



OASIS  
INTERNATIONAL  
SCHOOL

'22-'23

OASIS INTERNATIONAL SCHOOL  
BLOG  
*The Wordsmith*

OCTOBER  
EDITION

OIS/22-23/EDITORIAL COMMITTEE



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# EDITORS ARTICLE

As Graduation Day gets closer, I can only imagine the thoughts bubbling through my mind.

It is normal to feel emotional after all I have come so far to get here. Maybe I am sad to leave Oasis because I have spent my 13 years in this school, and it always made me feel like my second home until I was here, but I am also happy because passing out means I am making progress in my life. Things have finally come full circle, and moving on can sometimes feel bittersweet. There is an inevitable feeling of finality that comes with graduating high school. In between taking final photos with my favorite teachers and trying to hand my mum tissues, I will realize that this is the end of a major part of my life, and it can be upsetting.

I still might have my final exams to get through but on graduation day it is easy to forget about those and focus on the fact that I am not going to be waking up every morning, putting on my school uniform, and heading to the school bus. I won't be staying up late frantically doing my homework which I left to the last minute, and I won't have to sit through classes that I never liked in the first place.

Despite all the tears and stress, it will be coming to an end, and I can finally breathe.



**Greetings of Peace from Oasis International School!**  
**“The harder the battle, the sweeter the victory”- Les Brown**

## **P.E sessions**

**Students are exposed to various sports activities like Football, Basketball, Table tennis, Badminton and Athletics. These activities are done in rotation mode. Apart from sports and physical activity, students are taught to practice basic values like respecting the teammates and opponents, building sportsmanship, being a good team player and enhancing leadership qualities which leads to holistic development of students.**

## **Sports program**

**Students of Grade 1 and 2 are introduced to the basics of all sports and recreational activities which helps them learn sports in a fun way. Grade 1 students have learnt basic techniques of punching, blocking and kicking in Karate. The 90-minute sports session for students of Grade 3 and above has been very beneficial in terms of enhancing students' skills. Sessions are executed by our sport specific coaches where students are supervised and game-oriented coaching is provided which helps the players understand the requirements of the game and optimize their performance. Students are observed Coaches observe the players keenly and provide them with individual and constructive feedback.**

## **Yoga day**

**At Oasis, we marked the importance of Yoga by conducting Yoga sessions on International Yoga Day I.e., on 21st June, 2022 across all Grades. Students were educated on basic breathing techniques and postural exercises of yoga. The highlight of the session was the explanation of benefits of Yoga and how it is essential for a student to be physically fit and mentally sound to cope up with the academic pressure as well as the physical growth and development of the body.**

## **Inter house competitions**

**We are happy to inform you that we have successfully conducted the interhouse competitions of Basketball & Football for both boys & girls' categories. The competition took place in 2 phases where one was for the students of Grades 9 to 12 and another was for Grades 6 to 8. The Interhouse competition is a student driven event in which we provide our guidance and assistance whenever required. Based on individual performance and qualities, Players from each house are given an opportunity to represent their house in any 2 sports of choice. Apart from team games we have individual athletics competitions where each student will be given an opportunity to perform and represent their house.**

## **Inter school competitions**

Observing the improvement in the performance of the students, we were able to participate in 2 different interschool competitions. Students from Grades 6-8 participated in the Inter school event hosted by NEEV Academy on 1st and 2nd September, 2022 in Football and Basketball (Boys). It was a good experience for our students where they learnt to self-assess their performance and focus on their areas of improvement. The second inter school Competition that was held by SNIS on 19th September 2022 for the students of Grades 3-5 in football (Boys) and Basketball(girls) was a maiden tournament exposure and learning for students under this age group. These were our first post pandemic participation in tournaments.

## **Saturday Sessions**

Developing skills and enhancing the potential of a player is essential. We at oasis believe in this and thereby students are chosen to participate in sports specific sessions conducted on Saturdays. We begin the sessions with sports specific strengthening and conditioning and offer situational games to enhance skills which allow players to perform better.

**Sports day events- Get, set, go.....**

Competitions will be conducted in 3-star events I.e., one Throw, one jump and a race. These will be categorized by Grade, gender and house wise. We started with the Standing Broad Jump event and will continue the competitions during the coming months.

**Note to Parents:** Healthy growth and development of an individual includes healthy eating, regular physical activity, proper intake of water and rest. Kindly encourage your child to instill a Healthy & hygienic lifestyle not only to improve sports performance but to lead a balanced life.





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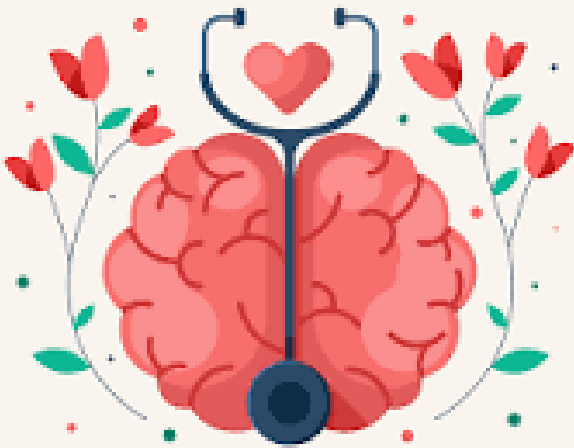




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## MENTAL HEALTH



# GLOBAL NEWS

*World Mental Wellness Day was on 10th October.*

*I want to talk about the stigma people develop when it comes to talking about mental health: firstly, most people believe it's not a real issue; if someone is going through anxiety or depression, they suppose it's just a phase that will pass. But it won't. Like any disease it won't get better unless treated.*

*Secondly, it seems to people a most maddening thing to seek help when struggling with a mental disorder: they don't want to admit that they have a problem. For some reason, anything to do with the mind, seems easily fixable, but in reality, a sick mind can be an almost inescapable prison.*

*Now, why should we give importance to mental health? Why is it crucial to be aware of this?*

*Importance of mental well-being*

- *Have productive, healthy relationships*
- *Cope with daily stress in life*
- *Establish a positive sense of self*
- *Stay motivated and physically active, and healthy*
- *Be more productive at work and school*
- *Make meaningful connections and contributions to the community*
- *Realize and work towards achieving your full potential*

# TEENAGERS THIS GENERATION

*Generation Z or 'Genz Z' is the era of young adolescents in this digital aspect of the world. Having received a smartphone at an early age, most teenagers communicate through social media - the most frequently used apps among young people includes: Snapchat, Instagram, and Twitter. Most teens find it difficult to express themselves in real life and their conversations are limited or shortened. Still, on the internet where it is possible to remain anonymous or create a false online personality, they are more likely to express themselves. Teenagers today are also more aware of the social conditions/issues surrounding them and take initiative, using social media to become part of the campaign, where one can raise their voice to join an issue. As a teen and as a student navigating through high school with an average screen time of three-to-four hours (sometimes even five), social media has impacted me and a lot of young adults. Our primary concern is keeping up with the latest news, trends, and our overall image. But we as teenagers of Gen Z can do much more, by making better use of the resources available to us. Nonetheless, young adults have a right to explore themselves on the Internet and have fun as long as it is within their boundaries and where more important things are prioritized.*



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# POEMS

**GROWING OLDER**  
**-DUA MARYAM 5A**

**AS I GROW OLDER**  
**I NOTICE SOME THINGS**  
**I COULD NO LONGER TALK WITH EASE**  
**AM I NOT TO HAVE PEACE?**  
**WILL GROWING OLDER MAKE ME STRONGER**  
**OR WILL MY BODY BECOME POOR AND WEAK?**

**I STRUGGLE TO MAKE A CHOICE**  
**I JUST CANT REJOICE**  
**MY VOICE IS NO LONGER HEARD,**  
**EVERYDAY GETS MORE HARDER**  
**I KNOW ONE DAY I MIGHT COME TO LIKE IT,**  
**ONE DAY ILL CHANGE**  
**BUT I KNOW MY MEMORIES WONT**



**THE GHOST**  
**-MARYAM JEELAN 5A**

**NEVER BE AFRAID OF GHOST**  
**YOU NEVER KNOW WHEN ITS LOST**  
**YOU DONT KNOW IF THEY EXIST**  
**THEY MIGHT CAUSE A CRISIS**

**THEY SHINE AT NIGHT**  
**WHEN THE MOON HAS ITS SIGHT**  
**GO DOWN THE LANE**  
**FIND SOMETHING ARAY**  
**WHICH MEANS YOU'RE A PREY**

**DONT BE SCARED**  
**YOU MIGHT BE SAVED**





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# MY FAVOURITE TEACHER

“Although teacher appreciation month is long gone, I would still like to put one of the most beautiful teachers inside and out in the spotlight. He has been around the school for almost eight years, teaching about three classes. He has his way of getting along with students and educating them. You might have seen him getting along with many students and even catching them in trouble, but that's what makes a teacher. Many students have a favorite teacher because they give free classes or no homework or don't catch you in trouble, but the reason he might be one of the most important teachers is because of his personality. Any session with him, whether it's class or substitution would make you realize why this article is about him. I'm not letting other teachers down, I'm not saying that he's the best, there are millions of amazing teachers and he is one of them. This teacher is one of those people who would remember insignificant facets about you, make everything meaningful, relate to and understand you, and immeasurably many more. He's the type to ask about your day or vacation and to go at your pace. Not only does he help you with his classes but also other subjects, he'd give you advice and ways to cope with something to improve or for your better. You can have a general conversation with him besides academics; he wouldn't see you as a person by your grades but as a person with a heart. I know he has and will continue to leave many students with him in their hearts and memories, including mine. He's those people who light up my day by just having their presence around. He is Mr. Tanveer :)

**OCTOBER '22**

# *The Wordsmith*

*Deep in my mind my heart my Oasis*