



PAKISTAN HIGHER SECONDARY SCHOOL, RAS-AL-KHAIMAH

NEWSLETTER
SECOND EDITION



Vision

“Innovative education to produce worldclass global citizens.”

Mission

“To educate the students in a highly productive and safe environment embedded in national and international values and skills.”

Motto

“Enter to learn
leave to yield.”



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UAE FLAG DAY

“When we honor our flag, we honor what we stand for as a nation—freedom, equality, justice, and hope.”

3rd Nov 2024



UAE Flag Day, celebrated on November 3rd, commemorates the country's unity and history. It honors the nation's founding principles and symbolizes bravery, growth, purity, and sacrifice. Emiratis and residents come together to pay tribute, raise the national flag, and reaffirm their allegiance to the UAE's values and future.

Upcoming Events

Our school celebrated Flag Day with immense enthusiasm, organizing various activities within the school premises. Students and teachers created a flag design using fingerprints, showcasing their creativity.



The students also participated in a flag-hoisting ceremony and joined a march with other schools. Additionally, they visited the ministry and took part in performances, further highlighting their patriotic spirit.



“On Flag Day, we stand in unity to raise the UAE flag which symbolises the pride and loyalty of the nation. As we join together to mark this occasion, I remain fully confident in the ability of the next generation to create a brighter future for all.”

*His Highness Sheikh Mohamed bin Zayed Al Nahyan,
President of the UAE*



"Nations are born in the hearts of poets, they prosper and die in the hands of politicians."

"From your past emerges the present, and from the present is born your future."

Iqbal

was a visionary poet, philosopher, and politician who played a pivotal role in shaping the intellectual and cultural landscape of the subcontinent. Born in 1877, Iqbal's profound poetry and philosophical ideas continue to inspire generations with their depth, spirituality, and nationalist themes.

As a key figure in the Pakistan Movement, his influential works and speeches ignited a sense of purpose and identity among Muslims, ultimately contributing to the creation of Pakistan. Through his timeless poetry and thought-provoking philosophy, Allama Iqbal's legacy endures, offering insights into the human condition, self-discovery, and the pursuit of a just and compassionate society.



Our school celebrated Iqbal Day with immense enthusiasm, proudly honoring his legacy as Pakistanis. We paid tribute to his remarkable efforts, profound thoughts, and inspiring poetry.

This year's festivities featured a captivating tableau by our young students, beautifully depicting the poem "Hamdardi," which teaches valuable lessons of empathy and compassion towards all creatures. Additionally, our grade 8 students presented a remarkable skit where one student portrayed Allama Iqbal, while another conducted a thoughtful interview, skillfully capturing his vision and ideals.

CHILDREN'S DAY

11th Nov 2024

Children's Day is a special day dedicated to celebrating the joy, innocence, and potential of children. It's a time to recognize their importance in shaping the future of our society.



"Children are the flowers from heaven. Let's make this world a safe and enjoyable place for our kids."

Our school celebrated Children's Day with tremendous energy. Students came together to perform various activities on stage and in class, showcasing their talents. The administration cut a cake in the presence of the children, followed by a distribution of candies. Every effort was made to make the children feel special and valued, highlighting their importance.



The day emphasizes the importance of providing children with a nurturing environment, education, and opportunities to grow. It highlights the need to protect their rights and ensure their overall well-being.





Camps Set Up
to Promote
Cultural
Awareness
and
Appreciation.

Culture and Heritage Week



Traditional Cuisine,
Dances, and Songs
Bring Emirati Culture
to Life.



UAE NATIONAL DAY

2nd Dec 2024

The UAE's 53rd National Day was a grand celebration of the country's unity, progress, and rich heritage. Our school marked this special occasion with great enthusiasm and pride. The day began with a flag-hoisting ceremony, where students and teachers gathered to raise the UAE flag high. The school was decorated with vibrant colors, flags, and balloons, creating a festive atmosphere.

The students showcased their cultural talents through traditional national dances and songs, filling the air with patriotic fervor. The highlight of the event was a spectacular band performance by the police department, which left the audience mesmerized. The students were thrilled to participate in the performances, demonstrating their love and respect for their country.



The celebration was a wonderful opportunity for our students to learn about the UAE's history, culture, and values. It was a day filled with joy, pride, and a sense of belonging, as we came together to honor the nation's unity and achievements.

SPORTS GALA

The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.

10th– 14th Dec 2024



The much-anticipated Sports Gala 2024 at the school was a thrilling showcase of athleticism, teamwork, and house spirit. Students from all houses—Yellow, Red, Green, and Blue—competed fiercely across multiple sports events held in two cycles. The grounds echoed with cheers as participants gave their all in cricket, football, volleyball, tug of war, and various track and field events.

The event commenced with a vibrant inauguration ceremony, where the Principal addressed the audience and participants. In his inspiring speech, he emphasized the importance of sports in a student's life, highlighting how physical activity fosters discipline, teamwork, resilience, and leadership skills. He encouraged all students to participate wholeheartedly and uphold the true spirit of sportsmanship.



⚽ Football was another area where Yellow House proved unstoppable, winning both Cycle-II and Cycle-III matches. Blue, Red, and Green Houses put up commendable fights for runner-up spots.



🏐 In Volleyball, victories were more evenly distributed. Red House clinched the Cycle-II title, while Green House came out on top in Cycle-III.



🏆 The ever-popular Tug of War saw Blue House triumph in Cycle-II and Red House take the win in Cycle-III, showcasing the strength and determination of the students.

Running Races (100m & 200m) were won by Yellow and Green Houses, respectively.

Three-leg Races and Sack Races featured impressive coordination and balance, with Yellow, Blue, and Red Houses sharing wins.

Long Jump witnessed power-packed jumps, with Green and Red Houses taking top spots in their respective cycles.



🏏 Cricket saw a dominating performance by Yellow House, winning in both cycles. Red and Green Houses followed closely with consistent placements.

🏆 After a series of electrifying contests, the overall champion of the Sports Gala 2024 was Yellow House with an impressive 38 points! They were followed closely by:

- Red House – Runner-up (30 points)
- Green House – Third Place (28 points)
- Blue House – Fourth Place (24 points)

Arts and Science Exhibition

FEB 2025

The recent Arts & Science Exhibition at our school was a resounding success, showcasing the exceptional talents of our students. The event featured an impressive array of projects that demonstrated the students' creativity, imagination, and ingenuity.



In the science category, students presented innovative projects, including:

- Water purification plants, demonstrating their understanding of environmental science and sustainability
- Hydraulic systems, exemplifying their knowledge of physics and engineering principles
- Solar system models, showcasing their grasp of astronomy and space exploration



The arts segment was equally impressive, with students displaying their artistic skills through various mediums, such as paintings, drawings, and sculptures. Their creations reflected their unique perspectives and creativity.

The recycling projects segment was both informative and innovative, with students presenting:

- Creative uses of recycled materials, such as turning plastic bottles into planters or creating art from discarded items
- Innovative solutions for reducing waste and promoting sustainability, such as composting and recycling systems



The exhibition provided a platform for students to express themselves, think critically, and develop problem-solving skills. It was inspiring to see the students' passion for science, arts, and culture, and we look forward to nurturing their talents in the future.



Funfair Frenzy at PHSS RAK!



Thrills and Laughter

PHSS RAK's Biggest funfair Yet



Students Unleash fun and Excitement

PHSS RAK fun Day

HAQ AL LAILA



Haq al Laila

Haq Al Laila was joyfully celebrated in the KG section with vibrant traditions! The children wore beautiful Emirati outfits and they sang lovely traditional songs and shared sweets with their friends. This special day helped them understand and appreciate Emirati culture.

It was a delightful celebration filled with love, laughter, and learning!



Inclusion Begins with Us

Mrs. Hina Wajahat

◆
Inclusion Head



Learning Knows No Bounds

Welcome to the very first inclusion article of our school newsletter! We are excited to begin this journey of sharing, learning, and celebrating the vibrant spirit of PHSS, Rak School. As we launch this inaugural issue, we are proud to shine a light on a value that sits at the heart of our school.

What Does Inclusion Mean at PHSS?

Inclusion is more than a word. It's the way we treat each other every day—with kindness, respect, and understanding. At PHSS, RAK inclusion means that every student, regardless of background, ability, or belief, is seen, heard, and valued. We believe that when students learn in an environment where they feel safe and accepted, they can truly thrive—academically, emotionally, and socially.

Our Commitment:

At PHSS, we are at the beginning of our journey toward creating a more inclusive environment. We recognize that true inclusion doesn't happen overnight—it's something we must build together, step by step. Our first goal is to listen and learn. We are encouraging open conversations among students, teachers, and families about what inclusion means and how we can support each other better.

We are also reviewing our practices to ensure that every student feels safe, respected, and welcomed.

Everyone Has a Role:

Inclusion starts with each of us—students, teachers, staff, and families. Whether it's offering a smile, inviting someone to play, or standing up against unfairness, small actions can make a big difference.

As we move forward, let's remember:
We are stronger together.





Healthy Life Style

Mrs. Qurat-Ull-Ain

✦
Nurse

CHOOSE QUALITY FOODS

Quality foods contain essential nutrients (i.e., vitamins and minerals) that help our bodies grow and function normally. Without them, we can become weak and develop chronic diseases (i.e., type 2 diabetes, heart disease)



Goal:

Eat food high in essential nutrients and avoid foods low in essential nutrients

Tips:

Choose low-sodium (low-salt) foods. Choose food low in cholesterol, saturated fat, and added sugars. Choose foods high in fiber and protein. Choose water instead of sugar-sweetened beverages (i.e., soda, sports drinks)

STOP SKIPPING MEALS

What would happen if you tried driving a car on an empty fuel tank? Your body needs fuel just like cars need fuel to function properly. Skipping one or more meals per day will cause low energy, low athletic performance, decreased ability to learn, and increased hunger. This may result in weight gain and increase your risk of developing a chronic disease.



Goal:

Eat three meals per day plus snacks.

Tips: Meal prep meals ahead of time. Keep extra snacks in your backpack.

BUILD A HEALTHY PLATE

There are five food groups: fruits, vegetables, grains, protein, and dairy.



Goal:

Meals should consist of 3 different food groups; Choose 2 different food groups

Tips: Have a fruit or vegetable to have with each meal or snack. Focus on whole grains (i.e., brown rice, whole grain bread, quinoa, oats) Choose lean protein (i.e., poultry, eggs, beans, nuts, seeds). Switch to low-fat fat-free dairy (i.e., milk, yogurt, cheese).

BE ACTIVE

Physical activity can increase bone health, strength, and school performance while decreasing your risk for injury.



Goal:

Be active for 60 minutes per day.

Tips: Break it up throughout the day (six, 10-minute increments) Gym class and sports count! Walk your family pet, ride your bike, or go swimming. Destress with yoga



Roots of Pride, Wings of Dream

In the RAK's heart, we grow
In the lap of PHSS, we glow,
We are born to rock, we are RAKIANS,
With Pakistani roots, we are PAKIANS.

In a safe n productive environment, we grow,
National and international values we know,
Embracing diversity, hand in hand,
Together we rise, in this noble land.

We set our goals high n believe in try
A day will come when we will rise high,
Our motto guides us, day by day,
To learn, to grow, to lead the way.

We fall, we rise, we mesmerize
This is the way, we actualize,
Believe in us, we are PAKIANS
RAK's love makes us RAKIANS.

Muneeb Ur Rehman
English Teacher



سادگی

سادگی کا مطلب یہ نہیں کہ آپ کے پاس
کوئی چیز کم ہے بلکہ یہ ہے کہ آپ کو زیادہ
کی نمائش کی ضرورت نہیں ہے جو لوگ
اندر سے مطمئن ہوتے ہیں، وہ باہر سے
سادہ ہوتے ہیں



..... نہ دکھاوا

..... نہ بناوٹ

بس اصل

زندگی

..... اصل چہرہ

..... اصل انسان



سادگی وہ خوبی ہے جو گزرتے وقت کے ساتھ
دنیا میں نایاب ہوتی جا رہی ہے لیکن یہی وہ
چیز ہے جو انسان کو

سب سے زیادہ خالص و خوبصورت —
.... بناتی ہے

منزہ عمران

معلمہ اردو

اردو زبان کا خوب صورت انداز



❖ حجام کی دوکان پر لکھا ہوا پڑھا۔۔۔۔۔

"ہم بول کا بوجھ تو نہیں لیکن سر کا بوجھ ضرور ہلکا کر سکتے ہیں" (☺)

❖ لائٹ کی دوکان والے نے بورڈ کے نیچے لکھوایا۔۔۔۔۔

"آپ کے دماغ کی بتی بجھلے ہی جلے یا نہ جلے، مگر ہمارا بلب ضرور جلے گا" (☺)

❖ چائے والے نے اپنے کاؤنٹر پر لکھوایا۔۔۔۔۔

"میں بجھلے ہی عام ہوں مگر چائے اسٹیشنل بنانا ہوں" (☺)

❖ ایک ریستورنٹ نے سب سے الگ فقرہ لکھوایا۔۔۔۔۔

"یہاں گھر جیسا کھانا نہیں ملتا، آپ اطمینان سے تشریف لائیں۔" (☺)

❖ الیکٹرونک دوکان پر سلوگن پڑھا تو میں دم بہ خود رہ گیا۔۔۔۔۔

"اگر آپ کا کوئی فین نہیں ہے تو یہاں سے لے جائیں۔" (☺)

❖ پھل والے کے یہاں تو غضب کا فقرہ لکھا دیکھا۔۔۔۔۔

"آپ تو بس صبر کریں، پھل ہم دے دیں گے۔" (☺)

❖ گھڑی کی دوکان پر بھی ایک زبردست فقرہ دیکھا۔۔۔۔۔

"بھاگتے ہوئے وقت کو اپنے بس میں رکھیں، چاہے دیوار پر ٹانگیں، یا ہاتھ پر باندھیں۔" (☺)

❖ بالوں کی ایک کمپنی نے تو اپنے ہر پروڈکٹ پر لکھ دیا۔۔۔۔۔

"ہم بھی بال بال بچاتے ہیں۔" (☺)

❖ اور ایک دندان ساز کا لکھا فقرہ پڑھا تو میں دم بہ خود رہ گیا۔۔۔۔۔

"دانت کوئی بھی توڑے لگا ہم دیں گے۔" (☺)

❖ ایک دوکان میں لکھا دیکھا۔۔۔۔۔

دوکان کے اوقات کار:

صبح 9 سے شام 6 تک،

"ہم اپنی اوقات میں رہتے ہیں۔"



How much more before a heart breaks.

I wonder sometimes if
You can keep breaking a heart;
Even when it's already in shards?

If you can make more tears show
Even when there are rivers of it that flow?

If you can break a person
So, it feels worse than a Treason?
As if we've not been broken enough;
The mind mutters 'You're tough'

How much more can a heart handle;
Before breaking apart and walking away to
ramble

Smiles can be fake but so can be emotions
Sometimes it feels like drowning in oceans

What have I done to deserve this?
Why have I become this?

How much more before a heart breaks?
How much more can it take?

*Laiba Noor
Grade 11th A*



THE NATURE OF PRIDE

Laiba Noor
Grade IIth A

The word Pride means arrogance. A person with Pride is known to be arrogant, he is over-confident and cannot handle criticism. A person who has Pride think of themselves as superiors to others. We also call it a 'Superiority Complex'. When someone is prideful of themselves, they disconnect from humility and become narcissistic.

Allah (S.W.T) says in the Quran:

'And do not walk upon the earth with arrogance; indeed, you will never tear the earth apart, and you will never reach the mountains in height.'

Once when I was reading an article, I read a line that stayed with me till today and it said:

'As if the clay you were made from was kneaded with rose water'

This one line made me think for a long time. We all are made of clay. All of us would one day return to Allah. All of us would have to face the Day of Judgement and on that Day, whether you were rich in this world or had power and influence wouldn't matter. So why the pride? Why the arrogance?

Theres' an Urdu saying which goes:

' مٹی سے، مٹی پر، اور پھر مٹی میں ، تو غرور کس بات کا؟ '

Translation: 'From dust, on dust, and then back to dust, what is there to be proud of?'

We should be humble. We can learn a lot from the Life of the Prophet (S.A.W) when it comes to being humble.

Prophet (S.A.W) said:

'Whoever has an atom's weight of pride in his heart will not enter Paradise.'

When a person becomes humble, their life becomes peaceful. They trust in Allah and don't think of themselves as superior. It benefits you not only in the After Life but in this world too as it shapes your character and identity. We should always try to do as much good deeds as possible and always strive to stand with justice. No matter who's watching, who's not watching or if it's benefiting us or not. Because most of the time, we are so concerned with walls having ears that we forget that the angels have pens.

In the very end, as it's my last work for this newsletter, and until the next time you see this name, I wish the best for you. May the ink of your good deeds seep so deep into the pages of history that the angels gather around to hear your story. Ameen.

The Mysterious Cookie Recipes

Once upon a time, in a small, joyful town, there lived a kind-hearted girl named Shilda. She was known far and wide as the best cookie maker around. Her cookies were warm, sweet, and made children smile with every bite.

One sunny afternoon, while Shilda was cleaning up her kitchen, she heard a soft knock at the door. She opened it — but there was no one there.

Instead, she found a curious-looking box sitting on her doorstep. Written on it were the words: "Open Me." Inside the box were two pages filled with strange cookie recipes. They were unlike anything she'd seen before — full of odd ingredients like onions, chicken wings, and soap!



Intrigued and wanting to try something new, Shilda

followed the first recipe and shared the cookies with the neighborhood children. But something strange happened — everyone started acting silly and had wild emotions!

Determined to find out more, she baked cookies using the second recipe the next day. This time, everyone who ate them became very sleepy.

The third recipe made everyone feel gloomy and sad. Shilda was starting to worry.

Then she tried the fourth and final recipe. But this one made everyone dizzy and confused. Shilda sat in her kitchen, feeling overwhelmed and sorry. "What have I done?" she whispered.

The next morning, there was another knock at the door. This time, a young girl stood there, smiling gently.

"I'm the one who left the box," she admitted kindly. "I wanted to see if you would follow a stranger's instructions without thinking for yourself. You did — and look what happened."

Shilda nodded slowly. "I didn't mean to cause harm. I just wanted to try something different."

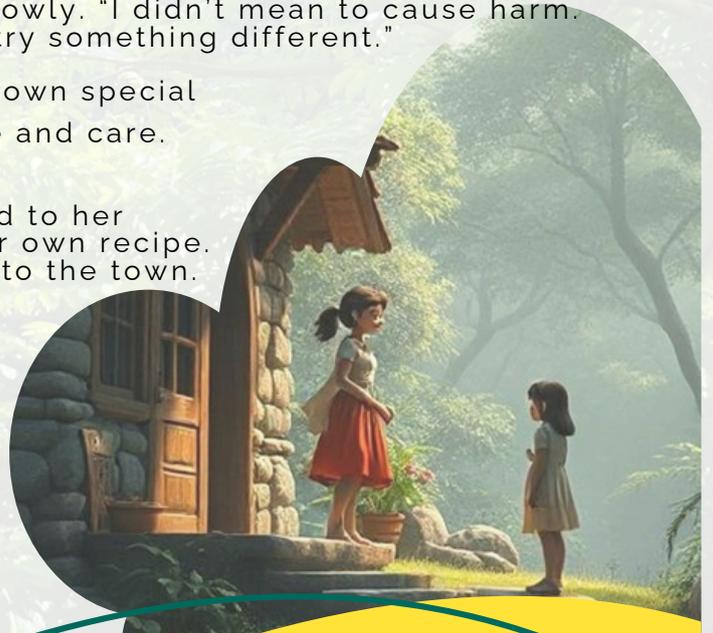
"It's okay," the girl said. "Now, bake your own special cookies again — the ones filled with love and care. That's what makes them magical."

Shilda smiled, feeling wiser. She returned to her kitchen and made a fresh batch using her own recipe. When she shared them, the joy returned to the town.

Moral of the Story:

Never follow the instructions of strangers blindly. Trust your heart, your skills, and your kindness. That's where the real magic lies.

AMNA IMRAN



The art of Artificial Creativity

Artificial Intelligence, or AI, may seem like nothing—but in truth, it's everything. It is the brilliance of humans that has transformed our lives through machines. AI focuses on creating modern systems that assist humans in all areas of life, including medicine, education, tourism, and everyday experiences. It has become a vital part of new-age living.

AI is no longer limited to computers — it has upgraded, modernized and even replaced many machines. Smartphones, designed for instant access to the world, are one of the most common examples of AI in action. Additionally, it is the key to tools like GPS navigation, social media platforms, voice assistants such as Siri, and smart home devices like smart lights and speakers.

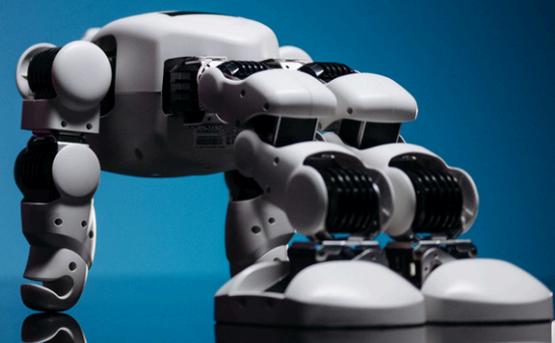
In education, AI has enabled smooth and intuitive tools that support both teachers and students. Apps like Google and ChatGPT provide access to endless information. Students can now come up with better as well as catchy notes and learn through animations. Teachers can keep record of students performance and design more interactive lessons using presentations.

In the medical field, AI has helped doctors evolve healthcare, advancing into areas like radiation therapy. Researchers continue to explore new technologies using AI. Transportation has also been transformed, with self-driving cars replacing old-travel- methods.

AI has empowered businesses by connecting them to global markets. It detects fraud, analyzes trends, and predicts future opportunities. In agriculture, AI plays a key role in smart farming—supporting crop health, pest detection, and efficient resource use.

However, many are concerned about the dangers AI might be hiding behind the friendly assistance. Some fear a future where humans are replaced by robots. Others worry about the loss of privacy, as AI collects and stores massive amounts of data. There's also growing concern over environmental damage due to energy consumption and electronic waste.

As a result, maintaining a healthy balance between real life and artificial systems is essential. AI holds incredible power to enhance our lives, but we must use it wisely and ethically. With thoughtful management, AI can truly become a trusted companion—not a threat.



The world's beauty

The world's beauty is Animals and nature.

We should not harm the animal or plants.

Plants give us oxygen. If we cut down all the trees we would run out of oxygen and then we would not be able to breathe.

Animals give us food like Honey comes from bees, egg from the chicken, milk from cows and other more... so if we will not have animal and plants

we will not be able to live. Keep the world
Beautiful.





میں کسی سے کوئی اُمید نہیں رکھتا جانتے ہو

کیوں نہ میرا رب فرماتا ہے ﴿لَا تَرْجُوا إِلَٰهًا

إِنِّي رُبُّكُمْ﴾ اپنے رب کے علاوہ کسی سے امید مت رکھنا



۲



صبر کرنا اور شکر کرنا، صبر کرنا اور شکر کرنا۔

نصیب والوں کے حصے میں آتا ہے صبر آپ کو صبر
اپنا تا ہے اور شکر کرنا پیروں سے صلوات پتا ہے



۲

ایکے ضرور ہیں پر کوئی غم نہیں لیکن ہاں جہاں

عزت نہیں وہاں میں بھی نہیں



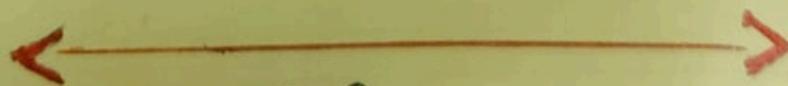
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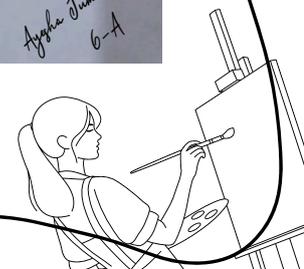
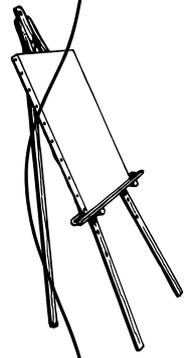
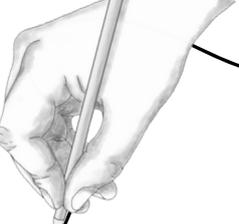
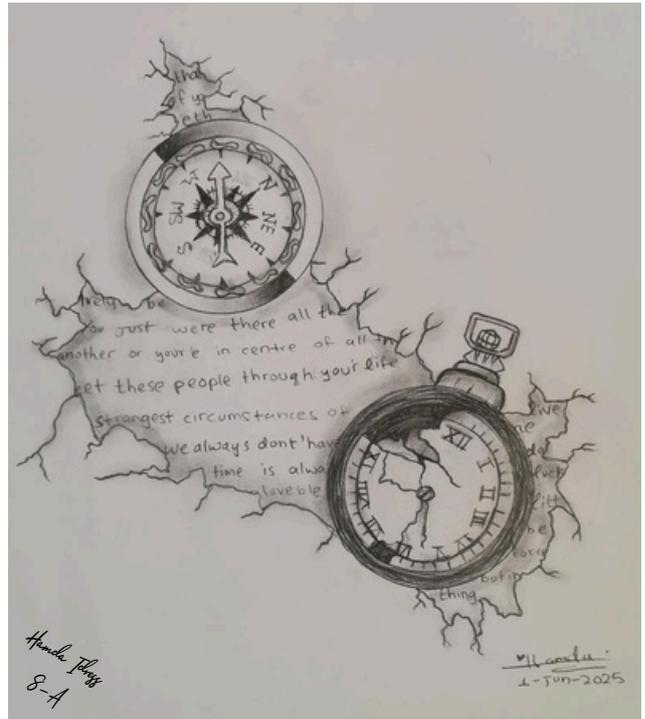
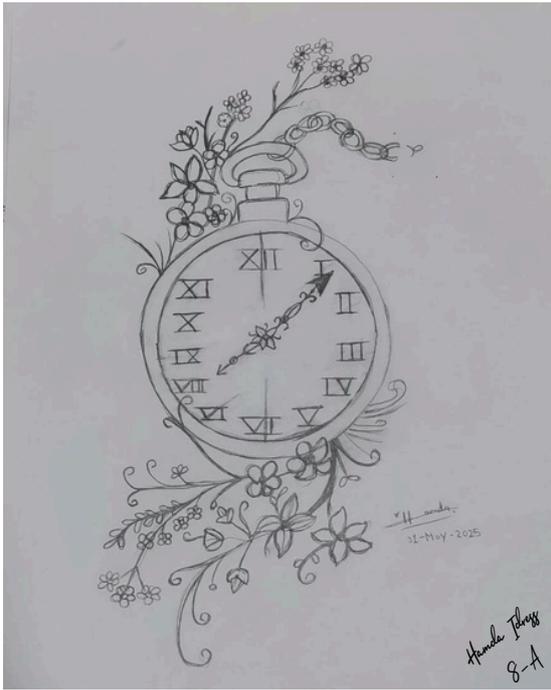
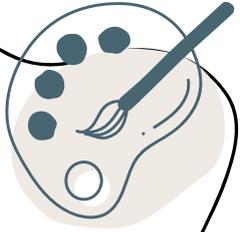
ایک میرا رب ہی ہے جو سجدہ میں مان جاتا ہے

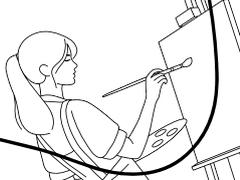
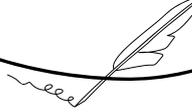
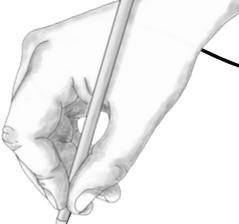
ورنہ یہ دنیا والے تو جان لے کر بھی معاف

نہیں کرتے



Students' Corner





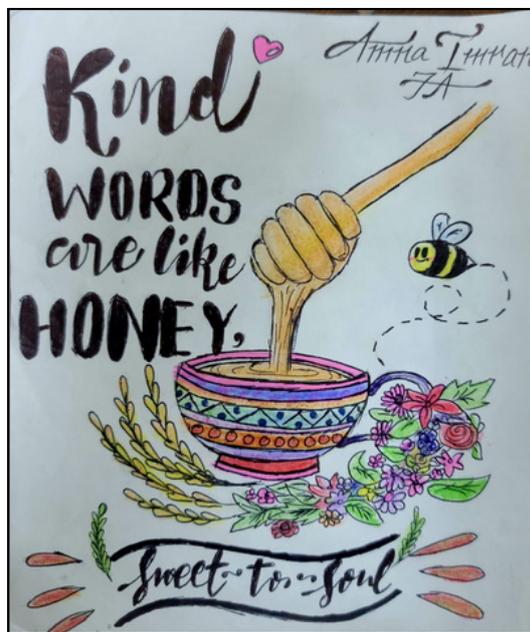
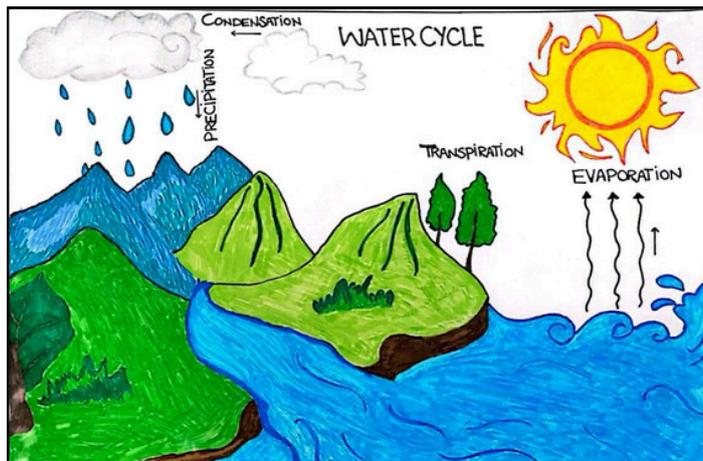
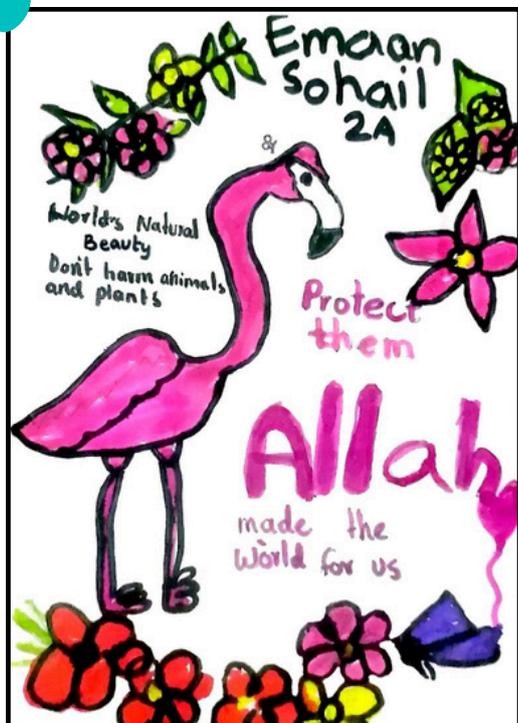
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Amma's Art
31-May-2025

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Rakha Razaq
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Our Faculty



Mr. Amjad Ali Ameen
Mathematics



Mr. M. Jawad Haider
Mathematics



Mr. Ibrahim Eldsoky
Arabic



Mr. Abdul Sabour
Arabic



Mr. Azaz Ali
Computer Science



Mr. Ikram Ul Haq
Islamic Studies



Mr. Muhammad Shan
Physics



Mr. Waheed Azeem
Physics



Mr. Muneeb Ur Rehman
English



Mr. Muhammad Azlan
English



Mr. Wajid Ali
English



Mr. M. Nasir Riaz
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Mr. Shahid Ali
Urdu



Mr. Ijaz
Chemistry



Mr. Abid Riaz
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Mr. Amr Sameer
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Mrs. Rushda Iftikhar
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Mrs. Munnaza Imran
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Mrs. Rahat Rizwan
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