

DPSD HERALD OCT 2023



Discovering the Joys of Recreational Reading

Afifa Anwar, IX G



Do you ever find yourself wondering how to escape the mundane life of day to day?

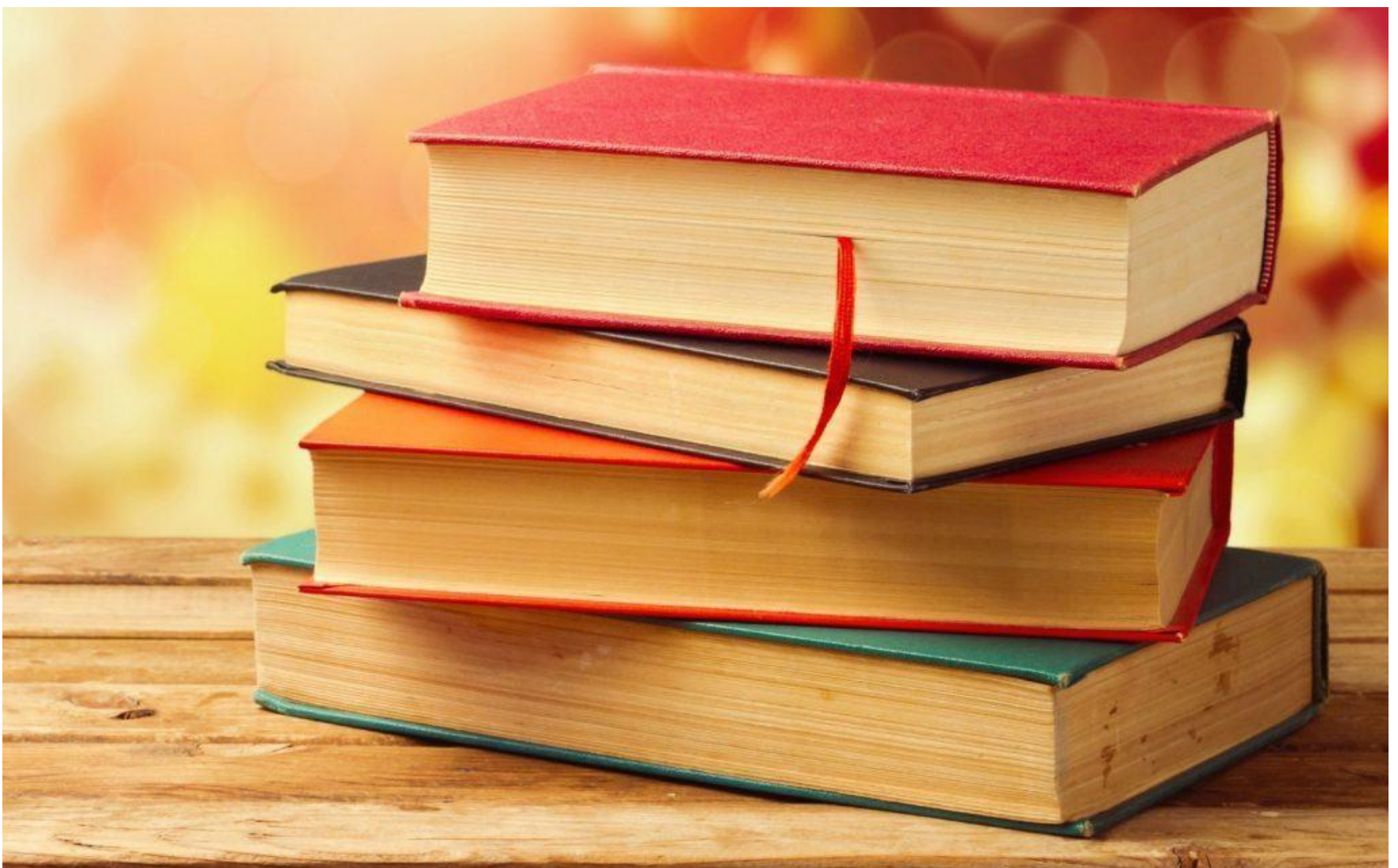
Do you ever wish to embark on thrilling adventures and visit mysterious worlds from the comfort of your home? Well, it's possible with recreational reading!

Recreational reading, also known as leisure reading, is the voluntary act of reading continuous texts including books, magazines, and comics for the sole purpose of pleasure.

With every turn of a page, you can be a mighty wizard like Harry Potter, a demigod prophesied to save the world like Percy Jackson or even a genius detective like Sherlock Holmes. Recreational reading is like a passport to unknown lands, mystical realms and incredible adventures.

Apart from providing an escape from the ordinary world, reading also sharpens your brain, fuels your creativity and makes you smarter and more imaginative.

From murder mysteries to heartwarming stories, there's something for everyone. So, open a book and let the joys of recreational reading whisk you away on an unforgettable journey!



Navigating Social Media Without Getting Lost: A Guide to Digital Wellness

Iman Asif Parbhulkar, XII-E



The world of social media is both vast and captivating, offering us unprecedented opportunities for connection, information sharing, and entertainment. From Facebook to Instagram, Twitter to TikTok, these platforms have become an integral part of our daily lives. However, this digital realm is not without its pitfalls. With an ever-expanding sea of content and the potential for time-wasting or negative experiences, navigating social media can be like navigating a complex maze. Here are some tips to help you navigate social media, ensuring that you stay connected, informed, and entertained without losing yourself in the process:

- **Set Clear Goals:** Determine why you're using social media. Are you looking to connect with friends and family, stay informed about current events, network for your career, or promote a business? Having clear objectives will help you stay focused.
- **Limit Your Platforms:** Don't try to be everywhere at once. Choose a few social media platforms that align with your goals and interests. This will make it easier to manage your time and interactions.
- **Curate Your Feed:** Follow accounts and pages that provide value and align with your interests. Unfollow or mute accounts that consistently share content that distracts or upsets you.
- **Avoid Mindless Scrolling:** Be mindful of your scrolling habits. If you catch yourself mindlessly scrolling through your feed, put your phone down and do something else.
- **Productivity:** Social media can be a major distraction, especially for students and professionals. Learning to use it efficiently and setting limits can significantly improve productivity and time management.
- **Take Breaks:** Regularly take breaks from social media to recharge and reduce screen time. Consider a digital detox or social media fast periodically.
- **Seek Support:** If you find yourself feeling overwhelmed or addicted to social media, consider seeking support from friends, family, or a mental health professional.

Remember that navigating social media without getting lost is essential for maintaining a healthy balance between the digital and real-world aspects of life, protecting one's mental health, and contributing positively to online communities and society at large. It empowers individuals to harness the benefits of social media while moderating its potential drawbacks.

UAE's Expanding Role in the Health and Wellness Sector

Advait Nair, XI-C



"In the UAE, health and wellness are not just an ambition; they are a global gift of well-being and a blueprint for a healthier world."

In recent years, the United Arab Emirates has emerged as a key player in the global health and wellness sector. This shift is not only significant for the country but also has ripple effects worldwide. As a student with a growing interest in the global landscape, it's fascinating to explore the UAE's journey towards enhancing healthcare and wellness services.

The UAE's health and wellness sector growth is, in part, driven by its strategic investments in state-of-the-art medical facilities, cutting-edge technologies, and a welcoming environment for healthcare professionals. With top-tier medical institutions, including the Cleveland Clinic and Johns Hopkins, the UAE offers world-class healthcare services. These investments have positioned the UAE as a medical tourism hub, attracting patients from around the globe seeking high quality treatments.

With the population on the rise, the healthcare market in the Middle East and North Africa (MENA) is set to grow strongly in the coming years, adding new hospitals, clinics and health research centers as well as digital health services.

Demand for healthcare services in the MENA region has increased rapidly in recent years fueled besides the steady population boom by a high prevalence of chronic and non-communicable diseases and introduction of mandatory healthcare coverage and health insurance schemes.

As a result, the MENA healthcare market is projected to grow at a compound annual growth rate (CAGR) of 11.7 percent to U.S.\$243.6 billion in 2023 from U.S.\$185.5 billion in 2019, a report by Fitch Solutions predicts.



HEALTH & WELLNESS

UAE's Expanding Role in the Health and Wellness Sector

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Furthermore, the UAE is making notable strides in promoting wellness.

Initiatives like the Dubai Fitness Challenge have garnered international attention. The country's leadership recognizes that a healthy, active lifestyle is the foundation of overall well-being. This emphasis on wellness extends beyond exercise, incorporating mental health awareness programs, healthy eating campaigns, and initiatives to reduce smoking and obesity.

The effects of the UAE's contribution to the health and wellness sector extend far beyond its borders. By becoming a global healthcare destination, the UAE not only boosts its own economy but also improves healthcare accessibility for patients worldwide. Simultaneously, its wellness initiatives set an example for countries aiming to prioritize health and well-being.

The UAE's growing commitment to the health and wellness sector is remarkable and carries great significance on a global scale. This transformation shows that, no matter the size or resources of a nation, can contribute positively to the health and well-being of its citizens and the world. As a student witnessing these changes, I'm inspired by this journey, recognizing the potential for positive change in societies by investing more in healthcare and wellness.



Relationship between Our Oceans and Climate Change

Arushi Gulati, Grade XI-E



The connection, between climate change and our oceans is intricately essential to comprehend the intricacies of the Earth's evolving climate. Oceans have a role in maintaining the planet's climate by absorbing quantities of heat and carbon dioxide from the atmosphere. However, with greenhouse gas emissions on the rise due to actions like burning fossil fuels and deforestation the oceans are experiencing levels of strain. This heightened presence of carbon dioxide results in ocean acidification, which affects life and disturbs ecosystems.

Ocean warming is becoming a part of the climate change puzzle. As temperatures rise globally the oceans soak up a lot of this heat, which leads to ocean warming. This increase in temperature has implications for life. It disrupts their habitats. Affects how they migrate, breed and find food. Additionally, because of ocean warming, seawater, glaciers well as ice caps melt, causing sea levels to rise. This poses a risk for communities as it could lead to widespread displacement and damage to infrastructure.

Addressing the relationship between climate change and our oceans needs united action. It is imperative to take steps such as adopting practices to reduce greenhouse gas emissions, curbing pollution and implementing policies that prioritize the preservation and safeguarding of ecosystems. The protection of our oceans is not crucial for the wellbeing of life but also for ensuring the welfare of humanity and supporting the delicate equilibrium of our planet's climate.



Mahatma Gandhi, the “Father of the Nation”

Shreya Suresh, Grade IX-H



He protected his land,
With a stern yet gentle hand,
He changed the morose story,
To mother India he brought glory,
When everything had failed,
And India was desperately ailed,
Courageously he stood,
As a father would.

He found no hope in war,
Against the perpetrators from afar,
Avoid violence, he said;
Too many have already bled
How many more shall we lose,
To the Englishmen’s noose?
Lead us he could,
As a father would.

You may call it absurd,
But his silence spoke words,
His compassionate smiles,
Moved thousands of lives,
He protected his children,
Putting them before him,
And die for them he would,
As a father should.



Fitness: The Way of Life

Zoha Shahber, IX A



In a world that's fast-paced and ever demanding,
Where strength and power are always commanding,
There's a battle to fight with body and mind,
To acquire fitness and leave no goal behind.
Fitness is not just something physical,
It's the way of life, something that's critical,
It's about discipline, commitment, and self-love,
A journey that makes us rise above.
With every stride, we leave our worries behind,
Fitness is our sanctuary, the peace we find,
For in our pursuit of health and well-being,
We discover the joy of truly living.
The burn and the sweat, the muscles engaged,
Fitness is a lifestyle, a choice we've made.
So let us embrace this gift we've been given,
The power of fitness, a life truly driven.



DISCOVERING THE JOYS OF RECREATIONAL READING



Aditya Parashar

8J

Recreational reading is the desire to read a book or any piece of literature in one's free time. In simple terms, it's reading for fun. As students, it's an invaluable habit that will further enrich our young minds. Every page turned is a gateway to adventure and knowledge. Books provide us with tranquility and ameliorate the stress from our busy lives with intriguing and entertaining tales, all within the confines of our own cozy reading spot. The joy of reading lies in the fact that each book finished is a personal achievement that gets us inspired to do and read more.



Recreational reading nurtures our creativity and reduces stress, all of which are essential for the students of today. It keeps us at ease and continues to further invigorate the sense of curiosity. Another essential benefit of recreational reading is that it acts as a ticket to a vast variety of cultures and experiences, thus empowering us with the strengths from the literature we consume. It helps us in navigating our own lives from the knowledge we obtain. We gain a sense of tolerance and open-mindedness towards new encounters and cultures, and this is an essential twenty-first-century skill that must be honed by all of us.

The books hone our vocabulary, improve our writing capabilities, and expand upon our knowledge too. The marvelous school library is a treasure trove of knowledge just waiting to be uncovered. We are fortunate enough to have access to it, and we must use it to its full potential. The best part is that there are books for everyone; be it adventure, mystery or romance, books provide entertainment and intellect galore. Let's partake in this reading adventure and let the joy of reading take us forward.

NAVIGATING SOCIAL MEDIA WITHOUT GETTING LOST



Hiren Bherwani

8J



Navigating the sprawling realm of social media demands a thoughtful and purposeful approach to avoid getting lost in its endless content. To begin with, it's essential to define your intent for being online. Whether you're there for networking, entertainment, or information, having a clear objective will serve as your guiding star in this digital universe.

Effectively managing your time is another critical aspect. Set limits on your social media usage to prevent endless scrolling and consider using apps that help you monitor and control your screen time. Curate your feed to include accounts that align with your interests and values and be selective about the content you engage with. Verifying information before sharing is crucial to maintain accuracy and authenticity.



Moreover, safeguard your privacy by adjusting settings to control who can access your posts and personal information. Finally, remember to take regular breaks from the digital world to ensure a healthy balance between your online presence and the real world. By following these strategies, you can navigate social media's vast landscape purposefully and avoid becoming lost in its depths.



Khush Tanna
81



A fulfilling existence requires good health and well-being. They include the absence of illness as well as having physical, mental, and emotional energy. Maintaining excellent health demands frequent exercise, a well-balanced diet and enough relaxation. Furthermore, stress management, social relationships, and self-care promote mental and emotional well-being. Striking a healthy balance between these health components leads to a higher quality of life, allowing individuals to pursue their goals while feeling pleased. Prioritizing one's health and well-being is a critical step in living a fulfilling and purposeful life.



The UAE government has implemented various health promotion initiatives, including campaigns to encourage healthy eating habits, physical activity etc. The initiatives aim to prevent chronic diseases and improve overall health and wellbeing. Recognizing the significance of health and well-being, the government takes a keen interest in it. The UAE provides healthcare services to many countries through local entities such as Noor Dubai and Pulse Dubai. As a result, thousands of people around the world have been cured of blindness, blood and heart ailments and many other diseases. The Community Wellbeing Nutrition Program initiative promotes wellbeing by establishing standards for consumers, manufacturers, and suppliers. It has also implemented a set of motivational and educational community programs and activities on nutrition for all segments of society.

THE RELATIONSHIP BETWEEN OUR OCEANS AND CLIMATE CHANGE



Raayan Sharma

81



Climate change is the significant variation in temperature changes occurring on the Earth. Places get drier, hotter or wetter. Climate change is already impacting people's health across the globe and is undermining factors for health and wellbeing, such as food, safe shelter, clean air and water. The ocean covers a large part of Earth's surface, in fact about 70%. However, it has its consequences. It gets greatly affected by climate change occurring on the Earth's surface. Climate change is a major risk to our planet, with far-reaching consequences for the oceans. Warming waters, rising sea levels, acidity of the oceans, and changing winds are just a few of the effects of this worldwide challenge. These changes are harming marine ecosystems, putting coastal towns at risk, and jeopardizing the lives of individuals who rely on the ocean.

To offset the impacts of climate change, immediate effort is required to cut greenhouse gas emissions, safeguard marine biodiversity, and establish sustainable practices. Climate change increases the Earth's temperatures, also causing the heating up of the water on Earth. Most of the surface water on earth stores almost the same amount of heat as the heat present in the atmosphere. Climate change has already resulted in the death of millions of corals as well as other aquatic wildlife.



In conclusion, the evident connection between climate change and our oceans highlights the critical necessity for collective action. Preserving the health and resilience of our seas is not just an environmental concern; it is a necessity for protecting our planet and ensuring a sustainable future for future generations.



Isha Hari

8K

When all the dreams of a country were crashed,
Mahatma Gandhi, the hope of people flashed.
The Father of the Nation we called,
Was what history recalled.
With justice and ahimsa, he chose his way,
He became a hero that none other may.
A humble soul who fought for honor's sake,
With words and actions, he made the world awake.

The man of honesty and justice, hand in hand,
God himself who was there for India we understand.
The power of heart, the power of love,
He showed us peace too with the symbol of dove.

He taught us to fight without shedding blood,
He gained people's hearts with the slogan of ahimsa,
Who chased mighty British emperor out of our nation,
And proved you don't need swords to win a war.

When all dreams of a country were crashed,
Mahatma Gandhi, the hope of people flashed.
The Father of the Nation we called,
Was what history recalled.



After-School Clubs

Seno Sanjeev 11A

After-school clubs are a staple in most schools and for good reason. These clubs offer an invaluable medium for children to explore their passions outside of the curriculum. Students can be a part of a community and interact with like-minded individuals.

Extracurricular activities shape students to be all-rounded which is a key component of modern education. Given the freedom to learn on one's accord, students walk one step closer to becoming lifelong learners. This is perfectly exemplified by the school's very own debate club as well as the upcoming MUN club. Members of the debate club regularly meet every Friday after school discussing upcoming competitions and engaging in fruitful discourse. Students in the MUN club as well as in the plethora of after-school sports activities that DPS hosts, learn principles regarding their craft and the art of collaboration.

The existence of more clubs like this can lead to a flourishing after-school community of committed and passionate learners. Be it art or drama, these clubs give a platform for students to fully immerse themselves in their chosen activities.

Besides extracurricular activities, students can receive assistance with homework and delve deeper into subjects discussed in class. This allows students who feel like they're falling behind to not only catch up but even surpass their peers.

In conclusion, after-school clubs can be instrumental in a student's success. They facilitate social engagement and equip students with the necessary skills to tackle the challenges and opportunities life throws at them.





Pavani Hemant Belgaonkar

6G

In fitness' dance, we find our groove,
With every step, we surely improve.
A daily rhythm, hearts beat so strong,
In this healthy journey, we all belong.

With dumbbells in hand, we flex and strive,
Muscles awaken and come alive.
With sweat on our brow, we feel alive,
In this fitness journey, we will thrive.

Through greens and grains, our plates they fill,
Nutrition's power, it gives a thrill.
A balanced diet, our bodies feed,
In this healthy lifestyle, we succeed.

In nature's gym, we hike and run,
Under the bright and warming sun.
In the great outdoors, we find our bliss,
In this fitness journey, we'll never miss.

With laughter and happiness, we make our way,
Building connections that brighten our day.
In moments of joy, we find our groove,
In this happiness journey we truly move.



Empowering Tomorrow's Leaders: How Students Can Give Back to the Community

Samriddhi Singh, Grade XI-B

In an ever-evolving world, the role of students has transcended the classroom walls. They are no longer just recipients of knowledge; they are active contributors to society. The concept of giving back to the community isn't just a noble idea; it's a call to action, a responsibility, and a chance to shape a brighter future. So, how can students harness their potential to make a positive impact on the communities they are a part of?

Volunteerism: Volunteering is a powerful way for students to give back. It's more than just donating time; it's about investing in the lives of others. Whether it's lending a hand at a local shelter, participating in a neighborhood cleanup, or tutoring fellow students, volunteering nurtures empathy and a profound sense of community. It reinforces the idea that together, we can create a better world.

Community Initiatives: Students can be catalysts for change by initiating community projects and campaigns. Whether it's organizing a charity run, hosting a fundraising event, or launching an environmental awareness drive, these initiatives have a twofold benefit. They directly contribute to the betterment of the community, and they also foster valuable leadership and project management skills among students.



UAE's Growing Contribution to the Health and Wellness Sector

Aarush Nanda, Grade XI-J



The United Arab Emirates (UAE) is making remarkable strides in the health and wellness sector, emerging as a global leader in promoting well-being and healthcare innovation. With a robust economy and a commitment to diversification, the UAE has invested significantly in this sector, resulting in tangible benefits for both its citizens and residents.

One of the key drivers of this growth is the UAE's world-class healthcare infrastructure. The country includes state-of-the-art hospitals and medical facilities, attracting patients from around the world for advanced treatments and medical tourism. Moreover, the UAE government's proactive measures, such as the introduction of mandatory health insurance for all residents, ensure access to quality healthcare services.

Additionally, the UAE is actively promoting wellness through various initiatives, including fitness programs, healthy lifestyle campaigns, and the development of wellness resorts and spas.

In conclusion, the UAE's growing contribution to the health and wellness sector is a testament to its dedication to improving the well-being of its people and positioning itself as a global healthcare hub. This commitment is not only transforming the healthcare landscape in the UAE but also making a positive impact on the global stage.



Mahatma Gandhi: The Father of our Nation

Zehra Zarin Firoz, Grade XI-F

In lands where silence once held sway,
A voice arose to light the way,
A soul of peace, a heart of gold,
A story timeless, forever told.

In the land of India, a hero did arise,
A man of peace, with compassionate eyes.
Mahatma Gandhi, his name forever known,
"The Father of the Nation," on history's throne.

In humble attire, a symbol of simplicity,
He inspired a nation to rise to divinity.
He showed the world the power of what's right.
He showed the world a lesson rare,
With nonviolence, he'd repair.

With truth as his weapon and love as his guide,
A man who bore a heavy load,
He led his people, hand in hand,
To free the soil, his native land.
Satyagraha, his creed, a force so profound,

He led the salt march, a gesture so bold
He faced injustice, never fought,
He stood for rights, for freedom's song,
Against the tide of hate so strong.
A stand against oppression, a story retold.



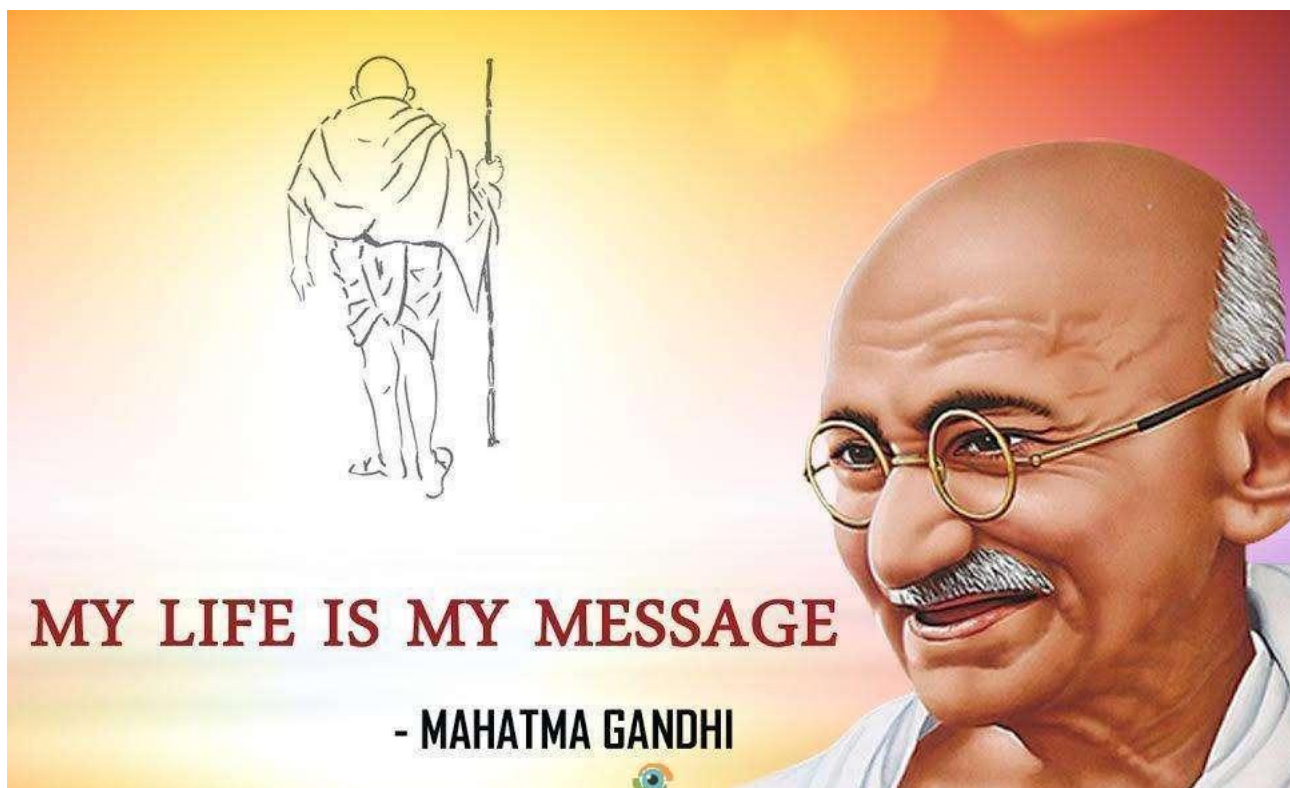
Mahatma Gandhi: The Father of our Nation

Zehra Zarin Firoz, Grade XI-F

In ashrams simple, truth he'd seek,
His words, a balm for all the weak,
He walked the path of righteous grace,
Through struggle and strife, he led the way,
He dreamed of a nation, where all could be free,
A land of peace, for you and for me.

Against the mighty British crown,
He stood unbowed, he'd never drown,
In Dandi's march, a pledge he made,
Salted waves of change cascaded.

The Father of the Nation, true,
His spirit lives, forever new,
In every act of love, we see,
The echo of his legacy.



Schools are Empowering Gen Z for Future Jobs

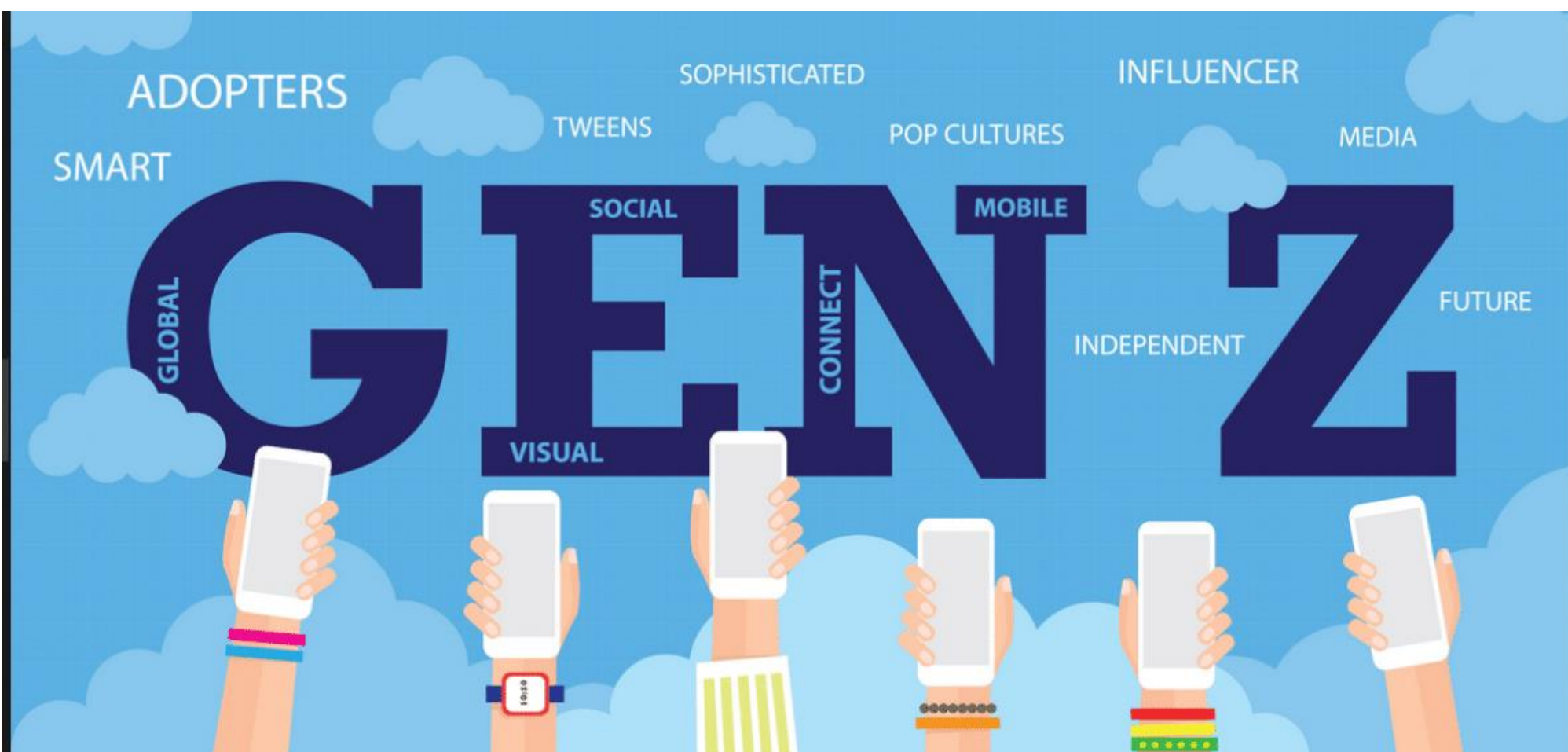
Maira Ahmed, 11D

In an era of rapid technological advancement, the traditional model of education is evolving to meet the demands of a changing job market. Gen Z, the cohort born in the late 1990s and early 2000s, is entering a workforce that requires a distinct set of skills. Fortunately, many forward thinking schools are rising to the occasion, equipping Gen Z with the tools they need for the jobs of the future. These educational institutions are not just focusing on textbooks and exams; they're embracing innovative teaching methods and curricula that prioritize critical thinking, problem-solving, creativity, and adaptability.

Coding and digital literacy have become as essential as reading and writing, while courses in AI, data science, and cybersecurity are more commonplace. Gen Z is learning to navigate the digital landscape with ease and harness technology as a powerful tool. Moreover, schools are placing a significant emphasis on soft skills.

Collaboration, communication, emotional intelligence, and cultural competency are being woven into the educational fabric. Students are encouraged to think globally, engage in project-based learning, and understand the importance of sustainability.

In essence, the school is becoming a dynamic training ground, preparing Gen Z to excel in a workforce characterized by automation, artificial intelligence, and evolving industries. The future may be uncertain, but one thing is clear: Gen Z is being equipped with the skills and knowledge needed to thrive in it.



The Power of Multisensory Learning

Reshma Nisa

Diversity is being invited to the party. Inclusion is being asked to dance." - Verna Myers

Education is a fundamental birthright that everyone must be able to enjoy. It is the passport that opens a world of opportunity, so is it just to cater education to only a certain group of people? Inclusive education, which includes adaptive learning, is a critical step in ensuring that special needs students receive the assistance and opportunity they require to thrive in the classroom. It is imperative that we help nurture the potential in every child regardless of their abilities or disabilities. Nowadays there are several styles of adaptive learning, one of which is “multisensory learning” It is an educational strategy that involves using multiple senses to improve understanding and retention of information. Keeping in mind that everyone has different learning styles and preferences, it makes use of diverse sensory channels to create a more effective lesson plan for students. Sight, hearing, touch, taste, and smell are the major senses engaged in multimodal learning.

For example, a physics teacher may allow her students to visually examine, touch, and use different scientific apparatus instead of just reading and listening about their origin and application. This way a student is more likely to remember the activity compared to words on a page which he is expected to mug up. By delving into the concept using hands-on-learning the teacher can increase interest in the subject and make it easier to understand. Children who learn and think differently benefit the most from multisensory learning. Those who have trouble with visual or auditory processing, for instance, may find it difficult to acquire new things by only reading or listening.

By establishing a neural link between excitement and learning, multisensory helps children with attention disorders. Kids who experience excitement while learning math or reading are more likely to attribute that excitement to the reading and math skills themselves. In other words, math and reading which are generally difficult, boring, and monotonous for children, become connected with joy.

It's crucial to keep in mind that learning disabilities and learning abnormalities like ADHD and Autism are sometimes not recognized until later in life. Therefore, including multisensory learning in the curriculum for all students assures that any kids with undiagnosed SEND will still benefit from this beneficial, interesting, and enjoyable teaching strategy. After all, inclusivity in learning is not simply a concept; it is a core educational tenet. It is a powerful agent of change and a reflection of our dedication to justice and equality.



Dreams

A DPSD Student

Dreams are the fuel that propels us forward, igniting our passions and shaping our destinies. Yet, the chasm between dreaming and achieving often seems insurmountable. It is courage that bridges this divide, transforming dreams from distant aspirations into tangible realities.

When we dare to dream, we embark on a journey of self-discovery and growth. Dreams provide us with a sense of purpose, a vision of what could be, and the motivation to strive for more. However, the path to realizing our dreams is fraught with challenges, doubts, and uncertainties. This is where courage comes into play.

Courage is the inner strength that propels us past fear and adversity. It's the unwavering belief in our abilities and the audacity to pursue our dreams relentlessly. Courage empowers us to take risks, step out of our comfort zones, and embrace the unknown.

Consider the stories of renowned individuals who defied odds to achieve their dreams. From Thomas Edison's relentless pursuit of the light bulb to J.K. Rowling's journey from rejection to literary stardom, these examples illuminate the transformative power of courage.

Every dream realized begins with a single step taken in faith. It's about making choices that align with our aspirations, even when the path seems unclear. It's about facing setbacks with resilience, using them as stepping stones rather than stumbling blocks.

In the end, the realization of our dreams is not a matter of chance, but a testament to the courage we summon within ourselves. When we have the audacity to believe in our dreams and the bravery to chase them, the universe conspires to make them come true. So, let us remember that our dreams are not mere fantasies but potential realities waiting to be embraced with unwavering courage. With this courage, all our dreams can indeed come true, and the world can be forever changed by our pursuit of the extraordinary.

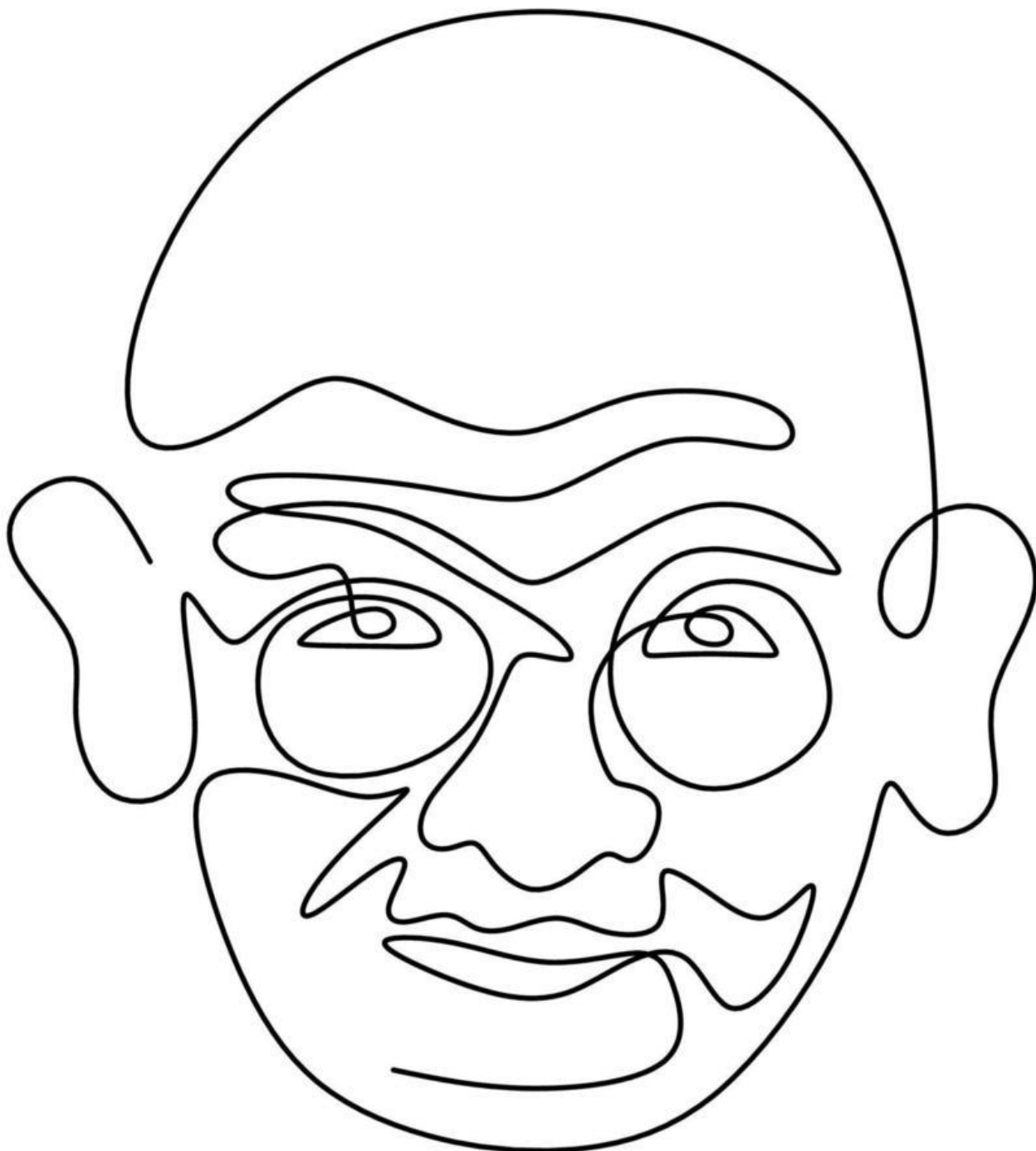


Gandhi Jayanti- History And Significance of The Day

Rudhraksh PV, Grade I-G

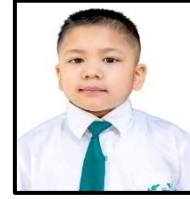


Gandhi Jayanti, celebrated on 2nd October, marks the birth anniversary of our father of nation Mahatma Gandhi, a key figure in India's struggle for independence. Gandhiji, a proponent of nonviolent resistance, led a peaceful revolution against British colonial rule. His philosophy of Ahimsa (nonviolence) and Satyagraha (truth force) became powerful tools in the fight for freedom. Gandhiji's dedication to justice, equality, and harmony left an indelible impact on the world. This day serves as a reminder of his enduring legacy, promoting peace, unity, and social change, making it a significant national holiday in India.



3 Books That I Love Re-reading

Jonathan Bhattarai, Grade I-E



I read many books in the past years and days until now. I love reading and I would like to re-read the three books again.

1. Stargazing with Grandpa (Author: Rashmi Nandkeolyar)

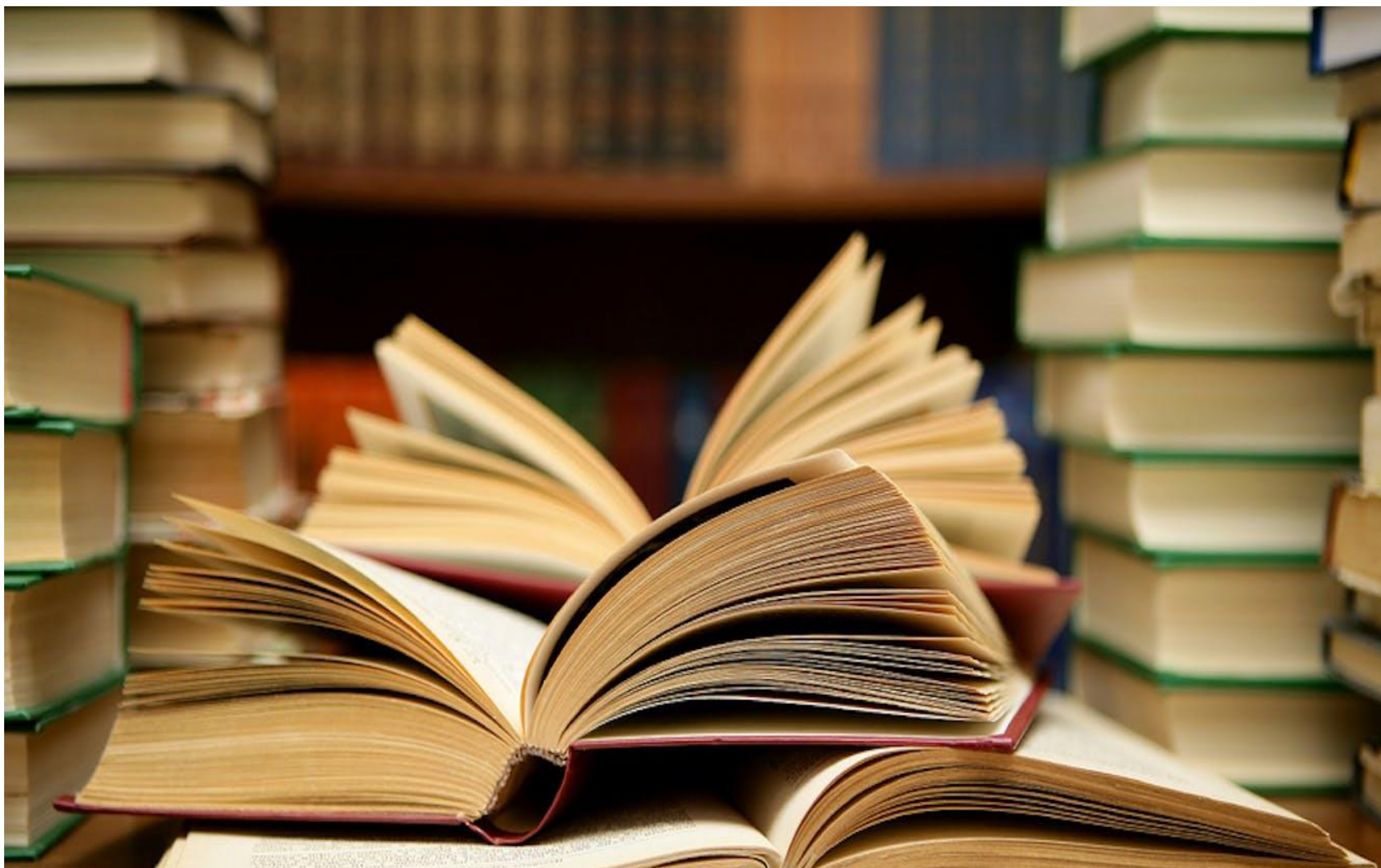
Neel and Tina went for an adventurous picnic with Grandpa, and they gave a surprise to Grandpa.

2. The Story of Flying (Author: Lesley Sims)

This book is about the history of airplanes and helicopters.

3. Harvest Day, (Author: Niyatee Sharma)

Harvest Day book is all about sowing the seeds taking care of the plant and harvesting.



3 Books That I Love Re-reading

Kirthik Manikandan, Grade I-E



It is fun to read books in different places in and around the home. My favorite books that I love to re-read are "The Magic Couch" and "Adventures with Thatha" by Shilpa Rao. The imaginary journey of a child and Thatha knows no boundaries, allowing me to imagine myself in the place of the child. Then there is "Stargazing with Grandpa" by Rashmi Nandkeolyar. Reading this book always makes me cherish the moments I spent with my grandpa. Finally, there is "Little Miss Sunshine on a Rainy Day" by Roger Hargreaves. Little Miss Sunshine always inspires me to see the good side of everything and everyone. Reading books always makes me happy.



30 Minutes, 30 Days

Prisha Ashish Naik, Grade 1 - H

My dad told me about the 30 minutes, 30 Days challenge. But doing the same exercise everyday is boring, so I decided to do my favorite activities for 30 min. I will follow the plan for the 1st week and continue for 30 days.

Day 1 and 2 : Swimming with my dad

Day 3 and 4 : Zumba dance with mom

Day 5,6 & 7 : cycling and running with friends I am excited to be part of this challenge.



World Mental Health Day

Ifrah Jafri, Grade I-H



Mental health is a fundamental component of our overall well-being, yet it is often overlooked. The global burden of mental health issues is staggering, affecting people worldwide. It is essential that we address this issue to create a healthier and more prosperous world.

Firstly, by acknowledging the importance of mental health, we can reduce the stigma surrounding it. Promoting open conversations and understanding can help individuals seek the support they need without fear of judgment.

Secondly, governments and organizations must invest in mental health services, ensuring that they are accessible and affordable to all. Education and awareness campaigns can further empower individuals to take proactive steps in maintaining their mental well-being.

In conclusion, by prioritizing mental health, we can build a more resilient and productive global society. When we care for our mental health, we unlock the potential for positive change and progress. A world that values and supports mental health is a world where individuals can thrive, contributing to a brighter, healthier future for all



30 Minutes 30 days



FAUZIA JAN, III-E

The fitness challenge starts on October 20 and runs until November 18. It is a multi-activity, city-wide fitness movement. Participants are urged to commit to a minimum of 30 minutes of daily activity for 30 days through a wide range of fitness activities, sports or exercises.

The person who wants to be healthy must be willing and able to make the lifestyle change in order to stay fit. No pain, no gain.

Why 30 days?

“For any habit or mindset to change, it requires an intervention of minimum 20 days,”

The idea is that if you do a set of physical fitness activity for 30 days, it becomes a habit. Physical fitness becomes a part of you.

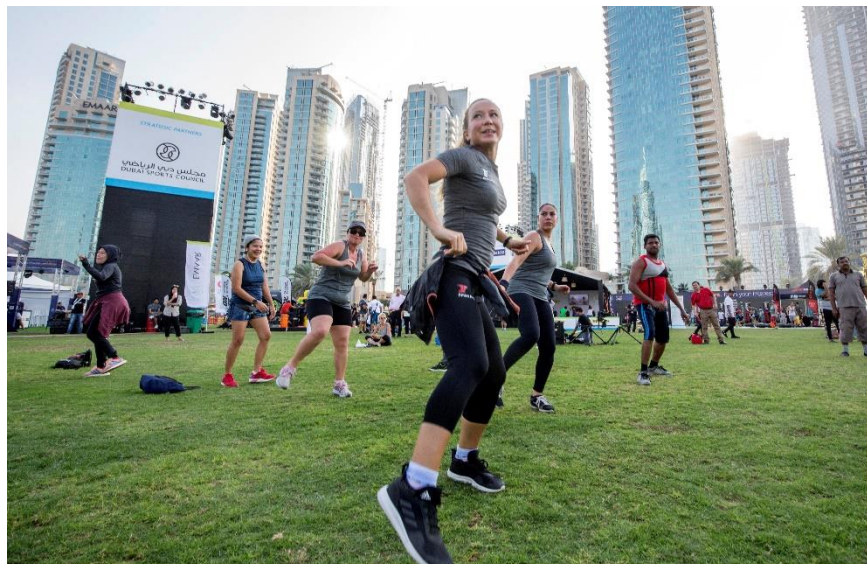
How I Plan to be a part of the Dubai Fitness Challenge –

I will try to do a wide range of fitness facilities, parks, and outdoor areas. Take advantage of these during the challenge.

I will try to plan a weekly workout schedule. Include a mix of activities like jogging, cycling, swimming, or participating in fitness classes.

Join official Dubai Fitness Challenge events like the opening ceremony, community workouts, and competitions.

Learn about nutrition and the benefits of an active lifestyle.



Motivating to stay fit

Eva Muneef, Grade II-B



Alice and Elsa were friends and neighbors. They always played together and enjoyed each other's company. One day, Alice shared how sad she was about her mom because she always had body pain and couldn't go anywhere because of it. Elsa shared this with her mother that night during bedtime, and they decided to help Alice's mom.

The next morning, Elsa and her mom went next door and told Alice's mom about the seashells that were scattered around the neighborhood and how they appeared at sunrise. They said that collecting a hundred of them within a week would bring a surprise gift to the person who collected them. Elsa and her mom then began collecting seashells and started putting them around the neighborhood every night.

Alice's mom woke up early every day for a week to gather these seashells. When the week came to an end, Elsa and her mom paid a visit to Alice and saw a happy, cheerful, and active mom. They explained how they came up with this plan to help Alice's mom become healthy and happy.

Alice's mom realized the difference it had made for her. She realized the importance of Vitamin D by getting exposed to the early morning sunlight and how walking helped ease her pain. She hugged them both and thanked them for their efforts, and she never stopped her early morning walks after that.



Fitness

Aadya Khera, IV A



Exercise makes you feel strong,
Muscles gaining strength, it's clear.
Revitalize your life; don't wait long,
Instruct your body, to banish fear.

Dance, swim, or play a sport each day,
A healthy life, free from disease's strife.
Life's complex, but in a fitness way,
Find your inner peace and a better life.

Choose nutritious foods to fuel your desire,
Achieve your goals and aim much higher.
A fit body, a strong mind, you'll see,
The best version of yourself, you'll be.

Concentrate and begin your day anew,
Victory belongs to those who move.
Exercise may bring a tear or two,
But for good health, it's worth the groove.



Rediscovering the Magic of Reading

Three Books I Love Re-Reading



Aladdin Bazil
3C

There's a special kind of joy in returning to a beloved book. These are the books that have a permanent place on my bookshelf, and I find myself reaching for them time and time again. Here are three books I absolutely adore re-reading.

1. **“The Magic and Mystery of Trees” by Jen Green, Claire McElfrick:**

A truly delightful non-fiction read, a treasure trove of fascinating information about different tree species, their role in the ecosystem, and the complex wood wide web. Every page is a journey into the enchanting, evergreen world of trees. This book never fails to rekindle my appreciation for the natural world, reminding me of the beauty and importance of these silent giants in our lives.

2. **“Geronimo Stilton Series” by Elisabetta Dami:**

It's not just one book but an entire series that holds a special place in my heart. Geronimo Stilton, the famous mouse journalist and adventurer, takes readers on thrilling journeys through time and space. With colorful illustrations and captivating storytelling, these books are not only entertaining but also a great escape from the daily grind. The humor, clever wordplay, and memorable characters in each book make re-reading them a delightful experience.

3. **“Encyclopedia Prehistorica - Dinosaurs” by Robert Sabuda and Matthew Reinhart:**

If you've ever been fascinated by the giants that once roamed the Earth, this pop-up book is a true masterpiece. It is an immersive journey into the world of dinosaurs, brought to life by intricate pop-up designs. With each page turn, you're transported back in time to witness these magnificent creatures in all their glory. This book is a fantastic combination of art and education, making it a joy to revisit. It's a gateway to a prehistoric world that continues to captivate our imaginations.

Reading is a fun adventure, and these books are my best companions on that adventure. Whether it's the wisdom of trees, the adventures of Geronimo Stilton, or the world of prehistoric giants, these books continue to inspire and bring joy with every page turn.

Fitness

Rishab Menon, Grade IV-A



Live with happiness
And bring a smile on face
Life may be full of chase
But we have to lead a beautiful phase

Healthy body and healthy mind
Both you can find
And create internal awareness
With healthy forwardness

So concentrate and start
It must be your part
To remain healthy and strong
To dance and sing a song.



History and significance of Mahatma Gandhi



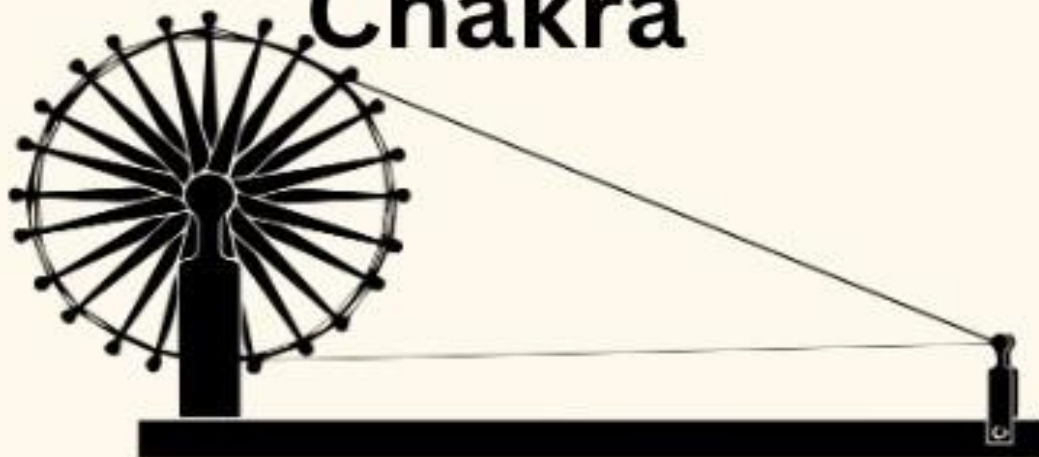
Truth and nonviolence: They are the twin cardinal principles of Gandhian thoughts. For Gandhi ji, truth is the relative truth of truthfulness in word and deed, and the absolute truth - the ultimate reality. This ultimate truth is God (as God is also Truth) and morality - the moral laws and code - its basis.

Mahatma Gandhi Quotes

Non-violence is a weapon of the strong.



Gandhi ji's Chakra



Aayat
Siddiqui
4D

The three Monkeys



**Do not listen bad
Do not look at bad
Do not say bad**

International Day of the Girl child

International Day of the Girl Child is an international observance day declared by the United Nations. It is also known as the Day of Girls and the International Day of the Girl. This day supports more opportunities for girls and increases awareness of gender inequality faced by girls worldwide.

October 11, 2012, was the first Day of the International Day of the Girl Child. This inequality includes areas such as access to education, nutrition, legal rights, medical care etc.

Simrah Saif

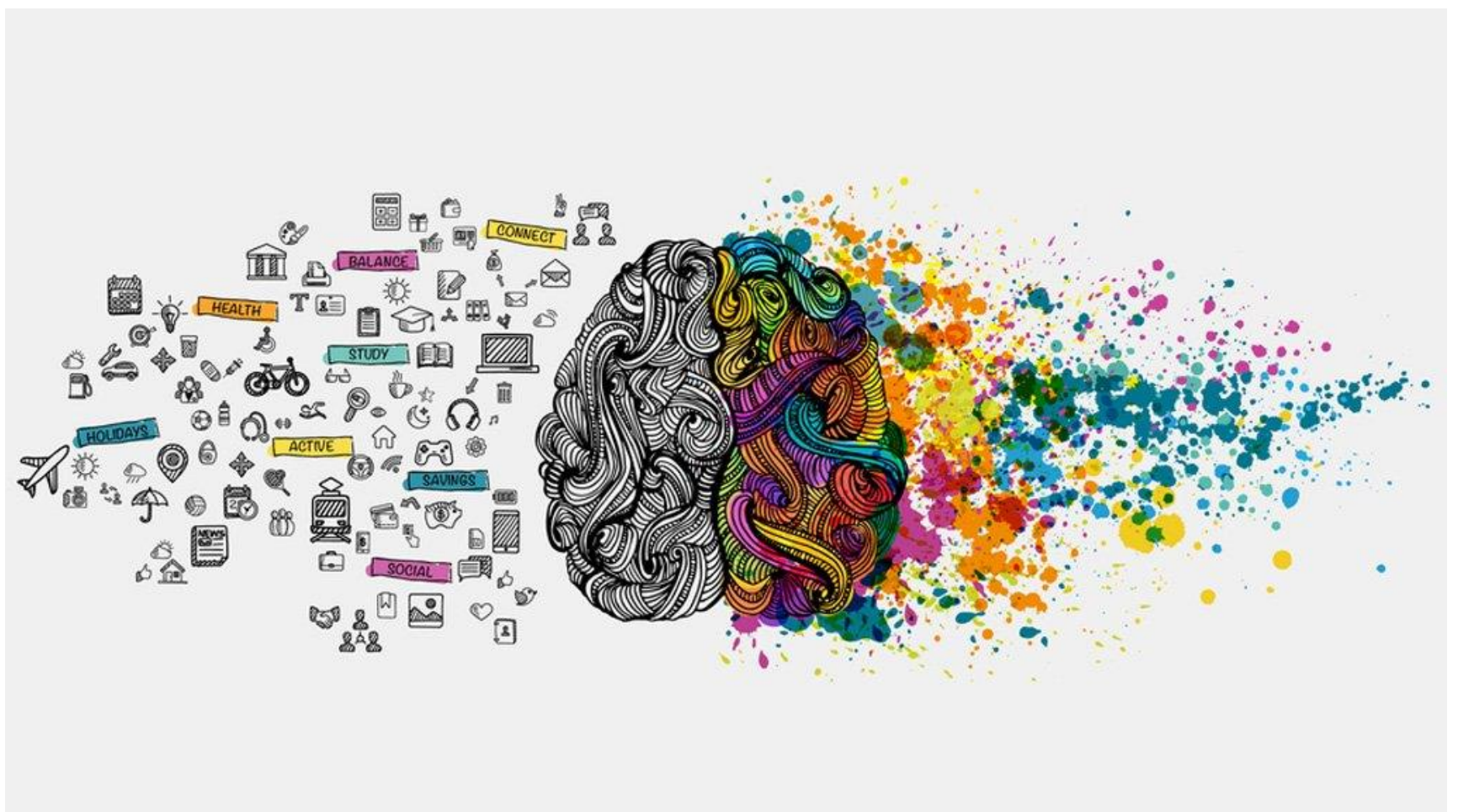
V G

MENTAL HEALTH DAY

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.

Akshara Saxena

V G



AFTER-SCHOOL CLUBS CAN BOOST STUDENT WELL-BEING



Hanishka Shivananda, 8 D



In today's educational landscape, the focus on students' wellbeing and mental health has never been more critical. It has become an essential concern for educators, parents, and communities. Students face numerous social challenges, academic pressure, and personal responsibilities. The wellbeing of students is an essential aspect of education. It is indeed linked to academic success and the overall quality of life. As students navigate the complexities of modern education, it can positively or negatively influence and affect their mental well-being. One effective way to support and boost students' mental and physical well-being is through after-school clubs. From fostering friendships to encouraging skill development, these extra-curricular activities offer a wide range of benefits that can influence and positively impact the mental, physical, and emotional health of students.



Here are a few ways how "AFTER-SCHOOL CLUBS" influence the emotional and mental well-being of students:

1) REDUCED STRESS AND ANXIETY: -

Engaging students in activities that they are passionate about helps them divert their focus from academic pressures. This can lead to improved mental health and serve as a healthy outlet for emotions.



2) TIME MANAGEMENT AND RESPONSIBILITY: -

Participating in afterschool clubs instills various virtues within students such as time-management, responsibility and commitment. Such skills are transferable to their academic and personal lives, instilling a sense of purpose and self-discipline.

3) SENSE OF ACHIEVEMENT: -

Students while working in the after-school clubs are very committed and dedicated to achieving the goals. The achievements foster a sense of pride and accomplishment, boosting self-esteem and happiness.



These are only a few of the ways how after-school clubs help students. In fact, our school Delhi Private School Dubai, promotes such activities, so that we can balance our mental, physical, and emotional well-being efficiently. In conclusion, afterschool clubs do help students in enriching their overall health.

"ALL OUR DREAMS CAN COME TRUE; IF WE HAVE THE COURAGE TO PURSUE THEM."



Syeda Ayesha Ahmed, 6 G

Dreams are the fuel that ignites our journey towards success. Walt Disney once said, "All our dreams can come true; if we have the courage to pursue them." This simple yet profound statement holds a wealth of wisdom, especially for young minds like those of the students of Delhi Private School, Dubai.

Consider the story of Steve Jobs, co-founder of Apple Inc. He dreamed of revolutionizing technology, and his courage to pursue that dream led to the creation of groundbreaking products like the iPhone, changing the way we live and work.

Another example is Oprah Winfrey, who rose from a challenging childhood to become a media mogul and philanthropist. Her dream was to inspire and empower others, and her relentless pursuit of it has positively impacted countless lives.

These remarkable personalities teach us that dreams are achievable if we dare to chase them, even in the face of obstacles and uncertainty. So, let us nurture our dreams with courage, determination, and hard work, for they hold the potential to become our reality.

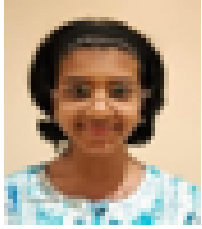




30-DAY SOCIAL MEDIA DETOX CHALLENGE

1	Turn off social media push notifications	2	Delete all unused apps	3	Limit social media to one 30-minute window	4	No phone at meals all day	5	Unfollow people who aren't friends	6	Leave your phone in a separate room when you go to bed	7	No Facebook or Twitter all day
8	No checking phone until after all morning tasks are complete	9	Meditate for 5 minutes	10	No Instagram all day	11	Instagram free day!	12	Put phone away for 3 straight hours	13	No social media all day	14	Limit of 15 minutes of social media today
15	Halfway there! No social media all day	16	Try a new activity for 45 minutes	17	Only 30 minutes of social media all day	18	No Facebook, Twitter, or Instagram all day	19	Facebook free day!	20	Spend 15 minutes outside	21	Write about what you're thankful for - 10 minutes
22	Practice deep breathing for 10 minutes	23	Twitter free day!	24	No social media until after 5 p.m.	25	Call 2 friends	26	Read for 30 minutes	27	Only 15 minutes of social media all day	28	Go on a walk or stretch for 15 minutes.
29	No social media for the entire day	30	No phone for the entire day	CONGRATULATIONS! YOU DID IT!									

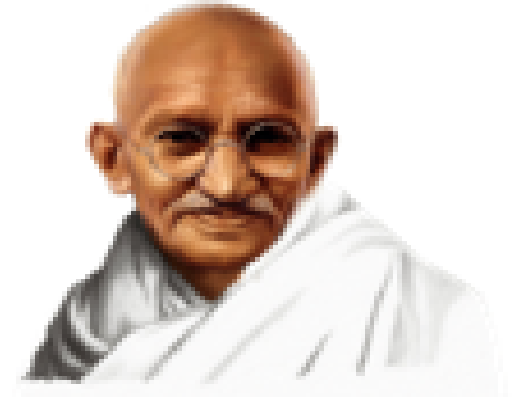
Considering this reality, it makes sense to take a break from social media every now and then in order to better manage your mental health. It's not easy though! Here are some tips (image) for taking a social media detox without feeling completely cut off from the outside world.



Niharika Girish, 8 F

In the land of Indians, where freedom stirred,
A leader rose, with vision clear,
Mahatma Gandhi, the father revered,
Guiding a nation whose path he steered.
With his round eyeglasses and khadi so plain,
He extinguished our suffering, felt our pain,
Nonviolence his weapon, truth his shield,
In every heart, his wisdom he sealed.

Through Salt marches and freedom's song,
He showed a way, both gentle and strong,
A father to a land in need,
His every word, his followers would heed.
His spirit echoes in every soul,
A beacon bright, an eternal glow,
Mahatma Gandhi, his name we chant,
The father of our nation, the father of our land.





Siyana Sajaad Sheikh, 7 B



In the world of fitness, there's much to gain,
It keeps our bodies strong and minds in the game.
With exercise and effort, our health is improved,
And our lives become better, our problems removed.

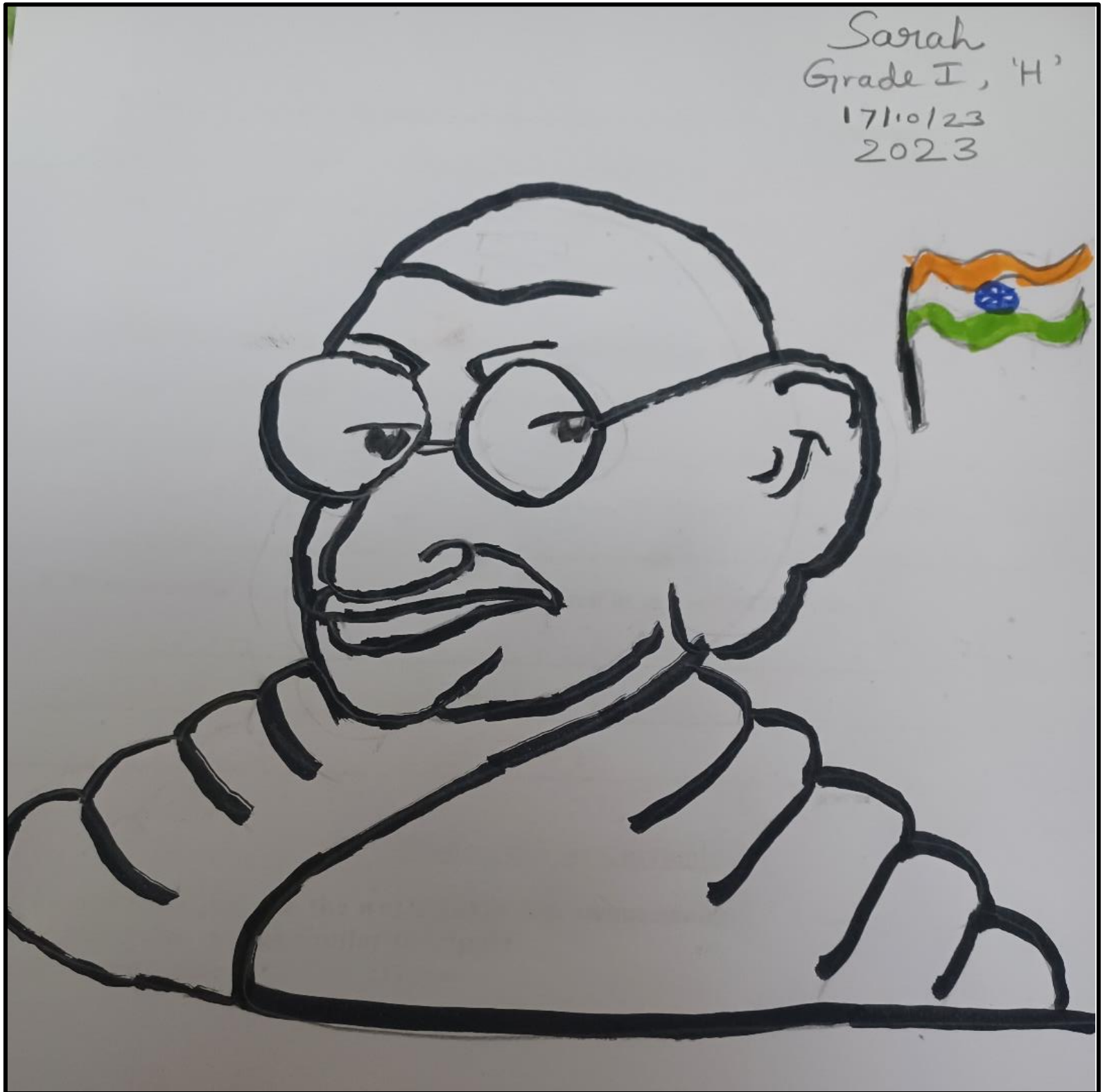
With workouts and healthy food each day,
Stress and worries, we can chase away.
Energy and happiness, we will find,
An unhealthy life, we leave behind.

But fitness is more than physical might.
It's about feeling good, all day and night.
Minds clear and spirits free,
With fitness we can be what we want to be.

The benefits are plenty, let's not forget,
With stronger bodies and minds, we have no regret.
With each workout and each healthy bite,
We are creating a future that's bright and right.

So let's embrace fitness, with all our hearts.
And nurture our well-being, from the very start.
In the simple acts of wellness, we find,
A life much better, for body and mind.

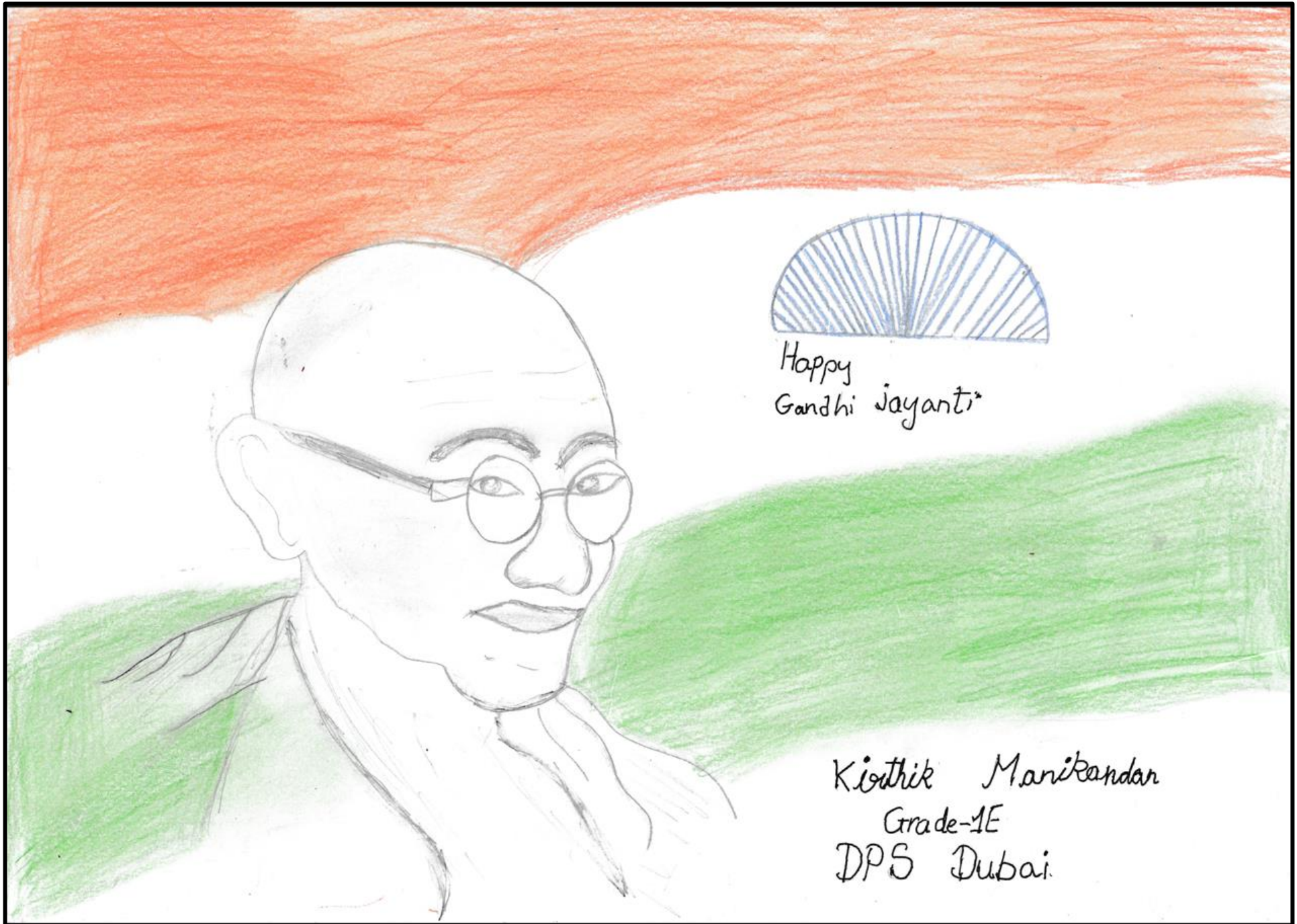
Artwork

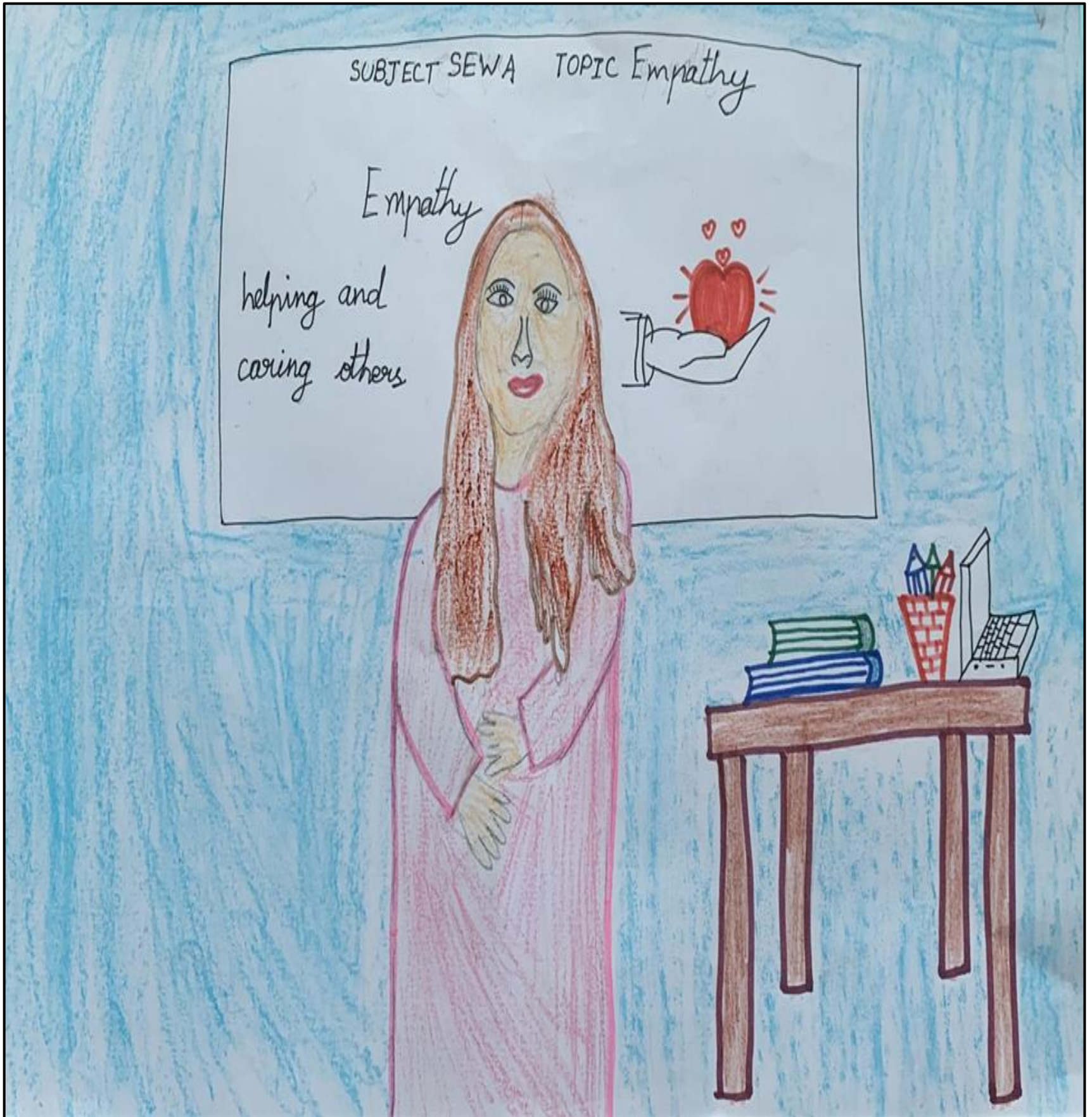


Student Name: Ayush Guha

Grade II F

Artwork





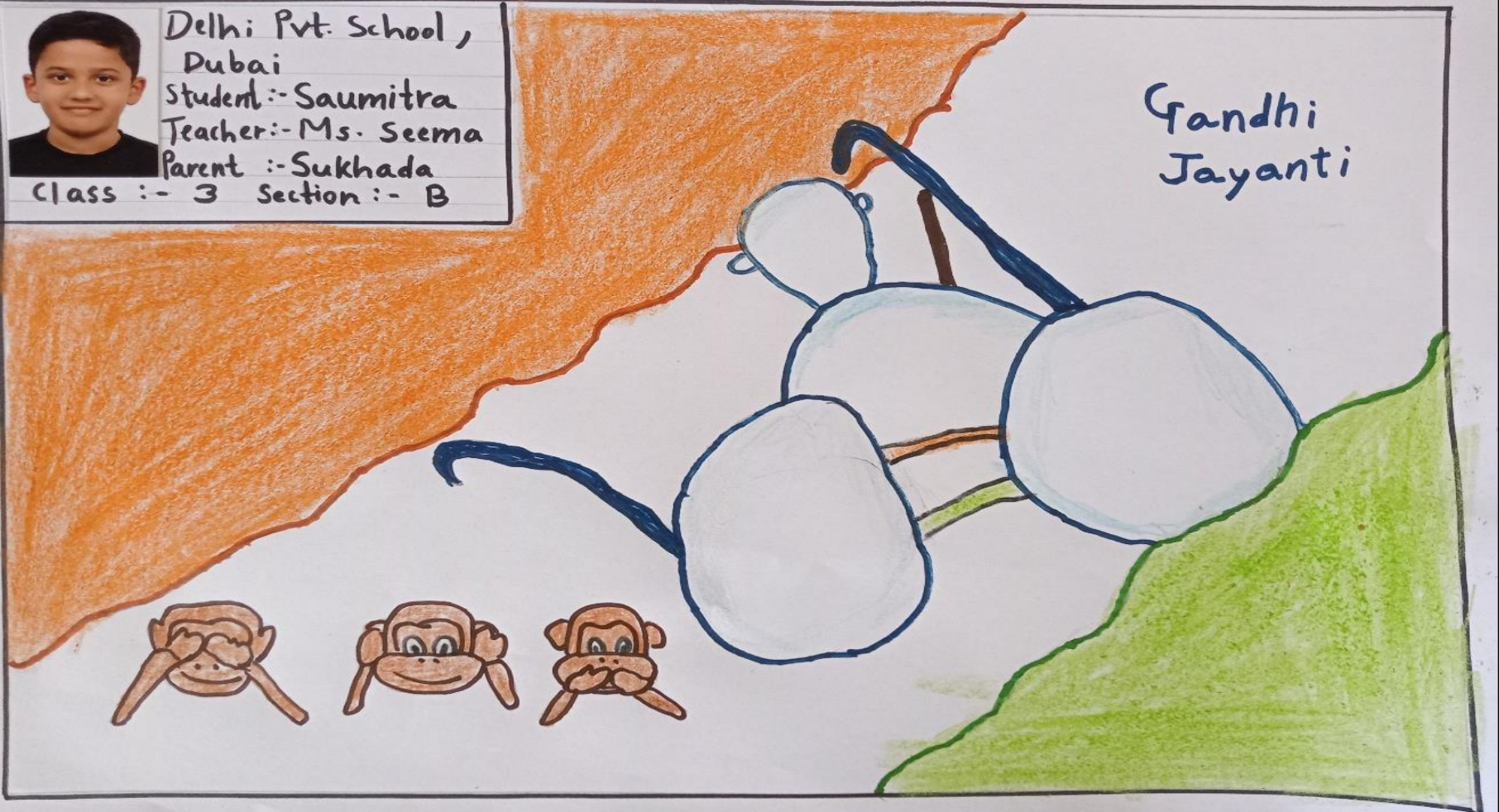
Liyana Jamal Mohammed

Grade 1 H



Delhi Pvt. School,
Dubai
Student :- Saumitra
Teacher :- Ms. Seema
Parent :- Sukhada
Class :- 3 Section :- B

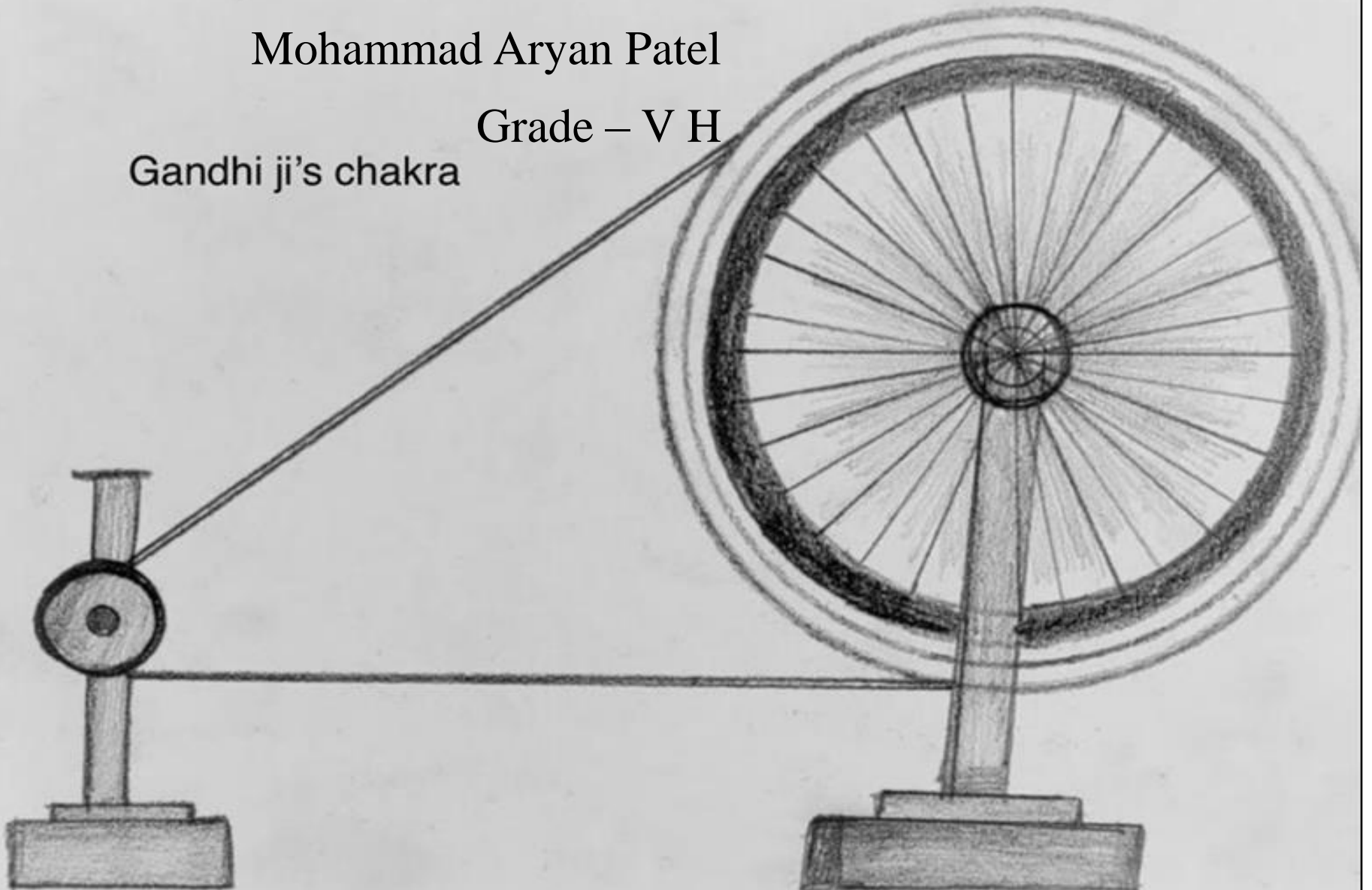
Gandhi
Jayanti



Mohammad Aryan Patel

Grade – V H

Gandhi ji's chakra



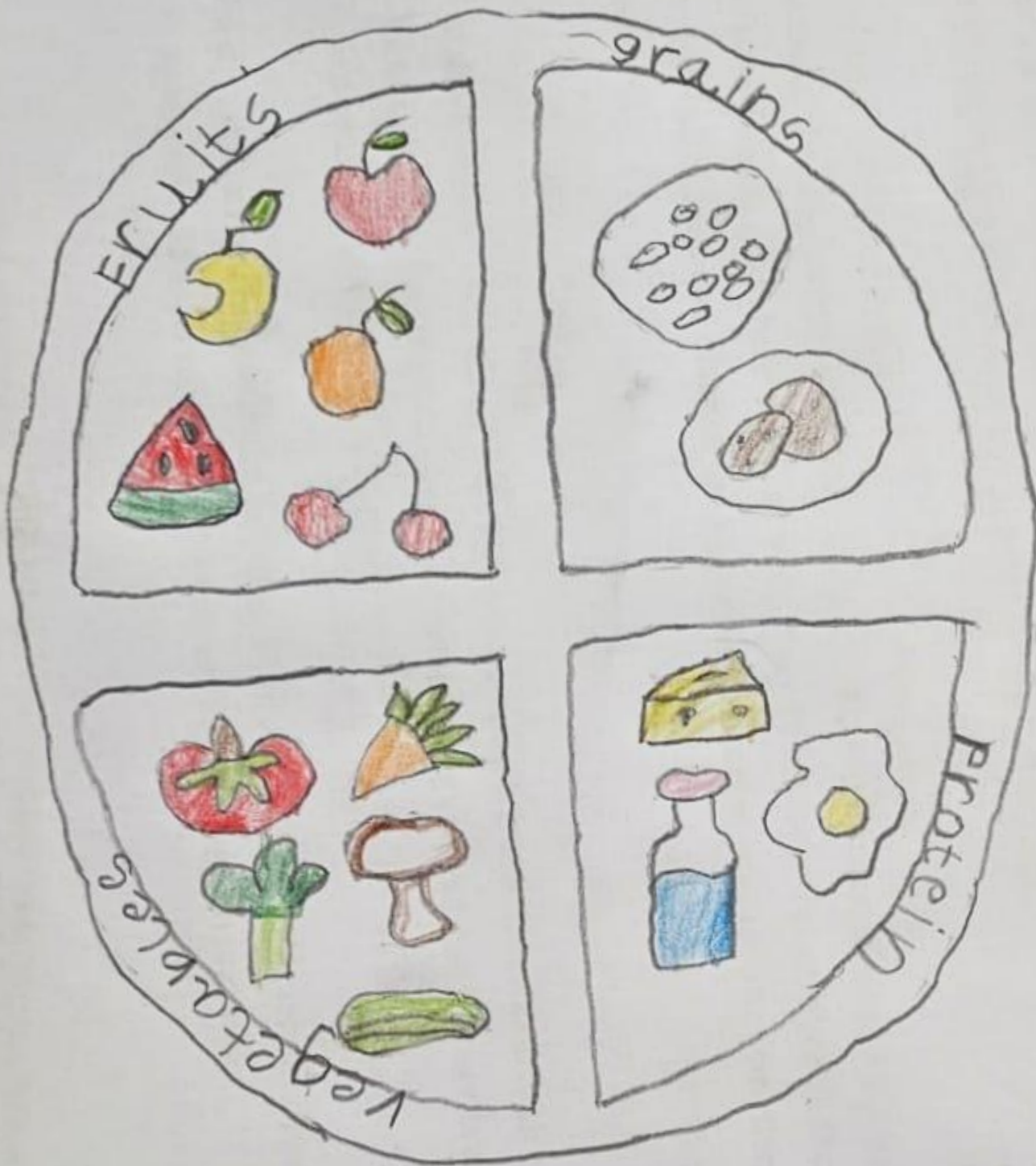


AMMar F dōyyaz KG1B

SALUTE TO THE FATHER OF THE NATION



Fitness



Fun Corner



COP28 WORD SEARCH

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- TECHNOLOGY
- ECOLOGY
- EXPO
- GREEN
- DUBAI

- LOHITHAKSH
- GRADE-IV C

DPS DUBAI

MICHELLE ALYSSA PHILIP 3B



FREE TIME ACTIVITIES

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H	J	A	K	G	C	Y	C	L	I	N	G

- SINGING
- DANCING
- CAMPING
- HIKING

- SWIMMING
- READING
- FISHING
- CYCLING

- SKATING
- SKIING
- CLIMBING
- PAINTING



Delhi Private School Dubai

Name: Mishika Jain

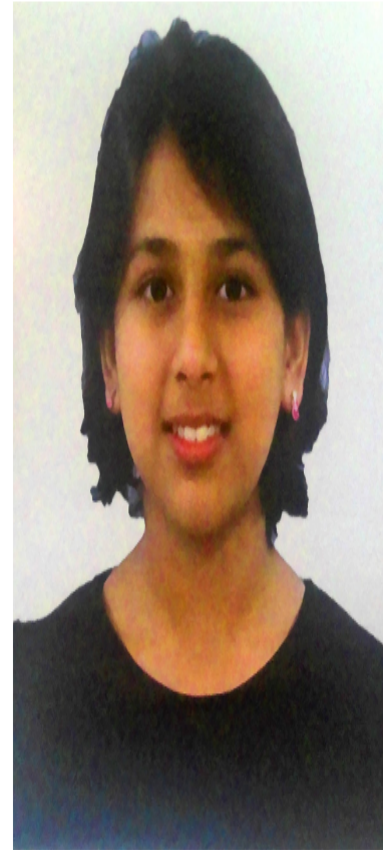
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COP 28

Committed to Climate Change



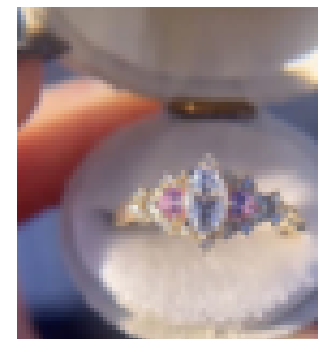
Action	Awareness	Carbon
Change	Climate	Emissions
footprint	Freezing	Global
Melting	Netzero	Sustainability
warming		



Hitasha Singla, 8 A



1. "Niggly Wiggly" is the actual name of the paper flag thing sticking out of the chocolate "Hershey's Kisses."
2. 15 minutes of laughter equals the benefit of 2 hours of sleep.
3. The "Pinky Promise" originally indicated that the person who breaks their promise must cut off their Pinky finger.
4. There is a direct link between sarcasm, honesty and friendship. Sarcastic people tend to be more honest, loyal and upfront with their friends.
5. When a person cried and their first tear drop is from the right eye then it's tears of happiness, if it's the left then it's tears of pain.
6. The wedding ring goes on the left ring finger because it is the only finger with a vein that connects to the heart.



WORD SEARCH



Anshi Bajaj, 8 A



COMICS



Arav Rastogi and Joshua Varghese, 8 A



Rib-Tickling Real-Life Incident

One sunny Saturday, my family and my friend's family excitedly met for picnic game day. We set up a vibrant picnic blanket in the park and began with fun-filled activities.

The first game was "Lemon and Spoon Relay." Each one of us balanced a lemon on a spoon, struggling to race to the finish line without dropping it. Giggles repeated through the park as the lemons trembled and fell.

During the game of Truth or Dare, My friend dared me to sing "Twinkle, Twinkle, Little Star" in my ridiculous voice. I belted it out with exaggerated excitement, making everyone burst into laughter, and have an enjoyable time.

Truth Or Dare - Apps on Google Play
Lemon Spoon Race on Behance
Afterward, we gulped in the picnic lunch filled with sandwiches and juices, cupcakes, and many more as well as sharing jokes and stories. The day ended with a tug-of-war that left everyone laughing. It was a rib-tickling picnic game day full of laughter and happiness, and unforgettable memories for all of us.



Akshara Kothari

IV-H

Rib-Tickling Real-Life Incidents

On Math Exam day, I strutted out of the exam hall like a Conquering Hero convinced that I had aced it. My buddy, equally confident, emerged grinning from ear to ear. We were so proud of ourselves and couldn't stop our joyful giggle. But when we compared the answers, it was like comparing apples to oranges. I'm quite sure I heard an ethereal voice along with a chuckle- 'You guys never learn'. We both had a hearty laugh thinking of our audacity to believe that we had got the better of this mighty subject. Our Bad!

In the water slide at the theme park, I was all fired up for aquatic adventure. Zooming down the slide I hit the pool like a torpedo. But wait, the water was Arctic cold and for a moment I thought that I had turned into an iceberg. I thought I'm going to drown and wailed for help, like a lost puppy. I felt it strange when I saw the life guard staring at me, amused, like he's watching Tom chase Jerry. Amidst my wailings, I heard his wisdom – "Stand up please". I obeyed and viola, the pool was shallower than a kiddie pool. My cousins were having the best time of their life, rolling over the floor and laughing. Yeah, you guessed right. I never went back there.

I was lured into attending a family function, enticed by the promise of scrumptious food. But there we found ourselves trapped in a never-ending speech by kind-hearted uncle. The speech went on and on and no one in the audience dared to interrupt our respected orator uncle. Hungry stares exchanged and guess all were praying for a miraculous escape. The heavens chose my tummy as the demonstrator of a miracle, my stomach growled and rumbled like an earthquake. The uncle who I'm sure suffers from lack of appetite, realised the situation and abruptly ended the speech. My tummy was declared the unsung hero who saved the day!



Advaith Manoj

Grade V B

Creating lifelong readers requires more than in-class reading time

Sabah Mustakim Pathan

Kindergarten, Phase I



In today's digital age, fostering a love for reading in students and creating lifelong readers is more important than ever. While in-class reading time is undoubtedly valuable, it's just one piece of the puzzle. To truly cultivate a passion for reading that endures beyond the classroom, educators, parents, and communities must take a holistic approach that extends beyond the school walls. In this article, we will explore why creating lifelong readers requires more than just in-class reading time and what strategies can be employed to instill a lifelong love for reading in students.

□ Encouraging a Home Reading Environment- One of the most influential factors in creating lifelong readers is a home environment that values reading. Parents play a pivotal role in shaping their children's reading habits by modeling reading behavior and providing access to a variety of reading materials. Schools can support this by involving parents in literacy programs, offering book clubs, and providing resources for at-home reading.

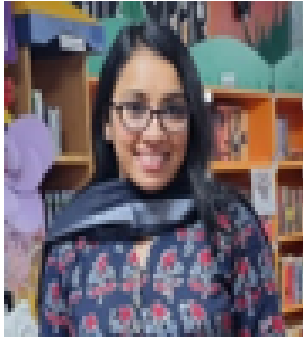
□ Technology and Reading- Incorporating technology wisely can enhance students' reading experiences. E-books, reading apps like Raz Plus etc., can complement traditional reading methods. Teachers and parents should guide students in using technology as a tool for learning and discovering, rather than a distraction.

□ Cultivating a Reading Culture- Schools can create a reading culture by setting up well-designed libraries, organizing book fairs, and celebrating literary events. When students see reading as an integral part of their school experience, they



twinkl.com

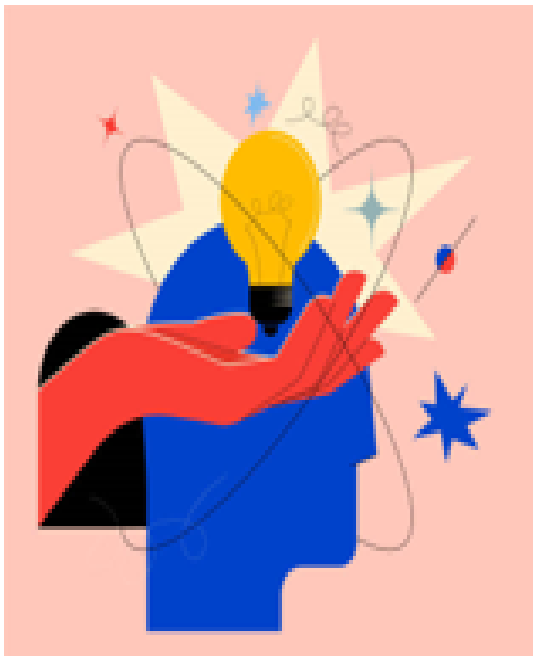
USING POETRY TO HELP STUDENTS UNLOCK THEIR CREATIVITY



Meenu Mary Jain
English Teacher, CT 8 K
(Middle School)



A touch of madness is attributed to poets for their tendency to pen thoughts about things that seem insignificant to others. But is it insanity in real or an ability to channel their sensitive outlook to creativity? To paint one's feelings or describe a mundane object in verse requires the power to play with words. For all these reasons and many more, analyzing a poem for rhythm and figurative language gives birth to joy in students. Poetry promotes playfulness and they learn to be word slingers even in the everyday context. Moreover, poetry offers freedom to interpret it in various perspectives.



Poems are often replete with rhyming words, similes, metaphors, symbolism and other devices. Challenging students to fashion a poem with such devices and rhythm boosts creativity. For those who perceive this as a daunting task could try free verse which is a poem without rhyming words. An activity that requires combining emotions as well as logic for self-expression is often welcomed by students. Ricardo Martinez, Assistant Professor of Mathematics Education, Penn State used poetry to teach Mathematics. He used problem-posing poetry, which are poems connected to a social issue and that can be used as alternatives to traditional math word problems. In

this way, students learn Math offered in a creative way.

Providing model poems to interpret and pen their own verses enables students to connect and draw from their memories and experiences. Students could be judged based on their innovation in ideas, sources of inspiration and novelty in conveying ideas that appeal to the senses. Such activities involving poetry enable students to use language creatively and meaningfully. Students should also explore various online platforms that conduct poetry writing competitions to submit their work and get exposure. The feedbacks encourage the writers to further explore the world of imagination. One of the key skills that we need to possess to thrive in the 21st century is creativity and poetry offers it all.

Creating Life-long Readers Requires more than In-class Reading Time

Chandrani Basu, Senior School



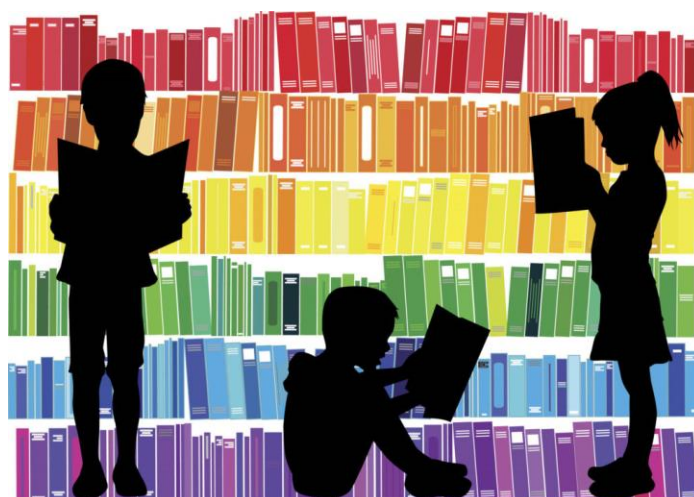
Students of today do not need information. They are in fact deluged with information on various topics. Lectures by renowned professors are also freely available on the net. Access to good libraries like JSTOR and online resources are also available. What they need is an outlet for their abundant creativity, a chance to do the things they see, an opportunity to play the part played by their favourite actors or to shoot the goal they saw their football idol shooting.

The best way to make students problem solvers is to provide them with ample opportunities to experience what they learn and create situations in classrooms where their skills as future citizens of democracies can be honed. Debates, discussions and flipped classes will go a long way to promote robust and confident problem solvers. In higher classes internships during summer breaks will enable them to have a fairly good insight into the careers they intend to take up in the future.

Many savants and critics have observed that poetry will survive and entice this generation whose attention is often fleeting and divided. Reading poetry is an intellectually satisfying exercise as poems not long like a novel which might never be finished, and whose meaning is lost by the intrusion of other demanding engagements. Poetry, and there is a variety, such as beat poetry, rap, projective poetry which poets like Denise Levertov practiced are just a few examples of how poetry can ignite a spark in young minds. Together with drama and its ample scope for exhibitionism, poetry engenders and fosters creativity.

Reading becomes an obsession once one begins to savour it. It is a habit which should be instilled at an early stage, by encouraging students to read on a variety of subjects. Sharing one's thoughts and observations on a book is the next step as it fuels one's desire to read more. Writing and critically commenting on a book bestows confidence on a reader, who then becomes habituated to continue this exercise for which just watching a film on the book is not adequate.

Thus experiential learning, reading and sharing ideas, internships for higher classes are all ways in which students can become problem solvers and lifelong readers.



Ways to help students become a problem-solver

Niti Sharma, Primary



To help students become effective problem-solvers, educators can employ various strategies. Firstly, fostering a classroom environment that encourages critical thinking is essential. This means valuing questions, curiosity, and thoughtful analysis of problems. When students are encouraged to dig deep and approach issues from multiple angles, their problem-solving abilities naturally improve.

Moreover, presenting problems with real-life relevance is key. When students can see the practical application of problem-solving, they become more motivated to tackle challenges. Educators connect classroom problems to everyday scenarios by making problem-solving tangible and relatable.

Explicitly teaching problem-solving strategies is another vital step. This includes breaking problems into smaller, more manageable parts, brainstorming potential solutions, and evaluating the outcomes of those solutions. Providing students with a structured framework equips them with valuable tools for addressing challenges.

Furthermore, promoting collaboration among students is crucial. Group activities and discussions enable students to learn from their peers, share ideas, and consider multiple perspectives. Problem-solving often involves teamwork, and collaborative learning experiences teach students how to effectively work together to find solutions.

Modeling problem-solving is also highly effective. Educators can demonstrate their own problem-solving processes, thinking aloud while tackling challenges. This modeling helps students see how to approach problems systematically and encourages them to adopt similar strategies.

Lastly, creating a safe space for mistakes is essential. Students should understand that setbacks are not failures but opportunities to learn and grow. Encouraging resilience in the face of obstacles is key to developing problem-solving skills.

By implementing these strategies, educators can empower students to develop a problem-solving mindset, equipping them to navigate challenges with confidence, creativity, and resilience both in and beyond the classroom.



The impact of Generative AI on education

DPSD Staff

Generative AI has gained significant popularity in recent times. With advancements in AI techniques engaged in building machines that not only mimic but exceed human intelligence in a few cases, Generative AI's popularity is increasing manifold because of its remarkable capabilities and efficiency. Generative AI is a technology that is shaping the future of whatever we do on the internet and has wide scale implications on dependent industries. However, the Education sector has much to benefit from this technology. Students are benefitted from generative AI in several ways, such as AI-generated content for learning, homework assistance, language translation, and data analysis, improving their educational experience and productivity. It is even capable of offering personalized tutoring to students, whilst allowing teachers to plan some lessons. It allows for education to be made accessible 24/7, and lets students be more self-reliant while bridging language barriers. AI-powered summarization tools can condense lengthy texts and research papers into more manageable and concise summaries, aiding in studying and research.

But like any other technology, Generative AI also comes with its set of caveats. It may present a set of biases, perpetuated as a result of training data, which would require vigilant oversight. It may also promote plagiarism amongst students, and as a result, they may submit assignments without understanding its material.

Generative AI's impact on education is undeniable and rather significant – even though it makes education more efficient and personal, ethical boundaries must be kept in mind before wider adoption.



Educating Children to Self-Protect Against Bullying

Sana Moin, Parent of Affan Ul Haque (IV J)

Bullying is a pervasive issue in schools and can have detrimental effects on a child's emotional and psychological well-being. To combat this problem effectively, it is essential to educate children on how to self-protect against bullying.

Firstly, fostering open communication is key. Encourage children to talk about their experiences and feelings, emphasizing that it's okay to seek help. Building trust with teachers, parents, or guardians creates a support network that children can rely on when faced with bullying.

Teaching assertiveness skills is another crucial aspect. Children need to learn how to assertively and confidently stand up for themselves without resorting to aggression. Role-playing scenarios can help them practice these skills in a safe environment.

Promoting empathy is equally important. When children understand the impact of their words and actions on others, they are less likely to engage in bullying behaviour. Teaching empathy helps create a more compassionate and inclusive school environment.



Cyberbullying is a growing concern, so educating children about responsible online behaviour is vital. Encourage them to think before posting or sharing anything online and to report any cyberbullying they encounter.

Lastly, building resilience is key to self-protection. Children should learn how to bounce back from bullying incidents, understanding that they are not defined by their experiences. This can be achieved through supportive counselling and programs that focus on emotional well-being.

In conclusion, educating children to self-protect against bullying involves fostering communication, teaching assertiveness and empathy, addressing cyberbullying, and building resilience. By empowering children with these tools, we can create a safer and more supportive environment for them to thrive in and reduce the prevalence and impact of bullying.

Daily Practices for Self-Regulation

Parent of Isabel Monteiro, Grade III-G

Hello, young readers! Are you ready to become super students? It's time to learn some amazing daily practices that will help you stay focused, calm, and happy in school and at home.

1. **Breathe Deeply:** Take a deep breath in through your nose and breathe out slowly through your mouth. This helps calm your mind and body.
2. **Mindful Moments:** Close your eyes and pay attention to your breath or the sounds around you. This helps you stay in the present moment.
3. **Set Goals:** Make a to-do list for the day. Checking off tasks as you complete them will make you feel proud and in control.
4. **Healthy Habits:** Eat nutritious foods, get enough sleep, and exercise regularly. A healthy body helps you think clearly.
5. **Time Management:** Use a timer to work for short periods and then take short breaks. This keeps you from feeling overwhelmed.
6. **Stay Positive:** Think positive thoughts and use kind words. This can turn a tough day into a great one.
7. **Talk About Feelings:** Share your feelings with a friend, family member, or teacher. Talking helps you feel better.

Remember, self-regulation is like a superpower that helps you do your best in everything you do. Practice these daily habits, and you'll become an amazing super student



Raising Children Who Ask Great Questions

Parent of Aldrin Monteiro, grade III-G

Do you know what makes a great scientist, inventor, or explorer? It's not just about being smart; it's about asking great questions!

Why Questions Are Cool:

Questions are like keys that unlock the doors to knowledge. They help us learn about the world around us and understand things better. Curious people are the ones who change the world!

How to Ask Great Questions:

1. **Be Curious:** Always wonder about things. Look at the world with big, curious eyes.
2. **Ask "Why" and "How":** These are powerful question words. For example, "Why is the sky blue?" or "How do birds fly?"
3. **Listen Carefully:** Pay attention when others talk. You might hear something interesting that leads to more questions.
4. **Explore Together:** Ask your family or friends to explore with you. You can discover amazing things together!

Meet Amazing Question-Askers: Famous Explorers

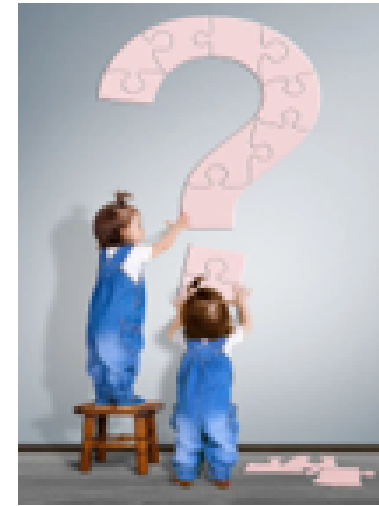
Learn about famous explorers like Albert Einstein, Marie Curie, and Neil Armstrong. They changed the world with their questions! So, kids, keep asking questions and exploring the world. Who knows? Maybe you'll be the next great explorer!





Sajith Edaloly

Father of Izma Sajith, 7 D



Parenting is a journey filled with joy, challenges, and a constant quest for growth. One often overlooked tool in a parent's job is the art of children asking good questions. Effective questioning can strengthen your child's intelligence, foster their critical thinking skills, and instill valuable life lessons.

Using open-ended questions is a wonderful way to stretch children's curiosity, reasoning ability, creativity and independence.

Asking open-ended questions gives adults an opportunity to see what a child is thinking and feeling. Having a child ask you good questions enables us parents to think outside the box. Children often ask questions that seem unreasonable, however it is the curiosity of the children that helps them grow up to become a fast logical thinker. Doing so helps to develop their language and their reasoning skills.

Do not rush your child to provide an answer. Build in thinking time so that your child can reflect and then respond. Simple questions will help improve the children's language skills. By answering and asking questions, parents play a vital role in a child's learning. A list of serious and fun questions for kids to start conversation, make the family laugh or learn more about the children in your life.

The process of asking questions in the classroom acts as a catalyst for curiosity, critical thinking, engagement, effective communication, a growth mindset, and inclusivity. Asking questions that prompt reflection can help your child develop critical thinking skills. For example, if they're struggling with a homework assignment, ask, "What strategies have you tried so far?" This encourages them to think through the problem and come up with their own solutions. Encourage a growth mindset by asking questions that focus on effort and learning.



Every child is unique, so it's crucial to tailor your questioning style to their personality and age.

Incorporating thoughtful questions into your parenting can lead to deeper connections and a more enriching upbringing for your child. Remember, the goal is to guide, support, and foster a sense of self-awareness and confidence in your child. By letting a child ask the right questions, you're helping them navigate the complexities of life with curiosity and resilience.

Raising Children Who Ask Great Questions

Nahida Khan
Mother of Erina Rizwan Khan, KG1-A



Raising children or we say nurturing children is perhaps the most important responsibility of every parent and grown-ups in a child's life. Each child has a unique mind and each mind has its own imagination, creativity and curiosity. Among these, there are a few who have innate curiosity to learn, explore and understand things around them. As an expression, they ask questions, at times, great questions that even challenge our mind.

Sometimes the questions seem annoying but these questions actually help us to understand what's running in these tiny minds. It gives us an insight of possible critical thinkers and their ability to solve problems and keen desire to learn new things. These children want to understand the complexities of the world and it helps them to adapt accordingly. More to this, it helps in making strong bond and a special connection between children and their loved ones.

These “why, how, what, where” are their way of communicating, exploring and when we participate, these little minds feel heard, valued, acknowledged and loved. Doing so, not only we develop their mind to be future ready but also their heart to become a good human being.

Henceforth, as grown-ups, it is our responsibility to shape these minds, nurture and support them to understand things beyond classroom. There are a few things we can do to encourage this.

- We can take some time out, do fun game or activities together to foster these curiosities.
- We can also ask return questions so that they feel there is nothing wrong about it.
- We can provide them with resources like books, gadgets, toys and tools which can act as stimulant and boost their mind.
- We can take them to creative places, let them watch documentaries or educational videos for better understanding.
- Most important, we must LISTEN, be patient and answer these questions thoughtfully and create healthy environment around them.

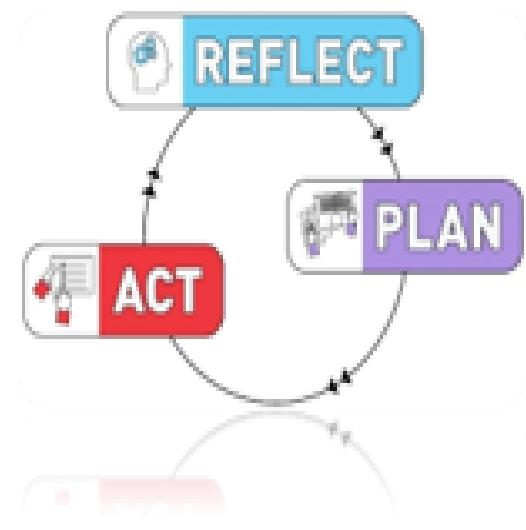
“These questions are the seeds that help them to grow and we must water and take special care”

To conclude, curiosity is a sign of intelligence and an innate desire to learn new things. Children who ask great questions have an inquisitive mind which is actually an indicator of possible future thinkers, innovators and leaders of our society. So, we as a parent, as educators, as caregivers must create a positive environment around them where these questions are welcomed and cherished as these little minds have the potential to change the world.

DAILY PRACTICES THAT STUDENT'S CAN USE FOR SELF-REGULATION



Anuradha Nambiar
Mother of Medha Mahendra, 8 F



Self-regulation is the ability to remain calm and cope with emotions, as well as adapt and respond correctly to our surroundings. It is evident that changes in the environment cause young children to have tantrums and feel overwhelmed. However, as kids mature and their brains expand, they will be able to properly manage their thoughts, feelings, and emotions. Even so, parents play an important part in their children's development of self-regulation.

Classroom Practices to Build Self-Regulation Skills

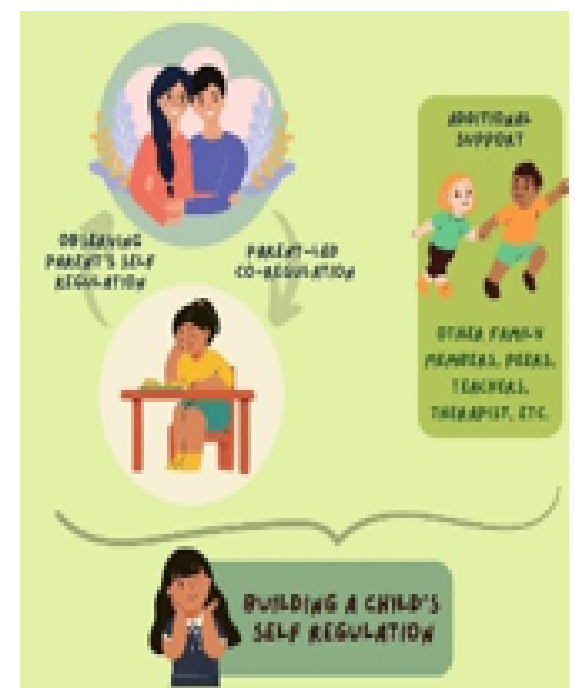


Moreover, it helps kids' academic performance by helping them in dealing with stressful situations in their daily life. A regulated child is one who thinks before behaving, attends to their responsibilities despite not wanting to, and is patient. Self-regulation helps students in paying attention and avoiding distractions in order to stay focused on their goals.

According to studies, children form pathways in the brain that increase their ability to manage stress when they practice self-regulation skills. Students can

organize their thoughts and convert them into learning skills. It will set a clear goal for them and monitor their progress, which will allow them to learn more effectively. Effective time management, collaborating with other students, and developing routines are a few daily practices students can incorporate. Catering to their interests and conducting activities with various kinaesthetic aspects to approach learning is a strategy for students to develop self-regulation skills. Taking breaks to recharge them and setting aside time to check in on their emotional well-being is a vital

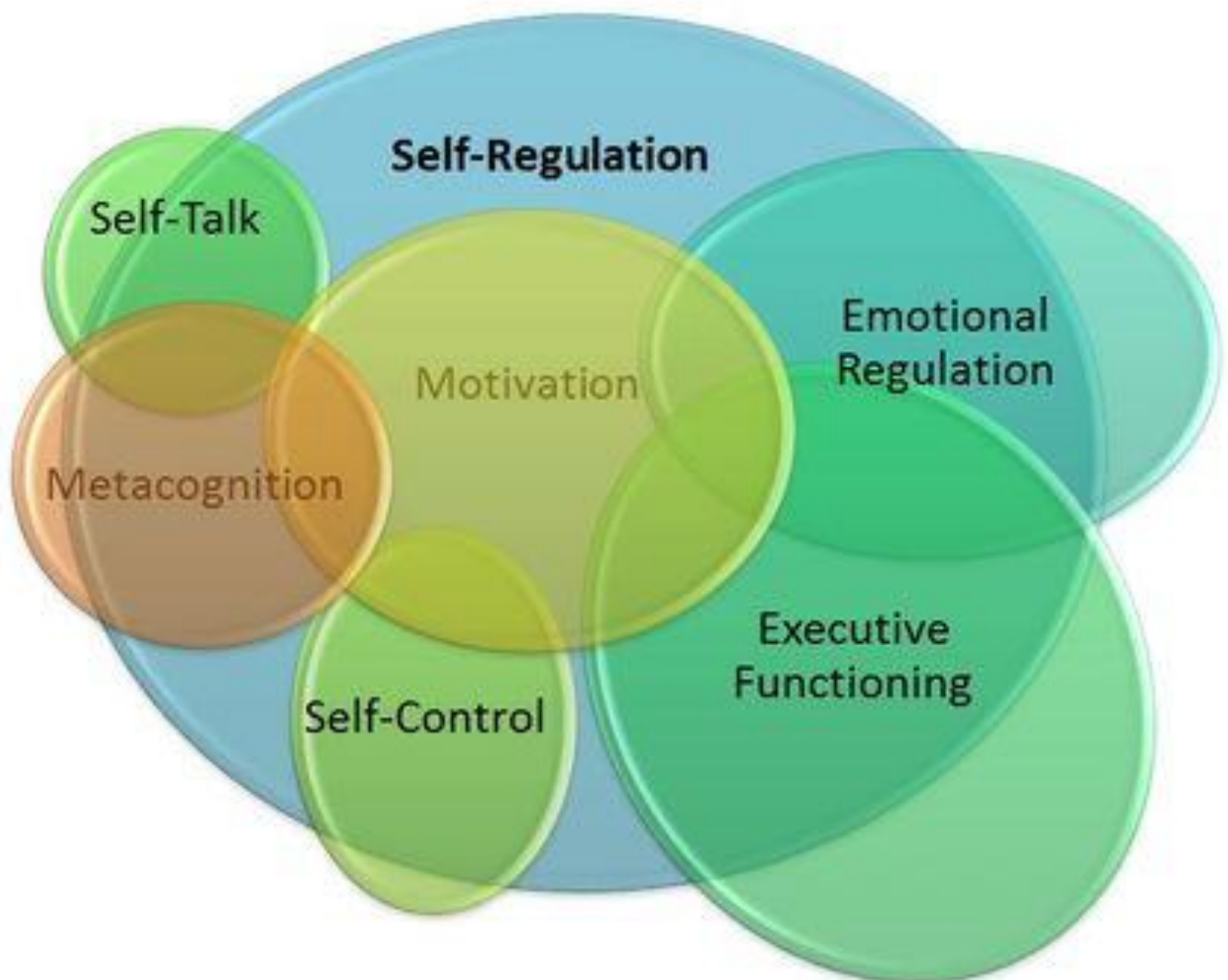
practice. Engaging in extracurricular activities like sports and arts empower students and can be a way for students to unwind and connect with oneself. Well-being practices like yoga and meditation are examples of such. This is especially effective for students that might have neuro-typical disorders like ADHD and anxiety. It



is also called as occupational therapy, which engages them in activities and channelizes their energy and thus helps them to focus gradually in due course.

As a parent, one should manage their own stress and become a positive role model for their child. One should keep in mind that the goal is not only to decrease the child's challenging behavior but also to teach them skills such as communication and social skills. The parent himself or herself should be self-regulated and supportive. One should not develop unrealistic expectations for their child and should reinforce their abilities. Parents should encourage their children to cope with difficult situations and remind them to stay calm. It is important to help kids identify opportunities to practice their skills and one should give immediate and specific feedback to their child.

To conclude, self-regulation is an important skill that contributes to a child's overall success and happiness. Students who can manage anger, frustration, and disappointment can maintain their well-being and stay focused on their goals. Identifying the triggers and practicing self-discipline is the first step. Leading with integrity and adapting to changes can help one become a self-regulated person. A parent's role in raising a self-regulated child is to hold back from punishing their ward for temperamental behavior and promote their development.



Daily practices that students can use for self-regulation

Meera R Nair
Mother of Nandita Sandeep Pillai, KG1 A



Self-regulation holds significant importance in the lives of students and individuals of all ages. Nowadays, it's encouraging to see this skill being nurtured from a young age. Achieving self-regulation can be simplified through a few straightforward steps:

1. **Establish a Routine:** Encourage the cultivation of a daily routine, covering tasks from morning rituals like brushing teeth to bedtime. This routine instills discipline and time management.
2. **Set Goals:** Help students set specific, measurable, and attainable goals. Breaking larger objectives into smaller, manageable tasks keeps them focused and motivated.
3. **Prioritize Tasks:** Encourage them to independently prioritize their responsibilities, empowering them to make decisions about how to manage their time effectively.
4. **Decision-Making:** Provide opportunities for decision-making, whether it's choosing a toy or selecting an outfit. These small decisions nurture confidence for handling larger ones.
5. **Validate Emotions:** Teach them to acknowledge and validate their own and others' emotions, fostering emotional intelligence and empathy.
6. **Healthy Lifestyle:** Promote physical well-being through regular exercise, a balanced diet, and adequate sleep. Allocate dedicated time each day for physical activities.
7. **Seek Support:** Emphasize the importance of seeking help from parents, teachers, or counsellors when facing challenges. Seeking assistance is a sign of strength, not weakness.

By integrating these daily practices into their lives, students can develop the vital skill of self-regulation, leading to improved academic performance and overall well-being. This early cultivation of self-regulation will serve them well throughout their lives.



Daily Practices that Students can Use for Self-Regulation

Pranitha Ashok, Mother of Adhvika Nair, KG1-A

Strong belief comes from powerful thoughts.

Powerful thoughts come from self-reflection.

Self-reflection comes from emotions and experiences.

Emotions and experience become worth with self-regulations.

Be a role model by demonstrating self-regulation skills in your own behaviour.

Self-regulation helps in building emotional well-being and personality development.

Here are some steps you can take:

1. Exercise daily.
2. Follow healthy food habits.
3. Dedicated time for reading and hobbies.
4. Enhance self-control on screen time.
5. Using good language and positive talks.
6. Prioritize self-care.
7. Develop time management skills.
8. Enhance self-control on emotions.
9. Engage mindful breathing and meditation.
10. Stay alert and be aware.
11. Give importance to family time.
12. Prioritize quality sleep.
13. Find time for nature care, pet care, volunteering etc.

You are the one who makes you. So, make the best of you.

You are the most beautiful creation of God. Love yourself, grow well and stay strong.



Self-Regulation

Siji Abu Abraham, Parent of Edna Abu Abraham

Grade XI-G



Do you feel that your child is agitated and irritated for a significant amount of time? It is very likely that they are struggling to self-regulate themselves. So how can we help them?

Self-regulation is the ability to understand and manage your own behavior and reactions. This means regulating your emotions by staying calm in times of stress. It starts when children are babies and keeps developing right into adulthood.

Here are some practical ways you can help your child learn and practise self-regulation:

- **Practicing Intentional Breathing:** Teaching children to calm their bodies through breathing can be a first step to help them regulate and let the moment pass.
- **Sleep Routine Adjustment:** A consistent routine with a bedtime story and less lighting in the room might be just the adjustment that your child needs.
- **Gauging Emotions:** One of the first steps to making a change is recognition. If your kid is still in the process of understanding what their various feelings are, finding ways to give language and expression to those feelings will make a big difference.
- **Taking a Break:** Using breaks for playtime, outside time or just rest time can be a winning strategy for giving your child a chance to manage all their emotions.



Mastering Student Life; Self-Regulation Tips for Students

Irfana Hashim, Parent of Zahra, Grade XI-G

Self-regulation is the ability to manage your emotions, thoughts, and behaviours in a way that is helpful to you and those around you. It is an essential skill for success in high school and beyond.

Here are some daily practices you can adopt to enhance your self-regulation skills:

- **Healthy diet:** Eat healthy foods to boost brain and body energy. Reduce the daily intake of processed foods, sugary drinks, and caffeine.
- **Exercise:** Exercising regularly is a great way to reduce stress and improve your mood. Aim for 30 minutes of exercise most days of the week.
- **Recharging:** Take breaks to relax and recharge. You can get up and move around every 20-30 minutes or take a quick nap.

Other ways to self-regulating are by identifying your triggers to stress, anger, or inundation. Once you know your triggers, start a coping plan. Your coping plan should include a list of healthy coping mechanisms like exercise, journaling, talking to a friend or family member, or listen to music.

Self-regulation is a powerful tool for success in school and beyond. By practicing the strategies, you can cultivate your self-regulation skills, which boosts academic success, relationships, and well-being.

