometimes to be patient with our family members. Yet, we remain so out of love and respect. Thus, it teaches us the patience to deal better with the world. Families boost our confidence and make us feel loved. They are the pillars of our strength that never fade but instead keep us strong so we become better people.





A person's social life consists of various bonds that he forms with others, for example, family, friends, strangers and so on. As humans, social interaction is essential to every aspect of our health. Research shows that having a strong network of support or strong community bonds foster both emotional and physical health and is an important component of adult life.

Having social relationships is psychologically healthy. However, it is important to understand the difference between having no social life and being in social isolation.

Poor social skills may occur because of lack of knowledge such as the inability to acquire new skills, or because of a competency deficit.

Ways to Expand your Friend Circle

- Talking to strangers
- Going to events
- Taking walks

- Going out with pets
- Doing voluntary works
- Wander around your neighbourhood.

Social life may refer to an individual's interpersonal relationship with people within their immediate surroundings or general public.

Having no friends can affect one's mental and emotional health. In some cases, it may affect one's social and physical health. Boost your serotonin by at least 20% by staying around loved ones.

By Yumna N and Fatima P. -9G1



Social Media is one of the most fast emerging platforms in our era. We are able to link with other people almost effortless by using social media. For example, by using social media, we can communicate with friends and family members who live in far off places. Social media has enabled us to keep in touch with our loved ones who don't live close to us. We are also able to know what is happening in other parts of the world much more easily by using social media. We can create a group of many people together in social media to discuss a particular issue. We can quickly see the variety of sentiments which arise by discussing and debating a particular subject or incident.

Some disadvantaged people whose opinion was not heard before are able to voice their opinions through social media. By doing so, they are able to bring out the truth to the public. We are also able to share videos, pictures and much more with just one click through social media. We are able to build better relationships with our friends. Thus, we can say social media is very useful for an individual in many ways. However, social media also has a negative side if it is not used wisely or thoughtfully. Some people get addicted to social media like *instagram, facebook, whatsapp* and so on. This leads to a decrease in their productivity in real life. People are hooked on their phones and face to face meetings have become very uncommon because of social media.

People are doing very less exercise these days and are engrossed in social media. It makes such people unhealthy. Overusing of social media will lead to many eye problems for the user. This is because the eyes are strained by constant focus on the gadget. People are now very eager and always want to check new posts, new notifications and so forth. These are some of the negative effects of social media on an individual.

From the above, we can conclude that social media has both advantages as well as disadvantages. It is both good and bad but if we use it wisely, it can be very helpful, useful and greatly help us in our school life.

## MY EXPERIENCE AT LICEF

There are 365 days in a year, and of all the days I chose today to talk about myself, in a small newsletter for that matter.

The biggest challenge I faced when trying to figure out what to write was how I could write something totally honest and authentic but also filtered and unrealistic.

I've been at LICEF for nine years of my life and in those nine years, I've never felt more awake than I have this year. Being one of the few black, non-Muslim girls in my grade, I tend to feel out of place a lot. Because of this, I choose to seek comfort outside the school; in people more like me than anybody else and my eyes have never been opened wider than they are now.

Looking through the eyes of a non-Licef student makes me realize how both privileged and deprived I am. I'm privileged in the sense that I receive an education from a place with such high academic standards, a place where you are treated equally for the most part even though you may be different. A place that pushes you to better yourself and stand out, to be a butterfly amongst a swarm of bees. In this way, I am entirely lucky.

However, being here at this school has also deprived me of many things, of an experience, a chance to broaden my knowledge on the outside world, exposure to places that I may never even go to, a chance to be around people who understand me, people I can relate to and all the things that would be necessary for my future.

What does one do when one is part of the minority but even the minority is trying to be the majority just to fill the empty space created by being out of place? What does one do when staying true to oneself means one becomes a victim of pain and segregation even from one's own? When people more unlike you know you and understand you and treat you better than the people expected to, what is one expected to do?

I, for one, sought comfort in unknown waters, in people so refreshingly like me but unlike me at the same time, and for this, I got shamed, torn down and ripped apart. This bittersweet journey is something I will never regret. I will never regret the decision I made to dive into an ocean and learn how to swim right there and then because I would never have had the courage to write this.

A wise woman once told me, "Nobody will ever truly understand you and what you go through but yourself." These words have never made more sense to me than they do now. People never realize the psychological trauma they cause to a person or watch a person go through it until they witness the effects. Nobody ever understands the struggle and it took a while for me to understand that. I have witnessed and have had a lot of pain and negativity inflicted upon me and other people for being different, for having different beliefs, for going down similar paths as others before us but making it our own.

I have learnt to be grateful to those that decide to stand by me and try to understand me, because without them and the memories we created, the joy they brought to me, the pain and anxiety they got me through, I would have reached rock bottom by now and I owe it all to LICEF.

ANONYMOUS



# FRIENDSHIP QUOTES AND THOUGHTS

Use this space to tell your family and friends about events in your life over the past. Friendship is one of the greatest bonds everyone can ever wish for. Lucky are those who have friends they can trust. You may meet many along the journey of life but only some stay with you forever. Those are your real friends who stay by your side through the thick and thin. You may have a large circle of friends, but you know you can only count on one or two people with whom you can share true friendship. Friendship teaches us a great deal about life. You learn to love someone other than your family, trust them and make memories with them. True friends will always motivate you, cheer you and understand you. They will take you on the right path and won't leave you alone to suffer. Friendship teaches you to be stronger and helps you to grow. True friends are the best assets of our life because they share our sorrow, soothe our pain and make us feel happy.

**By: Amira Hotelwala -10G1**

What is friendship?

Friendship is the state of mutual trust and support between people, nations and so on. Having friends can promote brain health. Friends help us handle stress, make better lifestyle choices that keep us strong mentally and physically. Friends also accept you for who you are and don't judge you.

Good friends are loyal and honest. They have your back no matter what. They watch out for you and ensure that you're alright. They will never purposely lead you into making decisions that aren't good for you.

A recent scientific study also concluded that having friends extends life expectancy and lower chances of brain problems and heart diseases.

Nothing is better than having friends and someone who appreciates you in the smallest things, accepts you in times of hardships, comforts you when you are troubled, loves you no matter what and simply happy for having you in their life.

Lastly, I really want to thank all my friends, family and teachers for helping and standing up for me during hard times.

**By Afifa Raj and Mariyam Nabandh 8G1**

Friendship is a bond between souls with the same matters and principles. Friendship involves more than love. There are many valuable things in life but friendship is one of those things. Friendship is essential for the successful well-being of every person. Because we are not self-contained ourselves.

There exist many important things in life but friendship is the most important among them. Every friend is important and we realize their importance when we face a specific situation. In that situation, only a real friend can help us. Friendship is a great relationship that is determined by neither blood nor any other relationship. There's no doubt a friend adds the fullness to life. While spending time with friends, we can fill up our lives with great communication, deep caring and comfort.

It is indispensable to be careful when choosing friends but that is not so easy. There should be some inborn elements in perfect friendship. Four important qualities of a friend are understanding, empathy, honesty and above all dependability. The words understanding and dependability are very important in any relationship. In fact, the relationship between friends is totally based on understanding and dependability. Understanding and dependability make friendship stronger. Empathy and honesty are also needed. If one person is in trouble then the other should be empathetic. People should be honest in every sector. But in friendship, it is very important. Because nothing can be done with unbelief. Only honest people can be trusted. Apart from these, there should be some other elements in friendship such as kindness, humour, supportiveness and kindness. We choose our own friends in life. The journey of our life becomes memorable and enjoyable because of friends. Friends eliminate boredom and loneliness from life. They add colour to our life. Friendship is a lovely relation without which our life becomes dull. They become big support for any help needed.

Friendship is a feeling of love and affection of one person to another. This feeling of love should be appreciated. Otherwise friendship cannot be possible. Friendship does not exist where tastes, feelings and sentiments are not similar.

It is said that *a friend in need is a friend indeed*. There may be many friends at the time of prosperity, but most of them desert us in times of difficulty. We can examine the sincerity of a friend during the time of hardship. Only a sincere and faithful friend remains with us at the time of our trouble. All the others leave!

Money is an enemy of friendship. When lending or borrowing of money is done between two friends, there is great risk.

Friendship may be affected. So, it is wise for true friends to avoid monetary transactions.

Vanity is another reason which breaks friendship. Everybody must have self-respect. When a person tries to criticize his friend, then friendship is affected.

Some hypocrites pretend to be friends. They are more dangerous than declared enemies. By telling them soft words, they bring enormous damage to us.

**By: Samin Khan -8G2**

Friendship is a relationship of mutual affection between people. It is a stronger form of interpersonal bond than an association, and has been studied in academic fields such as communication, sociology, social psychology, anthropology and philosophy. Various academic theories of friendship have been proposed.

Few things have such a huge impact on happiness and the enjoyment, depth and plain fun of life as the friendships we have. A real friend is one who walks in when the rest of the world walks out. He or she is that one person who you know will never leave you standing there alone. They will always make you smile no matter what.

True friendship is born at that moment when one person says to another, "What! You too? I thought I was the only one."

True friendship comes when the silence between two people is comfortable.

**SWEET IS THE MEMORY OF DISTANT FRIENDS!**

Friendship is one of the most precious gifts of life. Friends are those who help you, enjoy life with you, and understand you.

We know many people in our lives, but not all are friends. A friend is that person who understands you more than you understand yourself. Friends should be chosen carefully because good friends lead us on a good path whereas bad friends will lead us on a wrong path. Our bad times make us realize what kind of friends we have.

True friendship is based on loyalty and support. A good friend will always stand with you when times are tough. So true friends are a pillar of life. They are the precious gifts that we have achieved. We should learn to love, care, give affection and be patient with our friends. Friendship comes and goes, like waves upon the sea, like day and night, like birds in flight, like snowflakes when they land, but you and I are something else. Our friendship is here to stay like weeds and rocks and dirty socks, it never goes away!

Faithfulness is always the key to being a good friend. Respect them from the beginning to the end and neglect is something never to do. Depend on them, they see you through. Secrets are things you must be able to share without fear of others getting to know about them. A true friend is a confidant.

**By: Sharifa Chipman - 8G2**



# ON Friendship

Friendship is something you should treasure in your life. It is not easy to find a real friend. If you have a real friend, you are lucky. Treasure that friend that you have. You should have a friend whom you can trust and they can trust you too. You have to share problems with friends and you should solve them together. You should also advise each other about issues of life.

Friendship is one of the greatest bonds anyone can ever wish for. Friends can help you celebrate the good times, and provide support in bad times.

By: Nooru Shamlan – 8G2

Friendship is a relationship of mutual affection between people. True friendship comes when the silence between two people is comfortable. Friendship cannot only be between two people, it can also be in more than two people. But this can only happen if it's true friendship. Fake friendship may even get a person into depression. Friendship is not only for fun and enjoyment, it has to even be helpful in that relationship.

A real friend helps you out in your hard times. They will not walk out like how the rest of your friends would. Real friendship can only be when the friends are comfortable and free with each other. Some friendships are such that when they break, it hurts deeply on your heart. Friendship is not only for sharing secrets whatsoever, but it's there to help each other in hard times. He or she is that one person who will never leave you standing alone when you are in trouble. They will always make you smile no matter what happens. Friendship is something you should always treasure and be thankful for. "Friendship is a single soul dwelling in two bodies."

By: Sana Ifran Patel - 8G2

Friendship is one of the greatest bonds anyone can ever wish for. It is a relationship between two or more friends. Usually, friendship is shared by two people.

You meet many friends along the way, but only some stay with you forever. Friendship stands for a relationship free of any judgments. In true friendship, a person can be themselves completely without the fear of being judged. It makes you feel loved and accepted.

Friendship is the only cement that will ever hold the world together. Your friends have been there for you through the good times, the rough moments and everything in between.

"Friendship is the golden thread that ties the hearts of the whole world." Some people arrive and make such a beautiful impact on your life, you can barely remember what life was like without them.

You can celebrate good times with friends, but you can also depend on them for support during bad times. Friends prevent loneliness and give you a chance to offer needed championship, too. Friends can also increase your sense of belonging and purpose. So it is important to have friends in life.

By: Fatima Babu – 8G?

We need friends in our lives so we can be happy and free with them. We can share our good times and bad times and have a nice life.

You are allowed to terminate toxic friendships. You are allowed to walk away from people who hurt you. You don't owe anyone an explanation for taking care of yourself.

With friendship, it doesn't matter how long you've known each other or how many fights you've had. What matters is who said, "I will always be there for you," and always was and still is.

BY: Zeylaa Girach 8G2

Friendship is a simple word but carries a deep meaning. It cannot be defined by a single phrase or a paragraph. It means different things to different people. To me, however, friendship means being there for each other not only when it comes to sharing joys because many other people are there with you in your happiness. But friends are with you in your sorrows as well and give you strength during distress.

There is a saying that goes, "A friend in need is a friend indeed." Friendship is one of the most precious gifts of life. A true friend is one who you can blindly trust, the one you can rely on any time of the day and one who guides you when you go astray.

There is no specific time set for one to find a true friend. Friendship has no bar of caste, religion or social status. It is more or less like two or more people meet irre-

spective of anything and they have the best time of their lives when they are together. Everything with a friend seems to be fun. True friendship lasts till death and does not fluctuate from time to time.

The essential qualities of good friends are trustworthiness, loyalty and honesty. Friends are also great listeners. They pay close attention to what you are saying and easily forgive us of our mistakes. Most importantly, good friends value our presence in their lives. **GOOD FRIENDS ARE HARD TO FIND, HARDER TO LEAVE AND IMPOSSIBLE TO FORGET.**

By Ayesha Patel-10G2

# TECHNOLOGY AND OUR LIVES.

We have the technology available to us to assist us manage of our daily lives with ease and sharing of prized information with our friends, families and others.

Why is technology important in our daily lives? It is an essential tool that we cannot avoid. It plays an important part in the majority of our lives Technology basically connects the tools, technologies and strategies used to help us solve problems and simply make our lives better and easier to live in some way.



Technology is inevitable in our everyday lives. This is because life without technology is pointless in today's dynamic world. Technology brings together tools to promote development. One of its main objectives is making tasks easier and help solving the many problems that mankind faces. We must appreciate the benefits of technology as it progresses because it makes our lives even more convenient in the process.

Imagine life without technology Right now, what kind of life have we? Technology is a part of our lives and one of the key elements for mankind's survival in a quick-paced world. The development of new technologies helps to save lives; it improves work and makes the world better.

In reality, technology has played a very important role in how we live in the world today and we communicate. The impact of technology is higher than that we expected.

Certain forms of technology help some emerging countries to have a stronger infrastructure in place, a situation that also means better transportation, schools, hospitals and access to health care. Technological advances are now increasing and spreading across countries. The positive impact of technology on society has brought change and helped us to reach new heights that have never before been conceived of.

Nobody else has changed technology's way of life, and that is precisely why technology is and will always be so important today. So Technology is important in our daily life in many ways that we cannot ignore purposefully.



## ON Education

Education is an important aspect in one's life. It is the key to success in the future and it does open doors to many opportunities in life. Education has many advantages for people. For instance, it illuminates a person's mind and thinking. Being educated helps people think, feel and behave in a way that contributes to their success and improves their community as well. In addition, education develops personality and prepares people for life experiences. I believe that everyone is entitled to have education from the cradle to the grave. The other benefits of having education are the chances of having a good career and self-confidence.

Talking about good career, we can have plenty of opportunities to work at any work place we wish. The highly educated we are, the better life changing opportunities we get. Moreover, education polishes our mind, strengthens our character and behaviour towards others. Therefore, without education we may not survive properly nor have a decent profession.

Having self-confidence is always comes from education. This leads to many advantages and success in life. For example: it helps us to manage specific tasks and maintain positive attitudes. Additionally, having self-confidence is typically passed on with a proper education; paving the path for us to success. Self-confidence makes us aware of how well we perform tasks. In short, being educated is undoubtedly being self-confident and successful in life!

**By: Mariam Pandor – 8G2**

What is your personal opinion on education? Education is an important medium of acquiring skill and knowledge. Education brings positive change in human life as it enhances the knowledge, skills and intelligence of a person and enables him or her to lead a successful life. If you are not willing to learn more no one can stop you. There is no limit to learning. In the past, a girl child's education was insufficient and unimportant. This is absolutely wrong. This day's society support the education of a girl child and equality between the two genders is encouraged. A girl child is just as important as a boy child because she also has the right to go to school and have access to education. She should not be compromised at any cost as we are all equal and created by God. Educate a girl child and she will educate the whole generation. Education does not just help oneself but also helps the country to develop. And investment in knowledge pays the best interest, because education will help you throughout your life and enable you to fulfil your dreams and ambitions. Most importantly, education impacts your perception positively it helps us choose the right path and look at things from various viewpoints rather than just one. It enhances your intelligence and ability to make a better society for citizens of a country. It can destroy the darkness of ignorance and bring light to the world. Education breeds confidence. Confidence breeds hope and hope breeds peace. If you have confidence you can do anything. Never lose hope. Don't make your

Education is the key to success. It is really important to have an education. It is important because it leads you to have a good and successful future. If you have education, you will be able to have a good job in future. If you are not educated, you might not have a job.

As for now, the people who are still in school should take their studies seriously and make good use of their time, instead of playing around.

As for this generation, technology is so common that it is replacing education and pulling students towards it. As a result, students stay away from classes, don't pay attention in class and then get poor marks in tests and exams.

That's why it is said:

**"EDUCATION IS THE KEY TO SUCCESS!"**

**By Bongani Joseph Mwanza 8B1**

Education is a process that refers to the process of teaching people and giving them knowledge, skills and problem solving abilities. Formal education comes in three continuous stages namely primary, secondary and tertiary.

Education is important in the following ways.

It helps one to get a good paying job. We develop useful skills and acquire knowledge that we can use in our different fields of work. It is one's level of education that will determine whether their capabilities will be highly regarded in the formal sector or not.

One has to develop appropriate and relevant skills to make it out in the real world. With these, we can now understand what the world demands of its people and what its people demand of it.



# ON Conservation

## THE IMPORTANCE OF WILDLIFE CONSERVATION

Imagine a world of barren trees in overgrown fields. The only sound to be heard is the wind blowing through the tall grass. A world once full of life now lies empty due to the extinction of its wildlife. This is the result of a world that has failed to understand the importance of wildlife. Why is wildlife so important? Wildlife plays a vital role in our fragile ecosystem and without it, the human race would not survive.

Wildlife fulfills our basic requirements to live by providing us air, water and food. Wildlife maintains that ecological balance and the organisms have their unique positions in food chains and webs which keep it. Colourful birds, insects, beautiful flowers and trees make the environment beautiful and also promote tourism as an industry.

It is important to save wildlife as we are indirectly dependent on both animals and plants. Wildlife can be saved by planting more trees, recycling, reusing, reducing pollution and creating awareness through environmental awareness programs. We should stop the exploitation of natural resources. The importance of conserving wildlife is known by everyone .

## CONSERVING THE ENVIRONMENT

Looking after everything around me,  
All animals, birds and bees,  
And the oceans, rivers and seas,  
It's all part of nature, even a flea is.  
Water the flowers, and plant more trees.

Groom a horse, and feed the geese.  
Be healthy, be clean,  
Don't let any dirt be seen,  
Rake the leaves, mop the floor,  
Don't throw around apple skins,  
Mend the chair, don't bang doors,  
Follow the rules and laws,  
Help your mum with house chores.  
Let's be healthy, let's be clean,  
Let's look after our environment, and  
let's be keen to.

**BY: Aminah Itowala – 8G2**

## A POEM ON CONSERVATION

When the winter comes and cold winds blow,  
I love to sit by my fire's glow.  
I love to curl up my seat,  
To feel all snug at my fire's heat.  
But if the heat is given by coal,  
In the ground I see a hole  
And if wood that's heating me,  
The life's been taken from a tree. If I'm warmed by glowing peat,  
Cut to the shape of logs,  
All that I can ever see,  
Is the shrinking of our bogs. And if  
if my heat comes from oil,  
Which was stored beneath Earth's soil,  
Still my heart is full of fears.  
To put it there took a million years. But just before my heart sank,  
I try to make my mind go blank,  
For like the rest I like the best,

So my conscience I will not test. So I sit by the fire, brave and bold,  
Anything better than the feel of cold,  
So you see, that's the type of me,  
I keep warm with electricity. It's not as bad as an open fire,  
For all the heat comes down a wire,  
So now you here, my conscience is clear,  
I'll just keep warm till Summer's here. For then I'll come to no great harm,  
For the Summer's air is nice and warm  
But my fears they do unfold,  
What about the next Winter's cold,  
I think you know I have hit a plan,  
I'll simply blame it on our coalman.

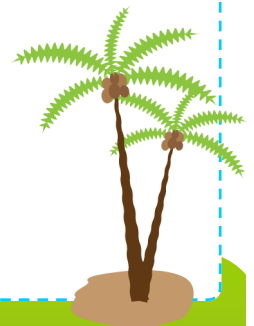
**PRATHYAKSHKUMAR RAMA-SAMY 9B1**

## CONSERVATION OF THE ENVIRONMENT

The air we breathe, the soil we live on, the trees which give us oxygen along with other flora and fauna on the earth, all constitute the environment. It would have been impossible to survive on earth had we not had such a supportive environment.

The earth is called the 'blue planet' and it is the only one which sustains life, but given the rate of anthropogenic exploitation, how long can we get on with our selfish attitude towards the environment?

The kind of damage that has been inflicted to it is palpable and the need has been felt to save the environment sooner rather than later. Too many people complain that the damage is beyond the repair point. However, it is better to put an effort rather than sit and whine. The environment is



## Conserving the environment

We only have one planet on which we live. The planet Earth is full of resources; some renewable and others not. However, it is unfortunate that we have an ever-growing population that poses a huge threat to all these resources. It is therefore unclear what future generations will find, if ever, and what life will be like for them if we exploit all the current resources. To fix this issue as well as ensure that some resources are preserved for the future, environmental conservation comes in.

Environmental conservation is the practice of us humans saving the environment from the loss of species and the destruction of the ecosystem, mostly due to population and human there is dependency on them for survival and generally for the planet to just be how it should be.

Though there has been massive technological advancement in the present times which has brought in development, it has also invited negative effects to the environment. Nevertheless, by planting a tree, for instance, we shall be preserving our environment, thereby making the world a better place. Saving the environment does not need to be an issue anymore because it is the inescapable truth. For this reason, there is dire need for individuals, organisations and governments to collaborate in order to fight the scourge of destruction of resources or the little that is left on our planet can be completely wiped out, hence the adverse effects to be expected. Therefore, there is urgent need to save the environment.

First of all, planting trees should be given massive attention. Above all, a tree is a source of oxygen, the air we breathe in for us to be alive. Unfortunately, due to construction, for instance, many trees have been cut down, reducing the amount of oxygen in the environment. Hence growing more trees would mean better life quality.

Similarly, people must give attention to forest conservation. Forests are vital for the environment. However, deforestation certainly reduces the area of forest around the world. To this effect, the government must launch programs to conserve the forests as well as make harming forests a criminal offense.

Experts say that proper handling of waste materials such as reusing or disposing of them properly should constitute an important part of our efforts to preserve our environment.

It is also imperative that cities are planned according to the resources to avoid stiff competition for limited resources in the name of bringing in development.

Pollution is probably the biggest danger to the environment. Some smoke, dust and harmful gases cause air pollution. These mostly come from industries and vehicles. In addition, chemicals and pesticides cause land and water pollution.

### **BENEFITS OF CONSERVING THE ENVIRONMENT:**

The world climate will remain normal. Harming the environment and causing pollution has caused global warming which has caused death of many humans, animals and plants. Hence, conserving the environment would reduce global warming.

The health of people would improve. Animals would be protected. Water levels will rise hence curb the scarcity of water.

In conclusion, it can be stated that environment is a precious gift on this planet. Nonetheless, since our environment is facing a huge danger, saving it is the need of this hour. It is the biggest concern of humanity right now. Any delay in this regard would be disastrous. **TOGETHER WE CAN SAVE OUR HOME AND MAKE A BETTER PLACE. It begins with YOU!**

"Anything else you are interested in is not going to happen if you cannot breathe the air or drink the water. Do not sit this one out. **DO SOMETHING.**" – Carl Sagen.

**By Sameerah Lulat and Naailah Dasu-10G2**



## THE NATURAL WONDERS OF THE WORLD

The following list of the seven natural wonders of the world was compiled by CNN and the Seven Natural Wonders organization:

### 1. Mount Everest

Mount Everest is renowned as the highest spot on earth, at 8,848 metres above sea level. It is situated right at the border between Nepal and the Chinese owned Tibet. It is protected by the Sagarmatha National Park authority in the Himalayas.

Mount Everest's original name in Tibetan is Chomolungma ( Goddess mother of snow) and in Nepalese it is called Sagarmatha. Climbing Mt. Everest is not something to be attempted anyhow and lightly. The trek to base camp takes 12 days and it costs 32, 000 dollars at the time of writing. Do you have the heart to try?

### 2. Harbour of Rio de Janeiro

Located in Brazil, the Harbour of Rio de Janeiro is surrounded by unique granite mountains that were formed by erosion from the Atlantic Ocean. It is also known as Guanabara Bay. This is the place where the famous white stone statue of Christ the Redeemer is located atop Mt. Corcovado.

### 3. The Great Barrier Reef

The Great Barrier Reef is not just one big, long, connected reef; it is made of more than 2,900 individual reefs constructed by billions of living organisms. It stretches over 2,600 km and includes more than 900 islands.

### 4. The Victoria Falls

Welcome home. We are on the list. As the Zambezi River crosses the borders of Zambia and Zimbabwe, it plunges 108 metres down in a stun-

ning waterfall that is 1.7 km wide. The falls are also called Mosi-oa-Tunya, meaning 'The smoke that thunders' in the Kololo-Lozi tribe's dialect. National parks in both Zambia and Zimbabwe protect this amazing landmark.

### 5. The Paricutin Volcano

Paricutin is a once active cinder cone volcano in Michoacan, Mexico. It was chosen as one of the seven natural wonders because it is the only volcano whose birth in 1948 was witnessed and documented by humans. It quickly grew to three quarters of its current size within its first year and is now estimated to be 3 km high. It erupted for a solid 19 years before falling silent in 1952.

### 6. The Grand Canyon

This famous gorge in Arizona, USA can be explored on foot through a day or overnight camping hike. The Seven Natural Wonders organisation says that a helicopter tour is the best way to appreciate how vast the canyon really is.

### 7. The Aurora Borealis

Also known as polar auroras or Northern lights, these naturally occurring lights intrigue everyone who sees them appear as glowing lines of vivid colour along the horizon or waves across the sky. The science as we understand it today is that this effect is caused by charged cosmic particles appearing as different coloured lights as they enter the atmosphere.

MUNEER S PATEL 8B2

## THE PYRAMIDS

The pyramids are one of the seven attractions of the world and are situated in Giza, Egypt. They are about 50 metres high and were basically built as tombs for the Pharaohs. It took 50 years to build these structures. 200 people were required to move one block. It is still a mystery how the builders managed to carry a block to the top of the pyramid in order to finalize its top section. For sure, they did not have any machinery so all the work was done manually. Could aliens have done it? No one knows!

The pyramids are now a tourist attraction. People from all the the world come to see the magnificent Structures. People also explore the tunnels built in them and see the pharaohs' tombs.

## TOURISM IN ZAMBIA

As a country of wilderness and adventure, Zambia is one of Africa's most fascinating and diverse destinations. It is a land-locked country bordered by no fewer than eight neighbours that include Malawi, Botswana and the DRC. Its high altitude, averaging 1,300 metres above sea level accounts for its mild climate despite its close proximity to the Tropics. Most of the country is flat with notable land features being The Great Rift Valley and the Nyika Plateau in the east. The country is well watered with many great rivers such as The Zambezi, Luapula, Kafue and Luangwa. Other attractions include the famous Victoria Falls and the more remote but equally spectacular Sioma (Ngonye) and Kalambo Falls.

Zambia has always been fairly developed as a tourist destination but this is changing rapidly with Livingstone near the Victoria Falls growing into a bustling tourist centre. The falls, spanning more than one and half kilometres, are one of the great natural wonders of the world and the region's menu of exciting adventures. Activities include white water rafting, bungee jumping and micro lightning. Sun International has built two new resorts right at the top of the falls, a 70 million dollar investment that has been an enormous boost for the region. There are also a number of wonderful lodges along the Zambezi River banks. Zambia also has some national parks and the better known among these include the South Luangwa, North Luangwa, Kafue and the Lower Zambezi parks. Zambia has one of the biggest wildlife reserves in Africa and remains among the best destinations for tourists in the world.

### TOURISM AS AN INDUSTRY

Tourism is the movement of people from one place to another for leisure, education or religion. A tourist is a person who travels to another place for leisure and recreation education within or outside their own country. There are two types of tourists; domestic tourists and international tourists. Domestic tourists are those persons visiting tourist attractions within their own country. International tourists are those who travel to visit attractions in other countries. One major importance of tourism is that it brings in foreign exchange to the country and at the same provides markets for farm products and many other goods and services within that country.

There are different types of tourism.

**Eco-tourism:** is aimed protecting the natural environment and at the same time enabling local people to share the benefits from their environment's resources.

**Nature tourism:** people from all over the world are fascinated by Africa's wildlife. For example, birdwatchers travel from all over the world to observe the rich birdlife of Zambia.

**Adventure tourism:** these tourists look for opportunities to take part in adventurous activities such as bungee jumping from bridges and white water river rafting.

In addition to different tourist attractions, Zambia offers tourists a warm sunny climate and friendly people who make tourists feel welcome.

AADIL KHANKHARA -8B2



# SCHOOL

School is a place where everyone gets educated. Without school, many would never enjoy the benefits of education. These include knowledge and discipline. When you go to school, you have the chance of meeting many friends. If you need to, one can also be friends with their teacher!

When you have a friend at school, school life is enjoyable. At school, one learns different subjects. Because these subjects are not easy, you force yourself to work hard and by so doing, one is able to succeed academically.

I know that in this world, there are some people who cannot afford to go to school due to finances. However, when such a situation arises, one can do home schooling in which you get taught at home by your parents, tutors or online teachers.

So you see, school is not bad at all. You get to have a lot of fun and get educated at the same time. All it means is this that it is great to go to school. Always remember that without school, you are nothing. Let us all aim at excelling in our school work!

ASIF BHANA 8B2

## THE QABR (The Grave)

We learn from a few Ayaal of the Queen and many Ahadith of Rasululallah that life of the qabr (grave) is definitely true and that the grave is either a garden from the gardens of Jannah or a pit from the pits of fire. The belief in the life of qabr is therefore, an important aspect of our Aqidah (belief), and a terrible punishment that befell the people of Firon. 'This punishment is that the fire will be shown to them every morning and evening and on the day of Qiyomah (it will be said to the angels) Enter the people of Firon into the severest punishment.' (Sarah Mumin- V: 45-46)

The above is Molana Mohmulul Hasan's translation of the verse. Molana Thonwi's translation is 'a terrible punishment befell the people of Firon. This punishment is that the fire will be shown to them every morning and evening and on the day of Qiyomah (it will be said to the angels) Enter the people of Firon into the severest punishment.'

Irrespective of which translation we prefer, this verse proves tht there is a punishment before Qiyomah. Mufasssireen commentators of the Quran explain that this punishment which is before Qiyomah is the punishment of the grave.

AQIB PATEL 8B2



## ISLAM

Islam is a religion followed by billions and billions of people around the world. The religion has 5 pillars:

1. Belief in ALLAH (God) that he is the one alone and has no partners.
2. Attend to your prayers.
3. Pay your charity.
4. Fast through the month of Ramadan.
5. Go for pilgrimage at least once for those who can afford to.

In addition, one has to have faith and belief in ALLAH (God) and his books which he sent to some anbiya (prophets) the angels and the last day/hour-The Day of Judgement.

YASSIN YASSIN 8B2





## UNDERSTANDING THE TEENAGER'S DEPRESSION

Depression is one of the most common mental health related illnesses which affect a person and it is found in all ages including children and adolescents. Especially in the case of teenagers, recognizing the prevalence of depression as well as ensuring adequate sensitization and awareness about the same, becomes essential. Here are some points to consider when dealing with depression in teens:

1. Understanding the teenager's perspective is essential. One of the most common complaints to be heard from teenagers across cultures is likely to be that they are misunderstood. A pivotal point to keep in mind is that adolescence is that stage of life, wherein they tend to be rebellious and striving for independence. Therefore, they would prefer not to seek help, and instead might struggle with their emotions themselves.

2. Be aware of the warning signs. Depression in adolescents can be very different from that observed in adults. Not being as competent in expressing their emotions verbally, they may become increasingly irritable or angry. They may withdraw from activities and social interaction. There might be a deterioration in academic performance, a general appearance of sadness, along with an increase in somatic complaints like headaches and stomach aches. In their efforts to fight their depression, some teenagers may get aggressive, while others may indulge in risk taking behaviours.

3. Build social support. Having a strong sense of social support can be beneficial, which could include family, friends, peers, teachers and even seniors. Building an effective support system is important, not just for leisure, but also for social as well as psychological wellbeing.

4. Role of parents. As a parent, it is important for you not to get anxious or distressed if you suspect your child to be feeling depressed. Be calm, and provide support by being there for the teenager. Provide support, empathy and a listening ear, give him or her

to express him/herself. Do not interrogate or form judgments. Convey your genuine concerns and be non-judgmental.

5. Encourage help-seeking behavior. Do not hesitate to reach out for help. It is important to encourage the depressed person to seek the support of mental health experts to ensure adequate interventions and prevent adverse outcomes.

6. Professional help is irreplaceable. Depression is a diagnosable and treatable illness. It is not due to a character weakness or laziness, which can be overcome by will-power, or can pass out over time. Depression requires adequate and timely medical and physiological interventions. Professional help including psychiatric medications and psychological counselling is irreplaceable. If untreated, depression can last for weeks, months and even years, significantly impacting various spheres of the affected individual's life. Furthermore, taking a glance at the alarming rates of suicides today, with depression being the leading cause of teenage suicide in the world. It becomes all the more important to ensure the earliest identification and intervention.

7. Identify and assess risk factors. Especially in cases of severe depression, it is vital for the family, friends or caregivers to be on the alert for the signs of suicidal ideation. All dangerous items that are potentially harmful including sharp objects, pills, and poisonous substances need to be removed from the reach of the teenager.

8. Let's talk! We should not hesitate to initiate the conversation with the affected persons as it is important to give a chance to express their feelings and release their pent-up emotions.

It is the need of the hour to encourage widespread awareness about such issues, while maintaining a sensitivity as well as openness to talk about it.

By: Fadilah Bobat and Fatimah Badat - 10g1

## Sweat Then Sweet

There is a popular quote circulating at the moment:

*“The person you will be in five (5) years will be based on the books you read and the people you hang around with”.*

This is not only true but it applies to everything else as well.

The people you hang around with, especially those you listen to, the opinions you believe, the books you read, all the information, positive or negative will affect your future. The workouts you do or don't do will show up in future.

This is true with your thoughts and information. What you feed your mind with will shape your future. If you take in garbage, guess what your future is going to be made up of.

Commit yourself to feeding your mind with successful

thoughts and surround yourself with those of the same ambition. Your future self is begging you to show some discipline and to work extra hard to achieve your goals.

If you do not feed your mind with success, it will feed your mind with mediocrity.

What you do everyday will dictate your future.

What you want out, you must put it there. If you want peace and harmony, \*put it there\*.

Tell yourself, “In my mind there are no limits. There's nothing I cannot do and there's nothing I cannot be.”

By Mustafa Salim

## ALL THAT HAPPENS IS GOOD

One day a king and his minister decided to go hunting. This minister had a habit of saying ‘All that happens is good’. As the king was about to shoot a young gazelle, the tip of the arrow pierced his finger, causing it to bleed. The minister then said, ‘All that happens is good’. Now, the king was very angry and ordered the minister to be arrested.

After this incident, the king decided to go hunting alone. The king soon got tired and sat down under a tree to catch some rest. Unknown to him, this part of the jungle was home to man-eating tigers! Soon, one of these tigers approached and was out to devour him when it saw the king's bleeding finger. The tiger thought that the king was dead and decided to leave him alone. The king then remembered his minister's famous adage, ‘All that happens is good’.

For sure, if the minister had been with the king, he would have been a feast for the tiger. However, the fact that the king had a cut and bleeding finger saved his life that day. It is only then that the king understood and appreciated his minister's ‘All that happens is good’ statement. Quite a twist, wouldn't you agree?

**MUHAMMAD SIDAT 8B2**



# ON Religion

## MIGRATION TOWARD MADEENACH

When the Muslims were migrating toward Madeenach, Umar R.E too, sought the permission of Rasoolullah (s) to do so. Most of the Muslims migrated secretly because of the non-Muslims while others openly told the non-Muslims that they were migrating to Madeenach whether the latter wanted it or not.

There was one man who decided to accept the challenge of Umar R.E. About twenty other Muslims accompanied him on this journey of migration.

When the prophet Muhammad reached Madeenach some days later, he established the bond of brotherhood between the people who migrated to Madeenach and their helpers. The helpers are those who helped the Muslims when they were in difficulty.

This whole journey of migrating took place because of the suffering they experienced from the non-Muslims. They used to pelt stones at the prophet and other Muslims and made it was difficult for them to worship.

## ABU TALIB

The death of Au Talib struck a severe blow to the morale of Rasaolullah, since Abu Talib did not just support the cause of Islam, but also deterred the merciless Kuffar who were always trying to harm Rasaolullah in one way or the other.

With Abu Talib out of the way, the Kuffar had a free hand and were able to renew their terror campaign against Rasaolullah. Feeling disappointed, Rasaolullah decided to travel to the city of Taa'f with the hope of preaching Islam amongst the people there and winning them over to Islam. Consequently, he hoped that he would set up a base for Islam in that city.

Rasaolullah set out at the end of Shawwal, the 10th year of Nubuawah, accompanied by Zaid Ibn Haritha and gave Da'wah to the many tribes he encountered en route. He spent an entire month in the city of Taa'f inviting its people to the true calling of Islam. He initiated the Da'wah towards the three chieftains, Abd Yalaly, Mas'ood and Habib who were brothers. Sadly, instead of showing any good character or hospitality to Rasaolullah, they were quite rude and blunt towards him. They were not prepared to listen to him and snubbed him. Rasaolullah did not lose heart and he instead directed his efforts towards the common people. It is unfortunate that even this well intentioned act was to no avail. The resistance persisted.

It is crystal clear that the death of Abu Talib had a negative impact on Rasaolullah's life and mission of spreading Islam.

SHAHIL FAIZ PATEL 8B2



# Poems

## RELIGION

Poem on Islam

Trust yourself to know what's true,  
To find your way in darkness,  
Let the world inspire you

Don't live your life in darkness  
All this - created not by chance  
But a solemn testimony.

Find the importance of this life  
And upon the path stay steady.

Trust yourself to know what's true  
Don't follow what's absurd,  
Let the truth inspire you,  
For ignorance can be cured.

By: Humeirah Desai 8G2

Let the truth inspire you,  
For ignorance can be cured.

By: Humeirah Desai 8G2

## MY MOTHER

How did you find the energy, mom,  
To do all the things you did,  
To be a nurse and a teacher.

How did you do it all, mom,  
To be a chauffeur, cook and a friend.  
Yet find time to be a playmate.  
I just can't comprehend.

I see now, it was LOVE, mom,  
That made you come whenever I'd call  
Your inexhaustible LOVE, mom  
And thank you for it all.

You taught me things I'd need to know.  
You comforted me and dried my tears.  
You gave me laughter throughout the years.  
You taught me to care, to be understanding.  
I know there were times, I was so demanding.  
Your wisdom and strength guided me  
through.  
Without your LOVE, I don't know what I'd  
do.

That constant faith you've had in me.

Has given me wings and set me free.

Thankyou so much, for just being you.

All the LOVE, the laughter, you're the best.

I LOVE YOU

MOM

You gave me love and watched me grow **By Aaliyah Hakim-9G1**

## Chips oh chips!

Chips oh chips!

The reason for me coming to school.

WHY OH WHY DID YOU HAVE TO GO!

The only thing I loved more than going home from school.

The moment they announced your departure, I felt like my heart was being ripped out of my body.

I felt like my blood was being drained out of my body like tomato sauce pouring out of the bottle onto LICEF'S delicacy.

CHIPS! OH WHY DID THEY HAVE TO MAKE SUCH AN IRRATIONAL DECISION.

WE MISS YOU SO MUCH.

CHIPS OH CHIPS!

The first 6 weeks of school were complete torture. The school was dull and deprived of happiness of the tuck shop. The smiling faces of Aunty Rafika and Aunty Abeda and the salty, spicy delicious smell of the most famous

LICEF food.

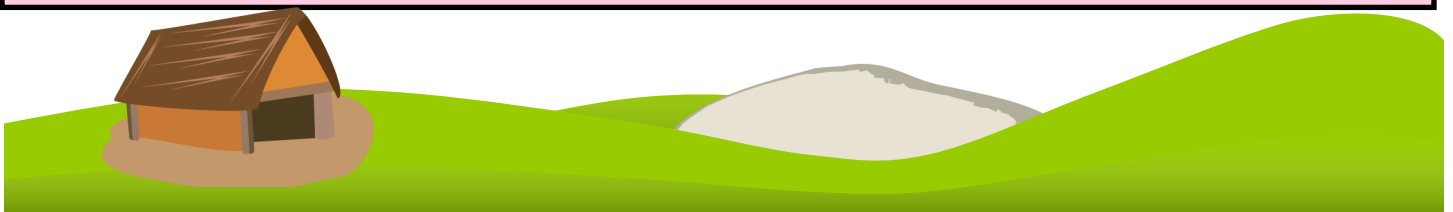
But on the 26<sup>th</sup> of October as we approached class, we saw the spotless, sparkling white car that Aunty Rafika herself drives, filled to the brim with all our favourite snacks. Our hearts filled with joy, we rushed to meet her, eager to buy our happiness. However, our hearts were crushed when we were informed about the absence of chips on the menu.

The fresh potatoes are fried in sizzling oil, spice is sprinkled on the crispy, deep fried goodness. In addition to that, the famous Aunty Rafikas sauce drizzled on it in perfect pattern. THIS WAS OUR LIFE.

THIS IS WHAT WE LOVED AT THE SCHOOL, EVEN MORE THAN THE PEOPLE IN IT.

In short, what we are trying to say is, we hope that our delicious, LICEF cuisine is brought back to us to brighten our days as it used to.

By: 10G1



# ON Inspiration

**“Have the courage to follow your heart and intuition. They somehow know what you truly want to become” - Steve Jobs**

**“Don’t let the noise of others opinions drown out your own inner voice” - Steve Jobs**

**“If you want to live a happy life, tie it to a goal, NOT to people or objects” -Albert Einstein**

**“The surest way to be happy is to seek happiness for others” -Martin Luther King Jr.**

**“Success is not final, failure is not fatal; it is the courage to continue that counts” - Winston Churchill**

**“One day you will wake up and there won’t be any more time to do the things you’ve always wanted to do. Do it now!”**

**“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen”**

**“The world will not be destroyed by those who do evil, but by those who watch and do nothing”**

**“The greatest glory in living, lies not in never falling, but rising every time we fall”**

**By: Amira Hotelwala 10G1**

## GOOD QUOTATIONS

**“Failure is the opportunity to begin again more intelligently”-Henry Ford**

**“Dream as if you’ll live forever. Live as if you’ll die today”-James Dean**

**“Love yourself first and everything else falls into line”-Lucille Ball**

**“There is no iron in the iron you use to iron shirts. Which is, ironically, both ironic and un-ironic”-Jeremy Irons**

**“It’s better to be absolutely ridiculous than absolutely boring” - Marilyn Monroe**

**“It always seems impossible until it’s done”- Nelson Mandela**

**“When we strive to become better than we are, everything around us becomes better too”-Paulo Coelho**

**“Without new experiences, something inside of us sleeps. The sleeper must awaken”- Frank Herbert**

**“Speak a good word or remain silent”- Prophet Muhammed (PBUH)**

**“In three words I can sum up everything I’ve learned about life: It goes on”- Robert Frost**

**“Difference between school and life? School teaches you lessons and then gives you a test. Life gives you a test and you learn the lessons”**

**SMILE..... It will either warm their heart or piss them off.... Either way you win!**

**BE YOU. THE WORLD WILL ADJUST!**

**By: Aaminah Patel - 10G1**

## 10 Inspiring Educational Quotes by Mahatma Gandhi

COMPILED BY SUHAIM A. JUMA 10B2.

True education must correspond to the surrounding circumstances or it is not a healthy growth.

What is really needed to make democracy function is not knowledge of facts, but the right education.

You must be the change you wish to see in the world.

Live as if you were to die tomorrow; Learn as if you were to live forever. Literacy in itself is no education. Literacy is not the end of education or even the beginning. By education, I mean an all-round drawing out of the best in the child and man-body, mind and spirit.

Basic education links the children, whether of the cities or the villages, to all that is best and lasting in India.

Education should be so revolutionized as to answer the wants of the poorest villager, instead of answering those of an imperial exploiter.

The future depends on what we do in the present.

There are two days in the year that we cannot do anything, yesterday and tomorrow.

If we want to reach real peace in this world, we should start educating children.

## SOME Features..

By Abad Hassan 8B1.

1. Who makes moves while sitting? **A chess player.**
2. What flies when it's born, lies when it is alive and turns when it is dead? **A snow flake.**
3. The more you take out of it the bigger it becomes, what is it? **A pit.**
4. I exist only when there is light but direct light kills me. What am I? **A shadow.**
5. I only increase and never decrease. Who am I? **Age.**
6. Which tyre does not move when a car turns right? **A spare tyre.**

### MORE QUOTES

Your attitude determines your direction.

There is no elevator to success. You have to take the stairs.

Education is the key to unlocking the world, a passport to freedom.

Do what is right, not what is easy.

Fear is a reaction. Courage is a decision.

Do something today that your future self will thank you for.

If someone tells you "you can't", they are showing their limits, not yours.

Motivation is what sets you in motion, habit is what keeps you going.

Be addicted to passions, not your distraction.

Push yourself because no one else is going to do it for you.

Every morning you have two choices. Continue to sleep with your dreams or wake up and chase them.

Discipline is the bridge between who you are and what you want to become.

Growing up means realizing a lot of your friends aren't really your friends.

Everybody isn't your friend. Just because they hang around you and laugh with you doesn't mean they are your friends. People pretend well. At the end of the day, real situations expose fake people, so pay attention.

Author unknown

### Chicken Filling Recipe.

By Amina Ravat. 8G1

#### Ingredients

500g Chicken Strips.

3tb/sp Vinegar.

1 tsp Garlic

1 tb/sp Mayonnaise.

1½ tsp Salt.

1 tsp Paprika.

1 tsp Red Chilli Powder.

1 tb/sp Oil.

1 tb/sp Tomato Sauce.

Mix everything together and cook until done.

## ON Sports

### Exercise is THERAPY

Let's be honest, when you think of admirable traits or qualities of a person, what words pop into your mind? Honesty? Perhaps generosity? Or humility and kindness?

While these words are definitely synonymous with a good human being, but have we ever thought to include words or adjectives like fit, healthy and strong? Yes! You read right. These qualities are, in fact, very praiseworthy in an individual.

Our body has been given to us by 'The Almighty' and it is our duty to take care of it and keep it in good shape and wellbeing.

We often hear the slogan "New year, New me," chanted at the start of every new year as people vow to start afresh and become new people. However, you'd be surprised to know that you CAN actually have a 'new you' simply by moving your body! Martial Arts, Horse Riding, playing a sport or running, it doesn't really matter what form you choose. All that's needed is for you to just keep on moving.

Ever heard of Dopamine, Serotonin, Norpramphrine, BDNF? Sounds gibberish, right? But they're actually molecules inside you, waiting, wishing, hoping and dreaming that you would MOVE! And when you do, for 20-30 minutes a day, your brain begins to create brand new cells that change everything about who you are – not just physically! Increased energy levels, better sleep, high self-esteem and a lot more are the great benefits of exercise. In fact, it is actually the most underrated and unused anti-depressant.

Remember though, you eat crap, you feel like crap! Maybe it's about time we went back to the habits of our great grandparents. If it comes from the ground, bush or tree or

it's walking around in your backyard – cut, clean, grill and you're good to go. If you can't pronounce the ingredients listed on it, chances are it is most probably not good for you. Remember you are what you eat – don't be fast, easy or fake!

So raise your hands if you'd like a good and sound quality of life. If you'd like to be less susceptible to illnesses. If you want to be fit, healthy, and flexible. If you want to live life.

It starts NOW. It starts with YOU! You are your best investment. Go for it with consistency, purpose, hard work, dedication and you create magic!

So are we going to try to get fit and practice doing a split because exercise is so lit! Squat low, like a crow and many will say woah! No more junk food and being rude and the above will bring about good moods!

By: Faatimah Zahra, Humaira Lunat, Sakeenah Dudhia 10G1

### PHYSICAL EDUCATION

By Moin Dayatar. 8B1.

Physical Education is a subject that encompasses all aspects of life that include mental, emotional and social benefits.

**Mental Benefits:** Physical activity has the ability to help out to grow the mental capacity cognitive abilities. One is able to broaden their thinking through various activities that require concentration and coordination.

**Physical Benefits:** Apart from the obvious signs that one is physically fit, the physical benefits are far reaching. Physical activities protect one from heart disease, prevent certain cancers and helps your skin to grow.

**Social Benefits:** Social benefits or physical activities teach values such as respect, good sportsmanship, respect for one's religion or race and helps us to make friends

### CRISTIANO RONALDO

Cristiano Ronaldo was born in Lisbon Portugal on the first of January, 1985. At the age of seven, he got picked up by his local club, Sporting Lisbon SC to their youth academy.

He excelled so much in the Under 10's that he was promoted to the Under 12's and finally made it to the Under 19 team. For sure, this was a miracle and a genius in the making. A rising star that was to shake the world of football. Imagine that he was able to make an appearance for the senior team at the age of 17!

In a pre-season friendly against Manchester United, he impressed the manager, Sir Alex Fergusson and this earned him a move to Manchester United.

After 3 years with Manchester, the big club, Real Madrid were after him and made him the most expensive player of all time as he moved on to join his new team. His success at Real cannot be overemphasized. He was simply a marvel to watch.

Cristiano spent a beautiful and productive 7 years with Real Madrid where he helped the team win 3 champions league titles before moving on to Juventus where he finally resigned from football.

We hope to get more of the Cristianos, Maradonas and many other footballing greats in the future and guess what? If you are a footballer, who said you cannot make it?

SAAD SALIM SALEH-10B1

**Happy  
2021**

**LICEF SCHOOL**

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