

DPSD Herald JUNE 2023



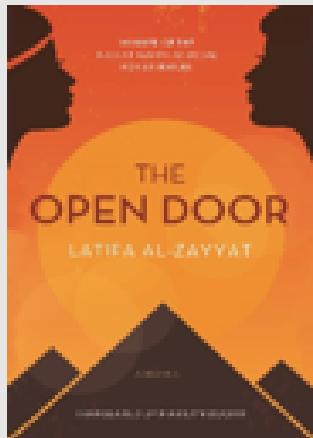
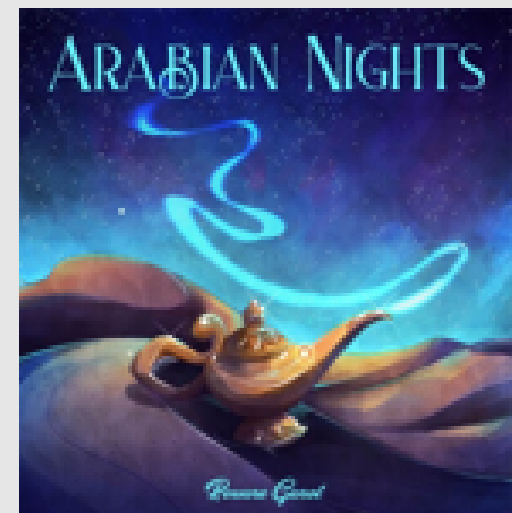
SIX ARABIC CLASSIC NOVELS WORTH READING



Ruhul Amin, 7 C

The Arabian Nights

The Arabian nights also known as One Thousand and One Nights or The Arabian Nights' Entertainment, many people have been exposed to this epic and influential work of fiction to some capacity. It is a collection of Middle East folk tales. The works have been collected, translated and reimagined by many storytellers and authors across different cultures. It is really worth reading as they are in their various forms and genres. It has influenced literature, music, art, and cinema, and continue to do so until our present day.

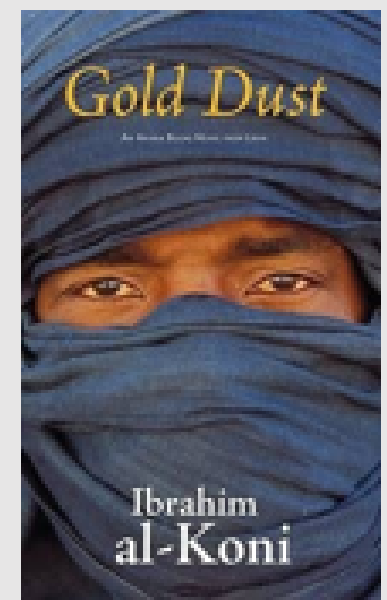


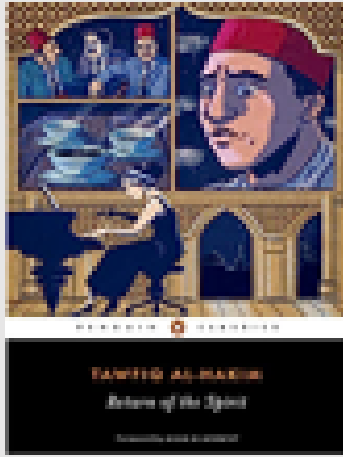
The Open Door

Latifa al-Zayyat's revolutionary novel was written in 1960 in colloquial Egyptian Arabic. It is a coming-of-age story set against the background of the growing Egyptian nationalist movement before the 1952 revolution. It is worth reading as the story talks about a girl named Laila overcoming the struggles of being a girl.

The Gold Dust

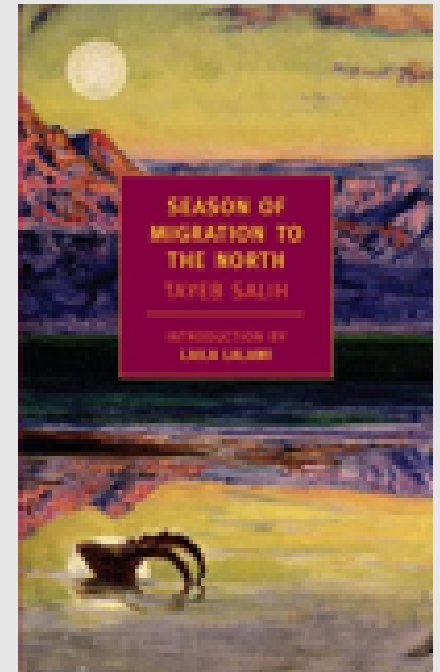
This Libyan novel is a thrilling tale that combines philosophy, history, culture and myth through a man's relationship with his camel. Gold Dust is a classic story of the brotherhood between man and beast, the thread of companionship that is all the difference between life and death in the desert. It is a story of the fight to endure in a world of limitless and waterless wastes, and a parable of the struggle to survive in the most dangerous landscape of all human society.





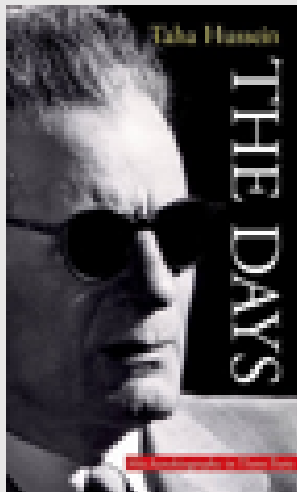
Return of the Spirit

First published in Arabic in 1933, Egyptian playwright and author Tawfiq al-Hakim's novel is considered his most important work. The main theme of the novel is love and revolution for Egyptian freedom. Through the novel, the author shows that love awakens the vital power in men which in turn may usher them to nobler deeds as Muhsin (a character in the novel).



Season of Migration to the North

The classic post-colonial Arabic story by Sudanese writer Tayeb Salih, published in 1966, is not only the novel he is best known for, but is considered by many authors and critics as one of the best examples of Arabic fiction. It is worth reading as Season of Migration to the North is a rich and sensual work of deep honesty and incandescent lyricism. In 2001 it was selected by a panel of Arab writers and critics as the most important Arab novel of the twentieth century.



The Days

Written and published in three volumes throughout Taha Hussein's life, The Days is a novelized autobiography by the Egyptian professor. Beginning with his childhood in a small village, then his studies in Egypt, France and his return home, it is worth reading as Hussein's work deals with themes of ignorance, education and his constant resistance of the status quo, whether in Egypt or abroad.

LISTENING TO YOUR BODY AND MIND THROUGH YOGA



Savari Anand Deshpande, 6 C

Sometimes life can be tough when it comes to certain circumstances. However, yoga provides a sanctuary for us to tune in and reconnect with ourselves on a deeper level! Through the gentle movements and mindful breathing exercises of yoga, we learn to pay attention to the messages our body is sending us. We become hearty and cheerful.



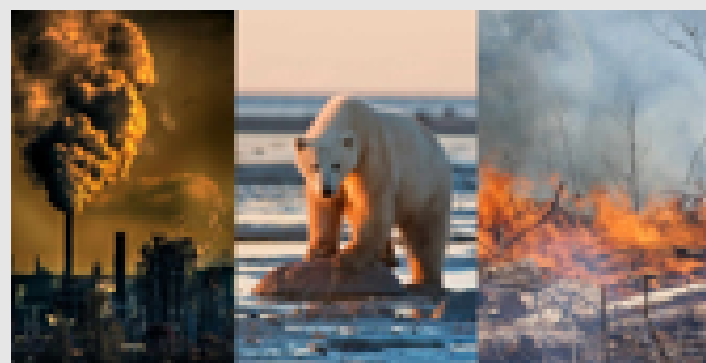
By observing these sensations, we can identify our own limits and heights of concentration. Yoga serves as a bridge between our physical and mental selves, fostering a tuseful relationship between body and mind. It also invites us to listen to our minds, to become aware of the constant stream of thoughts and emotions that flow through us.

With this small splendid effort and practice, yoga can help us to build valuable insights into our overall well-being. We learn to recognize the difference between discomfort and pain, to respect our boundaries, and to honor our body's needs. Yoga helps us develop and tells us to be happy every single day of our life! Through this practice of self-listening and self-care, we cultivate a deeper understanding of ourselves and embark on a journey of self-discovery and personal growth. With this, life will be beyond our own expectations!

COP28: THE ROAD LEADING TO NET-ZERO EMISSIONS



Lavishika Dogra, 8 K



COP28 is the 28th session of the Conference of Parties, held every year to discuss and find solutions for climate change. It will take place from 30 November to 12 December 2023 at Expo City, Dubai

COP 28 will track and analyze the progress of each country toward fulfilling the pledge of the Paris Agreement. This pledge states that each of the 200 signatory countries will have to cut out carbon emissions by 2050.

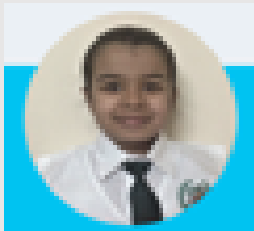
COP28 committee has specifically called upon the oil and gas industry to phase out methane emissions by 2030 and align in favor of comprehensive net-zero emission plans by or before 2050. COP28's Nature, Land Use, and Oceans Day will focus on delivering climate and nature co-benefits through a range of financing mechanisms and platforms – co-



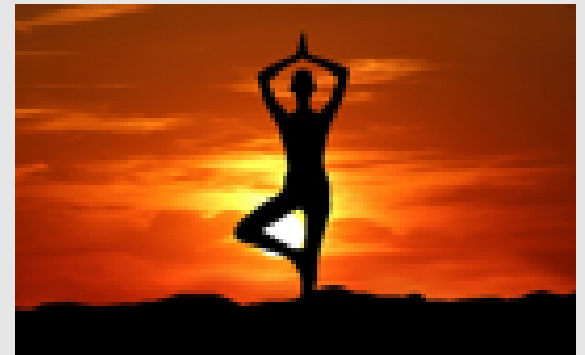
designed with local and Indigenous communities – to sustainably manage and conserve natural carbon sinks and biodiversity hotspots.

By hosting COP28, the UAE is focusing on practical solutions that drive progress for the climate and the economy, in line with its commitment to control climate change in the best possible way.

YOGA



Dhruvi Upadhyay, 6 F



In a calm and peaceful place,
Yoga brings a happy face.
Stretch your body, feel so tight!
With simple poses, that make you feel extremely light.

Stand tall, reach up and try to the sky,
And down you go to touch your toes, why don't you give it a try.
Breathe in, breathe out, let worries go,
Feel strong and confident to let your body show.

Hands high, like a mountain tall,
Feel that your leg is grounded, standing strong and tall.
Move gently and smoothly, feel the grace,
In easy or hard poses, try to find your find your own pace.

Take a moment, just for you,
Let yoga guide and renew your pace.
Breathe, and out, find inner peace,
In these simple or hard poses, let the stress go or release.

INTERNATIONAL DAY OF MUSIC: THE STRONGEST FORM OF MAGIC IS MUSIC



Rohan Agarwal, 6 E



The Magical powers of Music

Music has a controlling power just like magic, on not only humans but even animals and plants.

It has been demonstrated that music triggers various emotions, memories and even imagination in humans. It has been used in some surgeries and it also enables spiritual connection to our souls. Music has the ability to bring many people together who may be total strangers but connected by music. Music has shown an impact on animals' behaviour and even induced or stunted growth in plants based on the type of music.

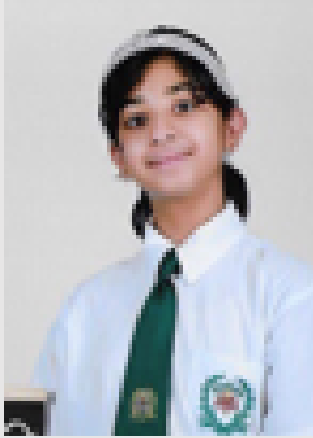
Scientifically, it has been proven that music boosts dopamine in body which enables us to feel happy. It also triggers release of hormones which help to relieve pain and stress.

Being a piano player, I have myself experienced joys of music where I get into a completely different state of mind while playing music and learning various chords

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” – Plato



SUMMER IS HERE



Saanjh Rajput, 7G



Summer is here, the sun shines bright,
The days are long, the sky is light.
The birds chirp loud, the flowers bloom,
The world awakens from winter's gloom.

The air is warm, the breeze is sweet,
The grass is green beneath our feet.
The beach calls out, the ocean blue,
Summer is here, there's so much to do.

The kids are out, no school in sight,
Laughing and playing from morning till night.
Ice cream trucks roam the streets,
Delighting all with sugary treats.

But for now, let's enjoy in the warmth and light,
And all the joys that summer brings in sight.
Let's dance in the rain and play in the sun,
Summer is here, let's make it a memorable one.

The water invites us to swim and splash,
Pools and lakes and oceans to dash.
We soak up the sun and soak in the fun,
Summer is here, let's enjoy everyone.

The season is leaving, so let's make it last,
Memories to cherish for years to surpass.
As the days grow shorter and the leaves turn gold,
We'll look back on summer, a story to be told.

An Angel in My Home

Mokshita T. Anil, 9A



To dream do I dare,
Great heights do I fly,
With wings do I soar,
And happily do I chase my path,
by the virtue of my father who impels me forward.

Never am I lonely,
Never am I unhappy,
Never do I cry,
and never do I sob over anything,
owing to my father who robs me of grief.

Not once have I gone astray,
Not once have I wandered,
Not once have I dreaded,
and not once have I feared my means,
for I have a guardian angel in the form of my father
who loves me, protects me and lives for me.

Music: Food for The Soul

Zoha Shahber,9A



Music is like food for the soul,
A symphony that makes us whole.
It lifts us up when we are down,
And fills our life with the joy of sound.

From the soft note of a lullaby,
To the sharp beats of some 80's night,
Music has the power to heal,
And make us realize what we truly feel.

Whether it's the sound of a grand piano,
Or the beat of the drum and bass flow,
Music speaks to us in ways unknown,
When we listen to the bass flow

So let us all embrace the power,
Of music in every passing hour,
For it is the food that feeds our soul,
And makes us feel truly whole.

Yoga: Benefits Beyond the Mat

By Kaushik. T

Yoga, what was originally meant to be a group of physical, mental and spiritual practices, is now a form of exercise that is practised all over the seven seas. The reason for this is not only the health benefits that yoga provides but the impact it has on one's life as a whole. Yoga might just be the panacea to the troubles of ordinary life.

Today's fast-paced world is constantly adding to everyone's burden but yoga offers us a way out of this. Yoga techniques such as deep breathing, meditation and mindfulness can reduce stress levels and propagate feelings of calm and tranquility.

While on the topic of the mind, regular yoga practice has the ability to improve mental health. Due to the calmness and relaxation it provides, it suppresses feelings of anxiety and anger. Self-awareness is something we all need to have, and yoga develops that too.

Due to the peace and self-awareness yoga offers, it helps us step back from our problems and look at things from a different perspective. This promotes emotional stability and helps us manage our emotions more effectively. In addition, yoga can alleviate insomnia and elevate sleep quality - something very important this year!

If we dedicate just a few minutes of our schedule every day to yoga, it can completely turn the tables and make life seem a lot easier. The path to nirvana is still hidden, but yoga is remarkably close.



Exploring the Power of Yoga

-Tanushree Kharthik, 11-I

In today's stress-ridden world, people constantly find new ways to strengthen mental clarity and physical health. One such traditional practice that has stood the test of time and continues to gain popularity worldwide is yoga. It is an ancient practice that dates back to over 5000 years ago.

Yoga is a unique form of movement that enhances flexibility, mental stability and promotes a profound way of life. Yoga is renowned for cultivating resilience and endurance in people who practice yoga asanas (poses). Its popularity primarily stems from its ability to integrate body, mind and breath through conscious training and self-control. Yoga encourages mindfulness through the combination of deep breathing techniques with focus on body functions to sharpen mental clarity.

Moreover, the philosophy of yoga allows people to embark on a journey of self-discovery and spiritual growth to let people find deeper meaning in their life. Yoga practitioners also reap the benefits of consistency through improved sleep cycles, stress relief, enhanced strength and emotional balance. To conclude, yoga provides a multitude of benefits impacting every element of human life. It is a holistically beneficial practice that we can embrace to lead a healthier and more fulfilling life.





The Man I've Known

-Saanvi Panjabi, 11-E

The man I've known my entire life,
Saw me take my first steps and endured my irrational strife(s),
He held the tiny me in his arms, honored and glad
For all he knew that very moment, he had claimed the title "dad"

Tolerating all the tantrums and desires I put forth,
He always submitted to it for all it's worth
He knew just how to make me laugh when I felt low,
He built me up and he let me grow.

Oh, dear dad, do tell me why,
Why is it that you always comply,
With every wish and dream of ours?

Tell me how you handle our commotions,

How do you cope up with our emotions?

Tell me what is it in you,
that makes you, you.

Hannah Fathima
XI E



THE SOUL THROUGH MUSIC

Music is like a spring
when the soul craves for a wing,
as for wonders of the mind,
it is a blissful remind.

In melodies, emotions take flight,
Similar to unknown uncertainties, like colors in the night.

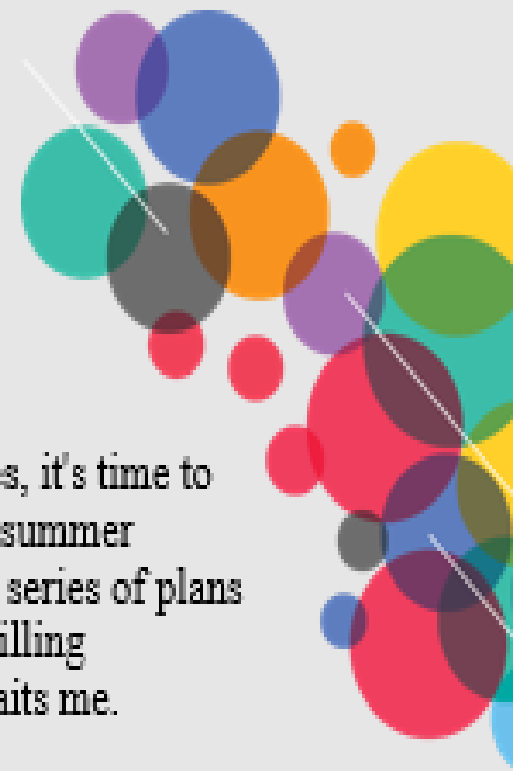
Notes dance along the array of sound,
As our hearts are touched,
our essences unbound.

As the symphony unfolds its tale,
In every note, a story unveils.
Music, forever flows,
A gift to cherish, wherever it goes.

The serenity it creates,
Melodies that guide,
The music's embrace provides,
To heal where ever it goes as it flows.

The sacred sense of rhythm,
Created alone by memories,
Enhancing soulful wisdom,
A sanctuary of solace, the inner harmonies.

Embarking on Memorable Adventures: My Plans for Summer Holidays 2023 - Azimuddin Syed 9F



As the school year comes to a close and the warm embrace of summer approaches, it's time to start envisioning the endless possibilities that lie ahead during the much-awaited summer holidays. With boundless excitement and a thirst for exploration, I have crafted a series of plans for Summer 2023 that promise to make this break an unforgettable one. From thrilling adventures to personal growth, here's a glimpse into the exciting journey that awaits me.

This summer, I am determined to immerse myself in the enchanting beauty of nature. I plan to embark on a backpacking adventure in a national park. By exploring hiking trails and camping amidst the pristine wilderness, I hope to foster a deep appreciation for our natural surroundings while creating memories that will last a lifetime. Traveling to a foreign land has always been a dream of mine, and this summer, I aim to turn that dream into reality. Immerse myself in a new culture, I plan to visit a country with rich history and diverse traditions. By wandering through bustling markets, trying local delicacies, and interacting with locals, I hope to broaden my horizons, foster cultural understanding, and gain a fresh perspective on the world.

While summer is typically associated with relaxation, I believe it's also an opportune time for personal growth and skill development. I plan to enroll in a creative writing workshop or attend a writing retreat to hone my literary talents. Engaging in workshops with like-minded individuals will not only enhance my writing skills but also provide an avenue for self-expression and creative exploration. Summer holidays also present a chance to make a positive impact on the world around us. I am passionate about supporting causes that resonate with me, such as environmental conservation or working with underprivileged communities. I intend to devote a portion of my summer holidays to volunteer work, where I can contribute my time and effort towards making a meaningful difference in the lives of others.

In this fast-paced digital age, it is critical to disconnect from technology and reconnect with ourselves and our loved ones. The summer holidays of 2023 hold immense potential for personal growth, adventure, and unforgettable experiences. By immersing myself in nature's wonders, exploring different cultures, embracing learning opportunities, giving back, and finding time for personal reflection, I am confident that this summer will be a transformative chapter in my life. As I embark on this incredible journey, I eagerly anticipate the lifelong memories and valuable lessons that await me, shaping me into a more well-rounded individual ready to take on the world.

Dubai: A Futuristic Metaverse Playground

-Mohib Mirza, 9F

Dubai is on track to become the epicenter of the metaverse, a virtual universe where digital and physical experiences collide. Dubai is positioned to define the future of the digital world, touching the lives of students and individuals profoundly, thanks to its cutting-edge technology, innovative attitude, and commitment to diversity.

Dubai's advanced infrastructure and thriving tech ecosystem position it as a global leader in the metaverse revolution. As a student, you will have access to cutting-edge technologies, providing new educational opportunities and interactive learning experiences. Imagine attending virtual lectures, collaborating with classmates worldwide, and exploring virtual simulations that bring lessons to life. Dubai's journey to becoming a smart city aligns with its metaverse ambitions. We can benefit from a virtual world that seamlessly integrates with physical reality. From digital replicas of historical sites for immersive history lessons to virtual laboratories for conducting scientific experiments, Dubai's metaverse opens up a whole new dimension of education and exploration.

Dubai's creative and entrepreneurial community fosters collaboration and innovation in the metaverse. As a student, we can engage with artists, innovators, and experts from various fields, expanding our horizons and gaining inspiration. Collaborative projects, virtual mentorships, and interactive workshops become accessible, allowing you to harness your creativity and connect with like-minded individuals globally. The metaverse offers vast economic opportunities, and Dubai's leadership recognizes this potential. As a student, we will witness the emergence of new industries and job prospects within the metaverse ecosystem. From virtual event management to immersive content creation, there will be a demand for digital skills, providing you with exciting career pathways aligned with your interests and talents.

Dubai's commitment to inclusivity ensures that the metaverse benefits people from all walks of life. As a student, we will experience a metaverse that transcends physical limitations, connecting individuals worldwide regardless of their location or physical abilities. Virtual classrooms, interactive study groups, and cultural exchange programs become easily accessible, promoting diversity and fostering global connections.

Dubai's visionary leadership and relentless pursuit of innovation position it as the cradle of the metaverse, with profound impacts on students' lives. By leveraging advanced technologies, fostering collaboration, and embracing inclusivity, Dubai's metaverse provides unparalleled educational opportunities, enhances creativity, expands career possibilities, and connects students globally. As a student in Dubai's metaverse playground, we are at the forefront of an exciting digital revolution that will shape your future and open doors to limitless possibilities.

Nurturing the Future: Instilling Important Values young children

As parents, guardians, and educators, we have the power to shape the minds and hearts of young children. Instilling essential values at an early age lays the foundation for children's character, equipping them with integrity, empathy, and resilience to navigate life successfully. Here are some important values to focus on –

- ☐ **Self-Care:** "Self-care is not selfish. You cannot serve from an empty vessel." - Eleanor Brown. Emphasize the importance of self-care as an act of self-love. Encourage activities like reading, drawing, spending time in nature, ~~practising~~ mindfulness, and pursuing hobbies they enjoy.
- ☐ **Kindness:** "Kindness is a language which the deaf can hear and the blind can see." - Mark Twain. Foster empathy through storytelling and volunteering, teaching compassion towards oneself and others.
- ☐ **Respect:** Teach children to respect their own bodies and emotions. Instil self-respect and the importance of setting boundaries, practicing good manners, and embracing diversity.
- ☐ **Responsibility:** Assign age-appropriate tasks and foster accountability, teaching children to contribute to their families and community. Prioritize healthy habits like nutrition, exercise, hygiene, and rest, cultivating personal responsibility.
- ☐ **Perseverance:** "Success is not final, failure is not fatal: It is the courage to continue that counts." - Winston Churchill. Nurture a growth mindset in children, embracing challenges, learning from mistakes, and persevering while balancing work, play, and rest.

Remember, leading by example is crucial, as children learn by observing and imitating. Together, let us nurture the future by cultivating these important values within the hearts and minds of our children.

Robina Thomas Jemy

Parent of Carolyn Jemy (4-H)

Father's Day

Father's Day is dedicated to our SUPERHEROES who shape our minds and give wings to our dreams.

He always prioritizes our happiness over his. Though he loves that last piece of chocolate, if I am eyeing it, he will smilingly give it to me. This is one of the priceless little sacrifices he makes every day.

I have my best moments of the day when he hugs me and plays with me even after a tiring day at the office.

I am not able to express too much Daddy, but all I know is that I LOVE YOU A LOT. Thanks for being my superhero.



Zaina Tyagi

III-C

My Father is My Superhero

Spider-Man, Super-Man, Bat-Man, there are so many superheroes out there in the fictional world. But I have a real superhero in my own real world and that is My dad. He is the best! He is tirelessly working to provide us with the best. But he has also taught me that we should always make time for rest, relaxation and self-care. He never gives up no matter what and also makes sure to smile through everything. He makes sure to make me laugh with his silly jokes.

I love to build or assemble furniture with my dad. I have learned patience is key from him. He is an amazing dancer, and plays cricket and football! He can do it all! I love going to his football and cricket matches to cheer for him just like he cheers for me for everything I do. He motivates me to be physically active and to enjoy the things we do.

He takes me and my mom out to experience new things and to new places. I am extremely grateful for my dad. My dad is present in all the special moments of my life and I know he will always be there as my best friend forever.

Aladdin Bazil

III -C

Hello Summer!

Great, Glorious sun

Shine down on me today.

Summer vacation is starting teachers are saying "hip ~~hip~~ hooray".

Time for us kids to play.

I waited all this year for this day to come.

What a hot summer this is, I would splash some water to make it messy.

Summer brings days to the beach.

Long, long days filled with sun.

With sunscreen on my nose.

Splashing in pools around my friends.

Wearing swimming clothes.

Trees full of leaves, the humming of bees.

Ice cream drips.

And watching how the sun glows.

Finally, summer vacation starts today!!!

Anika Ashish

V- A

My plans for the summer holidays of 2023

My holidays are always so messy and unorganized so here are my plans for the summer holidays. First, I want to spend more time outside in nature. One way I will do that is by going on a fun picnic with my best friend and my family. I also plan on enhancing my memory, writing skills and vocabulary as studying is also very important even though it is the holidays. Next, I am also going to my home country India! I have always wanted to learn one of India's main languages, Malayalam. I also have always wanted to taste the traditional food of India as I hear it's delectable! These are just a few things but I plan on seeing all the monuments. I also have really always wanted to meet a lot of new people and animals. Now I know that my holidays will be amazing, astonishing and much more!

Technology is the best when it brings people together

Maya had come back from India where she had celebrated her birthday with her extended family. She loved spending time with her family. It was her birthday wish to go on an outing with her family as she hadn't seen her cousins in such a long time! She missed her family a lot. She missed playing hide and seek in Ayaan's backyard, and baking cookies with Grandma Betsy but most of all she missed the times when she used to climb trees in the dense forest with her cousins. Everyone gave her presents after cutting the cake but the one she preferred the most was the I-Pad her parents had given her the day before her birthday. She would use her I-Pad every day to either message or call her family. Seeing her family on the I-Pad screen always brought a huge smile to her face. Maya realized that you don't always have to go to places just to see people rather you can see them in just a few clicks with the help of technology. "Technology is the best when it brings people together," said Maya as she turned on her I-Pad, getting ready to join a call.

Zara Anjum Saith

Grade IV H

D 9886



MY FATHER IS MY SUPERHERO

There is something special about the bond between a father and his child. Fathers are strong, supportive, and protective figures who often play a significant role in their children's lives. I am proud to say that my father is my superhero - the one person I can always rely on, no matter what challenges life may bring.

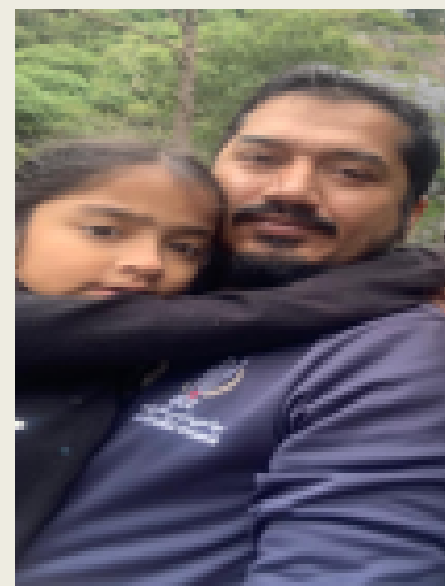
My father is always there for me. He helps me with my homework, attend all my school events and extracurricular activities, and provide emotional support. He is my rock, the person I could always turn to for guidance and advice.

One of my fondest memories of my father was when he taught me how to ride a bike. I was struggling to balance myself and was afraid of falling. But my father patiently guided me and helped me build up my confidence. I remember the feeling of accomplishment I had when I finally learned how to ride on my own. It was one of the many moments where I realized how much my father had impacted my life.

My father continues to be a guiding force in my life. He supports in my school, helps me navigate the difficulties I find and has always been there to provide a listening ear. He has never given up on me and kept encouraging me to be better.

To me, my father is a true superhero. He may not have superpowers or wear a cape, but he possesses an unwavering strength and resilience that inspires me every day. He is the person I look up to and aspire to be like.

In conclusion, my father is my superhero. He has always been there for me, providing guidance, love, and support. I am grateful for everything he has done and continues to do for me. He is helping me shape my future, and I am honoured to call him my dad.



Aakriti Goyal
Grade II A

My Dad, the superhero: A true hero in my eyes

My dad is a superhero. He has super strength, protecting me from anything scary. His love and care are like superpowers, making me feel safe and loved. He gives wise advice, guiding me on the right path. With him, time flies by, filled with fun and laughter. He may not wear a cape or fly through the sky, but his presence in my life is more powerful than any superpower.

He shields me from harm, both physically and emotionally. My dad is my real- life superhero, my role model, my best friend, and I'm grateful for him every day.



V Veera Haricharan
Grade II F

"My father is my superhero"

"My hero dad has one special superpower—he can smile every pain out of my body."

We all love our parents but I am lucky that I also draw inspiration from them. I look up to my father as a source of motivation and inspiration. He is my superhero in the true sense. I admire his love towards his family, dedication towards work and concern for the environment and people around. He has been a pillar of support for the family.

He helps my mother with the household work. He also helps us with our homework and other assignments. He plays with us whenever he finds time and also takes us out for recreation regularly. He will do his best to ease my emotions and make me smile. He won't mind playing a monkey to make me laugh uncontrollably. Apart from this, he is always ready to extend help to our neighbours and relatives whenever there is any need.

Another quality my father possesses is that he is a believer of holistic living. He takes utmost care of his physical health by eating right, taking proper rest and exercising and teaches us the same. My father is my role model. He always teaches me to be brave to face anything and keep smiling in all situations.



ARUDHURRA ANANDAN

Grade I-A



Five Skills High School Student will Need for their Future Careers

Reshma Nisa, Grade XI

High school is an entirely new realm from middle school, thus it is usual to feel a sense of fear and uncertainty during this drastic transition. It may be overwhelming initially, but high school is the gateway to new opportunities which students must use to their full advantage. To conquer these four years, here are five skills that one must develop:

- **Time management:**

Due to the vastness of high school, it is up to students to explore wisely without wasting time. Effective time management enables students to balance their interests with academic performance. A student's foremost task is to create a realistic schedule that makes the most of each day. We can increase productivity, meet deadlines, and minimize stress by managing our time effectively. It assists us in balancing our personal and professional obligations, resulting in an excellent work-life balance. Remember, it is crucial to prioritize to avoid burnout!

- **Communication:**

Everyone faces anxiety and it isn't something one must be ashamed of. However, it is important to grow into your identity and embrace it with no restraints. The world is waiting for us to shine our true colors unapologetically. Communication is the basis of expression. Students with strong communication skills may convey their views clearly, participate in significant debates, and actively participate in class. Developing solid social skills allows students to explain their views, listen attentively, and confidently convey their messages, preparing them for success in their academic path and future jobs.



- Leadership and Collaboration:

Leadership goes hand in hand with team collaboration. High school students can build the abilities needed to lead and collaborate effectively in a variety of team contexts by integrating leadership and team cooperation. Participating in group projects, extracurricular activities, and leadership roles in school or community organizations provides excellent chances to practice and improve these interwoven abilities.

- Basic financial literacy:

Most schools do not teach personal financial management despite it being a crucial skill. Thus students must take it upon themselves to learn the basics so they are equipped with adequate knowledge regarding saving, spending and budgeting as they pursue their higher studies. Such knowledge comes in useful years later since you have a strong foundation to build on.

- Adaptability:

Go with the flow. This does not mean that you remain passive or indifferent, rather you work to overcome obstacles while accepting that life does not take a rigid course. Being adaptable allows you to take advantage of more opportunities. It permits you to forge new routes, take on new tasks, and grab unexpected possibilities for personal and professional progress. By being open to new and enjoyable experiences, you boost your chances of discovering them.



A Gift Everyone Can Afford to Open

By Keira Monto Joseph- Assistant MHEA Club Outreach Officer

Kindness is a universal language that transcends borders, cultures, and backgrounds. It is a gift that costs nothing but has the power to create a ripple effect of positivity. In a world that often feels divided and disconnected, kindness is the thread that can bring us closer together. It is a gift that everyone can afford to open, and its impact is immeasurable.

The beauty of kindness lies in its simplicity. It doesn't require grand gestures or extravagant resources. It can be as simple as a warm smile, a thoughtful gesture, or a few encouraging words. Kindness is not limited by social status, wealth, or age. It is a gift that can be given and received by anyone, anywhere.

One of the remarkable aspects of kindness is its ability to uplift both the giver and the recipient. When we extend kindness to others, it cultivates a sense of fulfillment, purpose, and connection within us. It reminds us of our shared humanity and the power we hold to make a positive difference in someone's life, no matter how small.

Moreover, kindness has the power to create a domino effect. When we show kindness to someone, it often inspires them to pass it on to others. It creates a chain reaction that spreads like wildfire, touching lives far beyond our immediate reach. Kindness is contagious, and its effects can reverberate through communities, inspiring empathy, compassion, and understanding.

Kindness doesn't discriminate; it reaches out to those who are struggling, lonely, or in need of support. It has the remarkable ability to brighten someone's day, to offer solace in times of hardship, and to restore faith in humanity. It is a remedy for the emotional wounds that we all carry, healing them with its gentleness and compassion.

In a world that can be harsh and unforgiving, kindness stands as a beacon of hope. It reminds us that, despite our differences, we are all connected in our shared experience of life. It cultivates a sense of belonging and unity, reminding us that we are not alone.

So, let us embrace kindness as a gift that is always within our reach. Let us open our hearts and minds to the power of simple acts of compassion and understanding. By doing so, we can create a world where kindness becomes the norm, and the gift of a kind gesture is cherished and shared by all.



Understanding and Supporting Children with ADHD

Eshal Shaikh-MHEA Club Officer

We frequently come across classmates that have different abilities and challenges when we are in high school. Attention deficit hyperactivity disorder (ADHD) is one such issue. It is essential that we comprehend and assist our classmates who have ADHD so that they can succeed in both social and academic settings.

Both children and adults can experience ADHD, a neurodevelopmental condition. It is characterized by recurrent patterns of hyperactivity, impulsivity, and inattention. It's crucial to keep in mind that every person with ADHD deals with it in a unique way. Focusing issues, impulsivity, forgetfulness, and organizational issues are some of the typical symptoms of ADHD.

Empathy and patience are two of the most important things we can do to support our friends and family who have ADHD. It's critical to understand that they could struggle in some situations that come naturally to others. By demonstrating empathy and understanding, we may foster a welcoming atmosphere where they can feel supported and appreciated.

When dealing with kids who have ADHD, communication that is clear and effective is essential. Although kids can have trouble focusing and paying attention, there are techniques we can use to improve communication. For instance, keeping eye contact, speaking slowly and clearly, and reducing interruptions can all help people stay interested in conversations. Additionally, utilizing visual aids like charts or diagrams can help people understand and remember what they have learned.

In the academic setting, children with ADHD may require certain accommodations and support to help them succeed. Teachers and classmates can work together to ensure an inclusive learning environment. Some effective accommodations include providing written instructions, allowing frequent breaks, implementing organizational systems, and providing extra time for assignments or tests. By accommodating their specific needs, we enable them to showcase their true potential.

Children with ADHD can need certain modifications and support in the classroom to flourish. An inclusive learning environment can be made possible via collaboration between teachers and students. Written instructions, regular breaks, organizational systems, and extra time for tasks or tests are a few examples of effective accommodations. We help people reach their full potential by catering to their particular demands.

Understanding and Supporting Children with ADHD

Eshal Shaikh-MHEA Club Officer

Last but not least, it's critical to actively address the stigma associated with ADHD. For people with ADHD, misconceptions and prejudices can act as hurdles, stopping them from getting the help they need or feeling confident in their own skin. We can build a more inclusive and welcoming society by increasing knowledge, educating ourselves and others, and dispelling misconceptions.

In a nutshell, understanding and supporting children with ADHD is a collective responsibility that we, as high school students, can embrace. Children with ADHD can thrive academically, socially, and emotionally in an environment that fosters empathy, uses efficient communication, offers adjustments, is encouraging, and encourages healthy behaviors. Let's work to be supporters of inclusivity, support, and empowerment of our ADHD peers so they can realize their full potential



PLAY-FUN SECTION

COMIC - THEME (HOLIDAYS)



Naveena Chenthil Kumar, 7 H

HOLIDAYS

NAVEENA
CHENTHIL
KUMAR, 7 H



SUDOKU PUZZLE



Shivangi Tejpal, 7 H

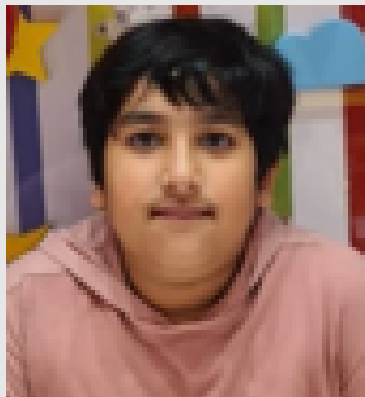
G		E				I		A
	A			H			D	
C		H		D		B		F
E			A	F	B			
	C		I		D		B	
			H	C	E			I
A		D		I		G		B
	F			A			E	
H		B				A		C

*The rules for sudoku are simple. A 9×9 square must be filled in with letters from A-I with no repeated letters in each line, horizontally or vertically.

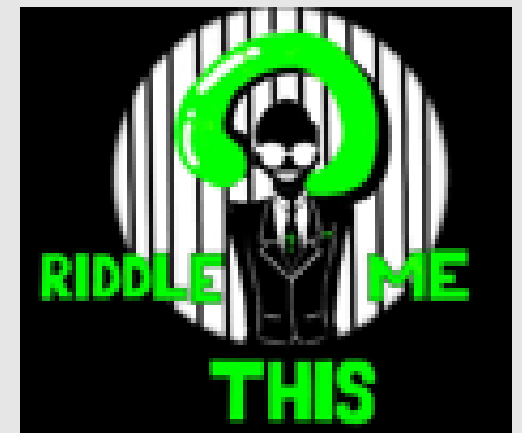
Answer:

G	D	E	F	B	C	I	H	A
B	A	F	G	H	I	C	D	E
C	I	H	E	D	A	B	G	F
E	H	I	A	F	B	D	C	G
F	C	A	I	G	D	E	B	H
D	B	G	H	C	E	F	A	I
A	E	D	C	I	H	G	F	B
I	F	C	B	A	G	H	E	D
H	G	B	D	E	F	A	I	C

RIDDLES



Rachit Singh Thapa, 7 H



1. What is there one in every corner and two in every room?
2. One knight, a ninja, and a pirate were on a ship. The ship began to sink. The ninja and the pirate jumped into a lifeboat before the ship went underwater. Who died?
3. What is it that given one, you'll have either two or none?
4. What has a neck but no head, two arms, and no hands?
5. Sometimes narrow, sometimes wide, wind or rain, I stay outside. Even if there's heat or snow, from house to house I will still go. What am I?
6. I speak without a mouth and hear without ears. I'm invisible, but you can call for me. What am I?
7. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Answers:

1. The letter O
2. The knight
3. A choice
4. A shirt
5. A path
6. An echo
7. A map

Artwork



Happy Summers

Reyansh Navadha

KGT A

METAVVERSE



AKSHARA

✦ Lohithaksh, Grade-IVC



My father is my superhero!
He takes care of me.
He helps me to get
Ready for school,
He helps my mom
He takes me to park

Parvathy

K-G-2-G



Events at School


Tedx Youth@DPSD



Career Fair




Outreach Programs @ DPS Dubai



The Enduring Edge

AN OUTREACH PROGRAM BY DPS DUBAI
A Virtual Interactive Forum for Students of Grades 10, 11 & 12




Topic: Road Less Travelled

5PM to 6PM (GST)
Saturday, 17 June 2023

Platform: Microsoft Teams

Aakanksha Monga
Travel Content Creator



Art & Science of Parenting

AN OUTREACH PROGRAM BY DPS DUBAI
A Virtual Interactive Forum for Parents of Grades KG 1 & KG 2



Topic: Importance of Breakfast

11AM to 12PM (GST)
Saturday, 17 June 2023

Platform: Microsoft Teams

Dr. Sanober Yasmin
Doctor at DPS Dubai (Girls Clinic)



Art & Science of Parenting

AN OUTREACH PROGRAM BY DPS DUBAI
A Virtual Interactive Forum for Parents of Grade 6 & 7




Topic: Critical Health Awareness

11AM to 12PM (GST)
Saturday, 10 June 2023


Platform: Microsoft Teams

Dr. Shabna Shirin
Doctor at DPS Dubai (Boys Clinic)



Art & Science of Parenting

AN OUTREACH PROGRAM BY DPS DUBAI
A Virtual Interactive Forum for Parents of Grades 8, 9 & 10




Topic: Community Service and Volunteering

6PM to 7PM (GST)
Thursday, 8 June 2023

Platform: Microsoft Teams

Dr. Sujith Menon
Chief Operating Officer
at GLinks International Education



TEACHER & PARENT-SPEAK

DEVELOPING THE SKILL OF ACTIVE LISTENING



Sudha Chatty

Sr. Supervisor (Grade VI - VIII)

What is the purpose of active listening? Active listening helps us build trust and understand other people's situations and feelings. In turn, this empowers us to offer support and empathy. Unlike critical listening, active listening seeks to understand rather than reply. Developing the skill of active listening is crucial for students as it enhances their ability to understand and process the information effectively. Active listening involves focusing on the speaker, comprehending the message, and providing appropriate feedback.

There are some strategies and tips to help students develop these important skills:

1. Students should be mentally and physically present during conversations or lessons. Minimize distractions, such as electronic devices and maintain eye contact with the speaker to show attentiveness.
2. Students can demonstrate active listening through nonverbal cues like smiling, body language and posture.
3. Avoid interrupting: Remind students to avoid interrupting, instead ask questions.
4. Ask questions.
5. Paraphrase and summarize.
6. Practice and take notes.
7. Reflect and respond.

All the above practices will help students ensure that they hear the other person, and that the other person knows they are listening to what they say.

Many people take their listening skills for granted. We often assume it's obvious that we're practicing active listening and that others know they're being heard. But the reality is, we as teachers often struggle with tasks and roles that directly relate to active listening. Accepting criticism well, dealing with student's feelings, and trying to understand what others think all require strong active listening skills. Even with the best of intentions, we may be unconsciously sending signals that you aren't listening at all.

If you work to develop better active listening techniques, you'll not only become known as a good listener, but you'll also become a better leader as well.



Aruna Sivakumar

Kindergarten



How to help students resist their phones and develop better digital habits and developing the skill of active listening.

Helping students resist excessive phone use and develop better digital habits can be a valuable skill in today's digital age. Similarly, enhancing their active listening skills can contribute to their overall communication abilities. Here are some suggestions for both:

- Educate students about digital habits:
- Set clear boundaries and expectations:
- Provide designated phone-free zones or times, such as during discussions or group activities.
- As an educator or mentor, demonstrate healthy digital habits yourself. Avoid excessive phone use during class or meetings.
- Engage students in interactive and hands-on activities that don't involve phones or screens, such as group discussions, role-playing exercises, or problem-solving tasks.
- Provide strategies for prioritization, goal-setting, and scheduling to help them allocate time for both productive phone use and other activities.
- Help students understand that active listening is crucial for effective communication, building relationships, and gaining a deeper understanding of others.
- Incorporate activities that require active listening in the classroom, such as pair or group discussions, debates, or presentations.
- Teach students to pay attention to body language, facial expressions, and tone of voice to enhance their listening skills.
- Teach students to paraphrase or summarize what they have heard to ensure comprehension and show the speaker that they are actively engaged.
- Create a safe and respectful classroom atmosphere where students feel comfortable sharing their thoughts and ideas.

Remember, developing these skills takes time and practice. Consistently reinforcing these habits and providing opportunities for application will help students resist excessive phone use and enhance their active listening abilities.

Developing the skill of active listening

Active listening is an important communication skill that involves taking in the information someone is sharing with you and reflecting on what you have heard through your questions and body language. Active listening is a valuable job skill because it can often lead to clearer communication and building more effective relationships with colleagues, managers, and clients.

What is active listening?

Often we don't hold back what we hear. In fact, the average listener only remembers 25% of a speech or lecture two months later, according to tests from Harvard Business Review. Active listening requires much deeper attention and empathy, which will ideally lead to better understanding. According to researcher Harry Weger, it is the practice of focusing entirely on what someone is saying to demonstrate unconditional acceptance and unbiased thinking. It has been used in areas such as business and education. When we practice active listening, two results often occur.

Benefits of Active Listening

Practicing more mindfulness while listening can benefit your career. Listening makes everyone feel heard in your daily conversations with colleagues, networking, and maintaining authentic connections as a manager. Empathy, the foundation of active listening, is crucial to building meaningful relationships. Active listening can even help you manage your emotions, better retain data and information, and resolve conflicts.

The demand for social and emotional skills, including active listening, is expected to grow by more than 20% across all industries between 2016 and 2030. In addition, research shows that good communication skills are a strong predictor of overall success in the workplace, due to the association between team effectiveness, empathy, and inclusiveness.

Sana Moin

Phase II

Raising Children with High Emotional Quotient

Emotional Quotient or Emotional Intelligence can have a greater influence on our success in life than our Intelligence Quotient. The concept of EI has been around for decades but was made popular by author and psychologist Daniel Goleman. EI is the ability to recognize one's emotions like anger, frustration, jealousy, etc, and allow the child to take ownership of them. By doing so, the child becomes aware of his emotions and how it affects others.

So why do we want to develop higher EQ?

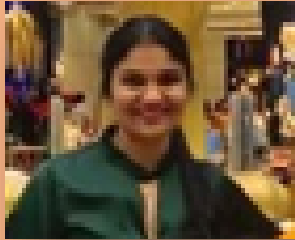
It is believed that children with higher EI are more resilient and better able to focus on learning, problem-solving, and developing positive social relationships. All this will add up to the necessary skills that he or she will need when they become an adult.

Quoting the saying "Monkey see, monkey do", the best way to foster emotional intelligence is to show it. As parents, it is beneficial that we work on ourselves and teach children by doing. Early exposure to EI by demonstrating how we deal with emotions and enabling the child to see how we get over anger or disappointment helps in showing the children how to deal with them as show and tell sessions.

Nilofer

(Parent of Zara Anjum-IV H)

IMPORTANT VALUES TO TEACH YOUNG CHILDREN AT AN EARLY AGE



Tanu Bansal

Mother of Aaditya Bansal, 6 A

Initial Life lessons for Impressionable Minds

Young kids are like mirrors.

They reflect what they see, listen and experience at home, at school, and in the neighborhood. Their behavior and actions are a demonstration of the environment that parents at home and teachers at school foster. Parenting and schooling are pre-dominantly focused on shaping the thinking of young minds. Making them more aware of



history, geography, science, number systems, algebra, languages. Extravagant emphasis of education unfortunately is on programming their minds to learn and think. Though, equal emphasis must be given to developing the FEEL & ACT emotions among the basic trilogy of Emotions i.e., THINK-FEEL-ACT.

We, as parents, teach and wish that our kids learn the importance of ‘Compassion and Expression’.

Compassion, as a core value, will make them better and successful. Compassion towards not just fellow beings, but towards other lives including flora and fauna as well. Compassion towards people of different races, religions, ethnicity, and gender. Compassion to understand others’ viewpoints before forming an opinion.

And, then the ability of Expression i.e., confidence and courage to express their thoughts, viewpoints, but even more, their feelings. A simple expression of care and affection towards fellow beings will make not only others, but their own life beautiful.

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” – Dalai Lama



RAISING KIDS WITH HIGH EMOTIONAL QUOTIENT



Susmitha Girish
Mother of Niharika Girish, 8 F



As parents, raising emotionally intelligent kids has become more important than ever in today's fast-paced world. Emotional intelligence refers to a child's ability to understand and manage their own emotions and empathize with others. When we parents prioritize high emotional quotient (EQ) in our children, we teach them life skills that contribute to their overall well-being and success.

Firstly, raising kids with a high EQ requires teaching them self-awareness. Encouraging children to express their emotions helps them develop a deeper understanding of themselves and their needs. Parents should engage in open conversations and provide a safe space for emotional expression.

Empathy is another vital component of EQ. Parents can foster empathy by encouraging their children to understand and acknowledge the emotions of those around them with effective communication skills and active listening. Teaching children to be compassionate strengthens their social connections.

Children learn by observing their parents and caregivers. Model emotional intelligence by expressing your emotions constructively and regulating them in challenging situations. Show empathy and understanding towards others, including your child. Demonstrate effective communication skills by actively listening and validating their feelings. Avoid dismissing or belittling their emotions, fostering a trusting environment where they feel comfortable sharing their thoughts and concerns.

In conclusion, raising kids with a high EQ involves nurturing self-awareness, empathy, and effective communication skills. When children develop emotional intelligence, they become better at handling the challenges of life. By prioritizing emotional growth, parents play a crucial role in shaping their children into empathetic, resilient, and well-adjusted individuals.



Raising kids with high emotional quotient



Raising children with a high emotional quotient (EQ) is a vital aspect of parenting in today's world. Emotional intelligence plays a crucial role in a child's overall well-being and success in life. In this article, we will explore the significance of EQ in parenting and provide practical strategies to foster emotional intelligence in children.

Steps to increase your Child's EQ

- **Identify Your Parenting Style**
- **Be Aware of Your Child's Emotions**
- **Take Time for Teaching and Observing Emotions in Day-to-Day Life.**
- **Listen, Validate, and Label Moods and Emotions**
- **Assist in Problem-Solving**

By implementing these simple strategies, parents can play a significant role in a child's emotional quotient. Remember that developing emotional intelligence is a lifelong journey, and it requires patience, understanding and consistent effort. By nurturing your child's emotional intelligence, you equip them with essential skills that will positively impact their relationships, wellbeing, and success in the future. Remember emotional intelligence is not just for childhood but lays the foundation for fulfilling and emotionally balanced adulthood.

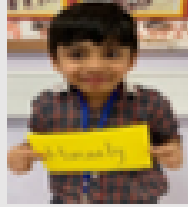
Thank you.

Ms. Ashwathy mother of Aaron Suresh KG II H

Importance of values to teach young children at early age

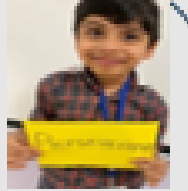
As parents, we want our children to grow up learning important values, holding strong morals and being a good people. We want them to be happy and successful. Every parent wants the absolute best for their children. Here are values to teach our children at a young age. We want the best for our kids and if we teach them these values, they will be forever grateful to us.

Honesty



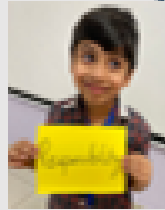
We don't want our kids to grow up to be shady liars. They learn honesty from the people around them so we need to be honest ourselves and show them that although being honest isn't always easy, it's always the way to go. Being honest goes far in life. Lead by example, show them the importance of honesty and they will most-likely value honesty as they grow up.

Perseverance



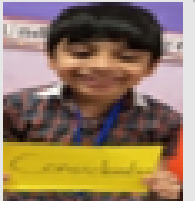
Teach them about justice. Teach them to take responsibility for their actions, We all face difficult situations in our lives and learning how to take responsibility and resolve

Responsibility



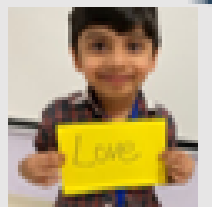
Teach them about justice. Teach them to take responsibility for their actions, make amends when appropriate and learn how to handle conflict. We all face difficult situations in our lives and learning how to take responsibility and resolve problems is extremely valuable.

Consideration



Love conquers all. The way we love our children will determine the way they love others. Love is the ultimate nurturing tool. Children need love to develop self-confidence. We must always show our children love and affection. Children need hugs and kisses.

Love



Love conquers all. The way we love our children will determine the way they love others. Love is the ultimate nurturing tool. Children need love to develop self-confidence. We must always show our children love and affection.

Roshni Panjanani

Mother of

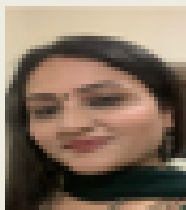
Harveer Panjanani-(KG II -E)

IMPORTANT VALUES TO TEACH YOUNG CHILDREN AT AN EARLY AGE

As parents, we all want our children to grow up to be kind, responsible, and successful individuals. One of the most important things we can do to achieve this is to instill good values in our children from a young age. Here are some important values that you can teach your young children:

1. **Honesty:** Teach your child the importance of being truthful and honest, even if it means owning up to their mistakes. Encourage them to speak up and tell the truth, no matter how difficult it may be.
2. **Respect:** Teach your child to be respectful towards themselves, others, and the world around them. Teach them to value diversity and to treat others the way they would want to be treated.
3. **Responsibility:** Teach your child to take responsibility for their actions. This means teaching them to take care of their belongings, to do their chores etc.
4. **Kindness:** Teach your child to be kind to others, especially those who may be different from them. Teach them to be compassionate towards others and to help those in need.
5. **Perseverance:** Teach your child the value of hard work and perseverance. Encourage them to stick to their goals, even when things get tough.
6. **Gratitude:** Teach your child to be grateful for the things they have and to appreciate the people in their life. Encourage them to say thank you and to show appreciation for the kindness of others.
7. **Empathy:** Teach your child to understand and care for the feelings of others. Encourage them to listen to others and to try to see things from their perspective.

By teaching your child these important values from a young age, you can help them grow up to be responsible, respectful, and compassionate individuals.



Ms Anshu Goyal

Parent of Aakriti Goyal from Grade II A

Raising kids with high emotional quotient

Create a loving and supportive environment:

Children need to feel safe and loved to express their emotions freely. Create an environment where they feel comfortable talking about their feelings and where their emotions are acknowledged and validated.

Be an empathetic listener: Take the time to listen to your child without judgement or interruption. Show empathy by understanding their perspective and validating their emotions.

Teach emotional intelligence: Help your children identify and understand their emotions. Encourage them to express their feeling and provide guidance on healthy ways to cope with different emotions.

Teach problem-solving skills: Help your children develop problem-solving skills to navigate emotional challenges. Encourage them to brainstorm solutions, consider perspectives, and think critically about the situation.

Foster resilience: Life is filled with ups and downs, and teaching resilience is essential. Encourage your children to learn from setbacks, develop coping strategies, and bounce back from disappointments.

Cultivate empathy and kindness: Encourage your children to be empathetic and kind towards others. Teach them the value of understanding and considering others' emotions and perspectives.

Encourage open communication: Create an open dialogue where your children feel comfortable discussing their emotions, concerns, and problems. Be approachable and responsive, and avoid dismissing or invalidating their feelings.

Model emotional intelligence: Children learn by observing their parents and care givers. Display healthy, emotional responses and regulate your own emotions in their presence. Show them how to handle frustration, anger, sadness and other emotions in a constructive manner.



Ms. Nasra Mohammad
Parent of Hamdan Khan from Grade I B