

# Sadiq Public School



## Distance Learning for K0-I

August-September 2020



# Sadiq Public School

Do the right, fear no man

## Distance Learning

July, 2020

Dear students and parents,

Assalam o aleikum.

Inshallah all of our students and their families are staying home, staying safe, and protecting themselves and their communities in this most unusual situation. We understand as well as anyone how difficult it is to be living in such a situation. If we all follow the government's very simple guidance the situation will improve very soon, as it has in many countries around the world, and our lives can get back to normal.

The Government has announced that Schools will likely be allowed to re-open on September 15<sup>th</sup>, 2020. Let me be clear – Sadiq Public School is planning for a full school year from September 15<sup>th</sup> 2020, i.e. with the appropriate number of school days to ensure our students complete their normal syllabuses well in time for their annual examinations without compromising too much on the remainder of our unique, holistic curriculum that includes sports, clubs, and community service – and self-discipline (doing the right thing at the right time).

After a considerable amount of thought and planning, after considering the many factors associated with distance learning including health and safety risks to children of being online for too long and unsupervised, costs of technology/devices/software, and the expected/likely outcomes, we have decided to offer a package of distance learning activities for students to do some school work. These activities are NOT intended to replace in-school, teacher-student learning activities and they are NOT compulsory for students to complete. The team of education experts at Sadiq Public School very strongly believe that education, i.e. meaningful learning, happens best when teachers and students interact, face to face, spontaneously.

This booklet has been made by several teachers and with with a lot of support from our IT Department staff. I'm very grateful for their work.

We also understand that the Sadiq Public School family is very diverse and what will work well for a K2 student living in Bahawalpur probably will not for a K2 student living in Quetta or a P6 student living in Karachi. This is a self-contained, age-specific package of learning material prepared by SPS teachers for SPS students. You will not need

to use the internet and you will not need textbooks or any other material except a normal, lined school notes book (a separate one for each subject) which you will bring back to school when lessons resume. We decided to create an e-booklet so it can be published and distributed to students and parents without needing to be printed and sent by post/courier out of concern for our environment. (There is an interesting hypothesis that the coronavirus outbreak is due to deforestation.)

Everyone's health is the top concern right now. Learning some mathematics right now is less important than protecting your health and your family's health. Not just your physical health, but also your mental health. We understand that these last few and next few months have been and will be difficult. It is very normal for everyone to be feeling worried and anxious. In such times, it is important to recognise your anxiety, understand what is causing it, and learn how to manage it by being kind to yourself, patient with others, eating well, sleeping well, doing some physical activity (there's a whole section about this later in the booklet), and trying to maintain a positive outlook. The virus outbreak will pass. We will all return to our normal lives. Inshallah!

*Be happy. Not because everything is good, but because you can see some good in everything.*

Yours Sincerely,

Mr Peter Giddens  
Principal

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How to achieve academic success at Sadiq Public School

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# How to achieve academic success at Sadiq Public School

Our approach to teaching and learning is based on the knowledge that learning only occurs when cognitive effort is generated to the extent that information is made into a long-term memory that can be readily recalled. We use traditional teaching methods informed by current research in education and pedagogical practices.

## The Sadiq Public School approach is based on:

1. Teachers impart knowledge and skills using a variety of media – talking/lecturing, written notes and diagrams on a whiteboard, demonstrations, initiating practical activities for students to experience what is being learnt.
2. All lessons are taught on the assumption that as the course unfolds, students are creating their own class notes.
3. Students use one standard textbook for each subject; the book recommended by the School. Students possess and use one lined or gridded copy book per subject, into which class notes are created. (Thinner books with less pages are preferable, to minimise the weight being carried from lesson to lesson. If students require, additional copy books should be used – but always a separate book for separate subjects.
4. A student's class notes are created from a combination of teacher-guided media and student-created media.
5. The class notes should replicate/mirror the course outline and the textbook chapter headings so that students can clearly see that their class notes match the course and the examination.
6. Teachers will show students how to use note-taking/making techniques such as underlining, using different colours, diagrams, lists, boxes, etc.
7. In general, the first half of the copy book is for class notes and the second half, indicated with some form of marker is for practice activities, e.g. homework tasks, the questions at the end of a textbook chapter, etc.
8. Students MUST keep a complete and neatly presented set of class notes. If a student misses a lesson, it is his/her responsibility to add in missed work. This may be done by copying another student's copy book.
9. Frequently, teachers will check students' copy books for completion, neatness, accuracy, etc., and to write personalised / individualised feedback to students.

10. Occasional paper handouts may be trimmed and pasted neatly into a copy book, but this should be kept to a minimum because the act of writing/drawing the class notes into the copy book is the student's first step in learning the material being taught by the teacher. Pasting handouts into copy books teaches students how to use a glue stick and scissors; it does not teach a student anything about the material on the handout.

Writing class notes is the basis of our teaching and learning – but of course this is supported by other experiences such as demonstrations, practical activities, etc.

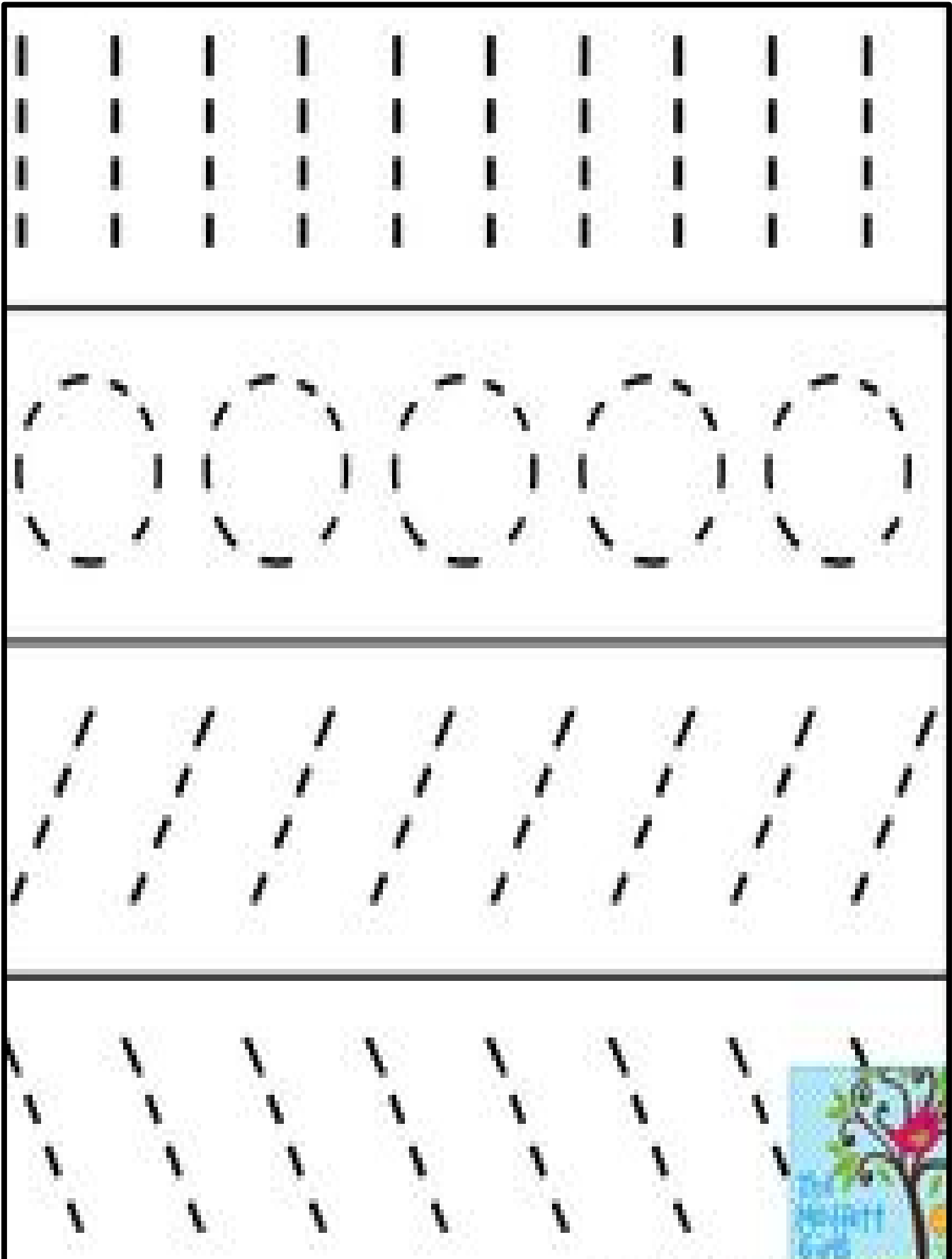
### Examination preparation

In the weeks before examinations, students would typically use the class notes and text book to create a set of study notes by re-writing, often in short-hand/note form, using diagrams and mnemonics etc. Doing this reinforces and consolidates the student's class notes. Students would also complete the questions at the end of each chapter on their own. They would attend lessons and, under the teacher's supervision, complete individual exam questions from past papers, in such a way that the teacher 'unpacks' a question, clarifies the demands of the question, and students and teacher collectively create 'perfect' exam answers – all of which models how a student would take an examination, i.e. read the question, unpack the requirements of the question, clarify key terms/vocabulary in the question, pause, think, plan an answer, and then write an answer.

# 1. English Language

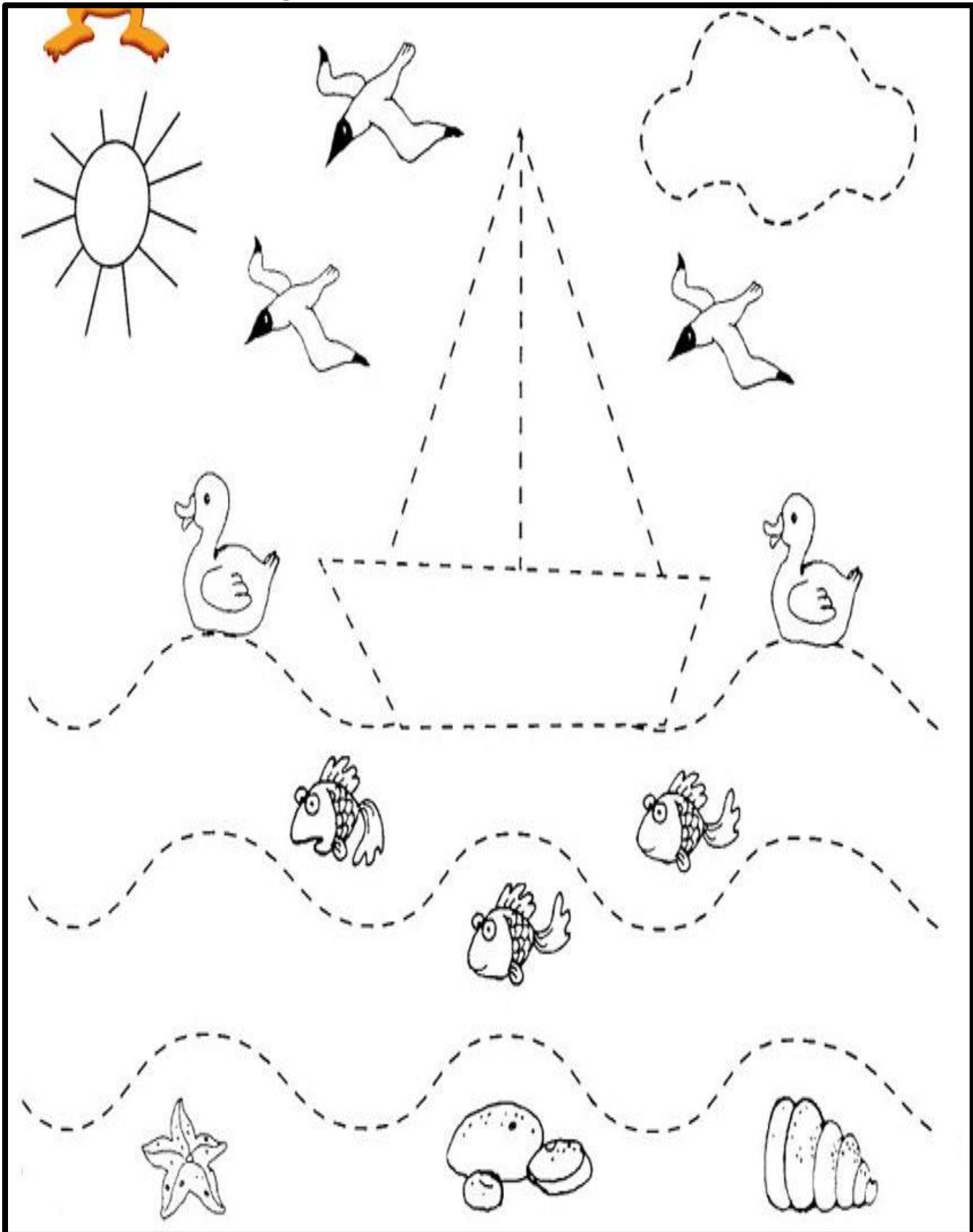
**Instruction:** Practise the given worksheets 3 times daily.

**Task 1:** Trace the pattern.

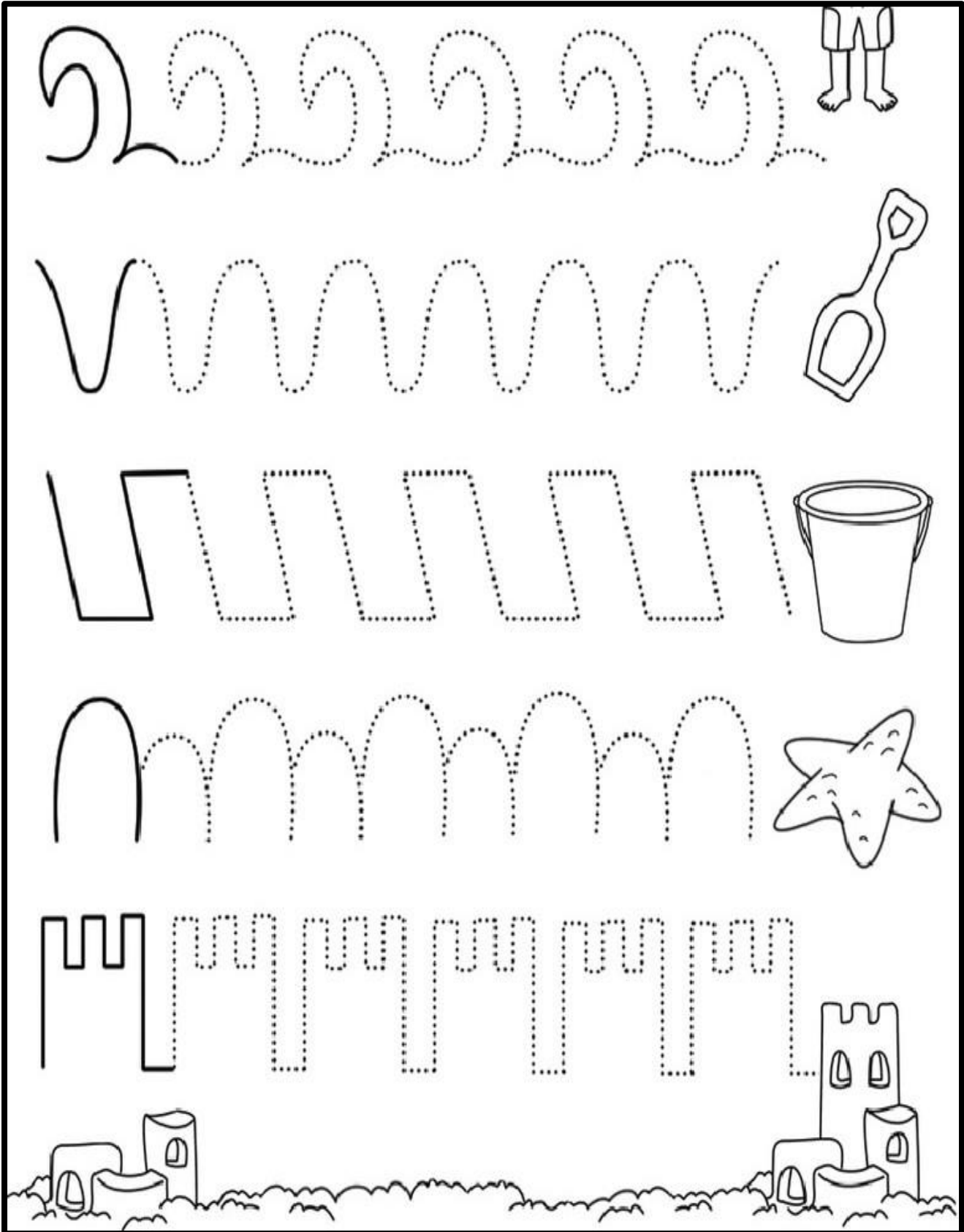


Task 2:

Trace the lines and colour the picture.

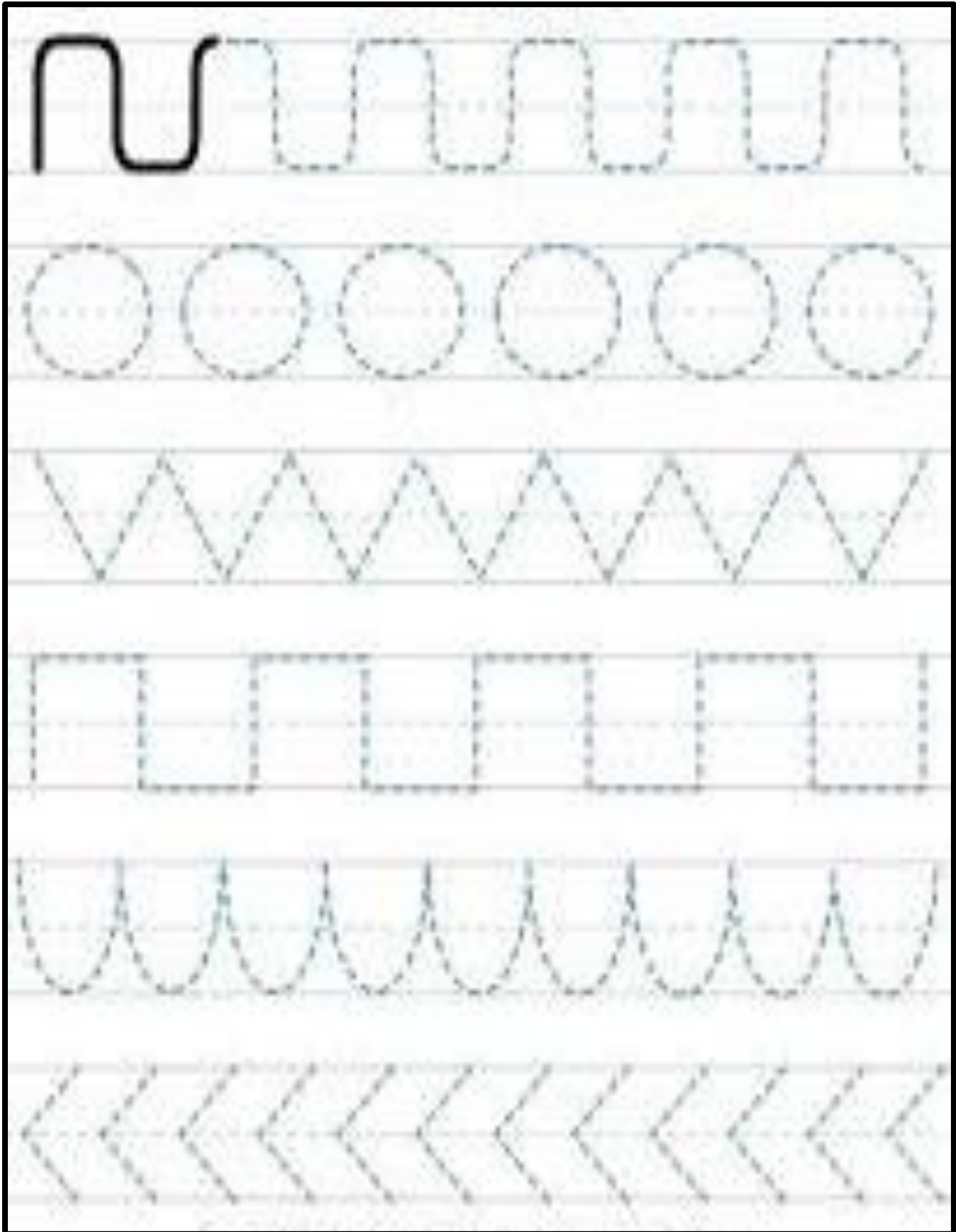


**Task 3:** Trace the path



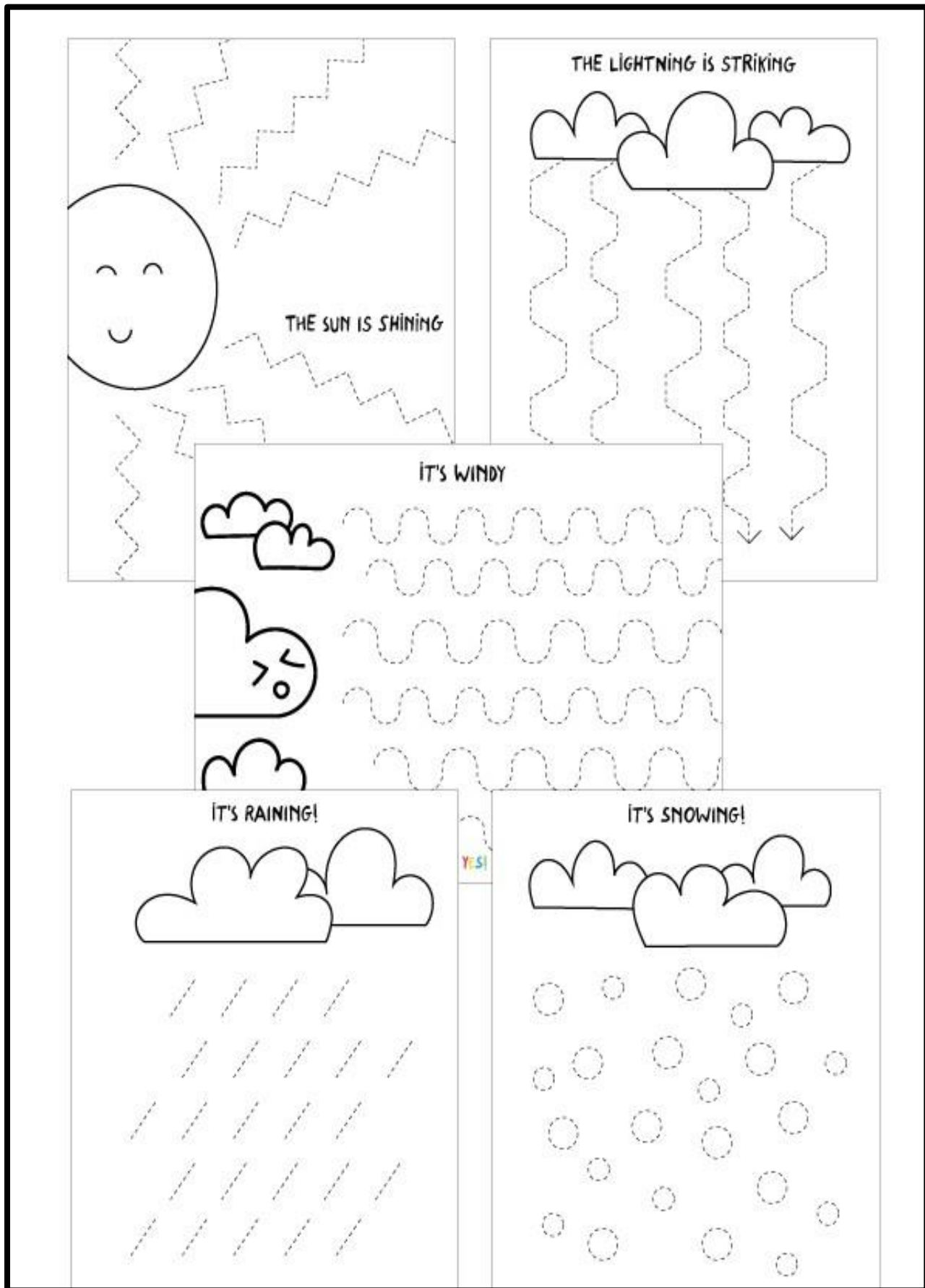


**Task 4:** Trace the Pattern.



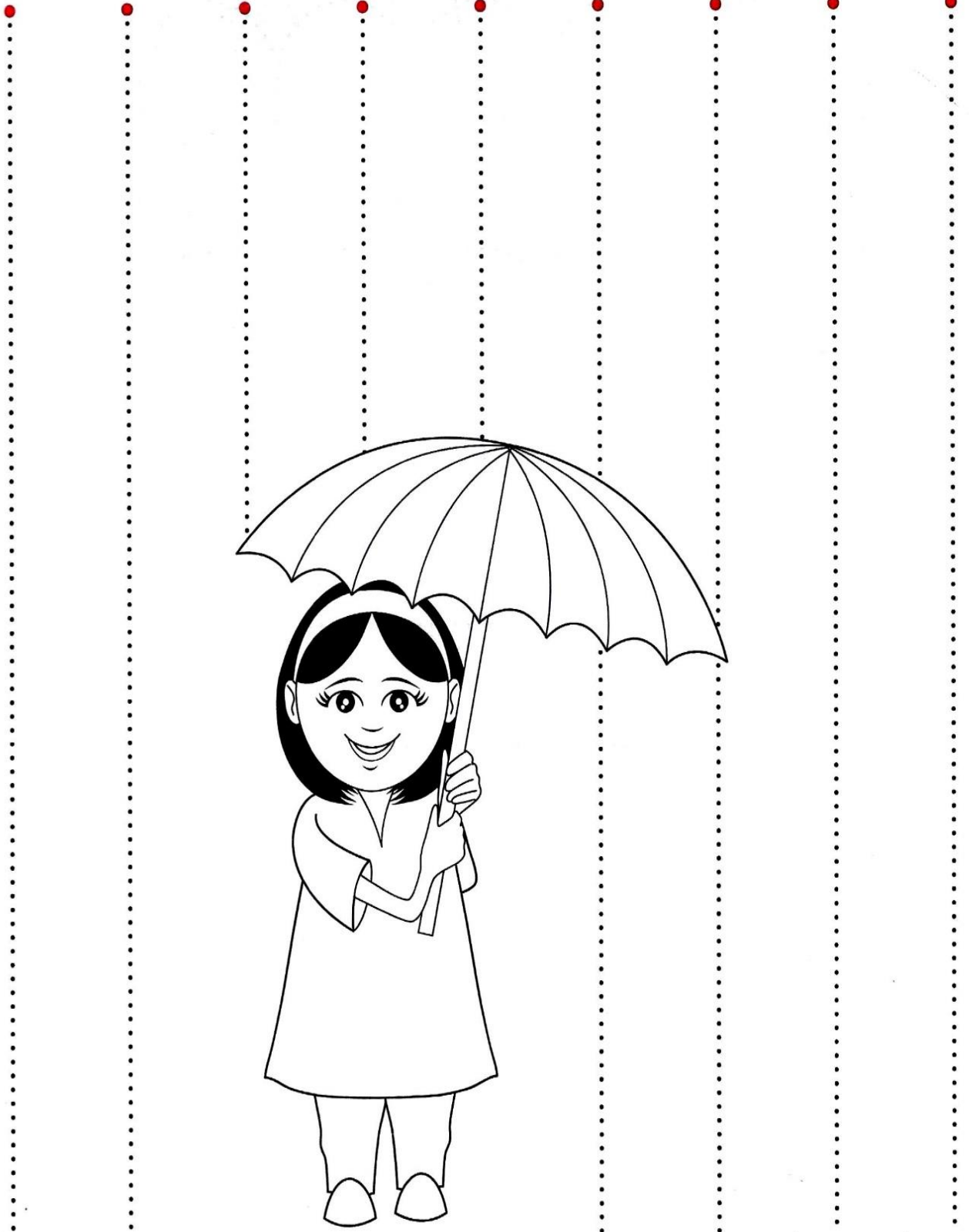


**Task 5:** Trace the lines and colour the pictures.

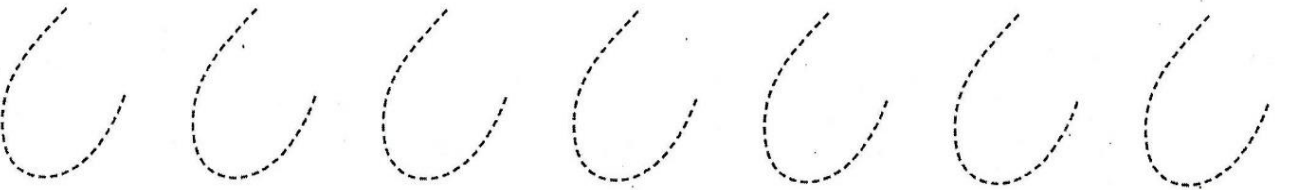
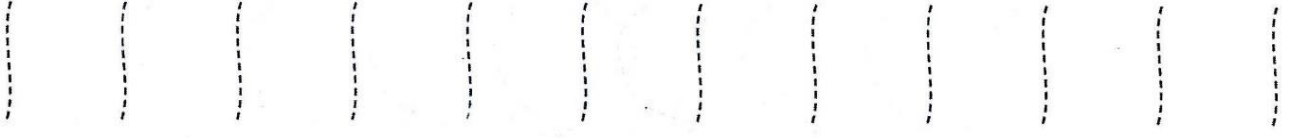


## 2. Urdu Language

سرگرمی نمبر 1: نقطے ملائیے اور رنگ بھریئے۔

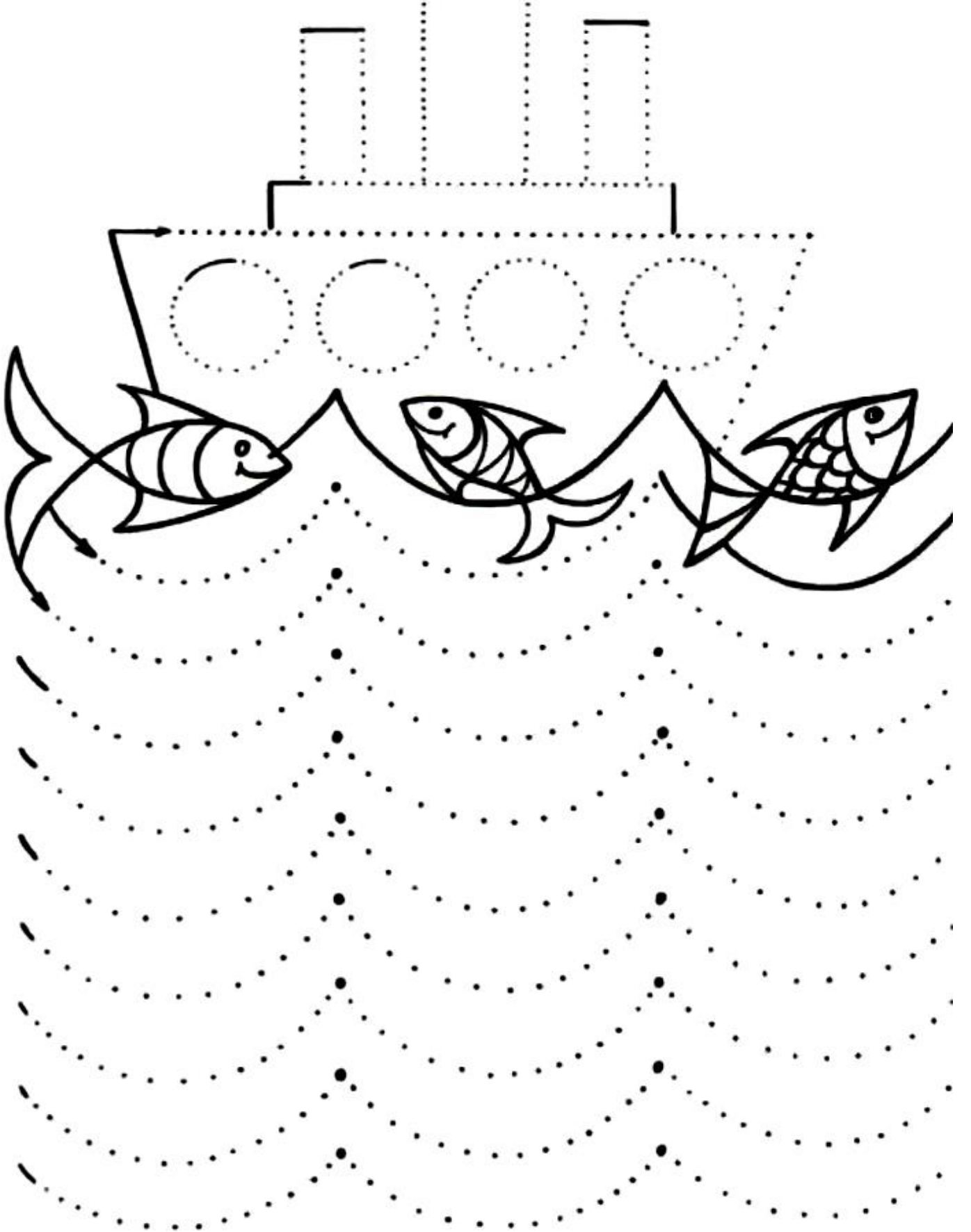


سرگرمی نمبر 2  
پنل پھیریں۔

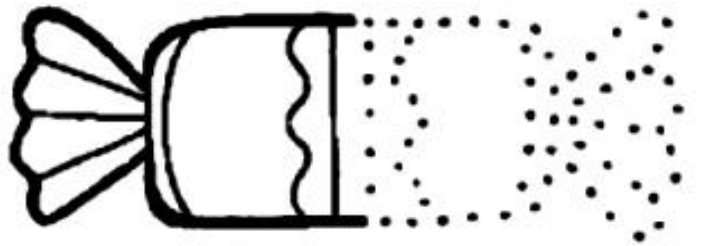
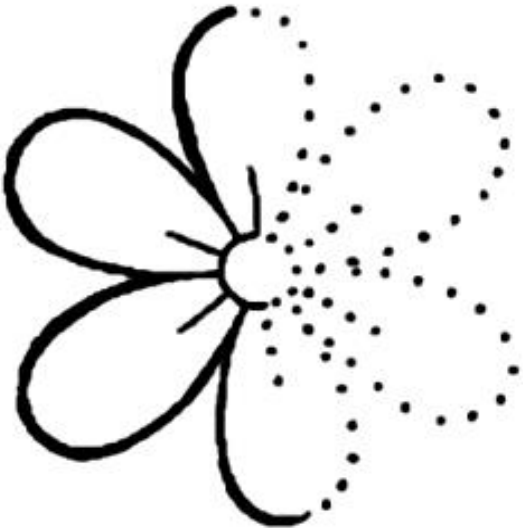
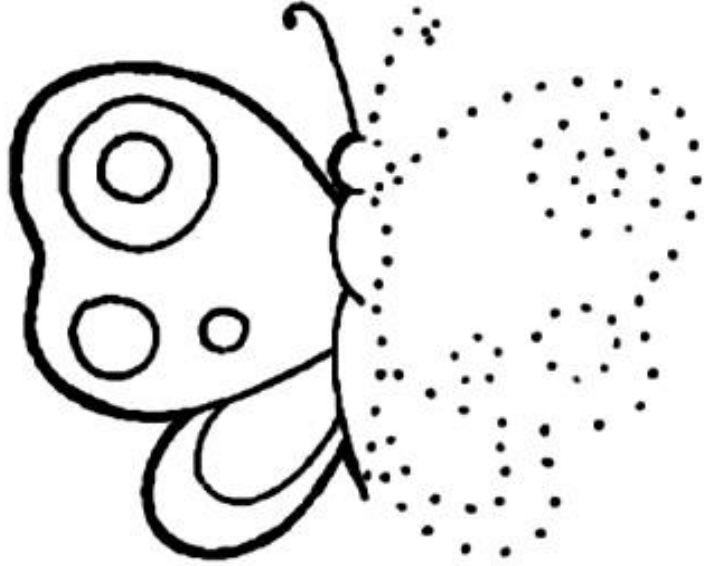
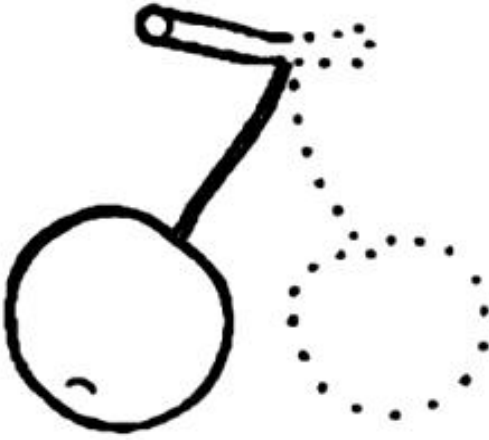
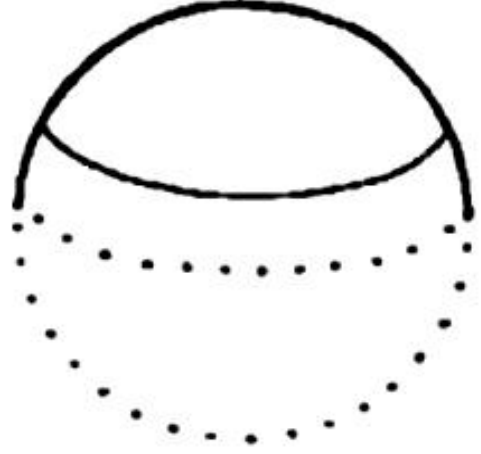


سرگرمی نمبر 3

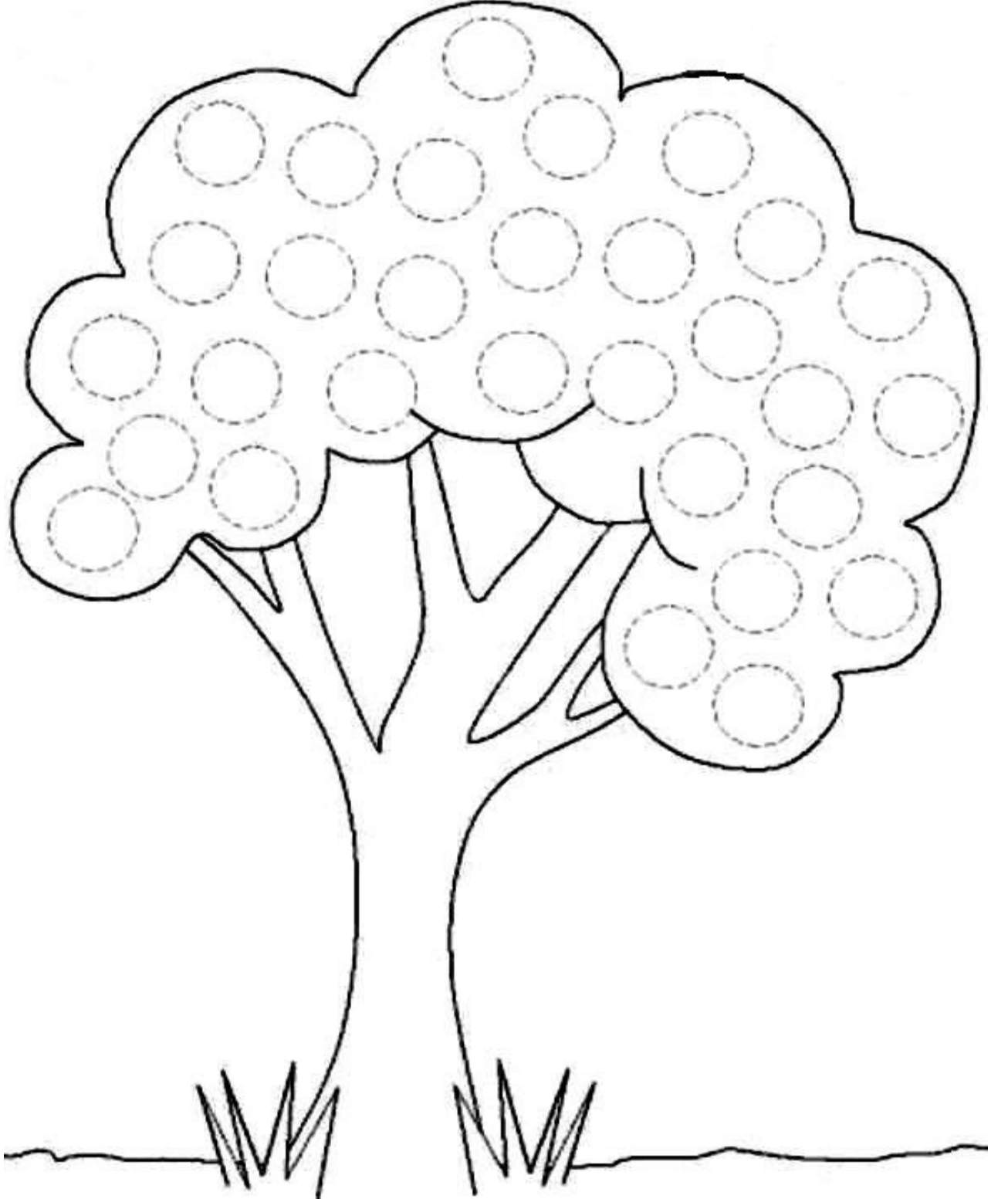
نقطے مابین اور رنگ بھریے۔



سرگرمی نمبر 4  
نقطے ملائیے اور رنگ بھریئے۔

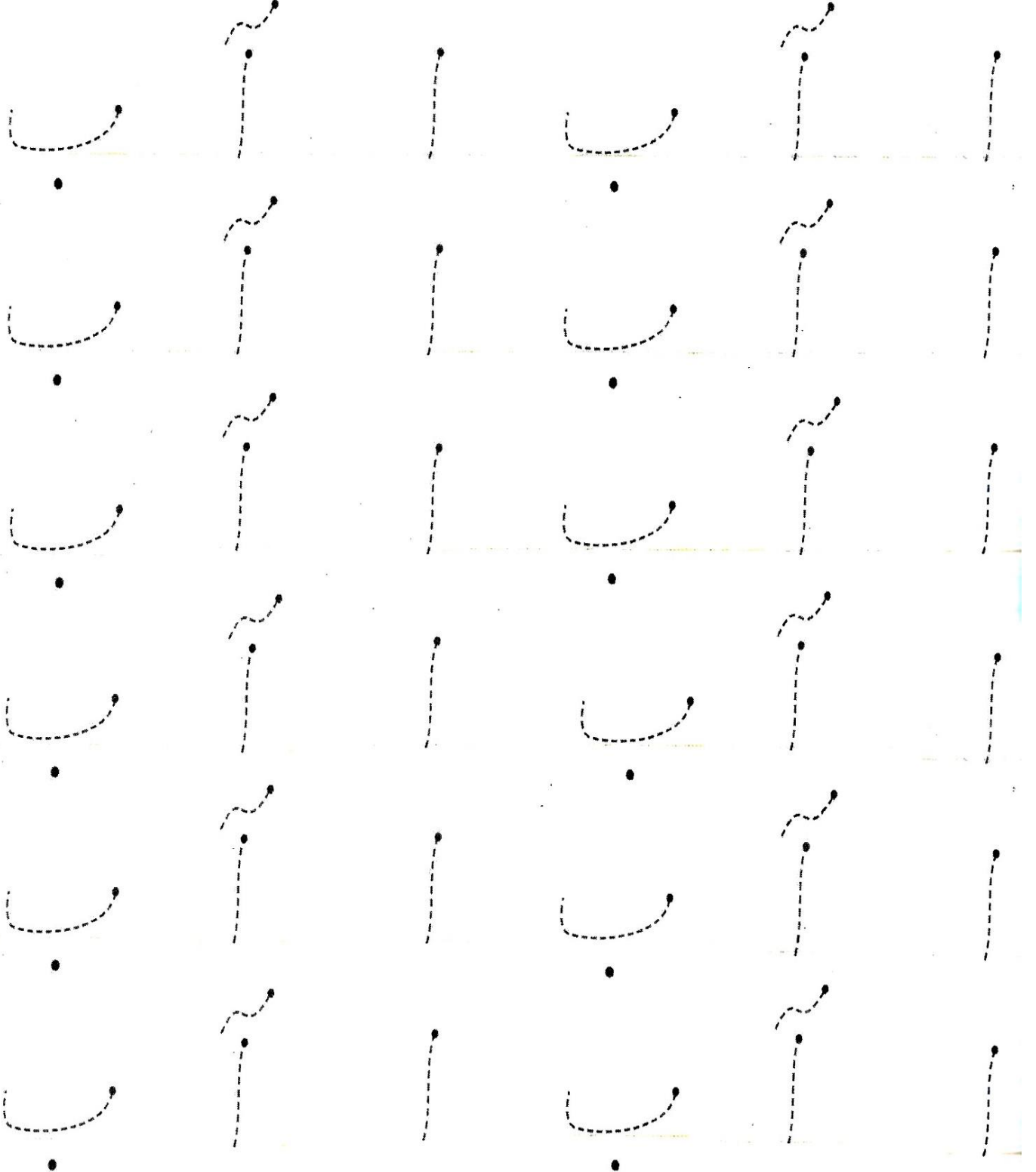


سرگرمی نمبر 5  
نقطے ملائیے اور رنگ بھریئے۔





سرگرمی نمبر 6  
ان حروف پر پینسل پھیرئے

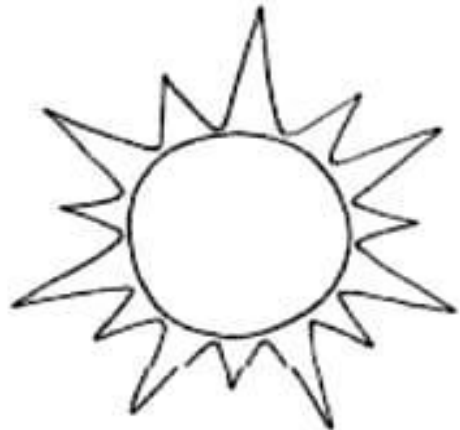


سرگرمی نمبر 7  
ان حروف پر پنسل پھیرئے

ب ت ٹ ث ج ح

نیلا، پیلا، لال

☆ تصاویر میں بنیادی رنگ بھرئے:



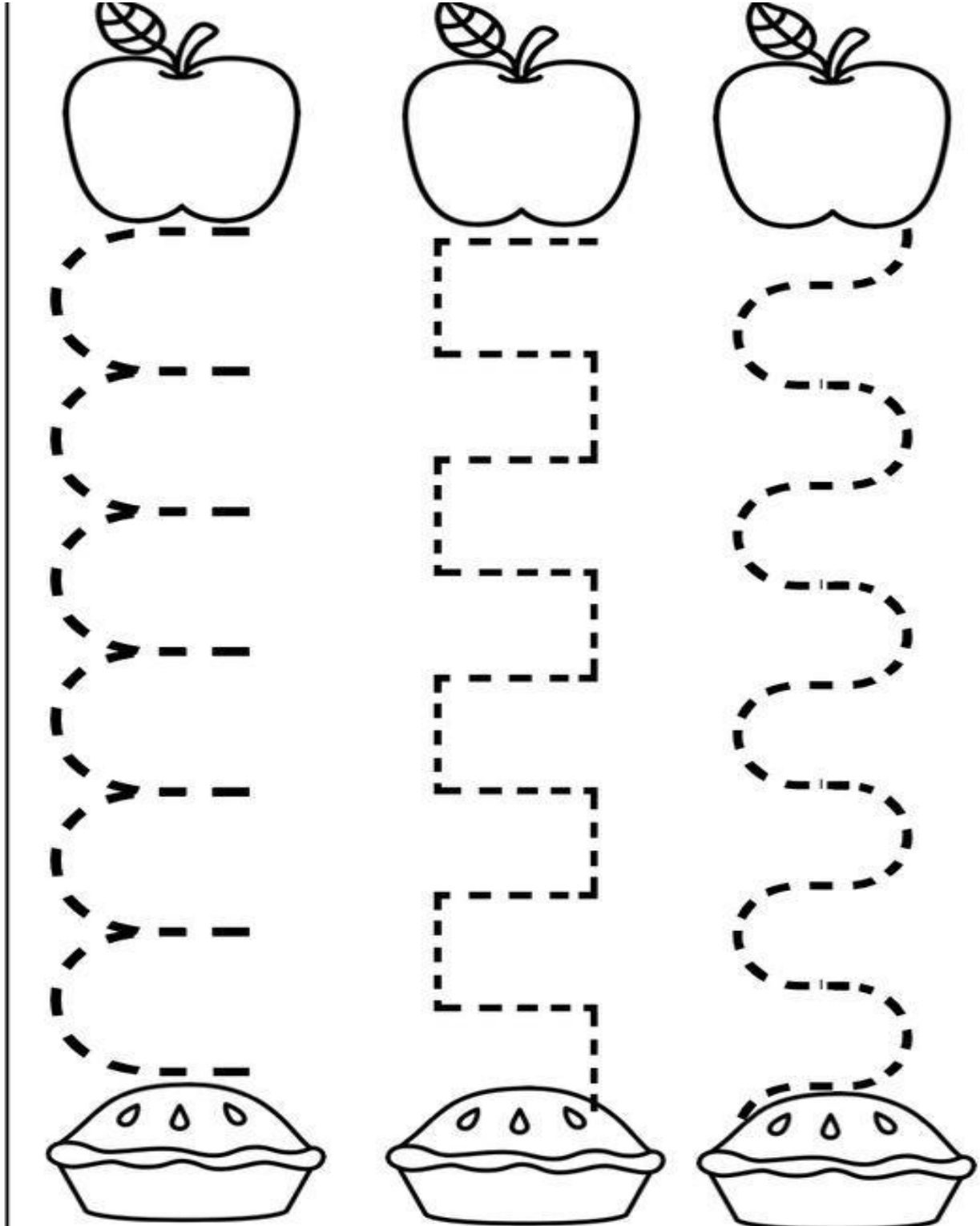
تمام سرگرمیاں بچوں کی پختل گرفت بہتر بنانے کے لئے اور دلچسپی میں اضافے کے لئے ترتیب دی گئی ہیں۔  
ان صفحات کی بار بار دہرائی کی جائے

### 3. Mathematics

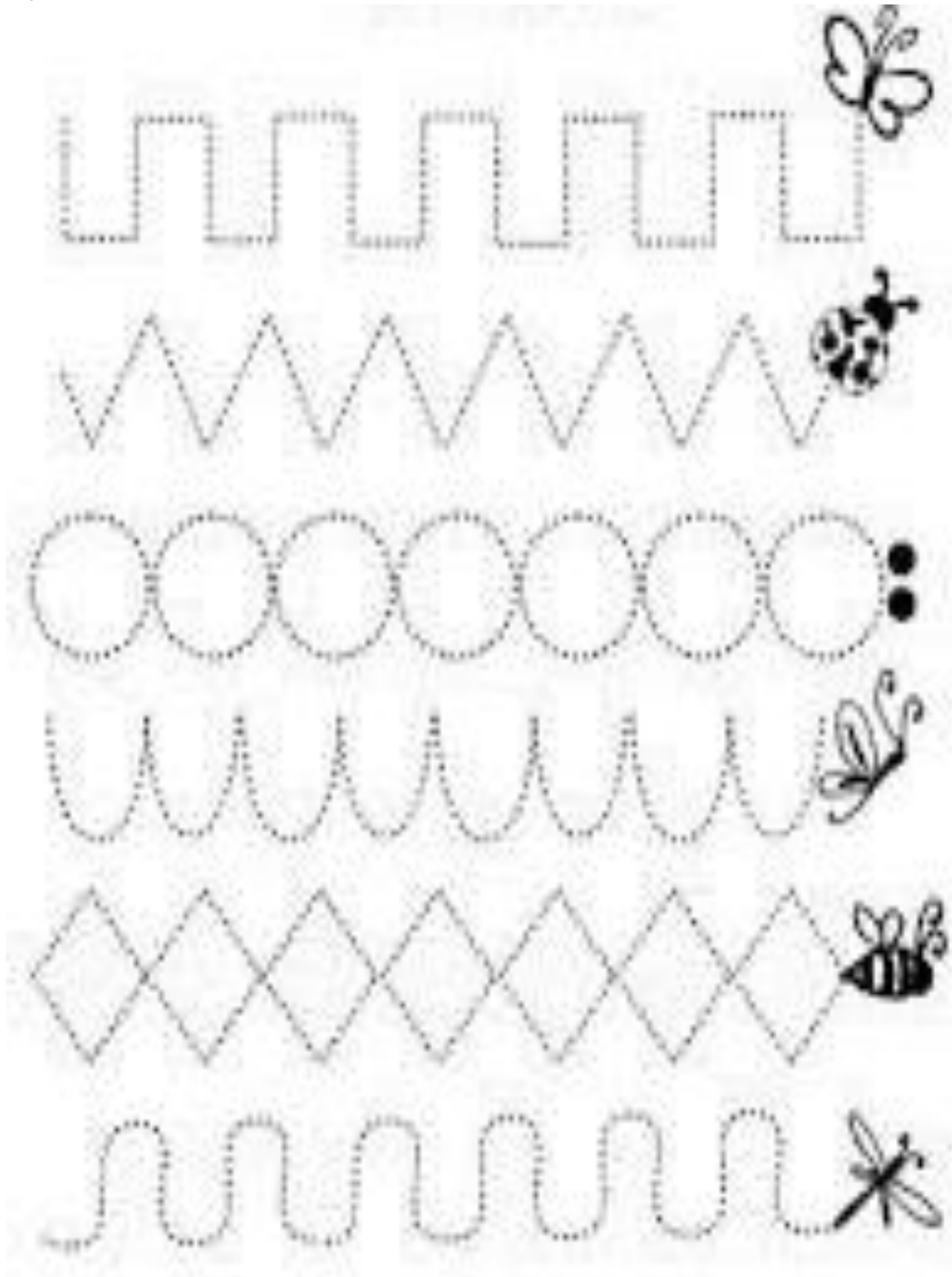
Instruction:

- Trace the pattern with pencil.
- Do tracing of every page 3 times daily

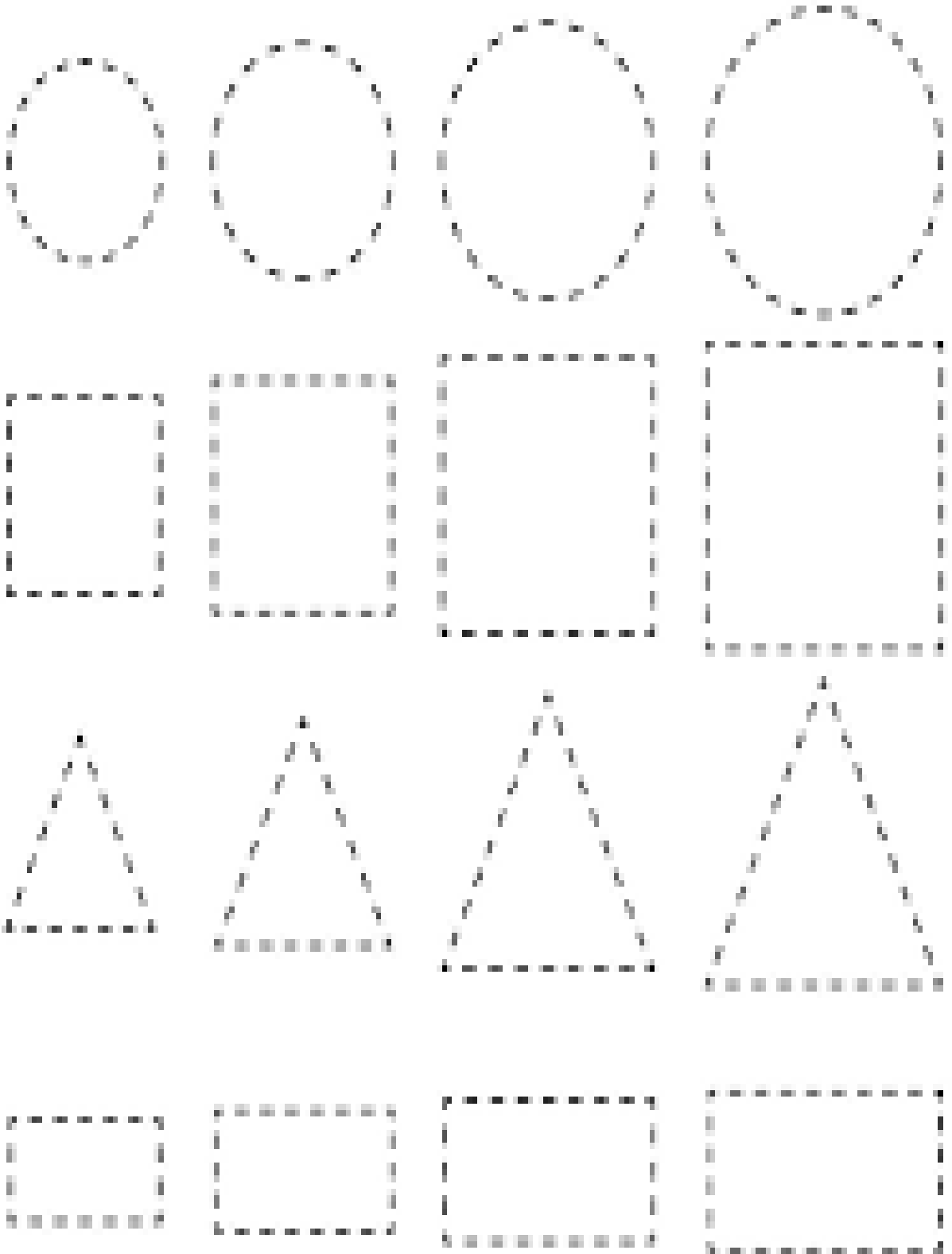
**Task 1:** Trace the pattern.



**Task 2:** Trace the lines.

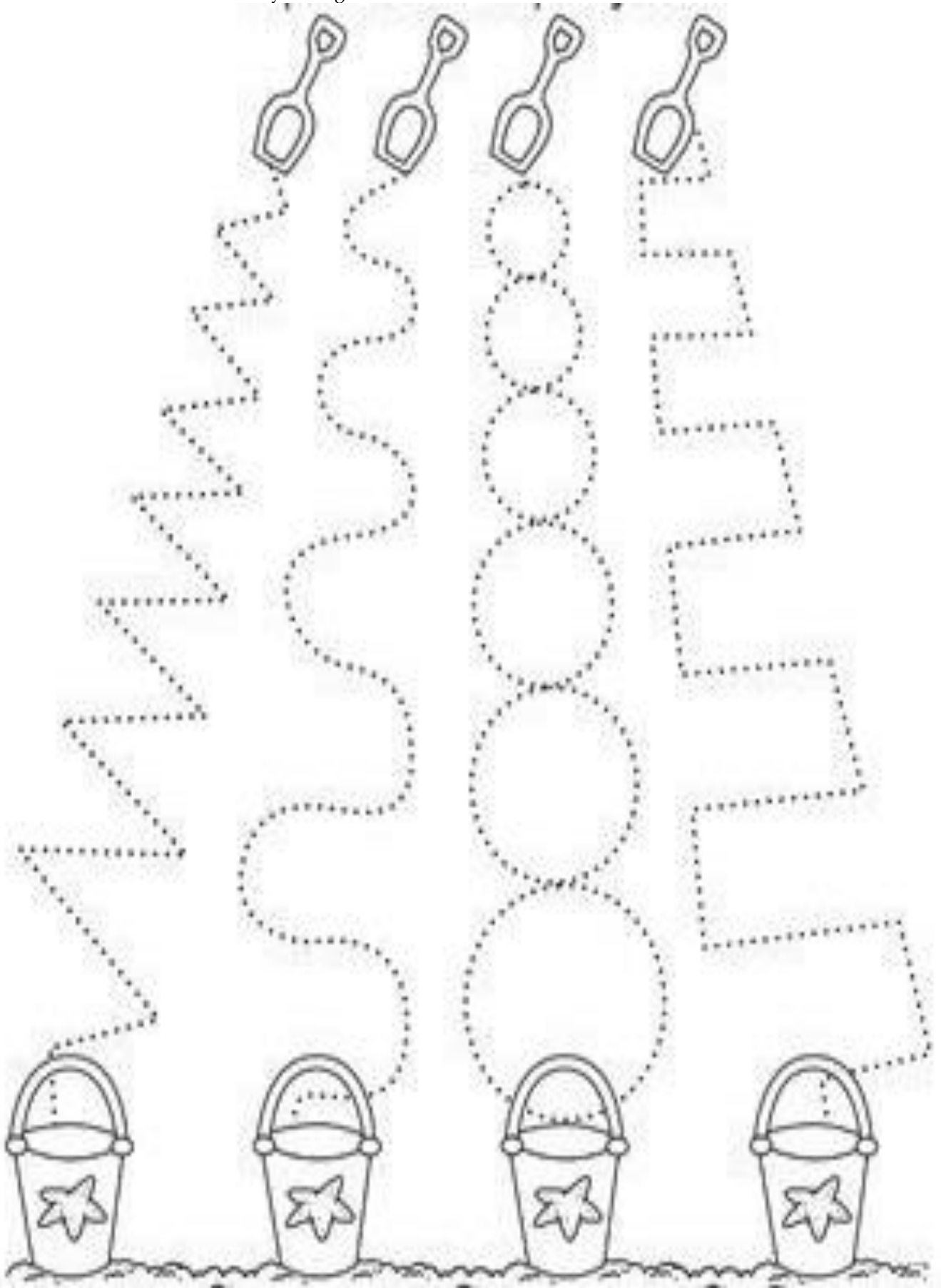


**Task 3:** Trace the shapes and colour them.

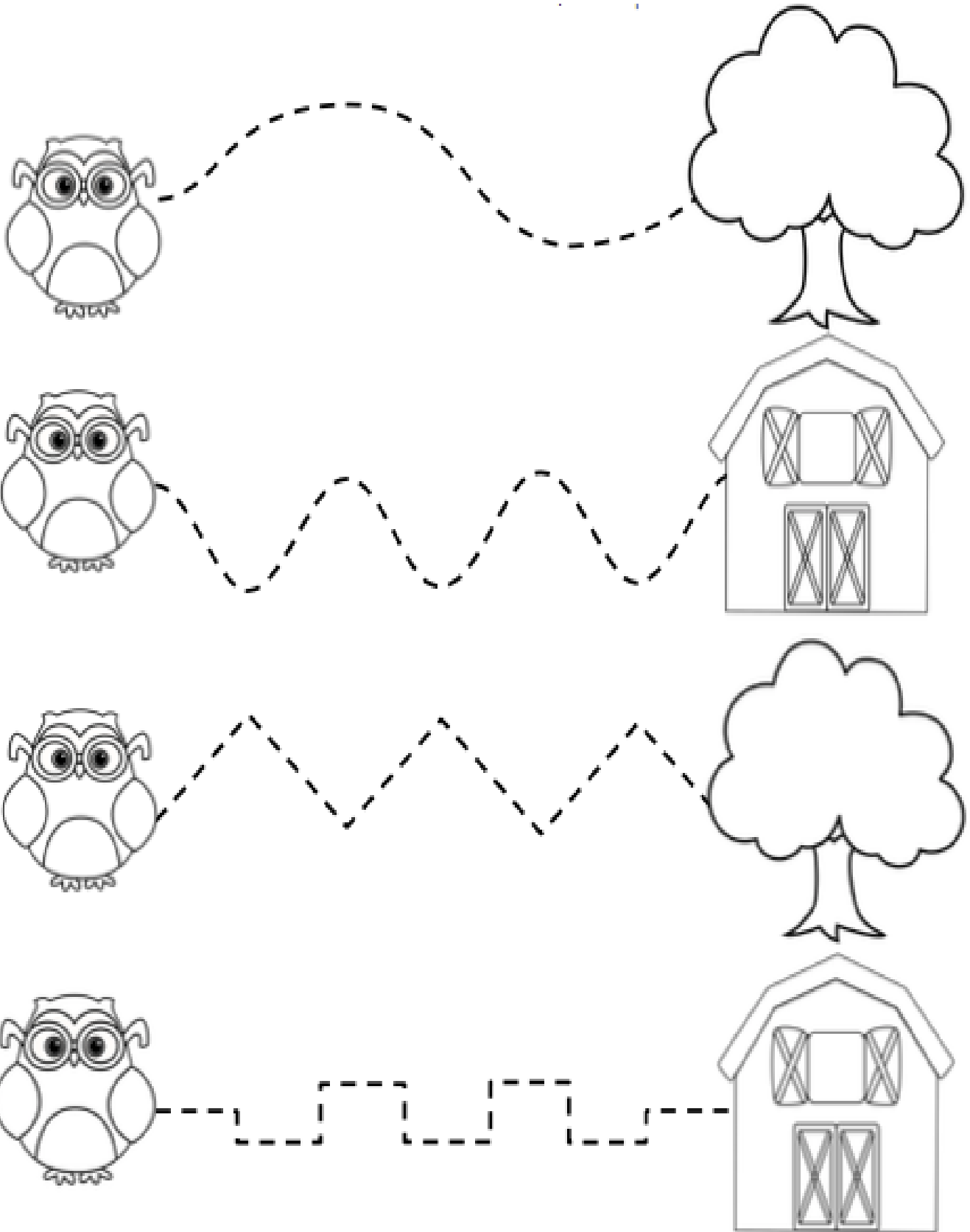




**Task 4:** Fill the bucket with sand by tracing the lines.



**Task 5:** Trace the lines from the owls to their home. Use pencil and colour the picture.



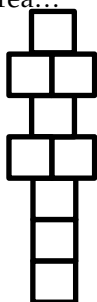
## 4. Islamiat

- Learn Allah's names from 1 to 5.
- Learn and recite First Kalima.
- Learn the following;
  1. Dua before eating
  2. Dua after eating
  3. Dua before sleeping

## 5. Sports

Sadiq Public School's curriculum is more than just academic subjects. This is one of the main ways that Sadiq Public School is so unique. We aim for all students to learn the value of team sports sportsmanship and good health through regular physical activity. You can learn some of these even while at home.

1. Choose 2-3 physical exercises and practice doing these every day. It may be press ups, step ups (walking up and down 3-4 stairs repeatedly), star-jumps, squats... You should do 2-3 of these every day for about 30 minutes every day. Early in the morning is probably better. You are aiming to make it a daily habit that you will still be doing when you're 50 years old. You can challenge yourself to do more each day or more in the 30 minute session. You can challenge your parents (but remember that they're very old and so be gentle with them).
2. Think of a skill-based physical activity that involves some coordination, such as juggling three balls or skipping rope. Now teach yourself how to do this. And when you're proficient, teach someone else. Why? Doing these things occupies your brain and that means you're not thinking about other things – so these activities become a good way to relax, distract your brain from things that are causing you stress (like exams!)
3. Ball games are good for reducing stress, and sneakily using up energy and so keeping you for and healthy and helping you to sleep properly. If you have brothers and sisters at home you can ball games like mini-cricket, catching & throwing, bouncing a ball against a wall and catching it (who knows you may be selected as wicket-keeper for the 1<sup>st</sup> XI).
4. Hop-scotch. You might have to ask your parents how to play this. With chalk, draw a grid of 9 squares on a paved area...



Stand at the bottom of the grid. Each square has a number 1-9 in it (I can't draw the number with my computer, but you can with chalk.) Use a small stone and slide it first to the 1<sup>st</sup> square. Hopping, jump over the square with the stone in it, continue hopping up the grid in the correct order, turn around, hop back to the 2 square, bend down and pick up the stone (you're not to put your other foot on the ground otherwise it's too easy), and then back to the start. If you succeed, now slide the stone to the 2 square and hop away, and back, bend down pick up the stone, hop to the start... etc. If you miss the square with your stone, or you put your non-hopping foot down your turn has ended and the next player starts. Yes, parents can play too, but not your neighbours or your cousins who live in Lahore because they're staying home and staying safe. If you don't like my rules, make your own. But once you make the rules, no cheating.

## 6. Community service

Community service simply means serving our community – doing something to help the community. In the current situation we can all serve our community by staying at home / staying away from other people and washing our hands frequently with soap because when we do this we stop the virus being passed from one person to another. If we all do this, our whole community will be helped.

You can help the whole world's community by doing what you can to reduce plastic waste. You can do this by refusing plastic bags at shops. Make your own paper bags at home and take these to the shops and so not use plastic bags. Buy less (or even none) products that have plastic packaging. Glass can be recycled and so that's fine.

Bury biodegradable waste in your garden rather than send it by rubbish truck to a dump somewhere. Fruit, vegetable scraps, leftover food etc. will rot in your garden and so quickly convert back into soil and return nutrients to plants. Paper waste will do the same.

Turn off lights and other electricity-users when not needed and do not let water taps run needlessly.

Look for ways to help others. Practise saying, 'can I help you?' with family members and then helping will become part of who you are.