

DPSD HERALD



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ROLES OF SCHOOLS AND PARENTS IN PREVENTING RISKY STUDENT TRENDS



Ira Ramasayam

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Preventing risky student trends requires a strong partnership between schools and parents, both playing an active role in safeguarding children's wellbeing.

Dubai- Authorities in Dubai have issued urgent warnings to parents and students following reports of unsafe behaviors in schools, including choking, breath-holding, pressure to the head or neck, and Skull Breaker incidents that can cause severe injury.

The Knowledge and Human Development Authority (KHDA) and Dubai Health Authority (DHA) responded at once, emphasizing the importance of clear communication and action in protecting children. The KHDA confirmed that students found participating in, encouraging, or recording such behaviors will face disciplinary action, and serious cases may be referred to external authorities.

Parents are urged to discuss these dangers openly with their children, monitor their wellbeing and activity, and seek help from schools or medical professionals if concerns arise.

Times like this serves as a reminder that this is the age of viral trends and social media algorithms, and protecting children requires clarity and the willingness to act before harm becomes irreversible.



SCIENCE OF PATIENCE: LESSONS OF RAMADAN



Manthan Jitendra, 7I

Ramadan is a holy month in which Muslims fast, pray, and reflect on their behaviour. During this month, Muslims do not eat or drink from dawn to sunset. This practice teaches self-restraint and helps build patience. One of the most important virtues of Ramadan is patience.

In science, patience is linked to impulse control and decision-making. The brain learns to delay reactions and think before acting. When people fast, they resist hunger and thirst, which strengthens willpower and self-discipline. This process helps train the mind to stay calm under pressure.

Ramadan also teaches emotional regulation. Even when people feel tired or irritated, they are encouraged to remain kind and composed. The structured routine of prayer and fasting improves focus, discipline, and mindfulness. In conclusion, Ramadan is not only a spiritual journey but also a powerful training for patience that benefits both the mind and character.

In conclusion, Ramadan is not only a spiritual journey but also a powerful period of personal growth. It develops patience, emotional balance, and self-control—qualities that benefit both the mind and character long after the month has ended.



Furthermore, teaching adolescents skills such as critical thinking, emotional regulation, and self-awareness can reduce harmful risk-taking. Activities like sports, creative arts, and community service provide healthy outlets for excitement and exploration. When teenagers channel their energy into constructive experiences, they gain confidence without putting themselves in danger. With the right balance of freedom and guidance, adolescents can grow into responsible individuals who take thoughtful risks that contribute to their personal development.



THE POWER OF VOICES: WHY RADIO STILL MATTERS IN THE DIGITAL AGE



SWAYAMSIDDHA DASH

6B



In today's fast-paced digital world, radio may appear outdated, yet it continues to remain relevant and meaningful. Unlike screens that demand constant attention, radio connects people through the simplicity and warmth of the human voice. It informs, entertains, and comforts listeners without overwhelming them.

In daily life, radio plays a quiet but steady role. Many students listen to morning radio shows that help them gain knowledge on topics such as mindfulness and unity in diversity. During car rides to school, the radio provides news updates, traffic alerts, and cheerful programmes that set a positive tone for the day.

Radio is also highly accessible and reliable. During emergencies or power failures, it becomes a vital source of information. By giving a voice to local communities and sharing real experiences, radio proves that even in the digital age, voices still hold great power.



THE BOOK THAT WROTE ITSELF



Namah Bhatiya 8I

I rest on the shelf, stitched with ink and hush,
Paper lungs rising slowly in dust and dusk.
My spine remembers every careful touch.
Open me, and something opens in us.

I wake beneath your lamplight's tender glow,
Borrow your pulse to carry out my tale.
In margins where your quiet longings flow,
Old secrets bloom and shed their faded veil.

By midnight's breath I murmur silver-thin,
Chapters turn softly in the dark.
Though closed, I keep a living hush within,
A river waiting for a reader's spark.



I feel the winter gathering in my thread,
The final line was already drawing near.
You slow your hands, afraid it might be misread,
As if desire alone could hold it here.

But endings stand where ink has always dried,
Unmoved by hope or hesitant delay.
No plea escapes the margins where I bide.
Light settles gently on each page you sway.

And when at last you close me, something stays—
A quiet voice the dark cannot undo.
In every loss, a hidden ember plays:
What ends in me begins again in you.



THE MIRROR THAT REFLECTED FUTURE POSSIBILITIES



Aishwarya Rathore 8I

Within my chamber stands the glass,
Cold sentinel of silent sight.
It marks the girl I let time pass,
And her who dares to ascend in might.

It shows a self with lifted chin,
Whose voice rings clear through vaulted air.
A sovereign fire burns within,
Too fierce for doubt or dull despair.

Another form in shadow stays,
With trembling breath and softened flame.
She yields her dreams to cautious days,
And fears the weight of her own name.



If I choose silence, pale I fade,
My colors thinned to ashen hue.
The stars withdraw, the heavens shade,
As timid paths my steps pursue.

If I choose boldness, though I shake,
The mirror cracks with silver cry.
Yet through the rift new dawns awake,
And wider spreads the waiting sky.

The glass speaks not, yet bids me see
That fate is forged by mine own hand.
What I elect, that shall I be,
Reflected where my choices stand.



IF I COULD INVENT A NEW COLOUR – SUNSET PINK



By Anvi Pathak from Grade IH

If I could invent a new colour, I would call it Sunset Pink. Sunset Pink would look like the sky in the evening when the sun is going down. It would be soft, warm, and shiny. It would be a mix of pink, orange, and a little bit of gold. Sunset Pink would make everyone feel calm and happy. When people see it, they would smile. It would remind them of a beautiful sunset after a long day. I would paint my room with Sunset Pink. I would colour my school bag, my pencils, and my favourite dress with it. Even the clouds in the sky would look pretty in Sunset Pink. This colour would make the world look magical and peaceful. I think everyone would love Sunset Pink because it spreads joy and makes hearts feel warm inside.



+ The Ant Who Dreamed of the Moon

A tiny little ant one summer night
looked at the moon so bright
"I want to touch the moon so white
and touch its shining light"

All the other ants begin to say
You can't go to the moon, it's too far away
Then the little ant said I am brave

I will not stay
ants can try
to touch the sky
to touch the moon
in the open moon
dreams arrive in the nick of time.



THE TINY ANT WHO WANTED TO TOUCH THE MOON



Abhijay Chauhan Grade II C

A tiny ant walked out one night,
He saw the moon so big and bright.
“I want to touch that shiny light,
It glows so pretty in the sky!”

He climbed a leaf, he climbed a tree,
He climbed as high as he could.
He reached and reached with all his might,
But the moon stayed far from sight.

The wind blew softly, the stars did gleam,
The ant sat down and had a dream.
“The moon is far, that may be true,
But I can still enjoy the view.”

He waved goodnight and smiled with cheer,
“The moon can be my friend from here.”
The tiny ant felt proud and glad,
For trying hard, he was happy, not sad

THE TINY ANT WHO WANTED TO TOUCH THE MOON



Kenneth Karthikpandian

Grade 1-I

The tiny ant saw the moon at night,
It looked so big and shining bright.
“I want to touch it!” said the ant,
“I know I’m small, but I still can.”
She climbed a leaf, she climbed a tree,
As high as tiny ants can be.
She could not touch the moon so far,
But she smiled at that glowing star.
For even little ants can dream,
And try their best to reach a beam.

THE RESILIENCE LAB: FINDING THE WIN IN EVERY LOSS

By Ms. Astha Bangar, Parent of Darsh from Grade II H



The Resilience Lab is built on a simple but transformative idea: every loss carries the seed of a future win. In this space, setbacks are not signs of failure but invitations to grow. When something doesn't go as planned, we pause, reflect, and ask what the moment is trying to teach us. This mindset shifts our focus from disappointment to discovery. Instead of dwelling on mistakes, we study them, experiment with new approaches, and strengthen our ability to adapt. Over time, this practice builds confidence, grit, and emotional flexibility. The Resilience Lab reminds us that progress is rarely a straight line; it is shaped by trial, error, and persistence. By finding the win in every loss, we learn to rise with greater clarity and courage, turning challenges into stepping stones toward success.

THE TINY ANT WHO WANTED TO TOUCH THE MOON



P. Udbhavadiya - KG II I

I may look like a tiny ant,
but my dreams are never small.
I may look like a tiny ant,
Yet my destination stands tall.

I may not carry heavy loads like others do,
but I carry my courage, which is strong and true.
I may not take far steps,
but I will never stop toward my goal steps.
My success is my faith,
My failure is others' lack of faith in me.
I may not have the strength of honeybee wings to fly,

But I have the strength of my legs to reach the
moon (beehive) in the sky.
As a tiny ant, I reached the moon (beehive),
As a tiny ant, I discovered my own tune.



THE RESILIENCE LAB: FINDING THE WIN IN EVERY LOSS



Parent Article – Ritika Aggarwal

Student Name- Yuvaan Khadka - KG I I

As a working mother, I’ve learned that no matter how well I plan, something will always be missed — even a “colourful lunch pack” halfway to school. Over time, I realized that perfection isn’t the goal. Mindset is.

The greatest lesson my parents gave me was simple: effort matters. Results are wonderful, but effort builds confidence, resilience, and real skills. I try to pass this on to my son, Yuvaan, through one simple rule at home.

When something goes right, we celebrate both the effort and the outcome: “You worked hard — well done!” When something goes wrong, we still celebrate the effort: “You tried your best, and I’m proud of you.” Instead of asking, “Why did you fail?” I ask, “How much did you practice?” Sometimes the honest answer is zero — and we laugh.

Children who value effort don’t fear mistakes; they learn from them. In today’s fast-changing world, teaching resilience and persistence matters far more than raising perfect children.



THE RESILIENCE LAB – FINDING THE WIN IN EVERY LOSS



Parent Article- Ramitha Pillai

Student Name – Aadriti Manoj-KG II B

“Sometimes you win, sometimes you learn”- John C. Maxwell

In today’s world, winning is seen as the only measure of success. The spotlight shines on winners, while others stand in the shadows. Children absorb this idea and grow up believing that winning is everything. Whether it’s a race, a competition or a classroom activity, victory feels like the only acceptable outcome.



So, children start fearing failures. Sometimes this fear stops them from even trying! That is why it's very important to gently teach 'resilience' in early childhood itself.

With a resilient mindset, children realize that failures and losses are merely a part of the journey, not the end of the road. When children are encouraged to perform without the pressure to win, their true abilities emerge. They think creatively and perform with joy and confidence.

A person who has never failed is a person who has never achieved anything important. When children understand that it is okay to lose, they stop fearing mistakes. They courageously explore new ideas and follow their curiosity with confidence. Every invention, innovation and every comfort we enjoy exists only because someone failed, learned and tried again.



Failure should not be seen as a permanent fall, but as feedback that teaches us how to try again in a better and smarter way. The lesson we learn from failure is what we call the **'win in every loss.'**

When children understand that the outcome is either winning or learning, they grow into calm, confident individuals, ready to face not just competitions, but also life's many challenges.

THE SCIENCE OF SOUND: HOW MUSIC AFFECTS THE MIND



Teacher Article – Ms. Prerna Richhariya - KG II D

Phase 1-Kindergarten

Sound is a powerful part of our everyday lives. From the rhythm of morning alarms to the songs children sing in class, music constantly shapes how we think and feel. Scientists have discovered that music does much more than entertain us—it has a direct impact on the brain. When we listen to pleasant music, the brain releases chemicals such as dopamine that help us feel happy and relaxed. Calm tunes can slow the heart rate, reduce stress, and improve concentration. This is why soft background music is often used during reading or quiet learning time. On the other hand, energetic music can make us feel motivated and ready to move, which is perfect for dance and physical activities.



Music also supports memory. Children often remember information better when it is turned into a rhyme or song. The patterns and repetition help the brain store and recall learning more easily. Singing together further builds language skills, listening ability, and social connection.

For young learners, music becomes a joyful tool that strengthens emotional wellbeing and cognitive growth. Whether clapping to a beat or humming a melody, every musical moment helps the mind develop.



Understanding the science behind sound reminds us that music is not just art—it is brain power in action.

ROLE OF SCHOOLS AND PARENTS IN PREVENTING STUDENT RISKY TRENDS

- *Bhavya Jalan, XI G*

Social media tends often appear harmless or entertaining but can mask life-threatening risks. Social media strongly influences students' behaviour, attitudes, and choices. While many online trends are harmless, some encourage dangerous actions that can seriously affect the health and safety of a teenager, like the "skull breaker" challenge. Recent warnings issued by the Dubai Health Authorities highlight the growing concern around risky social media challenges, making prevention a shared responsibility for schools and parents.

Schools are not only places of academic learning but also environments where values, behaviour, and decision-making skills are shaped. One of the most effective ways schools can address risky social media trends is by incorporating digital safety and media literacy into the curriculum. Educating students about online risks helps them recognize dangerous content and understand that not everything trending online is safe or trustworthy.

In addition, schools can provide counselling and well-being support to students who may feel pressured to participate in such trends. Teachers and school staff are often among the first to notice changes in student behaviour, making them key to early intervention. Regular communication with parents further strengthens this protective approach.

Parents play an equally important role in guiding children's online behaviour. Creating a home environment where children feel comfortable discussing what they encounter on social media encourages openness and trust. Rather than using fear or punishment, parents should explain the real-life consequences of risky online behaviour.

Monitoring screen time and setting reasonable boundaries can help reduce exposure to harmful content. However, supervision should go hand in hand with teaching responsibility, so children learn to make safe choices even when adults are not present. When schools educate, parents reinforce, and authorities provide guidance; students receive a consistent message about safety and responsibility. In an increasingly digital world, protecting students from harmful social media trends is a shared task. By working together, they can help students navigate social media safely and develop into responsible digital citizens who prioritize their health and well-being over online popularity and sensation-seeking.

THE SCIENCE OF PATIENCE: LESSONS FROM RAMADAN



Rifah Sadiq, XI C

Millions of people around the world begin a journey every year, even though we live in a time where hunger can be satiated with a click and frustration can be released within a matter of seconds. This is the month of Ramadan, a time of spiritual and psychological rebalancing and healing. Its central idea is “Sabr”, an Islamic concept that is frequently interpreted as patience but actually denotes a deep act of worship that grounds the believer’s soul. From sunrise to dusk, this spiritual virtue is practiced during Ramadan. Fasting is a private agreement between the individual and the Creator, in contrast to a regular diet.

The practice of patience during Ramadan is deeply rooted within the concept of self-restraint, or Taqwa. This is the crossover between psychology and spirituality, as a person learns to control their tongue, temper, and their desires. According to science, this spiritual practice results in a state of clarity and calmness. The brain’s stress response decreases when we view fasting as an act of worship rather than hardship. The Quran describes those who are patient in the company of the Divine, and this spiritual connection makes individuals more resilient to the hardships of daily life. Patience during Ramadan is an act of empathy that extends beyond the person. A person’s heart opens to the suffering of those who are forced to go without when they experience the agony of hunger. In the end, Ramadan teaches us that patience is a path to the Divine. By the end of the thirty-day period, the believer has not only completed a fast, but also rewired their brain to be more patient, their heart to be more grateful, and their soul to be more connected. This enduring patience becomes a lifelong tool, helping one navigate through life’s challenges with courage and determination.

PSYCHOLOGY BEHIND RISK-TAKING IN ADOLESCENTS



Lakshaya Jayakumar, IX C

The process of change from child to adulthood is known as adolescence. Many teenagers are seen taking risks in this period, such as trying out new things, breaking the rules, and making quick decisions without thinking much. Psychology helps us understand why adolescents behave this way. Experiencing risky situations helps the brain to develop. The area of the brain that drives excitement and emotions develops more quickly than reasoning and decision-making areas. As a result, adolescents think primarily with their feelings, not their logical thoughts.



Peer pressure is another major component. Teenagers fear getting left out and want to be accepted by their friends. In order to gain acceptance or appear “cool,” they will take risks they would probably not take alone. Curiosity and the wish to be independent can also lead adolescents to want to explore new experiences that can be risky. However, risk-taking is not always harmful. Positive risks taken by adolescents, such as taking part in competitions on the advice of parents, learning new skills, and forming opinions. Problems only arise when a risk involves dangerous or unhealthy behaviour. In short, adolescent risk-taking is a natural stage of growing up. When parents and teachers provide them with guidance, support and understanding, adolescents can learn to make safer and wiser choices and grow into responsible adults

THE POWER OF VOICES: WHY RADIO STILL MATTERS IN THE DIGITAL AGE



Shaurya Prajapati, XI D

In today's digital world filled with smartphones, social media, and streaming apps, many people believe radio has lost its place. However, radio continues to play a powerful and meaningful role in our lives. It connects people through the warmth and emotion of human voices, something no screen can fully replace. Whether it's a cheerful morning show, a late-night story, or the latest news, radio builds a bond with its listeners and becomes a part of their daily routine.



One reason radio still matters is its wide reach. It can be heard in cities, villages, and even remote areas where the internet or television may not work well. Radio spreads information, education, and entertainment to people from all walks of life. It keeps listeners company while driving, studying, or working — without needing their full attention like video content does.

Over time, radio has also evolved. With online streaming and radio apps, people can listen to their favorite stations from anywhere in the world. This blend of tradition and technology keeps radio alive and relevant.

In a world that often feels too busy and noisy, radio reminds us of something simple yet powerful — the connection created by a human voice. It continues to inform, inspire, and unite people even in the digital age.

THE BOOK THAT WROTE ITSELF



Suryansh Khodade, IX G

In the quiet corner of a dusty room,
Stands a glass that ignores the now.
It shimmers with light in the gathering gloom,
Like a secret, a prayer, or a vow.

When I look in, I see versions of me,
The broken, the brave, and the bold—
A thousand lives that are waiting to be,
With stories that haven't been told.



Some futures reach with ink-stained hands,
Some watch me through a hollow gaze.
Paths mapped out like constellations,
Or dimmed by the fog of the past.

I saw then: the glass held no secret spell.
It never cautioned; it never lied.
It simply showed what courage looked like,
If I finally dared to step inside.

For a life isn't found in a silver rim,
Nor the shadows that dance on the wall.
It's the leap from the edge on a desperate whim,
Or the courage to stand through the fall.



THE MIRROR THAT REFLECTED FUTURE POSSIBILITIES

Mihika Thakur, XI A

In the quiet corner of a dusty room,
Stands a glass that ignores the now.
It shimmers with light in the gathering gloom,
Like a secret, a prayer, or a vow.
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A soft, pink watercolor splash with a textured, marbled appearance, featuring various shades of pink and subtle white speckles. The splash is centered on a white background and has irregular, feathered edges.

Thank
You

