



MERITORIOUS[®]
HIGH SCHOOL
O & A Level

Aug-Dec
YEAR 2017
First Edition

Upcoming Events:

A Level Orientation Program
O & A Level Scouting Session
Pakistan Studies Quiz
Placard'EAK 2018
Sports Day
A Level Annual Field Trip
IKMC
Art Attack

News**letter**

A Note From Headmistress:

Meritorious High School aspires all students to succeed in their world. It offers a wide variety of challenging, enjoyable and successful curricular opportunities. It is our belief that high school should be the experience of a life time. Our students are our main focus. May we continue to give our students strong roots like the Banyan Tree and stronger wings to conquer the world!!

SHAMSHAD ATHER



Editor's Message:

Greetings to our lovely readers!

We present you the Meritorious High School Official Newsletter. This is a signature to the invincible efforts of our students and undaunted commitment of the teachers.

Our first newsletter for the session 2017 unfolds the academics, artistic, social awareness, unleashed talent and sports skills of our students. I hope you will enjoy reading this issue as much as I have enjoyed putting it together.

HAPPY READING!

MAHGUL ALI.



Back To School:

Date: August 08, 2017

"THE EDUCATED DIFFER FROM THE UNEDUCATED AS MUCH AS THE LIVING FROM THE DEAD."
–Aristotle

We are very well aware of the mixed emotions that each child goes through before coming back to school, it's like when we are in school we want to be on vacations & when we are on vacations, we miss school. Trust me it's the same for all! Complicated right?

Don't worry Meritorians; we are in it together through thick & thin!

We started off this academic year with a warm welcome & we assure you all that it will be a year full of fun-filled learning activities.

All the Best Meritorians! Make Us Proud!

Jashan-e-Azadi Celebrations:

Date: August 11-14, 2017

Freedom in minds, faith in words, pride in our soul, that's how the spirit of independence was celebrated by Meritorians at Dolmen Mall, Tariq Road.

We packed the mall with a power house patriotic dance performance by our O2 students and captured the attention of general public by declamatory speeches & debates made by our High School & College students.

There were many other attractions planned for the public by MHS like free nail art, hairdos, photography with independence theme frames.

'Meritorious Ka Pakistan' wish board was another highlight of this event.

Giveaways included badges, flags, balloons & what not!

**PAKISTAN
ZINDABAD!**



Farewell-Sweet Adieu:

Date: August 22, 2017

Farewell of O & A Level batches of 2017 was an evening that proved to be a plethora of luminescent memories for everyone.

The King & Queen walk, titles & farewell speeches made by the passing out batches touched the hearts of every one present. This beautiful evening ended with a nostalgic and heart felt goodbye video made by O1; we could feel the stream of emotions in the air, this was followed by a scrumptious buffet dinner & a ghazal hour.



Dear students,
There is a new world waiting for you with new success and goals. Hope, you can scale your new heights without much trouble. Make new friends, but do not forget the old ones.

A Level Orientation:

Date: September 06, 2017

We welcomed our AS batch with an in-house orientation session which started off with our HM's welcoming speech, followed by a presentation given by the **Students Counsellor, Ms. Uzma Usman**, highlighting the past achievements of the students & their course of study for the next two years.

MHS student leadership & enrichment program details were shared by **Ms. Dure Shawar Khoja, Event Manager**.

A question-answer session in the end led to a healthy discussion.



Defense Day:

Date: September 06, 2017

A special assembly was organized on September 11, 2017 by the students to honour the martyrs of the 1965 war. Skits, speeches & patriotic songs were sung to shed light on the great sacrifices of the gallant martyrs who have received the highest military award, *Nishan e Haider*.

"WE WALK A LONELY ROAD, ONE OF VALOR, ONE OF SACRIFICE. YOU PAY OUR SALARIES WITH YOUR TAXES BUT WE REPAY IT WITH OUR LIVES."



Graduation Ceremony:

Date: September 17, 2017

Chief Guest: Mr. Uzair Khursheed Head of Exams Operations, *British Council Pakistan*.

A momentous occasion for every school student's life is the GRADUATION DAY that marks the first milestone of success. Meritorious High School organized a graduation ceremony for its passing out O & A level batches of 2017.

Awards and accolades were awarded by our esteemed chief guest to the bright students; memorabilia were given to the faculty of O' Level to acknowledge their tireless efforts. Motivational advice and prayers were extended towards the outgoing batch by the CEO and HM.



Student Body Campagin & Election:

Date: September 18, 2017

Election fever ran high throughout the school for a week. Colorful posters, banners and badges were seen everywhere. The energetic & promising speeches delivered by the candidates were a great help for our students in making the right choice.



Oath Taking Ceremony:

Date: September 26, 2017

Guest of Honour: Prof. Mahfooz Husain,
Executive Director

To empower the elected student body, an Oath Taking Ceremony was organized where parents were also invited to witness & celebrate the achievement of their children. The highlight of this ceremony was the Flag hosting & the Student's Body march. The elected students are required to participate actively in the Council, attend meetings regularly and be role models for other students.

"LEADERSHIP IS NOT ABOUT THE NEXT ELECTION, IT'S ABOUT THE NEXT GENERATION."

Simon Sinek



PTMS

Dates: October 15, 2017 &
November 18, 2017

In order to discuss the academic progress of the students, Parent Teachers meeting was organized from Grades

VII-A Level. Parents discussed the strength and weaknesses of their children with the concerned teachers and found the feedback very helpful.

"THE OBJECT OF EDUCATION IS TO PREPARE THE YOUNG TO EDUCATE THEMSELVES THROUGHOUT THEIR LIVES."

Robert Maynard Hutchins.



Qirat and Naat Competition:

Date: October 17, 2017

Chief Guest: Qari Ejazuddin Soharwardi

Meritorious High School, Naat & Qirat Competition began sharp at 9:00am after the arrival of the esteemed guest.

The competitors for the Qirat & Naat came alternatively.

The judges struggled to choose the best amongst the participants; the performances brought tears to the audience's eyes.



Educational Excursions:

'FUN WHILE LEARNING' has been the underpinned objective of Meritorious High School. Field trips are chosen keeping in mind the interest and age group of our students. Through these field trips, students embark fun filled journeys of learning, togetherness and responsibility.

Karachi Zoo

Date: November 07, 2017

Grade: O2

Our Adventure Club & the School Magazine Editorial Board planned & organized this trip to write a detailed report about the condition of the Karachi Zoo.

Literature & Blogging Society, alongwith, Photography Club & Video Club actively participated to make this trip a memorable & successful one.

The complete report will be published in the school magazine, Koshish e Peham's this session's edition.



PAF Museum

Date: November 13, 2017

Grades: VII & VIII

The ACC committee organized a trip to the PAF MUSEUM, where students explored all the areas of the museum & learnt a great deal about its history.

Children feedback & excitement made our hearts melt.

Refreshments were provided by the school at the end of the trip.

This is not it Meritorians. Gear up for some more fun!!



Story Telling Competition:

Date: November 07, 2017

Guest of Honour: Prof. Mahfooz Husain,
Executive Director

Meritorious believes in healthy competitions, as these events inculcate a sense of confidence, critical thinking and leadership in the students.

The bilingual Story Telling Competition was organized to encourage development of emotions and feelings in our students & also to enhance vocabulary & listening skills of children.



Bake Sale:

Date: November 08, 2017

We welcomed autumn with a bake sale, organized & managed by the Commerce students of O & A levels, it was planned to generate funds for the Children's Day charity drive, headed by the **"Share a Smile Society"**.

With all clubs and councils proceeding hand in hand, this #eatforacause left everyone with their mouth a gasped and hearts elated.

The impressive management and the active interest of the students too earned their share of cheers and glares.



As Welcome Party

Date: November 14, 2017

"Simplicity is the ultimate sophistication."

Our A2 students planned a small welcome party for our AS batch.

This gesture was really sweet & was appreciated by many.

The event was covered by our very own Photography & Videography Club.



Universal Children's Day:

Date: November 20, 2017

Children's Day is observed as an annual event across the world on November 20.

This day celebrates childhood and promotes awareness about child rights and emphasizes the fact that children need love and respect to grow to their full potential.

It reflects the recognition that children are important and valued members of society.

Dramatics Club:

Meritorians dressed up as their favourite childhood character & a parade was organized by the Dramatics Club where the best dressed costumes were chosen & announced. We thank our Dramatics Club for planning such a fun filled children's day for us.

Literature & Blogging Society:

Guest Speaker: Ms. Shumaila Muzzamil from SPARC

Ms. Shumaila not only spoke about children's rights and issues but also shared information to create awareness about the laws & legal standing of child abuse & its impact on the child & our society.

We thank our Literature & Blogging Society for arranging such an informative session for us.



CIE-RESULTS:

Once again keeping its high tradition, our CIE results were exceptional.
Heartiest congratulations to the high achievers and their proud
teachers and parents.
Best of luck for future!

Milaad:

Date: November 29, 2017

Jashan-e-Eid Millad-Un-Nabi ﷺ

A grand event to celebrate **EID Milaad-Un-Nabi** ﷺ was held at Meritorious High School. The dress code was white Shalwar Kameez with pink dupattas for girls; whereas, the boys wore white Kurta Shalwar with caps.

Hamds and Naat were recited by students of VII to A-Levels.

The Milaad ended with Salam and Duas; sweets were distributed among the students & staff.



National Institute of Child Health Visit

Date: December 02, 2017

With the proceeds of **#eatforacause** Bake Sale, Share a Smile Society arranged a Children's Day charity drive in collaboration with **Helping Hands** (NGO) where toys were distributed along with smiles.

The response, prayers & the overall experience of this charity drive is something that will bring tears to our eyes whenever we will think about it. Well done Meritorians!



Winter Clothes Charity Drive

Date: December 04-08, 2017

Share a Smile Society initiated a winter clothes charity drive at **Meritorious High School & Meritorious Elementary School** in collaboration with **Helping Hands** (NGO) . The students collected jackets, gloves, socks, warm clothes, blankets & what not .The spirit & the amount of donation collected left us all amazed. We thank not only our students but also their generous parents for making this drive a successful one. **THANK YOU!**



Morning Assemblies:

The objective of our morning assemblies is to instill in the students a feeling of responsibility & unity.

We motivate our students by the reinforcement in the form of praise. Not only this, our team of experienced & learned teachers give short presentations based on life lessons which help in the character building and personality grooming of the students.



MHS Clubs & Societies:

O & A Levels

Our students are encouraged to actively participate in the various clubs and societies. The integration of work and study is the key element in Meritorious High School. The concept of clubs is seen as an opportunity for the adaptation to deal in a group and cultivate a voluntaristic spirit.

Club activities supplement academics and give the students practiced training which they require in day to day life.

Various club activities are organized giving an opportunity to the students to display their talent & leadership skills.

Club performances are appreciated by awarding *Meritorious Contribution Certificates*.



MHS Sports Update:

Sports provide relief and a sense of relaxation in a monotonous life marked by miseries, hardships and hurdles. It is very essential to maintain health and physical fitness. Also it encourages the growth of team-spirit. Keeping in mind the importance of sports, many in-house and inter- school football , throw ball , table tennis and cricket tournaments were held throughout the term.

Our P.E teachers, Ms. Noureen Jamil and Mr. Naveed ul Hassan, not only organized different sports tournaments, but also conducted fitness drills & arranged numerous practice sessions at IBA Sports Ground.



Sports Benchmarks:

Teams	Dates	Sports Type	Winner
Hexis College vs Meritorious High School	October 07, 2017	Friendly Throw ball Match	Meritorious High School
Meritorious College vs Meritorious High School	November 16, 2017	Friendly Cricket Match	Meritorious College



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How Do You Spend Your Time? The Wheel of Productivity

Analyze where your time goes in three easy steps:

- 1 Give each type of activity a unique color filling in the box next to it.
- 2 Color in each hour of the day based on which activity you usually fill that time with.



- 3 Take a look-are you filling your time with the colors that matter most to you?