Welcome to Maryam Nawaz School and Resource Center for Autism



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"Where Every Milestone is Celebrated and Every Potential Nurtured."

Our Vision and Commitment

In the heart of Lahore, where tradition meets transformation, a quiet revolution in education and empathy has taken root. The **Maryam Nawaz School and Resource Centre For Autism** stands as a living promise, a place where neurodiverse special children are not only understood but empowered to grow into independent learners and confident communicators.

Vision of the Centre

Autism School, Lahore envisions a world where every neurodiverse child thrives as an independent learner and confident communicator. We are committed to creating structured, nurturing, and responsive environments by integrating evidence-based practices such as TEACCH, ABA, and SALT tailored to each child's unique potential.



Guiding Values of the School

- Evidence-Based Practices
- Transdisciplinary Team Approach.
- Least Restrictive Environment (LRE)
- Family Empowerment & Inclusion
- Functional Life Skills & Communication
- First Cultural Sensitivity and Dignity

"Every special child deserves a special space that nurtures their uniqueness, supports their potential, and respects their voice."

Core Educational Philosophy



1. Learning for autistic children is structured, predictable, and balanced.



2. Instruction is delivered through short, carefully planned learning blocks rather than long uninterrupted lessons.



3. Therapeutic inputs are integrated into the school day across classrooms, play areas, sensory spaces, and daily routines.



4. Regulation, movement, and play are essential components of learning and are intentionally embedded throughout the day.



5. Time allocation is individualized, IEP driven, age appropriate, and flexible across sections.

Comprehensive Core Curriculum: A Holistic Approach

Our curriculum covers eleven key domains, ensuring a holistic and individualized educational experience. Each domain builds foundational skills and fosters independence.



1. Communication & Language

Focuses on diverse communication, including AAC systems. Develops proficiency in Urdu and English, pre-writing skills, and functional requests.



2. Functional Academics

Builds academic skills in literacy, numeracy, science, and social studies. Includes practical IT skills.



3. ADLs & Life Skills

Cultivates Activities of Daily Living (ADLs) like hygiene and dressing. Teaches life skills such as meal prep, money management, and time concepts.



4. Vocational Readiness

Prepares students for employment through practical skills like packaging, micro-enterprises, tool handling, and internships.



5. Social-Emotional Learning

Develops emotional recognition, positive peer interactions, and coping strategies.



6. Sensory Processing & Self-Regulation

Implements sensory diets, calming strategies, and movement breaks for self-regulation.



7. Islamic & Moral Education

Instills Islamic practices (Wudhu, Duas), shares Prophet stories, and fosters moral values through ethical role-play.



8. Creative Expression

Encourages self-expression via visual arts, music, drama, dance, and visual journaling.



9. Technology & AAC Integratio

Leverages assistive tech like speech-generating devices, iPads, educational apps, and typing skills.



10. Physical Education

Promotes physical health through adapted sports, therapeutic yoga, obstacle courses, and cooperative games.



11. Civic & Community Participation

Integrates social studies, community outings, public navigation skills, and fosters civic responsibility.

Curriculum Benchmarks & Progress

Our curriculum uses defined benchmarks outlining expected skills and learning outcomes. We measure progress through consistent skill acquisition, functional application in daily routines, and skill generalization across environments. This ensures steady, impactful growth for each child.

Assessment & Progress Monitoring

Baseline Assessments: Using VB-MAPP, ABLLS-R, and sensory/behavior checklists for a comprehensive starting point.
IEPs: Developed within six weeks, reviewed quarterly to adapt to needs and progress.
Tiered Rubrics: Functional, visual rubrics indicate progress across skill levels.
Reporting: Daily logs, biannual reports, and regular parent-teacher conferences ensure open communication.

Teaching Methodology: Tailored & Effective

TEACCH Approach: Structured workstations and visual schedules create predictable learning environments.
ABA: Discrete Trial Training (DTT), Natural Environment Teaching (NET), and errorless learning promote skill acquisition.
SALT Model: Skill-building, Assessment, Learning, and Therapy, blended to enrich every child's life with independence.
Multisensory Techniques: Engaging kinesthetic, visual, and tactile prompts enhance comprehension.
Integrated Instruction: Group routines, culturally integrated methods, and assistive technology enrich learning.
Data-Driven: Tier-differentiated and data-driven strategies optimize teaching based on student progress.

A Structured School Day

The school day runs from 8:00 AM to 2:00 PM, totaling 6 hours. Instructional time is organized into learning blocks rather than long instructional periods. Time allocation is IEP driven, age appropriate, and flexible by section. Children are expected to receive consistent, systematically planned, developmentally appropriate educational engagement across the school week.

Block 1 - Arrival & Regulation Readiness (30 min)

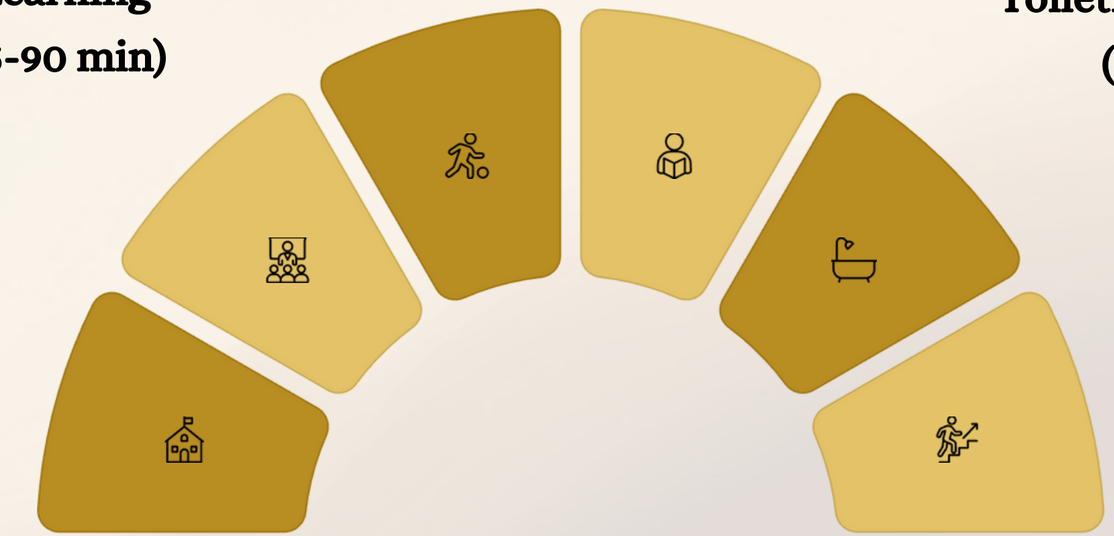
Block 2- Learning Block A (75-90 min)

Block 3 Movement & Outdoor / Gross Motor (20-25 min)

Block 4- Learning Block B (75-90 min)

Block 5-ADL + Snack/Lunch + Toileting + Regulation (30-40 min)

Block 6-Learning Block C (60-75 min)



Each learning block is built from short instructional cycles selected per child. Learning blocks remain individualized and flexible while maintaining a stable and predictable school day.

Creating Optimal Learning Environments: Our Classroom Philosophy

Our classrooms are calm, organized, and predictable, fostering effective learning and emotional well-being for children with autism. Clear routines, visual schedules, small group instruction, and individualized goals reduce anxiety and maximize engagement.

Age Appropriate Learning Focus

Early Childhood Section (3-5)
Junior Section (6-11)
Senior Section (12-14)

Clear Routines

Consistent daily routines provide predictability, security, and reduce uncertainty.

Visual Schedules

Visual aids outline activities and expectations, promoting independence and clear communication.

Small Group

Small group instruction offers individualized attention, tailored support, and peer interaction.

Individual Goals

Specific, achievable goals address each student's unique needs and strengths, guiding personalized learning.

Expertise in Action: Our Multidisciplinary Staffing Overview

Our multidisciplinary team is the heart of the Maryam Nawaz School. Each highly qualified professional works collaboratively to provide holistic support and education, addressing all aspects of child development.

1

Special Education Teachers

Educators specializing in autism-specific teaching and individual learning plans.

2

Clinical/Child Psychologists

Provide behavioral assessments, emotional support, and therapy for students and families.

3

Speech & Language Professionals

Experts enhance verbal and non-verbal communication skills.

4

Occupational Therapy/Behaviour Therapy Consultants

Improve sensory processing, fine motor skills, and daily living skills.

Classroom Assistants

Dedicated staff providing one-on-one assistance and facilitating classroom activities.

Academic Supervisors

Oversee curriculum, teacher training, and educational delivery standards.

Integrated Services for Autism Support

Maryam Nawaz School offers a comprehensive suite of integrated services to meet the multifaceted needs of children with autism and their families. We provide cohesive support, all under one roof, for maximum impact.

Specialised School Education

Tailored curriculum and teaching methods foster academic and developmental growth for children with autism.

Occupational Therapy Strategies

OT principles integrated into daily activities improve fine motor skills, sensory processing, and self-regulation.

Parent Guidance & Training

Workshops, consultations, and resources empower parents with strategies to support their child's development at home.

Speech & Language Support

Therapy sessions enhance communication skills: expressive/receptive language, articulation, and pragmatic use.

Behavioral & Emotional Support

Strategies and interventions address challenging behaviors, promote emotional understanding, and teach coping mechanisms.

Assessment & Progress Monitoring

Continuous evaluation through data collection and formal assessments ensures adaptive and effective interventions.

Social Exposure and Inclusion

Our mission prepares children for social inclusion, helping them confidently engage with peers, staff, and the community. We provide carefully planned, supported, and paced social experiences, tailored to each child's readiness, to build their confidence.

Individual Readiness Assessment

We assess each child's social skills, sensitivities, and emotional regulation to tailor their social plan.

Gradual Community Outings

Children are introduced to community settings (e.g., parks, libraries, shops) with increasing support.

1 2 3 4

Supported Peer Interactions

Guided playdates and group activities foster positive peer relationships within the school.

Generalisation of Social Skills

We encourage applying learned social skills across different people, places, and situations for true inclusion.

Supporting Parent Well-being: Parents as Partners

Our parent training and workshops are designed to honor that role and empower you with the same knowledge, strategies, and confidence that our specialists use within our classrooms. This is not about adding to your burden; it is about building your toolkit. We are here to walk alongside you, to translate challenges into understanding, and to illuminate the path forward together. You are not alone on this journey.

Key Support Pillars for Parents:

Emotional Reassurance: Safe space for sharing experiences and empathetic support.

Staff Availability: Accessible team for questions, discussions, and guidance.

Respectful Listening: Actively valuing parents' insights, concerns, and perspectives.

Consistent Guidance: Clear, actionable, and consistent advice for home implementation.

Foundations of Our Partnership: Trust, Patience, and Availability

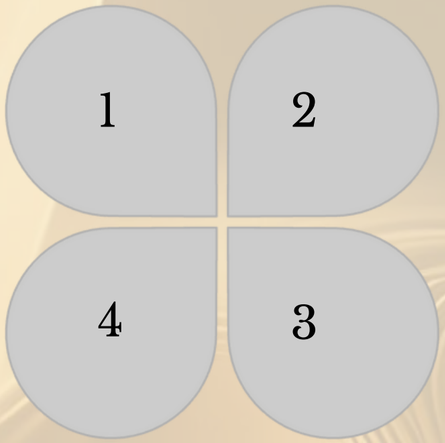
The Maryam Nawaz School for Autism is founded on core principles: transparency, patience, consistent routines, and staff availability. We believe authentic trust is built through demonstrated care, honest communication, and continuous support.

Transparency

Open communication on progress, challenges, and strategies keeps parents informed and involved.

Availabilit y

Staff are accessible to parents for concerns, feedback, and guidance, strengthening our partnership.



Patience in Learning

We recognize individual progress, celebrating victories and adapting our methods as needed.

Consistent Routines

Predictable, structured routines reduce anxiety and foster optimal learning.

Through collaboration, trust, and shared responsibility, we can create meaningful futures for every child with autism.

Thank you for joining us on this vital journey. Your partnership is invaluable; together, we empower these remarkable children to reach their fullest potential.