

# ***DPSD HERALD***

***October 2024***







# *The power of self-motivation*

Ms. Simi



**“Teaching is often called one of the most rewarding yet challenging professions, where the ability to stay motivated can make all the difference in shaping young minds.”**

Self-motivation is an essential quality for teachers, allowing them to maintain enthusiasm, patience, and resilience in a demanding and dynamic environment. Teaching young students requires balancing various tasks, from delivering engaging lessons and managing classroom behaviour to supporting each child's social and emotional growth. Self-motivation empowers teachers to stay dedicated to their mission of nurturing young minds and continuously improving their practice. For teachers, self-motivation involves setting meaningful goals, such as developing creative teaching methods, integrating hands-on activities, or finding new ways to foster a love of learning. This proactive mindset encourages continuous professional growth and helps educators adapt to the diverse needs of their students. When educators model a passion for learning and a commitment to self-improvement, they inspire their students to approach new challenges with curiosity and confidence.

Self-motivation supports teachers' well-being by reducing stress and enhancing the enjoyment of teaching. Motivated educators are more likely to find fulfilment in their daily responsibilities, approach classroom challenges with a positive attitude, and remain dedicated to engaging with each student, even in challenging situations.

To strengthen self-motivation, teachers can set achievable goals, participate in professional development, and celebrate small successes along the way. Reflecting on the positive impact they have on their students' early development can help maintain a strong sense of purpose and drive.



# *Future-Proof Careers: How Unique Human Skills Will Keep Certain Jobs Thriving*



- Keira Monto Joseph – LENS Coordinator

As artificial intelligence and automation continue to reshape the workforce, certain jobs will likely thrive due to their reliance on unique human skills. Roles that require emotional intelligence, creativity, critical thinking, and interpersonal communication are challenging to automate fully, thus ensuring their relevance in a technology-driven world. For instance, healthcare professionals—nurses, doctors, therapists—are essential in providing empathetic care, tailoring treatment, and building trust with patients. These roles demand a level of emotional intelligence and personal connection that machines cannot replicate. Likewise, teachers, counselors, and social workers rely on their understanding of human behavior and adaptability to individual needs, making them indispensable in nurturing future generations and supporting mental health. Creative roles, such as writers, artists, and designers, also draw on uniquely human attributes like imagination and originality, which remain difficult for AI to match. In business, leadership positions that involve strategic thinking, negotiation, and team management depend on personal judgment and an ability to navigate complex social dynamics—skills that are challenging to program into machines. While automation will handle many routine, repetitive tasks, jobs relying on human creativity, empathy, and judgment are likely to endure. The evolving workforce will thus value these uniquely human skills, making them critical for future job stability and growth.

Emphasizing these qualities in education and training will prepare individuals to succeed in roles that machines cannot replicate.





# *Early Intervention for SEND Success*

- Hasita Manne Meghana

Early identification and intervention play a crucial role in supporting children with Special Educational Needs and Disabilities (SEND). Recognizing developmental delays or learning challenges at an early stage allows educators, parents, and healthcare providers to implement tailored support strategies that can significantly improve a child's educational and social outcomes. By intervening early, children with SEND have the opportunity to develop essential skills, build confidence, and reach their full potential. Identifying SEND at a young age involves careful observation and screening. Teachers and parents often notice early signs of challenges in communication, social interaction, physical development, or learning abilities. Schools may use standardized assessments to confirm these observations, enabling specialists to pinpoint specific needs and design appropriate intervention plans. Early intervention programs often include speech and language therapy, physical therapy, behavior management strategies, and tailored educational resources to support a child's unique needs



The benefits of early intervention are substantial. Studies have shown that children who receive early support are more likely to succeed academically, socially, and emotionally. They develop better coping strategies, build positive relationships, and demonstrate greater independence. For families, early identification offers guidance and resources, allowing them to better understand their child's needs and contribute to their growth. Ultimately, early identification and intervention in SEND foster a more inclusive educational environment, where every child has the opportunity to thrive. With targeted support, children with SEND can progress alongside their peers, reducing the long-term impact of their challenges and promoting a more equitable and supportive educational landscape..



# *Fostering Curiosity- Encouraging Children to ask thoughtful question.*



-Aadriti Manoj Kg-1B

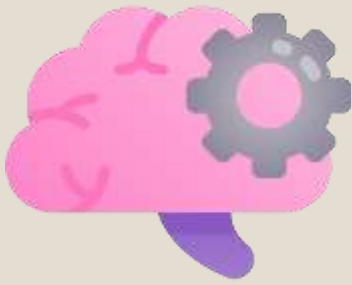
**C**uriosity is one of the earliest traits every infant displays. That first stretch towards a toy, the puzzled look when droplets of water fall on their palms or the endless “why’s” and “how’s” asked, are all signs that they are curious to understand their world. It is our responsibility to nurture and encourage the curiosity in our children. When our children ask thoughtful questions, it shows that they are thinking beyond of what is in plain sight. The curiosity displayed reveals that they do not accept the world as it is, they challenge it. And this is precisely the need of the hour! Many of the problems we face today, requires fresh perspective. Whether it is tackling climate change, or curing diseases or developing new technologies, our children’s inquisitive mind has the power to come up with solutions. But it is possible only if we create a safe environment for them, where their curiosity can thrive.

Instead of telling our children “Because that is how it is”, let’s encourage them to find answers. Simple activities like reading books, visiting museums, solving puzzles and allowing children to do science experiments at home can give a spark to their curiosity. Instead of spending time glued to their gadgets, we need to encourage them to spend time in nature, where they can ‘observe and learn’. With a little encouragement, our children’s curiosity can flourish, and they can gain the knowledge and confidence to challenge the seemingly impossible.

Albert Eistein once said “I have no special talent. I am only passionately curious”. Curiosity is a gift that should be celebrated because it holds the key to the next great invention and the potential to unlock the wave of change our world awaits!



# Everyday Strategies for Students to Develop Self-Regulation



Navya Jain, KG 1 B



- Self-regulation is crucial for academic success, allowing students to manage their thoughts, emotions, and behaviors effectively. It is the ability that helps students to control their behaviors to make good decisions for the long-term. It's also the skill that allows them to manage their emotions when they're feeling angry, disappointed, or worried. Here are some everyday strategies that can help students enhance their self-regulation skills.



- 1. Set Clear Goals:** Break tasks into manageable goals. Writing down specific, achievable objectives can provide direction and motivation
- 2. Create a Routine:** Establishing a daily schedule can help students develop consistency. A routine that includes dedicated study time, breaks, and leisure activities fosters better time management.
- 3. Practice Mindfulness:** Techniques like deep breathing, meditation, or journaling can help students become more aware of their emotions and reactions, enabling them to respond thoughtfully rather than impulsively.
- 4. Use a Planner:** Keeping track of assignments and deadlines in a planner helps students stay organized and accountable, reducing stress and last-minute cramming.

**5. Reflect on Progress:** Regularly reviewing what strategies worked or an help students adapt and improve. Reflective practices encourage a growth mindset.

By incorporating these strategies into their daily lives, students can cultivate self-regulation skills that not only enhance academic performance but also contribute to personal growth and resilience.



Self-Regulation



# 3 Movies that I Love Re-Watching



Arudhurra Anandan, II A



**Frozen** is an animated musical film that tells the story of two sisters, Elsa and Anna. Elsa has the magical ability to control ice and snow, which she struggles to control after accidentally revealing her powers to the public during her coronation. This leads her to isolate herself, creating an eternal winter in the kingdom of Arendelle. Anna, determined to bring her sister back and restore summer, embarks on a journey to find Elsa. Along the way, she teams up with an ice seller named Kristoff, his loyal reindeer Sven, and a lovable snowman named Olaf. The film explores themes of love, sacrifice, and the bond between sisters..



**Raya and the Last Dragon**, Raya, a skilled warrior princess, who embarks on a quest to find the last dragon, Sisu, in order to unite the fractured land and save her people from an ancient evil known as the Druun. The film explores themes of trust, unity, and the importance of working together despite differences. As Raya and Sisu journey through Kumandra, they encounter various characters from different regions, each with their own unique traits and challenges





**Encanto**, is a story of the Madrigal family, who live in a magical house in the vibrant mountains of Colombia. Each member of the family possesses a unique gift, except for Mirabel, the only ordinary member. The film follows her journey as she grapples with feeling out of place in a family where everyone else has extraordinary abilities. As the story unfolds, Mirabel discovers that the magic of their home, known as the Casita, is in danger, and she may be the only one who can save it. With themes of family, identity, and acceptance, "Encanto" explores the pressures of familial expectations and the importance of embracing one's true self.







Agastya Abhilash, I C

**Taare Zameen Par** meaning stars on earth tells the story of a boy who struggles in school until a teacher discovers his true potential. It highlights the importance of creating an environment where everyone feels included and supported as each individual is unique.

**Finding Nemo** is a heartwarming story of a father's adventure to find his lost son. This movie reminds us to appreciate our parent's love and guidance, as they work hard to keep us safe and help us grow.

**Man vs Bee** is a funny show by Rowan Atkinson, who played the well known Mr. Bean. He plays a house sitter having silly problems with a bee. It's fun to watch and makes you laugh





# 3 movies I would re-watch

by Zaid Malek , 16-oct-2024

## 1. Despicable me 3

I would watch despicable me 3 because it was fun and very enjoyable it's about a villain who seeks revenge. To save the world gru has to meet his long lost brother



dru



## 2. Bad Guys - A Halloween heist

I would watch Bad Guys the 2nd time because the movie is fun and good. The Bad Guys go to Reginald E.Scary house to steal his old, antique, necklace. With twists and turns



## 3. Home alone

I would watch home alone because Home alone is a funny children's movie which is about a kid who protects his house with traps when burglars enter

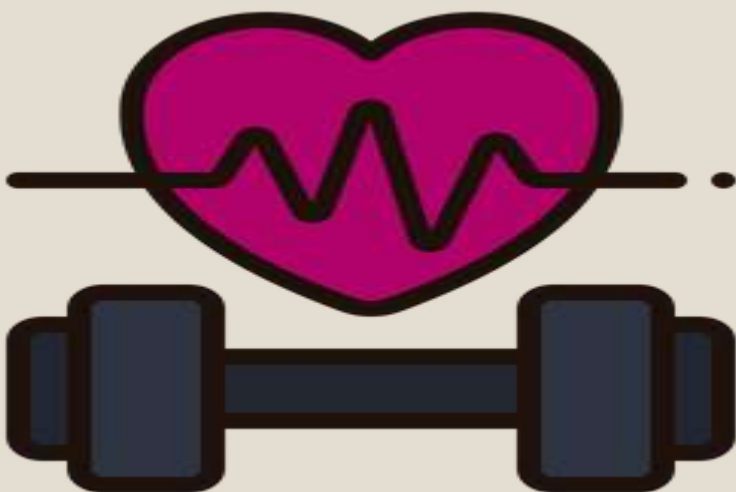
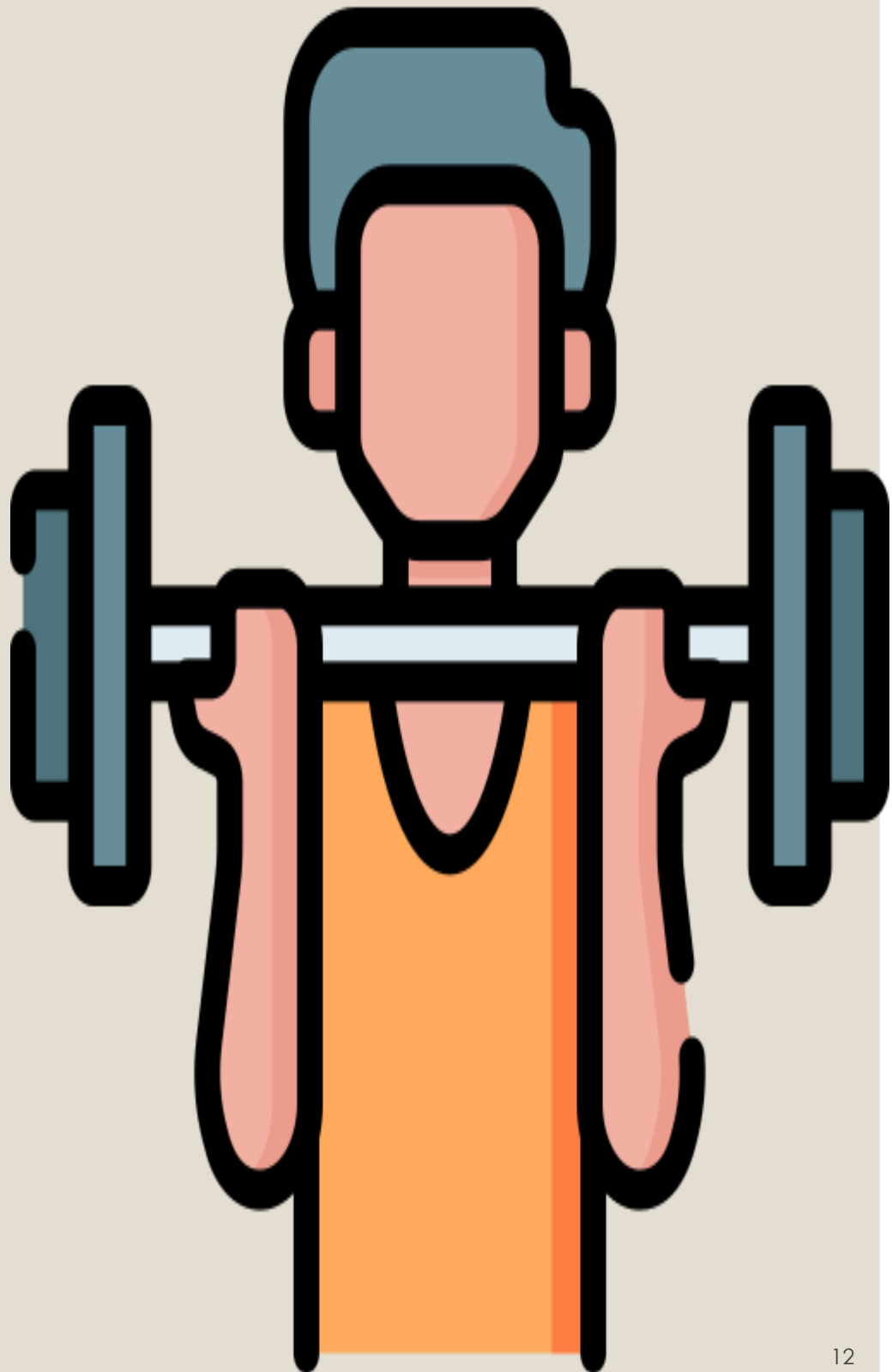


# *Let's Get Active*



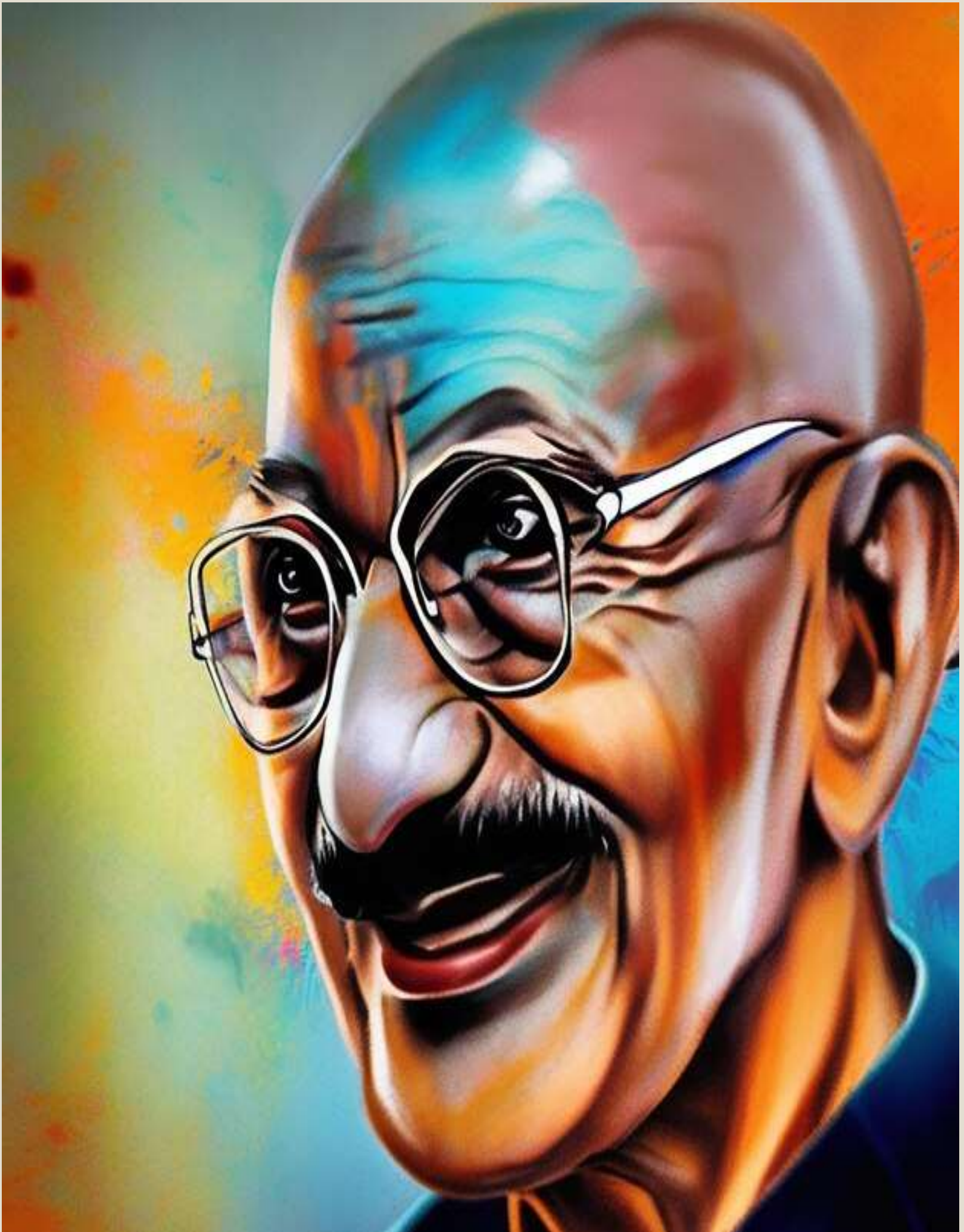
Jonathan Bhattarai, II E

Running, jumping, feeling strong,  
Moving our bodies all day long,  
Stretching up to touch the sky,  
Feeling healthy, happy, reaching high.  
Eating veggies and fruits so bright,  
Gives us energy, feels just right,  
Riding a bike which is so much fun,  
Keeps us active, everyone.  
Big or small, short or tall,  
Being fit is good for all,  
So let's move, let's play today,  
And keep those healthy habits every day.





# *Gandhi-The Great*



# *Mahatma Gandhi – Father of our Nation*

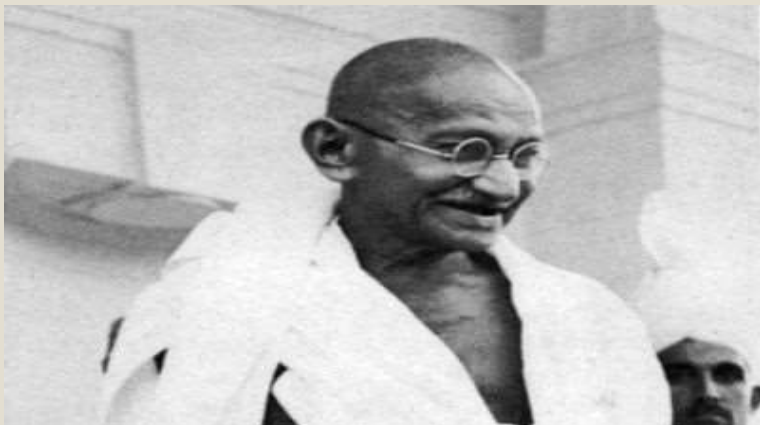


Liana Susan Chandy, II C



Mahatma Gandhi was born on October 2, 1869, in the Porbandar district in the state of Gujarat, India. He was named Mohandas Karamchand Gandhi. His parents were Karamchand Gandhi and Putlibai. As a child, he was afraid of the dark, but his belief in Lord Ram helped him overcome this fear. He loved watching stage dramas.

He married Kasturba Gandhi in May 1883 when he was just 13 years old. Later, he moved to London to study law. After becoming a lawyer, he moved to South Africa, where Indian people were called ‘coolies’ and were treated poorly. During his time there, Gandhiji was thrown off a train because of racial discrimination. This incident deeply upset him and sparked his fight against racial injustice.



*Mahatma Gandhi*

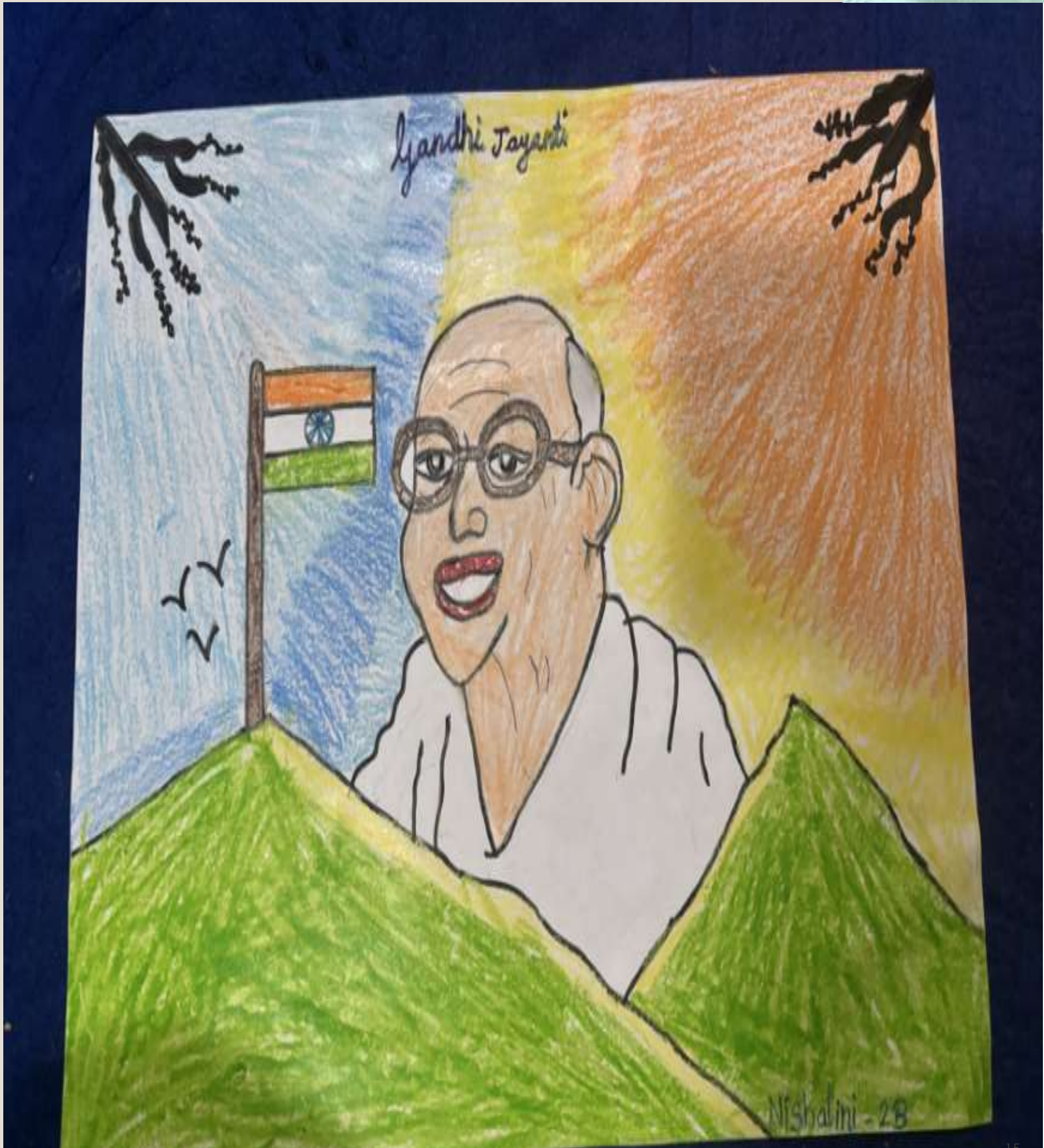
Gandhiji returned to India in 1915 when the country was under British rule and burdened by heavy taxes. He joined the Indian National Congress Party and traveled across India to understand the struggles of the people. From that point on, he wore hand-woven clothes as a symbol of self-reliance. He organized non-violent protests, including the 24-day march to the sea from March 12 to April 6, 1930, known as the Dandi March or Salt March, in protest of British salt taxes. He championed ‘Satyagraha’, which means 'holding on to truth.'

The people of India honored him with the title ‘Mahatma,’ meaning 'great soul.' India eventually gained independence on August 15, 1947. Sadly, Mahatma Gandhi was assassinated by an Indian named Nathuram Godse on January 30, 1948.



# *The Great Mahatma*

Nishalini Haribalakrishnan, II B







Mahatma Gandhi, so wise and kind,  
A peaceful leader with a powerful mind.  
With truth and love, he chose his way,  
To lead his people to a brighter day.

He walked with courage, never with fear,  
Fighting for freedom, so dear and clear.  
With simple clothes and a humble heart,  
He showed the world a peaceful start.

Through salt marches and fasting long,  
He taught the weak to be strong.  
A hero of peace, both near and far,  
Forever shines, like a guiding star.

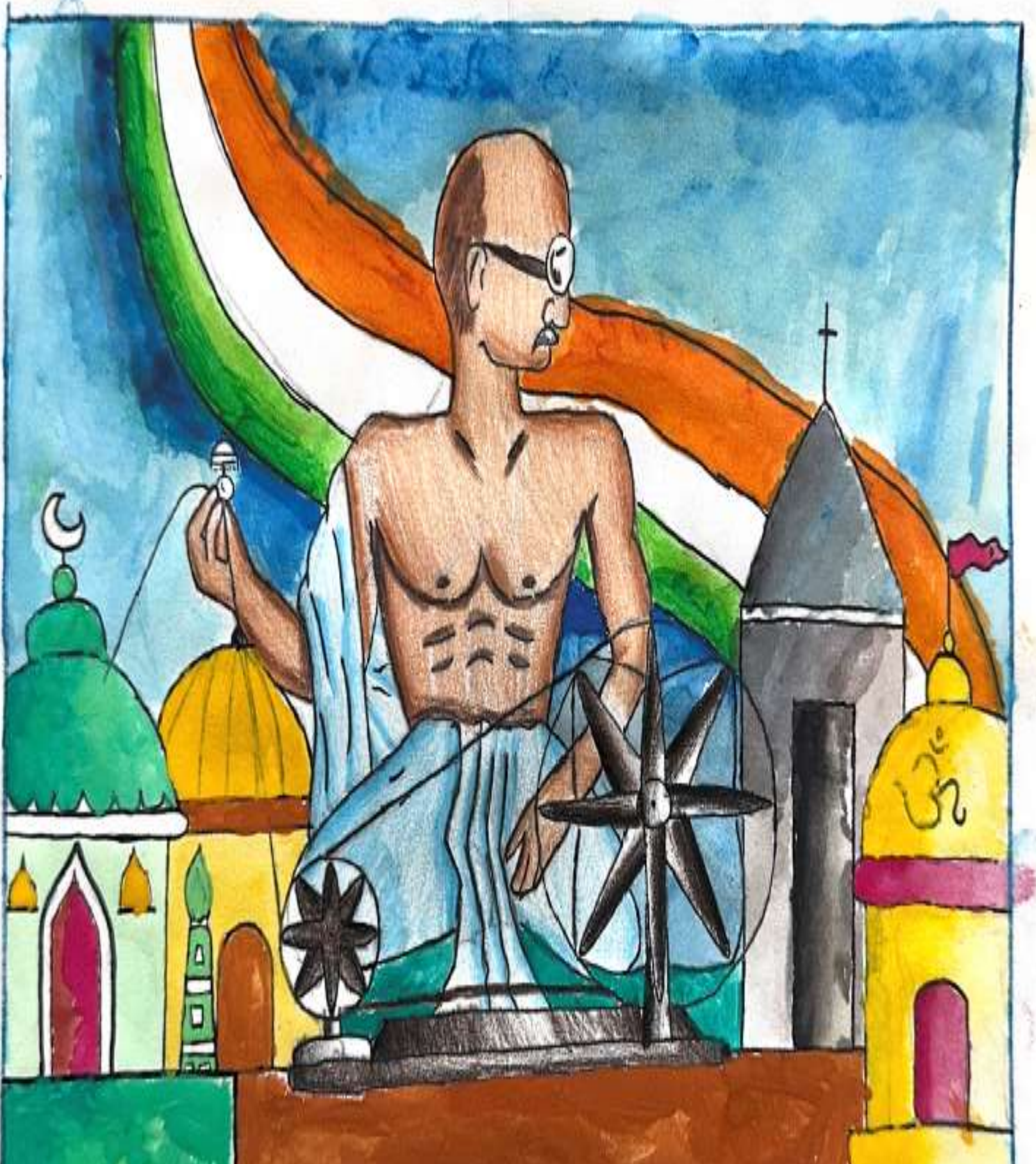
Nonviolence was his noble creed,  
In every action, word, and deed.  
His legacy lives, in hearts worldwide,  
A beacon of hope,  
forever our guide.





# *The Great Mahatma*

Sharanya Vedula , II I





By, Alina Umar  
IV-I



ART: By Alina Umar IV-I D10746



# *Mahatma Gandhi, the “Father of the Nation”*



Kanika, X J

In a world divided with darkness spread wide  
He stood there as our guide  
No weapons he carried, no army in hand  
Yet he moved mountains across every land.  
A humble soul with a graceful power  
Fought for all in that crucial hour  
He showed us that peace can win  
That power lies in the heart within  
Through fields and through streets he marched with grace  
Determined to free his people's space  
The British rule would soon give way  
As dawn of freedom lit the day.  
His battles were won not with might  
But simply of what is right  
Oh, Mahatma, your spirit lives on  
In every path toward peace we've won.



# *Mahatma Gandhi, the “Father of the Nation”*

*Lavishkka Dogra, IX A*



With humble steps and heart so pure,  
He walked a path both brave and sure.  
A man of peace, with truth as guide,  
In love and strength, he did not hide.  
He spun the thread, he sowed the seed,  
Of freedom's hope in every deed.  
No sword he raised, nor gun he fired,  
Yet hearts with justice he inspired.  
With faith in hand, he stood so tall,  
A voice for those who had none at all.  
His legacy, a flame that burns,  
In every heart where freedom yearns.  
Through silent march and fasting plea,  
He led a land to liberty.  
Mahatma, with your wisdom bright,





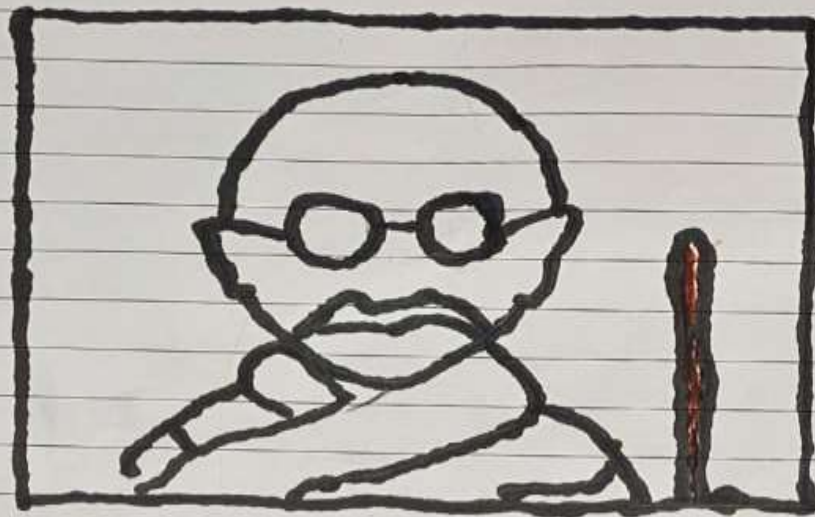
# Gandhi

Rishika KG I C



Mahatma Gandhi

RISHIKA  
KG I C



1. Mahatma Gandhi is the Father of our nation.
2. He was a great leader of India.
3. We call him Bapu.
4. He was born on 2<sup>nd</sup> October 1869.
5. He taught us to be honest and truthful.

Rishika Nageswar

# Everyday Strategies for Students to Develop Self-Regulation

Subhathra Balasubramanian Kalaimathy

(Parent of Arudhurra Grade II A)



Developing self-regulation is crucial for students as it helps them manage their emotions, behaviours, and thoughts effectively. Here are some everyday strategies that can help students build this essential skill:

## ◦ 1. Teach Emotional Awareness

- **Identify and Label Emotions:** Encourage students to recognize and name their emotions. This can be done through activities like “emotion check-ins” where students share how they feel at the start of the day.
- **Develop Emotional Vocabulary:** Help students expand their emotional vocabulary by brainstorming different words for common emotions, which can aid in more precise expression.

## ◦ 2. Set Clear Goals

- **Goal-setting:** Guide students to set specific, achievable goals. This helps them focus on what they want to accomplish and develop a plan to get there.
- **Regular Review:** Have students periodically review their goals and adjust their plans as needed. This ongoing process fosters a sense of progress and accountability.

## ◦ 3. Model Self-Regulation

- **Lead by Example:** Demonstrate self-regulation in your behaviour. Show how you manage stress, resolve conflicts, and stay organized.
- **Provide Feedback:** Give constructive feedback when students exhibit self-regulation, reinforcing positive behaviours and highlighting areas for improvement.





#### ◦ 4. Incorporate Mindfulness Practices

- **Mindfulness Techniques:** Introduce mindfulness exercises such as deep breathing, meditation, or mindful movement. These practices can help students stay calm and focused.
- **Mindful Breaks:** Schedule short, mindful breaks during the day to help students reset and refocus.

#### ◦ 5. Create a Supportive Environment

- **Consistent Routines:** Establish and maintain consistent routines to provide a stable environment. Predictability can reduce anxiety and help students feel more secure.
- **Safe Spaces:** Create a classroom environment where students feel safe to express their emotions and seek help when needed.

#### ◦ 6. Encourage Self-Reflection

- **Reflection Activities:** Use activities that prompt students to reflect on their actions and emotions. Journaling or group discussions can be effective tools for this.

By integrating these strategies into daily routines, students can gradually develop stronger self-regulation skills, which will benefit them both academically and personally.



# *International Day of the Girl Child*

Michelle 4D

## INTERNATIONAL DAY OF THE GIRL CHILD

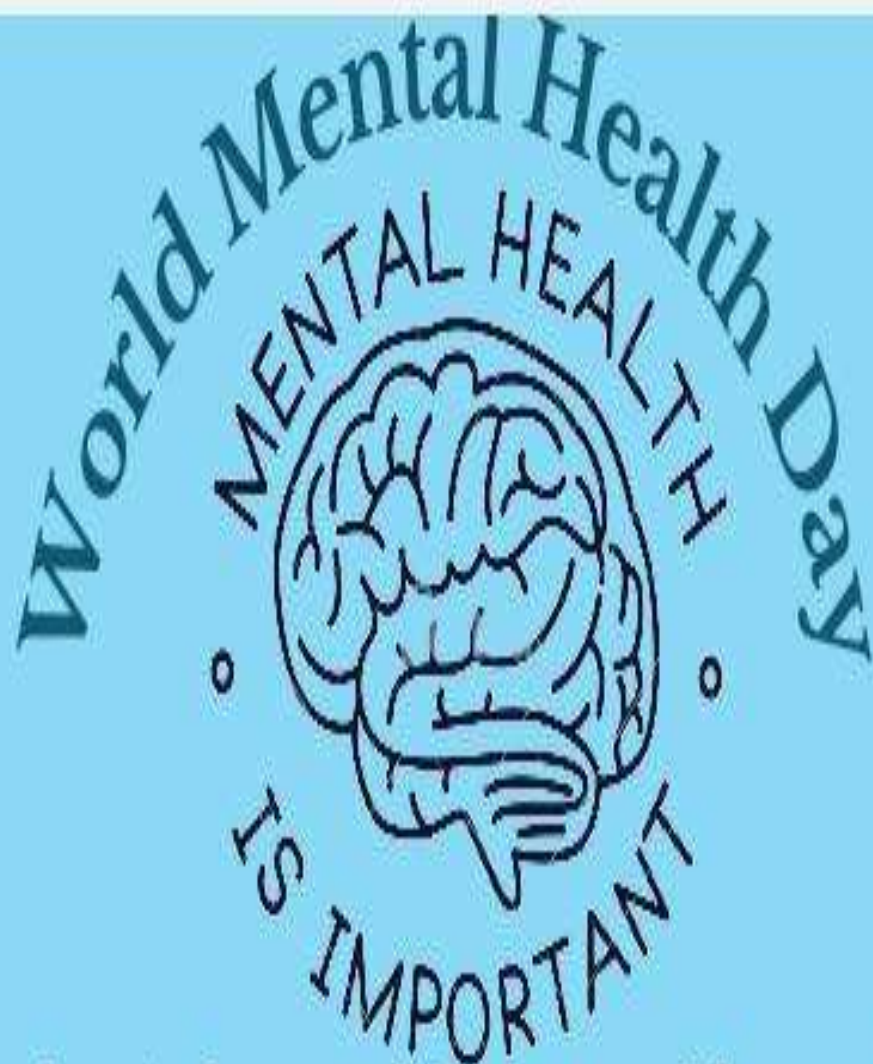
The International Day of the Girl Child is celebrated on October 11th every year. It's a day to recognize and support girls all around the world.

### *WHAT ABOUT IT*

The International Day of the Girl Child, observed on October 11th, aims to promote girls' rights and empowerment. It raises awareness about issues such as education, health, and safety, encouraging girls to pursue their dreams and achieve their potential. The day was established in 2012 to highlight the challenges girls face and to advocate for a better future for them worldwide.







Every year on October 10th, we celebrate World Mental Health Day. It helps people learn about mental health and makes it easier to talk about it. The day reminds us that mental health is important just like physical health and encourages people to get help if they need it.

Beyond its annual celebration, World Mental Health Day helps start conversations and make changes. It pushes for more research and encourages people to work together to improve mental health care. World Mental Health Day helps people get help without feeling afraid or embarrassed. It's a day to show that mental health matters and that everyone deserves support.

BY Pranessh. N  
IV D



# *F*ostering Curiosity: Encouraging Children to Ask Thoughtful Questions

Ms Swapna Patil

P/O: Shourit Sandesh Patil

Grade: 4-H



## Fostering Curiosity: Encouraging Children to Ask Thoughtful Questions



Curiosity is a crucial driver of learning and creativity in children. Encouraging them to ask thoughtful questions helps nurture critical thinking, problem-solving, and imagination. To foster curiosity, it's essential to create an environment where all questions are welcome, no matter how simple or complex. When children feel safe to explore their thoughts without judgment, they are more likely to express their curiosity.

Adults can model curiosity by asking questions themselves and demonstrating a love for learning. Instead of focusing only on answers, encourage open-ended questions that prompt deeper thinking, such as "Why do you think this happens?" This approach promotes exploration and analysis. If a child asks a question you don't know the answer to, use it as an opportunity to discover together, teaching them that learning is an ongoing process.

Praise the act of questioning, not just the outcome, to show children that curiosity itself is valuable. Simple activities like nature walks, building projects, or creative play can also ignite curiosity and generate more questions. By nurturing curiosity and encouraging children to explore their own ideas, we set the foundation for lifelong learning and a deeper understanding of the world around them !!



# Everyday Strategies for Students to Develop Self-Regulation

Manaswi D Majukar, IV-H



## → What is Self-Regulation?

Self-regulation is an integral component of human behavior that involves managing and modifying one's thoughts, emotions, and behaviors per situational demands. It includes a broad range of skills like suppressing impulsive reactions, managing negative feelings effectively, setting personal goals, and diligently working towards achieving them.



## → Why it is important?

Self-regulation skills, when instilled during childhood, act as predictors of not just academic achievement but also interpersonal behavior patterns, mental health status, and overall well-being in later stages of life. This implies how early nurturing of these skills can set solid foundations for subsequent personal growth and societal living.



## → 10 Essential Self-Regulation Skills for Students

1. Emotional Awareness and Expression
2. Impulse Control
3. Anger Management
4. Mindfulness
5. Empathy
6. Resilience
7. Time Management
8. Stress Management
9. Goal setting
10. Self-compassion



## → Strategies for Teachers and Parents

1. Model self-regulation: Demonstrate self-regulation skills yourself.
2. Provide feedback, not answers: Encourage students to think critically.
3. Encourage self-reflection: Help students identify strengths and weaknesses.
4. Incorporate self-regulation into curriculum: Teach self-regulation skills explicitly.
5. Support student autonomy: Gradually increase independence.



# FITNESS





# E-MAGAZINE ACTIVITY FOR OCTOBER



## FITNESS

EACH MORNING BRINGS A BRAND-NEW START  
A CHANCE TO MOVE, TO PLAY, TAKE PART.  
WITH EVERY STRETCH AND EVERY STRIDE,  
I FEEL THE STRENGTH I HOLD INSIDE.



A RUN THROUGH WINDS THAT BRUSH MY FACE,  
A LEAP, A JUMP, I PICK UP PACE.  
MY BODY'S FUELED BY WILL AND DRIVE,  
IN EVERY MOVE, I COME ALIVE.



THE WEIGHTS I LIFT, THE SWEAT THAT FALLS,  
EACH EFFORT ANSWERS FITNESS CALLS.  
NOT JUST FOR MUSCLES, STRONG AND LEAN,  
BUT FOR A MIND THAT'S CALM, SERENE.



SO EVERY DAY, I TAKE A STEP,  
TO CHALLENGE LIMITS, DO MY BEST.  
IN HEALTH AND JOY, I FIND MY WAY,  
WITH FITNESS GUIDING ME EACH DAY.



# ***Fitness***

*Amy Alister, IX J*



The fields we run, in skies we leap,  
In every breath, our hearts we keep.  
With muscles firm and spirits high,  
We chase the winds as they pass by.  
In fitness lies the strength we need,  
To power through, to plant our seed.  
Each step, each lift, each stretch we make,  
Our minds grow sharp, our limits break.  
The race is long, the sweat runs free,  
But victory waits for you and me.  
In sport, we find the drive to soar,  
To strive, to conquer, and seek more.  
Our bodies strong, our hearts are true,  
Through every challenge, we push through.





# *Fitness: The Forge of Strength*

Tanmay Kapil, XI A



Through iron will and muscle's sculpted grace,  
The body learns its rhythm, finds its pace.  
Each breath a pulse of strength, a fire within,  
The forge of discipline where lives begin.  
With every stride, the earth beneath does yield,  
And limbs grow stronger in the sweat-streaked field.  
Resilience rises from each aching strain,  
For growth is found through trial and through pain.  
The mind, a fortress, firm in focus deep,  
While fleeting doubts are left behind to sleep.  
In fitness, not just strength of flesh resides,  
But spirit's power that no storm derides.  
A temple built by patience, sweat, and grit,  
Where body, mind, and soul in balance sit.



# *30 Minutes, 30 Days: How I plan to be a part of the Dubai Fitness Challenge 2024*

Caelan KG IC



Dubai Fitness  
Challenge



Dubai Fitness Challenge is a fun event where all try to be active for 30 days. It helps everyone to stay fit and make new friends.



# *The Importance of Lifelong Learning for Teachers*

Ms. Asra Usmani



## **The Significance of Lifelong Learning for Teachers**

In today's rapidly evolving world, the role of teachers is pivotal in shaping the minds of future generations. To effectively fulfil this responsibility, teachers must be equipped with a broad range of knowledge and skills. Lifelong learning is essential for teachers to stay updated with the latest educational trends, research findings, and technological advancements.

Lifelong learning empowers teachers to become more effective educators. By continuously expanding their knowledge base, teachers can provide students with relevant and engaging learning experiences. This can be achieved through professional development courses, workshops, conferences, and independent study. For instance, a teacher who stays abreast of technological advancements can incorporate innovative tools and resources into their lessons, enhancing student engagement and understanding.

Moreover, lifelong learning fosters a growth mindset among teachers. By embracing a continuous learning journey, teachers demonstrate to their students the importance of lifelong education. This can inspire students to become lifelong learners themselves, setting them up for success in their personal and professional lives.

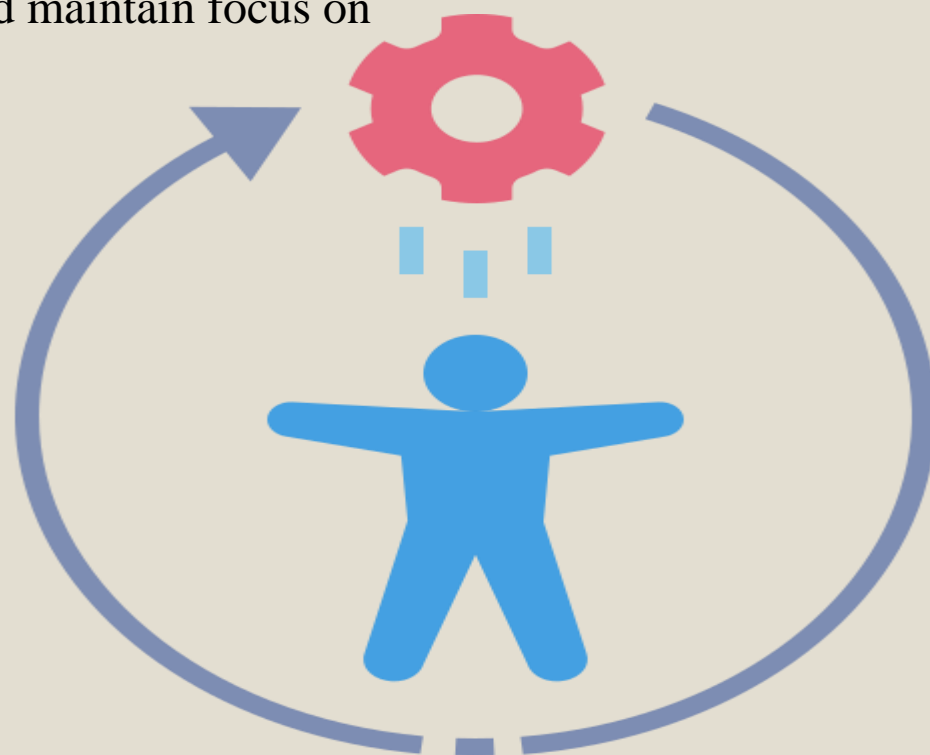
As Albert Einstein once said, "The only thing that is truly constant is change." By embracing lifelong learning, teachers can adapt to the ever-changing educational landscape and ensure that their students receive the best possible education.

# *The Power of Self-Motivation*

*Ms. Mansa Mary Thomas*



Self-motivation is the internal drive that propels individuals to take action and pursue their goals. Unlike external motivation, which relies on outside influences, self-motivation originates from within. This intrinsic force is crucial for personal and professional success, as it empowers individuals to overcome obstacles and maintain focus on their objectives.



One of the key benefits of self-motivation is resilience. When faced with challenges, self-motivated individuals are more likely to persevere, viewing setbacks as opportunities for growth rather than reasons to give up. This tenacity fosters a growth mindset, allowing them to embrace learning and adapt to change.

Moreover, self-motivation enhances productivity. Individuals who are driven by their own goals tend to be more organized and proactive. They set clear priorities and manage their time effectively, which leads to greater efficiency in achieving tasks. This sense of ownership also breeds creativity; when individuals are motivated from within, they are more likely to explore innovative solutions and think outside the box.

In addition, self-motivation contributes to improved well-being. It cultivates a sense of purpose and fulfillment, as individuals actively engage in pursuits that align with their values and passions. This alignment not only boosts mental health but also fosters a more positive outlook on life. In conclusion, the power of self-motivation is transformative. By harnessing this inner drive, individuals can unlock their potential, navigate challenges with resilience, and lead more fulfilling lives.



# *Fostering Curiosity: Encouraging Children to Ask Thoughtful Questions*



*P/o Deshna Jain, IX B s*



“Curiosity is the compass that leads to discovery.” Curiosity is that guiding force in our quest for knowledge and understanding. Just like a compass, which points the way, curiosity motivates us to ask questions, seek answers, explore, and discover the unknown. It drives us to new ideas, experiences, and perspectives, ultimately enriching our lives. By fostering curiosity, we embark on a journey of continuous learning and personal growth.

Creating an environment where questioning is welcomed can be achieved through simple practices. For instance, encouraging open discussions at the dinner table allows children to voice their thoughts. Participating in family activities, like visiting museums or exploring parks, provides opportunities for children to ask questions about what they see and experience. Additionally, responding to their questions with enthusiasm is key; instead of giving immediate answers, guiding them to explore further fosters independence and a love for learning. Educational games and books that stimulate inquiry can also spark their interest.



In today’s rapidly changing world, curiosity is an essential skill for success. It fuels innovation, creativity, and problem-solving, vital for a child’s development. The technology-driven landscape offers endless opportunities for students and teachers to tackle real-world challenges. To cultivate curiosity in educational technology, students should be encouraged to experiment with various tools, inspiring exploration and discovery that support their growth. By nurturing curiosity, we equip the next generation to thrive in an ever-evolving world, ready to embrace new challenges and opportunities in the future.

# *Everyday Strategies for Students to Develop Self-Regulation*

P/O Sidrah Jafri, X



If we know that consistent small efforts lead to success, why not start building these habits today? Self-regulation is an essential skill for students helping both academically and with personal development. There are several strategies that can support the development of this skill in our children. Firstly, encouraging goal setting is highly effective. When students break tasks into smaller ones, they tend to stay more productive and motivated. Regular planning sessions at the start of the week can help set clear expectations for their study schedule. Secondly, the use of planners enables students to organize assignments and deadlines, also minimising the risk of procrastination and last-minute stress. This practice fosters responsibility and time management.

Additionally, promoting mindfulness during study breaks can help students refocus. Short intervals of deep breathing or physical stretching allow them to reset and return to tasks with better concentration. Reflecting on daily progress is another beneficial approach. Discussing what went well and finding areas for improvement encourages self-awareness.

Finally, limiting distractions is crucial. Maintaining a quiet study environment free from distractions like phones or television enables students to maintain focus. By fostering these everyday strategies parents can play a significant role in their children's development of self-regulation, laying down a foundation for long-term success.

"Success is the sum of small efforts, repeated day in and day out." – Robert Collier





*“All our dreams can come true; if we have the courage to pursue them.”*

Umaiza Kazi, X J



Walt Disney said, “All our dreams can come true, if we have the courage to pursue them.” This quote emphasizes that achieving dreams requires more than wishful thinking; it demands determination and courage.

Courage goes beyond traditional bravery; it involves confronting internal fears such as the fear of failure, criticism and the unknown. These fears can create barriers to progress and growth.

Disney exemplified this courage by overcoming bankruptcy and skepticism to build a beloved entertainment empire for the entire population of the world to enjoy.

To pursue dreams effectively, we can break courage into three essential pillars:

**Embracing Uncertainty:** The journey toward dreams is often unpredictable. Accepting this ambiguity and staying committed is highly important for success.

**Committing to Personal Growth:** Achieving dreams necessitates ongoing self-improvement. Facing discomfort and recognizing growth as part of the process is essential for victory.



**Resilience in Setbacks:** Obstacles are always inevitable. Those who succeed can confront failure, learn from it, and adapt to face other problems in the future.

Courage transforms potential, talent and hard work into achievement. It’s a choice to step outside our comfort zone and face challenges. When we embrace courage, we turn dreams from possibilities into realities. Remember: dreams can come true, but only if we dare to pursue them.



# *UAE's Growing Contribution to the Health and Wellness Sector*

Samaira Tyagi, IX D



**T**he United Arab Emirates (UAE) is making incredible strides in the health and wellness area, and it's interesting to see the zeal with which the country is investing in the well-being of its people. Over the last few years, the UAE has built advanced healthcare facilities that use modern technology, ensuring that residents acquire top-notch hospital treatment. Hospitals in towns like Dubai and Abu Dhabi are equipped with present-day equipment, making it simpler for doctors to assist sufferers with numerous fitness issues.

The authorities are also launching many health tasks to promote a wholesome lifestyle. Programs that encourage exercising, healthy consumption, and staying fit are gaining popularity. Events like the "UAE National Sports Day" inspire everyone to take part in sports activities activities. These campaigns help increase awareness of being active and preserving a balanced weight-reduction plan

Mental fitness is another critical recognition avenue for the UAE. There are extra resources available for intellectual fitness assistance, including counseling offerings and community programs. Schools and workplaces are beginning to offer workshops to assist people in dealing with strain and tension. This emphasis on intellectual well-being shows that the UAE cares deeply about the overall health of its citizens. Healthy food alternatives are available.

Supermarkets and eating places are presenting organic and nutritious selections, while schools are introducing more healthy meal plans for students. This focus on offering better meals helps encourage everybody to choose more healthy alternatives.

Overall, the UAE is making extensive contributions to health and well-being through advanced healthcare, mental fitness help, wellness tourism, studies, and more meal alternatives. These efforts improve the health of its citizens and additionally set an effective example for different nations to comply with. Whether you live in the UAE or plan to go, it's inspiring to look at the exciting adjustments going on in health and well-being!





# Why Children Should Limit Their Use of Social Media



Bhawna Bhatia  
Phase II  
HOD English (Primary)

In today's digital age, social media is an unavoidable part of life. While it offers many benefits, such as connecting with friends and staying updated with trends, excessive use can be harmful, especially for children. Setting limits on social media usage is essential for their mental and emotional well-being.

One of the primary reasons for limiting social media use is the negative impact it can have on children's mental health. Prolonged exposure to unrealistic portrayals of life can lead to issues such as low self-esteem, anxiety, and depression. Social media platforms often present filtered or exaggerated versions of reality, which can make children feel inadequate or compare themselves unfavourably to others.

Additionally, spending too much time online can interfere with children's academic performance. Social media can be distracting, drawing them away from study time. Children may get lost in endless scrolling instead of focusing on productive activities like reading, pursuing hobbies, spending time with family, or outdoor playtime. Moreover, social media can expose children to inappropriate content and online predators. Without proper monitoring and time restrictions, children may engage in risky online behaviour, such as sharing personal information with strangers or being subjected to cyberbullying.

Finally, overuse of social media can disrupt healthy sleep patterns. Many children use devices late into the night, which can lead to sleep deprivation and affect their overall health.

In conclusion, while social media has its place, parents must set boundaries. Encouraging children to balance online activities with real-world interactions, hobbies, and responsibilities will foster healthier habits and personal development.



# *The Power of Peer Support*



Arham Aamir, Class 12A  
Wellbeing Ambassador

Humans are social animals. It is our nature to seek validation from each other in times of need. Throughout history the power of peer support has been a driving cause for various breakthroughs. Gandhi and Nehru, Marie and Pierre Curie, the Wright brothers, Mandela and Tambo, and Susan B. Anthony and Elizabeth Cady Stanton all served as catalysts for change, shaping the very world we reside in today. With the growth of social media and its subsidiaries we have reached a stage where we are more interconnected than ever. After meeting our peers in school or work we can talk to them at home. We can talk to people who we have never seen in person, forging connections across continents and cultures, breaking down barriers that once limited the scope of human interaction. Our peers are all around us and span numbers that were unprecedented a mere two decades ago. And therefore the power we can channel from these peers is immense. In a world as competitive as today's, people, especially the youth, go through immense pressure to perform to their fullest.



We are expected to adapt to this fast moving world without difficulty. This adapting is something we cannot achieve alone—it requires the support, understanding, and encouragement of those around us. Peer support becomes essential in helping individuals navigate the overwhelming demands of modern life, offering not only practical guidance but also emotional reassurance. Whether it's a friend helping another through academic stress, a colleague offering advice in the workplace, or online communities providing a safe space to share personal struggles, the presence of peers can make all the difference. In these moments, validation from peers reinforces our sense of belonging and reminds us that it's okay to seek help, to fail, and to grow at our own pace. So, anytime we face difficulty, we must turn to one another for reassurance, confide in each other, and learn to love and uplift each other to the fullest for indeed, humans are, at their core, social animals.



# *Social Media Detox: Does it Improve Mental Health?*



Sidrah Jafri, X I



In this digital age, prolonged exposure to social media can lead to anxiety or stress. A “social detox,” or temporary break from social media, has gained attention as a possible solution for improving mental health. This practice encourages people to disconnect from social platforms for a particular period of time, promoting real-life interactions and self-reflection.



Research suggests that social detox can reduce symptoms of anxiety and By stepping away from social media, people may experience relief from the pressures of comparison and online validation. Additionally, social detox offers time to focus on hobbies, relationships, and personal well-being, which can lead to an increase in mindfulness and emotional stability.

While the positive effects of a social detox can vary from person to person, many talked about feeling more relaxed, present, and satisfied with their offline lives. However, long-term success depends on the ability of the person to develop a healthier relationship with social media after the detox. In conclusion, while a social detox may not be a cure for all mental health struggles, it can offer a valuable reset, helping people regain control of their digital habits and improve their overall well-being

“Disconnect to reconnect. Sometimes, stepping back from the digital world is the first step toward a clearer, more fulfilling life.”

# *Discovering the Joys of Recreational Reading*



*Niharika Girish, IX E*



In a world buzzing with constant notifications and digital overload, there's a simple yet profound act that transports us beyond ordinary reading. The pages of a book hold the power to awaken our imagination, expand our perspectives, and nurture our minds in ways that few other activities can. Far from being just a pastime, recreational reading is a journey that allows us to travel through time, cultures, and ideas without ever leaving our seats.

Research consistently shows the wide-ranging benefits of reading for pleasure. A study by the University of Sussex revealed that reading can reduce stress levels by up to 68%, making it more effective than listening to music or sipping a hot cup of tea. For those seeking mental wellness and emotional intelligence, few habits are as powerful. Reading regularly also strengthens cognitive abilities, builds empathy, and fosters creativity. Whether you're delving into the suspense of a thrilling mystery or getting lost in the pages of a historical drama, reading rewires your brain for growth.

But perhaps what makes recreational reading truly magical is its personal impact. It doesn't just inform; it transforms. The act of holding a book, flipping its pages, and seeing worlds unfold through words, is a uniquely intimate experience. Unlike scrolling through endless feeds, reading provides a deliberate and mindful way to engage with new ideas, challenge old beliefs, and find solace.

For me, reading is not just a retreat from the demands of everyday life, but a window into new possibilities. It's where I find peace, inspiration, and the courage to dream bigger. In a fast-paced world filled with distractions, the quiet companionship of a book offers the perfect escape—one that leaves you not only entertained but enriched. So, the next time you're seeking adventure or a moment of reflection, reach for a book. You might just find that the joy of recreational reading is the key to unlocking new worlds within yourself.

A stylized, handwritten-style signature that reads 'unplug'. The word is written in a cursive, flowing font. To the left of the word is a small, black icon of a two-prong electrical plug.



# *Navigating Social Media without Getting Lost*

*Ananya Shah, XI D*



Social media can feel like a maze of endless posts, memes, and videos that seem impossible to escape. It's easy to lose hours of scrolling, but if you know how to manage your time and content, you can enjoy it without feeling overwhelmed. Here are some simple tips to keep you on track. First, set a time limit for how long you spend on each platform. Apps like Instagram and TikTok are designed to keep you hooked, but by setting a timer, you remind yourself when it's time to log off.



Second, curate your feed. Only follow people or pages that inspire or teach you something. If certain content makes you feel anxious, it's okay to mute or unfollow. You have control over what you see. Third, take breaks. Going offline gives you a chance to focus on school, hobbies, or hanging out with friends in real life. It's a great way to reset and recharge.

Lastly, remember that not everything you see is real. People often post only the best parts of their lives. Keep this in mind to avoid comparing yourself and feeling left out. By managing your time and staying mindful, social media can be a fun tool, not a time trap.

# *Thriving After Hours: How Clubs Enhance Student Wellbeing*



*Hiba Anvar, XI D*

After-school clubs play a crucial role in enhancing student well-being. These extracurricular activities provide a supportive environment where students can explore their interests, develop new skills, and build meaningful relationships. Participation in after-school clubs has been linked to improved mental health, as students often experience reduced stress and anxiety levels.

Engaging in activities they enjoy helps students unwind and provides a sense of accomplishment. Moreover, these clubs foster a sense of belonging and community, which is essential for emotional well-being. Students who participate in after-school programs are more likely to feel connected to their peers and school, leading to increased self-esteem and confidence.

Additionally, these activities promote physical health by encouraging active participation in sports and other physical pursuits, contributing to overall well-being. Furthermore, the skills and discipline learned in these settings often translate to improved classroom performance. The BBC reports that extracurricular activities, including after-school clubs, boost academic performance and social skills among the youth. Our school offers a variety of after-school activities, including clubs like Debate and Student Council, as well as extracurricular activities such as sports, calligraphy, and art. These programs help students develop skills, stay active, and engage in creative and community-focused pursuits. In summary, after-school clubs are invaluable for boosting student well-being by providing opportunities for personal growth, social connection, and academic improvement. These programs play a significant role in shaping well-rounded, healthy, and confident individuals.





# *The Relationship between Our Oceans and Climate Change*



*Dheerga Mehandiratta, XI*

"Our oceans are the beating heart of our planet, and climate change is disrupting their rhythm," said Sylvia Earle. Oceans play a vital role in regulating Earth's global climate system. Oceans even absorb excess heat and energy released from rising greenhouse gas emissions trapped in the earth's atmosphere. Climate change and oceans are deeply interconnected, with the oceans playing a critical role in regulating the Earth's climate and temperature. One of the most direct consequences of climate change on oceans is sea level rise. As global temperatures increase, polar ice caps and glaciers melt, adding more water to the oceans which is causing flooding on many shores. Oceans absorb about 93% of the excess heat generated by human activities, especially from the burning of fossil fuels and deforestation causing heat to be trapped inside the earth's surface.

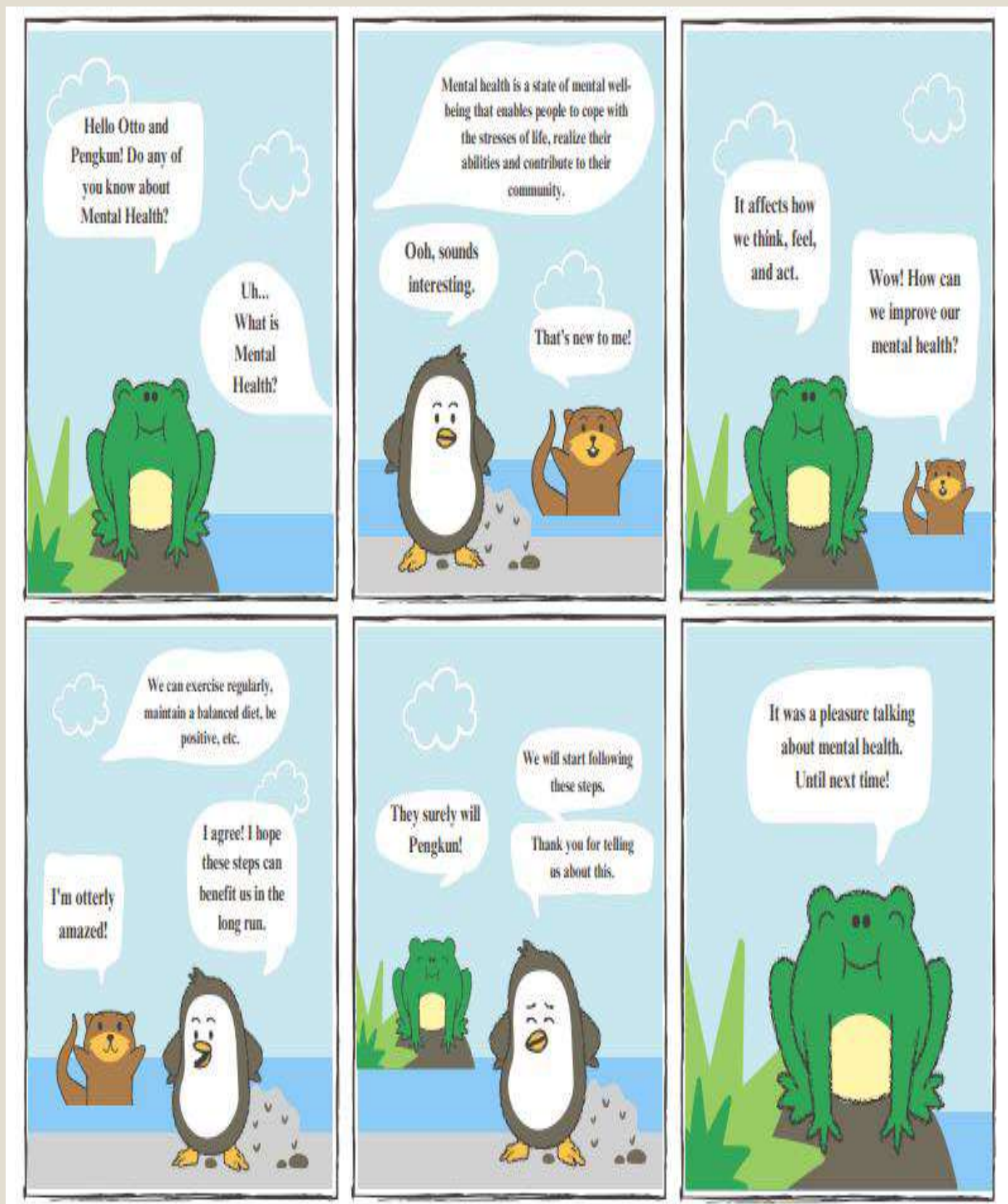


Rising temperature increases the risk of irreversible loss of marine and coastal ecosystems. Climate change is affecting marine biodiversity. Warmer ocean temperatures are shifting the distribution of marine species, pushing them towards cooler waters and causing trouble in the breeding and regeneration of organisms. Understanding the relationship between climate change and oceans is critical to avoid its catastrophic aftermath. Reducing greenhouse gas emissions is the most urgent step in curbing ocean warming, acidification, and sea level rise. In addition, protecting and restoring marine ecosystems, such as mangroves, seagrasses, and coral reefs, can help enhance the ocean's capacity to absorb CO<sub>2</sub> and buffer coastal communities from storm surges and erosion. The promotion of sustainable fishing practices, the reduction of plastic and other pollutants, and International cooperation on marine conservation are also crucial in maintaining the health of the oceans and earth.

# COMICS



Sudiksha Sahu, X





NAME \_\_\_\_\_

# SUDOKU

## INSTRUCTIONS

Use the numbers 1 to 9 to complete the Sudoku.  
Only use each number once in each row, column and grid.

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

# ANSWER KEY

## SUDOKU

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

**Made by :**



**name : Sirajuddin**

**grade: 9**

**section: I**





Nothing can  
dim the light  
that shines  
from within.

~ Maya Angelou



Thank  
You