



## NEWS LETTER

### “THE PAULIAN PULSE”

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Patroness: Mrs. Mona R. D’Silva  
Editor In Chief: Mr. Rosario V. Fernandes

#### FROM THE DESK OF THE PRINCIPAL

Dear Students, Teachers and  
Co-ordinators,

I am pleased to announce  
that St. Paul’s Afternoon  
Shift is launching a  
‘Newsletter’ entitled ‘The  
Paulian Pulse’, which will  
be issued on a quarterly  
basis.

Our campus is vibrant with  
energy, enthusiasm and  
activity. The environment is  
congenial for learning and it  
is up to you to take full  
advantage of the  
opportunities and exploit  
your potential.

You are invited to  
write short articles, poems,  
quiz, word search, quotes,  
general knowledge and the  
activities held in school both  
in English and Urdu.

(The articles should not  
exceed more than 5 or 6  
lines)

So keep writing and happy  
reading.

**Mrs. Mona R. D’Silva**  
**Principal**

#### Upcoming Events:

- ★ Colour Day (26<sup>th</sup> October, 2023)
- ★ English Elocution Class 6 – 8 (25 – 26 October, 2023)
- ★ Children Day (November, 2023)
- ★ English Reading Contest Class IV – V (1<sup>st</sup> November, 2023)
- ★ Visit to Old Age Home Class 8 (02<sup>nd</sup> December, 2023)
- ★ English & Urdu Elocution Class IV – V ) Second Week of December, 2023)
- ★ Mini Mela (08<sup>th</sup> December, 2023)
- ★ English & Urdu Debate Class IX – X (December, 2023)
- ★ Christmas Concert (14<sup>th</sup> December, 2023)
- ★ Class Party (19<sup>th</sup> December, 2023)
- ★ Sports Day (13<sup>th</sup> January, 2024)

Our friends from St. Paul's English High school  
in Pakistan have been working these months  
sharing very happy moments. Bravo for their  
work, because together we are making the  
global village have a chance. Always close to  
each other. Congratulations friends 🎉❤️

#planetfraternity #littleplanetfraternity #OIEC  
#school #world #Congratulations



**Extract of speech delivered by Carolann on Planet fraternity.**

Respected Principal, teachers and students,

Last year the students of class VII of our school participated in an international project called the planet fraternity.

The planet fraternity platform is a global village that connects the schools, teachers and students of different countries to communicate their ideas in order to create a more humane, supportive and sustainable world to live in.

The students of our school had worked with three countries including Philippines, Mexico and France on the issues proposed by the United Nations, such as, no hunger, Zero poverty, sustainable consumption and production, underwater life etc.

The platform has really appreciated the hard work of our students and have awarded them with diplomas. The students shared their experiences.

**“Real education is your attitude and behavior with others”**

**“Caring for someone is easy. But to make someone care for you is difficult”**

**New Academic Year 2023 – 2024**

On Wednesday 27<sup>th</sup> September, 2023 St. Paul’s English High School Afternoon Shift celebrated its Investiture ceremony.



The ceremony was conducted by the Co-ordinator and Section Head of Class 9 & 10 Mrs. Rose Maria Alfonso and her assistant Ms. Shazia Yousuf.

The ceremony was held with energized motivation, enthusiasm and with the light of responsibility.

The elected Head girl and Head boy were awarded with their Respective Gowns, the House prefects and vice prefects were awarded with sashes and the Literary Head of the Urdu and English with badges by the honorable Principal Mrs. Mona Rose D’Silva.

The school Principal addressed and congratulated them with her piece of advice of responsibility and commitment to their work and positions with honesty, leadership unity and discipline with morality stress will reflect in them being firm in their rules and regulation.

**Mrs. Asma Zakaria  
Teacher**

**“Life is all about 3 ‘E’s Experience, Experiment and Expectation. Yesterday was experience, today experiment, tomorrow is expectation”**

**“Always try to be part of the Solution, not the Problem”**

## **“PRAYER FOR TEACHER’S”**

We thank thee for our  
Teachers  
Our friends throughout the  
year  
Whose hearts are ever  
willing  
To share a laugh a tear.

We thank thee for their  
faith  
in goodness and in truth  
Which they ever strive to  
make  
The goal of every youth.

We thank thee for their  
vision  
Of beauty, joy and love  
For the knowledge they  
impart  
Of earth and heaven above.

We pray thee bless our  
teachers  
As with wondrous art  
They lead us “Long life’s  
Pathway”  
To rest within thy heart.

**“The highest form of  
Wisdom is kindness”**

**“Listen with Ears of  
tolerance, see with Eyes  
of Compassion and  
speak with the  
Language of Love, for  
God is Love.”**

## **Defence Day Speech by Anousha Malik Ayaz of Class VI – B**

Respected Principal, Co ordinators, Teacher’s and Students.

Today, we gather to commemorate a day of immense significance in the history of Pakistan – the Defense Day, observed on 6<sup>th</sup> September. On this day, we honor the bravery, sacrifice, and resilience of our armed forces and the people of Pakistan.

It was on this very day in 1965 that our valiant soldiers defended against the forces of aggression. Their unwavering courage, determination, and unity stood as a testament to the unbreakable sprit of our nation.

As we remember the sacrifices made by our heroes, lets us also pay tribute to the families who stood by them, providing unwavering support and strength. Their sacrifices are a reminder that the protection of country come all great cost.

**“Long Live Pakistan”**

## **PLANTATION DAY LOWER SECONDARY SECTION**



## **INTERNATIONAL PEACE DAY PRIMARY SECTION**



## **TEACHER’S DAY**





**Our deepest Sympathies  
to the parents, relatives,  
friends and well wishers  
of Muhammad Umair  
who left for his  
Heavenly abode on 17<sup>th</sup>  
October, 2023**



## LATEST NEWS

We regret to announce the sad demise of our Yellow House Prefect, Muhammad Umair of Class X – D, who passed away on Tuesday 17<sup>th</sup> October, 2023 after being hit by a stray bullet.

**“May Allah Grant Him  
Jannatul Firdous”**

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**“Death is not the end of an individual but a beginning of a more Holy and happy life, closely united with God.”**

### Messages from his Classmates:

- ★ Muhammad Umair of Class X – D, who passed away on 17<sup>th</sup> October, 2023 was my classmate and it was sad to note that he died after he was hit by a stray bullet.  
He possessed a kind nature and simplicity.  

**Hiba Ali**
- ★ He was my best friend, He was only 16 years old it was a shock to hear that he died during an encounter between the police and dacoits. We pray that God may give him eternal rest.  

**Varun**
- ★ Muhammad Umair was a very humble and kind hearted student, who was liked and respected by all the students and teachers. His ambition was to join the army, but that was not possible as he was hit by a stray bullet. We miss you very much.  

**Abdul Wasy**

## **RELIGIOUS PROGRAMME HELD AT ST. PAUL'S SCHOOL CAMPUS 'A' (AFTERNOON SHIFT)**

On 8<sup>th</sup> September, 2023, a religious programme was held to celebrate the Nativity of The Blessed Virgin Mary, bringing together Christian, Muslims and Hindu staff and students.

The event commenced with a Eucharistic celebration led by Rev. Fr. Christopher Zeeshan for the Christian students of Campus 'A' (Afternoon Shift). During his homily Fr. Christopher emphasized the pivotal role of Mary and her significant 'Yes' in the salvation narrative. Students participated by reading intercessions.

Following the Mass, a birthday cake was cut by Rev. Fr. Christopher, the Principal Mrs. Mona Rose D'Silva, and the Arts and Religion teachers. Mrs. Mona Rose D'Silva expressed her gratitude to Rev. Fr. Christopher and commended the teachers and students for their efforts in organizing and decorating the event.



Students recited the Rosary, placing a rose flower in honor of Mother Mary after each decade.

The miracles of Mother of Good Health (Valankanni) were explained by Ms. Sofia Waqar and Emmanuel Junaid, accompanied by video clips showcasing these miracles.

A quiz session was held which was organized by Mrs. Sofia Waqar and Mrs. Fatima D'Souza with the teachers sharing their insights. The event concluded with a hymn led by Mrs. Fatima D'Souza and her band of singers.

Simultaneously, a Milad was held for Muslim staff and students, while a Hindu Cultural Event took place for Hindu staff and students in the school's Auditorium and Library.

Appreciation was extended to Principal Mrs. Mona Rose D'Silva for her support and guidance, Rev. Fr. Christopher Zeeshan for celebrating the Eucharist, Mrs. Fatima D'Souza, all the religion teachers, Mr. Victor the coordinators, and the art teachers.

Special recognition was given to Mrs. Rashida Imtiaz, Sameera Ibrahim, Mrs. Rubina Ali, Mrs. Sameena Aftab, Mrs. Rehana Anwar and Mrs. Sanober for organizing the Milad, as well as Mrs. Raveena, Ms. Bhawna, Ms. Trishna and Mrs. Meena Sanjay for the Hindu Cultural Event. The event created a profoundly prayerful and solemn atmosphere across the school campus.

**Mr. Rosario V. Fernandes**  
**School Correspondent**



“Success in not always about winning it’s about learning”

“Work so hard, that success runs after you”

“Today’s readers, are tomorrow’s leaders”

“Don’t put off for tomorrow, what can be done today”

“Try and try till you succeed”

“I shall pass this way but once, any good that I can do, let me do it now for I shall not pass this way again”

“Remove the prefix (Im) from the word Impossible and everything is possible”

شاہوں سے ملا ہے نہ سکندر سے ملا ہے  
اللہ کا عرفان تیرے در سے ملا ہے  
جو کچھ بھی ملا ہے وہ مقدر سے ملا ہے  
اور مجھ کو تو مقدر بھی تیرے در سے ملا ہے

مس روینہ علی

شکم مادر میں بچہ سمٹا ہوا ایک وجود ہوتا ہے۔ مگر دنیا میں آنے کے بعد اس وجود کو ورزش اور کھیل کود کر اپنے جسم کی ہڈیوں اور خدو خال کو پروان چڑھانا ضروری ہوتا ہے۔ جسکے لئے بچوں کو بڑھ چڑھ کر کھیل کے میدان میں نمایاں کارکردگی دکھانا ضروری ہے۔

مس ریحانہ انور

ہر کام میں نظم و ضبط ہونا لازم ہے  
اس سے کام بہتر طریقے سے مکمل ہو جاتا ہے اس کی بہترین مثال نماز ہے  
جو مقررہ اوقات پر نظم و ضبط کے ساتھ پورے عالم اسلام کے لئے بہترین مثال ہے

مس شمیمہ آفتاب

اُردو ادب ہمیں انسانی تجربے کو سمجھنے میں مدد کرتا ہے۔  
اُردو ادب کے ذریعے ہم دنیا کے مختلف حصوں اور مختلف ادوار کے  
لوگوں کی زندگیوں اور جدوجہد کے بارے میں بصیرت حاصل کر سکتے ہیں۔

نہیں کھیل اے داغ یاروں سے کہہ دو  
کہ آتی ہے اُردو زبان آتے آتے

مس آسیہ عروج