

DPSD HERALD MAY 2024



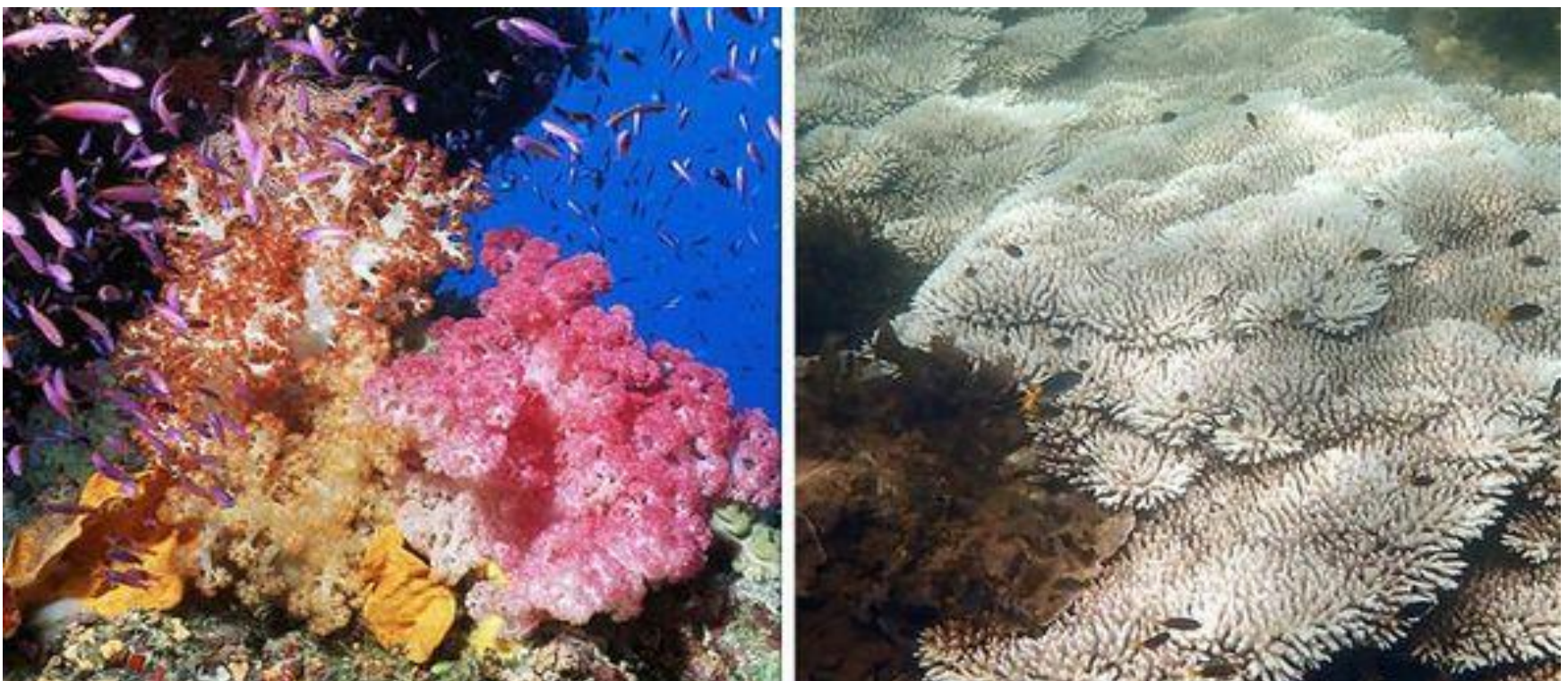
Is There Hope for Coral Reefs in Peril from Climate Change?

Athira Abhilash Viswanadh, XI D



Coral reefs, often referred to as the rainforests of the sea, are among the most biodiverse and economically valuable ecosystems on our planet. However, these vibrant underwater worlds are facing a serious threat from climate change, endangering not only the countless marine species that depend on them but also the millions of people who rely on reefs for food, livelihoods, and coastal protection.

One of the most pressing threats to coral reefs is climate change. Warming waters affect the symbiotic relationship between coral reefs and the algae which provide them with essential nutrients and give them their vibrant colours. Even a slight increase in the water temperature can cause the coral to become stressed and eject the algae, leading to a phenomenon known as coral bleaching. Another consequence of climate change is the acidification of the oceans. The oceans absorb carbon dioxide from the atmosphere making it more acidic. Ocean acidification makes it harder for corals to build their calcium carbonate skeletons compromising the integrity of the coral reefs.



Moreover, the loss of coral reefs affects human populations and biodiversity in profound ways. Because they are home to 25% of all marine species, coral reefs are crucial to the well-being of ocean ecosystems. They offer vital fish habitats that sustain fisheries, shield coasts from storms and erosion, and generate significant amounts of revenue for nations through tourism. They are also great locations for leisure and scientific research as well.

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However, despite the serious risks they face, coral reefs still have hope for survival. It is paramount that we take immediate action to alleviate the effects of climate change on our oceans. Part of this includes reducing greenhouse gas emissions, switching to renewable energy sources, and implementing strategies to improve the resilience of coral reefs to withstand climate change, such as marine protected areas, sustainable fishing practices, and coral reef restoration efforts. Additionally, raising awareness about the importance of coral reefs and empowering local communities to take action to protect them is crucial for their long-term survival.

To summarize, rising sea temperatures, ocean acidification, and extreme weather events are wreaking havoc on the delicate coral reef ecosystems. Globally, the destruction of coral reefs has had catastrophic effects on human societies and wildlife. But if we act quickly to combat climate change and save our coral reefs, we can ensure the survival of these marine ecosystems for many generations to come.



Importance of Sports in Education

Adwika Mangla, XI D



In the dynamic landscape of education, traditional classroom settings often fall short of fully engaging students and fostering comprehensive understanding. However, integrating sports into educational practices offers a unique avenue to enhance learning experiences and deepen conceptual understanding across various disciplines.

One of the most compelling aspects of sports is its ability to transcend cultural and linguistic barriers, providing a universal language that resonates with individuals worldwide. Through sports, complex concepts in subjects such as mathematics, physics, and biology can be brought to life in a tangible and relatable manner. For instance, the trajectory of a basketball's arc illustrates principles of projectile motion, while analysing the biomechanics of a sprinter's stride elucidates concepts of force and motion.

Moreover, sports offer a practical application of theoretical knowledge, bridging the gap between abstract concepts and real-world scenarios. By engaging in sports-related activities, students not only comprehend theoretical principles but also gain firsthand experience in their practical implementation. This experiential learning approach cultivates critical thinking skills and fosters a deeper appreciation for academic concepts by demonstrating their relevance in everyday contexts.



Importance of Sports in Education

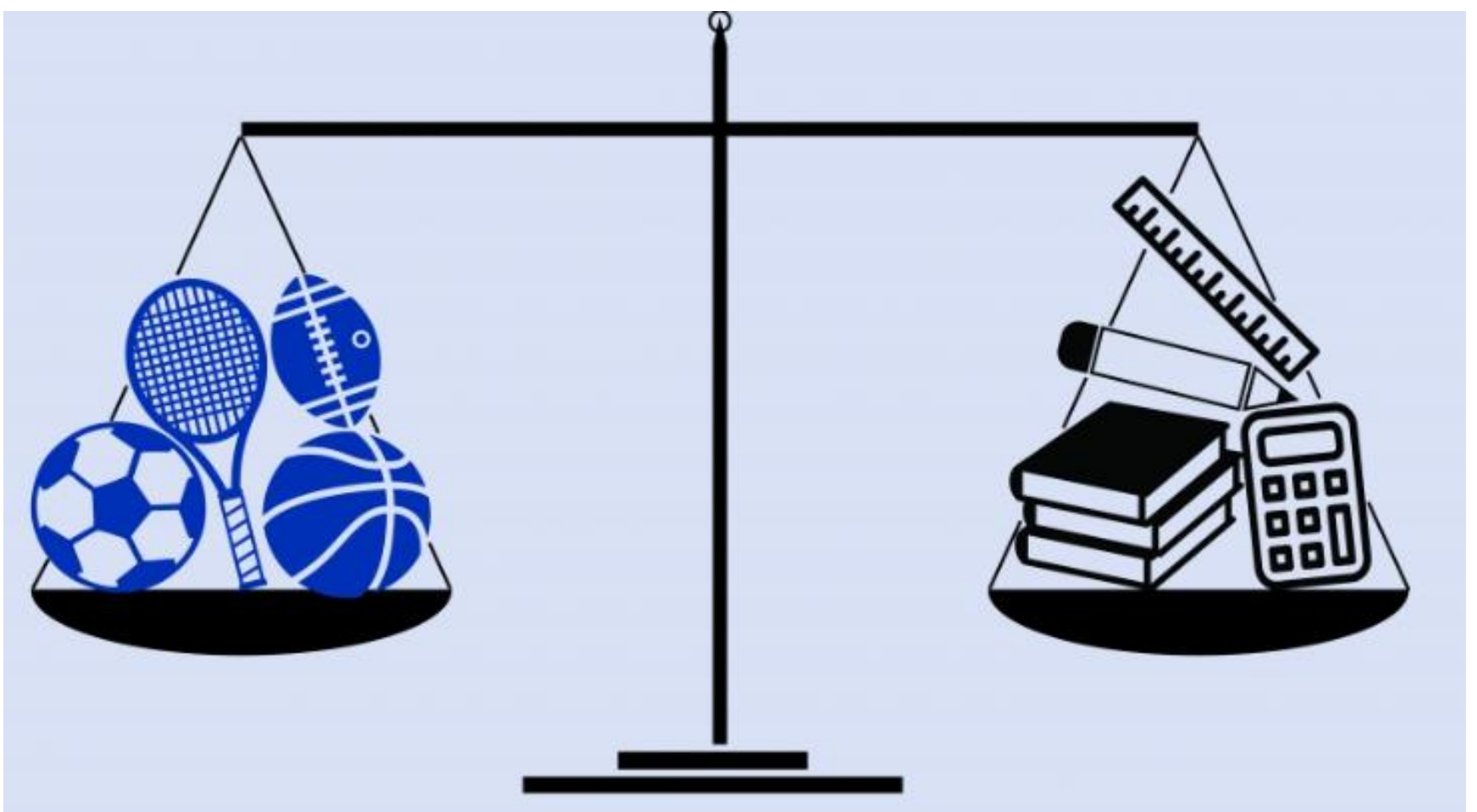
Adwika Mangla, XI D



Furthermore, sports encourage interdisciplinary learning, integrating concepts from various fields to provide a comprehensive understanding of complex phenomena. Whether exploring the physics of sports equipment, analysing the physiological effects of exercise, or examining the cultural significance of athletic competitions, students are exposed to multifaceted perspectives that enrich their educational journey.

As renowned physicist Albert Einstein aptly stated, "Play is the highest form of research." This sentiment underscores the inherent value of sports as a vehicle for educational exploration and discovery. By embracing the playful spirit of sports, educators can ignite curiosity, inspire creativity, and cultivate a lifelong love of learning among their students.

In conclusion, sports offer a wealth of opportunities for enhancing educational understanding across diverse disciplines. By leveraging the universal appeal of sports and integrating them into educational practices, educators can foster deeper engagement, facilitate interdisciplinary learning, and empower students to develop a comprehensive understanding of complex concepts. As we strive to nurture the next generation of innovators and problem solvers, let us harness the transformative power of sports to enrich educational experiences and unlock the full potential of our students.



Culture Has a Powerful Role in Protecting Our Planet

Angad Pandey, XII G



Humans and culture share an intricate and symbiotic relationship, one that has evolved over the passage of time. Culture encompasses the beliefs, values, traditions, languages, and customs that define societies. It serves as the lens through which humans perceive and interact with the world around them, shaping their identities, behaviours, and relationships. Our attitudes, behaviours, and perceptions are shaped by culture, which goes beyond customs and traditions. To protect our world, it is essential to harness the power of culture. Cultural expressions can spur environmental consciousness and action through storytelling, art, music, and literature.

For a very long time, art has been a mirror reflecting how humans relate to the natural environment. Environmental themes are frequently conveyed through paintings and sculptures which urge viewers to consider their impact on the planet. Artists use their artistic abilities to arouse feelings, stimulate ideas, and initiate action in support of conservation initiatives. Similarly, music has the unique ability of transcending boundaries and uniting people in conservation efforts. Environmental themes and ideas in songs resonate with audiences, prompting the audience to reflect on ecological issues and promote environmental efforts.

Furthermore, storytelling is an effective way to pass on environmental beliefs to future generations. Lessons regarding biodiversity and the significance of preserving ecological balance can frequently be found in folklore, mythology, and legends. Communities can establish a sense of responsibility for environmental conservation through storytelling in the newer generations.

In short, culture is a motivator for taking action and creating consciousness regarding environmental issues. We can develop a shared philosophy of sustainability towards the world by utilizing its effects across various avenues, ensuring a sustainable future for the generations to come.

Book-to-Screen Adaptations that I Enjoyed Watching

Yashika Arora, XI J



Turning a book into a movie or TV show is a challenging endeavour that requires significant effort. While many adaptations are created, only a few achieve widespread fame and success. I have enjoyed numerous adaptations, but here are a couple of my favourites:



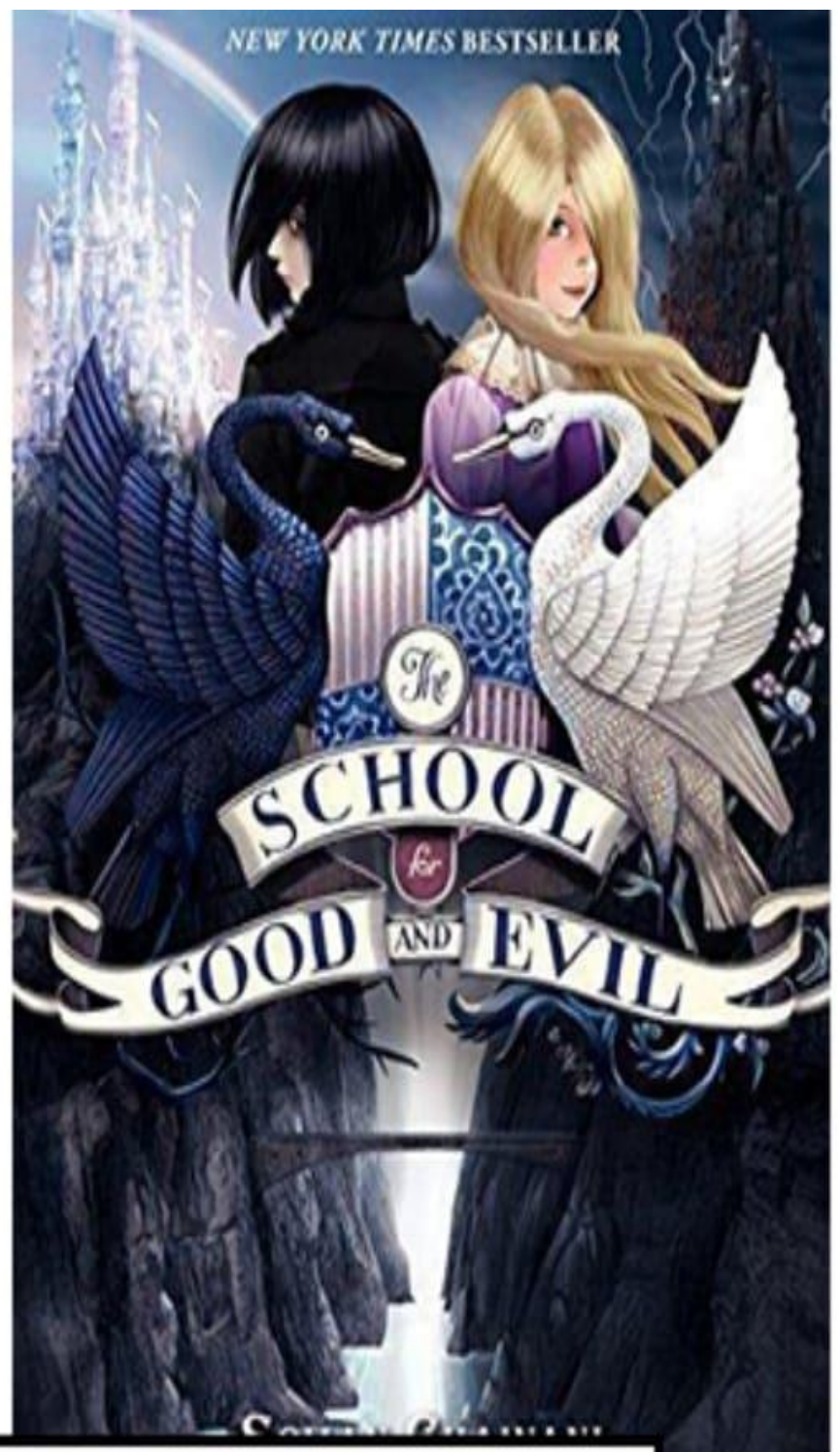
One of the most beloved adaptations for me is the "Harry Potter" series, based on the books by J.K. Rowling and directed by Chris Columbus, Alfonso Cuarón, Mike Newell, and David Yates. This series captivated me with its portrayal of the magic and adventure of Hogwarts. It teaches valuable lessons about bravery and friendship through the strong bond of Harry, Hermione, and Ron as they face danger together. Another key theme is the importance of love and loyalty, highlighted by Harry's mother sacrificing herself to save him, which ultimately protects him throughout his life.

Book-to-Screen Adaptations that I Enjoyed Watching

Yashika Arora, XI J



Another book-to-screen adaptation that I thoroughly enjoyed is "The School of Good and Evil" by Soman Chainani, adapted into a film by Paul Feig. This story challenges conventional notions of good and evil, showing that individuals are complex and not purely one or the other. It emphasizes the importance of self-acceptance and understanding one's identity, illustrated through the journey of characters like Sophie and Agatha. Additionally, the book underscores the value of true friendship, which is tested and strengthened throughout their adventures.



Entrepreneurship - Gen Z's Most Favoured Career Choice

Doreen Parekh, XII B



In recent years, entrepreneurship has emerged as the most favoured career choice among Generation Z, those born between 1997 and 2012. Gen Z differs from its forerunners in the sense that they are good at technology, imaginative and crave autonomy. There are various reasons which must have contributed to this shift in focus from being employed to running one's own business hence becoming relevant to this dynamic age group.



The advent of the digital era has made it easier to launch a startup now than at any other time before it. In addition, the same social media and e-commerce sites enable anyone who wishes to venture into business today do so with modest initial costs. From the comfort of their living rooms, they can market their goods to customers anywhere in the globe, making the idea of entrepreneurship not only feasible but also appealing.

The traditional job market does not give same level of confidence and happiness like before and many Gen Zs have seen older people face challenges and job uncertainties. Hence independence and flexibility have become of greater importance than a normal nine-to-five job to them. Being self-employed allows one to make his/her own rules, decide what they could pursue and work or rest when they need. They can build their own lifestyle tailored to their necessities. Entrepreneurship provides a platform to innovate and address issues, whether through sustainable products, ethical business practices, or community-focused initiatives.

In conclusion, Gen Zs are drawn to entrepreneurship by a combination of technical access, a desire for self-determination, and a desire for substantial revolution. As a result of this generation's entry into the employment market, there will be an increase in new businesses and innovative entrepreneurs with unique goals.

Fostering Kindness and Generosity in Children

Harshni Ramakrishnan – X-F

Teaching generosity to children is essential in assisting them to develop empathy and compassion in a culture that prioritizes individualism over community. Generosity promotes social cohesiveness and emotional well-being and benefits both the giver and the recipient. It encompasses not only monetary contributions but also deeds of compassion and time.

Crucial Methods for the Encouragement of Generosity

1. Children learn from their elders. Practicing activities like volunteering and donation gives them an example. Taking an example: Volunteering at a local animal shelter can instill empathy and compassion towards animals and encourage children to give back to their community.
2. Hosting a campaign for children to volunteer and donate is a good place for them to start. For instance, establishing a food drive at school can teach children the importance of helping those in need and working together towards a common goal.
3. Discuss the long-term effects of instilling values of kindness and altruism in young people, including how these traits can positively influence their relationships with others and contribute to a more caring society overall.



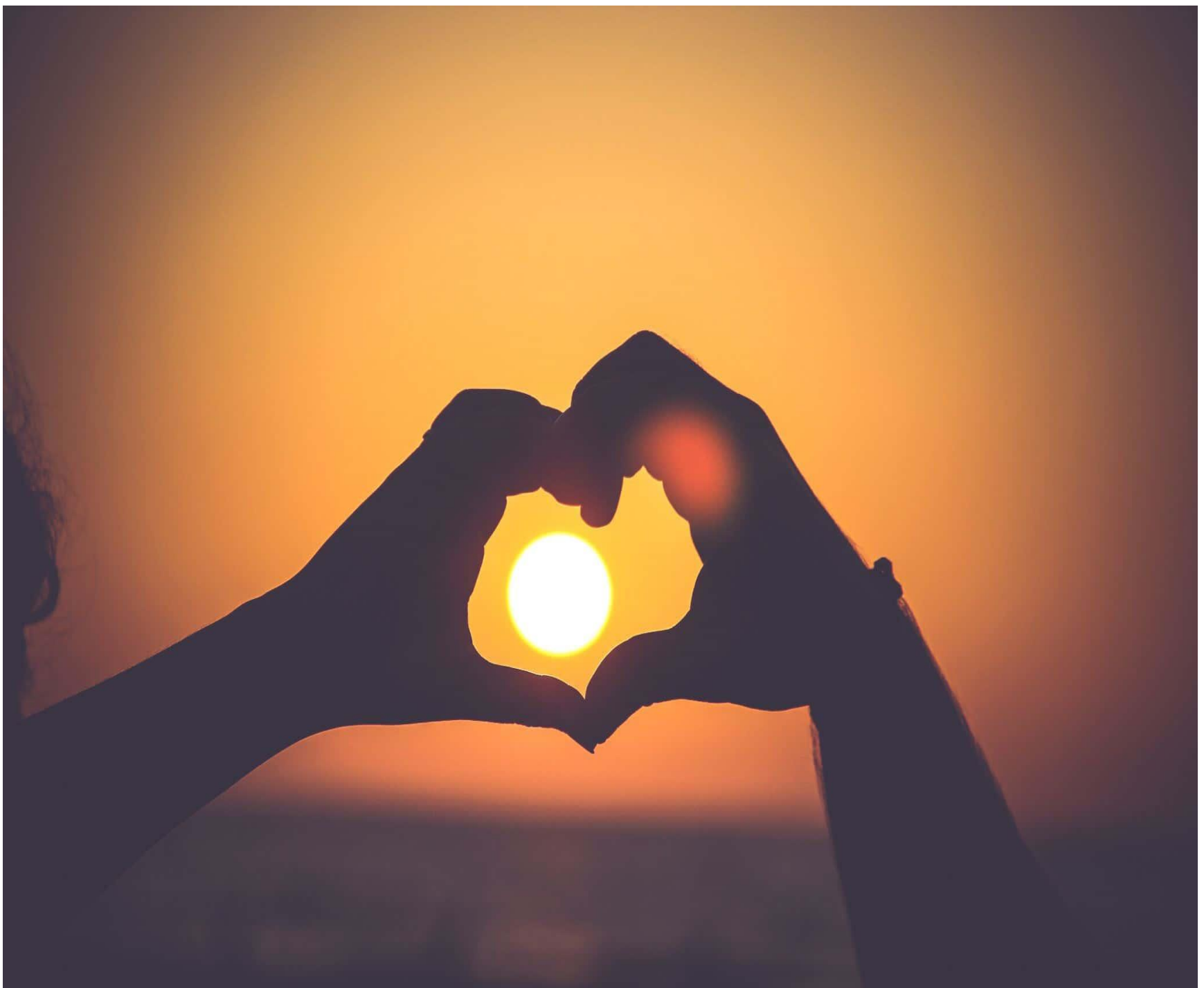
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Long-Term Benefits

Those who raise children typically grow up to be compassionate adults who strengthen their personal and professional relationships. Their strong sense of community and belonging improves their mental and general well-being. In addition, instilling values of kindness and altruism in young people can also lead to a more empathetic and understanding society, where individuals are more willing to support one another during times of need. This can create a ripple effect of positivity that extends beyond just personal relationships and into the community as a whole.

In summary, educating children about generosity is an investment in a future filled with kindness and compassion. We could participate in the development of a more compassionate society by exhibiting, promoting, and celebrating giving.



The Light of Laughter

Aarush Chengappa Kodandera, XI A



Laughter's light, a simple gleam,
Brightens life, like a joyful beam.
A burst of delight, rejoice and glee
Guiding hearts and making problems flee

In moments small, it finds its place,
A pleasant smile on every face,
In school, a whisper shared, a secret joke,
In laughter's spell, our spirits soak.

Students in the packed hall,
A playful tease, they laugh through all,
Notes passed with a sly grin,
In those laughs, true joy begins.

A stumble or a silly jest,
Laughter puts us to the test,
In its warmth, we all bind,
Joy in every laugh we find.



Mother – A Gift from Above

Ranjini, XI D

Mom, you're a gift sent from the skies so high,
Your love's a beacon, bright in the darkest night.
Your smile's a sun that lights up every day,
In laughter's tune, your voice is sweet and kind.
Your wisdom guides me when I lose my way,
In your embrace, all fears are left behind.
Through highs and lows, your strength is always near,
In times of doubt, your faith helps me to stand.
You chase away my every silent fear,
With you, life's trials are easier to withstand.
So here's my thanks, though words can't say enough,
You're my forever friend, my mom, my love.



World Laughter Day

Aarav Purohit, Grade I-C



World Laughter Day is celebrated on the first Sunday of May every year. World Laughter Day was created in 1998 and was first proposed by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement.

The day aims to promote laughter as a tool for health and happiness, emphasizing its numerous benefits such as stress relief, improved immune function, and overall well-being.

Laughter clubs and events are organized globally on this day, encouraging people to laugh together and spread joy. It serves as a reminder of the significance of laughter in our lives and its ability to unite people across cultures and boundaries.



Is There Hope For Coral Reefs In Peril From Climate Change?

Daksh Sharma, X C



Coral reefs, often dubbed the rainforests of the sea, are some of the most beautiful and natural formations on our planet. They are sought out for sightseeing and deep diving. But they are currently facing an existential crisis due to climate change. Rising ocean temperatures, ocean acidification, and pollution have caused widespread coral bleaching, where corals expel the symbiotic algae essential for their survival, leading to large-scale deaths.

However, innovative restoration techniques are being developed to help save these vital ecosystems. One such method is coral gardening, where healthy coral fragments are cultivated in nurseries and later transplanted onto degraded reefs. Scientists are also exploring selective breeding of heat-resistant coral species that can better withstand rising temperatures. Furthermore, advancements in genetic engineering offer the potential to create supercorals, like superheroes, with enhanced resilience to environmental stressors. Marine protected areas (MPAs) also play a crucial role in providing a safe haven for coral reefs, allowing ecosystems to recover and thrive without human interference.

Public awareness and community engagement are also pivotal. Grassroots movements advocating for sustainable practices and conservation efforts can drive significant change. While the challenges are formidable, a combination of scientific innovation, policy intervention, and community action provides a beacon of hope for the future of coral reefs.



Importance of Sports in Education

Dhruv Dipin, IX D



Sports play a pivotal role in education and foster holistic development that goes beyond the limits of textbooks and classrooms. Participation in sports instils discipline, teamwork and perseverance in an individual, which are essential qualities for success in academics and onward.

Physical activities also enhance cognitive functions, improving concentration, memory and problem-solving skills. By engaging in physical activities, students learn how to manage their time efficiently and make a balance between academics and extracurriculars.

Sports moreover promote mental well-being, reducing stress and anxiety levels among students. The comradeship that is built on the field cultivates empathy, respect and sportsmanship which is crucial for building a harmonious society.



Athletics also teach invaluable life lessons such as how to gracefully accept defeat, bounce back from setbacks and strive forward for continuous improvement. The experiences that occur instil resilience and fortitude into an individual, shaping them into excellent, resilient and adaptable leaders.

Furthermore, sports overcomes the barriers of gender, race and socio-economic status which fosters inclusivity and diversity. They provide a platform for students to showcase their talents, irrespective of their background and foster a sense of belonging and unity.

Incorporating sports into education nurtures well-rounded individuals, equipping them with the skills and values necessary for success in a dynamic and interconnected world. It's not just about winning games, it's about moulding future leaders who embody integrity, resilience and compassion.

Culture and its Role In Protecting Our Planet

Abhinand Krishna Binoj, IX C



The Earth isn't feeling very great these days, the constant pollution of industrial levels clogging up its lungs and arteries and we can't just forget about all the amazing, wonderful plastic basically choking our own planet's insides. So, you get the picture, without any major effort, the Earth is looking pretty distorted.

But it's not all doom and gloom now, is it, because we have a special trump card up our sleeves... culture. Now you must be thinking, "How is culture a valid way to stop climate change and save the planet?" Well, my dear friends, you are absolutely spot on because it's not the culture that will save us but how people will carry it out. Many native American cultures with a close relation to nature, have had long-standing traditions where they would do rituals and ceremonies that kept the forest floor clean and allowed for a flourishing of the vast jungles of old. Of course, the moment a culture that genuinely didn't care much for the area popped right up, they led to a systematic extermination of wildlife and plants leading to the world we see today. If that isn't enough to convince you then I don't know what will!

In the end, the planet's greatest resource towards the future isn't some AI chatbot or the robot your neighbour cooked up while watching a YouTube tutorial. It's us, you and me, it's our efforts, our minds and our values that can push humanity out of its cage and into the light! After all, culture is what makes us an individual, despite our separate beliefs and ideas, a melting pot comes together towards collective action, and even if the efforts of one man may be useless in climbing this mountain, with each other we can reach the peak.



Book-to-screen Adaptations That I Enjoyed Watching

Rohan Solanki, X D



An adaptation is an entirely new creative work that pulls ideas from or is inspired by another work's plot, characters, or themes. A large selling book creates an instant audience for additional products. Most readers who love the book will enjoy filmmakers bringing the story to life. Others who've heard about the book but may not have the time or interest to spend days reading the book will spend three hours watching a movie.

In the case of the Harry Potter stories, my favourite book-to-screen adaptation, this was especially true. They are very visual stories. The characters and events are challenging but on screen, they made it realistic. Harry Potter is the bestselling book of all time and its audience potential is gigantic. Comparatively, the visual effects on screens bring the characters more clearly to the audiences than what the author has narrated in the book for all the readers.

Similarly, if we get a book-to-screen adaptation for chapters from History, Political Science, Geography, and English Literature as well as for Science, we can connect and understand the whole concepts easily. It will be a more fun and learning experience for all.



Laughter, A Mystery to All

Aarav Sudeep, X C



Why does one laugh? I had to ask,
Is it the joy of fulfilling a task?
Maybe a purpose, a use for one's with
Or the eyes of the beholder they deem fit.

Whatever the answer, I searched far and wide
And to keep myself going, I pushed all I love aside.
My love, My friends, My life, My passion,
All to find out why we laugh in good fashion.

Is it true love? Perhaps true success?
Is it just money that we have in excess?
Why ask me? I can't be sure,
To know, there is much I must endure.

Through valleys, through caves,
Through big and small raves,
The answer was there, I just never looked,
And my pride called it gobbledygook.

The treasure I seek lived right beneath my eyes,
And it wasn't material, not a sought-after prize.
Instead 'twas the light I thought left all my heart,
A glow that I spent so long just keeping it apart.

The friends I pushed away,
The love I threw astray,
Laughter isn't something solely to be won,
'Tis the feeling one gets when they truly have fun.

I begged for a second chance,
An undeserved redemption, perchance,
For I found the error of my ways,
One I'd regret for the rest of my days.

Yet they still selflessly took me in,
My absence not considered a sin,
Something I can only say was an act of love,
From both them and the ones up above.

'Twas then I realized, with nothing to waste,
That true laughs aren't found post haste.
They're formed with love, in memories to spare,
Ones that are made with people who really care



Mother – A Gift From Above

Dhvani Bhandari, IX D



A mother's love, a gift divine,
A treasure beyond measure, in the heart's design.
For in her embrace, we find our worth,
A sacred bond, from heaven to earth.

In her embrace, the love so strong,
In her embrace, the love so long.
In her gaze, galaxies unfold,
In her guidance, we mould.

With a gentle touch, she heals every scar,
With a loving nudge, she helps us go far.
She weaves dreams with whispers soft and mild,
A beacon of hope, in life's farthest wild.

In her laughter, echoes the song of the heavens,
In her tears, the rain that washes away the rebels.
She's the melody in life's symphony,
The silent strength as our journey's Persephone.

A mother's love, a gift divine,
A treasure beyond measure, in the heart's design.
For in her embrace, we find our worth,
A sacred bond, from heaven to earth.



My Mother, My Best Friend

Trishika Shivananda, Grade I-H



As beautiful as the moon,
As cool as the wind,
As bright as the star
My mom has it all.

My tutor, my guide.
My doctor, my pride.
My superhero, my pal.
My mom has it all.

Everything she does,
She does it with love.
Her love for me,
Is a gift so pure.

I'm grateful you are my mom
I'm grateful for all the love
Protects me like a wall,
My mom has it all.



Health is Wealth

Jayaan Agarwal, 6 G



Health is wealth, more precious than gold.

We find true riches when health is near.

Exercise, the joyful dance of strength,

Enhances well-being, a treasure to length.

Wellness of heart, in friendships we find

A wealth of love, so warm and kind.

Through laughter shared and bonds that grow,

Our spirits lift, like rivers that flow.

In minds attuned and spirits bright.

Health is wealth, a gift so grand, Embrace it fully,

with heart and hand.

Let's cherish this truth, forever hold,

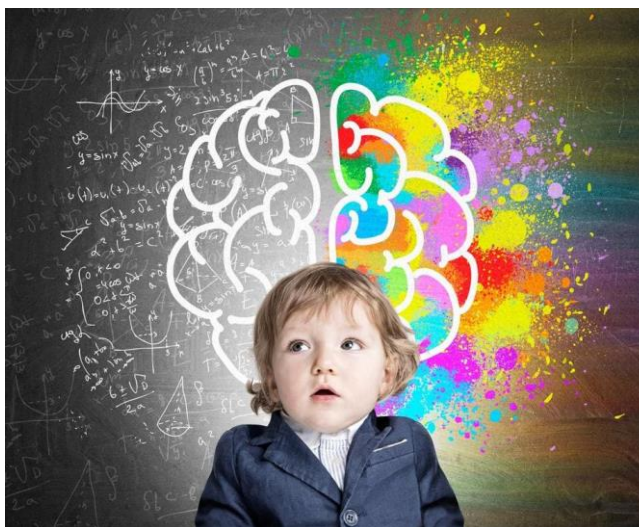
That health is wealth, more precious than gold.

Autism In Our Classroom

Joel Shiju, Grade IX

Introduction:

Autism spectrum disorder (ASD) is a complex neurodevelopmental condition that affects individuals in diverse ways. In educational settings, understanding the unique needs of students with autism is essential for fostering inclusion and promoting academic and social success. This article explores the challenges faced by students with autism in the classroom and offers practical strategies for educators to support their learning and development.

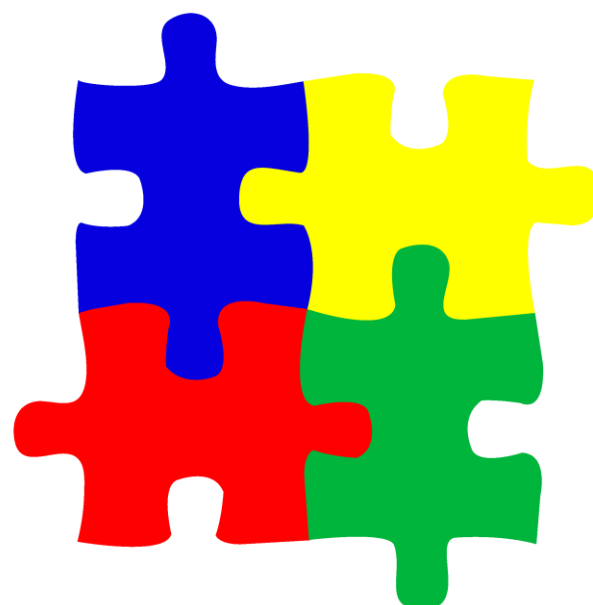


Challenges in the Classroom:

Students with autism often encounter various challenges in the classroom environment. These challenges may include difficulties with social interaction, communication barriers, sensory sensitivities, and challenges with transitions and changes in routine. Understanding these challenges is crucial for educators to create an inclusive learning environment where all students can thrive.

Strategies for Supporting Students with Autism:

1. Individualized Education Plans (IEPs):
2. Create a Structured Environment
3. Foster Social Skills Development
4. Provide Sensory Supports
5. Use Assistive Technology
6. Implement Positive Behavior Supports



Conclusion:

By understanding the unique needs and challenges of students with autism, educators can create an inclusive classroom environment where all students feel valued, supported, and empowered to reach their full potential. By implementing practical strategies such as individualized education plans, structured environments, social skills development, sensory supports, assistive technology, and positive behavior supports, educators can promote academic achievement, social integration, and overall well-being for students with autism in the classroom.

How Has My Mother Influenced Me?

L.Nivan Dev. Grade I-B



My mother's influence on my reading journey has been invaluable. Through her early introduction to books she instilled in me a love for reading that continues to shape my life. Thanks to her, I have developed a lifelong habit of reading which has expanded my knowledge. I am forever grateful to my mother for inspiring me to become an avid reader.



Reyansh Borthakur, Grade I-G



My mama taught me to be happy, stay clean, avoid telling lies, help poor people, avoid wasting food, and assist others. She provides me with delicious meals and ensures I study after returning from school. I am deeply grateful to my mama for all she does for me.

Climate Change

Rishika Das, I-A



In a land of colors, where monkeys swing,
Our planet's doing a funny thing.
The sun's like a big lamp, shining so bright,
And ice is melting, it's such a sight!

But don't worry, my little friend,
We'll fix it up, we'll make amends.
With small steps and lots of fun,
We'll dance in the rain, and play in the sun.

Let's plant some seeds and watch them grow,
And recycle our trash, to make Earth glow.
Together we'll laugh, and have lots of play,
Keeping our planet happy every single day!



My Mother, My Friend

Nandhini Muruges, II-F

My Mother is my life
She is just like the sunshine,
My mother always supports me whenever I need help
My mother is just like my friend,
She does not play with me but just like a friend who will live forever with me,
My mother even gives me a sweet kiss before I go to school and bed.



HAPPY
Mother's Day

My Mother, My Best Friend

Jonathan Bhattarai, II-E



My mother is my best friend,
We have fun time to spend,
She loves me with all her heart,
She hugs me before school starts,

She is my hero, she is gentle and kind,
She teaches new things, in her cheerful mind,
My mother's love is pure in delight,
She makes my day happy and bright,

My mother is my world,
She is strong, funny and bold,
I share my feelings and she cares for me,
She is my best friend always there for me.



My Mother, My Best Friend

Aadriti Kamath , I-B



My mother, my friend, so dear,
Always there, always near.
With a hug and a smile so bright,
She makes everything feel just right.

We laugh and play, we sing and talk,
Hand in hand, we take a walk.
Through ups and downs, she's by my side,
In her love, I can always confide.

Her stories, her care, her gentle touch,
I love my mom so very much.
A special bond that never ends,
My mother, my best friend.



My Mother, My Best Friend

Nivin Rajan, II-F



In a world of colors, bright and bold,
My mom shines like the purest gold.
With a heart so big, and hugs so tight,
She makes everything feel just right.

On Mother's Day, I'll make a card,
With glitter, stickers, and love so hard.
For my mom, who's like a superhero,
With powers to make my worries go.

She helps with homework, cooks yummy food,
and makes our home cozy, happy, and good.

In every way, she's simply grand,
The best mom in all the land!

So here's to you, my dear Mommy,
You make every day sunny and funny.
On this special day, I just want to say,
I love you more than words can convey!



Is There Hope For Coral Reefs In Peril From Climate Change?

Kavya Pawar, Grade VIII-E



Coral reefs, among the most biodiverse ecosystems on the planet, face an existential threat due to climate change. Rising sea temperatures, ocean acidification and extreme weather events are wreaking havoc on these delicate underwater habitats. Yet, amidst the dire circumstances, there is reason for hope.

Scientists are exploring innovative solutions to bolster the resilience of coral reefs. Techniques like coral transplantation, where coral fragments are grown in nurseries and then replanted onto damaged reefs, show promise in restoring degraded areas. Additionally, selective breeding of corals for heat tolerance offers hope for creating reef populations better equipped to withstand warmer waters.

International collaboration is also key. Efforts like the Paris Agreement aim to limit global temperature rise, which would mitigate the impacts of climate change on coral reefs. Furthermore, initiatives such as the Coral Reef Alliance and the International Coral Reef Initiative work to mobilize resources and expertise for reef conservation on a global scale. Individual actions too can make a difference. Reducing carbon emissions, supporting sustainable fisheries, and advocating for marine protected areas are tangible ways to contribute to coral reef preservation. While the challenges facing coral reefs are immense, collective action and scientific innovation offer a glimmer of hope. By uniting our efforts, we can work towards a future where coral reefs thrive despite climate change.



Importance of Sports in Education

Ratika Rajeev Kumar, Grade VII-C



While academics is undoubtedly a core education component, sports offers a valuable and complementary element to a well-rounded learning experience. Engaging in sports activities helps students stay physically fit, which is essential for their overall health and academic success. Through sports, students learn vital life skills such as teamwork, communication and leadership which are crucial for their personal and professional lives.



Participation in sports instills discipline and time management, as students must juggle practice schedules with academic commitments. This balance promotes a strong work ethic and organizational skills. Furthermore, sports teaches resilience and perseverance, as students learn to cope with wins and losses. These experiences foster a growth mindset, encouraging continuous improvement and determination. Incorporating sports into the educational curriculum ensures a well-rounded development, helping students excel in and out of the classroom.

Additionally, sports provides a sense of community and belonging, helping students build friendships and learn about fair play and respect. Integrating sports into the educational curriculum ensures a holistic approach to student development, promoting intellectual growth as well as emotional and social well-being. Thus, sports is not merely extracurricular activities but integral to shaping well-rounded, capable and confident individuals ready to face future challenges. Remember, sportsmanship is key. Whether you win or lose, strive for fairness and respect. These are qualities admired in classrooms, workplaces and throughout life. So, lace up your shoes, grab your teammates and embrace the valuable lessons sports has to offer.

Culture Has a Powerful Role in Protecting our Planet

Shaurya Shukla, Grade VII-F



In the ongoing battle against environmental degradation and loss, along with climate change, culture emerges as one often overlooked and unconventional ally. Culture, which is the fabric of societies, is something that encompasses beliefs, practices, traditions, and attitudes that shape human interactions with the world. From indigenous rituals native to tribes which honor nature, to modern movements that are advocating for sustainability, culture wields a profound influence in shaping attitudes and behaviors towards the planet. Indigenous traditions offer invaluable insights that cannot be taught without practice on sustainable resource management and conservation practices. Passed down through generations, traditional knowledge provides a blueprint for mitigating environmental degradation and adapting to the challenges of climate change.



Cultural icons, through various forms of expression such as literature, art, music, and film, wield significant influence in raising awareness and mobilizing action on environmental issues. From thought provoking novels celebrating the beauty of nature to compelling documentaries exposing environmental injustices, cultural expressions have the power to ignite passion and drive positive change. Celebrities and influencers leveraging their platforms for environmental advocacy further amplify the reach and impact of sustainability movements, demonstrating the transformative power of culture in shaping public discourse and policy agendas.

Preserving cultural heritage aligns with environmental conservation efforts, as historic sites and indigenous territories are often linked to biodiversity hotspots and fragile ecosystems. Initiatives promoting cultural heritage tourism and indigenous land rights not only celebrate human creativity but also serve as testaments to the importance of conserving our planet's ecological diversity. By embracing cultural diversity, revitalizing traditional practices, and leveraging cultural influence, we can harness the potential power of culture to safeguard the Earth for future generations. In conclusion, culture isn't merely a bystander in the fight to protect our planet; it is a dynamic force driving change and inspiring action.

Book-to-Screen Adaptation That I Enjoyed Watching

Shaunak Barman, Grade VII- F



I recently read the book 'Harry Potter and the Sorcerer's Stone' by J.K. Rowling and then watched the movie adaptation. The book tells the story of an 11-year-old boy named Harry Potter who discovers he is a wizard. He is invited to attend Hogwarts School of Witchcraft and Wizardry, where he makes friends, learns magic, and uncovers the truth about his parents' mysterious deaths. The book is full of magical adventures and it captures the imagination with its detailed descriptions of Hogwarts, the magical creatures, and the spells Harry learns. Each page brings new surprises and builds a world that feels both enchanting and real.

Watching the movie after reading the book was a fantastic experience. The movie does a great job of bringing the book's magical world to life. The special effects, like the moving staircases and the game of Quidditch, were amazing to see on screen. The actors chosen for the roles fit the characters perfectly, especially Daniel Radcliffe as Harry, Emma Watson as Hermione, and Rupert Grint as Ron. They really brought the characters' personalities and friendships to life, just as I had imagined them while reading. The scenes at Hogwarts were visually stunning, and the magical creatures, such as the troll and Fluffy, the three-headed dog, were depicted with impressive detail.



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The Dual Edges Of AI In Scientific Research

Maanav Ajith, 8 B



Artificial Intelligence refers to the simulation of human intelligence in machines that are programmed to think and learn like humans. It consists of various techniques like machine learning, natural language processing, and computer vision to perform tasks such as problem-solving, understanding language, and recognizing patterns. It is about creating smart machines that can mimic cognitive functions typically associated with humans and do what humans cannot do and do and ace in tasks we can.

AI is an extremely powerful tool that can shape the world for the better. Its uses are significantly seen in the field of education, medicine and most importantly, scientific research. AI has played an undeniable role in shaping the pathway to the future of scientific research and has profoundly changed the perspective of science as the way we see it today. Real world examples of AI success have been demonstrated through initiatives such as accelerated drug discovery, clinical trial matching systems, disease prediction technology, decentralized clinical trials & improved patient results.

AI is a powerful force with both bright and dark sides. On the bright side, AI acts as a super-smart assistant, making our lives easier through voice assistants like Siri and Alexa, aiding in medical diagnoses, and helping protect the environment by analyzing data for early warnings of disasters. Overall, AI can be the driving force of discoveries in the field of scientific research and can lead to life changing inventions that will change the world for the better.

However, AI also presents challenges. It can displace jobs through automation, raise concerns about privacy as vast amounts of data are collected, and perpetuate bias and discrimination if not trained properly. Relying too much on AI might limit human creativity and exploration. Also, AI can produce biased or inaccurate results due to flaws in the data it learns from. Complex AI models can be hard to understand, making it tough for researchers to interpret findings. Plus, AI findings might not apply well to new situations. There are also concerns about data privacy and misuse of AI findings. So, careful oversight and collaboration are extremely important for responsible AI use in research.

Achieving balance is crucial. We need clear ethical guidelines, education to understand AI's capabilities and limitations, and collaboration to ensure AI is used responsibly and for the benefit of society. By acknowledging these dual edges and working together, we can unlock the full potential of AI while avoiding its risks.

A Letter To My Mother On Mother's Day

Tulip Mishra, 8 E



Subject: Happy Mother's Day, Mom

Dear Mom,

Happy Mother's Day! I just wanted to take a moment to tell you how much you mean to me. Thank you for all the sacrifices you have made for the family. Thank you so much for supporting me everywhere. You are truly amazing, Mom, and I love you more than words can say. My gratitude towards you can't be expressed in this letter. I am grateful for the countless memories we've shared together, from our adventures and laughter-filled moments to the quiet times we've spent simply enjoying each other's company. You have always got me the things I always wanted.

Today, I want you to know just how much you mean to me. Your love has shaped me into the person I am today, and I am eternally grateful for the gift of having you as my mom. I want you to know what you actually mean to me. You are my inspiration and role model.

With love,

Tulip



Short Story: Laughter Is The Best Medicine

Vidyuth Balaji, 8 B



30th July 2024- In the tiny village of Slacksville, there lived a doctor named Dr. Williams. He wasn't your average doctor; he believed laughter was the best medicine. His clinic, "The Chuckle Clinic," was decorated with joke books, funny posters, and whoopee cushions that made everyone chuckle.

One sunny morning, Mrs. Johnson walked in, her face etched with a permanent frown. "Doctor," she sighed, "I have the worst case of the blues. Nothing makes me happy anymore!"

Dr. Williams smiled. "I have just the thing for you, Mrs. Johnson." He handed her a rubber chicken and said, "Why don't you give this a squeeze? It never fails to crack me up!"

Mrs. Johnson squeezed the chicken, and it let out a ridiculous squawk. She couldn't help but giggle. Dr. Williams then added, "Why don't eggs tell jokes? They'd crack each other up!"

Word spread about Dr. Williams's unconventional methods. The clinic was soon flooded with villagers seeking joy.

One day, the mayor, Mr. Davis, visited the clinic. Known for his strict attitude, he said, "Dr. Williams, I'm here to inspect your methods. This laughter business seems unorthodox."

Dr. Williams nodded. "Of course, Mr. Mayor. But first, would you try these giant clown shoes?" He handed over the shoes and added, "Why don't skeletons fight each other? They don't have the guts!"

The mayor reluctantly agreed. As he struggled to walk in the oversized shoes, he tripped into a pile of whoopee cushions, emitting amusing sounds. The villagers burst into laughter, and to everyone's surprise, including his own, Mr. Davis laughed too.

From that day on, Slacksville was the happiest place in the land. People were healthier, kinder, and more connected. They realized that laughter truly was the best medicine. Dr. Williams continued his joyful practice, knowing that in a world full of worries, a hearty laugh could make all the difference. And so, the legend of Slacksville and its joyous doctor spread far and wide, reminding everyone that sometimes, all you need to heal is a good laugh

Laughter

Pavani Hemant Belgaonkar, VII-B



In the echoes of our days,
Laughter weaves its golden thread.
A melody of light and praise
That lifts the heart and clears the dread,
Its vibrant touch has endless ways.
A gentle chuckle, soft and sweet,
A roaring wave of pure delight,
In crowded rooms or quiet retreats,
It dances through day and night,
A gift of joy so pure and complete.
In children's eyes, a spark and gleam,
Their giggles burst like morning sun,
A dreamer's laugh, a poet's dream,
A chorus joined and a hymn begun,
In laughter's flow we're all redeemed.
Amidst the trials, woes and strife,
A sudden laugh, a saving grace,
It breathes new hope and renews our life.
Transforming the dull, the commonplace,
With laughter's magic, souls are rife.
So, let's laugh, both loud and free,
In every moment finding its call,
For laughter is a song, a melody,
Unites us all, both great and small,
A timeless bond for you and me.



Mother- A Gift From Above

Aadithya Arun Prasad, Grade VII- B



A mother seems to understand the things that can't be said,
A mother goes beyond our words and reads our hearts instead.
The lullabies she has sung, and playdates arranged,
The love she has showered that remains unchanged.

An expanded knowledge, a sacrifice for life,
For the growth of generations that are yet to come.
The treasure of qualities that are way beyond,
Let's take a moment to say, "I love you mum".

They pick us up when we are down
And when we're sad they know.
They're always there to lend a hand
And guide us as we go.

And mothers are like precious jewels
That can't be bought or sold.
A mother's love is more precious
Than the rarest gem or gold.

The job of a mom is never done,
She will keep taking care,
Until there is no sun.
They are the world,
And one of Mother Earth's elements.



My Mother, My Best Friend

Carolyn Liz Jemy, Grade V-A



In moments of joy, in moments of fear
My mother's beautiful love is always near.
With a hug and a smile, she dries my tears,
Guiding me through the passing years.
Her laughter fills our home with light,
In her embrace, everything feels right.
Through ups and downs, she's my constant stay,
My trusted advisor, in every way.
With her wisdom and unique care,
She shows me how much she's there.
My mother, my best friend, it's true,
Forever grateful for all she'll do.



Health is Wealth

Jayaan Agarwal, 6 G



Health is wealth, more precious than gold.

We find true riches when health is near.

Exercise, the joyful dance of strength,

Enhances well-being, a treasure to length.

Wellness of heart, in friendships we find

A wealth of love, so warm and kind.

Through laughter shared and bonds that grow,

Our spirits lift, like rivers that flow.

In minds attuned and spirits bright.

Health is wealth, a gift so grand, Embrace it fully,

with heart and hand.

Let's cherish this truth, forever hold,

That health is wealth, more precious than gold.

MOTHER'S DAY

Sai Kiran Karthik, 6 G



Moms, women

Talented women

Moms, women

Powerful women

Can be anything, like:

Chef, pilot, actress, businesswoman, police, doctor, firefighter and many more

Moms, women

Housewives, women

Manages the families and takes care of homes

Moms, women

Caring women

Takes care of as many people like:

Children, old people, and many more



Moms, women

Helping women

Helps anyone in need, like;

Child in studies, old people in many ways and many more

Moms, women

Wonderful women

Always happy and caring Moms we love you, and

Happy Mother's Day

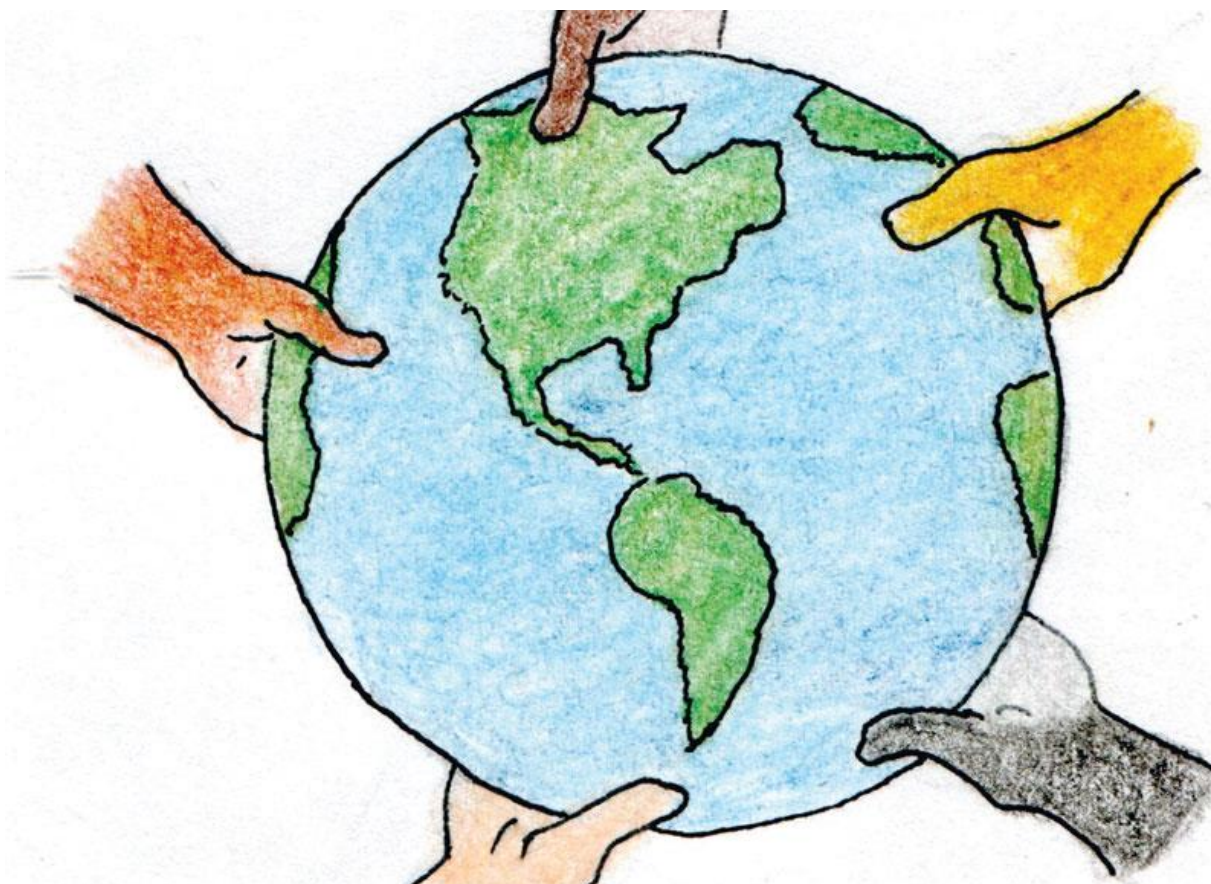
Culture Has A Powerful Role In Protecting Our Planet

Apoorva, Grade XI-C

Culture plays a pivotal role in safeguarding our planet by shaping attitudes and behaviors towards the environment. Traditional practices often embody sustainable principles, with many indigenous cultures having long upheld a deep respect for nature. For example, the Maori of New Zealand practice kaitiakitanga, a guardianship ethic that ensures environmental stewardship. This cultural perspective fosters an intrinsic connection to the land, promoting conservation efforts that are vital in today's fight against climate change.

Furthermore, cultural practices and communal activities often promote sustainable living. In Japan, the tradition of "mottainai" encourages mindfulness about waste, advocating for the reduction, reuse, and recycling of resources. This cultural mindset significantly contributes to Japan's high recycling rates, with over 77% of PET bottles being recycled as of recent statistics. Similarly, the Scandinavian concept of "friluftsliv," which translates to "open-air living," encourages a deep connection with nature, driving policies and lifestyles that prioritize outdoor activities and environmental conservation. These cultural values not only reduce the ecological footprint of individuals but also inspire collective action towards larger environmental goals.

Malcolm Bradbury famously said, "Culture is a way of coping with the world by defining it in detail", the interplay between culture and environmentalism is crucial for our planet's future. By integrating sustainable practices into our cultural fabric, we can create a global ethos that prioritizes the health of our environment. This transformation is not just a moral imperative but a practical necessity, ensuring that future generations inherit a liveable planet. Cultural change, therefore, is not just beneficial but essential in protecting our world.



Ode To Mother Earth

Kabir Kashyap, Grade IV-F



Mother Earth oh, Mother Earth,
What have we done!
We left you in a bad condition.
While we were having fun.
All the smoke, all the waste,
We couldn't manage because we were in haste.

It is so hot.
But fear not!
We can bring a stop!
Here's how:
Stop throwing litter on the floor.
Cleaning it up won't be a chore.
Plant more trees,
Don't cut them.
Put trash in the bins, not the seas.



Trash in the stomach of the sea dwellers!?
Now that's not good, it's making the seas smellier.

Let's take a pledge to Mother Earth,
We will be good children and not cause her to hurt!

Book-to-Screen Adaptations That I Enjoyed Watching

Gaaranisri Somasundaram, Grade XI-G

Book-to-screen adaptations hold a special place in the hearts of both avid readers and movie enthusiasts. They offer a unique opportunity to see beloved characters and worlds come to life beyond the pages, often adding new dimensions to the stories we cherish. However, translating a book to film or television is a delicate art that requires balancing fidelity to the source material with the demands of visual storytelling. When done well, these adaptations can be both critically acclaimed and deeply cherished by fans. Here are some of my favourite book-to-screen adaptations that have successfully captured the essence of their literary origins and provided a memorable viewing experience.

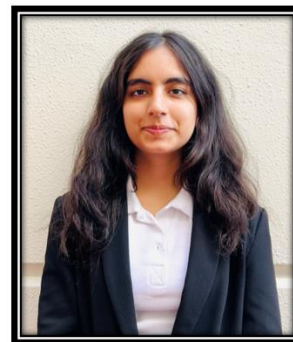
The Harry Potter Series, nobody would be able to make this list without these films. They succeeded in bringing the magical world of Hogwarts to life, thanks to a combination of strong performances, particularly from the young cast, and impressive special effects. The films remained largely faithful to the books, capturing the essence of Rowling's characters and the overarching plot. The consistency in quality and tone across the eight movies ensured that fans of the books were not disappointed.

Being the first book series I've read, The Hunger Games Trilogy will always have a special place in my heart. These films effectively translated the tension and high stakes of novels to the big screen. Jennifer Lawrence's portrayal of Katniss Everdeen was widely praised for capturing the character's resilience and vulnerability. The films' faithful adaptation of the source material, combined with strong visual effects and compelling storytelling, made them a hit with both fans and newcomers.

The Percy Jackson and the Olympians: While the film adaption was a bit questionable and received criticism from the fandom as a standalone it was not bad; in fact the movies were the reason I got introduced to the Percy Jackson Books. But here I want to bring to you the amazing adaption of the books through the new Disney series. This series promises to stay closer to the source material than the previous film adaptations, with Riordan himself deeply involved in the production. The show's focus on capturing the humour, adventure, and heart of the books, combined with high-quality special effects and a talented young cast, aims to bring the world of Percy Jackson to life in a way that resonates with both new viewers and longtime fans of the series.

The journey from page to screen is fraught with challenges, but when executed with care and creativity, book-to-screen adaptations can offer profound and lasting impressions. The examples discussed illustrate the diverse ways in which stories can be reimagined for new mediums. These adaptations have not only honoured their literary origins but have also expanded their narratives, reaching wider audiences and providing fresh experiences for both longtime fans and newcomers. Through careful adaptation, strong performances, and innovative storytelling, these films and series have achieved the delicate balance of remaining true to their source material while creating something uniquely powerful and enjoyable.

Importance of Sports in Education



YASHIKA PARYANI XI-H

Sports have always been an integral part of education, providing students with invaluable life skills and experiences that complement their academic learning. The role of sports in education is multifaceted, influencing physical health, mental well-being, and the development of essential social skills. Understanding the importance of sports in education helps us appreciate how they contribute to the holistic development of students.

One of the most vital benefits of sports in education is the promotion of physical health. Regular participation in sports activities helps students maintain a healthy weight, develop cardiovascular fitness, and improve muscle strength and flexibility. Engaging in sports instils a lifelong habit of physical activity, preventing various health issues such as obesity, diabetes, and heart disease. Schools that encourage sports participation help foster a healthy lifestyle from a young age.

Sports play a crucial role in enhancing mental health. For students, participating in sports provides a break from academic pressures and an outlet for energy and emotions. It also promotes better sleep patterns and overall mental well-being. Additionally, the sense of achievement and recognition gained from sports can boost self-esteem and confidence, which are necessary for personal development.

Engaging in sports teaches students essential social skills such as teamwork, communication, and leadership. Team sports require individuals to work together towards a common goal, fostering cooperation and mutual respect. Events, like the Interhouses, Interschools, Sports Days in our school, inculcate these values and skills in the students. These experiences teach students how to communicate effectively, resolve conflicts, and support one another, skills that are applicable to various aspects of life.



Importance of Sports in Education



YASHIKA PARYANI XI-H

Sports require a high level of discipline and commitment. Students involved in sports learn the importance of regular practice, punctuality, and adherence to rules. Balancing sports and academics also teach crucial time management skills. Student-athletes often develop the ability to prioritize tasks, set goals, and manage their time efficiently to meet both their academic and athletic responsibilities. These skills are invaluable as they prepare students for future challenges in higher education and their careers.

Contrary to the belief that sports might diminish academic performance, studies have shown that physical activity can enhance academic achievement. Regular exercise improves concentration, memory, and classroom behavior, which can lead to better academic outcomes. Schools that integrate sports into their educational processes often see a positive impact on student performance and engagement.

Moreover, incorporating sports into education for individuals with special needs provides significant advantages, enhancing their physical health, social integration, and emotional resilience.



Participation in sports activities improves motor skills and overall fitness, while also offering opportunities to practice teamwork and cooperation.

These activities help build self-confidence and a sense of achievement, which can be particularly empowering for those with special needs.

Beyond the obvious physical health benefits, sports contribute significantly to mental well-being, social skills, discipline, and academic performance. By fostering a well-rounded development, sports prepare students for the complexities of life beyond the classroom. Educational institutions should continue to prioritize sports as a fundamental component of their curriculum, ensuring that students reap the numerous benefits that sports have to offer. In doing so, we foster the sense of a holistic educational environment within students, and above that, prepare the future generations for the same.

Book-to-Screen Adaptations that I Enjoyed Watching

Mritunjay Mukherjee, Grade XI-B

Book-to-screen adaptations involve transforming written works into visual media, such as movies or TV shows. These adaptations are popular because they bring beloved stories to a wider audience. By seeing some of their favorite characters on the big screen, readers and fans can also better connect with these stories. Some well-known examples include the Harry Potter series, The Hunger Games, and Percy Jackson series.

However, these adaptations often face challenges. Fans of the original books may be disappointed by changes to the plot, characters, or setting. A famous example of this is Harry Potter and the Goblet of Fire in which Dumbledore is depicted to be angrier than how the source material depicts him. Important details can be lost, and the depth of the narrative may be compromised due to time constraints.



One adaptation that stands out for its near-perfect execution is The Lord of the Rings trilogy. These films capture the essence of J.R.R. Tolkien's epic saga with remarkable accuracy. The meticulous attention to detail, from the richly developed characters to the stunning landscapes of Middle earth, makes these films a joy to watch. The screenplay remains largely faithful to the source material, while the visual effects and score enhance the storytelling. The acting is spot-on, and the background music contributes to the overall atmosphere of the movie. This trilogy has expanded the book series into a global franchise with related merchandise and theme parks.

Other book-to-screen adaptations can learn from The Lord of the Rings by prioritizing the core elements of the original story, maintaining strong character development, and using high-quality production values. By respecting the source material and engaging the audience visually and emotionally, future adaptations can achieve similar success. I hope to see more of Lord of the Rings style adaptations in the future.

Book-to-Screen Adaptations that I Enjoyed Watching

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Is There Hope For Coral Reefs In Peril From Climate Change?

Kavin Saravanabhavan, Grade XI-B

Worldwide coral reefs are suffering from the impacts of climate change. Around the world, researchers are pioneering ways to protect and restore coral reefs that have already bleached. Between these efforts and the amazing capacity for corals to adapt to healthier environments, there seems to be some hope.

When the ocean is too warm for microscopic algae to live in coral tissue leave and the corals bleach. Coral reefs, among the most biodiverse ecosystems on Earth, are severely threatened by climate change. Rising sea temperatures cause coral bleaching, where corals expel the symbiotic algae essential for their survival, leading to mass die-offs. Ocean acidification, driven by increased CO₂ absorption, further hampers coral growth by weakening their calcium carbonate structures. These impacts, combined with overfishing and pollution, put coral reefs in peril, jeopardizing the marine life and human communities that depend on them. Immediate and comprehensive actions are needed to address these multifaceted threats to ensure the survival and health of coral reefs.

Despite these challenges, hope remains through innovative scientific approaches and conservation efforts. Researchers are developing heat-resistant coral strains via selective breeding and genetic modification, aiming to create corals that can withstand higher temperatures. Establishing marine protected areas (MPAs) and effective fisheries management can mitigate local stressors, offering reefs a chance to recover and adapt. Restoration projects like coral gardening and artificial reefs also play a crucial role in rehabilitating damaged reefs and boosting their resilience. These efforts demonstrate that targeted interventions can make a significant difference in preserving coral ecosystems.



Global climate action is imperative to ensure the long-term survival of coral reefs. Reducing greenhouse gas emissions is critical to curbing the warming and acidification of oceans. Community engagement and policy support are vital in implementing conservation strategies effectively. By combining scientific innovation, sustainable practices, and global climate initiatives, we can protect and restore these vital ecosystems. Through collaborative efforts, there is hope for coral reefs to endure and continue supporting marine biodiversity and coastal communities. Sustainable practices and international cooperation will be key to these efforts.

Is There Hope For Coral Reefs In Peril From Climate Change?

Aayushi Shukla, Grade XI-C

Coral reefs, the breathtaking underwater havens teeming with life, are in a fight for their survival. Rising ocean temperatures, a consequence of climate change, are pushing these vibrant ecosystems towards a tipping point. Corals bleach – expel the colorful algae that nourishes them – turning ghostly white and often succumbing to death. This leaves behind barren landscapes, a stark reminder of the devastation that could unfold.



However, amidst the bleak outlook, there are reasons to hold onto hope. Scientists and conservationists are working tirelessly to protect these vital ecosystems. One ray of light comes from the discovery of resilient coral species. Not all corals are built the same – some naturally possess a higher tolerance for warmer waters. Researchers are diligently studying these "super corals" with the aim of using them to restore damaged reefs.

Another approach includes genetic advancement. Researchers are investigating ways to offer assistance corals adjust to their changing environment. This seem include presenting heat-resistant strains of green growth into the coral or indeed utilizing quality altering, a disagreeable but possibly groundbreaking technique.

Protecting healthy surrounding ecosystems is another crucial step. Marine Protected Areas (MPAs) with stricter regulations can help reduce local threats like pollution and overfishing. Healthy ecosystems act as buffers, shielding reefs from the harshest effects of climate change.

Local communities are also playing a vital role in this fight. From promoting sustainable tourism practices to actively participating in coral restoration projects, people living alongside these underwater wonders are becoming powerful advocates for their future.

These efforts offer a flicker of hope, but the biggest challenge remains – tackling climate change. Reducing global carbon emissions is paramount to ensuring the long-term survival of coral reefs. By combining scientific innovation, community action, and a global commitment to sustainability, we can give these vital ecosystems a fighting chance.

Ma; My Safe Place

Ahana Srikrishna, Grade XI-C

Mother, Mom, Ma.

You are the angel I first saw.

You carried me 9 months long,

Through pain, suffering and every storm.

You're the one with whom

I have a strong connect.

Mom, you helped me bloom,

In every aspect

You understand me the best...

You know the stories I don't tell myself.

Whenever I'm happy or stressed

You magically understand yourself.

You were always there,

Even when things went downhill,

Reminding me to chill

Ma, you truly are rare.

You are a precious gemstone.

A queen with an invisible throne.

Through every dusk and dawn

I will forever love you, Mom!



Importance of Sports in Education

Ayesha Shahber, Grade XI-F

In contrast to traditional textbook education, modern education requires an understanding of academics, sports and arts. Today's educators and field professionals have acknowledged the importance of holistic activities in education. Sports play an instrumental role in them.

While thinking of a student, we tend to picture a young person carrying textbooks. A school's environment ought to go beyond a classroom. Some parents still continue to question the value of sports. Most Indian parents fall into this category, they believe that sports is a distraction from academics. Historically, India has had a strong educational system with a focus on subjects like mathematics, philosophy, and literature. This emphasis on education has been passed down through generations.

"One man practicing sportsmanship is far better than a hundred teaching it." These words were coined by Knute Rockne. He believed that children learning or engaging in sports gain much more than a P.E. teacher or coach. Many schools have an abundance of P.E. teachers and P.E. classes, but very few students attend them seriously. This is because of the cultural and traditional mindsets of parents that has gone to their children as well.

Sports and games are a great way to keep children active and healthy without the need for them to miss out on their academic studies. Studies have proved that sports in early education has helped drastically improve students' leadership skills, teamwork, fitness, social skills, confidence and discipline. Students who often participate in sports have higher self-esteem and better social interaction than those who don't. These students also have a more positive and cheerful attitude towards life and are less likely engage in unwanted activities.

It has been confirmed again and again how important holistic development in students is. A simple way to ensure this is to simply encourage students to pick up a sport. Children and parents will have to break from the confines of generational ideals to achieve this.



Climate Change Brings The Perils Of Fire And Water

Adhvedh Prasath, Grade VI-B

Climate change is causing widespread environmental disruption, leading to habitat loss, altered ecosystems, and increased natural disasters. From melting ice caps to coral bleaching, the signs of ecological distress are evident. These changes not only threaten wildlife but also jeopardize vital ecosystem services upon which human societies depend, such as clean air, water, and food. Urgent action is needed to preserve biodiversity and restore ecosystem health to mitigate the far-reaching impacts of climate change.

In addition to environmental concerns, climate change poses significant risks to human health and well-being. Rising temperatures exacerbate heat-related illnesses and contribute to air pollution, leading to respiratory problems and cardiovascular diseases. Vulnerable populations, including children, the elderly, and low-income communities, are particularly at risk. Addressing climate change is therefore essential for safeguarding public health and promoting equity and social justice.

To sum up, the economic ramifications of climate change are substantial and wide-ranging. Extreme weather events, such as hurricanes, floods, and wildfires, result in billions of dollars in damages to infrastructure, agriculture, and property. These losses not only strain government budgets but also disrupt livelihoods and exacerbate social inequalities. Investing in climate resilience and transitioning to a low-carbon economy presents opportunities for economic growth, job creation, and sustainable development.



Mother, A Gift from Above

Ranjani



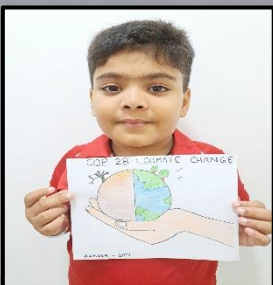
Mom, you're a gift sent from the skies so high,
Your love's a beacon, bright in darkest night.
Your smile's a sun that lights up every day,
In laughter's tune, your voice is sweet and kind.
Your wisdom guides me when I lose my way,
In your embrace, all fears are left behind.
Through highs and lows, your strength is always near,
In times of doubt, your faith helps me to stand.
You chase away my every silent fear,
With you, life's trials are easier to withstand.
So here's my thanks, though words can't say enough,
You're my forever friend, my mom, my love.



COP 28 : CLIMATE CHANGE



AARUSH - 2(F)





SAVE ENVIRONMENT

COP28

CLIMATE CHANGE

IDEA



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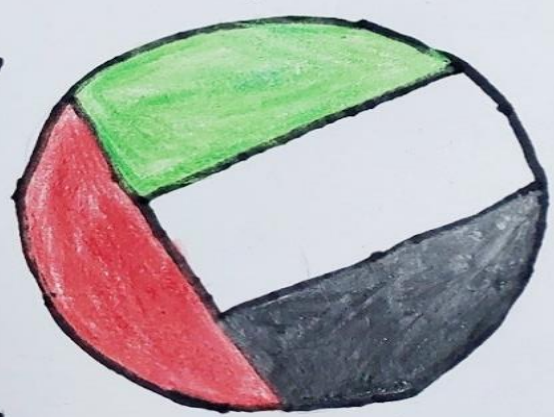
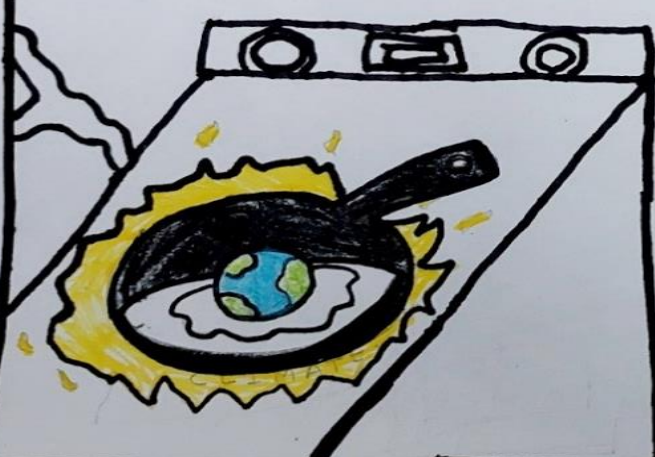


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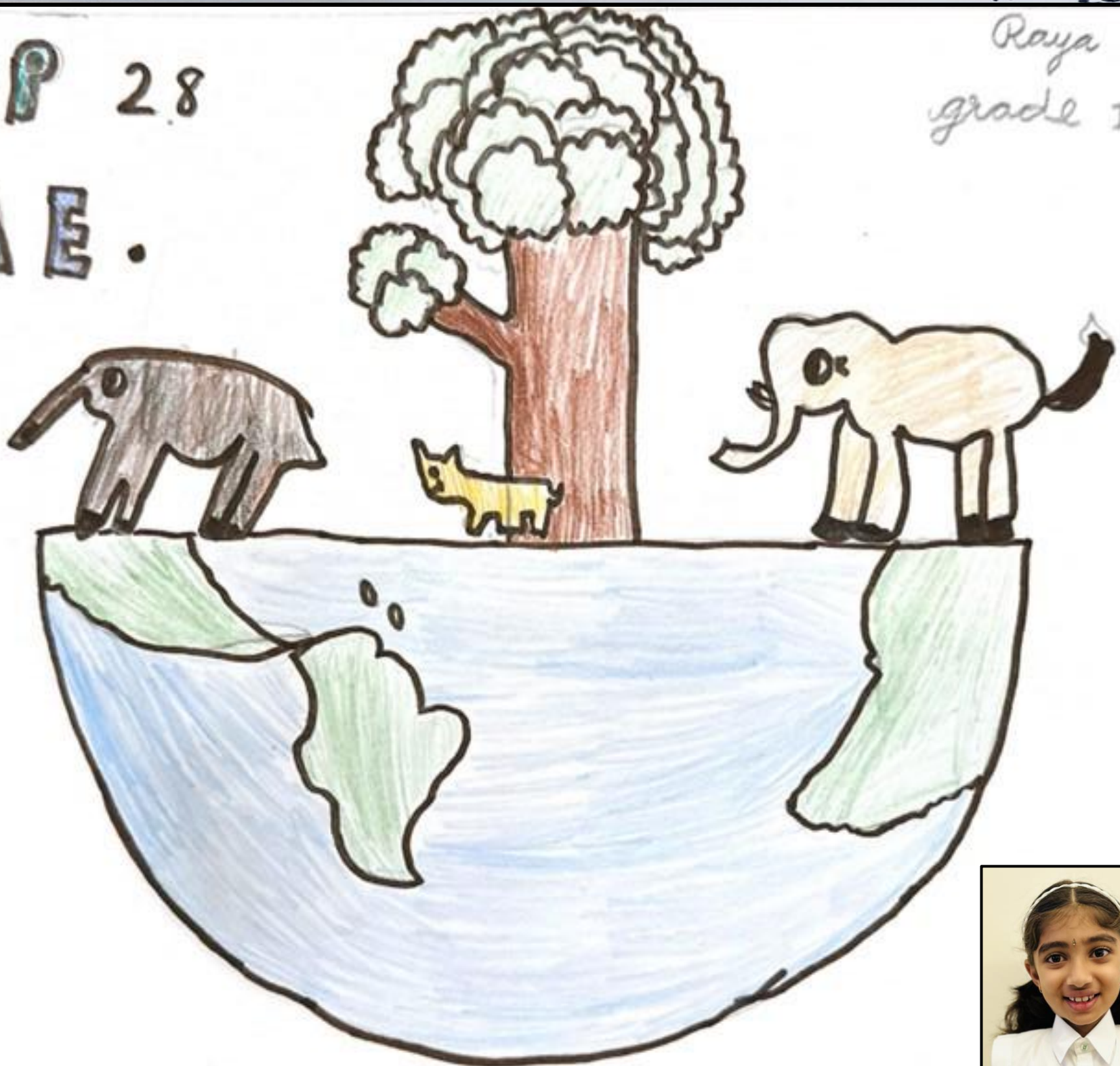
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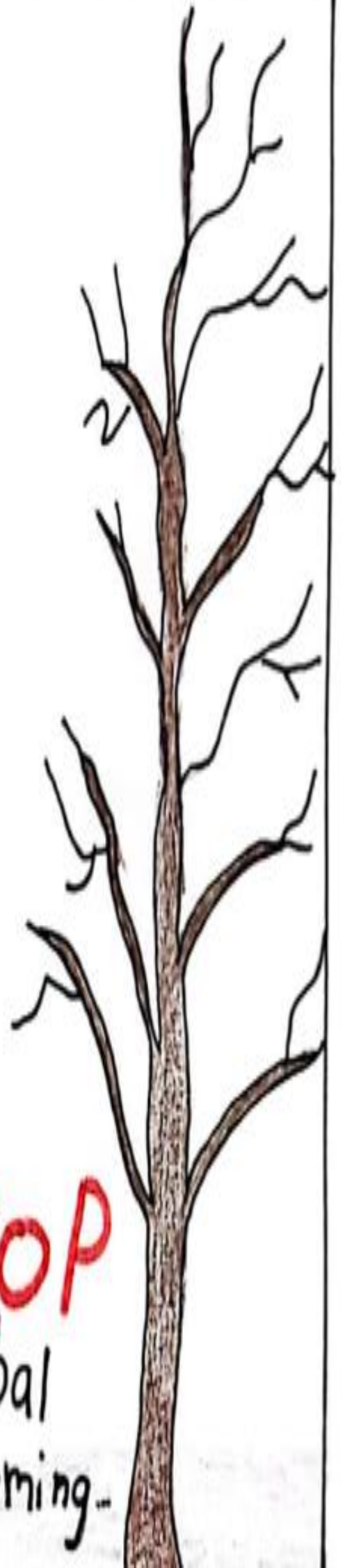
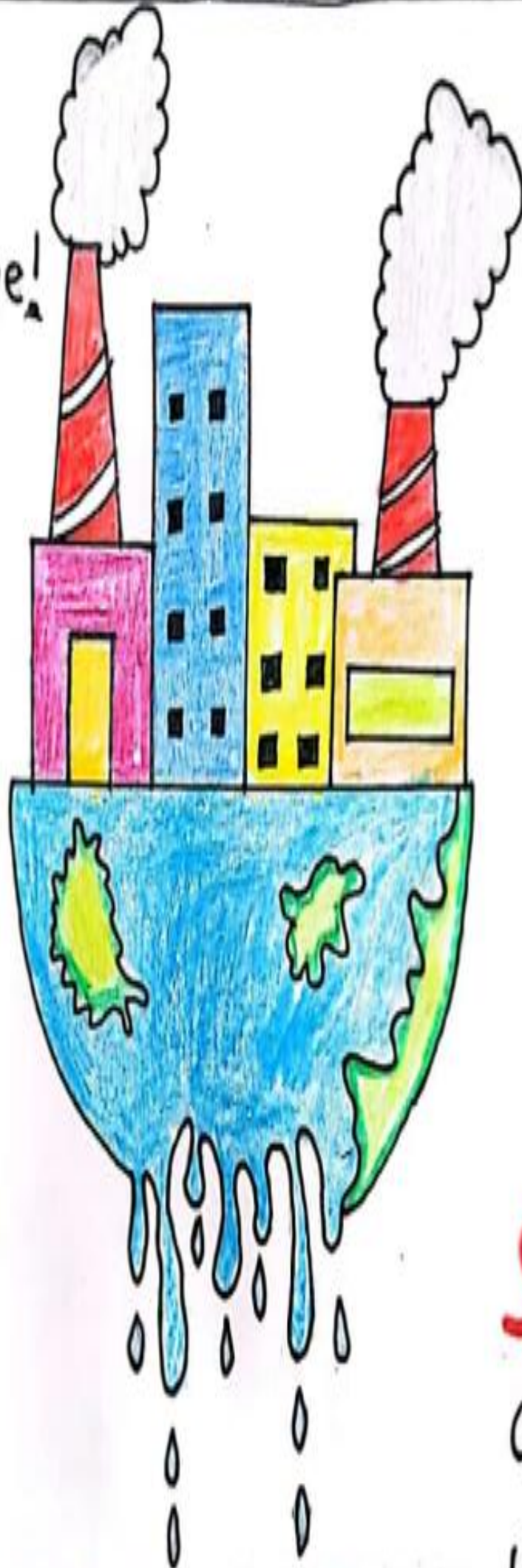
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Roya
grade II



MAKE a change
for climate change!

R G Hasmithaa
Grade/Sec: II E



STOP
Global
Warming..



COP28



COP28



COP28




AREEBA QURESHI
5/H



Aashvi
3F



COP 28 UAE

Dear  MOM

ADITI
DESAI
KG-2E

Dear MOM, you know who you are?

for me you are my Star.

You are pretty, you are smart,

for me you are my heart.

You are helpful, you are joyful,

for me you are wonderful.

You are creative, you are supportive,

for me you are protective.

So, MOM I love you, and

I can't stay without you.



Fun Section

COUNTRIES

Find the words hidden in the grid below

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

CHINA
INDONESIA
TURKEY
SWITZERLAND
SPAIN
MEXICO
FRANCE
NEW ZEALAND
UAE
CANADA
DENMARK
GERMANY
ALGERIA
USA
ITALY
RUSSIA
EGYPT
IRAN
BRAZIL
JAPAN
INDIA

SUDOKU PUZZLE

Solve the puzzle

9	2				5	8		
		1	7	2	6	3		9
		3	8	9	1	2		6
	8					1		2
7				6		5		8
				3		7		
5		8		1	3			7
	4		6		7	9	1	5
			2			6		



Name of the student: Hibba Imtiaz
Grade/Sec: II F

Fun Section

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

AMUSEMENT
 GIGGLE
 WELLNESS
 BURSTING
 FUNNY
 CHEERFUL
 QUIZ
 MEMORY
 EMPATHY
 HAPPINESS
 SMILE
 BRAIN
 ROLLING
 CREATIVITY
 REFRESHING
 BONDING
 TREASURE
 GOODNESS
 FRIENDS
 EXERCISE
 HUMOR
 CHUCKLE
 LIFE
 LAUGH



Name of the student: Taksh Jain

Grade/Sec: I A

Fun Section

How do you play Sudoku?

The rules for sudoku are simple. A 9x9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

Puzzle 1

3			2	1				
7	4						1	9
	2			6		5		
	3		7	4				
		8				9		
6				9	2		5	
		2		8			4	
1	5						9	7
			9	3				2

The History of Sudoku:

Who is the father of Sudoku?

Maki Kaji was a Japanese businessman who was the president of Nikoli, a puzzle manufacturer.

Which country did Sudoku come from?

The first Sudoku puzzles in Japan were published in 1984 and the word "Sudoku" is a registered trademark in Japan.



Benefits of Sudoku:

- Improves Concentration.
- Promotes a healthy mindset.
- Helps kids develop their problem-solving skills.
- Promotes a healthy competition.
- Improves thinking skills and memory.



What is the meaning of Sudoku?

The numbers/digits must remain single.

Hathvik Rathyun.M

Grade – 1, Section: G

Fun Section

Word Search

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

DOES, LOVELY, FUNNY, FUN, DOCTOR, DOT, ICE, STATE

Name of the student: Ilyana
Grade: 5H

SUDOKU

2			3		4		
	3		6				7
		9		7	1		8
		4		7	2		
	2	5		8	1	9	
1		3			6		5
			2		4		
4		6	8				7
5			9			3	

By: Zaynah 5H

Name of the student: Zaynah
Grade : 5H

ANSWER

2	5	7	1	3	8	6	4	9
8	3	1	6	4	9	2	5	7
6	4	9	2	5	7	1	3	8
9	6	4	5	7	2	8	1	3
7	2	5	3	8	1	9	6	4
1	8	3	4	9	6	7	2	5
3	1	8	7	2	5	4	9	6
4	9	6	8	1	3	5	7	2
5	7	2	9	6	4	3	8	1

Fun Section

Interesting Riddles

Riddle 1

What has cities but no houses, forests but no trees, and rivers but no water

Answer

A map

Riddle 2

What comes ones in a minute, twice in a moment but never in a thousand years

Answer

The letter 'M'



Riddle 3

What has a thumb and four fingers but is not alive?

Answer

A glove



Riddle 4

What is always in front of you but can't be seen?

Answer

The future

Riddle 5

What starts with the letter 'T', ends with the letter 'T', and is full of 'T'?

Answer

A teapot

Name of the student: Shourya Bhoud
Grade : 5 F

Sudoku Puzzle

Kartik Chanchlani, 7 G

	6	8	7		3	2		1
	5		4	6	8		3	9
		7				6	4	8
		5	2		6		9	4
				8			2	
	2		9		5		7	
5	1					9	8	2
9	7					4		
			6		9	5		

The rules for sudoku are simple. A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

8	3	4	6	2	9	5	1	7
9	7	2	8	5	1	4	6	3
5	1	6	3	7	4	9	8	2
1	2	3	9	4	5	8	7	6
6	4	9	1	8	7	3	2	5
7	8	5	2	3	6	1	9	4
3	9	7	5	1	2	6	4	8
2	5	1	4	6	8	7	3	9
4	6	8	7	9	3	2	5	1

Riddles

Aysha Sheza, 8 H



Ready to put your thinking cap on? Dive into our world of riddles. Embrace the fun, and see if you can solve them all. Let's begin this brain-teasing adventure together!

1. What did the mother broom say to the baby broom?
2. I can make you weak or strong, but I am not a physical object. What am I?
3. What did the digital clock say to its mom?
4. I come in many colors, shapes and sizes. I can be your friend or your foe. What am I?
5. Why did the mother potato never want to leave her child?
6. I am always around you, but you never see me. What am I?
7. What did the mother rope say to her child?
8. I am essential for life, yet too much of me can be deadly. What am I?
9. What did the mama tomato say to the baby tomato during their walk?
10. I am something you can't hold, but if you lose me, you are doomed. What am I?

Answers:

1. It's time to sweep
2. Exercise
3. "I love spending time with you mom, every second counts!"
4. Food
5. Because she couldn't bear to be smashed apart
6. Oxygen/Air
7. "Don't be knotty"
8. Water
9. "Ketchup"
10. Immunity

Word Search

-Myrah Mehra, IX C



Word search

Summer fun

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

- PICNIC
- SWIMMING
- LEMONADE
- SANDCASTLE
- VACATION
- FAMILY
- SHADES
- MUSIC
- WATERMELON
- SUN
- BEACH
- FRISBEE
- ICE CREAM



Answer key:

Summer fun

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

- PICNIC
- SWIMMING
- LEMONADE
- SANDCASTLE
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- WATERMELON
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- BEACH
- FRISBEE
- ICE CREAM



Word Search

-Myrah Mehra, IX C



Word search

Summer fun

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

- PICNIC
- SWIMMING
- LEMONADE
- SANDCASTLE
- VACATION
- FAMILY
- SHADES
- MUSIC
- WATERMELON
- SUN
- BEACH
- FRISBEE
- ICE CREAM



Answer key:

Summer fun

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

- PICNIC
- SWIMMING
- LEMONADE
- SANDCASTLE
- VACATION
- FAMILY
- SHADES
- MUSIC
- WATERMELON
- SUN
- BEACH
- FRISBEE
- ICE CREAM



Sudoku

Arnav Kumar Garg, X C



6		1		2				
	2	4			3			
7	5					8	1	2
5					2		4	3
			9	5		7	2	
2			7			9		5
	3	5	2		9		8	
	6			4		2	3	
4	9							

6	8	1	5	2	7	3	9	4
9	2	4	8	1	3	6	5	7
7	5	3	4	9	6	8	1	2
5	7	9	6	8	2	1	4	3
3	4	6	9	5	1	7	2	8
2	1	8	7	3	4	9	6	5
1	3	5	2	7	9	4	8	6
8	6	7	1	4	5	2	3	9
4	9	2	3	6	8	5	7	1

Riddles

-Shruti Agarwal, X D

6 riddles are given below, followed by their answers.
Let's see how many you can get.
(no cheating)

1. What problem does a teacher with uncontrollable eyes have?
2. How many books can you pack inside an empty backpack?
3. How can a man survive 4 days without sleeping?
4. What has a head and a tail but no body?
5. What has a neck but no body?
6. What has 13 hearts but no brains?

Answer key:

1. *He cannot control his pupils.*
2. *One, since it will no longer be empty after that.*
3. *Easily; by sleeping only during the night, not during the day.*
4. *A coin.*
5. *A bottle.*
6. *A deck of cards.*

-Shruti Agarwal, X D

Cooling Down with Summertime Smoothies: Wellness Starts at Home

Rajathi Mohandoss, Parent of Haripriya and Haricharan Venkatesan

The UAE is currently experiencing hot summer weather, calling for a healthier approach to staying hydrated and coping with the intense heat. Refreshing juices and water can help, but smoothies offer an even better solution.

Smoothies are blended drinks made with a variety of fruits, vegetables, seeds, milk, yogurt, and soaked nuts. They can be customized to individual tastes and are a great way to increase daily fiber intake for better digestive health.

Smoothies are also beneficial for parents looking to introduce nutrients to their children's diets without losing the beneficial components of the fruits and vegetables, including fiber. Kids can enjoy a wealth of vitamins, minerals, proteins, antioxidants, and fiber in a delicious smoothie.

Allow me to share my go-to breakfast smoothie recipe, perfect for those hectic mornings:



Cooling Down with Summertime Smoothies: Wellness Starts at Home

Rajathi Mohandoss, Parent of Haripriya and Haricharan Venkatesan

Ingredients:

1. A handful of assorted nuts (almonds, cashews, pistachios, walnuts), soaked overnight
2. Assorted fruits - apple, banana, berries (based on seasonal availability or your child's favorites)
3. 1 tablespoon of oats
4. 1 teaspoon each of chia seeds and flax seeds

Simply combine all the ingredients in a blender along with some ice cubes, and blend until smooth. Voila! Your nutritious smoothie is ready to be served.

When children eagerly consume nutritious meals, bringing joy to their mothers, what more could one ask for? A mother's happiness spreads throughout the entire family, and smoothies definitely contribute to fostering this harmony.



Cooling Down with Summertime Smoothies: Wellness Starts at Home

Ms Neha Jain, P/o, Taksh Jain, Grade I-A

Punchy Pineapple -Mint Cooler

Ingredients -

Pineapple 1 medium size (sliced)

Mint - 1/2 bunch

Black pepper - 10-12 or 1/2 tsp

Rock salt - 1/2 tsp

(You can use any salt)

Fennel seeds - 1 tsp

Roasted cumin seeds-1/2 tsp

Sugar / Jaggery -5tsp

Water 1 litre

Recipe –



In a thick-bottomed pan, roast sliced pineapple over medium heat for approximately 10 minutes until it softens on both sides.

Allow the pineapple to cool down. Once cooled, place all the ingredients into a mixer jar and grind without adding water. If needed, add some water to achieve the desired chutney consistency.

Mix a quarter of the water with the chutney and strain it into a large bowl. Then, add the remaining water, stir well, pour into glasses, and enjoy this refreshing treat.

Cooling Down with Summertime Smoothies

Wajiha Rafath, Mohammed Fazl Ur Rahman – KG II D



Summer is around the corner, and rising temperatures tend to impact kids as they are more active, their bodies struggle to maintain stable internal temperature and they get dehydrated. Limiting them to indoor activities and increasing screen time is not recommended. Outdoor activities are always good, during summer taking kids out to play early in the morning or in the evening hours is a good option.

Due to severe temperatures, kids demand cool drinks, juices, and ice creams and many more tempting options are available in the market. Though they are easily accessible, they are not always right as they contain added sugars, preservatives, and chemicals and studies show they can have adverse effects on children's health. Traditional homemade drinks like Lemon water, coconut water, buttermilk (Laban), and fruit juices are healthy options, but these are not preferred by kids due to their routine taste and color.

To make their summer more enjoyable and healthier, homemade smoothies are recommended. Smoothies are perfect as they not only cool body temperature but are also healthy for kids. The main advantages of smoothies are-

- Easy to make.
- Energy booster
- Supplies essential vitamins and nutrients.
- Keeps hydrated.
- Increases Immunity
- Fruits & vegetables can be blended including the ones not liked by children.

My Kid's favorite homemade smoothies are:

- Berry blast smoothie- berries, milk, and honey
- Creamy mango smoothie- mango, banana, yogurt, and dates syrup
- Dry fruits smoothie- dry fruits, apples, milk, and dates
- Green avocado smoothie- avocado, milk, and honey
- Orange splash smoothie- orange, milk, honey

Grab your smoothie and get ready to beat the summer heat

Ways To Build Confidence In Children

Navita Maskara, Parent of Aarav Maskara, IV-C



Building confidence in children lays the foundation for their future success and happiness. It is crucial for their overall well-being. As caregivers, we hold the key to nurturing their self-belief through simple yet impactful strategies. Here are some effective ways to help boost a child's confidence: -

Encouragement & Praise: Acknowledge their efforts and achievements.

Set Realistic Goals: Break tasks into manageable steps.

Teach Problem-Solving: Empower them to find solutions.

Encourage Exploration: Support trying new activities.

Model Confidence: Show belief in their abilities.

Promote Independence: Give age-appropriate

Responsibilities, such as making their own healthy snacks.

Celebrate Achievements: Reinforce their successes.

Encourage Social Interactions: Foster positive relationships.

Create a Safe Environment: Allow them to take risk.

Remember, building self-confidence is a gradual process.

So, be patient and supportive as children develop their self-belief.



Wellness Starts at Home

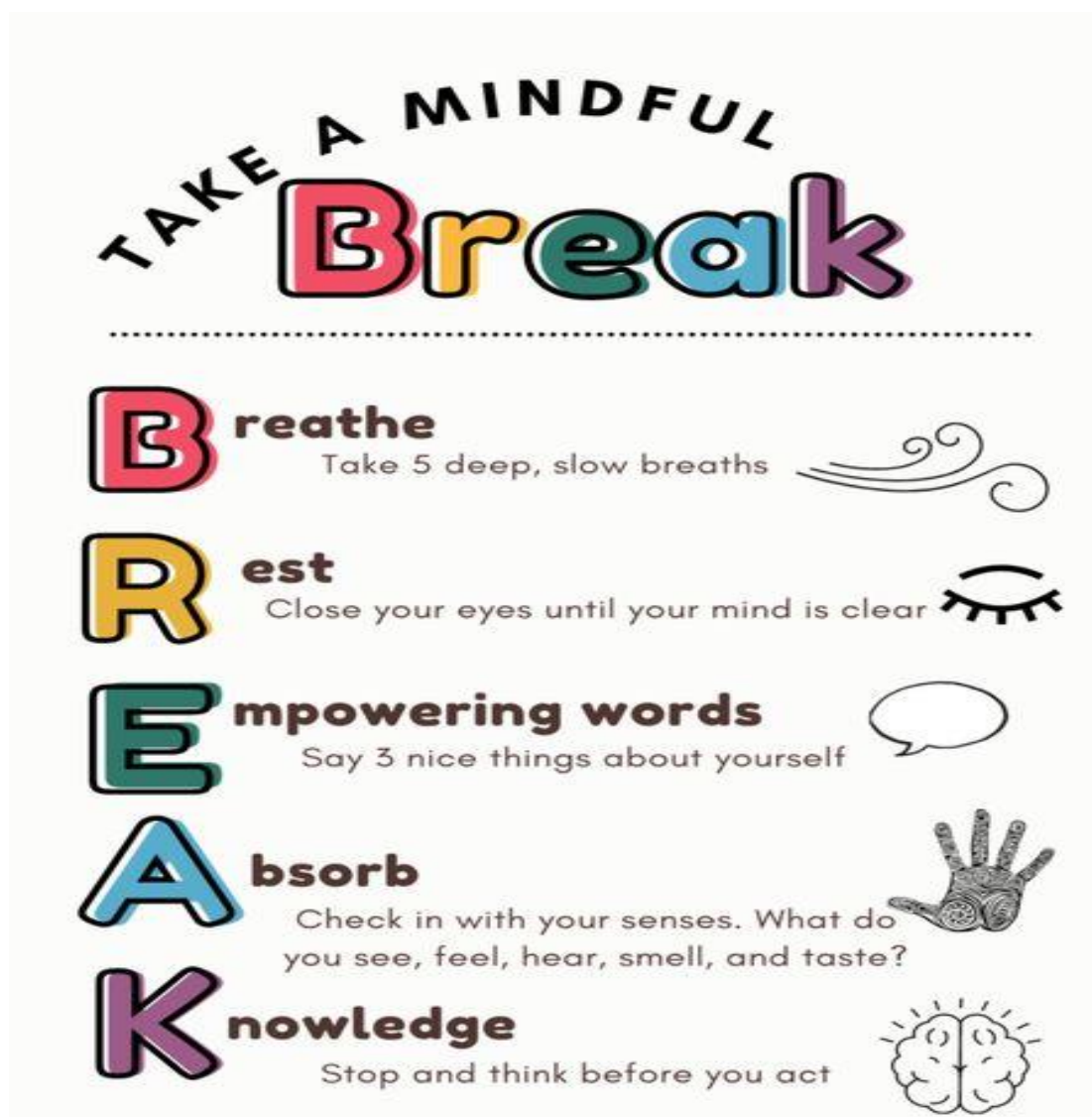
Ms. Priya, Parent of Advika – KG II D



The saying "home is the first school" highlights the significant role of the home environment in shaping a child's attitudes and behaviors. Children often mirror their parents' actions, emphasizing the influence of parental behavior on a child's development.

Establishing wellness routines is crucial for overall health and well-being. Starting the day with a gentle wake-up, engaging in physical activities like morning jogs or yoga, and prioritizing nutritious meals contribute to a healthy lifestyle. Incorporating mindfulness practices such as meditation and deep breathing helps reduce stress and enhance mental clarity.

Creating a wellness space at home is essential for fostering positivity and nurturing a child's well-being. Providing love and care to children encourages positive thinking and behavior, making each day a magical and fulfilling experience. Family and home serve as the foundation for instilling virtues and maintaining a harmonious environment for growth and development.



The Impact of Social Media on Adolescent Brain Development

Sruthy Alice Sunny, Parent of Evelyn Maria Thomson – KG II A



Social media have incorporated part of daily living, with the most active users being adolescents. Digital engagement has great benefits, though it brings many implications related to the development of the adolescent brain and their psychological health. This essay discusses the same and majors on the cognitive, emotional, and social dimensions. On the one hand, it is even explicitly said that the brain of an adolescent is very susceptible to outside influences, among which social media must be counted. At this age, cognitive development is of the highest peak, and the teen is acquiring important problem-solving, thinking, and decision-making skills.

Social media would influence the length of one's attention span and the ability to focus. With constant push notifications and how quickly information propagates on platforms like Twitter and Instagram, this has the power to cut short attention spans—further making it hard to lock onto more meaningful tasks. In addition, the instant access provided by social media is possibly detrimental to the cultivation of patience and perseverance, for the simple reason that adolescents already want instant feedback and reactions in every area of their lives.

Emotionally, social media has a profound impact on adolescents' mental health. The platforms majorly give an idealist perspective on life, and in so doing, they make most teenagers feel as if they are low in their self-esteem, and they are inadequate as they. Second, these needs to get likes and comments act as a form of social proof and have been a source of heightened anxiety and depression. Indeed, as per some research, heavy usage of social media has also been associated with increased reports of depressive symptoms among teenagers.

For example, in social terms, even social media can build a sense of community and networks offering support; it may lead an individual to become isolated and reduce face-to-face social interactions. This change may work against the development of interpersonal skills such as the ability to be more empathetic or understanding, normally developed from having direct personal interactions.

What is more, anonymity and distance that social media have designed may empower more cyberbullying, thus further affecting the emotional health of the adolescent. Social media are part and parcel of modern adolescent life, and thus the effects that such media bring about in brain development must be known by parents, educators, and policymakers. Probably some of the best approaches, like teaching digital literacy, encouraging face-to-face social engagements, and creating an atmosphere where teenagers feel comfortable talking about what goes on in the virtual realm, could be very useful in reducing the many negative impacts associated with social media use. Only grappling with these challenges by society can make social media a tool for positive development, and not the other way.

Wellness Starts At Home

Parul Ahuja, Mother of Jeevika Ahuja, VIII- A



Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving. In today's fast-paced world, prioritizing wellness is more important than ever and the foundation of wellness often begins right at home. Our house is a place where we spend a significant amount of our time. So, by prioritizing wellness at home, you can create a supportive environment that nurtures your physical, mental, and emotional health. Feeling comfortable and safe in an environment is crucial for overall well-being because when we feel secure and at ease, we're more likely to engage in activities that promote health and relaxation.



Also, home is often where we find our closest relationships, and having a supportive social network within our home environment can significantly impact our emotional and mental well-being. Overall, by prioritizing wellness at home, we have more chances for leading a healthier and happier life. It is where healthy habits are formed, where we find support and comfort, and where we have the greatest opportunity to create a nurturing environment that promotes holistic well-being.

Cooling Down With Summertime Smoothies

Fousiya Jamal, Mother of Aafia Zuhara, 8A



Summer is an opportunity for fun and exploration. We can learn new things like swimming, cooking, and much more. However, it's also the hottest and longest season, with the scorching heat often making even the simplest tasks uncomfortable. Outdoor activities are frequently limited due to the intense sun, and sometimes we just need a little pick-me-up. Let me tell you about one of my experiences. Imagine this: a UAE summer with no air conditioner. I was sulking on the couch with my daughter right beside me. As I scrolled through her feed, it suddenly clicked—we could make smoothies! We needed to buy frozen fruit anyway since our fridge wasn't working. So, we got to work!



We eventually decided on a mango banana smoothie. I threw the frozen mangoes and bananas into the blender. My daughter added milk and vanilla yogurt. After blending everything, we tried to be fancy and decorate the top but failed miserably, so we just poured it into cups. It was absolutely delicious. Here's the recipe: blend the mangoes, banana, vanilla yogurt, some ice, and milk in a blender until smooth. Enjoy your smoothie!

What I learned that day was that instead of letting the summer heat make us irritable and miserable, we could find joy and create beautiful memories together. Making smoothies with my daughter became a fun and refreshing way to spend the day. I realized that these moments of bonding and laughter with her were priceless, far beyond anything money could buy. So, take it from me when life gives you lemons make lemonade, better yet when life gives you scorching summer heat, make a smoothie.



BEAT THE SUMMER HEAT WITH SIMPLE AND DELICIOUS SMOOTHIES!

Staying cool in the scorching heat while also staying healthy is quite difficult. But did you know, with just a few ingredients and a blender, you can make a tasty treat in no time. Whether you're craving berries, mango or pineapple, or cucumber or mint, there's a smoothie recipe to suit every person. Simply combine your favourite fruits with a liquid base like almond milk or berries, blend until smooth, and pour into a chilled glass. Here are some nutritious and yet delicious recipes to make :



SAPNA K SHETTY

- Tropical Smoothie: Blend together frozen pineapple, mango, banana, coconut milk, and a handful of spinach for a taste of the tropics. Finally, add a squeeze of lime juice.
- Berry Blast Smoothie: Combine a mix of fresh strawberries, blueberries, raspberries, and blackberries with yogurt, almond milk, and a tablespoon of chia seeds.
- Watermelon Mint Cooler: Blend watermelon chunks with cucumber, mint leaves, lime juice, and coconut water.

These simple summer smoothies are not only delicious but also packed with vitamins, minerals, to keep you feeling energized and hydrated all day long. So why not indulge in a little summer with a refreshing smoothie? It's the perfect way to savor the season's bounty while staying cool and refreshed.

Cooling Down with Summertime Smoothies: Wellness Starts at Home

Ms. Vasudha Mehra (Mother of Myrah Mehra, IX C)



Berry Blast
SMOOTHIE

ONE OF OUR FAVORITE DELIGHTFUL SUMMER SMOOTHIE RECIPE THAT IS NOT ONLY DELICIOUS BUT ALSO PACKED WITH NUTRIENTS TO KICKSTART YOUR DAY ON A HEALTHY NOTE.

INGREDIENTS:
1/2 CUP OF FRESH MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
1/2 CUP ALMOND MILK
1/2 CUP GREEK YOGURT
1 TABLESPOON CHIA SEEDS
1 TABLESPOON HONEY (OPTIONAL)

INSTRUCTIONS:
BLEND ALL INGREDIENTS UNTIL WELL COMBINED. POUR INTO A GLASS, SPRINKLE SOME ADDITIONAL BERRIES ON TOP, AND SAVOR THE BURST OF FRUITY FLAVORS!

THIS SIMPLE AND NUTRITIOUS SMOOTHIE RECIPE IS NOT ONLY PERFECT FOR COOLING DOWN ON A HOT SUMMER DAY BUT ALSO PROVIDES ALL ESSENTIAL VITAMINS, MINERALS, AND ANTIOXIDANTS TO SUPPORT YOUR OVERALL WELL-BEING. PLUS, THEY'RE EASY TO MAKE AT HOME, SO YOU CAN ENJOY A HEALTHY TREAT WHENEVER THE MOOD STRIKES.

REMEMBER, WELLNESS STARTS AT HOME, AND WHAT BETTER WAY TO NOURISH YOUR BODY AND SOUL THAN WITH A REFRESHING SUMMER SMOOTHIE? SO GATHER YOUR INGREDIENTS, FIRE UP THE BLENDER, AND SIP YOUR WAY TO A HEALTHIER YOU!

HAPPY BLENDING!

Student: Myrah Mehra
Parent: Vasudha Mehra

9C

A recipe card for 'Berry Blast Smoothie' with a pink and white background. It features illustrations of strawberries, raspberries, and blueberries. The card includes the title, a short description, ingredients, instructions, a paragraph about the benefits, a reminder to start wellness at home, and a 'Happy Blending!' message. At the bottom, it lists the student and parent names and the grade '9C'. There are also small images of berries at the bottom left and right.

Cooling Down with Summertime Smoothies: Wellness Starts at Home

Ms. Yasmin (Mother of Anaya Sharief, X D)



As the summer heat kicks in, keeping cool becomes a priority. One of the easiest and tastiest ways to do this is by making smoothies at home. Smoothies are not just refreshing; they are also a great way to boost your health.



Start with your favourite fruits like bananas, berries, or mangoes. These fruits are not only delicious but also packed with vitamins. Add some vegetables like spinach or kale for extra nutrients without changing the taste much. Now, add a cup of milk. If you're dairy-free, almond or coconut milk works perfectly.

To sweeten your smoothie naturally, add a little honey or a few dates. For extra energy and protein, throw in a spoonful of peanut butter or some chia seeds. Blend everything together until smooth, pour into a glass, and enjoy.

Making smoothies at home is simple, fun, and healthy. It's a perfect way to stay cool and take care of your wellness all summer long.

Promoting Digital Wellness for Students' Mental Health

Ms. Divya Manikutty, Teacher, Phase IV



In today's digitally engrossed world, fostering digital wellness has become imperative for safeguarding students' mental health. As students increasingly rely on digital devices for education, communication, and entertainment, it's crucial to promote healthy technology habits to alleviate potential negative impacts on their well-being.

Digital wellness encompasses a range of practices aimed at promoting a balanced approach to technology use while prioritizing mental health. Educators play a vital role in cultivating awareness and providing guidance to students navigating the digital landscape responsibly.

Excessive use of digital devices, such as smartphones and social media platforms, can lead to obsessive behaviours. This can disrupt daily routines, sleep patterns, and interpersonal relationships, contributing to feelings of isolation and anxiety. It is also linked to a range of mental health issues, including depression and stress.

Setting boundaries is fundamental in the journey towards digital wellness. Encouraging students to implement screen-time limits, and practice digital detoxes to nurture a healthier relationship with technology. For a balanced use of technology, it is essential to motivate students to engage in offline activities such as hobbies, exercises, and spending time with friends and family. Creating a supportive environment where students feel comfortable to discuss digital-related issues is equally crucial.

Promoting digital wellness for students' mental health requires a collaborative effort involving educators, parents, and the broader community. By empowering students with the tools and knowledge to navigate the digital world mindfully and encourage their overall well-being and resilience.



Promoting Digital Wellness For Students' Mental Health

Ms. Reagul Elizabeth, Math Teacher



Promoting digital wellness for our students' mental health is crucial in today's technology-driven world. By implementing the following strategies, we can empower students to develop a healthy relationship with technology and prioritize their mental well-being in a digital world.

- **Set screen time limits:** We establish a daily limit on screen time and encourage students to take regular breaks to engage in physical activities, and practice relaxation techniques.
- **Prioritize sleep:** As parents, do encourage your wards to maintain a consistent sleep schedule, avoid screens before bedtime, and create a relaxing bedtime routine to promote better sleep.
- **Practice mindfulness:** We teach students mindfulness techniques, such as meditation or deep breathing, to help them manage stress and anxiety caused by digital overload.
- **Create a digital-free zone:** Parents can establish a device-free zone in the home or school, such as the dinner table, to promote face-to-face interactions.
- **Provide digital literacy education:** At school, we teach students about digital citizenship, online safety, and responsible social media use to help them navigate the digital world confidently.
- **Encourage outdoor activities:** It is important for children to engage in outdoor activities, such as sports or hiking, to promote physical exercise and mental well-being.
- **Foster a sense of community:** Teachers and parents must encourage students to connect with others through face-to-face interactions, group projects, or volunteer work to reduce feeling of loneliness.
- **Encourage self-care routines:** Encourage students to develop self-care routines, such as journaling, reading, or creative activities, to reduce stress and promote relaxation.

In conclusion, by promoting digital wellness practices, educators and parents can significantly contribute to students' mental health and overall well-being.

Delhi Private School Dubai encourages students to participate in physical and outdoor activities, fostering a healthier, more balanced lifestyle. Through these efforts, the school is committed to creating a supportive learning environment that prioritizes both the physical and mental health of its students.

Promoting Experiential And Scientific Enquiry In Students

Ms Supriya Naigaonkar, Science Teacher



Promoting experiential and scientific inquiry among students is paramount for fostering a deep understanding of the world around them. By actively engaging in hands-on experiences, students develop critical thinking skills, problem-solving abilities, and a genuine curiosity for learning.

Encouraging students to conduct experiments, explore phenomena, and analyse data not only strengthens their understanding of scientific concepts but also instills a sense of ownership and excitement in their learning journey.

DPS, Dubai provides opportunities for students to ask questions, formulate hypotheses, and test theories empowers them to become active participants in the scientific process, preparing them to tackle real-world challenges and contribute meaningfully to society. Through experiential learning, students not only grasp scientific principles but also cultivate a lifelong passion for inquiry and discovery.



Promoting Experiential And Scientific Enquiry In Students

Ms Supriya Naigaonkar, Science Teacher



Experiential learning plays a vital role in developing scientific temperament among students by offering them firsthand experiences that stimulate curiosity, critical thinking, and analytical skills.

Through hands-on experimentation, students engage directly with scientific concepts, allowing them to observe phenomena, make hypotheses, test theories, and draw conclusions based on evidence. This process encourages active participation and fosters a deeper understanding of scientific principles, as students grapple with real-world scenarios and problem-solving challenges. Moreover, experiential learning instils confidence in students' abilities to explore and investigate, nurturing a sense of inquiry and a willingness to question assumptions.

By immersing themselves in the scientific process, students develop a mindset characterized by scepticism, openness to new ideas, and a commitment to evidence-based reasoning, all essential components of a scientific temperament.



Embracing Nature's Classroom: Unveiling the Educational Marvels of Outdoor Learning

Kirti Qanongo Peshin, Phase IV



In the dynamic realm of education, where textbooks and classrooms dominate, lies a hidden treasure awaiting exploration: outdoor learning. As an English educator who has traversed the vibrant landscapes of India and now finds sanctuary in the UAE, I've personally witnessed the profound impact of extending education beyond the conventional confines.

Picture a classroom without boundaries, where the vast sky serves as the ceiling and the earth as the floor. Here, amid the whispers of the wind and the rustle of leaves, students embark on a journey of discovery unlike any other. They metamorphose into explorers, scientists, and artists, all in one stride.

For high school students, outdoor learning offers more than just a breath of fresh air—it serves as a catalyst for holistic development. Through immersive experiences, they not only grasp academic concepts but also hone essential life skills. Whether it's drawing parallels between the natural world and the romantic imagery found in Keats' "Ode to a Nightingale," or exploring the themes of wilderness and survival reminiscent of Jack London's "The Call of the Wild," every moment spent outdoors is a lesson brimming with potential.



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Educators, too, find themselves invigorated amidst nature's embraces. Liberated from the constraints of traditional teaching methods, they assume the role of facilitators of curiosity, igniting a fervour for learning that transcends the confines of the classroom. It is in these open spaces that the true essence of education thrives—a dynamic interchange between teacher, student, and the natural world.

And let us not overlook the pivotal role parents play in this journey. As guardians of their children's educational journey, they witness first-hand the profound impact of outdoor learning. Through picnics in the park or treks in the mountains, families forge bonds over shared experiences, crafting memories that endure.

In conclusion, the educational advantages of outdoor learning are as boundless as the expansive sky above us. It is time to embrace nature's classroom and unlock the wealth it holds. For amid the grandeur of the great outdoors lies the key to a truly enriching educational odyssey.



The Joy of Outdoor Learning in Kindergarten

Shilpi Sharma-Phase 1-Kindergarten



As a kindergarten teacher, I have witnessed firsthand the incredible impact that outdoor learning has on young children. In this article, I want to share with you the educational benefits of taking our little learners outside and immersing them in the wonders of nature.

Sensory Exploration

For kindergarten children, the world is a magical place filled with endless opportunities for sensory exploration. When we take our learning outdoors, we provide them with rich, multisensory experiences that engage their senses of sight, sound, touch, and smell. From feeling the texture of leaves to listening to the chirping of birds, every moment spent outdoors sparks curiosity and wonder.

Hands-On Learning

In the outdoor classroom, children have the freedom to engage in hands-on, experiential learning that fosters creativity and critical thinking. Whether they're digging in the soil, collecting rocks, or planting seeds in the garden, they're actively involved in their learning process. Through these hands-on activities, they develop essential skills such as problem-solving, teamwork, and decision-making.

Physical Development

Outdoor play is essential for promoting physical development and gross motor skills in young children. Running, jumping, climbing, and balancing on uneven terrain help them build strength, coordination, and spatial awareness. By encouraging active play outdoors, we support their overall health and well-being while instilling a lifelong love of physical activity.

Connection to Nature

In today's increasingly digital world, it's more important than ever to nurture children's connection to the natural world. Outdoor learning provides them with opportunities to develop a deep appreciation for the environment and to develop a sense of responsibility as stewards of the earth. Whether they're observing insects, tending to plants, or simply enjoying the beauty of the outdoors, they learn to respect and care for the world around them.

The Joy of Outdoor Learning in Kindergarten

Shilpi Sharma-Phase 1-Kindergarten



Social and Emotional Development

The outdoor classroom is a rich social environment where children learn valuable social skills such as communication, cooperation, and empathy. Through collaborative play, they learn to negotiate and resolve conflicts, building strong friendships and social connections along the way. Additionally, spending time in nature has been shown to reduce stress and anxiety, promoting emotional well-being and resilience in young children.

In conclusion, outdoor learning is not just an add-on to the kindergarten curriculum – it's an essential component that enhances every aspect of children's development. By taking our learning outdoors, we inspire a sense of wonder, curiosity, and joy that lays the foundation for a lifetime of learning and exploration. So, let's step outside, breathe in the fresh air, and embark on a magical journey of discovery together!



Promoting Digital Wellness For Student's Mental Health

Chaitali Majumdar, Biology, CT 8-C (Middle School)

From ages we have been hearing about physical, mental and social wellness. It is exciting to discover another realm of wellness that is “Digital wellness”.



So, what is this Digital wellness? It is the pursuit of a deliberate healthy relationship with technology in our everyday life. This context is all the more relevant for students in the present day. As we know, their everyday activities now rely on the internet and digital devices and this has a detrimental effect on the other realms of wellness. The penetration of technology in student's life has opened up a box full of mental health issues, attention issues and behavior problems, which are triggered by high stress levels and anxiety. The goal of digital wellness is to promote healthy use technology, thereby maintaining a healthy lifestyle.

The First Rumbblings of “digital wellness” began, at Google back in 2012. A young product manager named Tristan Harris was working on Google's Inbox app, and over time he had become increasingly disillusioned with the demands of tech. Every buzz of his phone was a distraction. After thorough research he presented an article “Call to Minimize Distraction & Respect Users' Attention. His suggestions had a widespread applicability for all ages and professions. As educators, it becomes our utmost responsibility to understand what digital wellness is and how we can help students at all times to ensure their well-being.

For Digital wellness, three components have to be kept in mind – Digital balance, citizenship and safety. Many practices are adopted by educators, parents and students to ensure digital balance. Screen time limits, wearing blue-light-blocking glasses, mute notifications on devices to avoid distractions are to name a few.

Promoting Digital Wellness For Student's Mental Health

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Students must be aware and mindful about digital footprint, watchful of any inappropriate online behavior and try to minimize interactions with "online trolls. Online safety should be maintained at all times by avoiding the websites that can install viruses, falling for online scams and frauds, giving out personal and financial information etc.

In conclusion, ensuring digital wellness for students have to be a collaborative effort of educators, parents and students themselves. We should understand that it is not about rejecting technology, but to reduce the quantity of time, while improving the quality of time spent online, enhancing students' learning and social development. As the great American author, Mark Twain put it, "too much of anything is bad", and we extend that thought in the context of technology use by students, both at school and home. Knowledge of digital well is like half the battle won. Breaking the habits will be hard enough, however with patience and awareness it is achievable.



Unleashing the Superpower of Reading for Tomorrow's Leaders

Tina Mohan, DPSD Staff

“Reading is essential for those who seek to rise above the ordinary.” – Jim Rohn. In an era defined by rapid technological advancements and constant distractions, the timeless habit of reading emerges as a superpower that can shape and elevate tomorrow's leaders. While it might seem like a simple act, the profound impact of reading extends far beyond just acquiring information—it cultivates critical thinking, enhances creativity, and fosters personal and professional growth. For aspiring leaders, embracing reading is not just beneficial; it's transformative.

The Transformative Power of Reading

Reading is more than a pastime; it's a gateway to endless learning and personal development. When we read, we immerse ourselves in diverse perspectives, cultures, and ideas, expanding our understanding of the world. This broad exposure is crucial for leaders who must navigate complex, multicultural environments and make informed decisions.

Enhancing Critical Thinking and Communication Skills

For leaders, the ability to think critically is paramount. Reading sharpens this skill by presenting complex ideas and arguments that require analysis and reflection. Engaging with well-structured narratives and logical arguments enhances our cognitive abilities, enabling us to process information more effectively and make sound decisions.

Moreover, reading improves communication skills. Exposure to a variety of writing styles, vocabulary, and grammatical structures naturally enhances our own writing and speaking abilities. Whether crafting a compelling email, delivering a persuasive speech, or negotiating a deal, effective communication is a cornerstone of leadership.

Stimulating Creativity and Innovation:

Creativity is the lifeblood of innovation, and reading is a powerful catalyst for creative thinking. By diving into different genres and exploring diverse ideas, leaders can draw inspiration and develop a more flexible mindset. This creative agility is essential for problem-solving and driving innovation in today's fast-paced business environment.



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Books like “Big Magic” by Elizabeth Gilbert and “Steal Like an Artist” by Austin Kleon offer insights into harnessing creativity and embracing originality. These resources equip leaders with the tools to think outside the box and approach challenges with innovative solutions.

Gaining Insights and Empathy

Leadership is not just about making strategic decisions; it’s also about understanding and empathizing with others. Reading fiction, biographies, and historical accounts allows leaders to step into the shoes of different characters and experience a range of emotions and situations. This vicarious experience fosters empathy, helping leaders build stronger, more compassionate relationships with their teams and stakeholders.

Staying Informed and Ahead of Trends

In a constantly evolving world, staying informed is crucial for leaders. Reading industry reports, business journals, and thought leadership articles keeps leaders abreast of the latest trends, challenges, and opportunities. This continuous learning ensures that they remain competitive and can anticipate and adapt to changes effectively.

Building a Sustainable Reading Habit

To fully harness the power of reading, leaders must cultivate a consistent reading habit. This requires setting aside dedicated time for reading each day, even if it's just for 15 minutes. Creating a comfortable reading environment and diversifying reading materials can keep the habit engaging and enriching. Utilizing technology, such as e-books and audiobooks, also provides flexibility for reading on the go.



Unleashing the Superpower of Reading for Tomorrow's Leaders

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Recommended Reading for Aspiring Leaders:

1. Personal Growth and Self-Improvement

- "Atomic Habits" by James Clear
- "The 7 Habits of Highly Effective People" by Stephen R. Covey
- "Mindset: The New Psychology of Success" by Carol S. Dweck

2. Professional Development and Leadership

- "Leaders Eat Last" by Simon Sinek
- "Drive" by Daniel H. Pink
- "Dare to Lead" by Brené Brown

3. Creativity and Innovation

- "Big Magic" by Elizabeth Gilbert
- "Originals" by Adam Grant
- "Creativity, Inc." by Ed Catmull

4. Stress Relief and Mental Health

- "The Alchemist" by Paulo Coelho
- "The Happiness Advantage" by Shawn Achor
- "Quiet" by Susan Cain

Embracing Reading as a Superpower

To conclude, for tomorrow's leaders, reading is indeed a superpower that fuels growth, enhances skills, and drives success. By committing to regular reading, leaders can continuously develop their critical thinking, communication, and creativity. They gain insights and empathy, stay informed, and ultimately, become more effective and inspirational leaders. Embrace the power of reading and unlock the limitless potential it holds for your leadership journey.