

# DPSD HERALD JUNE 2024



# International Day of Music: The Strongest Form of Magic is Music

Viraj Singh, X F



Music is a universal language that unites people and is celebrated globally on June 21st as International Music Day. This annual occasion honours the power of music in promoting peace, unity, and cultural exchange.

International Music Day was first conceived by the International Music Council (IMC) in 1975. The date was chosen to coincide with the summer solstice in the Northern Hemisphere, a time associated with celebration and renewal. The aim of the day is to promote the value of music in our lives. Music has the ability to break down barriers. Through melodies, rhythms, and harmonies, music creates a common ground where all can come together.



International Music Day is an opportunity to celebrate the rich diversity of musical traditions around the world. From symphonies to the soothing melody of a saxophone, from hip-hop beats to traditional chants, every genre of music has its own unique story to tell. This day encourages us to explore new horizons, appreciate the beauty in all its forms, and recognize the cultural heritage of different nations. Music plays a vital role in education, creativity, and social skills. Music has the power to unite people for a common cause. Whether it's a choir singing in harmony or a group of musicians collaborating on a project, music brings us together and encourages a sense of belonging. International Music Day serves as a reminder that music can be a force for peace. International Music Day is a global celebration of the transformative power of music.

International Music Day is a global tribute to the transformative power of music. It is a day to celebrate the diversity, creativity, and unity that music brings to our lives. By embracing the universal language of music, we can build bridges, foster peace, and create a world where everyone can experience the joy and inspiration it brings.

# Exploring the Outcomes of COP28

Maryam Fatima, X E



COP 28, held in 2023, resonated as a beacon of hope amid mounting climate concerns. With the urgent need for collective action on climate change ever more apparent, delegates convened to navigate the intricate landscape of environmental policy and sustainable development.

One of the key achievements of COP 28 was the forging of a landmark agreement aimed at accelerating global efforts to limit temperature rise to 1.5 degrees Celsius above pre-industrial levels. This ambitious target signalled a firm commitment to mitigating the worst impacts of climate change, underscoring the imperative for swift and decisive action.



# COP28 UAE

Moreover, COP 28 saw significant strides in mobilizing financial resources to support climate adaptation and mitigation efforts, particularly in vulnerable regions disproportionately affected by climate-related disasters. The establishment of innovative financing mechanisms and partnerships between governments, private sector actors, and civil society organizations underscored a collective determination to address the multifaceted challenges posed by climate change.

Furthermore, COP 28 marked a pivotal moment in advancing the agenda of climate justice, with a renewed emphasis on the principle of common but differentiated responsibilities. By acknowledging historical inequalities in greenhouse gas emissions and their disproportionate impact on vulnerable communities, delegates reaffirmed their commitment to promoting equity and inclusivity in climate action.

In essence, the outcomes of COP 28 underscored a collective resolve to chart a sustainable path forward, grounded in solidarity, innovation and a shared vision for a more resilient and equitable future.

# Listening to your Body and Mind through Yoga

Vyana Shukla, IX E



Yoga is a holistic practice that fosters a deep connection between mind and body, offering a pathway to inner peace and well-being. By engaging in yoga, individuals learn to listen to their physical and mental states, promoting a sense of harmony and self-awareness.

**Physical Awareness:** Through various poses (asanas), yoga enhances body awareness. Practitioners learn to notice physical sensations, respect their limits, and adjust poses accordingly. This mindful movement helps prevent injury and ensures that the practice is both safe and effective.

**Mental Awareness:** Yoga also emphasizes mental clarity and emotional balance. Techniques such as breath control (pranayama) and meditation encourage practitioners to observe their thoughts and emotions without judgment. This mindfulness helps in managing stress and maintaining a calm, focused mind.

**Integrative Benefits:** The combination of physical and mental practices in yoga leads to a more profound understanding of one's body and mind. Regular practice fosters a holistic sense of well-being, making it easier to navigate the challenges of daily life with greater resilience and peace.

By listening to your mind and body through yoga, you can achieve a balanced state that nurtures both physical health and mental tranquility.



# Celebrating Fatherhood Over the Years: The History of Father's Day

Smrithi Prasath, IX A



Fathers have a significant influence in society and the bond they share with their children is truly precious. Father's Day, the day dedicated to appreciating and celebrating fatherhood and the role fathers have in the lives of their children has a surprisingly rich history.

The origin of Father's Day is certainly heartfelt and unique. In fact, the idea was inspired by Mother's Day itself, which was recognized in 1914. Unfortunately, this idea faced quite a lot of resistance then, due to the belief at that time that fathers did not deserve as much recognition as mothers. In 1909, Sonora Smart Dodd heard a sermon about Mother's Day and felt that fathers deserved just as much credit. Her father, William Jackson Smart was a single father who raised six children alone. Inspired by his dedication and the sacrifices he had made after the passing of his wife, Dodd suggested to her pastor that a similar holiday must be held to honour fathers worldwide.

Dodd initially suggested June 5, her father's birthday, as the date for the celebration. However, the pastors needed more time to prepare their sermons, and the first Father's Day was eventually celebrated on June 19, 1910, in Spokane. Over the next few decades, there were attempts to establish Father's Day as a national holiday, but these efforts were often met with scepticism. Father's Day began to gain more traction during World War II when advertisers argued that celebrating Father's Day was a way to support the war effort. However, it was not until 1972 that Father's Day became a permanent national holiday.

Today, Father's Day is celebrated all over the world to appreciate fathers for their contributions and to show their affection towards them through gifts, meals and special events. From its humble beginnings inspired by a loving daughter's admiration towards her father, Father's Day represents a journey marked by the recognition of fathers. It serves as a reminder of the importance of honouring our fathers for their profound influence in our lives.



# Summer Is Here

Tuba Rizwan, X E



In whispered breeze, the season calls,  
As sunshine dances, the summer sprawls.  
Beneath the azure, skies stretch wide, In golden fields, dreams abide.  
The air is sweet with floral sighs,  
As laughter echoes 'neath cerulean skies.  
The rivers hum a gentle tune,  
Beneath the sultry, summer moon.  
Gardens bloom with vibrant hue, Each petal stained with morning dew.  
In every leaf, in every tree, The pulse of life, untamed and free.  
With barefoot steps, we chase the day, In fields of green, we find our way.  
With every dawn, a new delight,  
As summer paints the world in light.  
So let us revel, let us cheer, For now, my friends, summer is here.  
In its embrace, let's find our glee,  
Beneath the sun's warm sovereignty.



# My Travel Plans For Summer

Avantika Pandey, 7 B



Summer is often linked to luxurious vacations, but it's also a time full of fun and meaningful experiences beyond fancy resorts. For some people, it's all about the simple pleasures like taking an early morning walk in the radiant sun while for others, they may enjoy the luxurious vacations on pristine beaches and indulgent spa treatments. I eagerly anticipate numerous enjoyable and rewarding experiences this summer. Let me share some of my summer plans.

This summer, the first thing I look forward to is a two week visit to the beautiful and tropical Indonesian province of Bali. I plan to enjoy the island's stunning beaches, picturesque fields, serene temples, and vibrant culture. Furthermore, I'm thrilled to be spending some quality time with my family, sharing a swim at the beach or pool, and playing plenty of board games. These activities will surely offer the perfect balance of leisure and recreation, allowing us to make memories that will last a lifetime.



In addition to family time, I will dedicate around 10 minutes to journaling or yoga each day as a form of self-reflection. This will help me stay goal-centered and mindful. Lastly, I would like to update my blog at least once a week now that I'll have all the time to spare. Overall, I hope my summer brings out the perfect blend of productivity and pleasure.

# 5 Easy DIY Father's Day Gifts

Saniksha Singh, 8 D



Father's Day is an important event. It is a time to celebrate the special men in our lives via heartfelt gestures, conveying appreciation and love. Here are five DIY projects for Father's Day, to honour our daily superheroes who work hard to make our lives better every single day.

## 1. Personalized Mug:

Personalize a mug for you dad to drink his favorite beverages in.

<https://www.ahijoy.com/blogs/tips/how-to-make-personalized-mugs-at-home>

## 2. Bookmark:

Make a bookmark for your dad to help mark his place in the novels he reads.

<https://diycandy.com/diy-bookmarks/>

## 3. Pinch Pot:

Make a pinch pot for your dad to keep his trinkets in. Decorate it as per his preferences.

<https://emmaowl.com/make-pinch-pot/>

## 4. Air Fresheners:

Help your dad keep his car smelling fresh with a DIY air freshener.

<https://novusglass.com/en-au/industry-insight/revamp-your-car-interior-how-to-make-your-own-car-air-freshener/>

## 5. Personalized Photo Frame:

Create a custom photo frame using simple materials around the house.

<https://frameley.com/resources/10-creative-diy-ideas-for-personalized-photo-frames/>







# Yoga - The luxury of life

Beneath the ancient oak,  
Where roots entwine,  
Peace flows in nature's wake,  
Yoga - my haven, divine,

The sun salutes the sky, the golden arc of light,  
The eagle pose marking our inner flight,  
Mountain pose stands firm, rooted in the ground,  
While cobra rises, unbound,

Guided by sun and moon, we stretch and bend,  
Yoga weaves a tapestry, a peaceful journey's blend.  
The rustling leaves, the birds' melodious cue,  
Nature's asana - timeless, ever renew.

**- Jasmitha Kaur, X-F**



# Father's Day

Zahara Gera, 8 E



It's Father's Day, what a special day to celebrate!

He is the man who makes every day great.

He helps us learn and grow,

He loves us more than we know.

He hears my problems, he mends our fears,

He listens close, he always hears.

With a gentle smile and a loving heart,

He has been there for me since the start.

He catches us when we fall,

He's always there to hear my call.

With open arms and a happy smile,

He makes me feel safe all the while.

He works so hard, every day,

To give us food and time to play.

With funny jokes and puppet shows,

He makes us laugh when we feel low.

On special days and normal too,

He shows love in all he'll do.

With every hug, with every cheer,

He makes our world feel safe and clear.

So here's to you on this special day.

Thank you for showing me the way.

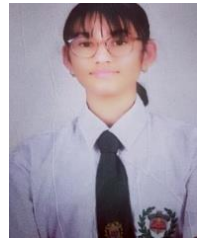
With all my heart, I want to say,

I love you more than words can say.



# Music- Food For The Soul

Samara Saif, 8 E



In the stillness of the night  
The silence overlaps the dark  
A melodious sound took flight  
Awakening a dream.

The strings of the guitar whisper in my ears  
Piercing through every soul  
Struggling to get out.

Black sorrow filled their hearts  
Canorous mumbles unfolded them  
The music in their core still glisten.

The chime of the holy lyre  
The keys of the broken piano  
The gaze of them lingered through the light

Celestial bodies swallowed them whole  
Blissful words spat from their mouth  
Will the heavens hear their call?

Music is their only escape,  
In this dreadful world  
Can they live peacefully once and for all?



# My Travel Plans for Summer



Sneh Nair, IX-A

What are your summer plans? After my half-yearly, summer vacation will be around the corner. I am planning to travel with my family to New Orleans, USA. New Orleans was founded by the French in 1699. New Orleans is known for its music, cuisine, annual celebrations, festivals, and unique dialects. Also, known for its supernatural activities, vampirism is because of its dark and mysterious history, with its association with death, the occult, and voodoo, as well as its cemeteries, which are above the ground, and its historic haunted houses. Last year, I read about the natural disasters New Orleans faced. I had seen pictures online of how New Orleans looks like now. It was truly fascinating, no matter how many natural disasters and losses the citizens of New Orleans have faced, they managed to build it back into something beautiful.



We are planning to visit some historical or tourist attractions such as Jackson Square, the French Quarter, Café du Monde, and many more. Jackson Square is named after Andrew Jackson, the seventh President of the United States and a leading general in the War of 1812 in New Orleans. The French Quarter in New Orleans is also called a Vieux Carré, known for its vibrant and diverse attractions. The French Quarter is a lively and historic neighbourhood that embodies the essence of New Orleans' culture. See the Historic Architecture, Shops, Café or Restaurants, many Buskers around, Art Galleries, Museum, Events, etc. The New Orleans Jazz Museum is in the heart of the city, the French Quarter. It showcases the history and culture of jazz. Café du Monde comes from French, meaning “Café of the World” or “The People’s Café”, known for its café au lait and beignets.

We are planning to depart from Dubai on 13 July till 20 July. I am excited about the opportunity to immerse myself in the unique charm and flavours of New Orleans, creating memories with my family. Looking forward to exploring the city in real life and learning more about it. Until the next time, experience a new city! Hope to inspire you all, to see a new place through my eyes.

# Five Easy DIYs for Father's Day

Umaiza Kazi, X J



Father's Day is around the corner, and what better way to celebrate your dearest Dad than with a thoughtful, handmade gift that has love and wholehearted affection poured into it? Here are five easy DIY ideas that will surely bring a smile to his face and ignite joy in his heart.

**Personalized Mug:** Let your creativity and artistic side shine as you decorate a plain ceramic mug with porcelain paint markers. Do be sure to add a personal touch with a quote from his favourite movie or a silly dad joke.

**Customized Phone Case:** Craft a unique phone case by sticking nostalgic pictures of fun memories in a clear phone case and arranging them in an artful pattern that appeals to your dad's eye.

**Homemade Chewy Chocolate Chip Cookies:** Whip up a batch of delicious chocolate chip cookie batter and bake them to surprise your dad on the special occasion. Customize the recipe with your dad's favourite flavors and present it in a fancy box with a personalized label.

**Memory Jar:** Create a special memory jar by decorating a glass jar and encouraging family members to write down their favourite memories with dad. Fill the jar with these heartfelt notes and present it to him on Father's Day.

**Pop-up Card:** Get creative with different coloured papers to create a colourful array of pop-ups on a blank white A4 sheet that is sure to have him ebullient. Have each family member sign it so he is able to cherish their mark forever.

These DIY Father's Day gifts are not only easy to make, but also filled with adoration and consideration, making them the perfect way to show your dad how much he means to you.



# Influencer Market Oversaturation: Navigating the New Normal

Hazel Shine George, XI D

We all know how it feels to open a website, only to get bombarded with countless ads, posts and messages. Day by day, the challenge of standing out is getting fiercer. The influencer market, once a nascent and novel domain, has rapidly expanded into a sprawling industry valued at billions of dollars globally. However, this growth has led to an inevitable consequence: market saturation. This article delves into the factors contributing to this saturation and its implications.

Today, it seems everyone with a social media account is striving for influencer status. According to a recent report, there are over 50 million people around the world who consider themselves creators. This massive influx has led to an oversaturated market where standing out is a major stressor for all.

As more influencers enter the market, the authenticity that once characterized influencer marketing is at risk. Audiences have become increasingly skeptical of influencers who promote products without genuine enthusiasm or alignment with their personal beliefs.

Furthermore, for influencers, the competition is fiercer than ever. New entrants must differentiate themselves in a crowded field where many niches are already dominated by established figures. This makes it harder to grow a following and secure lucrative brand deals.

The saturation of the influencer market is a double-edged sword. While it signifies the maturity and success of the industry, it also presents challenges for influencers. By focusing on authenticity, leveraging data, and continuously evolving their strategies, influencers and brands can navigate this crowded landscape. As the market evolves, those who adapt and innovate will find opportunities to stand out and succeed.



# Father's Day

Ansh Joshi, XI-A



*To The Man We Respect*

Every morning, I see my father  
making breakfast with joy and laughter  
He is happy with my smallest achievement  
and always keeps his commitment.

Anytime a problem arises  
he gives me better advice.  
Never has he asked us to clean the shelves  
because he has shaped us like tiny elves.



Nowadays, we call our fathers; names such as pop  
but we will always remember that he is on top  
He might have started his journey with nothing  
but looking at him today, makes me say he is everything.

In my difficult times, whenever he is near me  
he is ready to cheer for me  
The smartness he possesses  
reminds me of his success.

# Music - Food for the Soul

Saurabhi Pandey, IX G



In melodies soft, the soul finds its food,  
Notes like whispers, lifting the mood.  
Harmonies blend, a symphony's call,  
In music's embrace, we find our all.

Rhythms and beats, a dance of delight,  
In tunes and melodies, our spirits take flight.  
Each chord a flavour, a savoury treat,  
In music's buffet, our senses meet.

Strings and keys, a harmonious blend,  
In melodies sweet, our troubles transcend.  
For in music's embrace, we find our role,  
A nourishment deep for heart and soul.





# Crafting a Winning College Essay: Strategies for Success

Priyanaa Santhosh

Your academic performance in high school indicates how well you might do in your college coursework, but it does not paint the entire picture. Here is where college essays play a pivotal role. College essays are critical because the admissions committee at most institutions, particularly more selective colleges, want to know more about you beyond grades and test scores. College essays at many various colleges abroad may be the difference between acceptance and rejection at your desired college. Some strategies to unlock the potential of your college essay and to stand out in a sea of applicants are as follows: -

## Find Your Unique Voice:

A college essay is your opportunity to show your uniqueness, the difference of you from others and your individuality and different perspectives.

**Be Yourself:** Truly be yourself and do not mold yourself to be someone you are not just for the sake of the essay. Be yourself and speak of who you are and what your interests and genuine beliefs are.

## Originality is Key:

The key to any essay begins with the originality of a person. On reading an essay, one must identify who you are by what you have expressed in the essay. Embrace your quirkiness, eccentricity and be who you are. Do not form a fictitious person of who you are not and value your idiosyncratic nature.

## Display your growth and development:

It is necessary to show who you truly are and what you have faced in the previous years of life. It is always said that circumstances change people and experiences build people, therefore it is necessary to highlight your growth. It is also obligatory to mention how you have developed as a person and what you are willing to change if given the opportunity to.

Crafting a winning college essay requires a combination of originality, creativity, and attention to detail. By following these strategies, you can unlock the full potential of your college essay and increase your chances of standing out to admissions officers.

Good luck!

# "No One Has Ever Become Poor From Giving"

Aarsh Jain, 11A

"No one has ever become poor from giving." Anne Frank's poignant words remind us of a truth that resonates across time and cultures. Imagine a world where generosity is the norm and not the exception. Can you see it? A place where sympathy flows like a river, nourishing every soul it touches.

Picture this: bustling city streets alive with acts of compassion. Icons of empathy; Oprah, Rowling and Buffett, turned prosperity into a symphony of donations. Could it be that the true measure of wealth isn't what we accumulate, but what we distribute? "We make a living by what we get, but we make a life by what we share", said Winston Churchill, capturing the essence of a life well-lived.

Remember the last time you extended a hand to someone in need? That warmth in your core, that sense of fulfillment, wasn't it priceless? Generosity is infectious. One good deed can spark a chain reaction, spreading joy and fostering connections. Why, then, do we often hesitate? Perhaps it's the fear of not having enough, yet those who share freely often find their lives abundant in ways they never imagined.

So, let's flip the script. Let's dare to make sharing a daily ritual. What if we all committed to one small act of kindness each day? The world could be brighter, communities stronger, and our hearts fuller. Because when it comes down to it, the greatest riches are found not in what we keep, but in what we share. Embrace pastoral care, and bestow with flair, for in generosity, true wealth is found everywhere.



# Stereotypes Of ADHD And Understanding How To Interact With Someone With ADHD

Hamzah Matin, 12-A

Firstly, to understand ADHD, we must first abandon all stereotypes we hold of it. ADHD is one of, if not the most common, mental disorders affecting children. This regularity has often caused the disorder to be miscategorized and, worse, misdiagnosed. Not everyone has ADHD, and just because you feel unfocused or find it hard to concentrate does not mean you qualify as a person suffering from ADHD. ADHD is also not the end of the world, in any case. The world houses some incredible figures who, throughout their journey to success, had to take on their ADHD as well. Names like Michael Phelps, Richard Branson and even Leonardo da Vinci have been very public about their struggles with ADHD.



ADHD is also becoming more commonplace. As this world becomes an endless cycle of overstimulation throughout the day, children's attention spans are decreasing more than ever. The content being circulated on most social media platforms is slothful, but they seek to grab attention momentarily with cheap tactics that have deteriorated the concentration level of children. What children view also can be a telling factor on whether they develop or worsen their ADHD. Exhilarating content such as action and violence best captures the attention of a viewer so it is often posted on the internet, and children who view this type of content frequently develop violent impulses as that seizes their attention the best. On the other hand, peaceful content such as audiobooks or podcasts can improve the state of mind and attention of people with ADHD.

Thus, self-control is very much advised when scrolling on social media platforms. If we now have a clearer idea of why people suffering from ADHD act the way they do, knowing the best way to respond to them is important as well. Patience is the most important step, as children with ADHD can be impulsive and rude so you mustn't lose your cool while dealing with them. Constantly redirecting their attention whenever they go on a tangent will help in improving their attention and making the child aware when they are losing focus. But most of all remember that children with ADHD are people too, with feelings and thoughts of their own. Though they might be jumpy at times, remember to respect them and their aspirations, as the thoughts and opinions they form are no lesser than ours.

# Honoring Fathers: The Backbone of Society

Faisal Akhtar, 11-H

Father's Day, celebrated worldwide to honor fathers and fatherhood, has a rich and varied history that traces back to the early 20th century in the United States. Its origins are rooted in the desire to acknowledge the pivotal role fathers play in the family and society.

The idea of Father's Day was first conceived by Sonora Smart Dodd of Spokane, Washington. Inspired by the American Mother's Day celebration, Dodd sought to establish a similar day for fathers. Her motivation stemmed from her own father's efforts; William Jackson Smart, a Civil War veteran, raised six children as a single parent after his wife died during childbirth. Dodd felt that fathers like hers deserved a special day of recognition.

Dodd initially proposed the idea in 1909 and suggested June 5, her father's birthday, as the day of celebration. However, due to logistical issues, the first official Father's Day was observed on June 19, 1910, in Spokane. This event included a church service where Dodd delivered a speech in honor of fathers.



Despite the local success in Spokane, Father's Day did not gain immediate nationwide recognition. The concept faced resistance and was often met with derision. Critics viewed it as an attempt to replicate Mother's Day, doubting the need for another similar holiday. However, support gradually grew over the years, partly fueled by the efforts of various trade groups that saw commercial potential in the celebration.

Father's Day received formal endorsement at different stages. President Calvin Coolidge recommended it as a national holiday in 1924, but it was not until 1966 that President Lyndon B. Johnson issued the first presidential proclamation designating the third Sunday in June as Father's Day. This proclamation recognized the role of fathers in their children's lives and society. Finally, in 1972, President Richard Nixon signed a law making Father's Day a permanent national holiday in the United States.

# International Day Of Music: The Strongest Form Of Magic Is Music

Devyani B Sawarkar, 8 B

Music, some might say, is the strongest form of magic. It transcends language, culture, and time, weaving a spell that alters our moods, evokes memories, and even unites us. From the soaring melodies of Western classical music to the intricate improvisations of Hindustani classical, music possesses a power unlike any other.



Western classical music, with its grand symphonies and virtuosic concertos, can transport us to another world. The powerful crescendos of Beethoven's 5th Symphony ignite our spirit, while the delicate melodies of Mozart's serenades soothe the soul. As the famed composer Gioachino Rossini once said, "Music is a shorthand of emotion."

# International Day Of Music: The Strongest Form Of Magic Is Music

Devyani B Sawarkar, 8 B

Meanwhile, Hindustani classical music, with its emphasis on improvisation and emotional depth (raga), creates a more intimate connection. The intricate interplay between the tanpura and tabla creates a mesmerizing soundscape, transporting the listener to a meditative state. As the legendary sitarist Ravi Shankar put it, "Music is a language that speaks to the soul."



Megh Malhar is a Hindustani classical raga. The name derives from the Sanskrit word Megh, meaning cloud. Legends say that this raga has the power to bring out rain in the area where it is sung. Megh Malhar is similar to raga Megh with a tint of Malhar in it

# Exploring The Outcomes Of COP 28

Kriday Grover, 8 B



The 28th Conference of the Parties (COP 28) to the United Nations Framework Convention on Climate Change (UNFCCC) finished on 12 December 2023, marking a significant milestone in the UNFCCC to address the pressing issue of climate change. The conference brought together world leaders, policymakers, and stakeholders from around the globe to negotiate and establish new commitments and strategies to mitigate the impacts of climate change.

One of the key outcomes of COP 28 was emphasis on the Paris Agreement's goals. Participating nations reaffirmed their commitment to reducing global temperature rise to below 2°C above pre-industrial levels, with efforts to achieve a 1.5°C target. To achieve this, countries agreed to enhance their Nationally Determined Contributions (NDCs) and submit more ambitious climate action plans by 2025. This includes increasing the global share of renewable energy to at least 60% by 2030 and reducing greenhouse gas emissions by 45% by 2030 compared to the levels in 2010.



Over 50 national and international oil countries signed a decarbonization charter, representing around 40% of global production. The initiative's three main goals are to achieve near-zero methane leakage from the production of oil and gas by 2030, zero routine flaring (burning of excess gas) by 2030, and net zero emissions in each company's direct operations (as opposed to the use of their products) by or before 2050.

Furthermore, the countries were initially hesitant about the COP 28 conference happening in Dubai, a place that depends on fossil fuels and oil for a source of energy. However, during the conference, many Emirati companies signed the decarbonization charter which let the countries go through the 28th conference with ease.

In conclusion, COP 28 was a crucial step in the global fight against climate change. Despite initial concerns about its location in Dubai, significant progress was made, including strengthened commitments to the Paris Agreement's goals and the signing of a landmark decarbonization charter by over 50 oil-producing countries. And finally, on December 12th<sup>23</sup> the conference concluded with solutions to address the climate crisis.

# Listening To Your Body And Mind Through Yoga

Meghna Anil, 7 E



What is Yoga?

Yoga, rooted in ancient Indian traditions, harmonizes the mind, body, and spirit. Through poses, breathing, and meditation, practitioners seek balance and self-awareness. While modern yoga prioritizes fitness and stress relief, it aims for deeper self-realization. Various styles offer unique paths to these goals.

How do we listen to our mind and body through yoga?

**Breath Awareness:** We focus on our breathing patterns during yoga. By taking deep breaths and paying attention to how it feels as air enters and leaves our body, we calm our mind and reduce stress.

**Body Awareness:** Embrace the gentle whispers of your body during yoga. Feel the warmth of each stretch, the gentle release of tension, and the soothing rhythm of your breath. Listen to your body's wisdom, honoring its needs with care and kindness as you move through each pose. This mindful awareness not only fosters physical well-being but also cultivates a deeper connection to yourself, promoting inner peace and harmony.





# The History Of Father's Day

Ajith Santosh Prabhu, 7 E



Father's Day celebrates fathers and their significant impact on families and society. Its origins date back to July 5, 1908, in Fairmont, West Virginia, when Grace Golden Clayton organized a service to honor fathers who had died in a mining accident. The holiday gained momentum through Sonora Smart Dodd, who, inspired by Mother's Day, established the first official Father's Day in Spokane, Washington, on June 19, 1910, to honor her father, a Civil War veteran. The idea slowly gained popularity, and in 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers. In 1972, President Richard Nixon signed it into law, making Father's Day a permanent national holiday in the United States. Today, Father's Day is celebrated worldwide, with different countries adopting unique traditions to honor fatherhood and paternal bonds.

Grace Golden Clayton



Grace Golden Clayton was the organizer of the first known Father's Day service on July 5, 1908, in Fairmont, West Virginia. She initiated the event to honor 210 fathers who lost their lives in a mining disaster, laying the foundation for the celebration of Father's Day.

Sonora Smart Dodd



Sonora Smart Dodd is credited with establishing the first official Father's Day in Spokane, Washington, on June 19, 1910. Inspired by Mother's Day and motivated by her father, a Civil War veteran who raised six children alone, she campaigned for recognition of fathers

# The History Of Father's Day

Ajith Santosh Prabhu, 7 E



President Richard Nixon



President Richard Nixon officially recognized Father's Day as a national holiday in the United States in 1972. His signing of the law ensured the permanent celebration of Father's Day on the third Sunday in June, solidifying its place in American tradition.

Father's Day is a cherished celebration honoring the invaluable role of fathers in society. Recognized globally, it continues to highlight the significance of paternal bonds and contributions



# YOGA'S SIMPLE FLOW



**BY- DHRUVI  
UPADHYAY  
VII-F**

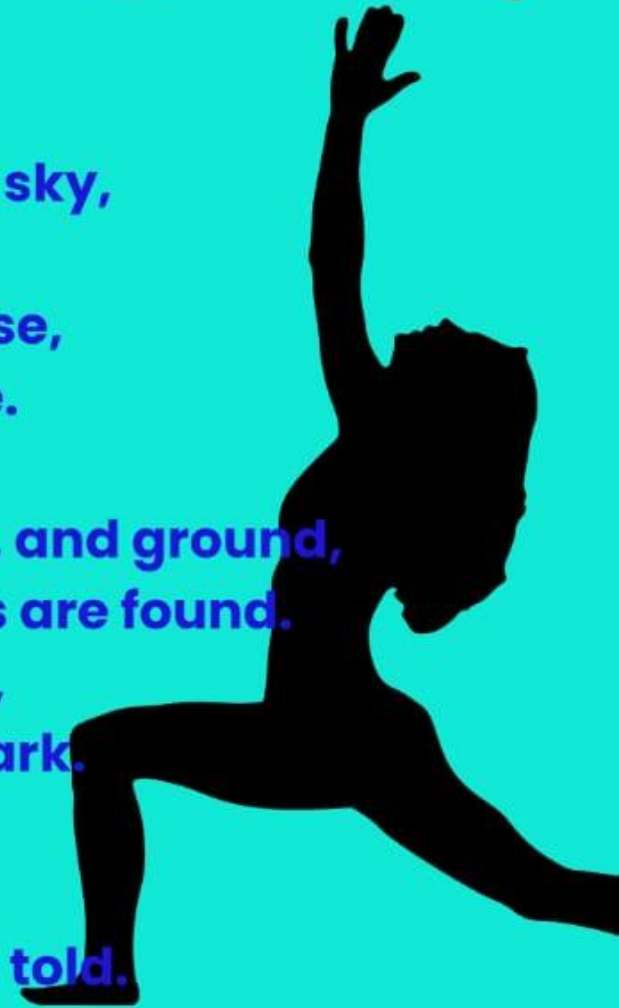
In the morning's soft light,  
I start my yoga flow, feeling all right.  
Breathing in, worries cease,  
In every pose, I find peace.



Mountain pose, strong and tall,  
I stand firm, can't fall.  
I might touch the blue sky  
As I am reaching this high

Cobra pose, a stretch from heart to sky,  
With each stretch, I fly.  
Opening chest, let the fears release,  
In yoga's flow, I find inner peace.

Bridge pose which lifts, connecting me, sky, and ground,  
With sky above that you and I see, dreams are found.  
Strength and grace in each arc,  
In this journey, let us all leave a mark.



Warrior pose, brave and bold,  
A story of strength, that was always told.  
With our steady gaze, facing the sun,  
In every battle, I will and have won.



Lotus pose, in a quiet trance,  
A silent song, a gentle dance.  
While meditating deep, I'm free,  
In yoga's bright light, You find you and I find me.





JOYFUL GRASS, VIBRANT SKIES  
THE BEAUTY SUMMER, INFRONT OF YOUR EYES  
FLOWERS BLOOM IN COLORS BRIGHT  
THE SUN EMERGES WITH A RADIANT LIGHT  
SEAGULLS GLIDE ALONG THE SHORELINE'S  
BEND

DYNAMIC COLORS-: A PERFECT BLEND  
THE FEELING OF SAND BENEATH YOUR FEET  
SOFT AND WARM- A SENSATION SWEET

HAPPY SMILES LIGHT UP SUMMER DAYS  
RADIANT JOY IN EVERY ASPECT AND WAY  
DARJ GRAT SKIES REPLACED WITH BRIGHT BLUE  
A SHIFITING CHANGE FOR A SEASON BEAND  
NEW

GOLDEN SAND STRECHED FAR AND WIDE  
WHERE THE HORIZION MEETS - SUN AND SEA  
COLLIDES

SUN - KISSED SHORES A TRANQUIL BREEZE  
WHERE ALL YOUR WORRIES DROWN INTO EASE

SEASHELLS SCATTERED ALONG THE COSTAL  
BAY

SUMMERS JOY CELEBRATE DIN EVERYDAY  
SERENE WAVES, CLEAR BLUE  
NEW MEMORIES, UNFORGETTABLE VIEWS



Alyaan

KG-2-I

My Dad is a Superhero

He has no force masks,  
no gadgets, no emblems  
but I like him the  
most. He doesn't climb  
tall towers or fly  
across the sky but  
he lifts me when I  
cry. He reads me lot  
of stories and gives  
me the best bear  
hugs. He picks me  
up and swirls me  
round and never lets  
me fall. In each  
and every way I  
love him more than  
words can say.



Alyaan - KG II I

# INTERNATIONAL DAY OF YOGA



The 'International Day of Yoga' is celebrated every year on June 21st with the aim of creating global awareness about the various benefits of yoga as a holistic approach.

Yoga is an amazing way to energize the body and mind at the start of the day. Practising yoga on a regular basis can help students with stress reduction, relaxation, and rejuvenation.

This year's theme for the International Day of Yoga is 'Yoga for Women Empowerment.'

Yoga is a comprehensive tool for empowering women. It not only strengthens bones, muscles and improves flexibility but also helps women enhance their physical, mental, emotional, social, and spiritual health.

A society where women are as empowered as men is a balanced and healthy society.

By Shresth Tyagi - 4 G



# My Father Is My Superhero

Varshit Singh Nagarkoti, Grade: IV-F



We all know that superheroes with capes, special powers, and the ability to save the world. For me, that superhero has always been my father. He might not fly or possess supernatural strength, but his everyday acts of love and wisdom have made him a true hero in my eyes.

My father has always been a pillar of strength and support. No matter the challenge, he faces it with unwavering resolve, teaching me the importance of perseverance and resilience. His love is a constant, steady force that I can always rely on.

He is, and always will be, my hero.

Yoga poses on Father's Day with my dad 'Happy Father's Day'



# **Hello Summer**



**By Shashi Pathak 3E**

**Hello, summer, how are you? You've  
returned with gifts anew  
Bringing holidays and cheer, Hot days to  
enjoy, a few  
We can play and watch cartoons, Freed  
from schoolwork's afternoon  
Comic books, a world to read, Friends  
and laughter, all we need  
To our homeland we may fly, Meet the  
family, hug goodbye  
Only, only, thanks to you, "Summer  
holiday," so true  
Summer, you're the time for fun, Play  
and swim beneath the sun  
Thank you, summer, for your stay, We'll  
make the most of every day.**



Sashi Pathak

Grade: III-E



# Father's day poem

In love's embrace, with wisdom's  
light,  
Father's strength, a beacon bright.  
Lessons taught, memories shared,  
In your love, we're always paired.

Happy Father's Day, with hearts  
sincere,  
Grateful for you, year after year.

**Lavin Khanna 4-I**



# My Dad is My Superhero



Anika Jha, II-G

A 'Superhero' does the unimaginable, creates magic, shows extra strength, fulfills our wishes and lightens us up when we are sad. When I think of a superhero, I think of my Dad. My Dad encourages me, cheers me, celebrates my wins and losses, becomes silly with me, plays pretend play with me, provides me with the best, and most importantly even if I give up he doesn't give up on me.

He is my superhero without a cape. He is my Ironman, Hulk and even Elsa when I need him to be. He teaches me to be humble, kind and polite. That's what a superhero does and I am so proud of him.



# Father's Day



Rishelle Penha , II-B

Happy Father's Day to my amazing dad, my hero and best friend! Every day, he pedals me to school on his bicycle, and it's always an adventure. He encourages me to learn and try new things, never saying no. Dad calls me his princess, and I know I mean the world to him. You're my superhero, Dad, and you can fix anything! Love you lots!

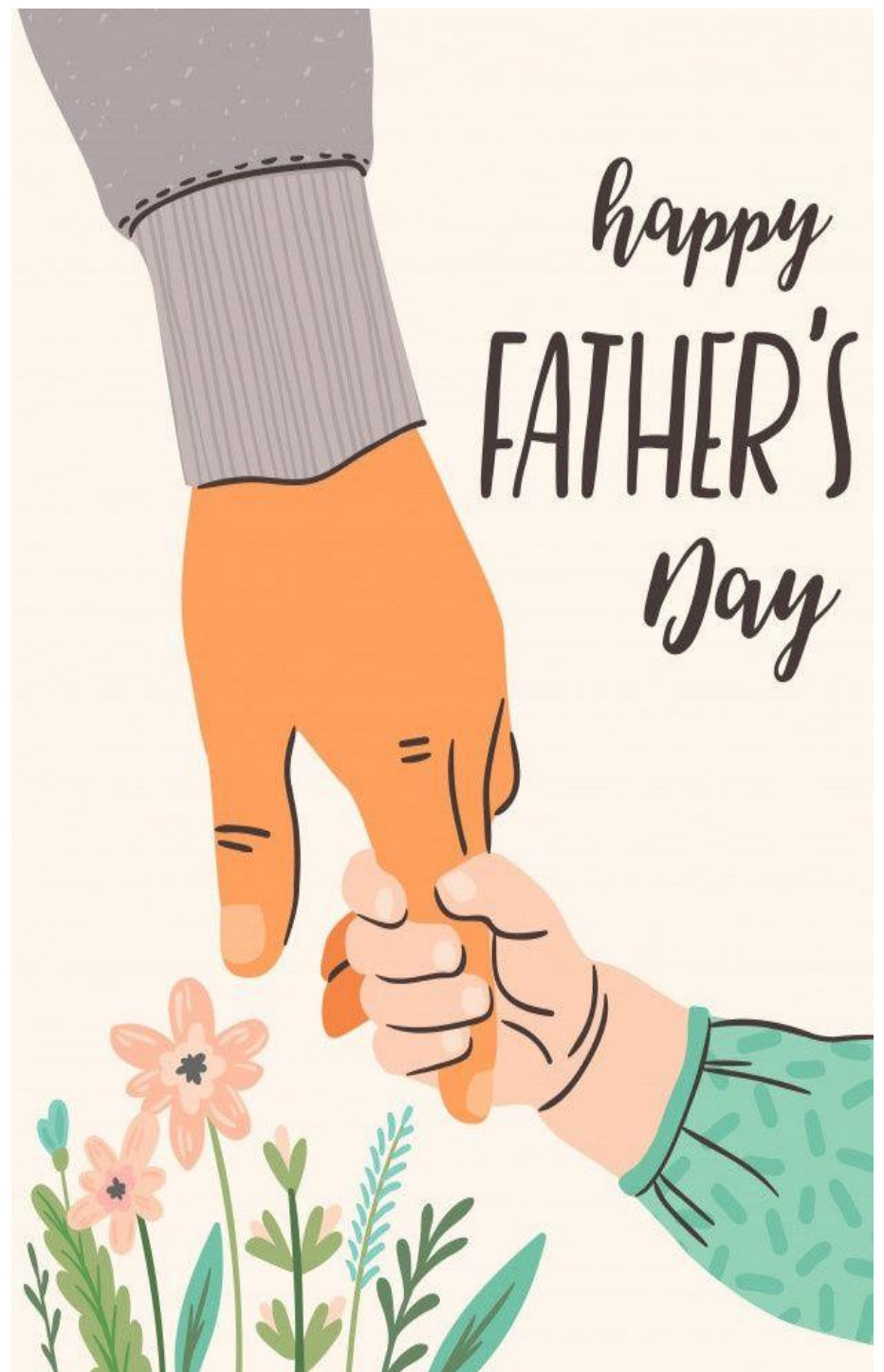


# Father's Day

Abhijay Chauhan, I-C



Dad, you're my rock, my guiding star,  
In your footsteps, I'll never be far.  
Your wisdom, your strength, they light my way,  
I'm grateful for you every day.  
Your love is boundless, your heart so kind,  
In your embrace, peace I always find.  
On this Father's Day, I want to say,  
Thank you, Dad, in every single way.



# Daddy

Dikshith Girish Kumbar, II-A



"You have loved me and held my hand since my birth.

There is no better daddy on all the Earth.

I will watch you as you guide me through life,

With you, I'll handle any strife.

You're my hero, that's the truth.

I'll look to you throughout my youth.

My handprint and handmade art

Here is for you to know:

You are always in my heart.

Happy Father's Day to you;

I want to celebrate all the days through."



# My Evergreen Superhero- Dada

Banumitra Ramkumar, II-A



Daddy, you're my shining star,  
Lighting up life, near and far.  
You've held my hand since I was small,  
In all the world, you're the best dad of all.

When I'm confused or things go wrong,  
You're always there, steady and strong.  
You're my cuddly teddy bear so dear,  
With a hug from you, there's nothing to fear

You call me your little princess, so sweet,  
Ready to catch me with your arms so fleet.  
You are my fabulous father  
Who knocks out all my bother

For all my days, I'll make you proud,  
Your laughter and joy will ring out loud.  
I love you more than words can show,  
My superhero, just so you know.



HAPPY FATHER'S DAY!

# Happy Father's Day

Jonathan Bhattarai, II-E



You are my strong pillar,  
You fulfill my needs,  
You provide me with everything,  
I know that you are amazing,

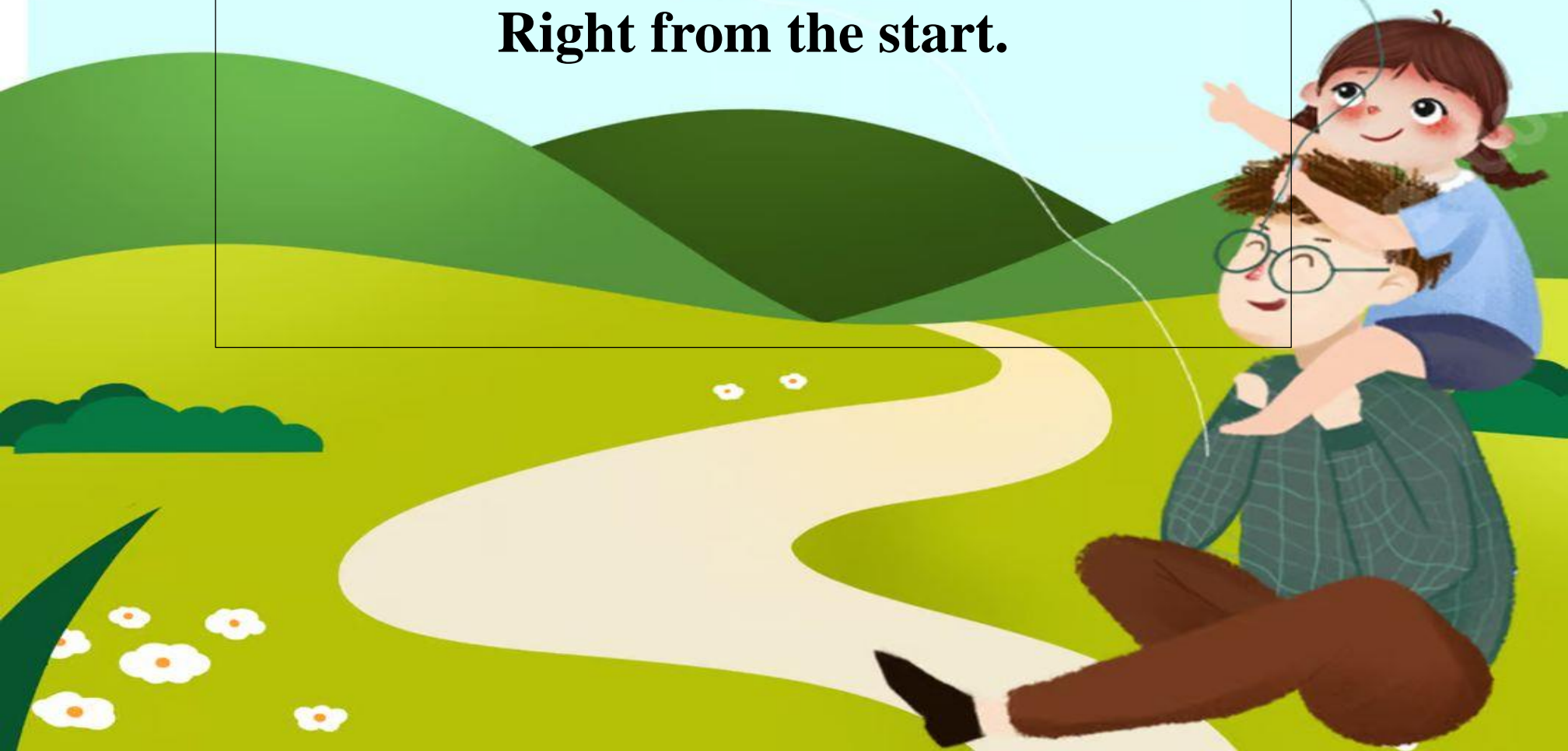
You teach me to do my best,  
I know you cook Biryani with great taste,  
You are my perfect chef,  
You are strong and brave,

You are my superpower,  
We play every day for one hour,  
Thank you Dad for all you do,  
Happy Father's Day and I love you!



# Superhero Dad

**Dad's my superhero,  
Lifts me way up high.  
He can catch the stars,  
Reach the bright blue sky.  
On this Father's Day,  
We'll have lots of fun.  
Playing games and laughs,  
Underneath the sun.  
Every day he's strong,  
With a loving heart.  
Super Dad is best,  
Right from the start.**





# Dad, My Superhero

Ziivaa Raina, II-D



In the quiet dawn of Father's Day,  
When morning's light begins to play,  
I celebrate with a heart so full,  
The man who makes my life so whole.

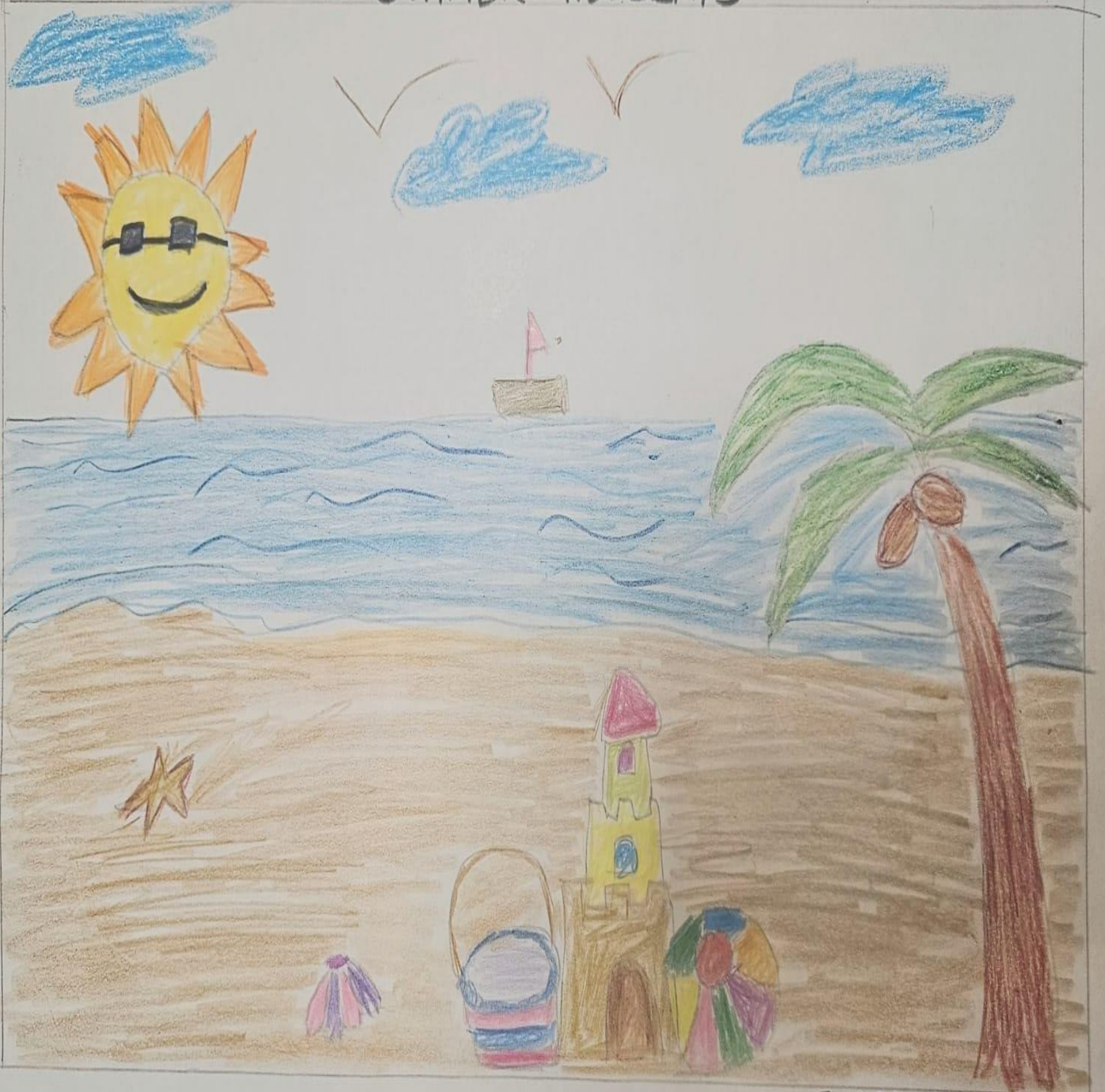
Through years that pass, through time's embrace,  
His smile remains a constant grace,  
A beacon in the stormy seas, A solace when my heart does seize.

He works with hands that never tire,  
Building futures, kindling fire,  
His sacrifice, a silent song,  
A melody that makes me strong.

So here's to you, my guiding star,  
You always show me who I truly am,  
On Father's Day, I honor thee,  
For all you are, and strive to be.

With love, I pen this heartfelt rhyme,  
A testament to endless time,  
For in your care, I've grown and thrived,  
With you, my world feels so alive.

# SUMMER HOLIDAYS



NAME - ZARA MOHAMMED

CLASS - KG 2 I

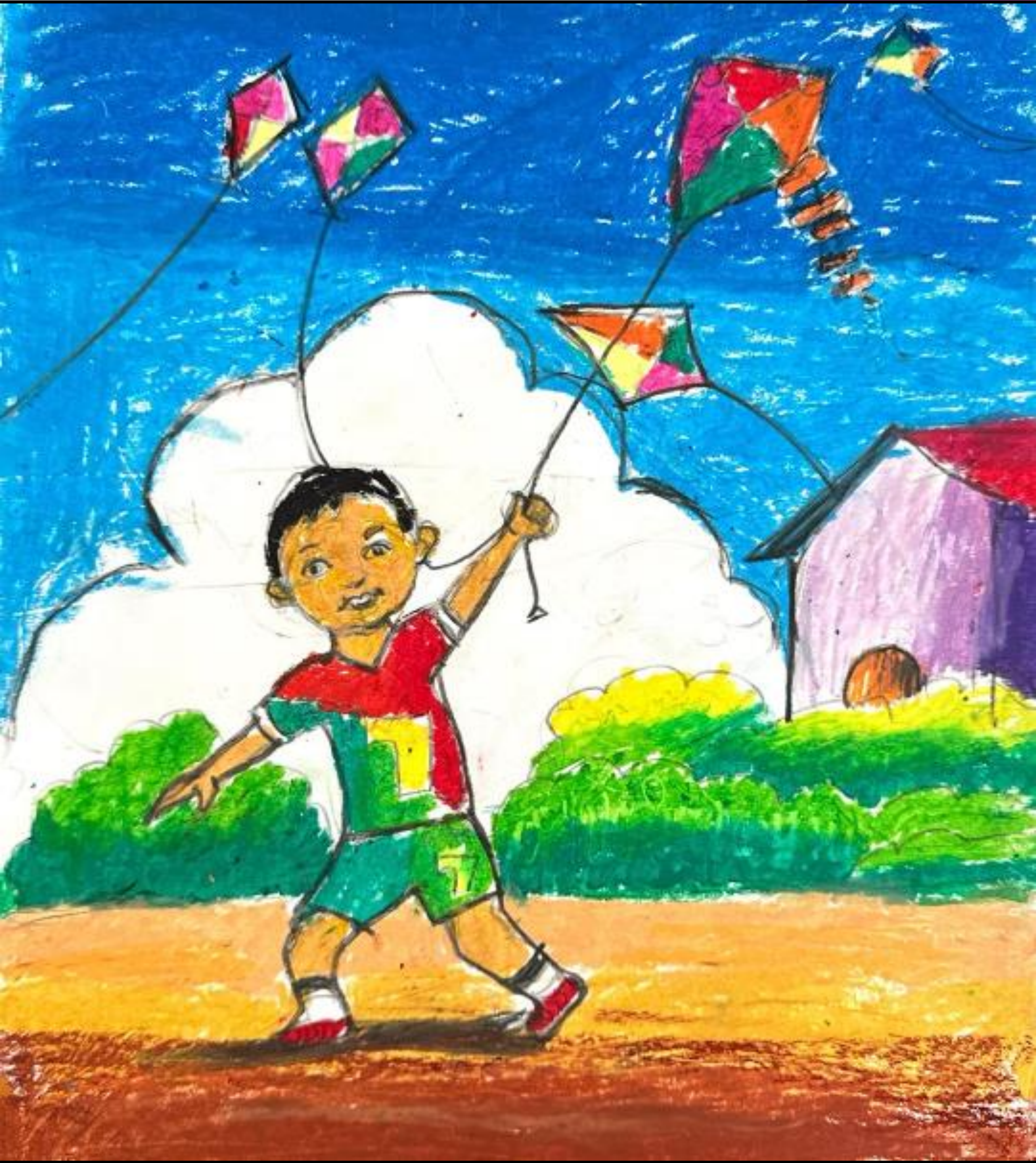
ZAIQ



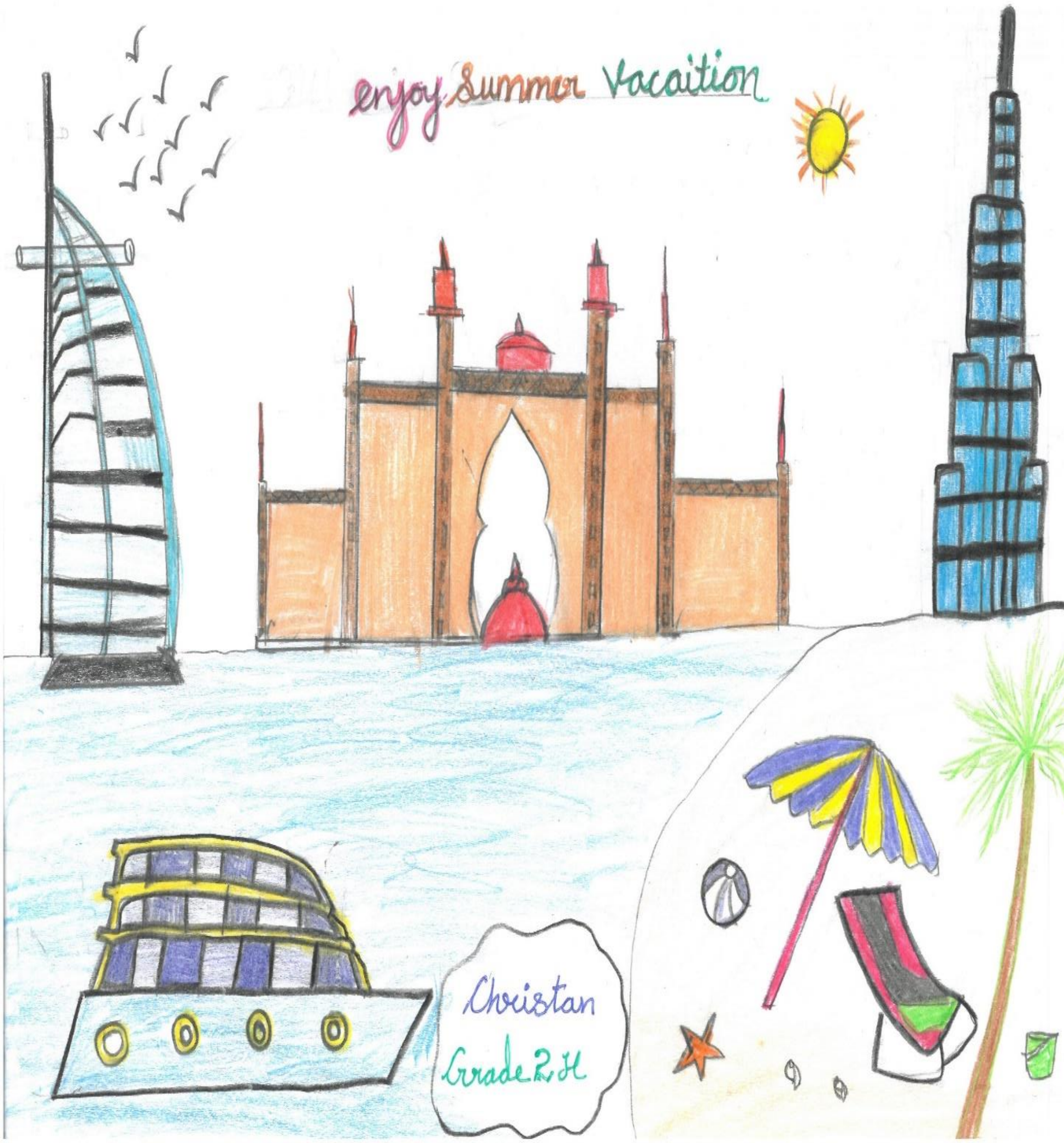
**Zara Mohammed - KG II I**



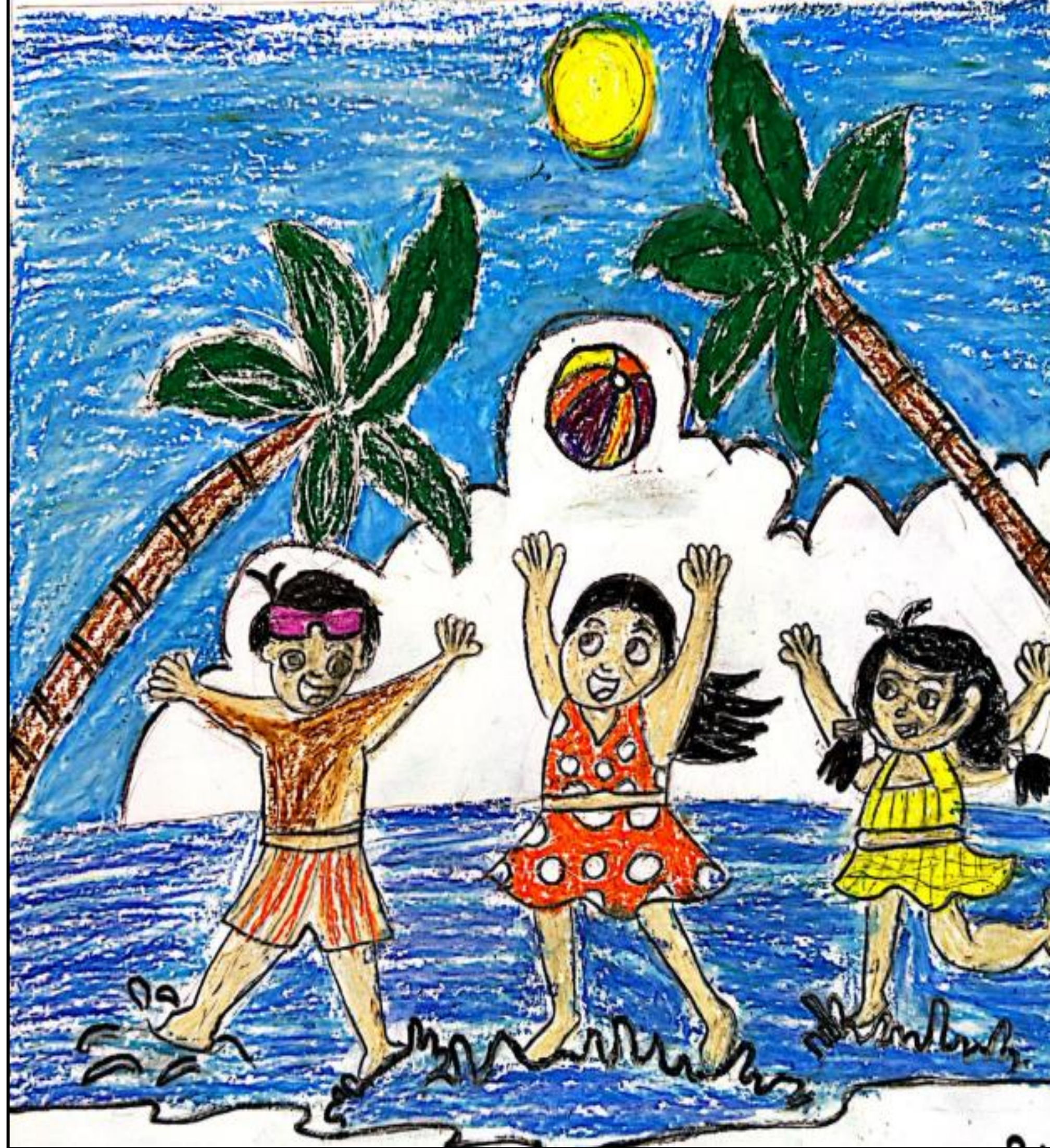
Sanskriti Prasad, Grade : IV-H



Krissen Noa, II-A



Christan Aadan George, II-H



Ziivaa Raina, II-D

# Fun Section

## LISTENING TO YOUR MIND, BODY & SOUL WORD SEARCH

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

Yoga  
Mindfulness  
Relaxation  
Balance  
Positivity

Healing  
Gratitude  
Self love  
Meditation  
Peace

Breathe  
Flexibility  
Posture  
Self care  
Strength

### ANSWER KEY

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



Anwasha Mukne, IX E

# Riddles

Hitasha Singla, IX A



1. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?
2. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?
3. I can be cracked, made, told, and played. What am I?
4. The more you take, the more you leave behind. What am I?
5. I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, and I can drown. What am I?
6. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
7. I can fly without wings. I can cry without eyes. Whenever I go, darkness flies. What am I?
8. The person who makes it, sells it. The person who buys it never uses it. The person who uses it never knows they're using it. What is it?
9. I have keys but open no locks. I have space but no room. You can enter, but you can't go outside. What am I?

## **Answers**

1. *An echo*
2. *Pencil lead*
3. *A joke*
4. *Footsteps*
5. *Fire*
6. *A map*
7. *A cloud*
8. *A coffin*
9. *A keyboard*



# Comics



**Oviya:** Hey Neha, have you made any plans for summer vacation yet?



**Neha:** Yeah, I thought we could explore rural India this time. Experience something different.



**Oviya:** Wow, look at this scenery! It's so peaceful and serene.



**Neha:** You know, in rural India, pastoral care is more than just a concept. It's a way of life. People here take care of each other like family.



**Neha:** It's amazing how welcoming everyone is here. You can really feel the sense of community.



**Oviya:** It has taught us the importance of kindness and connection no matter where we are in the world.

Oviya  
Bharathidasan, X F



# Word Search – Summer

Abigail George, 6 E



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

WATERMELON  
BATMINTON  
FOOTBALL  
BASKETBALL  
TENNIS  
RELAXING  
SWIMMING  
CRICKET  
TRAVEL  
BEACH  
GAMES  
LEMONADE  
STUDYING  
MALLS  
ICE CREAM

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

# Riddles

Priyanshi Dholakia, 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!

## What am I?

1. I am a tree, but I have no leaves or roots. I help you balance without even moving your boots.
2. I am a pose where you look like a dog, but I'm not found in a bog. My name means the earth is below, and you stretch your limbs just so.
3. In this pose, your back is a wheel, touching the ground with hands and heels.
4. I'm a pose that shares its name with a cat, but you'll stretch like a child, imagine that!
5. I'm fierce and strong, standing tall, I hold the pose long.
6. I'm full of water and waves, a place for sunny days. Kids love to swim and play.
7. I am a place where you can sleep under the stars, roast marshmallows, and listen to guitars.
8. I fly high in the sky with colors so bright, kids love to fly me when the weather's just right.
9. I am a treat that's cold and sweet, perfect on a summer's heat.
10. I float in the sky, sometimes shaped like a bear, making summer days fair.
11. I'm a large and colorful, laid on sand without a scowl. You sunbathe on me, feeling quite free.
12. I protect your eyes from the sun's bright light, making your vision just right.

### Answers:

1. Tree Pose, 2. Exercise Downward-Facing Dog, 3. "Wheel Pose", 4. Cat Pose, 5. Warrior Pose, 6. The Beach, 7. "Campsite", 8. Kite, 9. Ice Cream, 10. Cloud, 11. Beach Towel, 12. Sunglasses

# Riddles

Anish Verma  
Grade: V-B



1. Who is that with a neck and no head, two arms, and no hands? What is it?
2. How can you write down 8, eight times so that they add up to one thousand?
3. What English word retains the same pronunciation, even after you take away four of its five letters?
4. I am four times as old as my daughter. In 20 years', I shall be twice as old as her. How old are we now?
5. What common English verb becomes its own past tense by rearranging its letters?
6. Mr. and Mrs. Roy have six daughters and each daughter has one brother. How many people are in the Roy family?
7. Two girls have the same parents and were born at the same hour on the same day of the same month, but they are not twins. How can this be possible?
8. A farmer in California owns a pear tree. He supplies the fruit to a nearby grocery store. The store owner has called the farmer to see how much fruit is available for him to purchase. The farmer knows that the main trunk has 24 branches. Each branch has exactly 72 pieces of fruit, how many plums will the farmer be able to deliver?
9. I am strong enough to smash ships, but I fear the Sun. What am I?
10. I always follow you around, everywhere you go at night. I look very bright to people, but I can make the sun dark. I can be in many different forms and shapes. What am I?

**Answers: 1. A shirt, 2.  $888 + 88 + 8 + 8 + 8 = 1000$ , 3. Queue. Remove the "ueue" and you are left with "Q", 4. I am 40 and my daughter is 10, 5. Eat and Ate, 6. There are nine Roy's in the family. Since each daughter shares the same brother, there are six girls, one boy, and Mr. and Mrs. Roy. 7. They were not born in the same year, 8. None. A pear tree does not bear plums, 9. Ice, 10. The moon!**

# Riddles

Ankit Verma  
II-B



1) The more you take, the more you leave behind. "What am I?"

Answer – Footsteps

2) What has a head, a tail, and no legs?

Answer – A Coin

3) Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?

Answer – Yesterday, Today, Tomorrow

4) You live in a one-floor house made entirely of redwood. What color would the stairs be?

Answer – What stairs? You live in a one-story house.

5) What comes once in a minute, twice in a moment, but never in a thousand years?

Answer – The letter M

6) What has 88 keys, but can't even open a single door?

Answer – Piano

7) What is more useful when it is broken?

Answer – An egg

8) What comes down but never goes up?

Answer - Rain

9) You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?

Answer - The letter "R."

10) Poor people have it. Rich people need it. If you eat it, you die. What is it?

Answer - Nothing

# Comics - Summer

Sri Reyansh N, 7 G



## Adventure in the UAE

Sophie and her family finally arrive in Dubai, excited for their grand holiday in the UAE!



Dad: "Can you believe there are on the 163 floors?"  
Sophie: "It's like a giant in the giants!"



"Wow, look at that shark!"

"I can't believe how big this mall is!"



Mom: "Hold on tight, everyone!"  
Sophie: "This is so much fun! Look at the sunset! I wish Dad and Brother come but sadly they are sick"



Dad: "This mosque is absolutely magnificent."  
Sophie: "It's like a palace from a fairy tale!"



Sophie: "I'm going to miss this place."  
Mom: "We'll be back someday, I'm sure."



# Word Search



Aaryahi Ingle, II-A

Happy  
*Father's Day*

## FATHER'S DAY

WORD SEARCH

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

BEST  
CARING  
CONFIDENT  
CORAGEOUS  
DAD  
FAMILY

FUNNY  
GRANDPA  
HERO  
KIND  
LOVING  
PARENT

PROTECTOR  
ROLE MODEL  
SMART  
SPECIAL  
SPORTY  
STRONG

# Incorporating Art into Subjects Transforms Classrooms

Dr Injela Zaini, Teacher, Phase IV



Incorporating art into various subjects is revolutionising classroom dynamics, fostering a more engaging educational experience. Integrating art into disciplines like mathematics, languages and social sciences has proven to invigorate student interest and enhance learning outcomes. Art-based learning encourages creativity and critical thinking. For instance, when students use visual arts to illustrate historical events or scientific concepts, they develop a deeper understanding and retain information longer. This method caters to diverse learning styles, making complex subjects more accessible. A student struggling with abstract mathematical concepts might grasp them better through visual representations, such as drawing geometric shapes or creating graphs.

Moreover, art integration promotes emotional and social development. Collaborative art projects encourage teamwork and communication, vital skills for personal and professional growth. When students engage in role-playing historical figures or dramatising scientific discoveries, they build empathy and a nuanced understanding of different perspectives. Art also acts as a bridge for interdisciplinary learning. Projects that combine literature, history and visual arts, for example, allow students to see the interconnectedness of knowledge, fostering a holistic educational experience. This interdisciplinary approach prepares students for real-world challenges, where problems rarely fit into a single subject area.



Teachers also benefit from using art in their lessons. It allows for innovative teaching methods that can rejuvenate their passion for education and provide new ways to connect with their students. In essence, incorporating art into subjects transforms classrooms into vibrant, dynamic learning environments where students are more engaged, motivated and equipped with a comprehensive skill set for the future.



# Incorporating Art Into Subjects Transforms Classrooms

Dr Injela Zaini, Teacher, Phase IV



Integrating art into the classroom is essential for fostering holistic student development. Art education enhances creativity, critical thinking, and emotional intelligence, making learning more engaging and enjoyable. It aligns with the 4 Cs—Critical thinking, Communication, Collaboration, and Creativity—by encouraging interactive learning. Beyond creating beautiful pieces, art helps students express themselves, boosts confidence, and enhances problem-solving skills. This approach prepares students for the challenges of the 21st century by nurturing their ability to think creatively and adapt. Embracing art in education inspires a love of learning that benefits students in all areas of life. Imagine classrooms buzzing with creativity, where students aren't just memorizing facts but actively using art to engage with different subjects. This isn't a fantasy – it's the reality of classrooms that embrace arts integration.



## The Power of ART

Arts integration isn't about adding another subject to the plate. It's about seamlessly weaving artistic expression into existing lessons, transforming them into dynamic learning experiences.

Here's how art can work its magic:

**Deeper Learning:** Art fosters a deeper understanding of concepts. By creating a model of the solar system or writing a historical play, students go beyond rote memorization and make meaningful connections.

**Unlocking Potential:** Art provides a platform for diverse learners to shine. Students who struggle with traditional methods can excel through artistic expression, boosting their confidence and self-esteem.

**Building Skills:** Arts integration hones essential skills like critical thinking, problem-solving, and communication. As students brainstorm ideas, collaborate on projects, and analyse artistic works, they develop a well-rounded skillset.

# Incorporating Art Into Subjects Transforms Classrooms

Dr Injela Zaini, Teacher, Phase IV



## Bringing Art to Life

There are countless ways to integrate art across subjects.

Here are a few sparks of inspiration:

**Science:** Students can design posters depicting the life cycle of a butterfly or create clay models of the human cell.

**Math:** Turn or explore symmetry through dance routines.

**Literature:** Bring characters to life through role-playing or write poems inspired by a story's themes.

## The Art of Transformation

The benefits of arts integration extend far beyond academic achievement. It fosters a more joyful and engaging learning environment, nurturing creativity, collaboration, and critical thinking skills that will serve students well beyond the classroom.

Ready to embrace the transformative power of art? Explore resources and lesson plans available online or consult with arts specialists to bring a splash of creativity to your classroom!



# 5 New Things to Try this Summer



Ms. Bhavna Mulik (Parent of Sharanya Mulik, IX E)

As summer approaches, here are some exciting activities that will keep you busy, help you learn new skills, and make your break unforgettable!

## Adventure Sports

**Rock Climbing:** You should begin with indoor gyms to learn the basics before trying outdoor climbs. It helps build strength and problem-solving skills.

**Mountain Biking:** Ride on trails in parks to enjoy peace and to remain fit! Beginners can start with easy paths and progress to more challenging ones.

## Volunteer Work

**Beach Clean-ups:** Students can join groups that clean up beaches to help keep the environment clean and learn about conservation.

**Community Gardens:** Volunteering to plant, weed, and harvest crops teaches about sustainable farming and caring for the environment.

## Cooking or Baking Challenge

**Baking Competitions:** It is fun to have friendly competitions with family or friends. You can make cookies, cupcakes, or bread, and judge based on taste and creativity.

**Learning New Techniques:** Using YouTube tutorials or cooking classes helps us to learn new skills, like making pasta from scratch or baking a fancy cake.

## Photography Projects

**Photo Journals:** Take daily photos and write a little about each one to capture live memories! Create a physical journal or an online blog.

**Photography Blog or Instagram Account:** You can share your best photos online to connect with other photographers and build a portfolio.

## DIY Projects and Crafts

**Building Furniture:** Learn to make simple furniture like bookshelves or small tables by following online tutorials. It's a useful life skill!

**Upcycling Clothes:** Transform old clothes into new outfits which helps to promote sustainability. Try tie-dyeing, sewing patches, or re-styling.

# Raising Emotionally Intelligent Children

Ms. Divya Iyer (Parent of Smrithi Prasath, IX A)



In today's world, bringing up emotionally intelligent children is a common concern for most parents. Thriving professionally is certainly just as important as thriving emotionally. As the parent of two children, I can confidently say that as they grow up, I find that it is absolutely important for them to grow up to be individuals who manage their own emotions while also empathising and understanding others.



The deepest desire of every parent is to see their children build healthy relationships and lead fulfilling lives. One of the first things to keep in mind is teaching children to not only recognize feelings but embrace them and allow them to express their thoughts openly. Another key aspect is that children are keen observers, it is essential that parents themselves cope with emotions the way they would want them to. This transparency really helps them become aware of healthy ways to deal with their thoughts or feelings. I personally believe that encouraging social interactions is of utmost importance as well. These experiences teach them about cooperation and resolution.

Raising children to be emotionally aware and intelligent is a journey with several challenges. It requires parents to be understanding, patient and have a willingness to grow life-long. Ultimately, it is our responsibility as parents to provide our children with the tools to navigate the ups and downs of life.

# 5 New Activities To Try This Summer

Tanu Bansal, Mother of Aaditya Bansal, 7A



Summer – Season of vibrant colors, scorching heat, delicious fruits, delicious cool-cool drinks, and School Holidays. Summer Holidays offers ample time to visit native places, spend time with grandparents, meet extended family and pursue hobbies and passions. Although scorching, sun-sational summer of Dubai constraints outdoor activities in daytime. However, the world’s most livable city offers cool options to enjoy the holidays, beat boredom and do some Good Karma.

We suggest five unusual places and activities to enjoy with children. These shall help children develop empathy, gratitude, curiosity and shall foster emotional well-being as they navigate their teen years.



First up on our list is the visit to a library.

Room full of Books is the perfect place for any kid to get lost in for hours. Taking your child to any local library is a great summertime idea. Reading can be a fun group activity or thoughtful solo time for your child to get lost in for hours. Books will keep your child entertained indoors!

Visit to a place of worship

Teaching your children to be faithful followers and devoted to God’s message and service is an important virtue for every parent. Taking your child to your place of worship can help teach them the aesthetic beauty of being devoted to God. The serenity, stillness and energy of the place will lead to soul-searching and may help find motive and purpose.

Time to go ET – Extra Terrestrial

Igniting curiosity in your child’s mind about how the world around us works is extremely important for inspiring innovation and critical thinking. Taking your child to a science museum or an astronomy center is a wonderful way for them to learn about everyday scientific concepts.

# 5 New Activities To Try This Summer

Tanu Bansal, Mother of Aaditya Bansal, 7A



## Fitness – Both Physical & Mental

Yoga and meditation are a terrific way to find inner peace and calm the mind, body, and soul. Taking your child to a Yoga or Meditation center is a fantastic way to help them relax in the holidays and shed the stress away.

## Do Good Deeds!!

Charity and community service are important virtues which should be embedded into a child's life at the roots. A wonderful way to instill gratitude in your child is to fix a day of the week to be charitable to food delivery riders and security guards to thank them through small ways and tokens of gratitude.

Phew! We have planned a whole fun-filled summer ahead. These five activities and places to visit can make your child's summer educational, fun-filled and make it enjoyable for the whole family.

Happy Sun-sational Summer !!



# 5 New Activities To Try This Summer



Rohan Bhasin, Father of Reyansh Bhasin, 6 F

"The greatest gift you can give your children is the roots of responsibility and the wings of independence."— Denis Waitley

Raising emotionally intelligent children is one of the greatest gifts parents can give their offspring. Emotional intelligence (EI) is the ability to understand, manage, and express emotions effectively. It is crucial for building healthy relationships, achieving personal goals, and leading a fulfilling life.

To foster EI in children, parents should first model emotionally intelligent behavior. Demonstrating empathy, patience, and effective communication sets a strong example. Additionally, encouraging children to talk about their feelings helps them recognize and articulate their emotions. Asking open-ended questions like, "How did that make you feel?" can promote self-awareness.

Another key aspect is teaching problem-solving skills. When children face conflicts, guiding them through the process of finding solutions helps them learn to navigate their emotions and develop resilience. Praise and positive reinforcement for emotionally intelligent behavior further reinforce these skills.

Lastly, creating a supportive environment where children feel safe to express themselves without fear of judgment is essential. This nurtures their emotional growth and self-esteem. DPSD, also plays a significant role in this developmental journey. By incorporating emotional intelligence into their curriculum and fostering a nurturing environment, DPSD helps children develop these critical skills.

By prioritizing emotional intelligence, parents equip their children with the tools to handle life's challenges, fostering happier, more balanced individuals. The effort invested in raising emotionally intelligent children pays dividends in their overall well-being and success.



# Raising Emotionally Intelligent Children

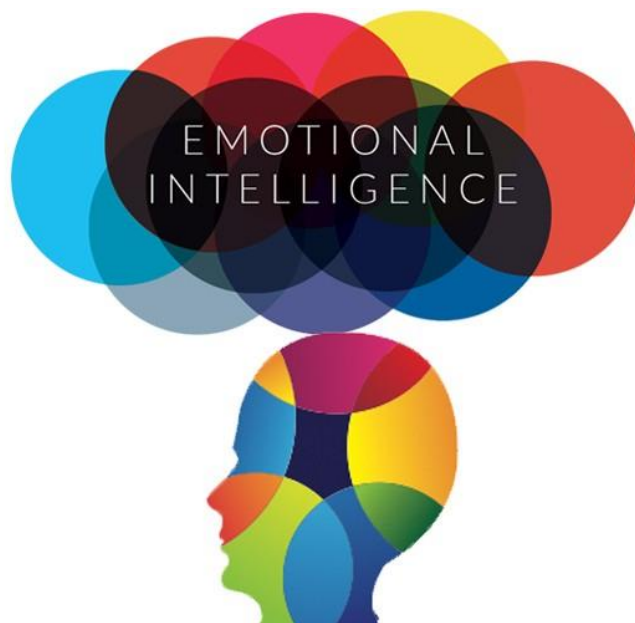
Shanmuga Priya Elango, Mother of Sowmiya Shree  
Elango - KG 2 - H



Raising emotionally intelligent children is essential for their overall well-being and success in life. Here are some tips to foster emotional intelligence in your children:

1. **Model the Emotions:** Children learn a lot from observing their parents and the environment. Show them how to manage emotions constructively by expressing your feelings in the way they understand.
2. **Teach Emotions:** Help your children identify the emotions they have and help to identify the causes of the emotions. This will help them to find possible ways to solve the problems.
3. **Validate Their Emotions:** Let children know that it is okay to have all emotions. Like its okay to fail or cry. Offer support when the children express their feelings, without being judgmental.
4. **Encourage Problem-Solving Skills:** Guide your children in finding constructive ways to deal with their emotions and solve problems. It makes them confident and responsible for their actions.
5. **Practice Active Listening:** Listen attentively to your children when they talk about their feelings. Provide a supportive environment, where your children feel that you're always there to listen and support them.
6. **Regulate the emotions:** Teach your children techniques for managing strong emotions, like deep breathing, or a break to calm down before reacting. Sometimes, children find it easier to express their emotions through activities like drawing, painting, or role-playing. Encourage any of these ways for emotional expression.

By incorporating these strategies into your parenting approach, you can help your children develop the emotional intelligence they need to navigate life's challenges and build meaningful relationships.





# 5 New Activities To Try This Summer

Shanmuga Priya Elango, Mother of Sowmiya Shree  
Elango - KG 2 - H



## Five New Summer Activities

Awesome sunny weather is here. Added to it, vacation is about to begin. So here are five new summer activities you and your family or friends might enjoy:

1. Creative Rangoli: Draw cute rangoli's with lines connecting several dots to make a beautiful design using chalk powder or rice flour. Color the rangoli with sparkling colors to make it vibrant.

2. Trace the Shadow: Place a white sheet in your balcony in the sunlight. Keep any object of your choice. Trace the shadow that has been formed by the object. Make it colorful by painting it, or play a guessing game with your friends.

3. Nature Scavenger Hunt: Create a list of items found in nature, like specific types of leaves, flowers, or wildlife, and go on a scavenger hunt in a nearby park or nature reserve. It's a fun way to explore the outdoors and learn about the local environment.

4. Cooking/Baking Challenge: Challenge your family or friends to a cooking or baking competition where each person must create a dish using specific ingredients. Have a taste test at the end to determine the winner and enjoy the delicious creations together.

5. Make your own kitchen garden: Soak coriander seeds overnight. Sow the seeds in your pots or in the ground. Spray water every day. See the tiny coriander sprouting from the ground. After 15 days, chop and use in your daily cooking.

Experiment with other seeds.

These activities offer opportunities for bonding, creativity, and exploration, making them perfect for a memorable summer experience.



# 5 New Activities To Try This Summer

Ahi ram Mandadi, KG2 H Mother-Radhika Bachina



Summer is the perfect time to explore new hobbies and activities. The warm weather and longer days provide ample opportunities to Try something different.

Here are five exciting activities to consider this summer:

1.Gardening - Gardening is not only relaxing but also rewarding. Starting a small vegetable or flower garden can teach patience.

Benefits: Enhances mental well-being and provides fresh produce.

2.Photography - Capture the beauty of summer through photography. Whether you have a professional camera or just a smart phone.

Benefits: Enhances Creativity, Encourages outdoor exploration.

3.Volunteering - Giving back to the community can be incredibly fulfilling. Find a local organization that aligns with your interests-whether it's an animal shelter, food bank.

Benefits: Enhances personal growth, Builds a sense of community.

4.Paddleboarding - Experience the serenity of the water while improving your balance and core strength. Beginners can start with guided tours to learn the basics and ensure safety.

Benefits: Peaceful and calming, Great for physical fitness, Opportunity to explore new places.

5.Outdoor yoga- Combine the benefits of yoga with the tranquility of the outdoors.

Practicing yoga in a park or on the beach can enhance your mindfulness and relaxation. All you need is a mat and a peaceful spot.

Benefits: Connection with Nature, Fresh air, Enhanced mindfulness, Vitamin D Exposure, Stress Relief.

Conclusion:

This summer, step out of your comfort zone and try something new. Embrace the season and make unforgettable memories. You will enrich your life with fresh experiences and newfound passions.

# Climate Hope: How to Give It to Children

## Sabah Sheikh -Phase 1-Kindergarten

Children are at the forefront of the battle against climate change. The weight of the facts and the reality of our environment today is heavy, yet giving hope to a young mind and showing proactive ways toward change can set that path towards a sustainable future. This is how we can inspire children to have climate hope:

**Education and Awareness:** Introduce children to the wondrous realms of nature and the science behind climate change. Interactive lessons, nature documentaries, and hands-on activities like gardening or recycling can really make environmental education engaging and effective.

**Positive Role Models:** The positive side of these stories involves youth climate activists like Greta Thunberg or Xiuhtezcatl Martinez. When children see that people of their age are concerned and are taking real action, that can inspire them to contribute.

**Community Involvement:** Perhaps involving them in community clean-up exercises, tree planting events, or school-based environmental clubs will increase their sense of community and collective duty. In this way, they will not only be educated by such efforts but will find a platform to experience the direct positive effect of their efforts.

**Stress Solutions:** From doom and gloom to solutions and innovations—tell children how people today are using renewable energy, how there are sustainable practices and many conservation efforts around the world. There will be hope for the future with these available solutions.

**Emotional Resilience:** Open discussion about what makes them scared and what gives them hope for the environment is helping children to process their feelings. It's through this support that they can freely discuss their concerns and learn the coping mechanisms they need.

Combining education, community involvement, positive role models, and emotional support will help us raise a hopeful, proactive generation of children – A key weapon in the climate challenge of tomorrow.



# Incorporating The Arts Into Subjects Transforms Classroom

Komal Kapoor -Phase 1-Kindergarten



Incorporating the arts into various subjects can significantly transform the classroom environment, fostering a more engaging, creative, and effective learning experience. Here are several ways in which this integration can enhance education:

## 1. Boosting Cognitive Development

- **Critical Thinking:** Artistic activities encourage students to think critically and problem-solve creatively. For instance, analyzing a piece of art or composing a piece of music requires deep thinking and interpretation.
- **Improved Memory:** Artistic processes, such as creating a storyboard for a literature class, can enhance memory retention by associating information with visual or auditory stimuli.

## 2. Fostering Collaboration and Communication

- **Teamwork:** Group projects in the arts often require collaboration, teaching students to work together, share ideas, and respect different perspectives.
- **Communication Skills:** Performing arts, such as drama or public speaking, help students develop strong verbal and non-verbal communication skills.

## 3. Encouraging Emotional Expression and Well-being

- **Emotional Outlet:** Art provides a safe space for students to express their emotions and experiences, which can be particularly beneficial for their mental health and emotional well-being.
- **Building Confidence:** Successfully completing an art project or performing in front of peers can boost students' self-esteem and confidence.

## 4. Integrating Multidisciplinary Learning

- **Connecting Disciplines:** Arts integration shows how different subjects connect and overlap. For instance, studying the historical context of a piece of music or exploring mathematical patterns in art can provide a more holistic understanding.
- **Real-World Relevance:** It demonstrates the practical application of knowledge across different fields, making learning more relevant to real-world scenarios.

# Incorporating The Arts Into Subjects Transforms Classroom

Komal Kapoor -Phase 1-Kindergarten



## Practical Examples

- **Literature and Drama:** Students can perform scenes from a story they are studying, deepening their understanding of the characters and themes.
- **Science and Visual Arts:** Creating diagrams, pictures, or even artistic representations of scientific concepts can make abstract ideas more concrete.
- **Mathematics and Music:** Exploring the mathematical principles behind musical scales or rhythms can make math more accessible and enjoyable.

## Implementation Strategies

- **Project-Based Learning:** Design projects that integrate art with core subjects. For example, a history project might involve creating a mural depicting a historical event.
- **Professional Development:** Provide teachers with training on how to effectively incorporate arts into their curriculum.
- **Collaborative Planning:** Encourage collaboration between arts teachers and other subject teachers to develop interdisciplinary lessons.

By blending the arts into traditional subjects, educators can create a richer, more diverse educational experience that not only meets academic standards but also nurtures the whole child.

# Raising Emotionally Intelligent Children

Bhaskara Gundluru, P/O Nishanth Gundluru



Grade: V-E

Raising emotionally intelligent children involves creating their ability to recognize, comprehend, and regulate their emotions. This begins with the parents demonstrating emotional intelligence through appropriate emotional reactions and listening intently. Encouraging free discussion about feelings helps children express their emotions and gain self-awareness.

Conversations and activities centered on recognizing different feelings can help kids learn to define their emotions and understand why they feel that way. Create a friendly environment in which people feel comfortable expressing themselves without the fear of being judged.

Help children develop problem-solving abilities and resilience by leading them through difficulties and disappointments with patience. To improve confidence, reward positive behaviors and acknowledge their attempts to control their emotions.

Applying these activities to everyday interactions improves a child's emotional intelligence while also contributing to their general well-being and performance in social and academic situations. Consistency and patience in these efforts will pay off as youngsters mature and go through their emotional landscapes.



# Empowering Classrooms with Student-Led Learning

Mahaalakshmi Ravindran, Math Teacher

Teaching Generation Z and Generation Alpha is the most challenging yet interesting part for the teachers from the generation millennial. I believe shift from teacher led classroom to students led teaching learning method is inevitable to instill the skills of 21st century. Apparently, this pave way for our generation to use of technology into augmentation and redefinition level which makes entirely new learning opportunities and experience possible by connecting learning with the real world and achieve the expected learning curriculum outcomes.



I have recently read an article and research by the World Economic Forum's Schools of the Future: Defining New Models of Education for the Fourth Industrial Revolution report explains, education systems have "become increasingly disconnected from the realities and needs of global economies and societies" and need to adapt to provide future generations with the skills they need.

To eradicate the present issues and struggles in the education system, Student' led learning method helps school and education system to prepare our new generation for future jobs which is a need of hour. Consequently, this way of learning gives students strong technological soft skills such as digital collaboration, communication, technological literacy, and the ability to adapt to new systems and processes. Most importantly, as an educator student led classroom will enhance and redefine learning in our classroom and it also translates classroom into lively vibrant environment. This way of learning engages not only students having a growth mindset also helping teacher to achieve high expectation set for them and to fulfil our school's vision which makes our students as global citizens .





# Raising An Emotionally Intelligent Child

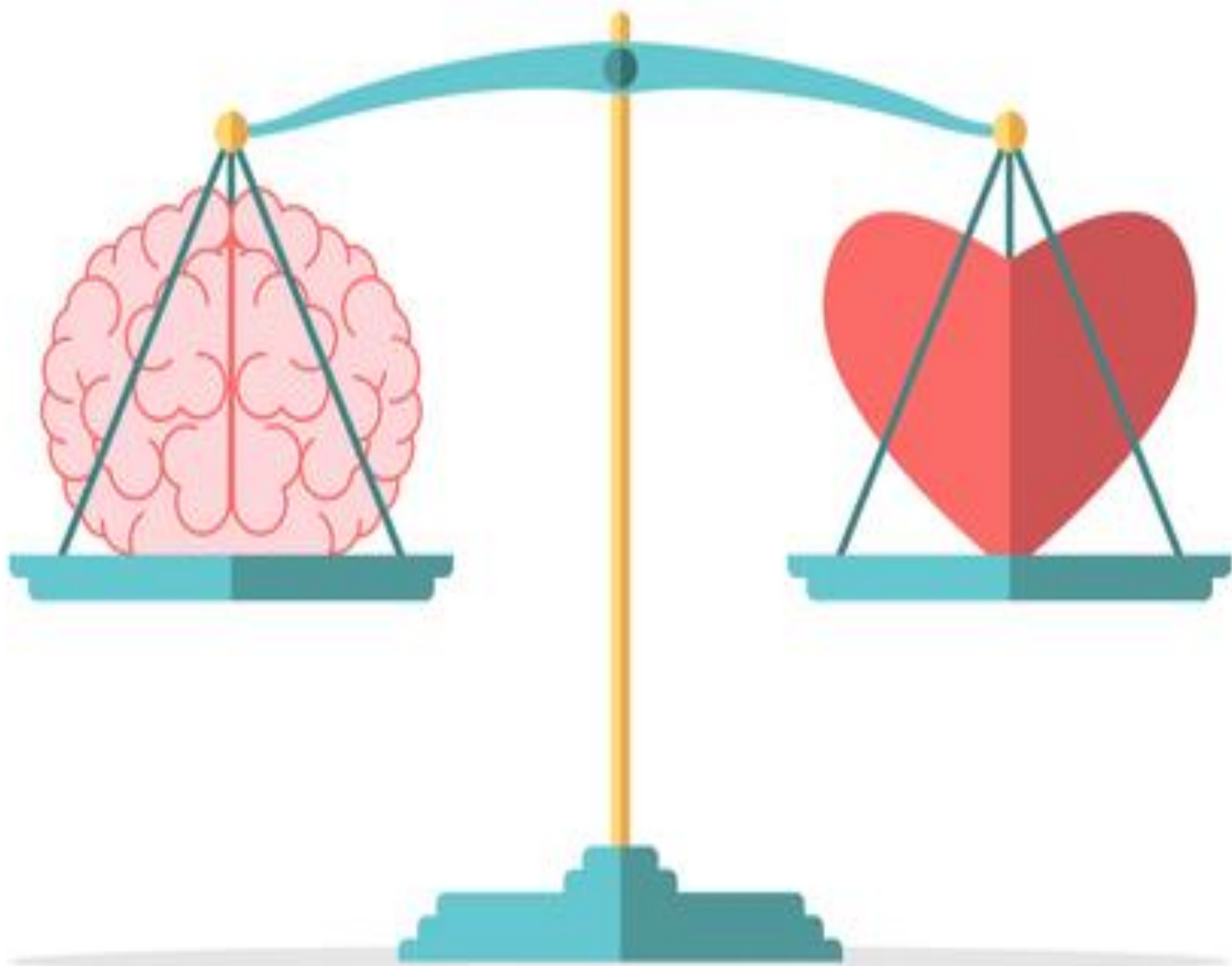
Ms. Jeenu Maria George,

Parent of Isabella Elizabeth Jesvin, IIA



As parents, we need to create space for children to express feelings, listen actively and validate their emotions thus raising their EI.

EI is a lifelong journey that contributes to life satisfaction & well-being. It allows individuals to navigate life's challenges effectively, form meaningful connections and achieve personal goals. Parents, caregivers, and educators play essential roles in nurturing and supporting the development of emotional intelligence throughout a child's life.



# 5 Activities To Try This Summer



Ms Roshni Feba, Parent of Krissen Noa, Grade -II A

Let's dive into a few summer activities that you can try out during these long sun-kissed days ahead.

- Get together

Throw a party at home with exciting games such as bingo, and karaoke. It is time to catch up with friends and family.

- Beat the heat with a dip

Swimming in cool water in this scorching heat can be refreshing. Head over to the pool, beach, Wadi. Kayaking is a great way to enjoy the outdoors this season.

- Make homemade popsicles

Use the season's freshest fruit to whip up a quick easy sugar free popsicle.

- Gardening

Terrariums are a creative easy fun project to try with kids these holidays

- Master a new skill

Tie-dye a white t-shirt, get crafty with origami, or go indoor ice skating.

No matter which activity you choose, it will definitely leave you with wonderful memories.



# 5 Activities To Try This Summer

Ms. Nina Sinha, Parent of Aniket Verma, Grade 2 B



Summer holidays are glorious days of sunshine and freedom! Engaging in summer holiday activities is crucial for:

- Nurturing your family's dynamic
- Learning and growing together
- Enhancing your child's personal development

Here are few activities for kids and parents, ensuring every day is an adventure.

1. **Plan a Day Trip to Nearby Attractions:** Every city holds hidden gems just waiting to be discovered. Why not plan a day trip to a nearby historical site, a little-known museum, or even a fun theme park? These excursions offer a refreshing break from routine and provide a great educational experience for the kids without straying too far from home.
2. **Engage in Physical Activities:** Encourage kids to step away from their gadgets and embrace the joy of active, physical play by:
  - Flying kites on a breezy day at the park
  - Going on a family bike ride
  - Setting up a mini-sports tournament with friends and family



# 5 Activities To Try This Summer

Ms. Nina Sinha, Parent of Aniket Verma

Grade 2 B



Note: -Competing in teams teaches children about important life skills such as teamwork, fair play, and sportsmanship.

3. **Arts and Crafts Time:** Spark our children's creativity by setting aside time for arts and crafts. Try painting with marbles to create different patterns on paper, or make eco-friendly art using old newspapers to craft sculptures and decorations. These activities encourage creative expression as well as improve fine motor skills and problem-solving abilities.

4. **Conduct Food Experiments**

- Introduce our kids to the kitchen with simple and safe cooking activities. Start with something refreshing like making homemade lemonade on a hot day. Let them help in assembling dishes like sandwiches or salads.

- Cooking is a great way to bond and instill a love for healthy eating. It teaches valuable life skills:

- Following instructions

- Measuring

- Importance of food safety

- Plus, they will see the science behind cooking, like what happens when baking soda mixes with vinegar or how yeast makes dough rise.

5. **Have a Splash of Fun:** This is one of kids' most refreshing and healthy outdoor summer activities. Swimming is the best exercise and the most fun activity for summer.

The right balance between fun, learning, and relaxation is key to a memorable summer.

