

# CAS NEWSLETTER



## DP 2 CAS trip to Swat

Written by Zoya Mughal

DP trips. Something all of us students look forward to from MYP. We see the amazing videos in the assembly which summarises the whole trip and I know for a fact that I really wish I could go there. The most recent DP trip was the SWAT trip for DP2. For those of you who missed the video here is a quick summary of what it was.

It was a week long trip where they stayed in Swat and Kalam visiting schools and natural attractions. They first made a six-hour journey to Swat via bus. They visited many schools there. One was the girls public school and the other was rotary foundation school.

During their visit to the school, they talked to the students and gave out stationary, clothes and board games. It was a great experience meeting and learning about the children in a completely different place. It was also a great opportunity for service and giving back to the society.



They then went to malam jabba ski resort which was a short hike and then travelled to Kalam which was about 2 hours away from swat. They stayed there for three nights. Through their stay there, they visited a local forest. They went to a lake which was covered completely with snow. They made a snowman and had a snow fight. How fun!

That was the end to their weeklong trip. From the pictures and what I've heard, it was pretty fun and a great experience for them all. Hopefully next time you hear about a DP trip it would be us DP1 students.



# BBS 2019

Written by Shamsher Iqbal

The Bargain Basement Sale (BBS) is a fundraiser that has been hosted once every year for the past 14 years and started in October of 2005 to help raise money for different charities which change every year. It is a fundraiser where different companies donate their products for free and then at the sale the products are reduced from their original price and sold to the public and all the money raised is donated to different charities that the organisation chooses every year.

The products sold at BBS range from furniture and clothing to jewelry and shoes from many different brands such as Sapphire,



Beechtree, Clayworks and many other brands. The Bargain Basement Sale was started by Nuria Rafique Iqbal and over the year many more men and women have joined the Bargain Basement team to volunteer and help raise money for charity. The most recent BBS took place on the 24 th of November 2019 and it was held at Gulberg Galleria. This time BBS was meant to take place on the 9 th of November but then it was postponed to the 24 th of November due to issues with

the venue. This year BBS was raising money for 6 charities which were Pink Ribbon, Rising Stars Foundation, LHWS, Care Foundation, The Giving Tree and the Fatima Memorial System. The Bargain Basement Sale was very successful this year raising Rs 7,200,000 to be split among the 6 charities.

At the event there were over 140 student volunteers helping out with the sale. And from those 140 around 20-25 students were volunteering from TNS Beaconhouse. Some of the students volunteering from TNS were Shayan Ali, Aly Shahbaz Khan, Shamsher Iqbal, Hasan Ahmad, Saad Mahmood, Zoya Mughal, Selena Atif, Hassan Dawood Khan, Jihan Adnan Khan as well as many other students.

All the TNS students as well as the students from other schools were very hardworking and helpful at the event with the customers and made sure that the event took place smoothly.



# LUMUN Conference

---

Written by Hasan Ahmad



Starting in 2019 and ending in 2020, the 16<sup>th</sup> iteration of LUMUN saw 10 delegates attending from TNS. Deliberating for four tiring days, our students worked hard to research and prepare in the days leading up to what is unanimously recognized as Pakistan's most challenging Model United Nations conference.

From the 30<sup>th</sup> of December till the 3<sup>rd</sup> of January, our students were sent to a plethora of diverse committees that accurately simulated the proceedings of the real-life United Nations and Pakistan Provincial Assemblies. Competing against nearly a thousand delegates, many of whom had flown in from cities across Pakistan and countries throughout South and Central Asia, our delegates knew the extent to which they would have to make an effort. Despite the level of cutthroat competitiveness at this conference, Zarvaan Ahsan from DP I was able to secure an honorable mention due to his tireless debate repressing the Islami Qaumi Ittehad in KPK's provincial assembly. There was not a single delegate from our team who failed to make a mark in their respective committees – be it through powerful speeches in moderated caucuses, diplomatic pragmatism in unmods or a high precision to detail in draft resolutions and working papers.

While delegates from other schools failed to attend all four days of the conference, our students persevered and proved their commitment to debating by powering through the teething winter winds – entering the new year more determined than ever to make their mark in the highly challenging MUN circuit of Pakistan.

# Smog - CAS opportunities

Written by Mustafa Mir

In the last couple of months Lahore has been struck by smog. Smog is a kind of air pollution, caused by a mixture of fog and smoke. It is produced by a set of complex photochemical reactions involving volatile organic compounds (VOCs), nitrogen oxides and sunlight, which form ground-level ozone. This often results from the burning of non-renewable energy sources, mainly fossil fuels.

Impacts of smog affect countless people all over the Globe. It can inflame breathing passages like nostrils, decrease the lungs' breathing capacity, causes shortness in breath, pain while inhaling deeply, or coughing etc. Smog contains concentrations of ground level ozone, nitrogen dioxide, carbon monoxide, which are especially harmful for children and patients suffering from asthma. Respiratory diseases also increase as a result, along with lung cancer.



There are ways to reduce the impact of smog at a personal level. According to the scientists of NASA In times of smog, it is very important for individuals to have lots of plants inside their houses, this will lead to some of the harmful chemicals inside smog to get absorbed by these plants, and will act as air purifiers in your home, a very useful plant is the Aloe Vera. Invest in air purifiers; because they reduce the chemical pollutants in the air quicker than natural sources such as plants, they can



instantly improve air quality of rooms. Make sure to stay indoors during smog, as the Air Quality outdoors is way worse, with higher concentration of chemical substances. Moreover, one should also wear air filter facemasks, these are able to prevent inhalation of some denser pollutant molecules, and provide another layer of protection against some pollutants. Also, smog is usually worst in the morning where there is less air

movement, so especially avoid leaving indoors during this time, so stay in classrooms and don't walk outside especially in the school ground.

TNS students you can contribute to help mitigate this problem. Plant trees, not just in your garden rather in many different public areas as well, as trees are absorb these harmful chemicals present in smog. Raise awareness on the impacts of smog and the need for the plantation of trees, tell your relatives and friends to help set up funds to build trees. Try to reduce the usage of cars, and rather carpool more frequently with friends, as this will reduce GHG (green house gas) emissions, so more people can get transport with fewer vehicles used. Be more energy efficient, through using more LED lights that use less energy. Don't support organizations with poor environmental practices such as Nestlé, rather buy from local companies having a lower carbon footprint.

# DP Exhibition

Written by Jihan Khan and Hassan Dawood

On 19th December 2019 TNS DHA had its first ever IB Diploma program exhibition which took place in the ground floor piazza. Students of DP 2 exhibited their learning outcomes and activities they did of the two year program presenting their Internal Assessments, Extended Essay, Theory of Knowledge, and CAS projects. It was well attended by the whole school community along with the members of TNS Board of Governors. The experience showed how active our students are in community projects. Moreover, it showed their involvement in charities such as Medicare. In addition, their creativity and activity components were also showcased through various projects. CAS trips, i.e. those to Chitral, Taxila and Swat, which the class of 2020 went on were also presented as some of the CAS activities the students did. It was especially helpful for the DP 1 students as they got a better idea of what they have to do in order to get a good grade and survive the IB diploma.



## NEWSLETTER TEAM

Newsletter Head and Designer: Abraham Iqbal

Supervisor: Ms. Faseeha Khawaja

Head Editor: Saem Iftikhar

Writers: Jihan Khan, Zoya Mughal, Shamsher Iqbal,  
Hasan Ahmad, Hassan Dawood and Mustafa Mir

Logo creator: Aly Khan

