

USMAN PUBLIC SCHOOL SYSTEM



NEWSLETTER

CAMPUS 29 SESSION 2025-2026

From the Principal's Desk

Assalamo Alaikum

Our Vision: Nurturing generations to serve the role as leaders of Ummah and embracing our core values*

As we embark on another exciting journey of learning and growth, it's essential to reflect on the principles that guide us. Our school's core values- Taqwa, following Prophet Muhammad SAW as role model, enjoining good and forbidden evil, Research and Explore, Service of Mankind and Protection of ideology of Pakistan- are the foundation upon which we build our community.

Taqwa reminds us to be mindful of our actions and intentions, striving to do our best in all aspects of life. We at UPSS make it sure that our students and staff as a community follows Prophets Sunnah in all spheres.

Research and Explore for which we encourage our students to be curious in all subjects, seek knowledge, and push boundaries. Service of Mankind inspires us/ our students to lend a helping hand and make a positive impact on the world around us. Enjoying Good and Forbidden Evil motivates us to stand up for what's right and promote goodness in our community Alhamdulillah.

At UPSS, we equipped leaders of the Ummah, with the knowledge, skills, and values to make a difference in the society. We strive to create an environment where our students can grow into compassionate, thoughtful, and courageous individuals who lead with integrity and serve humanity.

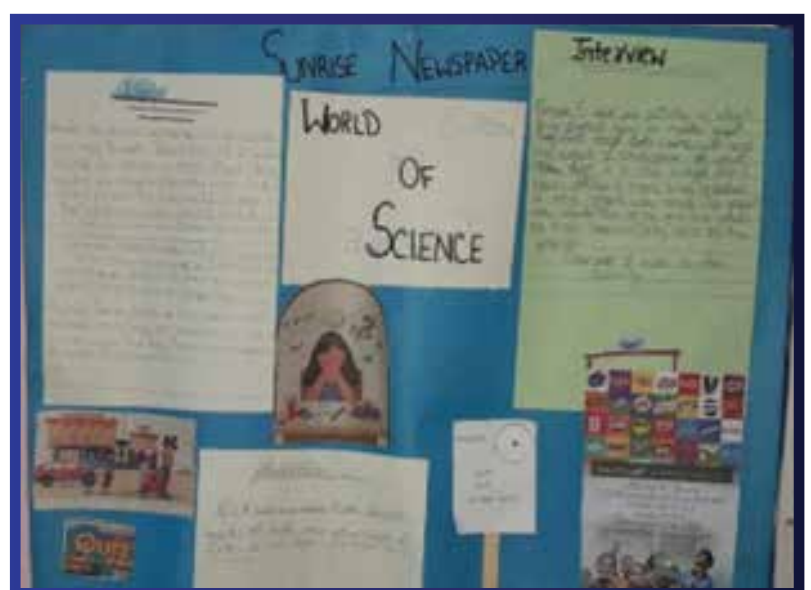
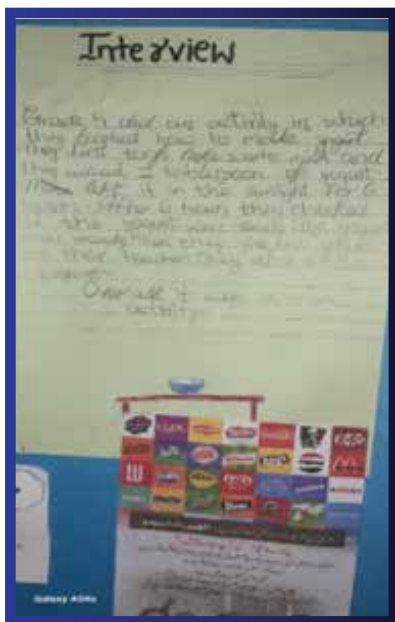
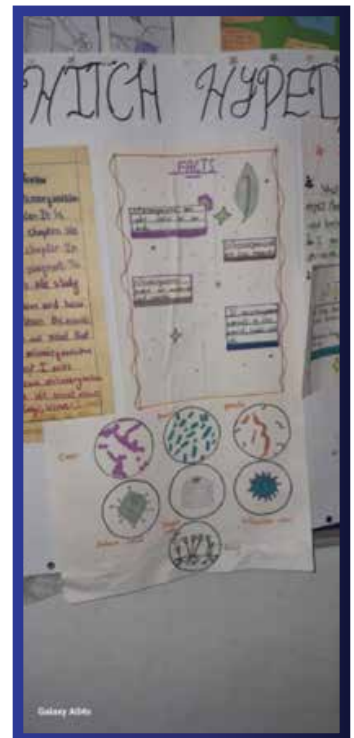
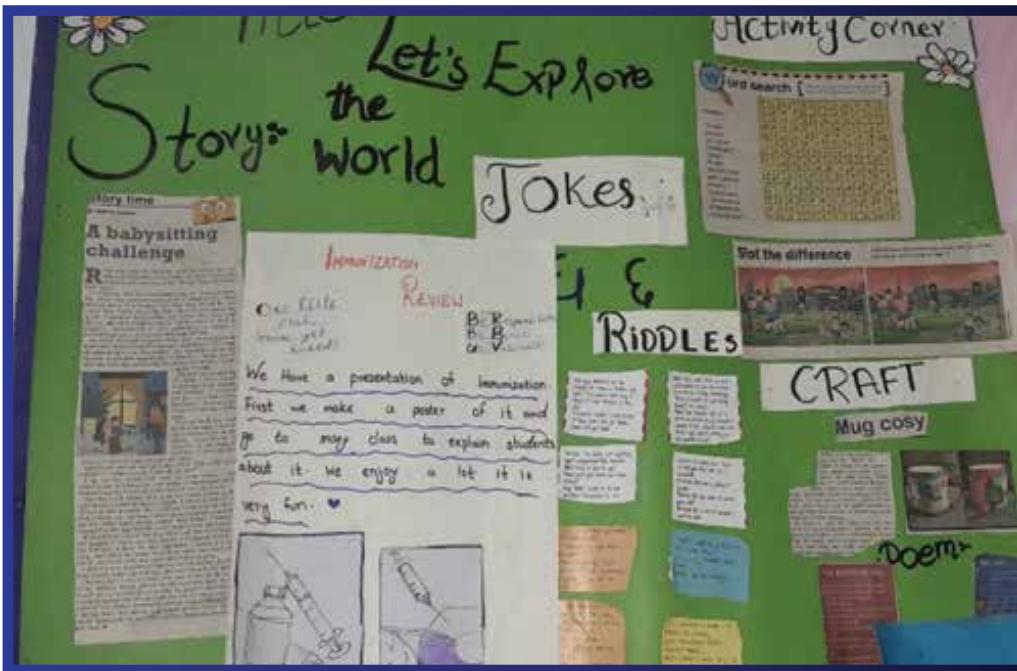
Let's work together to embody these values and strive for excellence, becoming the leaders of Ummah of tomorrow that our world needs

(Science and Social Studies)

1. Grade V Students Create Their Own Newspapers

The Grade V students showcased their creativity by designing and publishing their own newspapers. Each publication reflected the students' unique talents and interests, featuring jokes, riddles, reviews, articles, and illustrations.

Through this engaging activity, the young learners not only explored different aspects of newspaper-making but also developed essential skills such as research, writing, critical thinking, and teamwork. The project further enhanced their social skills, providing them with an opportunity to express themselves while producing original and imaginative publications.



2. *Students Explore the World of Microorganisms*

We read chapter 'Microorganisms'. It's very enthralling chapter. It is enjoyable to go through this chapter. We had an activity in which we made yogurt from luke warm milk. We were surprised to know that microorganisms like bacteria works differently. They can also benefit us in different ways like in medicine indusrty, in baking goods and in preparation of vaccines. Microorganisms are really a blessing of Allah S.W.T.

BY: ABIHA IRFAN GRADE V CAMPUS 29

3. *Students Learn Science of Yogurt-Making*

Students enthusiastically participated in a yogurt-making activity, exploring the role of microorganisms in food production. Through hands-on experiments, they observed how beneficial microbes such as Lactobacillus ferment milk, transforming it into yogurt.

The activity introduced students to the science behind fermentation while underscoring the importance of microorganisms in daily life and nutrition.



4. International Day Of living Together in peace:

On the International Day of Living Together in Peace, observed worldwide on May 16, Grade 5 students delivered a presentation promoting unity and harmony. Highlighting Islam's core principles of peace and compassion, they called for greater global understanding and cooperation.

The students also urged the United Nations and the international community to prioritize an immediate ceasefire in Palestine and Kashmir, emphasizing the need for peaceful resolution in both regions.

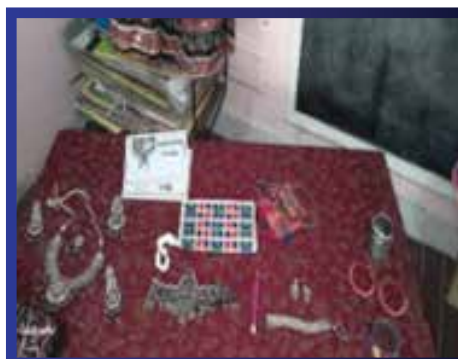
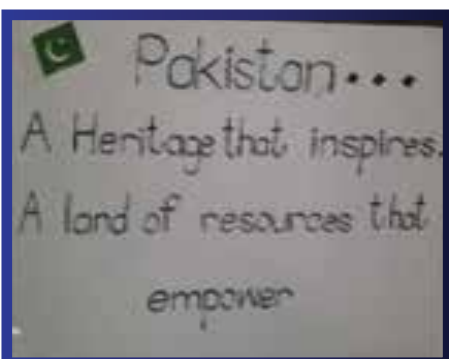


5. Cultural display of Pakistan:

On 19th August 2018, as part of the Pakistan's 78th Independence day celebration, our school campus 29 organized a special display showcasing Pakistani national and cultural heritage by the title of Pakistan — a heritage that inspires, a land of resources that empower.” We had variety of things on display, from cultural dresses and cultural jewelry to pink salt and gems too. It has various corners that represents

1. Rich Mineral Resources: Minerals of Pakistan
2. Bountiful Harvest: Agricultural Products of Pakistan
3. Cultural Attire: It shows clothing of Pakistan like Regional dresses and jewelry of all the provinces.
4. Artistic Expressions: Crockery and Artwork of Pakistan including Truck art.
5. Symbols of Nationhood: National Things of Pakistan

Students were present at every display throwing light on the cultural articles under the guidance of teachers. Students enjoyed the exhibition so much. Teachers appreciated the efforts of students. This cultural display showcased the rich cultural heritage of our country and provided the children an opportunity to learn about our culture and traditions.



6. Art Competition – “My Dream Pakistan”:

On August 12th, UPSS Campus 29 organized an art competition on the topic “My Dream Pakistan” for students from Grades 1 to 5.

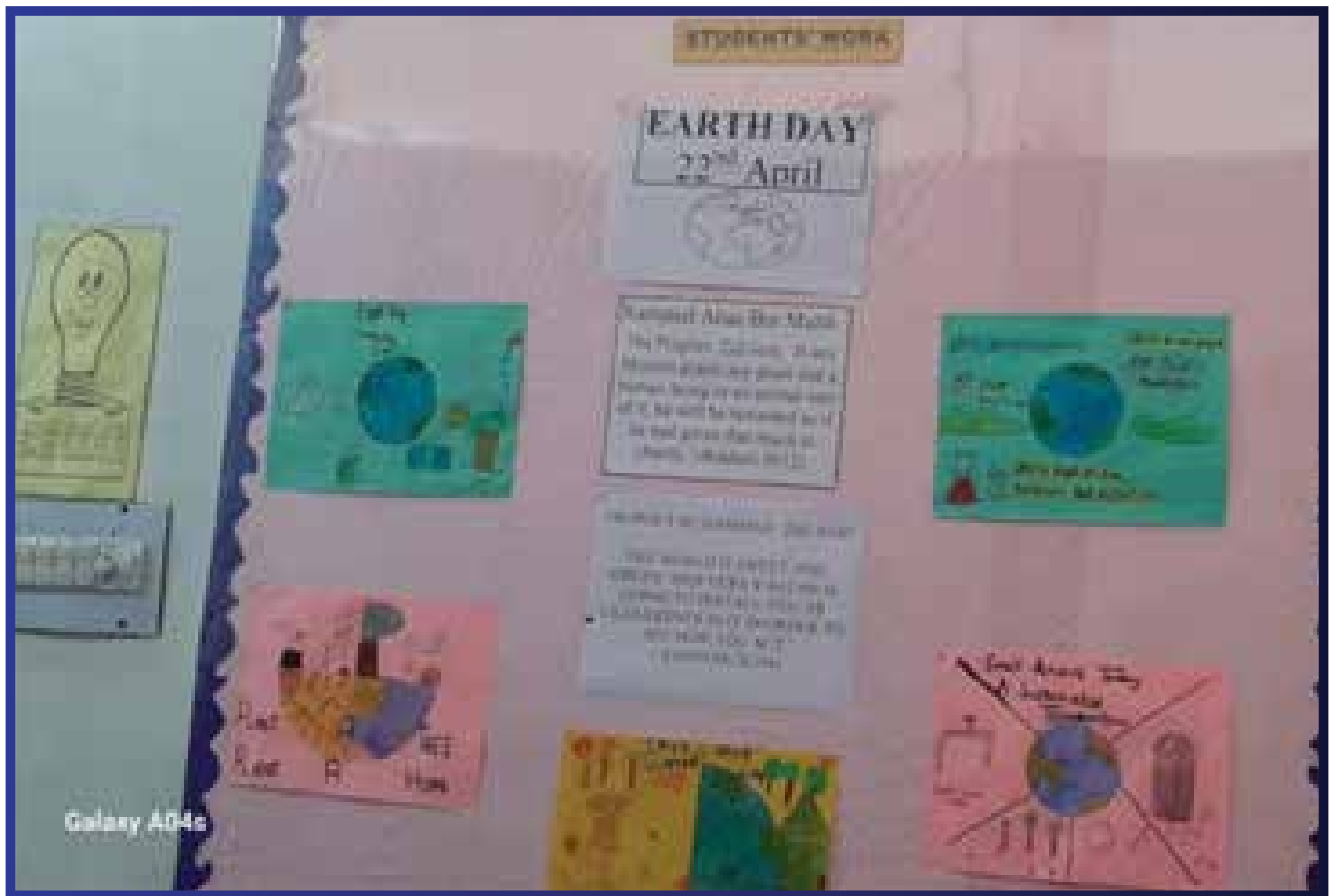
Through their artwork, the students showcased their innovative ideas about the Pakistan they wish to see — a country free from pollution, without traffic problems, with a clean environment, and where justice and patience prevail everywhere along with the implementation of Islamic Rules.

This competition reflected the students’ deep love for their country and their determination to contribute towards achieving their dream of a better Pakistan.



7. *Earth Day '22nd, April':*

Our Grade 3 students celebrated Earth Day with creativity and purpose by participating in a drawing activity that beautifully reflected their environmental awareness. Through their artwork, they showcased their talents while emphasizing the importance of protecting our planet. Their drawings carried powerful messages about conservation, sustainability, and the beauty of nature — reminding us that the Earth is an Amanah from Allah, and it is our duty to care for it with gratitude and responsibility



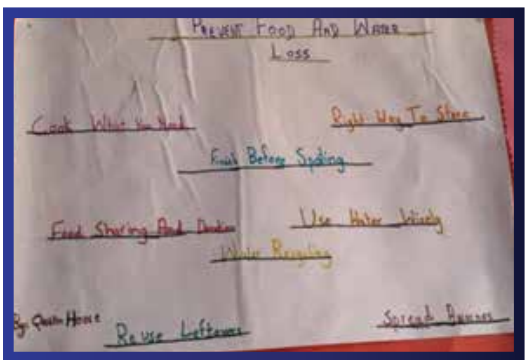
8. International Day of Awareness of Food loss and Waste:

September 2nd is recognized as International Day of Awareness of Food loss and Waste. It is a day that reminds us that we should not waste food. Food is a blessing of Allah S.W.T. It gives us energy, strength and happiness. When we waste food we also waste the hard work of the farmers. We must learn to take only a limited portion of food that we need to eat and also finish it.

Al-Miqdam ibn Ma'dikarib reported: The Messenger of Allah, peace and blessings be upon him, said, "The son of Adam cannot fill a vessel worse than his stomach, as it is enough for him to take a few bites to straighten his back. If he cannot do it, then he may fill it with a third of his food, a third of his drink, and a third of his breath."

Source: Sunan al-Tirmidhī 2380

Lets remember! Every grain of food is a blessing. Do not waste food, share it with others and together we can build a world where no one will sleep hungry.



9. *International Day of Biodiversity:*

May 22nd is recognized worldwide as 'International day of biodiversity'. Students of grade IV, highlighted the importance of biodiversity via poster making and oral presentations in different classes. Biodiversity is a blessing of Allah as it includes plants and animals both and their diverse nature. It is very important as it maintains the ecosystem of the earth. We should avoid cutting trees, destroying the rainforest, spreading pollution and hunting animals to reserve biodiversity of our planet earth.

**WRITTEN BY: MUSFIRAH AMAL
GRADE IV CAMPUS 29**



10. International Literacy Day (September, 08) :

On international literacy day, I would like to share that reading and learning are very important for everyone in the world. Islam also teaches us to seek knowledge. The very first word of the Quran revealed to our Prophet Muhammad S.A.W.W was 'IQRA' which means 'READ'. This shows how much Allah wants us to learn, understand and explore the universe. If we all read, write and share knowledge we can make this world a better and kinder place.

**BY: KHADIJA BILAL
GRADE: V CAMPUS 29**



11. *Balanced diet:*

I was very surprised to see that the great people of my class were divided in to five groups. They worked hard and then their hard work became a success. And these five groups were based on five nutrients, that are carbohydrates, Fats, proteins, Fibre and Vitamins and minerals. They did great work by explaining thee groups in detail. Their ideas were awesome. And I am sure they will get good reviews from others too.

**BAREERA OWAIS
GRADE III**



12. Grade 3 Students Explore Animal Habitats Through Creative Models

Our dear Grade 3 students showcased their creativity and understanding of science by creating impressive models of animal habitats. The students designed and presented models of various habitats, including rainforests, grasslands, hot deserts, cold deserts, freshwater, and oceans.

Through their presentations, students confidently explained how animals are adapted to survive in these different environment. For example, how desert animals conserve water or how polar animals stay warm in cold regions. This hands-on activity helped learners connect textbook knowledge with real-life examples.

The project also encouraged collaboration, as students worked together, shared ideas, and supported one another throughout the process. Such activities not only strengthen scientific understanding but also develop teamwork, communication skills, and creativity.

We are proud of our young learners for their enthusiasm and excellent efforts in making learning meaningful and enjoyable.



13. Grade 5 Students Discover the Wonders of Vegetative Propagation

Our Grade 5 students enjoyed an exciting hands-on learning experience while exploring vegetative propagation, a form of asexual reproduction in plants. Through this activity, students successfully grew new plants using potato buds, carrot tops, garlic cloves, and onion bulbs.

This practical approach helped students understand plant biology in an engaging and meaningful way. As they observed changes over time, they developed curiosity, observation skills, and a deeper appreciation for how plants grow and reproduce.

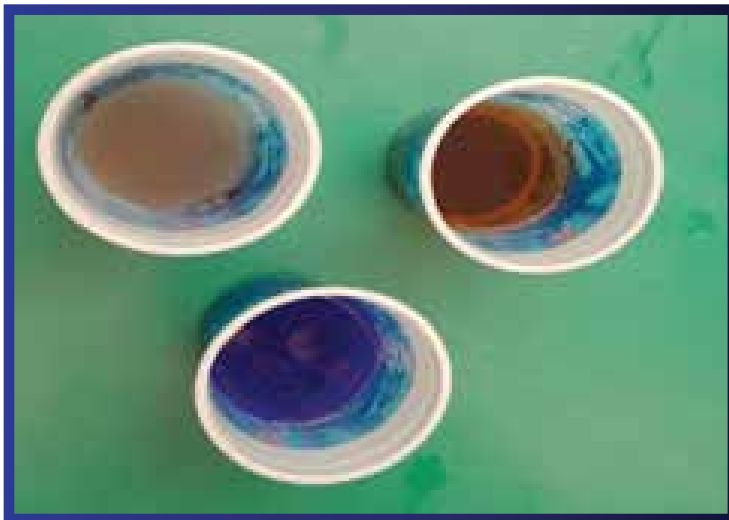
The activity also encouraged responsibility and patience, as students cared for their plants and eagerly monitored their progress. While learning about the science behind plant growth, students were reminded of the diversity, balance, and wisdom in Allah’s creation, strengthening both their knowledge and reflection.



14. Grade 5 Students Explore Solubility Through Hands-On Learning

Grade 5 students enthusiastically participated in an interactive science activity to explore the concepts of soluble and insoluble substances and the factors affecting solubility. Through practical experimentation, students tested materials such as sand, tea leaves, chalk, ink, sugar, and salt in both hot and cold water.

By observing which substances dissolved and which did not, students gained a clear understanding of how temperature influences solubility and how different materials have different properties. This engaging hands-on experience made learning enjoyable while strengthening scientific thinking and observation skills. The activity also encouraged students to reflect on the diversity and wisdom of Allah’s creation, as they witnessed how each substance behaves uniquely. We commend our Grade 5 students for their curiosity, teamwork, and active participation in making science come alive.



15. *Mental Health Survey Highlights (Grades 1–5)*

To promote emotional well-being among students, Grade 4 students conducted a mental health survey across Grades 1 to 5. The questionnaire helped us understand how students feel about school, friendships, emotions, and support systems.

Summary of Survey Results (Grades 1–5)

The mental health questionnaire was conducted by Grade 4 students among Grades 1 to 5. The responses show encouraging results overall:

A large majority of students feel happy at school (Q1: 81 said Yes).

About half of the students talk to friends about their feelings, while the other half do not (Q2).

An overwhelming majority feel safe at school (Q3: almost all students answered Yes).

Many students express their feelings through drawing when they feel sad or upset (Q4).

Most students know what makes them feel happy (Q5).

More than half of the students feel stressed when they have a lot of homework (Q6).

A strong number of students have someone to talk to when they feel sad (Q7).

Most students enjoy playing with friends during recess (Q8).

A large majority feel better after talking about their feelings (Q9).

Most students talk to their parents about their feelings (Q10).

Many students have someone they trust to talk to about their emotions (Q11).

Almost all students feel happy when doing something they love (Q12).

Conclusion

The survey results clearly show that our school provides a positive, safe, and supportive environment for students. Children feel happy, secure, and connected to friends and family. This reflects the caring efforts of teachers, parents, and the school community.

QUESTIONNAIRE FOR STUDENTS

1. Do you feel happy when you're at school?
(YES / NO)
2. Do you talk to your friends about your feelings?
(YES / NO)
3. Do you feel safe at school?
(YES / NO)
4. Do you like to draw pictures when you're feeling sad or upset?
(YES / NO)
5. Do you know what makes you feel happy?
(YES / NO)
6. Do you feel stressed when you have lots of homework?
(YES / NO)
7. Do you have someone to talk to when you're feeling sad?
(YES / NO)
8. Do you like to play with friends during recess?
(YES / NO)
9. Do you feel better after talking about your feelings?
(YES / NO)
10. Do you talk to your parents about your feelings?
(YES / NO)
11. Do you have someone you trust to talk to about your feelings?
(YES / NO)
12. Do you feel happy when you're doing something you love?

However, the findings also remind us that:

- Some students may struggle to express emotions openly
- Academic pressure can cause stress for certain children

Addressing these areas will further strengthen students' mental and emotional well-being.

Recommendations

- Encourage students to talk about their feelings through class discussions, circle time, or storytelling.
- Include art, drawing, and play-based activities to help children express emotions.
- Promote a healthy balance between homework and relaxation.
- Continue building strong teacher–student relationships so every child feels heard and supported.

CONCLUSION written by Khansa grade IV:

Most of students feel safe and happy at school but felt stressed when there is lots of homework. It shows that they are happy and mental health of kids is stable at school but school should lessen the burden of homework.

**DATA COMPILATION: BY ASNA KHAN, WANIYA ZEHRA AND
KHANSA BINT E SAAD GRDAE IV**

16. Science Fair 2026:

The Science Fair 2026 was held on January 23rd on our campus. Students confidently showcased their learning through creative 3D models and engaging explanations of scientific concepts. The exhibits covered topics such as human body systems, balanced diet, clean sources of energy, rotation and revolution of the Earth, habitats of animals, reproduction, fertilization and pollination in plants, as well as bacterial, viral, contagious, and non-contagious diseases. The event demonstrated the students' deeper understanding of these concepts and highlighted how knowledge helps us appreciate the world as an Amanah from Allah. It reminded everyone that this world has much to explore, and we must seek knowledge while performing our responsibilities faithfully. Mothers were also invited, which boosted the students' confidence and encouraged them to share their ideas with enthusiasm.



Sports day

To promote physical fitness, teamwork, and healthy competition among students through the organization and participation in our annual sports day event on Friday, 9th of January at Ahmed Saeed Qureshi park. The objective is also to foster a sense of school spirit and pride among students and staff while adhering to safety protocols and fair play principles. The event aims to provide an enjoyable and memorable experience for all participants while encouraging them to strive for personal bests and achieve their full potential.



Excursion

Connecting learning to real-life scenarios, we had an excursion trip to The Dollar Factory on 18th November where students of classes IV and V had an amazing time learning about the work environment and getting insights into the industry.

Also the students of class III went to the Quaid e Azam Museum to understand the life and leadership of Muhammad Ali Jinnah, gaining insight into the Pakistan Movement, and appreciating Pakistan's history and heritage

Book fair

Book fair was held in the month of May and December to inculcate reading habit in students and the love of buying and reading books

In campus spelling bee competition

In campus spelling bee competition was held in the month of November aimed to strengthen students' spelling, pronunciation, and vocabulary skills while fostering confidence, cognitive development, and a love for language

(Students drafts English)

Opinion Writing

Rising early promotes an organized Day

I hold the opinion that rising early promotes an organized day. Waking up early is a wonderful and refreshing habit. Early mornings are calm, serene and full of energy. Which helps the minds to feel clear and concise.

When we wake up early, the day feels organised for productivity. We get sufficient time for healthy breakfast, light breakfast and positive planning.

On the contrary, waking up late often makes a person feel lethargic, fatigued and irritable. Tasks become tiring and hectic. Sleeping more than eight hours per night can reduce thinking ability and reasoning skills.

It's my call that waking up early put on many beneficial and long lasting results. I want to recommend all people to wakeup early in the morning.

WRITTEN BY: ABIHA IRFAN GRADE 5

Narrative writing

Advice not Followed

One year back in June, we planned to visit a farm house during our summer vacations. I beamed with excitement as I really like these kinds of outings. I was wondering how enjoyable the day would be.

We decided to leave early in the morning that day. I had already bought some edible items from the market. Alhamdulillah we reached safely on time as planned. I was on cloud nine. My cousins and I are fond of water. We were eager to jump, but our aunt advised us not to do that, as it could be dangerous.

We totally neglected her advice and all of a sudden jumped into the pool. Chlorine was added in high amounts in the water. As only a few minutes passed, chlorine entered into our eyes, making them too itchy and irritable. We were in hot water. We were screaming because of the pain. Some elders spotted us and came forward to get us out of the pool. They immediately washed our eyes and face. Fortunately we were saved, but everything remained blurred for almost an hour. In the end, I asked forgiveness from my aunt, for we neglected her advice. That incident taught us a very important lesson.

WRITTEN BY: NABIHA NOMAN GRADE 5

Imaginary Writing

Annoyed whale and sheepish Water bottle

Here you come again in my ocean!" shouted the angry whale, as an empty plastic bottle struck his head.

"Please don't be angry," said the plastic bottle sheepishly. "I didn't want to be here."

"Then why are you floating in my home?" asked the whale as he swam closer.

"People threw me away and I ended up in the ocean," said the plastic bottle sadly.

"This is my home," said the whale. "Long ago, the water was clear and blue, trash free, but now look at my home. It has become so filthy."

"I didn't know I could cause this much trouble," replied the plastic bottle. As it was embarrassing.

"You are making my ocean dirty," said the whale. "Fishes get trapped and hurt just because of you all."

"That makes me feel terrible," said the bottle. "I never wanted to harm anyone."

"Every day more plastic comes," said the whale. "My friends are scared."

"I understand now," said the bottle. "Humans should recycle and be careful.

Can the ocean ever be safe again?" said the bottle.

"There is still hope," said the whale as it looked around. "Look over there," said the whale.

"What is that boat doing?"

"They are cleaning the sea," said the bottle as the boat came closer.

The people soon picked up the plastic bottle and placed it into the recycling bag. After clearing the ocean, the boats sailed away. The whale sighed in relief and swam away into the deep sea. Now the whale was relaxed that it's home would not be dirty any more.

WRITTEN BY: MUSFIRAH AMALL HASSAN GRADE 4

A Day at the Beach

Last Saturday, my cousins, friends and family gathered at my place. Everyone planned an outing at the beach. I was over the moon. My little sister musfirah and my brother Ali got excited too. We quickly packed all the stuff. I took my sand toys, pail and shovel with me to play there. We got into the coaster and started our journey.

It was all fun. As soon as we reached there, first we put our stuff in the hut, applied sunscreen and immediately headed towards the water. The sun's dazzle was reflecting on the clear water. That looked so fascinating. I played with my sand toys along with my cousin. After playing we went to our hut, took some rest. Next we decided to have a boat ride. My siblings and I enjoyed it a lot. The waves were rippling and smell of sand was so soothing. After a while, we started feeling hungry. My aunt have made some really tasty food including biryani, nihari, juices, and some treats for kids.

It was almost evening, we went to the beach and enjoyed the show of waves. The sun was below the horizon. The palm trees were swaying along with the wind. After spending a wonderful day, we headed back to our home. It was the most memorable day for me. Indeed, going or doing something with your loved ones always make everything good. Alhamdulillah!

WRITTEN BY: FABIHA SOHAIB GRADE 3

Imaginary Writing

A Secret Place

One day , I was searching the location of my relative's house on Google Maps. Suddenly I came across a mansion near their location. I read somewhere in the newspaper a few days back that this place is haunted and no one has the courage to visit it. My curiosity increased. I thought I should visit it, what is the maximum that can go wrong.

Next day I packed my stuff with all the safety tools and started my journey. As soon as I reached there, few people came and warned me that if you go in that house, you will not come back. I just ignored them and stepped into the mansion. And that was my biggest mistake. That mansion was so frightening. It was all creepy, dusty and horrifying, for it had been vacant since a long time. I was trembling with fear, giving myself continuous courage. In a flash, everything started shaking. I was regretting why I didn't listen to the people. I stepped back and tried to find my way back. But it was too late. The doors were all closed and jammed. Instantly I sensed a shadow at my back. I was shaking like a leaf. That shadow was coming closer to me. Everything started becoming dark. I lost all of my senses and fainted. When I opened my eyes, I was lying in my bed and completely alright. Alhamdulillah I was safe. Ah! It was a dreadful dream.

WRITTEN BY: ZOYA KHAN GRADE 4

"واقعاتی مضمون"

صبح 8:00 بجے کا وقت تھا۔ میری گاڑی اسکول کے سامنے کھڑی تھی۔ میں جلدی سے اتری۔ سامنے سے ایک رکشہ تیزی سے آرہا تھا جیسے پیچھے سے ایک گاڑی بھی آرہی تھی اس نے مجھے زور سے ٹکرا دی۔ اور میں اچھل کر پیچھے جا گری۔ مجھے اسکول کے سر نے اٹھایا اور دوسرے مرد بھی دوڑ کر آئے سب نے مجھے فوراً اٹھایا اور گاڑی والے کو ڈانٹا، اور پھر میری امی جو پاس ہی تھیں فوراً آگئیں اور انہوں نے مجھے گاڑی میں بٹھایا اور پاس کے کلینک لے گئیں۔ مجھے زیادہ خراش نہیں آئی تھی اللہ کا شکر ہے۔ یہ اللہ تعالیٰ کا معجزہ ہے۔ یہ میری زندگی کا سب سے بڑا حیرت انگیز واقعہ ہے۔

(مسفرہ امل جماعت چہارم)

شخصیاتی مضمون

ارفع کریم 2 فروری 1995 کو لاہور، پاکستان میں پیدا ہوئیں۔ وہ ایک ذہین بچی تھیں۔ جس نے بہت چھوٹی عمر میں مکینیکل انجینئرنگ میں نمایاں کامیابیاں حاصل کیں۔ اس نے صرف 9 سال کی عمر میں پروفیسر آف ٹیکنالوجی کا شعبہ حاصل کیا۔ اس نے بین الاقوامی ایونٹس میں پاکستان کی نمائندگی کی۔ ارفع کریم 13 جنوری 2012ء میں انتقال کر گئیں۔ وہ بچوں کے لیے علم، محنت اور ٹیکنالوجی کی مثال سمجھی جاتی ہیں۔ بل گیٹس جو مائیکروسافٹ کے بانی ہیں انہوں نے ارفع کریم کو دعوت دی۔ ارفع کریم اپنے والد کے ساتھ امریکہ گئیں۔ ان کی اور بل گیٹس کی ملاقات کا دورانیہ تقریباً 10 منٹ تھا۔ انہیں مختلف اعزازات سے بھی نوازا گیا۔ انہیں پاکستان کا دوسرا رخ، روشن چہرہ اور سلام پاکستان یوتھ، پرائڈ آف پرفارمنس کے اعزاز سے بھی نوازا گیا۔ 22 دسمبر کو ان کو مرگی کا دورہ پڑا اور ان کا انتقال 13 فروری کو ہو گیا۔

(جماعت پنجم منیبہ)

میرا پسندیدہ کھیل

میرا پسندیدہ کھیل بیڈمنٹن ہے۔ بیڈمنٹن ایک تیز اور دلچسپ کھیل ہے۔ جس میں ریکٹ اور شٹل کا استعمال ہوتا ہے۔ اس کھیل میں کھلاڑی شٹل کو زمین پر گرنے نہیں دیتے اور پوری مہارت سے واپس مارتے ہیں۔ اس سے ہماری پھرتی، تیزی، سانس کی مضبوطی اور جسمانی صحت بہتر ہوتی ہے۔ بیڈمنٹن کے مشہور کھلاڑیوں میں لین ڈین (چین) کیرولینا مارین (اسپین) اور وکٹر ایکسلسن (ڈنمارک) شامل ہیں۔ یہ سب کھلاڑی اپنی محنت مسلسل مشق اور شاندار کارکردگی کی وجہ سے پوری دنیا میں مشہور ہے۔ اسی لیے بیڈمنٹن ایک پسندیدہ اور مقبول کھیل سمجھا جاتا ہے۔

(جماعت پنجم: ماریہ خان)

آپ بیتی

جب بھی میں بچوں کو نظر آتی ہوں تو یہ بچے مجھے اسکول لے کر چلے جاتے ہیں۔ میں تو بہت پریشان ہوں ان سے، کبھی مجھے توڑ دیتے ہیں، کبھی چبا ڈالتے ہیں، میں استعمال میں تو بہت آتی ہوں۔ لیکن سب مجھے پنسل تراش میں ڈال کر چھوٹا کر دیتے ہیں۔ کچھ تو مجھے بہت اچھی طرح استعمال کرتے ہیں اور میری قدر کرتے ہیں۔ اور کچھ مجھے توڑ کر پھینک دیتے ہیں۔ اگر آپ چاہتے ہیں کہ میں آپ کے استعمال میں بہت آؤں تو مجھے اچھی طرح استعمال کریں اور سنبھال کر رکھیں۔ کیا آپ جانتے ہیں میں کون ہوں؟ جی ہاں! میں آپ کی پنسل ہوں۔

(جویریہ دانش جماعت سوم)

حکایت اللہ خاں

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