

CAS NEWSLETTER



SPORTS

TNS vs LA

By: Hassan Dawood - DP1

The TNS cricket team invited Learning Alliance for 2 friendly - 5 over matches, which were played on the 12th of October. The result of the first match is as follows: Learning alliance won the toss and chose to bat scoring 56 runs, In the second innings TNS scored 52 runs and lost by 4 runs. The second match was won by TNS, as they managed to chase the colossal target of 62. After the match both the teams shook hands as a gesture of good-will and are considering to play more friendly matches

BDC

By: Bilal Shereef - DP1

From 27th of September to the 29th, TNS sports teams participated in the "Beaconhouse Defence Games" hosted by the Beaconhouse Defence campus. DP students participated in 3 different sports events: Cricket, football and tug of war. The Tug of war team led by their captain managed to qualify for the semi finals. However, the cricket and football teams only managed to qualify till the quarter finals.



TNS Participates in first ever MUN

Written by Hasan Ahmed - DP 1

With absolutely no experience in the debating circuit 10 delegates from TNS's MYP and DP programmes stepped up to partake in the highly competitive and demanding Model United Nations held each year at LGS 55 Main.

Representing Canada, these delegates deliberated for three days, slaving away their weekends and dedicating nearly 30 hours to making speeches, raising motions, negotiating with others and writing working papers of exemplary standards. Despite the short time given to the delegates, they were able to perform exceptionally well – especially for their premier MUN. The 9th to 12th graders each had a different committee, representing Canada at the Social Humanitarian Committee, the Security Council, the Crisis Committee, the World Council on Women, the League of Nations amongst many others.

An excellent experience that taught students the very basics of the MUN set-up, the LGS 55 MUN helped create the newly formed and energised debate society of TNS to take our school's standing to unprecedented levels.

Students who participated in the MUN were Hasan Ahmad, Fateh Farid, Lyba Salman, Shayan Ali, Mustafa Mir, Faizan Kazim, Nijmeh Zaman, Mariam Gohar, Rameen Raza and Rayan Faisal

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After this experience, the DP students know that more practice is needed, especially in football and cricket. After this, there were several practices conducted and matches were played with LAS and LA as practices. After practicing more intensively team coaches and captains will be expecting better results.

World Peace Day - Football Match

By: Danish Azfar and Shamsheer Iqbal - DP1

World Peace day is celebrated around the world on the 21st September every year. In honor of this day the sports department at TNS organized an interschool peace day football match, which involved various students from the DP program as well as some from the MYP.

The captains of the two teams were Amaan Khan and Bilal Shareef. Shamsheer Iqbal and Danish Azfar from DP-1, both scored a goal each for Amaan's team. This match was a success and the final score was 2-0.

Sport has the unique ability to act as a medium through which people can come together peacefully and engage in a skilful activity. It therefore lays the foundation for a world that is more peaceful. Through sport one develops skills and also develops as a human being through interacting with others.



Participation in BDC Sports Festival (Two images above)



Cricket Match with LA (Two images above)

Student Led Clubs

Philanthropy Club

Written by Zoya Mughal - DP 1

As a student in TNS, how many times have you found yourself wanting to do good for the society? Or looking for a school led opportunity to gain more exposure to our community and global issues in the world? I know I have and until this year, I had found no answer to that question.

Aleeha Nadeem, from DP2 has taken it upon herself to start TNS's first philanthropic society, which is a student-led community for the students of TNS.

So, what is the Philanthropic Society?

It is a platform which will be conducting various social welfare projects and activities for TNS students to participate in. This includes awareness of various issues both globally and in our country and bringing a change through the power we have, bring us closer to resolving them. As seen in historic and present-day examples, many revolutionary events are youth-led and that is what the Philanthropic society is promoting.



What have we done as the Philanthropic Society so far?

Regardless of the fact that this society is fairly new, we have done quite a few activities and are planning many more.

As our first activity in the Philanthropic society, we participated in the Lahore Climate March. How? We as the philanthropic community designed posters and stood in protest on the day of the march. We not only did good by speaking up and showing our views about one of the biggest prevailing global issues being faced but had fun in the process as well.

Our second activity was to visit and volunteer at an animal shelter. We as a society believe and feel strongly about animal rights and how they're treated. We wanted to help out in any way we could and thus, we went to

Todd's Welfare(animal shelter) as volunteers and helped the people running the animal shelter whilst having a good time playing with the animals there.

The Philanthropic Society President, Aleeha, has come up with the society's first big project. It goes by the name "Wajud-e-Zan se he Kainat mein Rang" which means women colour the world. This project is working on empowering women in the rural areas of Pakistan through art and as part of this project we collaborated with Ali Institute and painted a wall in one of their schools on the theme of women empowerment. It was a huge success as it clearly gave our message whilst being fun. Being there, I gained exposure to a part of our community which I had never been to and it was a very good experience. We plan to paint more walls in the future.

Who said doing good for the society couldn't be fun at the same time? *Continued on the next page*

The second big project we are planning as the Philanthropic Society is “Saaf Shafaaf Pakistan”. It is basically a movement to promote cleanliness in Pakistan through clean up drives and awareness. It is a project that we have just started and will soon be updating you all on soon.

Want to do the same?

We would like as many people as possible to get involved and join this society as you’re not only giving back to your community and doing good but also having fun in the process.

Social Activism Club

Written by Jihan Khan - DP 1

Taking inspiration from a social activism course we had taken earlier, Selena and I decided to conduct a social activism club of our own; this time with younger children i.e. students from grades three to six. We felt the need to inform the children concerning prominent world issues and how they could be addressed.

Some of the key matters we discussed were gender equality, world hunger, poverty, climate change and other such UN sustainable goals. Apart from this, mental health, bullying, Islamophobia, the distinction between negative and positive campaigning and the different types of rights were also addressed. The members of the club also familiarised themselves with and took inspiration from various young activists like Greta Thunberg and Malala,



ultimately developing social campaigns for the causes they felt most passionate about. Through this activity they were able to better their public speaking and creative skills.

We hoped that by the end of this workshop/club the students would be more tolerant towards other people, cultures and global problems by having a more holistic approach towards life. Our main aim was to instill the IB values in the young minds and help them

develop attributes like caring, open-minded, knowledgeable, communicator and inquirer to name a few. In the near future we also plan to conduct a social activism workshop at a school for underprivileged children. This is for the purpose of broadening our club members’ horizons by allowing them to interact with children from different socioeconomic backgrounds. Through this workshop we also hope to enlighten other young minds so that they too would be able to advocate for the causes they feel strongly about.

School Elections

Written by Saim Munsif - DP1



Posters proclaiming a candidate was the best choice for the school polluted the hallways. Stickers could be found on every students' shirt, and some could be found lying dejectedly on the floor. At any time of the day, at least one senior student could be seen desperately following junior students- oblivious to the implications of the election- and trying to prove how they were the best choice for the school.

In the end it came to the speeches. The candidates voice thundered through the hall as they related to the students and shared experiences many could relate to. The confidence shown while delivering speeches largely determined the results of the election a week before the election.

The teachers and junior students breathed a sigh of relief after election day. Two stressful weeks, packed with speeches, class visits and rigorous decision-making The emotion shown regarding the results of the election was seen to be very similar to those regarding the real election.

I feel like the TNS elections helped many students get a glimpse at how elections are all over the world. It helped both the students and the candidates gain a real-life experience. Along with education, I feel like exposure to real- life situations is integral to character development and must be promoted in every way possible to create well rounded individuals. The following are the results of the elections.

Head Boy: Shayan Ali
 Head Girl: Mishael Hayat
 Deputy Head Boy: Zarvaan Ahsan
 Deputy Head Girl: Jihan Khan
 Event Representative: Mehak Rehan
 Deputy Event Representative: Ashar Guman

Dragon - Captain: Hasan Ahmed and Vice
 Captain: Maryam Babri
Griffin - Captain: Affan Ali and Vice
 Captain: Lyba Salman
Pegasus - Captain: Hasan Dawood and Vice
 Captain: Hadiqa Aftab
Phoenix - Captain: Shamsheer Iqbal and Vice
 Captain: Danish Azfar

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