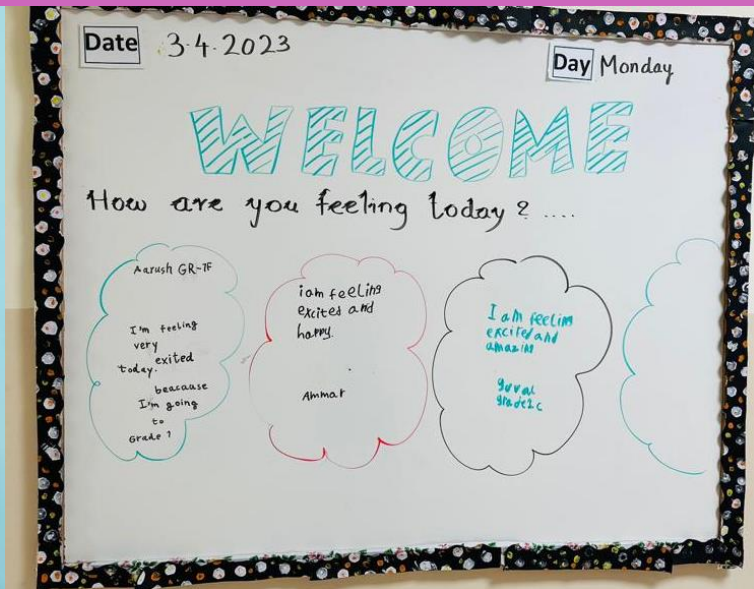


DPSD HERALD APRIL 2023





Books , My best friend !

BY ARJUN SENGUPTA

Books , the wonders of the world.
Oh how Authors have created these paper masterpeices. From comics to action to romance to mystery , This invention is man's best. But I like all books and the looks of them. There are many famous authors who are my fathers and have made who I am. They taught me everything. Math saved me from wrath. Science helped me to get a licence. And english became my best friend.



WHAT DOES A WIFI LESS WORLD LOOK LIKE

Internet has become one of the best and most used inventions in the world. A lot of things have been made possible due to internet it makes easy for people to communicate, work, plan things, socialize. However were times when people were brought up without the access of internet. Life without network was very different from the way we live today but , we can still have fun and enjoy without wifi. Instead playing games on devices, we can play board games or go outside and play with our friends or family. We have to buy thing instead of ordering them online, we won't be able to search anything online we would have to ask our parents or teachers . We also won't be able to pa.y with credit cards but at the same time full of physical and face to face meeting people but communication would be hard before when TV was not there elder people use to tell lullaby



What does a Wi-Fi-less world look like?

Mithul Prakash, Grade I-J



I believe a Wi-Fi-less world would be unimaginable as we kids are addicted to the devices. So, without Wi-Fi it would be boring, and I think we would roam mad for a few days. On the other side, as the days pass, we would find more time to focus on reading books, playing outdoors and chatting with our parents and friends. The main problems of having long screen time are like eye power increases, getting stressed and disturbed sleep habits



Ramadan

Simrah Saif, V G

It is the special month of Ramadan
Which is the month of giving
The time of sacrifices and fasting
My family rises at dawn to fast
And end the day with the 5 prayers
And of course, reading the Quran

We break our fast at sunset
With a yummy date and a glass of water
Remembering to help the ones in need
Before it's too late

It was in this month which the holy Quran was revealed
To the best man, Prophet Muhammad.
And when Ramadan ends
It's EID!!!



World Art Day

All You Need To Know About The Significance And History Of The Day

Quotes about World Art Day

1. "Art is not about what you see but it is about what you want other people to see in what you paint. Happy World Art Day."

2. "There is no end to creativity and art. Let us celebrate World Art Day by using art as the way to express ourselves to the world."

The History Of World Art Day

The first celebration was on 15th April 2012. The date was chosen to honor the birthday of the famous Leonardo da Vinci. Da Vinci represents tolerance, world peace, freedom of expression, and multiculturalism.

Well we all know that "World Art Day" is about art, but, why was it created? And, what makes it special? Well, you are about to find out!

Significance Of The Day

The World Art Day is celebrated to nurture creativity and innovation in the artists all over the globe and to promote unity in cultural diversity.



World
Art
Day

Ramadan is here

Simrah Saif, V G



Ramadan is here

It only comes once in a year

We should all fast and pray

And do good deeds every day

It begins and ends when we see the crescent

The month of Ramadan is very pleasant

Suhoor is the beginning of the fast

Our belief should be steadfast

Ramadan is here

The month of the Quran is here

Fast if you are healthy

Allah's reward will make you wealthy



World Autism Awareness Day (April 2)

Rehan Haja, IV G

April 2nd is World Autism Awareness Day, and April is Autism Acceptance Month.

What exactly is Autism?

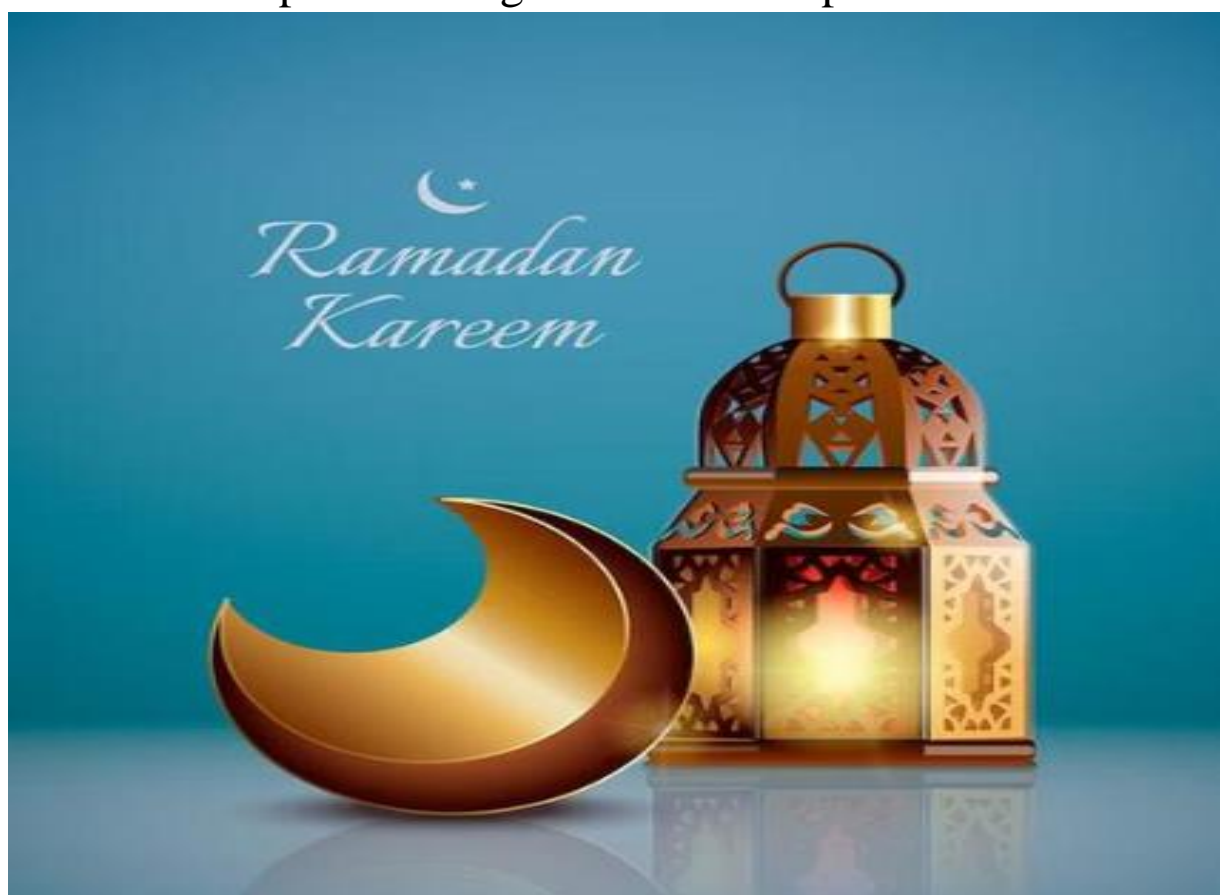
Autism, also known as Autism Spectrum Disorder, is a neurodevelopmental disorder that affects brain development. This means that those with autism may struggle with social interaction and communication. Autism Spectrum Disorder (ASD) is frequently accompanied by medical conditions such as epilepsy, sleep disorders, various gut abnormalities, and immune dysregulation. Anxiety and depression are common mental health problems. These conditions can have varying degrees of severity on a person's quality of life.

The Holy Month of Ramadan

Aleena Zahra, IV I

Ramadan is the ninth month of the Hijri or Islamic calendar. Because the Hijri calendar is 11 days shorter than the Gregorian calendar used in the West, the dates of Ramadan differ depending on the Gregorian calendar. Ramadan is thought to be the month when the Quran was revealed to the Prophet Mohammed (PBUH)

Children, the disabled, travellers, and those who are physically or mentally ill or pregnant are exempt from fasting during Ramadan. One of Islam's five pillars is fasting, which involves abstaining from food, drink, and smoking during daylight hours. During Ramadan, Muslims strive to keep their thoughts and actions pure.



Books

Books are of different types

Some books help me to read

Some books help me to write

Some books traveled with me on the flight

Some books slept with me in the bed

Books are of different types

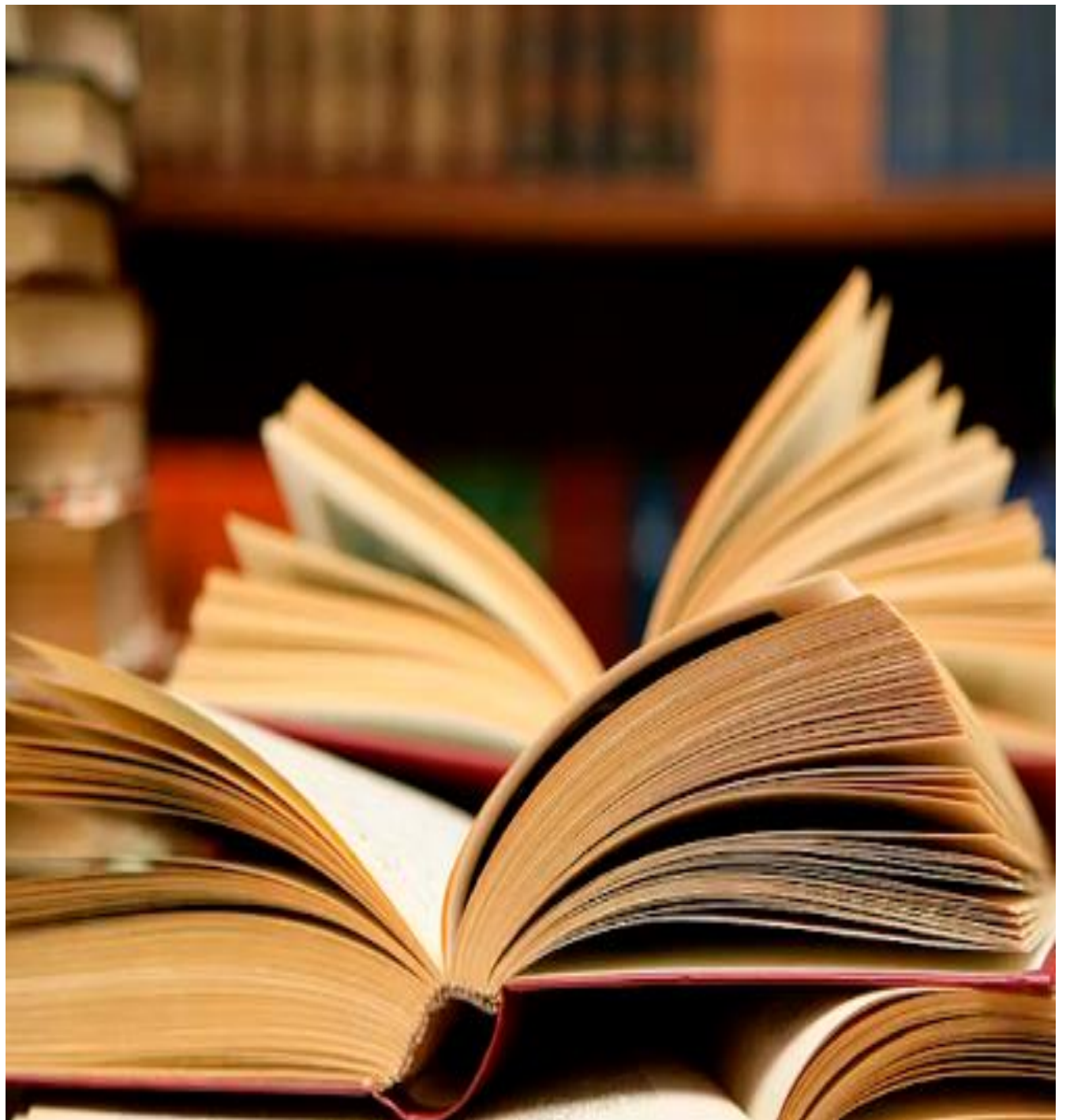
Always makes me wise.



Kirthik

Manikandan

Grade I- E



Books, my best friend

Walking through the corridor,
come in, come in, said the library door,

Went inside and I saw many books,
books, books and so many books.

They all were standing in a row,
As if greeting all with a bow.

I opened a book and started to look.

I think I have got my best friends,
and I will never complain,
as they will always remain.

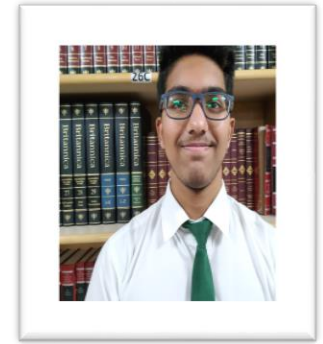


Shivansh Sati
Grade I-H



Ramadan after Covid is a Time to Pause and Reflect

Rayirth Sharma, XI J



As the world recovers from the global COVID-19 pandemic, the holy month of Ramadan takes on a renewed significance. Muslims around the world observe Ramadan as a time of fasting, prayer, reflection, and community. However, after experiencing the challenges and disruptions brought on by the pandemic, Ramadan in the post-COVID era presents a unique opportunity to pause and reflect on the lessons learned and the changes that have taken place.

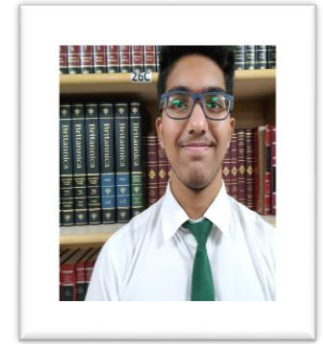
The COVID-19 pandemic has had a profound impact on individuals, families, communities, and societies at large. It has forced people to adapt to new ways of living, working, and connecting with others. Many have experienced loss, grief, and uncertainty. One of the lessons that the pandemic has highlighted is the importance of resilience and gratitude. The pandemic has tested the resilience of individuals and communities, requiring them to navigate through unprecedented challenges. It has also brought into sharp focus the blessings and privileges that may have been taken for granted, such as good health, safety, and access to necessities.

As Muslims observe fasting during Ramadan, abstaining from food and drink from dawn to dusk, it serves as a reminder of the value of gratitude for the blessings in life.



Ramadan after Covid is a Time to Pause and Reflect

Rayirth Sharma, XI J



The pandemic has also forced people to re-evaluate their priorities and reflect on what truly matters in life. As the fast-paced, pre-pandemic world came to a standstill during lockdowns and quarantines, people were forced to confront their own mortality, their relationships, and their purpose in life. Ramadan, with its focus on introspection and self-reflection, provides a space for Muslims to continue this process of self-evaluation and align their actions and intentions with their values.

Additionally, the pandemic has highlighted the importance of self-care and well-being. The stress, anxiety, and uncertainty brought on by the pandemic have taken a toll on mental and physical health. Ramadan, with its emphasis on self-discipline, self-control, and self-reflection, can serve as a time for Muslims to prioritize their physical, mental, and emotional well-being. Taking care of oneself enables a person to better serve others and contribute positively to their communities.

Furthermore, the pandemic has also prompted many to reflect on the relationship between faith and spirituality. With places of worship temporarily closed or operating with restrictions, individuals have had to find alternative ways to connect with their faith and spirituality. Ramadan, with its daily rituals of fasting, prayer, and recitation of the Quran, offers Muslims an opportunity to strengthen their faith and deepen their spirituality in a meaningful way, regardless of the external circumstances.

In conclusion, as the world emerges from the COVID-19 pandemic, Ramadan takes on a renewed significance as a time to pause and reflect. It offers an opportunity to reflect on the lessons learned from the pandemic, cultivate resilience, gratitude, compassion, and self-care, re-evaluate priorities, and deepen one's faith and spirituality. As Muslims observe the holy month of Ramadan in the post-COVID era, it serves as a reminder to cherish the blessings in life, care for oneself and others, and align one's actions with their values, contributing to a more compassionate, resilient, and empathetic world.



Let's imagine our world without Wifi

Arudhurra Anandan, Grade I A

Goodbye to Social Media

We will start to use a telephone to call internationally because there will be no more video calls like WhatsApp or Botim calls, and no Facebook etc...



Impossible for E-Transfers:

Credit and debit cards would become useless pieces of plastic. Our paper consumption would be skyrocketing. We wouldn't have any google maps to find the way.

To turn the Wifi into a Boon or a Curse depends on our usage. The solution is 'It should be you who'll make the right decision to turn it ON or OFF'



What does a Wi-Fi less world look like?

Aadvika Mehrotra



It will be very difficult for me to imagine a world without Wi-fi as I have never experienced a world without Wi-fi connectivity. Since the time I have started to experience things on my own Wi-Fi connectivity is there to help me understand things around me and help me finish my little tasks.

- I would be able to go out more and play as there would not be any more cartoons to watch on mobile and TV. It will make me healthy and my parents and uncle aunts would have less chances of catching lifestyle diseases.
- As I would be going out more I will be able to make more friends and know all the uncles and aunts in my neighborhood.
- The sad part would be to not able to see and meet my Nani, Mama, Dadi, Dada, Bua and all my cousins though video calls.
- We have to come to school every day as there will not be anymore online classes on teams.
- It would take longer for us to complete our homework as Google would not be there to help. It will also help us to think on our own and make our own ideas.
- We have to book our movie/train/bus/airline ticket by calling or visiting travel agent office.
- PAPA will have less time on his hand as he has to go to bank to do banking.
- We have to remember all the roads and turns as there would not be maps to help.

So initially it will be difficult to imagine life without Wi-fi but with the passage of time we will be able to adjust to the new reality.



World Art Day

Vanitha Lochini D



Art is when people make beautiful things to express and share their feelings with the world .

World Art Day is a special day when people all around the world celebrate all forms of art, from paintings and sculptures to music and dance. They visit museums and galleries, create their own art, and share their love of art with others.

Leonardo da Vinci was one of the most famous and influential artists in history.

He was not only great painter, but also a scientist, inventor, and philosopher. He is known for his amazing paintings such as the Mona Lisa and The Last Supper, and for his inventions like flying machines and robots.

His work has inspired artists and thinkers for centuries, and his legacy continues to be celebrated today.

To honour Leonardo da Vinci's contributions to art and culture, the International Association of Art (IAA) proposed that his birthday, April 15th, be celebrated as World Art Day since 2012 with acceptance by UNESCO.

World Art Day has also been supported online, especially by the Google Art Project.

Let's celebrate World Art Day and appreciate the beauty and diversity of art!

Every child is an artist. The problem is how to remain an artist once we grow up- Pablo Picasso.



How will metaverse reshape mental health therapy?

Eshal Shaikh, Grade XII-B

The metaverse is a virtual space where people can interact with each other in a realistic environment. This new technology has the potential to revolutionize mental health therapy.

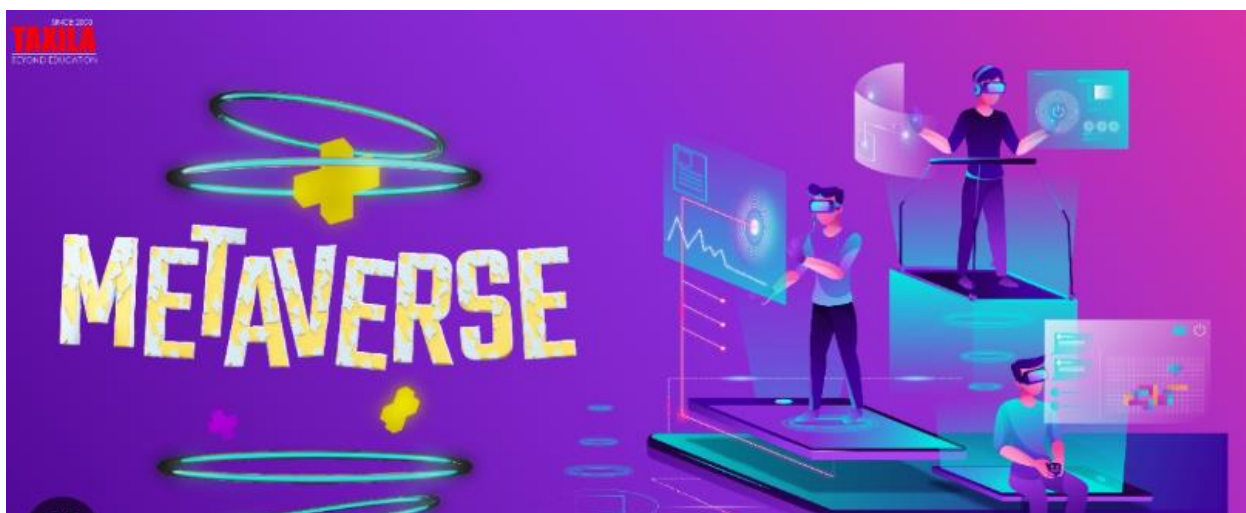
One of the most significant advantages of the metaverse is that it provides a safe and controlled environment for patients to talk about their mental health. Sometimes, patients may feel uncomfortable discussing sensitive topics face-to-face, but in the metaverse, they can participate in therapy sessions from the privacy and comfort of their own home.

In addition, therapists can use virtual reality and augmented reality to create customized environments for each patient, providing a more personalized and immersive therapy experience. For example, someone with anxiety could benefit from a virtual reality simulation that allows them to gradually confront and overcome their fears in a controlled setting.

The metaverse also offers the potential for greater collaboration and communication among mental health professionals. Therapists from different locations can collaborate in real-time, enhancing the quality of care provided to patients. Furthermore, the metaverse can facilitate peer support groups and community building, connecting individuals who may be struggling with similar mental health challenges.

However, there are also potential concerns with the use of the metaverse in mental health therapy. Some worry that patients may become too reliant on virtual environments and neglect face-to-face interactions with others. Additionally, issues around data privacy and security must be addressed to ensure personal health information is protected.

Overall, the metaverse has the potential to significantly reshape mental health therapy by providing a safe and controlled environment for patients, creating personalized and immersive therapy experiences, and enhancing collaboration and communication among mental health professionals. It's important to consider both the benefits and concerns of this technology and to ensure that it's used safely and responsibly.



Pastoral Care: Teaching Gratitude Can Help Reduce Cyberbullying

Ria Malhotra, Grade XII-G

Cyberbullying is a relatively new form of bullying that has plagued the internet. As teenagers spend more time on devices, they become more susceptible to it and their mental state degrades. They fall victim to comparing themselves to unrealistic standards online and spread hate to cope with insecurity. Additionally, this form of aggression occurs online, so bullies often depersonalize victims, not realising how they are affected.

Hence, this hateful practice can be stopped by teaching students about gratitude. Experiencing positive emotions, leads to positive thoughts and actions. It also orients one towards building and strengthening our relationships rather than tearing them down.

To prove this, a study was conducted in schools in Spain with 500 pupils between the ages of 11 to 17 years who participated in either a gratitude program or a cyberbullying education program. Researchers found that the students in the cyberbullying program engaged in less cyberaggression immediately afterward, but showed no long-term growth. Contradictorily, the gratitude group did not show any change initially, but reported engaging in less cyberbullying after three months.

This suggests that cultivating thankfulness has lasting impacts on an adolescent's tendency to cyberbully. The fact that a decrease in cyberbullying didn't occur right away for gratitude, as it did with cyberbullying education, suggests that it may have taken time for the young people to consider and incorporate it into their lives.

In this sense, gratitude enables development of interpersonal relationships and contributes to the prevention of cyberbullying. Thus, parents and educators can nip this problem in the bud by teaching student's gratitude. It can simply be done through writing a gratitude letter or three things they appreciate.



Implementing inclusive education in school

Simoni K

Inclusive education is an approach to education that seeks to provide equal opportunities for all students, including those with disabilities, special needs, or from diverse backgrounds.

Implementing inclusive education in schools requires a concerted effort from all stakeholders, including school administrators, teachers, parents, and the community.

One of the very first steps of the process of implementing inclusive education is to create a welcoming and supportive school environment. This can be achieved by promoting a culture of respect and understanding, where students of all abilities and backgrounds are valued and celebrated. Schools need to provide a range of resources and accommodations to support students with disabilities, such as technology, specialized instruction, and adapted curriculum materials.

Another key aspect is to provide professional development opportunities for teachers and staff. This can include training on topics such as universal design for learning, differentiated instruction, and strategies for working with students with disabilities. Teachers should also be encouraged to collaborate with other professionals, such as speech therapists and occupational therapists, to ensure that students receive the support they need.

In addition, schools should involve parents and the community in the process of implementing inclusive education. This can be done through regular communication, parent-teacher conferences, and involving parents in decision-making processes. Schools can also work with community organizations and businesses to provide resources and support for students with disabilities.

One of the benefits of implementing inclusive education is that it can lead to improved academic and social performance for all students. By providing a diverse and inclusive learning environment, students are exposed to different perspectives and ideas, which can lead to increased creativity and problem-solving skills. In addition, students with disabilities or special needs are more likely to succeed academically and socially when they are included in regular classrooms and have access to appropriate supports and accommodations.



Implementing Inclusive Education in School

Simoni K

Here at Delhi Private School, Dubai, we witness an environment that involves people of determination. Each and every child is aware and sensitised about certain things and students with special needs flourish in such a loving, supportive environment. The facilities in the Zen Zone (HUGS room) include occupational therapists, ABA therapists, and also an amazing counsellor department. All of these steps that have been mentioned above, have been taken by our school in various ways. We understand the importance and urgency to implement inclusive education in a school.

In conclusion, implementing inclusive education in schools is a complex process that requires a collaborative effort from all stakeholders, but our school has managed to work its way through it and provide an environment where one can thrive be it with disabilities or not. By creating a welcoming and supportive school environment, providing professional development opportunities for teachers and staff, and involving parents and the community, schools can create a more inclusive learning environment that benefits all students.



Climate Change



Natania Minthami Jones
10 E

Glaciers melting down,
Water levels rising up.
Mother Earth wears a frown,
She fears she might blow up.

Greenhouse gases from our cars,
Might make us move to Mars.
The oxygen we breathe is going extinct,
Sooner or later so might we.

We are the problem to Mother Earth's dismay,
But we can also be the one to find a way.
To end the tears of the one we live on,
So birds can cheer at dawn.

Climate change needs to go,
It's something we all know.
It's up to us to save our future,
And realise there's no Planet B.



Climate Crisis

The world is changing, so fast it seems,
The climate's shifting, like a feared dream,
The air grows hotter, the seas rise high,
The planet's in trouble, we can't deny.

The ice caps melt, the forests burn,
Species disappear, never to return,
The skies turn grey, the winds grow strong,
The storms increase, all day long.

We can't ignore, what we have done,
Our actions have caused, the damage to come,
We've polluted the earth, with toxins and waste,
Our ignorance has led us, to this sorry state.

Let's plant new trees, and save the land,
Use clean energy, and reduce demand,
Protect our oceans, and the creatures that thrive,
Reduce our footprint, and help them survive.

I propose we make a change, before it's too late,
We can save our planet, if we cooperate,
For the climate crisis, we must face,
Our only hope, is to act with grace.



Reading – a passport to countless adventures

By: Nisha Noronha 10-B



A book can take us on countless adventures, even without us ever leaving the comfort of our homes. Reading takes us on a journey of imagination, knowledge and experiences that enables us to explore new perspectives and broaden our minds. Whether we are reading about the depths of the ocean, the endless universe or about the contemporary world, reading allows us to experience new horizons and realities.

Reading also has the ability to transport us into another world. When we read a book, we immerse ourselves in the story and become a part of the character's lives. It provides us with an opportunity to step into someone else's shoes and see the world from their point of view. Irrespective of the genre of the book we read, we learn about other cultures, lifestyles, beliefs whilst expanding our understanding of the world and the people in it. It also enables us to learn about history, science, literature, philosophy thus allowing us to develop critical thinking skills, as we learn to analyze and evaluate the information we encounter in books. Aside from its educational benefits, reading can also be a source of entertainment and relaxation. It allows us to escape from reality, stimulate our imaginations, enhance our creativity, find motivation and inspiration, and improve our cognitive abilities and our mental health by reducing stress levels.

To conclude, reading is a passport to countless adventures. It allows us to explore new worlds, gain knowledge of human emotions and perspectives, and is beneficial for our mental health. As we pick up a book and sit, the pages of that book will always have an adventure waiting for us.

A Thousand Lives in One Lifetime

By Keira Monto Joseph, 11D

Just as a Phoenix rises from its ashes towards the end of its life, reading re-emerges continuously to become a substantial part of our lives. An ever changing, continuous life that provides each one of us with our own world to explore and fall in love with.

Reading insinuates and initiates new experiences, each time a book is picked up and read by the reader. The mind has a unique perception of allowing humans to envision and interact with their own thoughts pre say. A mundane monotonous life is of no glamour and interest, this is where reading comes to play. Reading provides a form of escapism. One can get lost while reading and be hauled out of their comfort zone, attaining a personality with a quirk that would earn a frown in their daily lifestyle, albeit this can be a spark of motivation and change. Reading allows one to create their own perceptions and form interesting opinions, giving them a satisfying life.

Picking up a book and opening it up, turning the pages and skimming through the ink on dead trees, this gives us a whole new world. A thousand lives in one lifetime.

Reading - A Passport to Countless Adventures

By -Fareeha Sameer, 10G

Reading is more than just a hobby, it's an invitation to embark on a journey of endless possibilities. As we flip through the pages of a book, we enter a world where everything is possible. Each page takes us on a journey that broadens our views and fuels our imagination. Reading books is a wondrous journey, whether we're delving into a thrilling mystery or escaping into a world of fantasy.

Every time we turn a page, we encounter intriguing characters and their worlds. We become greatly involved in the character's experiences and begin to explore their trials, triumphs, and dreams. We feel emotions we wouldn't normally feel as we share their joy, anguish, and sadness.

Reading transports us through space and time, from Rome's early civilization to dystopian societies of the distant future. It provides insight to different cultures, ideas, and opinions.

The beauty of books is that it is available to everyone, at anytime, anywhere. A good book is the perfect companion for any adventure, whether you're on a bus or spending a night at home. Reading allows us to learn, develop, and experience the world in extraordinary ways. So why not pick up a book and embark on your next adventure?

Reading - A Passport to Countless Adventures By Reshma Nisa, XIE



Reading is the foundation that enables a person to expand their horizons into fantasy and reality. Every book we read transports us to the past, future, and other breath-taking places with elaborate characters, stories, and ideas. New perspectives enrich our minds with vigour for learning and self-discovery - simultaneously allowing us to increase our understanding of the world by learning about other people's cultures and lifestyles. It is a never-ending journey that constantly opens us to exciting opportunities we may never experience otherwise.

Whether we enjoy philosophy, sci-fi, biographies, or fairy tales, there is a book out there that can satisfy our quench for entertainment, education, or enlightenment. Reading is a mighty tool that teaches us to focus, think critically, and communicate while letting us escape from daily monotony. As we face new situations through the pages of books, we train our minds to actively process information and formulate solutions - a great skill applicable in our work and personal life. Our empathy and compassion grow since we learn about others' experiences and struggles. Subsequently, we are more grateful for what we have. We become more humble and less sheltered because we discover what is beyond the four walls of our homes.

Reading transforms us into better humans and prepares us to face life's obstacles. Literature provides an outlet to escape the pressures of our everyday existence and lose ourselves in a fascinating story or environment. It is a source of solace and relaxation that we can use to refuel and destress. Reading unlocks an expansive universe that one can travel hassle-free. So pick up a book and let your imagination run wild without limitations!



THE METAVERSE: Will 2023 be the year of Metaversity?

By Palak Sharma , XI J



2020 was an unforgettable year for everyone. The reason being Covid-19. Not only did it lead to the sharp decline in multiple things like businesses, economies etc., but it also flipped our life. So is there any linearity between technology and Covid-19? Yes, and it's noticeable and significant. One such interesting pick of the year had been: **Metaverse and its growth due to Covid-19**. We realized that to carry on with our regular activities, we need to make greater use of tech, use tools available online – Zoom, Microsoft Teams etc. The entire world had been looking at ways to use metaverse platforms to fulfil social and economic needs that had become inconvenient due to the Covid-19 lockdowns and restrictions. This spells a huge opportunity for anyone who makes smart investments in these virtual dimensions. This was the push that helped the metaverse grow and Covid-19 was just the catalyst it needed. Though, Covid-19 was huge bane for us, it was definitely a boon for the metaverse.

What is the metaverse? - Some experts consider it a 3D version of the internet – the concept of metaverse is centered on how users will experience the internet. It is envisioned as a shared, persistent, synchronous, and living virtual world accessible to everyone that complements the actual world. The metaverse, a boon or bane, is yet to be decided. Every gain requires a sacrifice but are we ready to sacrifice our privacy? Are we ready to give up on the joys and essence of human interaction? However, that's a discussion for another time. Today let's dive into 2023 having the potential to be the year of metaversity. It's got it all, from popularity, to debates, controversies and hence has become the centre of attention. So what now? Forbes believes that this year will present a massive opportunity for the metaverse because technological leaps in software and hardware will align with consumer interest. Here are three trends that they mentioned will help metaverse become mainstream: -

- a) **Audience expectation and technological capabilities** – Snap research indicates 79% of consumers want AR to interact with products before purchase. One such example can be of Amazon's AR try-on partnership with Snap. It helps personalize the shopping experience. For example, consumers will be greeted at the entrance of any big-box retailer. The fully-responsive, voice AI-driven holographic avatar understands natural speech and replies from a large database of answers and live data and can answer questions throughout the store—even accessing inventory levels and online reviews.
- b) **Evolving user experience** – Example: American Eagle is ahead of the curve. The brand initially launched an inclusive members-only club-like experience on Roblox that allowed for clothing try-ons.
- c) **Platform players drive innovation** - Instagram found success with AR-powered makeup try-ons. Snap launched a dedicated destination on Snapchat called Dress Up, which brings try-on experiences from creators, retailers and fashion brands.



Another interesting find states that there's no denying that Apple is close to launching its highly anticipated AR glasses, which will redefine wearable computing and drive measurable AR adoption—and drive it fast. When? Nobody knows. There are sufficient proof points to show that Apple is developing at least two AR projects—an all-in-one mixed reality headset set to be released in 2023 for use at home, and a sleeker pair of AR glasses for use anywhere coming at a later date. The shortest path to give the headsets purpose is to display AR content synced to Apple's existing content library/channels (films, music, TV and games).

The metaverse can change the world, for good or for bad, only time can tell. But yes, the adoption of VR and AR is highly being looked forward to by this generation. To conclude, in 2023, the Metaverse is likely to grow exponentially, becoming more immersive and more expansive. With advances in technology, we are likely to see more realistic avatars—the figures that represent we, the people in the Metaverse—that allow for more complex interactions in virtual worlds.

True Art is What you Make of it

Sean Gleeson, Grade XI-G



Art is a form of expression that can take several shapes and forms. Whether it's ancient wall carvings, a play in a theatre during the Middle Ages, or graffiti on a school wall, the purpose of art is not to acquire fame but to invoke within the viewer, a strong sense of emotion depending on the context, as well as to improve one's current state of mind. The importance of Art can simply be defined as what renowned French Impressionist Edgar Degas once said; "Art is not what you see but what you make others see".

Funny enough, the more you look for art, the more you find it. Everything ranging from the wide collection of brand icons at the Ibn Battuta Mall to the handpicked selection of songs on your own Spotify playlist, Art is present but is disguised. It's important to note that all these representations of art are creations of human minds. In essence, art is a culmination of a human's creativity, perception and innovation enveloped with skill. Art is faceless yet ubiquitous. Anyone can make art and the limit to avant-garde is only the artist's imagination.

Moreover, great art need not be easily distinguishable from uninventive creations. If a person who is not explicitly told that he is looking at the artwork of a great artist (such as Picasso) sees a piece, he might dismiss it off as 'mediocre' or 'senseless'. Only when he realizes that it was created by a Maestro, does he notice the immaculate texture of the art piece, the streaks of paint embellished onto the canvas because of decades worth of experience and the masterful blend of colours. Therefore, such an example -proves the preceding point that the beauty behind art lies in the artist not disclosing reality through his projects but brings his own worldview and inquisition into his work.

In conclusion, Art is a two-way process, where the artist creates the work, but it is the viewer who interprets it and finds meaning in it. The beauty of art lies in its ability to connect with people on an emotional level and make them see the world in a fresh new light.



Climate Crisis

Dharshini Venkateshkumar, XII D

I see the future,
With none to nurture,
Barren lands, water dry,
And we simply cry.

Blazing fires, floods and droughts,
Will we ever sort this out?
The destruction we sure caused,
And do nothing to have it paused.

The water levels rise,
Us thinking no wise,
Before it's too many hours,
For the planet is ours.



Ramadan

Asmiya Hafis , Grade X-A



The crescent moon shines
Brightly in the night sky
The mosque calls loudly
All faces are filled with smiles

It is Ramadan

Time for joy and fun
Full of love and laughter
For anyone and everyone

Ramadan is the ninth month
Or the month of fasting
It symbolizes dedication, reflection
And discipline everlasting

Muslims gather together in mosques
To unite and pray
We only do good deeds
And fast everyday

The month when Quran was revealed
When our love for Allah grows
Is indeed Ramadan
When Allah is close



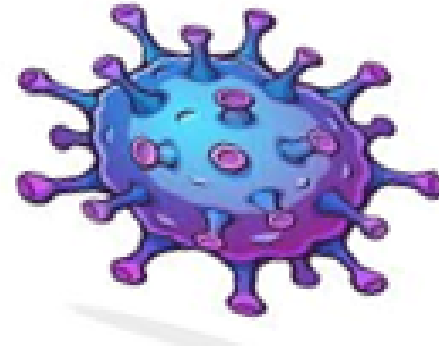
RAMADAN AFTER COVID IS A TIME TO PAUSE AND REFLECT



Hatim Palasiya

8H

The COVID-19 pandemic has significantly impacted the way Muslims observe Ramadan. Many traditional practices such as communal Taraweeh prayers in mosques, breaking fasts with extended family and friends and participating in large community gatherings have been limited to prevent the spread of Coronavirus. The pandemic also brought a lot of economic challenges, loss of loved ones, and increased stress and anxiety, which have affected the mental and emotional wellbeing of many people.



There are few reflections to ponder during Ramadan in the post Covid time. The pandemic has taught people to appreciate the blessings we took for granted such as good health and ability to be with loved ones. It exposed the vulnerabilities and struggles of many individuals and communities. It also highlighted the significance of family and community support. The COVID lessons are relevance of gratitude, compassion and the company of family and friends.

WILL 2023 BE THE YEAR OF THE METAVERSITY?



Meghana. P

SH

Metaverse refers to a virtual world where objects, places, and people are represented digitally. To access the metaverse you only need a computer and a good internet connection. To experience an advanced version, you can use a virtual reality headset. Most of the world's countries have picked up the metaverse. It is now a huge hype amongst public and many people are waiting for it to be incorporated into their daily lives. With a huge number of technological advancements coming, many companies are also dependent on the metaverse for profit.



The digital experience is offered in metaversity campuses for educational purposes. They depend on virtual reality. Creating a metaversity needs creating a digital twin of the real campus. Students can join such campuses and experience immersive virtual reality education. In a metaversity setting, students participate in the form of avatars. So metaversity allows virtual classrooms, campus lookalikes, field trips and much more. The question is whether 2023 will be the year of metaversity and the answer is definitely yes.



ART IS NOT WHAT YOU SEE, BUT WHAT YOU MAKE OTHERS SEE



Siyana Sajaad Sheik

7 B



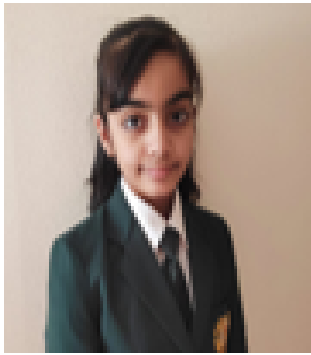
“Art is not what you see, but what you make others see”, said the famous French artist Edgar Degas. Art is a journey of self-discovery. Not much thought goes into art when we first see it. Art is extremely subjective which means it can be at a very deep level and it depends on how each one interprets. It is beyond being just a way of entertainment. Art is a form of expression that helps to connect with others. Artists use their creativity to express their thoughts, emotions and feelings through different mediums. It makes the viewers look at it from a diverse perspective.



Art enforces us to look at things differently. Also, it encourages us to question our assumptions and gives us a vision to see the world in innovative ways. Every time you create a new masterpiece, it is a new learning and journey of self-discovery. In a nutshell, we can say that art has the power to change minds and inspire people in many different ways.



READING- A PASSPORT TO COUNTLESS ADVENTURES



Diya Amit Kumar

7B

When most people think about books, all they can picture is some dusty hardcover lying abandoned on a shelf. But to those rare few, books are seen as their ticket to a different world. It may seem like a boring assignment. With the average American reading only 10 books a year, this point can certainly be proven. But what if it doesn't have to feel like an assignment? When you find just the right book, it can feel like magic. It is like you finally belong in a world that is exactly right for you.



With thousands of books, there's a great deal to choose from. From the dystopian lands of Panem, Glade or Luna, to the fairytale lands of Wonderland, The Enchanted Forest or Camelot, all you need to visit these enchanting places is a book in your hand. It may not look like much, but these few hundred pages can take you through the kinds of experiences virtual reality headsets could only dream about. So, grab a book, and prepare yourself to go on an adventure.



RAMADAN



Hifsa Abdul Haseeb

7C

Ramadan is blessed,
It is the best month.
We all get dressed,
And make Allah impressed.

We are ready to fast,
There's a lot to be done.
We gain blessings so vast,
We ask for forgiveness in the past.



The mosques are bright,
We pray with might.
In the end we celebrate,
With Eid ul Fitr.
With family, it feels great,
Then to Jannah, we'll go straight.



This month starts, when we see the new moon,
As shiny as a pearl.
Sometimes it even looks like a balloon.
Remember, fasting will turn you immune.

We fast from dawn to dusk,
We break it when we hear the Imam,
At the mosque, we aren't brusque,
And don't act lusk.

lr.



CLIMATE CRISIS



Vaibhav Kumar Gupta

8D

There is a climate crisis,
Everyone is speechless.
There is nothing to do,
The sky remains blue.



We should take notice
Or there will be darkness.
We should change
Or the hot temperature will highly rage.

Effects will appear,
But we should fight with our mind spear.
We should come together from far and wide
We will thrive with our pride.

Stop making electrical materials
Or it will become globally bacterial.
Cutting down forest must stop
Or it will be a total flop.

Manufacturing goods is a great cause
But reproduction of species will be in a dangerous pause
Climate crisis has a bad impact
And that is a hurtful fact.



DOES THE WORLD HAVE A 'SMALL WINDOW' OF OPPORTUNITY TO ACT ON CLIMATE CHANGE?

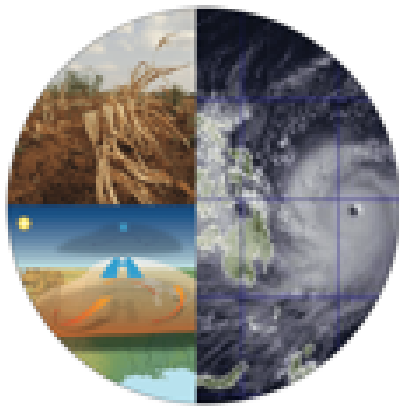
Working Against the Climate Clock



Advika Binaj, 8 A



A major and pressing problem in today's society is climate change. While a select few believe it's but a hoax, believe it or not, climate change is slowly killing the world and time is running out. We are already seeing the effects of climate change with more frequent and intense natural disasters, rising sea levels, and extreme weather patterns.



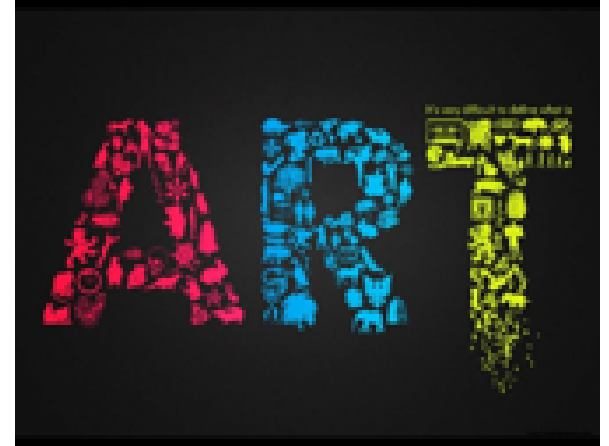
The world has a brief window of opportunity to completely stop or, at least, delay the effects of global warming and climate change from consuming the Earth. While the effects of human activities on Earth's climate to date are irreversible on the timescale of humans alive today, every little bit of avoided future temperature increases results in less warming that would otherwise persist for essentially forever. The Paris Agreement, made by the United Nations Climate Change Conference was a huge step taken by world leaders against climate change. COP 28, scheduled to take place in Dubai this year, will assist in binding countries from all over the world to help keep to the worldwide goal of limiting global warming below 1.5 degrees Celsius and hence, will make a huge difference in the Earth's temperature. The next decade will be crucial in determining whether we can meet this target.

THE IMPORTANCE OF ART IN OUR LIVES

Why Art Matters: From Reflection to Transformation



Smrithi Prasath, 8A



“A man paints with his brains, not with his hands.” How well said! There is no doubt that art has played an integral role in our society for thousands of years, and continues to do so. It is a beautiful form of expression that displays grace and sheds light on the ideas of artists. It is indeed unique as to how art retains its originality despite its evolutionary nature. Art enables us to express ourselves in a way that words cannot.

Whether it is music, dance, painting, or any other form, art acts as a medium for conveying ideas that are often challenging to articulate in words. By creating art, one can share one's perspectives and feelings. It is an undeniable fact that art is an essential aspect of human existence that enriches our lives in myriad ways.

To begin with, art is a great reflection of our society. As our society transforms, so does art. It reflects the change in mindsets, ideologies, and beliefs. Art expresses the complexities of the world in a way that each and every individual can interpret differently. Through art, we can look into the perspective of different individuals from different parts of the world, and maybe even different time periods. Art is also a great source of inspiration. By appreciating and engaging in various art forms, we might be able to tap into our creativity and imaginative abilities. Art also has a tendency to remind us of the endless capabilities of the human mind, thus inspiring us to unleash the potential in ourselves to express our perspectives creatively. Art has a significant role in not only the preservation of cultures but also connecting communities from different parts of the world. From folk dances to ethnic art, traditions have been passed down from one generation to the next, through these art forms primarily. Undeniably, art plays a vital role in shaping our lives by bringing out deeper connections with our roots, thus ensuring that cultures and heritage remain intact no matter what.



While art provokes creativity and reflects our deeds, we can also agree that art has the potential for bringing about social change. By using art to catch the attention of people and highlighting the unjust components of various societal norms, art unquestionably contributes to creating a lasting change in the world.

In a nutshell, art invokes a sense of joy and growth, while also opening a window for transformation in humanity. It has an underestimated role in preserving what is left of the world, and creating a diverse, and multicultural world for the generations to come. I would like to conclude with my opinion of art's importance in our lives that it holds the best of the world together and eradicates societal evils.

COP 28- THE UAE'S BIGGEST EVENT IN 2023



Pally Vidwans

7 A

A COP or 'Conference of the Parties' is a gathering of various world bodies and governments to discuss information and share progress on climate change-related issues and solutions. It is attended by countries that signed the United Nations Framework Convention on Climate Change or the UNFCCC. The UAE will be hosting the 28th session of the Conference of the Parties. The UAE will host its COP in Expo City Dubai- a green and self-sustainable city. The COP will be held from the 30th of November to the 12th of December 2023.



The main agenda is to cut methane emissions by 30% by the end of 2030. The UAE government has promised \$400 million to accelerate the transition to renewable energy in developing countries. The COP28 will also address the 1.5° C global warming rate. The UAE has helped a lot individually towards climate change and is aiming to reach 50% of its energy produced renewably. The UNFCCC hopes that Code Red for Humanity will become a thing of the past.



THE JOY OF BOOKS AND THE REWARDS OF A LIFETIME OF READING



Omar Rameez

7A

"A room without books is like a body without a soul." - Lloyd Alexander. This quote perfectly encapsulates the significance of reading books regularly; you live an incomplete life without books. Reading a book is similar to dreaming with your eyes open. Unlike movies, books are timeless; they stay with you forever. A book is something you can open again and again and lives with you till your grave. Regularly reading good books is pivotal in character and personality development. Books can reduce impulsive actions as they always bring one to a state of inner peace and mental calmness. Reading books builds brain power by strengthening memory, attention span, and imagination.



The positive effects books have on an individual has no age boundaries. Every one of all ages equally benefits from this good habit. Reading books helps rewire our brain, so it performs better, enabling us to excel in life and never fall short. Research proves that regular readers sleep better, have lower stress levels, higher self-esteem, and lower rates of depression than non-readers. Reading also proves to help increase your work efficiency and help keep relationships with one another. Due to the modernizing world, digital books have become the new ordinary.





Aaliya Shaikh, 8A

Fattoush Salad

INGREDIENTS

- Romaine lettuce
- Fleshy ripe tomatoes
- Cucumber
- Herbs
- Pita bread
- Bell Pepper
- Red Onion
- Olive oil
- Lemon juice
- Seasoning



RECIPE

First, rinse and chop all the salad ingredients. Then, prepare the dressing by adding all the ingredients to a small food processor or small bowl and whisk. Season with salt and pepper to taste. Next, prepare the toasted pita bread. Broil in the oven in a single layer for 2-3 minutes, or until browned and crispy. Then, combine the Fattoush salad and dressing and toss well. Add the crispy pita chips just before serving.



Musaiib Khani, 8 B

Fun Corner

World Autism Day

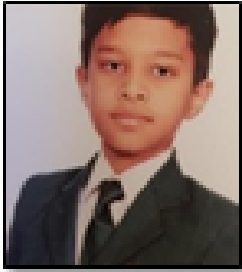
N	N	L	L	R	H	S	C	T	S	U	E	A	G
B	E	E	C	A	C	I	P	P	U	T	U	H	S
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N	E	R	D	L	I	H	C	L	I	U	R	M	S
E	B	G	T	N	E	O	L	I	C	N	E	M	I
G	K	I	R	E	I	S	B	I	L	Y	H	O	D
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UNABLE
HELP
SPEAK
CHILDREN
GIBBERISH
DISABILITIES
TALK
SAYING
LEARN
COMMUNICATE
STRUGGLE

MIKHAIL HANSEL FONSECA, V G

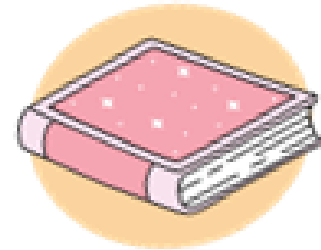
Fun Corner

CHOOSE THE BOOK FROM WHICH THIS QUOTE IS FROM!



Antony Joseph Panikulam

7 K



1	"No amount of fire or freshness can challenge what a man will store up in his ghostly heart."
2	"It matters not what someone is born as, but what they grow to be."
3	"May the odds be ever in your <u>favour</u> ."
4	"It is not down on any map; true places never are."
5	"There is no such thing as a clever crook."
6	"The impossible could not have happened, therefore the impossible must be possible in spite of appearances."
7	"Not all those who wander are lost."
8	"My advice is, never do tomorrow what you can do today. Procrastination is the thief of time."
9	"All the world is made of faith, and trust, and pixie dust."
10	"Off with their heads!"



ANSWER KEY:



1	The Great Gatsby
2	Harry Potter and the Goblet of Fire
3	The Hunger Games
4	Moby-Dick
5	The Hardy Boys

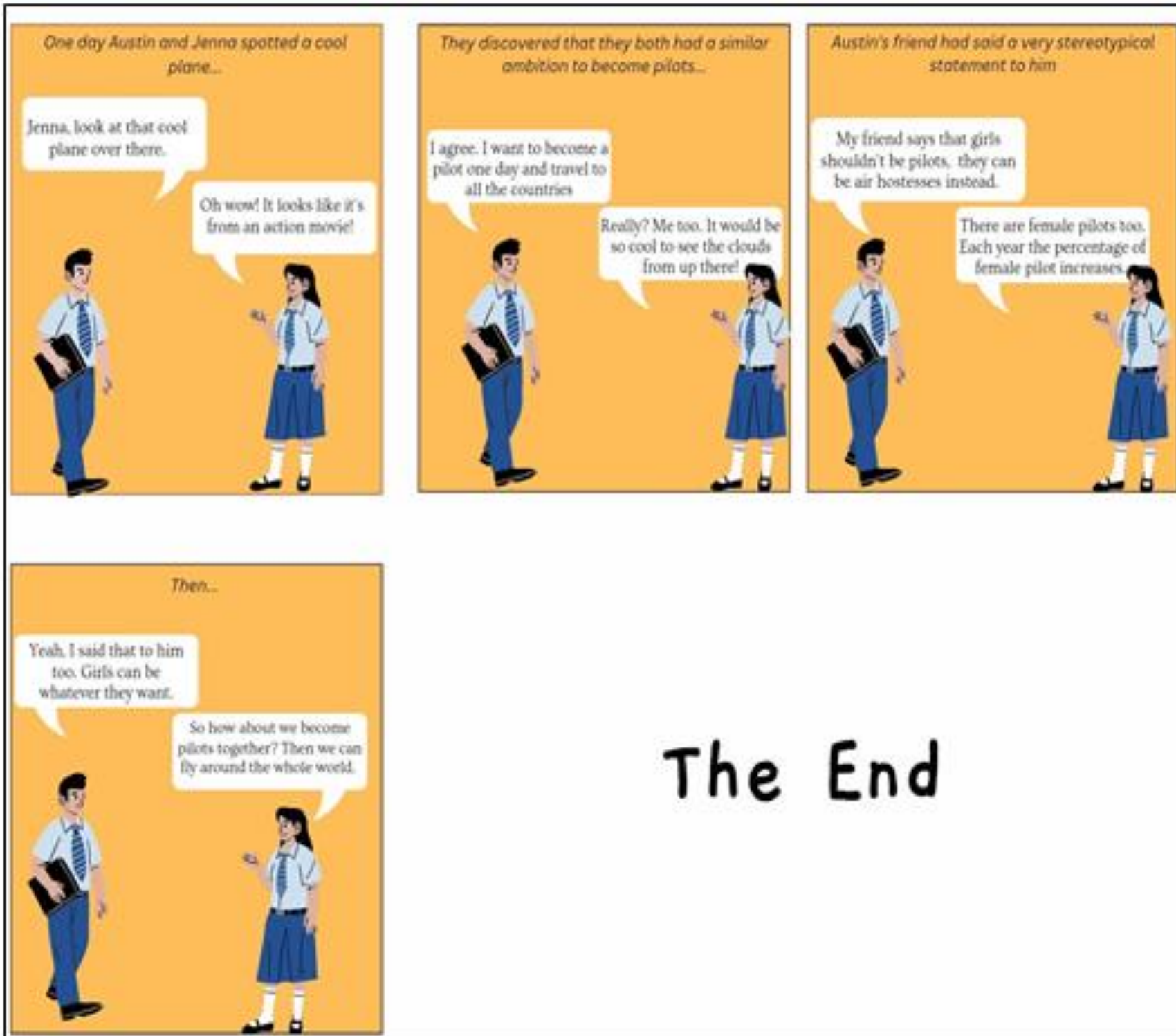
6	Murder on the Orient Express
7	The Fellowship of the Ring
8	David Copperfield
9	Peter Pan
10	Alice in Wonderland

COMIC STRIP



Megan Silveira

81



SAVE WATER - WORD SEARCH



W	B	A	E	R	A	T	O	R	C	H	G	F	L	G	E
A	C	P	Q	A	G	A	J	F	K	L	I	C	E	K	O
T	B	Z	H	D	H	B	B	H	K	O	P	A	A	T	P
E	J	L	V	P	R	E	S	E	R	V	E	E	K	R	O
R	E	L	I	N	R	I	A	C	R	C	E	F	S	W	L
E	V	X	Q	G	J	K	N	L	I	C	E	H	L	U	N
D	A	Z	M	J	B	L	A	K	E	O	L	N	F	K	E
W	S	C	A	R	C	I	T	Y	K	J	N	M	O	P	V
Y	K	T	K	M	N	J	K	L	W	E	I	P	H	M	R
R	O	E	A	R	T	H	A	Z	Q	Y	O	P	T	T	E
T	H	C	U	L	B	S	H	O	R	T	B	A	T	H	S
G	O	U	N	M	C	Z	V	M	N	S	U	T	I	B	N
V	P	A	S	P	B	S	P	H	L	K	U	H	K	G	O
O	F	F	T	H	E	T	A	P	I	Y	V	Z	M	L	C



WORD BOX:

WATER

DRINK

AERATOR

DRAIN

CONSERVE

FAUCET

LAKE

ICE

OFF THE TAP

LEAKS

SCARCITY

PRESERVE

SHORT BATHS

EARTH

SAVE

Faith K

Grade IV-H

Grammar

D	D	C	N	E	A	C	O	R	E	J	C	U	E
E	N	M	R	N	C	R	C	U	N	I	I	N	S
E	A	D	V	E	R	B	O	A	E	E	S	N	A
E	C	O	N	J	U	N	C	T	I	O	N	O	R
D	E	T	E	R	M	I	N	E	R	H	U	U	H
R	C	O	N	C	R	E	T	E	N	O	U	N	P
N	N	N	R	O	N	T	T	S	N	E	P	P	B
C	O	N	N	E	C	T	I	V	E	N	E	H	R
I	E	N	H	N	R	P	U	N	R	E	I	R	E
A	B	S	T	R	A	C	T	N	O	U	N	A	V
I	C	V	R	E	O	V	E	O	T	D	R	S	B
O	E	N	A	D	J	E	C	T	I	V	E	E	U
E	N	A	T	B	E	T	B	I	I	R	U	E	D
P	R	O	P	E	R	N	O	U	N	E	O	E	R

- CONNECTIVE
- NOUN PHRASE
- ADJECTIVE
- CONCRETE NOUN
- CONJUNCTION
- PROPER NOUN
- DETERMINER
- ADVERB
- ABSTRACT NOUN
- VERB PHRASE



Fazzilet Manha IV H

Riddles

Riddle: Where does today come before yesterday?

Answer: The dictionary

Riddle: I am an odd number. Take away a letter and I become even. What number am I?

Answer: Seven

Riddle: What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

Answer: NOON

Riddle: The more you take, the more you leave behind. What are they?

Answer: Footsteps

Riddle: You see it once in June, three times in September and never in May. What is it?

Answer: The letter E



Arudhurra Anandan

Grade I A

Clock Chimes
Clock Chimes

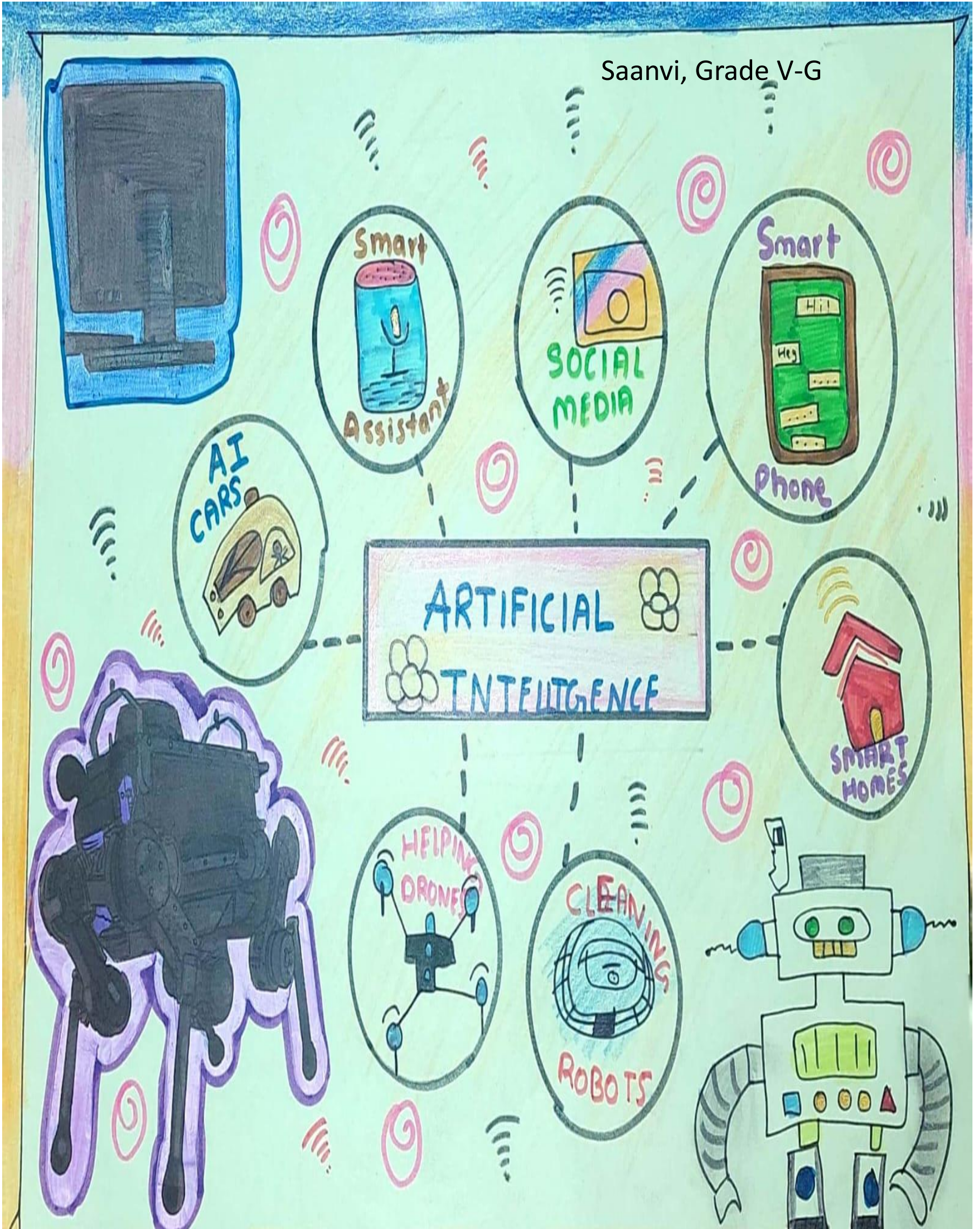


Artwork



Artwork

Saanvi, Grade V-G



Artwork



Events at School

Back to School Activities



Events at School

MUN@DPS Dubai



Mufti Day



Ramadan Charity Drive



The joy of books and the rewards of a lifetime of reading

Before the computer age, almost everyone who wanted to learn began reading every day. There was no need to keep emphasizing the advantages of reading all the time. Furthermore, because we are so engrossed in social media and the internet, no one thinks about reading books any longer. Some people may not want to read, while others may be overburdened.

Reading can boost your intelligence and help you become a better writer and reader. There is nothing like a good book. One of my favourite things to do is curl up at home with a good book to read.

Accessible Reading

Our current level of access to books is unprecedented. We can read books on our phones, computers, and tablets, or listen to them in the car. We can purchase books in a bookstore or order them online. We have access to public libraries and all of their books and resources. We have access to books from other countries, as well as those written by local authors.

Reading is Beneficial to Your Health

There are countless articles on the health benefits of reading. Reading has been shown in studies to reduce stress, increase intelligence, broaden knowledge and understanding, and improve memory.



The joy of books and the rewards of a lifetime of reading

Reading is a Beneficial Distraction

Reading is something that we are often required to do as children but then neglect in our busy lives. Other forms of entertainment, particularly in the digital age, compete for our attention and time. Reading can assist you in escaping stress, negativity, and the constant barrage of electronic media. Opening a book is a pleasant diversion with the potential to improve our lives.

Reading Improves Relationships

Many people prefer social activities and networking that connect us to people to the solitude of reading time. However, reading can also be a social activity. There are book clubs, discussion groups, and new information to add to conversations, as well as reading aloud to children and teaching what you learn.

Reading is a Gift.

Reading should not be regarded as a chore or a duty for children. It should be given as a gift.

Reading is a wonderful privilege and gift that we have, I believe, for both children and adults. We are fortunate to be able to read a book to broaden our minds, learn, grow, and escape.

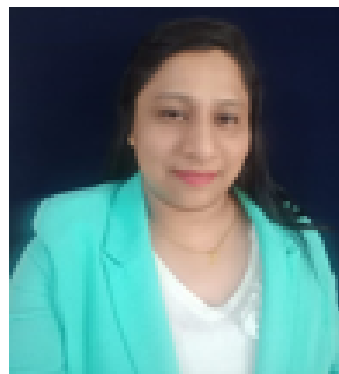
We can improve our lives simply by reading. However, in this day and age of alternative forms of entertainment and information, it is something we must constantly choose to do. Reading and having access to books is a luxury that not everyone has. I strongly urge you to take advantage of this opportunity to rediscover the joy of reading.



Shereen Banu

Phase-II

PROMOTING EXPERIENTIAL AND SCIENTIFIC ENQUIRY IN YOUNG STUDENTS



Jincy Joseph
English Teacher, CT 6 H
(Middle School)

“We now accept the fact that learning is a lifelong process of keeping abreast of change. And the most pressing task is to teach people how to learn.”-Peter Drucker. As part of 21st Century skills, children must learn through trial-and-error method. They need time to experiment, try things out, and think on their own. Scientific enquiry-based learning will help our younger ones to follow the evidence to make decisions instead of just opinion, interest, or preference. This teaching method encourages students to ask questions and investigate real life problems. It has several benefits and can be used in a variety of subject areas.

Scientific enquiry-based learning engages students in a more active manner than traditional instructional methods because it is experiential- “learning by doing”. Dr. Robyn M. Gillies ,a professor in the School of Education at The University of Queensland, Brisbane, Australia had recognized the fact that the effects of cooperative learning on students' learning in science, mathematics, and social science content areas in elementary and secondary schools, and the majority of the findings have indicated that cooperative learning where students work together to investigate a problem or solve a dilemma can be used successfully to promote student engagement, socialization, and learning.

Experiential learning is a powerful form of learning. However, it requires patience, perseverance and the experience should have real world content or be useful and meaningful. Sometimes students might be distracted and may lose confidence and focus or else students may have more than one right answer. Hence our younger ones can perform enquiry-based learning as it is an encouraging learning method which helps to transform the simple experience to a great learning experience.

Enquiry based learning, challenges students' thought by engaging them in investigating scientifically orientated questions where they learn to give priority to evidence, evaluate explanations in the light of alternative explanations and learn to communicate and justify their decisions. These are dispositions needed to promote and justify their decisions. In short, "Scientific inquiry requires the use of evidence, logic, and imagination in developing explanations about the natural world.

Education is the key to addressing climate change.

(Teacher Article)

Education is crucial to promote climate action:

It helps people understand and address the impacts of the climate crisis, empowering them with the knowledge, skills, values and attitudes needed to act as agents of change.

Education helps people understand the root causes and impact of climate change, shifting their behavior and attitudes towards more sustainable lifestyles. Education builds the knowledge, competencies, and skills necessary to adapt and innovate to save our planet.

Learning about climate change is our first step and in educating our children in playing an important role in environmental conservation. We can do it formally by enrolling in courses or more casually through reading climate change books, taking part in protests or following and contributing to social media conversations.

We need to educate children and people we meet to adopt a culture of caring for the environment. It needs to be an important fixture of school and education. We need to adopt environmental literacy. If we do not know what the problem is it will never be impossible to solve it.

As young and old people, we have the biggest stake in the future. We are the ones directly affected by it. We need to learn right now and to have that imbedded in our school curriculum. It's the little things that will make the difference. Our youth can make those changes very easily.

We are dependent upon it for our very survival. Education can address the threat of climate change by helping people understand the root causes and impact of climate change, as well as shifting their behavior and attitudes towards more sustainable lifestyles.

*Report By Deborah D
Jordan*



Metaverse: Revolutionizing Education and Beyond

Ms. Tina Mohan

The metaverse is a concept that was coined by Neal Stephenson in his 1992 novel "Snow Crash". It refers to a virtual reality shared by millions of users worldwide, where they can interact with each other through digital avatars and engage in various activities. The concept has inspired many technological advancements in the virtual and augmented reality space and has become a popular topic of discussion among futurists, technologists, and sci-fi enthusiasts.

The metaverse is being used in various fields such as gaming, education, social media, real estate, and art and entertainment. It has the potential to revolutionize education by providing students with immersive and interactive learning experiences. Virtual classrooms and immersive learning experiences can simulate real-world environments and enable students to learn in a more engaging and interactive way. By leveraging virtual and augmented reality technologies, the metaverse can help students visualize abstract concepts and make learning more interactive and fun.

Moreover, the metaverse can help overcome geographical and financial barriers by providing students with access to educational resources and experiences that they may not have otherwise been able to access. Collaboration among educators can be facilitated with the help of metaverse, allowing them to share ideas, resources, and best practices in a virtual environment. Teachers can collaborate with experts from around the world to create and deliver high-quality educational content and experiences.

To access and engage with educational content, the metaverse can provide accessibility features such as text-to-speech, audio descriptions, and closed captioning for students of determination, blind, and deaf students. By creating rich sensory experiences, it can cater to different learning styles too. The use of metaverse in schools in the UAE is still in its early stages, but there are some promising initiatives and projects underway.

In conclusion, the metaverse has the potential to help students and teachers in many ways by providing them with innovative and engaging learning experiences and tools that cater to their unique needs and preferences. As technology continues to evolve, it is likely that we will see more schools in the UAE and around the world adopt the metaverse as a tool for delivering engaging and effective education.

Supporting Young People During Crisis

Linu Roby, M/o Amy Roby (5D)

Crisis situations can happen at any time, and young people are especially vulnerable in such situations. Whether it is a natural disaster, a pandemic, or a personal crisis, young people require assistance in dealing with the stress and uncertainty that these situations entail. Recognizing and validating young people's feelings is the first step in supporting them during a crisis. Tell them that it is normal to feel scared, anxious, or overwhelmed in a crisis situation and that these feelings are normal. Encourage them to express their emotions and to be heard with empathy and understanding. Explain the situation in age-appropriate language and respond to their questions as truthfully as possible. Encourage them to ask questions and clarify any misconceptions. Daily routines can be disrupted during a crisis, increasing stress and anxiety. Encourage young people to keep as much of their normal routine as possible, such as eating at regular times, getting enough sleep, and participating in physical activity. Encourage them to stay engaged in learning or hobbies at home if the school or other activities are disrupted.

During a crisis, social support is critical, and young people may require assistance in connecting with friends and family. Encourage them to contact loved ones, even if only through phone or video calls. If they are having difficulty coping, suggest counselling or support groups as a way for them to connect with others who may be feeling similarly. Young people learn by example, so modelling self-care during a crisis is critical. Empathy, understanding, and a willingness to listen are required when supporting young people during a crisis. We can help young people cope with the stress and uncertainty of a crisis by acknowledging their feelings, providing accurate information, sticking to routines, encouraging social support, and modelling self-care. Remember that while crisis situations can be overwhelming, with the right support, young people can build resilience and emerge stronger on the other side.



Supporting Young People During Crisis

Dr. Somnath V, Parent of Neel Somnath from Grade I C

It's an imperative thought, to be there when it matters the most. Especially when the budding minds are tangled between reality and fantasy, or between right and wrong, or between responsibility and conscience and the list goes on.

As an instinct triggered by nature, every mother forms herself as a shield for her younger ones, but what if this was not the case in a particular instance? What if the child doesn't comprehend the shield as a maternal instinct, but instead as a barrier to their freedom --- This is the first symptom of Crisis, to which we do not neglect or retaliate but instead, we extend a new bridge of understanding to undermine the missing comprehension.

This angelic approach will save lives of the present and transgress the positive thought process to future generations with a limitless ripple effect. However, the converse is also true.

The child does understand the familial trait as the participation of maternal and paternal components in creating a happy family. Simultaneously they would seek solace from both parents when they need to fight through a difficult situation or crisis.

Prevention is always better than Cure!



Five things to know about how social media affects Children's Brains

Parent of Krsna Veni Vivek, V D

Social media has become an integral part of our daily lives, especially for children who have grown up in the digital age. While it can offer many benefits such as staying connected with friends and family, social media can also have negative effects on children's developing brains.

Here are five important things to know about how social media affects children's brains:

1. Social media can impact children's mental health: Studies have shown that excessive use of social media can contribute to anxiety, depression, and other mental health issues in children. It can also lead to a decrease in self-esteem and an increase in negative body image.
2. Social media can affect sleep patterns: The blue light emitted by electronic devices, including smartphones and tablets, can disrupt children's sleep patterns. This can lead to difficulty falling asleep, staying asleep, and feeling rested in the morning.
3. Social media can impact attention span: Social media can be addictive, and constant notifications and updates can lead to a decrease in children's attention span. This can affect their ability to concentrate and learn in school.
4. Social media can affect relationships: Social media can make it easier to connect with others, but it can also make children feel more isolated and disconnected from their peers. It can also lead to cyberbullying and other negative social interactions.
5. Social media can impact brain development: Research has shown that excessive use of social media can affect the development of the prefrontal cortex, the part of the brain responsible for decision-making and impulse control. This can have long-term effects on children's ability to make good decisions and regulate their emotions.

In conclusion, while social media can offer many benefits for children, it is important to be aware of the potential negative effects it can have on their developing brains. Parents and caregivers can help mitigate these effects by setting limits on screen time and encouraging children to engage in other activities, such as reading, playing sports, or spending time in nature.



Adverse effect of social media on Children



Ramkumar. P, Parent of Banumitra. R from Grade I A

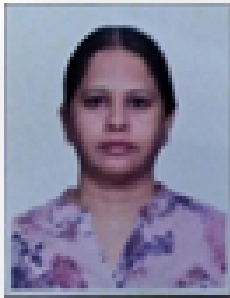
Social media is a tool to connect with others, and not the end all be all for their existence.



1. Portrayed social media life of people lead to comparisons, causing low self-esteem in children.
2. Social media addiction hinders the development of interpersonal relationships among children.
3. Dangerous viral trends, false marketing and online predators are dangers of social media. Children may bump into inappropriate or harmful content on vast social media platforms.
4. Cyberbullying is a growing trend prevalent on social media that affects children.
5. Social media stunts children's growth and maturity when they feel like they always have to perform to get "likes".



5 THINGS TO KNOW ABOUT HOW SOCIAL MEDIA AFFECTS CHILDREN'S BRAINS.



Renn Rege

Mother of Tejashree Rege, 7 F

Spending time on social media has become almost a way of life for most adults — scrolling through videos of cuddly cats and wacky dances for hours a day.

But is it nice when your child spends most of his/her time watching social media?

Child psychologist Kate Eshleman, PsyD, discusses the potential dangers of kids using social media and if you're allowing them to use it how to talk to them about how to stay safe, not overdo it and not take a lot of what they see on there too seriously.

How social media affects children.

Most social media apps require users to be at least 13 years old. But in a recent poll, parents shared that 50% of children 10 to 12 years old and 33% of children 7 to 9 years old use social media apps.

Social media makes it easy to compare oneself to another says Dr. Eshleman. Most people put on social media what they want you to see. And by using social media, all of us have the ability to access endless information anytime we want to and that can be very hard for kids.

Impact on children

While experts are just beginning to understand social media's impact on children, one study shows that children younger than 11 years old who use Instagram and Snapchat are more likely to have problematic digital behaviors like having online-only friends and visiting sites parents would disapprove of, as well as a greater chance of taking part in online harassment.

That same study says limiting how much time a child spends on social media may reduce some of the negative effects of using social media at such an early age. Another study talks about how children who use TikTok are developing tics and having tic-like attacks. They're experiencing a movement disorder brought on by stress and anxiety — presumably made worse by the pandemic and teens' increased social media consumption.

In addition to problematic digital behaviors, there may be changes in children's daily behavior at home like:

- Increased irritability.
- Increased anxiety.
- Lack of self-esteem.



SUPPORTING YOUNG PEOPLE DURING CRISES



Nirmal Singh

Father of Simar Singh, 6 A

Supporting young people during crises is a very important and crucial part of our modern lifestyle. In our world today, young people get easily depressed. To avoid this, we should decrease the pressure we put on our children.

We must always care for ourselves and our children's emotional and mental health needs. Mental health: Anxiety, depression and self-harm on rise among teens is a common cause of illness. The causes are many for the illness of the children but supporting them during their hard times and their rises is a very important part of parenthood. All parents should have time for their children and the skill to understand and listen to what your child wants. Also, pressurizing your children a lot during the hard times is something which can hinder the child's belief in themselves. Young people will find themselves very happy after sharing what they feel with someone else.



But how can the media help in this case? The media can spread awareness about the topic of supporting and understanding the young people. Through media, many people will understand how to understand young people and help them come out from their rises. The government can too organize camps and programs on how to cope up with children during this phase of their life. Many people are clueless about this topic and all these means of spreading awareness can surely convey a message to them.

Riddle Time

By Neha Choudhary, Mother of Ria Choudhary, KG II-C



- Riddle: How many months of the year have 28 days?
- Riddle: What has hands and a face, but can't hold anything or smile?
- Riddle: It belongs to you, but your friends use it more. What is it?
- Riddle: If you don't keep me, I'll break. What am I?
- Riddle: I have a tail and a head, but no body. What am I?
- Riddle: What has to be broken before you can use it?
- Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I?
- Riddle: What goes up but never comes down?
- Riddle: I shave every day, but my beard stays the same. Who am I?
- What has many keys but can't open a single lock?

Answers -:

- *All of them! Every month has *at least* 28 days.*
- *A clock.*
- *Your name.*
- *A promise.*
- *A coin.*
- An egg
- A candle
- Your age
- A barber
- A piano