

AKDN SPECIAL BULLETIN: COVID-19

COVID-19 is a new virus that spreads through drops of saliva from the mouth or droplets from the nose when an infected person coughs or sneezes. COVID-19 is not "just" the flu. It is much more contagious and can spread rapidly through our communities.

Symptoms:

- Common: Fever, cough, difficulty breathing
- Severe: Persistent pain and pressure in the chest, trouble breathing, mental confusion, bluish lips or face, etc.

High Risk Groups:

- People 70+ years of age
- Pregnant women
- People living with underlying health problems like heart disease, diabetes, asthma and cancer

Prevention is the only way to limit the spread of COVID-19.

Follow the recommendations below to protect yourself, your family & your community.

1 STAY AT HOME

- Only leave your home to buy essentials like groceries or household items
- Avoid using public transportation, taxis services
- If you cannot avoid public transportation, maintain a safe distance from other travelers and avoid touching surfaces
- Your government may have further restrictions to help curb the spread of the virus -- follow these rules to help reduce your risk of being infected

2 WASH YOUR HANDS

- Wash your hands with soap and water for at least 20 seconds as often as you can
- Make sure you wash the front and back of your hands, and between your fingers
- When you are done, dry your hands either with a clean towel or naturally
- Do not touch your eyes, nose or mouth with unwashed hands

3 AVOID CONTACT WITH OTHERS

- Do not go to work, school or other places that may have large crowds, like community gathering areas, public celebrations and prayer halls
- Do not make physical contact with others through handshakes and hugs
- Do not have visitors in your home unless it is necessary (for example, visit from health worker)
- Avoid contact with the elderly and other people who may be at higher risk of getting sick
- Keep grandchildren away from grandparents (it is important to keep children away from the elderly and the vulnerable)
- Make sure that shared spaces in your home have good airflow: open windows where you can
- If avoiding contact with people is not possible, keep a distance of at least 1 meter from other people at all times

4 COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW

- Do not cough into your hand
- Cover your mouth and nose with a tissue when you cough or sneeze; throw the tissue out in a covered wastebasket and follow by washing your hands

5 SELF-ISOLATE IF YOU FEEL SICK

- If you are sick or experience any of the symptoms mentioned above, isolate yourself for 14 days starting on the day you start to feel sick
- At home, try to isolate yourself from family by staying in a different part of the house; in shared spaces, keep a distance of at least 1 meter from your family
- You can stop self-isolating after 14 days if you no longer have a fever and your other symptoms have improved
- Continue to keep your distance from people after you self-isolate
- If you are still sick after 14 days, contact your doctor or local health clinic for advice (do not walk into a clinic unless asked)

SOURCE: WHO, CDC, AGA KHAN HEALTH SERVICES, AGA KHAN UNIVERSITY

March 30, 2020

For additional publications about Aga Khan schools activities please visit our website: <https://www.agakhanschools.org/>

For additional information on preventative measures on COVID'19 please visit:

<https://www.akdn.org/publication/akdn-special-bulletin-covid-19>



AGA KHAN DEVELOPMENT NETWORK



Aga Khan Education Service, Tajikistan



NEWSLETTER

AGA KHAN LYCÉE

Khorog, Tajik Republic | SPRING 2020

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GOING DIGITAL WITH THE UNIVERSITIES ADMISSION PROCESS

AKL 2020 graduates received overall support to do the universities on-line admission tests

The university admission process is key to realizing a better future for our students. The admission process is quite demanding but in the light of the current global COVID'19 related pandemic, the situation has become even more challenging. The top universities are offering on-line testing for admissions but often the students face a lot of challenges. Aga Khan Lycee (AKL) took the students' interests and desire to obtain a university degree as a priority #1 in the current situation. Hence a lot of effort has been put in to support the 2020 graduates in taking the on-line admissions exams from the school.

"Over 40 graduates of 2020 were provided with laptops, high-speed internet and an appropriate space to properly prepare for the test. All within the school

premises to make sure nothing hinders their assessment performance. 37 students did the on-line test offered by the American University of Central Asia in the Kyrgyz Republic and 7 others did the USCAEF scholarship exam from the US Embassy."- expressed Adab Arabshoev, the AKES Scholarship Coordinator.

AKL encourages all graduates to go through national testing to ensure that by the end they have a choice of several university offers.

Please join us to wish the best of luck to all Aga Khan Lycee graduates 2020!



OUR OLYMPIAD WINNERS:

Saidibrohimova Safina - Tajik language, 2nd place
Sarbalandova Nilufar - English language, 3rd place
Idibekova Sayora - English language, 3rd place
Qirgizbekova Nekkhotun - English language, 3rd place
Toichieva Aisha - Russian language, 3rd place
Yusufshoeva Dilnora - Physics, 3rd place
Asmatova Zebogul - Drawing contest of Khorog Education Department on "Fire Safety" 1st place:

Elnazarova Zuhro - Mental Math, international championship, 1st place.

Sohibnazarov Parviz - Regional Level school competition "Spelling Bee", 1st place.



SPORT:

Chorshanbieva Nurafshon and **Yodgorzoda Donobegim** - Badminton Republican Championship, 2nd place.

Basketball-Republican Championship, 3rd place

Aqnazarov Anush - Boxing, Republican and International level champion

Alisho Khujanazarov - Taekwondo, Republican and International level champion



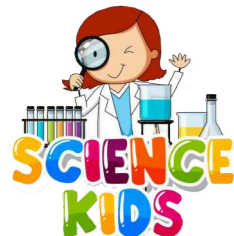
Over 20 other students were honored the 2nd and 3rd places at the Olympiads and sport competitions in Academic Year 2019-2020

SCHOOL ACHIEVEMENTS:

SCIENCE LESSONS AT PRIMARY GRADES

Fostering a love for science helps students understand the world around to a deeper level. A small science lab has been specifically equipped for primary grade students of AKL enabling toddlers to experience the practical implementation of their studies from a younger age.

"I love science lessons! My students get so involved and everyone is actively engaged. I hear great discussions between the students. I tell them they are our future scientists and stimulate their thinking by asking questions. Students excitement



over the experiments we do regularly is worth seeing. An example could be one of the experiments completed on the use and importance of "Water in our Lives". During the questions and answers session I encouraged my students to use cold and warm water and apply the leaves of the tea and roses as colorants into the water to observe how the color changes. Children's excitement was endless. Children love science when it is taught as an extension of their natural curiosity." - says Mrs. Firuza Mamadasanova, a 0-grade English medium class teacher at AKL.

Through observation and experimentation,



students are performing "real science." It may even set a course for their future science careers.



ACKNOWLEDGING THE GREAT WORK AND CONTRIBUTION OF OUR INTERNATIONAL CONSULTANTS.



Program Manager for AKES Central Asia (Tajikistan and Kyrgyz Republic) William Drake Phillips is a highly experienced specialist with a demonstrated history of working in the education management industry, K-12 education provision, curriculum development, innovative education provision models. His team and he are working on developing the school curriculum and management structures for English in AKL, Khorog, and AKS, Osh. So far, they have made a great improvement in management, quality of teaching and learning, and resources. Students in the programme are now learning at an average of 200% of the previous rate of improvement and graduating students are now leaving the programme with a level of English sufficient to enter university in the UK, America, and Canada.



A lifelong committed Educationalist for Pre-primary and Primary levels Mrs. Nishat Damji, worked hand to hand with AKL primary teachers and evaluated the use of environment. She has provided feedback on better utilization of learning spaces. Through hands on training and mentoring teachers in their classrooms, effective teaching and learning practices were developed. At the end of voluntary assignment, teachers discussed and debated the pros and cons of experiential learning for an inquiry-based curriculum.

<https://www.agakhanschools.org/Tajikistan/AKL/Article/1207> and <https://the.ismaili/husband-and-wife-exemplify-dedication-tnk-service/>



A Senior Educator, Dr. Sadru Damji, has been engaged as a Consultant and Advisor with University of Central Asia (UCA), Aga Khan Education Services (AKES) and Aga Khan Education Board - Canada (AKEBC). He has contributed his extensive educational expertise and international experience in program design and evaluation, science curriculum, robotics/STEM, and Standards and Quality Assurance for AKES schools. For more information on Dr. Sadru Damji's assignment with AKL please follow the link:

MY SCHOOL IS MY PRIDE!



School is certainly a sacred place where education is imparted to make a nation smart and civilized, stronger and developed for tomorrow.

Aga Khan Lycee is ranked alongside with the best private schools across the country. AKL is providing its students with a high level of education and following an international curriculum. In this way AKL is improving students' leadership, critical thinking, self-confidence, and scientific skills. Every year it is carrying out camps and educational programs at regional level, engaging AKL and non-AKL students in various interesting summer programs and clubs like coding club, maker space, summer upgrading Math and English programs, debating club and other. Summer camps and educational programs are aiming on growing the students' team

building, communication, and leadership skills. We value our amazing teachers' commitment and support, that encourages the graduates apply to top-notch International Programs and Universities such as Global Encounters, UCA Summer Camps, AUCA, UWC, FLEX, KIMEP, the University of Central Asia and many others. AKL has a great fully functional library offering a variety of books and other study materials for all ages. Apart from that, my school have well-maintained science labs. Students are encouraged to learn science and conduct experiments in the science labs.

Therefore, this knowledge and these skills are directly leading us to try our best to contribute to the development of our home-country Tajikistan and strive for a brighter and more peaceful future. My school is my pride. I feel greatly honored and blessed to be the student of Aga Khan Lycee.

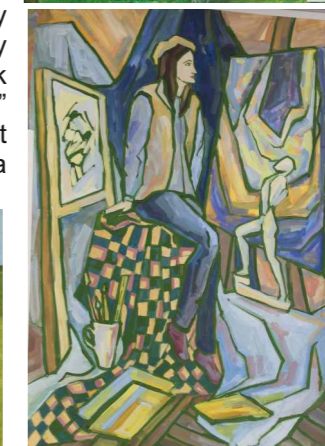
Sharifamo Odinamamadova,
grade 10 English medium



Improving the valuable skills through fine arts education at Aga Khan Lycee, Khorog

Diving into those finger paints the annual school fine art exhibition. "After practicing to hang on the fridge is hard, students learn that hard awesome. Creativity, motor work and perseverance pay skills, confidence, improved off. This mindset will certainly academic performance, and matter as they visual learning are just few of grow—especially during their those important careers where they will likely characteristics that students be asked to continually learn and develop through art develop new skills and work education at the Aga Khan through difficult projects" Lycee. AKL welcomes expressed AKL's fine art students of 0-11 grades to try teacher Zulfiya and experiment the work with Noyobshoeva.

brushes and paints to encourage a liking of the fine arts. Many students succeed over several classes as they begin to discover their talents through the work. Many of these students then showcase their best works at



DISTANCE LEARNING:

Piloting of the on-line lessons the case of lockdown of upper grade students and the was conducted during the schools. The teachers have Viber Social Platform for the May holidays when the first been going through training primary grades' teaching and cases of pandemic novel and have been receiving all learning. The classes were Covid'19 was confirmed in types of academic and successfully delivered Tajikistan. The lessons technical support on the thanks to the great efforts of delivered were specially utilization of the Google the teachers and the interest tailored for on-line learning in Classroom application for of students in the learning process.



1-10.01.2020
**NEW YEAR HOLIDAY
END OF TERM 2**

20-24.01. 2020
**THE DECADE OF
SOCIAL SCIENCES**

27-28.01. 2020
BUSINESS FAIR

10-14. 02.2020
**THE DECADE OF
ENGLISH LANGUAGE**

23.02.2020
MEN'S DAY

2-6.03.2020
**THE DECADE OF
SCIENCES**

8.03.2020
WOMEN'S DAY

21-31.03.2020
**NAVRUZ HOLIDAY
AND SCHOOL
VOCATIONS**

31.03.2020
END OF TERM 3

09.05.2020
VICTORY DAY

25.05.2020
**THE FINAL SCHOOL
DAY**