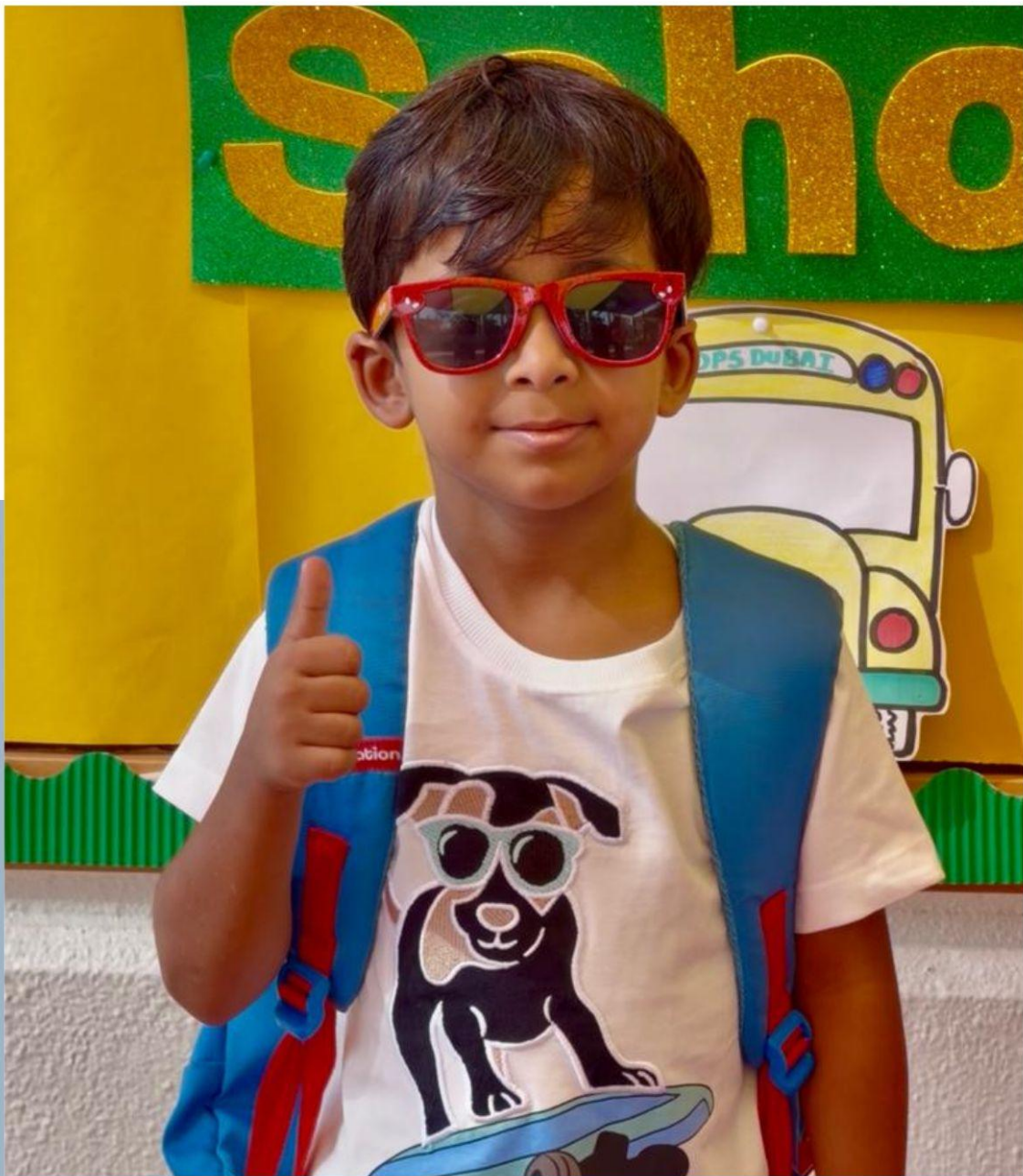


# DPSD HERALD

April



## DIGITAL BALANCE: GUIDING STUDENTS IN A SCREEN-FILLED WORLD

**“We must move from being users of technology to being wise digital citizens who know when to connect and when to unplug.” – Barack Obama**



### **Ms. Deepika Bhasin**

We are living in a world where screens have become an inseparable part of students’ lives. From online classes and educational apps to gaming and social media, technology surrounds children every day. As a Computer Science Teacher at Delhi Private School Dubai, I strongly believe that while technology opens doors to endless opportunities, students must also learn the importance of digital balance.



At DPS Dubai, technology is integrated meaningfully into learning. Students actively engage in coding, robotics, STEM activities, and AI-based projects that develop creativity, collaboration, and problem-solving skills. Our school promotes hands-on learning experiences where students become creators of technology rather than just passive users. Activities related to Artificial Intelligence, robotics, and innovation encourage students to think critically and responsibly about the digital world around them.

However, alongside these benefits, excessive screen exposure can affect students’ concentration, sleep patterns, emotional well-being, and real-life social interaction. Many children today find it difficult to disconnect from devices, making it essential for educators and parents to guide them towards healthier digital habits.



Digital balance does not mean avoiding technology; it means using it wisely. At DPS Dubai, we encourage students to maintain a healthy balance between screen time and real-world experiences through sports, performing arts, reading, collaborative classroom activities, and mindfulness practices. Discussions on cyber wellness, digital citizenship, online safety, and responsible AI usage are regularly integrated into classroom learning. As teachers, our role is not only to prepare students for a technology-driven future but also to help them become mindful digital citizens. When students learn to balance technology with creativity, physical activity, communication, and emotional well-being, they grow into confident and responsible individuals ready to thrive in both the virtual and real



## A WORLD EVERYONE BELONGS

Name of the Student: Zahran Baig Grade: V-I

# AUTISM AWARENESS DAY




Autism Awareness Day, observed annually on April 2nd, is dedicated to increasing understanding and acceptance of people with autism spectrum disorder (ASD), as well as promoting the rights and well-being of individuals with autism around the world. This day is marked by a variety of events and activities designed to educate the public about autism, dispel stereotypes, and foster a more inclusive society. Many landmarks and buildings are illuminated in blue, the color associated with autism awareness, as part of the "Light It Up Blue" campaign. Autism Awareness Day encourages communities to embrace neurodiversity, support families affected by autism, and advocate for policies that enhance the quality of life for those on the spectrum.

## ONE KIND ACT THAT MADE A BIG DIFFERENCE

Name of the Student: Anish Grade: V-D

**THE DAY  
I WAS  
BRAVE**



One time I had to go on a roller coaster because my friend wanted me to go on a roller coaster in my world. She persuaded me to go on it on my first time I was scared but then later I felt like going on it again and that's when I realized I am over my fear of roller coaster

By  
Anish Mahajan  
5-D

# *My dream journey to space*

*I was getting ready for an exciting journey to space. I was all set, astronaut suit on, engines ready, I got into the rocket. My mission was to cover all the planets, including the dwarf planets. So I sat in the rocket and I was ready for the magnificent adventure. My rocket was about to launch in 5,4,3,2, and 1. It launched, this was just mesmerising! I was actually going out of Earth to explore the planets, and I was going out of the atmosphere, the air pressure wasn't fine and I was not on fuel, I pressed a booster button and finally this was it. I had did it. I had reached space. I first went to Mercury, it was cold but I was ready. I had a heater in my astronaut suit. I discovered some freezing cold-rocks and brought them. On venus I brought some very hot-sun rocks. On Mars, I found some molten-lava rocks. On Jupiter, I found some rocks that turn into sand and get into rocks again. I got diamonds from Saturn, spun on Uranus's rings and got cold water in a jar from Neptune and got special rocks from dwarf planets. What a fun and unforgettable adventure!*



*By Ayush Tiwari V-B*

# THE COLOURS OF KINDNESS

IN THE HEART'S GARDEN, WHERE KINDNESS GROWS,  
COLORS DANCE LIKE A FUN SHOW.  
WARM YELLOWS HUG US TIGHT,  
JUST LIKE SUNSHINE, SO BRIGHT.  
BLUE WHISPERS, CALM AND WIDE,  
SPEAK OF UNDERSTANDING ON THE INSIDE.  
GREEN BEAMS OF CARE WE SHOW,  
HELP KINDNESS SEEDS TO GROW.  
PURPLE PATIENCE IS SOFT AND SWEET,  
BRINGING CALM AND PEACE, A GENTLE TREAT.  
PINK COMPASSION BLENDS IN THE MIX,  
IN OUR KINDNESS WORLD, IT STICKS.  
TOGETHER THEY MAKE A RAINBOW SO WIDE,  
A BIG MIX OF LOVE, OUR BRIGHT GUIDE.  
EVERY COLOR TELLS A STORY, BOLD,  
OF KINDNESS SHARED, LIKE TREASURE GOLD.

BY GREESHMA

5-B



# **A Sky Full Of Dreams**

**A sky full of dreams so wide and  
bright.**

**Shining softly in the quiet night.**

**Each little star is a wish to keep,**

**Whispering hopes while the world's  
asleep.**

**The moon smiles down with gentle  
glow.**

**Guiding the paths we want to go.**

**Clouds drift by like thoughts so free,**

**Painting a future we long to see.**

**Hold your dreams, let them fly high,**

**Like glowing stars in the endless sky.**

**For every dream, both big and small,**

**Has the magic to come true for all.**



**By Kanak.Wankhede 5-B**

# The Colors of Kindness

Kindness is a gentle light  
that brightens up the day,  
It's the joy and happy laughter  
when friends come out to play.  
A calm and peaceful shade of blue  
that helps your worries go,  
A warm and caring heart of red  
in every smile we show.  
A rainbow made of little acts  
that spreads both far and wide,  
With love and care in everything  
and kindness deep inside.



Samridhi Saravanakumar

5-B

# Colors of kindness

Yellow is a sunny smile,  
Pink is sharing for a while,  
Green is helping those in need,  
A gentle way to do a deed,  
Blue is speaking soft and kind,  
With a calm and thoughtful mind,  
When these colors start to blend,  
You become a perfect friend



Aavya Maherwal

5B



Color's of KINDNESS

Ashlin 5B



# A Sky Full of Dreams

I look up at night, at the bright, twinkling sky,  
And see little dreams as they sparkle up high.  
They wink and they glow, like they know what I mean,  
Like they've heard every wish I have ever seen.

I close my eyes tight and send one floating by,  
Hoping it joins them way up in the sky.  
And maybe one day, or so it all seems,  
Mine will shine too in that sky full of dreams,

I look up at night, at the bright, twinkling sky,  
And see little dreams as they sparkle up high.  
They wink and they glow, like they know what I mean,  
Like they've heard every wish I have ever seen.

By Ashnoor

**Kindness isn't just one shade,  
It's a rainbow softly made.  
A gentle word in quiet blue,  
A helping hand in sunny hue.**

**It glows in gold when you share a  
smile,**

**That stays with someone for a  
while.**

**It shines in green when you  
forgive,**

**And help another learn to live.**

**A blush of pink in caring hearts,  
Where every act of love just starts.**

**A spark of red in courage true,  
Standing up for what is right to do.**

**In every color, bright or small,  
Kindness is the best of all.**

**Paint the world in shades that stay  
—**

**And make it brighter every day.**



**By Parnosree Naha**

# **A Sky Full of Dreams**

**What do you see when you look at the  
Sky,**

**I see dreams flying high.**

**People's dreams that they want to  
achieve,**

**They fulfill it as they believe.**

**We all also have dream that I see,**

**The person I truly want to be.**

**So believe in your dream and make it  
come true,**

**So the Sky can be full of the dreams  
of me and you.**



**Priyanshi Verma  
Grade 5 B**

# The Colours of Kindness

Kindness is a golden sun that  
warms a lonely day,  
It's the bright and leafy green  
when friends come out to play.  
A soft and peaceful blue that  
calms a stormy heart,  
The silver spark of courage  
where every good deeds start.  
One warm red hug can change  
a mood, one purple smile is  
true,  
A rainbow made of caring acts  
that starts inside of you.



By Inaya Taslim 5B

## The Colors of Kindness

Kindness is a yellow sun,

Waking up when day has begun.

A warm smile given, free and bright,

Turning gray moments into light.

Kindness is a blue so deep,

Listening while others weep.

Gentle waves of calm and peace,

Helping worries find release.

Kindness is a red soft rose,

Helping others, I suppose.

A helping hand, a caring heart,

A beautiful and honest start.

Kindness is a green soft leaf,

Bringing comfort to our grief.

Patient, nurturing, and true,

Helping me, and helping you.

Kindness is a purple hue,

Gentle, wise, and tender too.

A quiet strength that lights the way,

Making better every day.

So blend them all, the red and blue,

And green, and yellow, purple too.

A colorful world of love and grace,

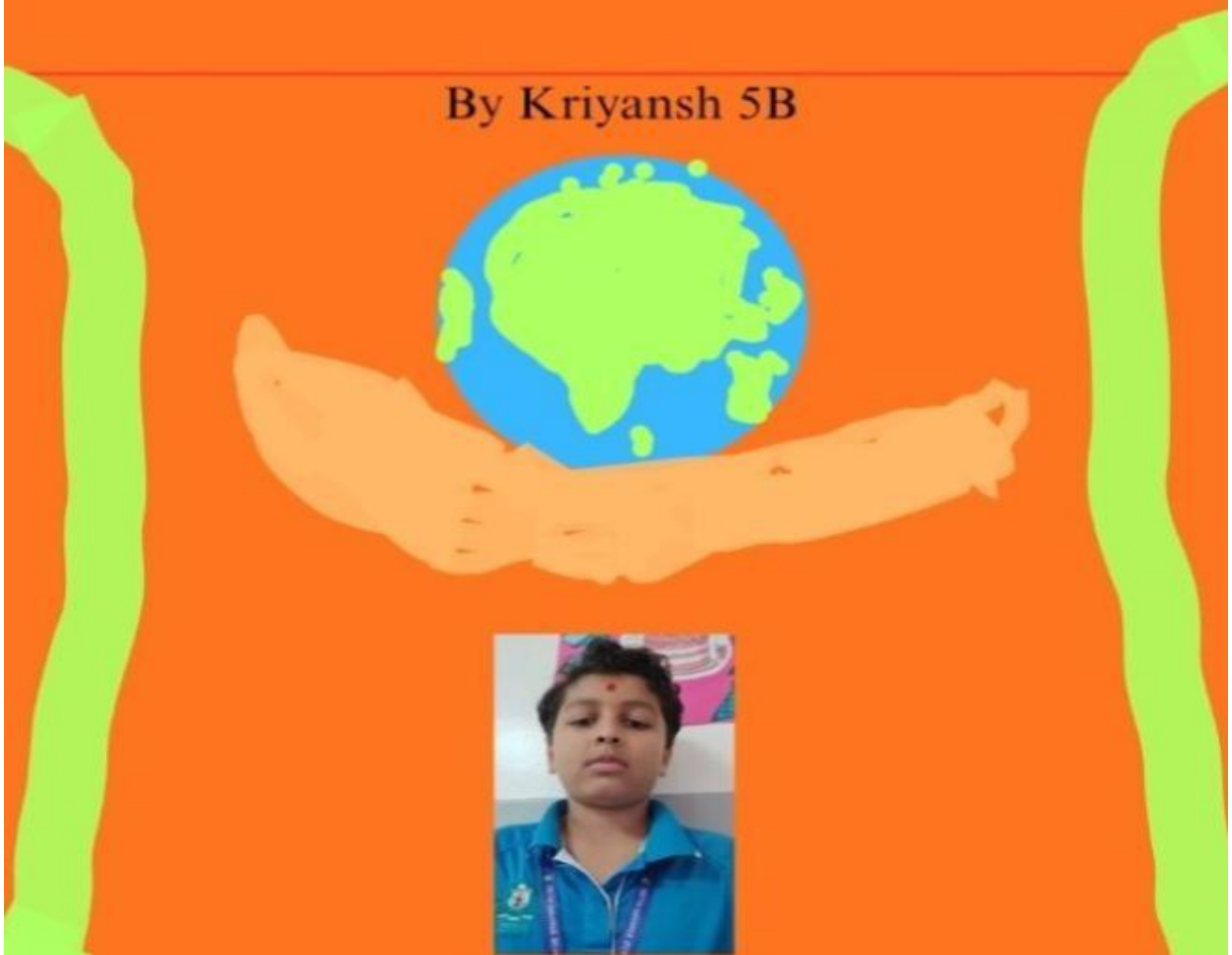
Making Earth a kinder place.

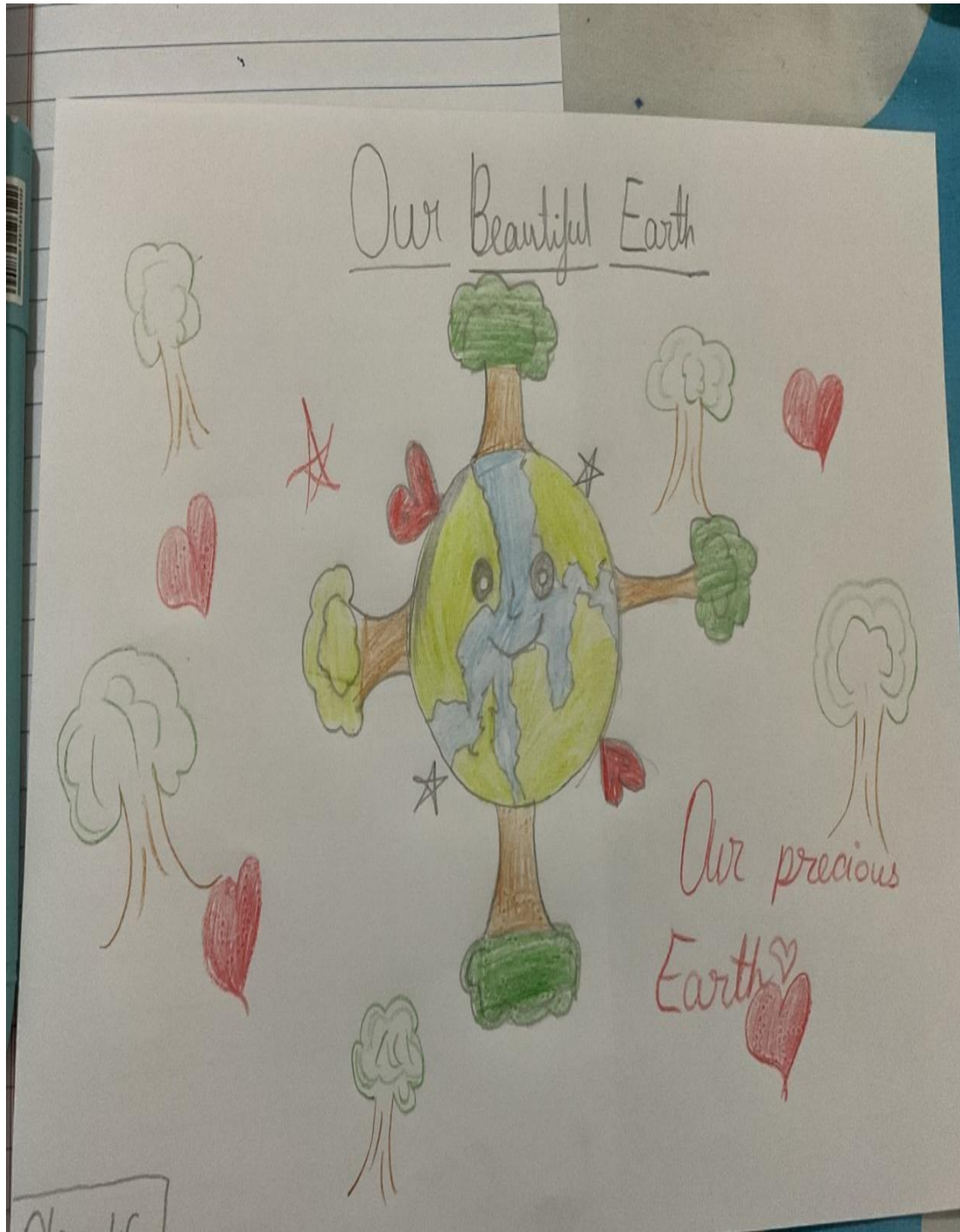
*– Inspired by themes of compassion and warmth*



Earth is critical because it is the only known planet that supports life, providing essential water (covering 71% of the surface) and the perfect, moderate temperature for survival. It sustains life through its atmosphere, biosphere, and water, offering crucial resources like oxygen and fresh water necessary for plants, animals, and humans.

By Kriyansh 5B





**Name of the Student: Olivia Jobi**

**Grade: IV-G**

## CALM IN THE CHAOS: SUPPORTING CHILDREN THROUGH UNCERTAIN TIMES



Mansi Mandar Gujar

Parent of: Myra Mandar Gujar Grade 5F

In today's fast-changing world, children are exposed to uncertainty in many forms—shifts in routine, academic pressure, and constant information around them. While they may appear adaptable, their sense of security depends greatly on the environment we create.

Children often express anxiety through behaviour rather than words. Listening with patience and without judgment helps them feel safe and understood. Maintaining simple daily routines, mealtimes, study schedules, and bedtime—provides a sense of stability and comfort.

Our reactions as adults' matter. When we model calmness and positivity, children learn to manage their own emotions. Encouraging them to express themselves—through conversation, play, or creative activities, supports healthy emotional development.

It is also important to guide children's exposure to information, helping them stay informed without feeling overwhelmed. At the same time, allowing them to face small challenges builds resilience and confidence.

When parents and schools work together, children feel more secure and supported. In uncertain times, what children need most is not all the answers, but a calm, reassuring presence that helps them feel safe, confident, and hopeful.

## CREATING READERS AT HOME: NURTURING LOVE FOR BOOKS AND LANGUAGE



Arshi Shadab Ali Parent of: Aaizal Tyagi

Grade 3E

Building a reading culture at home is one of the most meaningful gifts we can offer our children. When books become a natural part of daily life, children begin to see reading not as a task, but as a source of joy and discovery. Simple habits, like setting aside fixed reading time, reading aloud together, or discussing stories, help develop language skills and imagination.



Creating a cozy reading corner and allowing them to choose their own books encourages independence and curiosity. As parents, we play a powerful role as role models—when children see adults reading, they are more likely to value it themselves. Conversations about characters and ideas further strengthen comprehension and critical thinking.

Limiting screen time and replacing it with engaging books can gradually build attention and focus. Over time, these efforts nurture confident readers who excel academically but also develop empathy, creativity, and a lifelong love of language.

## THE HEALING POWER OF CREATIVITY: ART, MUSIC, AND STUDENT WELLBEING



Priyanka khator

Grade 3-5-Department -SST

Have you ever noticed how light you feel after drawing a picture or singing your favorite song? Creativity has a special power to heal our hearts and minds. Art and music are not just subjects in school — they help us grow, relax, and understand our feelings better.

When I pick up colors and start painting, I forget my worries for a while. If I feel upset or confused, drawing helps me show my emotions without even using words. During our wellness session when we were told to do artwork, in no time I created this abstract piece of art. It was refreshing, relaxing and rejuvenating.

In the same way, listening to soft music can calm my mind after a busy day at school. Singing with friends makes me feel happy and connected.

Many students feel stressed before exams or nervous about speaking in class. Creative activities like coloring, dancing, playing an instrument, or crafting can help reduce stress.

They give our brains a break and help us focus better

afterward. Creativity also builds confidence. When we complete a drawing or learn a new song, we feel proud of ourselves. In real life, creativity is everywhere — in decorating our homes, celebrating festivals, or even solving problems in new ways. Art and music teach us that it is okay to express ourselves differently. So next time you feel worried or tired, try creating something. You might discover that a simple drawing or song can bring peace, joy, and healing to your heart.



## CALM IN THE CHAOS: SUPPORTING CHILDREN THROUGH UNCERTAIN TIMES

**Tushar Thakker** : Parent of **Param Thakker (Grade 11A)**

Children often notice when something around them feels “off,” even if they don’t fully understand why. Simple changes in routines, worried conversations, or simply sensing adult tension can make them feel uneasy.

The behaviour may differ among the children, more depending on the age. Younger children might become clingy or restless. Elder children might feel anxiety or ask repeated questions. These reactions are their way of saying, *“I’m not feeling safe right now.”* Instead of correcting or dismissing these emotions, try slowing down and listening. A simple *“I’m glad you told me”* Can help more as there is no perfect answer in uncertain situations.

One of the most powerful things parents can offer is calm. Children take emotional cues from us. When we speak gently, keep routines steady, play games together as family, show them that home and school are safe spaces, their anxiety eases.

For example, turning off the news to avoid showing negativity, speaking softly even when you are feeling anxious and sharing positive developments sends a powerful message: *you are in safe hands.*

You don’t need to have everything figured out. In uncertain times, your calm would become your child’s strongest comfort.



## INCLUSION IS A PRACTICE, NOT A PROMISE

By- Joshita Balakrishnan, XI-D



Inclusion is often spoken about but not always practiced in a meaningful way. At its core, real inclusion is about ensuring that different voices shape decisions, outcomes and culture. True inclusion ensures that people are not only invited into spaces but also given the opportunity to contribute meaningfully. When individuals are included only for appearance without real participation, it becomes tokenism.

Tokenism creates an illusion of fairness while maintaining inequality.

People may be present in discussions, but if their ideas are ignored, their inclusion is superficial. This not only affects individuals but also

weakens the entire system. Inclusion ensures meaningful participation, while tokenism reduces individuals to symbolic representation. When voices are excluded or ignored, the consequences extend beyond individuals. Teams and communities lose valuable insights and perspectives that could improve decisions. Exclusion often leads to disengagement, where people feel their contributions do not matter. This loss of participation creates long-term challenges. Innovation declines, trust weakens, and opportunities for growth are missed. What seems like a small act of ignoring a voice can have widespread effects.

To avoid this, inclusion must become a daily practice. It is not enough to have policies in place; actions must support those policies. Listening actively, encouraging participation, and valuing input are essential steps. Inclusion is not achieved through one-time efforts. It requires continuous attention and action. By making inclusion part of everyday behavior, we create environments where everyone can thrive.



## GUIDING YOUNG MINDS THROUGH UNCERTAINTY

**By- Shalini Balakrishnan**

In times of uncertainty, children are often the most affected, even if they do not always express it. While adults may process uncertainty through logic, children often experience it through emotions. This difference makes it even more important to guide them with care and understanding. When uncertainty disrupts their world, it becomes crucial for adults to step in and provide calm, guidance, and reassurance.



The first step in helping children is open communication. Parents and caregivers should encourage children to share their feelings and listen patiently without judgment. Honest but age-appropriate explanations can reduce fear and misunderstanding. When children feel heard, they feel safer. Maintaining simple routines, like waking up at the same time, attending classes, or setting aside time for play, is equally important. Emotional support matters greatly during uncertain times. Rather than controlling every decision, adults should guide children with patience and trust. Teaching stress-management skills such as journaling, mindfulness, deep breathing, or talking to a trusted person can help them cope effectively.

Creating a supportive environment is the key. Consistency also matters. Encouraging participation, listening actively, and valuing children's thoughts helps build confidence. Ultimately, parents and teachers serve as emotional anchors. Their actions and attitudes can help children navigate uncertainty with greater ease and confidence.



## CREATING READERS AT HOME: NURTURING A LOVE FOR BOOKS AND LANGUAGE

**-Rajashree Rawat, parent of Abhimanyu Rawat (11A)**

A book can be a passport to new worlds, new ideas and endless imagination. Reading broadens perspective, strengthens communication skills and allows us to travel the world without moving an inch. More than companions, books are lifelong teachers.

But where does one begin? The secret is simple, start small. Pick a book that interests you and read a few pages each day. Annotate thoughts, explore unfamiliar words and note interesting quotes. Discuss characters and plots with family, friends and teachers. Such conversations strengthen bonds and turn reading into a shared joy. Activities like vocabulary quizzes, word games and family reading sessions can make the experience even more engaging. Before long, reading becomes second nature. Students can take it a step further by writing book reviews, exchanging recommendations, and joining reading groups.

Cultivating a reading habit unlocks a treasure trove of knowledge. It enriches vocabulary, sharpens expression, nurtures empathy and builds intellect. When we create readers at home, we create thinkers for life.





## THE DAY MY WORDS TOOK FLIGHT

Maryam Fatima, XII -D

In classrooms where answers are measured and timed,  
There are many ways thoughts can be defined.  
Some live in writing,  
Others rise in speech—  
aloud when confidence feels weak.  
I saw some speak when silence felt tight,  
Not always certain but chose to fight.  
Their voices weren't perfect or clear,  
Like steps in fog that moved with fear.  
When I read about warriors,  
I learned that their attempts were far from perfect,  
ideas uneven, structure unclear,  
but they were honest,  
And that alone felt different from what I'd done for years.  
What followed wasn't instant change,  
no overnight success or praise,  
just gradual confidence taking shape in unnoticed ways.  
There were moments of hesitation,  
moments of stepping back into stillness.  
But something had changed in how silence was chosen.

Because growth depends on what we choose to do,  
not waiting for perfect moments to come through.  
Voice will grow stronger when it's given space,  
And finds its rhythm in its own pace.

That was the day my words took flight,  
not dramatic, not loud—  
but real enough to understand  
that they were mine.



## SMALL STEPS, BIG IMPACT: ENCOURAGING SUSTAINABLE HABITS AT HOME

### **Usha Premkumar**

Mother of Anamika Premkumar, Grade 12 I

As a mother of a Grade 12 daughter, I have realized that big changes often begin with very small steps. In today's busy life, teaching children about sustainability may seem difficult, but it can start right at home with simple actions.

In our family, we began with basic habits like switching off lights when not needed, carrying reusable bags, and avoiding food waste. At first, these seemed like very small efforts, but slowly they became a part of our daily routine. Over time, I noticed that my daughter became more aware and even started reminding us to follow these practices.

I strongly believe that children learn more from what we do than what we say. When they see us making responsible choices, such as saving water or reducing plastic use, they naturally understand their importance. We also have small discussions at home about environmental issues, which helps her connect these habits to a bigger purpose.

It is not about being perfect but about being consistent. Even the smallest actions, when done regularly, can make a big difference. As parents, it is our responsibility to guide our children and create a positive environment where such habits can grow. These small steps today will help build a more responsible future generation.



## INCLUSION IN ACTION: WHY EVERY VOICE MATTERS



**Syeda Alina Ahmed, XII/D**

Inclusion is more than just a concept, it is a practice that shapes how people feel, interact, and grow within a community. When we talk about inclusion in action, we refer to creating environments where everyone feels valued, respected, and heard, regardless of their background, abilities, or opinions. Every voice matters because each individual brings a unique perspective, which is a key to progress. These differences in experiences and ideas can lead to more creative solutions, better decision-making, and stronger relationships. When people are encouraged to speak up, they develop confidence and a sense of belonging, which is essential for personal and social growth.

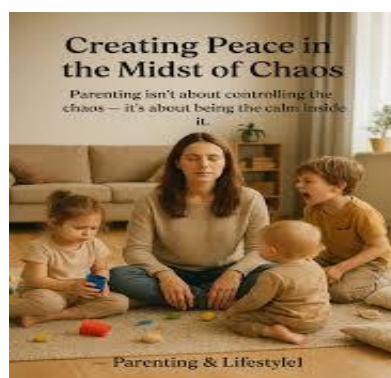
In schools, inclusion is visible when students are given equal opportunities to participate in discussions, activities, and leadership roles. Teachers who listen actively and respect diverse viewpoints create classrooms where students feel safe expressing themselves. School policies that promote fairness and provide support to all learners also play a key role in building an inclusive environment. In the real world, people interact with diverse groups. Inclusion in schools helps students develop social skills needed for future workplaces and society. Inclusion in action requires empathy and awareness. It involves standing up against discrimination, supporting those who may feel unheard, and trying to understand different perspectives. Even small actions, like listening attentively or inviting someone to join, can create meaningful change. Feeling heard and accepted reduces stress, anxiety, and isolation. Inclusive environments make people feel safe and valued. Ultimately, inclusion strengthens communities by bringing people together. When every voice is heard, individuals feel empowered, and society becomes more united and resilient.



## CHAOS AFTER THE STORM: HOW TO HELP STUDENTS DURING THIS TIME AS A PARENT

Last week, I sat with Ishana, my sixteen-year-old daughter, as she struggled through an online class—her camera unmuted, her discomfort unmistakable. It brought back memories of the COVID days, and I could see the flashbacks beginning to surface. I gently asked, “Everything okay?” She hesitated, then said, “No one ever talks in online class. There’s barely any interaction.” There was a quiet disheartenment in her voice—and it made sense. So, I stayed with her in that moment, listening patiently and without judgment. It took me back to those earlier days when everything had first shifted online. I had built structure back into our lives then—something steady to hold onto amid the uncertainty. I carved out a corner of our apartment just for learning — a desk by the window, minimal distractions. When she finished online classes, we took a twenty-minute walk together, away from screens. That's when she started talking about what worried her. I reached out to her teacher to share my concerns. The teachers had already taken thoughtful steps, arranging mindfulness sessions with a psychiatrist to address mental health challenges. This small accommodation brought an enormous sense of relief. I stopped trying to be her tutor. Instead, I became her organizer — helping her break assignments into manageable chunks and celebrating every submission. "You did that," I'd tell her. "You pushed through fear. I'm proud of you." This is her most crucial academic year, after all. She needed focus more than anything. We invited her friend Amy over for some outdoor time, where they played with the cat, talked, and laughed together

I also made it a point to take her out to meet her old friends at the mall every two weeks. Sometimes, simply being present matters more than anything else. Now, two months in, Ishana is doing so much better. Her initial worry had been about leaving the country without saying proper goodbyes to her friends. I reassured her: we live in the age of the internet. Distance doesn't have to mean disconnection. I gave her thirty minutes of screen time each day to check in with friends and hear how they were coping. It made her feel genuinely connected — and that happiness was real. I've learned something through all of this: during storms, children don't need perfect parents. They need present ones — who listen, who adapt, who build routines from rubble, and who know when to ask for help. As Rumi wrote, "Life is a balance of holding on and letting go." Every storm passes. Our job isn't to stop the rain — it's to teach our children how to dance in it



## HOW I STAY HAPPY AND HEALTHY EVERY DAY



**By Devina Veerakumar Grade 1 C**

I stay happy and healthy by following a good daily routine. I wake up early for school, take a bath, and get ready on time. I never skip my breakfast because it gives me energy for the day.

At school, I make sure to eat the healthy food my parents pack for lunch. I do not buy food from outside. This helps me stay strong and healthy. After coming back from school, I change my clothes, freshen up, take some rest, and eat my food. Then I go out to play in my garden with my friends. I play for about 60 minutes every day. I run, climb, jump, and do many fun activities that make me very happy. After playing, I come home, finish my homework, and have my dinner. I go to bed early so I can wake up fresh the next day. By following this routine, I stay happy and healthy every day!





# THE COLORS OF KINDNESS



By Devina Veerakumar Grade 1 C

Devina



*My name is Devina Veerakumar,  
Kindness makes me shine like a star.*

*Red is love that I share,*

*Blue is kindness and care.*

*Yellow is a happy smile,*

*Green is helping all the while.*

*Kindness colors all I do;*

*I will be kind to me and you!*



COLORS OF KINDNESS AND FRIENDSHIP



By Prakrithi TK(D14280) – Grade 1 I



COLORS OF KINDNESS AND FRIENDSHIP



**Shaishnav Prem Kumar from Grade ID**



OUR BEAUTIFUL EARTH: LOVE AND PROTECT IT



Siddharth Sivapandian from Grade 1-H



OUR BEAUTIFUL EARTH: LOVE AND PROTECT IT



By Tirishaanth Sridhar, Grade -2B



## GUIDING YOUNG MINDS: THE ROLE OF SCHOOL AND HOME IN A CHANGING WORLD



Gargi Daga (XII-E)

In an era defined by hyper-connectivity and global uncertainty, the landscape of childhood has shifted from a predictable, linear path of previous generations to a fluid, complex reality. Navigating this "new normal" requires a seamless partnership between the two pillars of a child's life: home and school.

### **The Home: The Psychological Anchor**

The home is the primary laboratory for emotional intelligence. As Mahatma Gandhi noted, "There is no school equal to a decent home." While formal education is vital, the domestic sphere provides the fundamental curriculum of character and ethics. By fostering open communication, parents create a "psychological anchor," preparing children to handle modern pressures with a steady hand.

### **The School: The Launching Pad**

While homes provide the roots, schools provide the wings. Modern education has pivoted from rote memorization to fostering critical thinking and digital literacy. Sir Ken Robinson, a world-renowned creativity expert, likened the educator's role to that of a farmer: creating the ideal conditions for growth rather than forcing it. Schools serve as social microcosms where children learn to navigate diversity and adapt to rapid change.

### **The Power of Synergy**

Success occurs when these worlds align. When a school's emphasis on resilience is reinforced at the dinner table, the message becomes indelible. This synergy thrives on mutual trust and consistent expectations regarding behaviour and technology. By working as a cohesive team, parents and educators shift the focus from simple grades to the holistic well-being of the child, ensuring they are not just keeping pace with the future, but actively shaping it.

## UNDERSTANDING TEEN MINDS: CHOICES, RISKS AND RESPONSIBILITY



### **Aishwarya Rathore (IX G)**

Teenage years are not just about growing up, they are about feeling everything all at once. Joy feels brighter, failures feel heavier and even the smallest choices can seem life changing. A teenager is not irresponsible, they are simply trying to make sense of a world that suddenly feels bigger, louder and far more demanding than before.

Every choice a teenager makes carries emotion behind it. The need to fit in, to be accepted and not to feel invisible weighs deeply on their heart. Sometimes, risks are taken not because teens are unaware of the consequences, but because, at that moment, belonging feels more important than anything else. It is not pure recklessness, it is a silent desire for the adrenaline rush they get, which allows them to be seen, heard and valued.

Responsibility, then, is not something that can simply be imposed. It must be discovered through experience, reflection and self-growth. When teenagers are guided with empathy instead of judgment, they begin to understand themselves better. Moreover, when guided with empathy and patience, they learn to balance choices, face risks with courage and embrace responsibility not out of fear, but from a place of self-worth.



## LEARNING BEYOND THE CLASSROOM: ADAPTING TO ONLINE EDUCATION IN CHANGING TIMES



Advika Binaj (XI C)

Due to the harsh conditions of war across the Middle East, students and educators have had no choice but to turn to online education once again. With rapid technological advancements and unexpected global challenges, classrooms have expanded beyond four physical walls. Students now rely on digital platforms like Microsoft Teams, and self-paced learning, making education more flexible and accessible yet again.

Often underappreciated, offline classes provide a great deal of benefits that enhance the learning experience. The environment helps maintain focus and discipline, making absorbing information easier. Being around peers also encourages collaboration and builds stronger social connections, making learning more engaging.

Despite not being able to physically interact, one of the key advantages of online education is convenience. Students can attend classes from anywhere, saving time and energy spent on the commute and all in the comfort of their homes. Additionally, online tools encourage interactive and comprehensive learning through quizzes, videos, and collaborative sites such as Nearpod.

However, online classes come with difficulties of their own. Students and teachers alike face limited access to reliable internet and disagreeable devices during their exposure to a screen for six hours. The absence of face-to-face interaction can also make learning feel isolating, reducing opportunities for social development and immediate feedback from teachers.

Even with these challenges, online education has proven to be a valuable alternative in changing times. When students build discipline, manage their time well, and improve their digital skills, they can get the most out of online learning. With enough support and a good balance, learning outside the classroom can work well and help students feel more confident.



## STANDING TOGETHER IN DIFFICULT TIMES: THE POWER OF EMPATHY AND UNITY



### **Ann Maria Paul (IX D)**

In today's interconnected world, conflicts rarely remain isolated. The current tensions between the United States and Iran are not just political—they are affecting real lives. Across the Middle East, families face uncertainty each day. Parents worry, students adjust to sudden changes like online learning, and daily routines are disrupted. Behind every headline are ordinary people trying to stay strong in uncertain times.

Countries in the Middle East, though not directly involved, are experiencing the ripple effects. Flights are affected, economies feel the strain, and most importantly, education has been disrupted. Many schools have shifted to remote learning, with students attending classes online from home. This sudden change reminds us how deeply global events can shape everyday life, even for young people.

In times like these, empathy is what keeps people going. Understanding what others are going through and showing small acts of kindness, like a kind message or simple patience, can make a meaningful difference. Unity makes this even stronger. When people come together, support each other, and stay connected, it creates comfort and stability in uncertain times. It reminds everyone that they are not alone.

Even when conflicts divide people, empathy and unity have the power to bring them closer. They help build understanding, strengthen communities, and create hope for better days ahead.



## WHEN THE WORLD FEELS UNCERTAIN



### **Mariya Murtuza Zaki, XI D**

When the world feels uncertain,  
like a map smudged by rain,  
and every road you once trusted  
now twists into question marks again

When voices grow louder  
but meaning grows thin,  
and the noise of “what if”  
starts echoing within

Pause, not to escape it,  
but to notice the air:  
how it still fills your lungs,  
steady, quiet, and there.

The ground hasn't vanished,  
it's just hard to see;  
uncertainty isn't the end  
It's the space in between.

Between who you were  
and who you'll become,  
between all the doubts  
and the strength still to come.

So, walk, even slowly,  
even unsure,  
because steps taken trembling  
are still steps that endure.

And maybe the future  
won't look like you planned  
but it might hold something  
you'll one day understand.



## ALIGHT IN EVERY WINDOW



### **Aashvi Tiwari (IX J)**

The darkness of the night,  
dryness of the wind,  
made the day very  
gloomy and chilled.

A little spark of light  
made the dreams so  
thrilled.

Brings warmth and kindness  
through every slit.

We made the glow  
a big deal to  
be felt.

But the little things  
we do are  
the only things that  
dwell.

No matter the size,  
big or small,  
we have to be  
blessed by them all.

The spark that we  
achieved is the  
glow that we  
have always dreamed.



**Jagriti Basak**

**Class: 7A**

## **Guiding Young Minds: The Role of School and Home in a Changing World**

In today's ever-changing world, guiding young minds has become more important—and more complex—than ever before. Both schools and homes play significant roles in shaping how children understand the world and their place within it. When these two environments work together, they create a strong foundation for lifelong learning and personal growth.

Schools play a vital role by reinforcing great environments where students gain knowledge and develop skills. Teachers not only deliver academic content but also foster creativity, discipline, and social awareness. Modern education increasingly emphasizes problem-solving, digital literacy, and emotional intelligence—skills essential for navigating an unpredictable future.

At the same time, the home remains a child's first and most influential learning environment. Families foster core values like respect, responsibility, and empathy.

They provide emotional support and guidance that help children navigate challenges both inside and outside the classroom. A home with a positive environment encourages open conversations, allowing children to express themselves and build confidence.

In today's dynamic era, alignment between school and home is essential. When both work together, they create a consistent and nurturing environment that supports a child's overall development. This collaboration ensures that children are not only academically prepared but also emotionally resilient and socially responsible.

In the long run, shaping young minds is a collective responsibility. By working hand in hand, schools and homes can equip the next generation with the skills and values needed to thrive.



## UNDERSTANDING TEEN MINDS: CHOICES, RISKS AND RESPONSIBILITIES



**Anav Kumar Jha**

**Class: 8 J**

When Oscar Wilde observed, “Be yourself; everyone else is already taken,” little did he know that being ingenuous could be one of the most difficult choices- a risk perhaps worth taking, involving responsibilities related to decision-making and self-control –can be big words for an evolving teenage mind. Understanding teenage minds can be challenging not only for family but also for themselves as they transition to adolescence and undergo a flux of emotions including impulse and imprudence confusion and curiosity constantly affecting their choices.



Peer pressure contributes to most teenage choices. The desire to blend in, an unfounded need for constant validation, and fear of being judged could lead to imprudent decisions and unhealthy habits. Further, a lack of objective self-reflection can multiply social media addiction and unmindful trend imitation. Also, teenage minds are often unaware of the repercussions of their actions due to overconfidence and inexperience.

However, a teenage mind is equally capable of acting prudently and responsibly. With proper guidance, open communication, healthy social circle and opportunities to make informed choices can help teenagers gain confidence and clarity. While independence helps them to learn from their experiences, guidance helps them to follow the right path. In sum, understanding teen minds is necessary to help them navigate challenges and grow into sagacious and responsible individuals. As Oscar Wilde observes, “Most people are other people” the goal worth chasing for a teenage mind is being itself.



## LEARNING BEYOND THE CLASSROOM: ADAPTING TO ONLINE EDUCATION IN CHANGING TIMES



Bhovan Chakkaravarthy

Class: 6 G

Learning is no longer limited to the four walls of a classroom. With the help of technology, students can now learn anytime and anywhere. Online education has made learning more flexible and interactive. Through videos, quizzes, and virtual classes, students can understand topics better and at their own pace. During difficult times, online learning helped students continue their education without interruption. It also teaches important skills like time management and independent learning. However, it requires discipline and focus to stay attentive without a teacher physically present.



In conclusion, learning beyond the classroom opens new opportunities and helps students become more responsible learners. It is a powerful way to grow and succeed in today's digital world.



## STANDING TOGETHER IN DIFFICULT TIMES: THE POWER OF EMPATHY AND UNITY



**Niha Alice**

**Class: 7 H**

In this moment where we have a lot of crises, daily experiences both suggest that when faced with adversity, the most effective, enduring response is not isolation, but solidarity. Standing together, bridging our divides through unity and empathy- is not a sentimental ideal, it is a fundamental strategy for resilience, survival and peace.



**Whether facing natural disaster, economic downturns or social conflict, standing together provides the emotional and physical support necessary to endure,**

- ✓ **During Crisis-** Cooperation can create solutions to daunting challenges.
- ✓ **Social Change-** This means that ordinary people uniting for a cause, can bring lasting changes.
- ✓ **Stronger Workplace-** In high pressure environment, empathy creates cohesive teams that are more resilient.

**Empathy serves as a bridge, connecting hearts and fostering a sense of unity even when opinions diverge,**

- ✓ **Creative Problem Solving-** When we empathize with someone who thinks differently, we unlock new solutions.
- ✓ **A Necessary Responsibility-** Empathy is not just a nice quality to have, it is a fundamental responsibility that creates more stronger society.
- ✓ **A Feeling of Belonging-** This is crucial for nurturing a supportive society where people are not afraid to seek help.

**In conclusion, standing together is our most powerful tool for resilience. When we lead with empathy and choose unity over our division, we transform struggles into many strengths.**



## WHEN THE WORLD FEELS UNCERTAIN



Mishika Mehta

Class: 8 A

I log into class,  
camera on, mic muted,  
like any other day  
but it doesn't feel the same.

A small sound outside,  
and I pause,  
check my phone,  
for no real reason.

Messages pop up  
"Did you hear?"  
"Is it true?"  
No one really knows.

We still laugh,  
send memes,  
complain about homework  
normal things



Then I think about  
kids far away,  
in places I hear about,  
and my safe room  
feels heavier.

But here,  
things are calm.  
People are in control.  
That helps.

I can't change the world,  
but I can hope  
that things get better,  
that tomorrow feels lighter.

So, I keep going,  
one day at a time,  
holding on to the quiet belief  
that things will be okay.



## A LIGHT IN EVERY WINDOW



**Kavyaa Sansare**

**Class: 8 A**

When night falls heavy on the world,  
And silence settles over the air  
The minds grow dim, but not completely  
A faint light reminds us someone's there  
It's the unseen way, a small sign of hope.

A light in every window glows  
Through a dark day, sunlight flows  
Even when the nights are deep  
It promises, the dark will sleep  
A whisper carried from above.

Each window holds a story bright  
Flowing tears turned into sparks of pride  
It tells you, don't lose your way  
There comes dawn after the darkest gray  
Just an avail, to one hanging, handed a small rope.

Search it, a help in shattered days  
For better times, in unseen ways  
At times we fail, at times we fall

A silent strength which answers our call

So, lift your eyes and let it in.

It doesn't roar, it doesn't blind

A small power, you shall find

A whisper carried from above.

So, lift your spirit, go through it

You take the power, make the whole night lit

Get up, find the light, and live in it!



OUR BEAUTIFUL EARTH: LOVE AND PROTECT IT



Dhruvi Subeesh- KG II A



## SUPPORTING CHILDREN THROUGH UNCERTAIN TIMES



### **Kemburu Monisha Nyra-KG I A**

When the world feels uncertain as it is now, children look to adults for emotional cues and safety. During stressful events—such as conflict, loud noises, or sudden disruptions—young children may not fully understand what’s happening, but they feel the tension. What matters most is how we respond.

1. Simple, consistent actions can make a big difference. Creating a sense of safety through small rituals—such as asking your child to come closer, give a hug, or share a kiss during frightening moments—helps them associate fear with comfort and reassurance. These repeated responses build emotional security over time.

2. Avoid overwhelming them with details but acknowledge their feelings: “That sound was loud, but you’re safe with me.” This validates their emotions while reinforcing security. Maintaining daily routines, such as regular mealtimes and bedtime habits, provides stability when the outside world feels unpredictable.

3. Equally, children observe how adults react. Staying calm, even when things are tense, teaches them resilience. Encourage expression through play, drawing, or storytelling, as children often process emotions indirectly.

4. In uncertain times, the goal isn’t to eliminate fear entirely, but to help children feel supported despite it. When children feel safe, heard, and loved, they develop the emotional strength to navigate challenges and grow into more resilient, confident individuals.



## RAISING RESPONSIBLE KIDS: HOW WE TEACH DAILY HABITS AT HOME?



### **Kiyaan Singh-KG II E**

As parents, we play an important role in shaping our children's daily habits from a young age. Teaching responsibility does not require big actions, it begins with small, consistent routines at home.

#### **1. Learning to Clean Up After Play**

We started by introducing simple tasks that our child could manage independently, such as putting away toys after playtime, organizing books, and keeping their study area neat. These small activities help children understand the importance of cleanliness and order in an engaging way.



a fun

#### **2. Building Daily Routines**

Creating a daily routine has also helped us build discipline.

Simple habits like brushing teeth on time, washing hands

before meals, and preparing their school bag for the next day encourage independence and self-confidence.

When children follow routines regularly, they begin to take ownership of their actions.

#### **3. Helping with Small Responsibilities**

We also involve our child in small household responsibilities, like setting the table or helping to water plants. These activities not only teach responsibility but also make them feel like an important part of the family.

# How to Raise Responsible Kids



**Foster  
empathy**



**Encourage  
independence**



**Set clear  
expectations**



**Teach  
problem-solving**



**Practice  
decision-making**



**Lead by  
example**



**Give ownership**



**Assign chores**



**Praise effort**



It is important for us as parents to guide them patiently and lead by example. Children learn more from what we do than what we say. Encouraging positive behavior and gently correcting mistakes helps them grow with confidence.

Most importantly, we make sure to appreciate every small effort. A few kind words of encouragement can motivate children to continue doing the right thing and develop good habits for life.

By nurturing these daily habits at home, we are raising responsible, confident, and independent individuals—one small step at a time.

## THE HEALING POWER OF CREATIVITY: ART, MUSIC, AND STUDENT WELL BEING



**Ms. Diya Israni – KG I H**

In the Kindergarten years, creativity plays an important role in supporting children’s well-being and development. At this stage, children are naturally curious and expressive, and activities like art and music help them explore their feelings and build confidence.

Art allows children to express their thoughts and emotions in a safe and meaningful way. Through drawing, painting, and crafting, they feel relaxed, reduce stress, and experience a sense of achievement. These activities also support fine motor skills and independent thinking.

Music and movement bring joy and energy to the classroom. Singing songs, action rhymes, and rhythm activities help improve memory, listening, and language skills. They also create a happy and calm

environment where children feel secure and connected.

Creative activities encourage social skills as children learn to share, cooperate, and respect others’ ideas. By integrating art and music into daily learning, we create engaging and positive classroom experience.

As educators, nurturing creativity helps children develop confidence, emotional resilience, and a love for learning. The healing power of creativity enables children to feel happy, safe, and ready to grow.



## GROWING STRONGER EVERY DAY: DEVELOPING RESILIENCE AND POSITIVE CHOICES

**- By Hritvik Rituranjan Verma, Assistant Wellbeing Ambassador, XI - C**

What do we think of when we hear the word resilience? Many think of it as being able to withstand a situation without circumstances getting to your head, or the ability to bounce back from any problem. However, we forget that being resilient also requires one to learn and grow to adapt.

Resilience is a muscle that can be trained by everyone and one that grows with experience in the face of adversity. For those of us who navigate school while facing certain difficulties due to dyslexia, autism, ADHD, dyscalculia, physical hurdles, etc. this muscle gets exercised every hour of every day.

As we face challenges and difficulties every day, resilience is the tool that helps us get better at navigating them while protecting our peace of mind. We start to grow stronger against these situations and slowly grow capable of handling them with ease. However, this strength and resilience is not pre-installed; it has to be developed.

Learning to choose small weights

Always remember, never hold yourself to very high standards. Positive choices don't always have to be about achieving something big, such as getting a perfect score in maths, playing great at football, etc. Strength is developed through build-up of small positive choices and wins. No one lifts the heavy dumbbells on day one, it will just cause injuries instead.

Similarly, making big positive choices that we personally know we can't keep up with when considering our current lifestyle is not sustainable.

We should start out small, such as deep breathing when things get too overwhelming.

Focusing on smaller and more possible positive choices helps us develop strength and resilience from the ground up, rather than superficially.

Celebrating these small choices and

wins motivate us to keep going and ultimately transforms our life and how we deal with challenges that come our way.

The superpower of asking for help

Secondly, the most common myth about resilience or strength is that we are able to face our adversities alone. However, sometimes the strongest thing we can do is ask. Self-advocacy is an important superpower, be it asking for assistance to move or a clearer explanation by the teacher. By learning to ask for help at the right time situations do not seem as dire as they would without help.

If anyone feels like they have any special need that they require help for, the school is always happy to help and they can approach the team at the Zen Zone or any student from the MHEA Club.

Conclusion

To conclude, growth is not a straight line. Some days feel like highs while some days feel like lows. However, we must never forget to learn from these days. No one can be the perfect person, but we can truly be the best version of ourselves, and that is where true resilience and strength begin to develop from - that realization and strive to keep going



## KEEPING STUDENTS ENGAGED IN CHANGING TIMES

In today's rapidly evolving world, keeping students engaged has become both a challenge and an opportunity for educators. With the rise of digital technology, shorter attention spans, and shifting learning preferences, traditional teaching methods alone are no longer sufficient. Engagement today means more than just attention, it involves curiosity, participation, and meaningful connection to learning.

One of the key facts shaping modern education is the increasing role of technology. According to global education studies, students are more responsive to interactive and visual content compared to passive lectures. However, simply introducing technology is not enough. As education expert John Dewey once said, *"If we teach today's students as we taught yesterday's, we rob them of tomorrow."* This highlights the need to adapt teaching strategies to current realities.

A powerful real-life example can be seen during the COVID-19 pandemic, when schools shifted to online learning. Many teachers initially struggled to maintain student engagement through screens. However, those who incorporated tools like live quizzes, collaborative boards, and discussion forums noticed a significant improvement. For instance, a high school teacher in India used group-based online presentations and interactive polls, which encouraged even shy students to participate actively. This shows that engagement increases when students feel involved rather than instructed.

Another important factor is relevance. Students are more engaged when they see the connection between what they learn and real life. For example, teaching mathematics through real-world applications such as budgeting, sports statistics, or environmental data helps students understand its value. A middle school teacher in the UAE introduced a project where students analysed water consumption in their homes. This not only improved mathematical skills but also created awareness about sustainability.



Student voice and choice also play a major role. When students are given opportunities to express their ideas and make decisions about their learning, they feel a sense of ownership. As educator Rita Pierson famously stated, *“Every child deserves a champion an adult who will never give up on them.”* Building strong relationships and listening to students’ perspectives can transform the classroom environment.

Moreover, active learning strategies such as group work, problem-solving tasks, and peer teaching have proven to be highly effective. Research shows that students retain more information when they actively participate rather than passively listen. For instance, in many modern classrooms, teachers use “think-pair-share” techniques where students first think individually, then discuss with a partner, and finally share with the class. This simple method increases engagement and confidence.

In conclusion, keeping students engaged in changing times requires adaptability, creativity, and empathy. Teachers must blend traditional values with modern approaches, use technology wisely, and focus on building meaningful connections. Engagement is not about entertainment; it is about inspiring students to learn, question, and grow. When education evolves with the needs of learners, classrooms become spaces of curiosity and possibility rather than routine and repetition.



## CALM IN THE CHAOS: SUPPORTING CHILDREN THROUGH UNCERTAIN TIMES



By *Shilpi Tyagi (Parent of Prisha Tyagi, IX A)*

In today's fast-paced and ever-changing world, children are often exposed to stress, uncertainty, and high expectations. As parents, it becomes essential to create a safe and supportive environment where they feel heard and understood.

As a parent and yoga practitioner, I have realized that small, mindful practices at home can make a big difference in a child's emotional well-being. Maintaining a consistent daily routine, encouraging open conversations, and gently reducing screen time can help bring stability and balance to their lives.



Introducing simple calming techniques such as deep breathing, short mindfulness moments, or spending quiet time together can help children manage their emotions better. These practices not only improve focus but also build inner strength and resilience.



Most importantly, children need reassurance more than perfection. When parents stay calm, patient, and present, it reflects in the child's behaviour. By nurturing emotional strength and a sense of security, we prepare our children not just for exams, but for life.

## SMALL STEPS, BIG IMPACT: ENCOURAGING SUSTAINABLE HABITS AT HOME



By Sonika Nanda

(Parent of Advik Nanda, IXA)

Small changes at home can lead to a greener tomorrow and a safer environment. Students are regularly being taught the importance of sustainable development in school. But as the saying goes, “Charity begins at home”, the actual impact of sustainable development will happen if it starts at the grass root system called home. As parents we need to inculcate certain habits at home which are as follows:

✚ Turning our homes into Circular homes where repair and recycle takes precedence over buying.

✚ Using food peels and kitchen trash for making compost rather than disposing them off.

✚ Replacing plastic bags with cloth bags to reduce use of plastic.

✚ Conserving energy and water by using LED lights which consume less energy, reducing phantom loads by unplugging electronic appliances when not in use, using solar panels, taking short showers and using the used water from kitchen for watering plants at home.

✚ Using sustainable cleaning products and toiletries which are ecofriendly.

✚ Take up cycling, walking or public transport to reduce carbon footprint.

✚ Digital decluttering and e-waste disposal for a healthy environment.



To sum up, in the words of Xiuhtezcatl Martinez, “Small actions can create big ripples. Each one of us has the power to make a difference in building a sustainable future”.

## INCLUSION IN ACTION: WHY EVERY VOICE MATTERS



### **Aadya Kadri. IX**

Our school's vision encourages students to develop their talents through a range of opportunities. However, these opportunities frequently appear to favor the most outspoken individuals, reinforcing an extrovert ideal. The value of a contribution should not be measured by its volume; talent and leadership are not one-size-fits-all concepts. Many thoughtful and capable students with quieter dispositions possess significant potential but are often overlooked.

Inclusion extends beyond participation; it involves ensuring that individuals feel genuinely valued, respected, and empowered. A truly inclusive environment is vibrant, supportive, and dynamic. It nurtures confidence, stimulates creativity, and fosters meaningful connections. In classrooms, inclusion promotes friendship, prevents bullying, and establishes a safe and Welcoming atmosphere where all students can thrive.

As students, we can take simple yet powerful steps: listening actively, respecting differing opinions, encouraging quieter peers, and standing up for one another. These small actions speak volumes. "When everyone is included, everyone wins." This quote by Jesse Jackson shows what change we can bring by making everyone feel included. Ultimately, by moving beyond narrow ideals and embracing the unique potential of every individual, we create a community and a future led by empathetic, confident, and inclusive leaders.



## IMAGINE A BETTER WORLD: YOUNG MINDS SOLVING GLOBAL CHALLENGES



Not the Leaders of Tomorrow; The Leaders of Today

~ Haripriya Venkatesan IX A

“Children are the world’s most valuable resource and it’s our best hope for the future” this quote by John F Kennedy speaks volumes. Especially, in the 21st century, where the climate is going



haywire and preaching for World Peace seems delusional when countries are on the verge of World War III. Humanity, in its relentless pursuit of progress, has begun to exhaust the very planet that sustains it. Policies, pacts, and sustainability goals are announced with grandeur, yet their implementation frequently lags urgency. Despite the futility, one truth

becomes increasingly evident, our greatest possibility for transformation lies in the minds of the young. Time and again, children have repeatedly proven their ambitious and keen interest in eradicating global crisis and ingenuity to combat them like true warriors.

Among the most pressing challenges of our time is undoubtedly climate change. And teenagers across the globe have emerged as the front runners and pioneers of environmental advocacy. “You are never too small to make a difference” this powerful quote by the famous teenager Greta Thunberg, whose unwavering determination has inspired the youth across nations. Yet, she is not alone in this pursuit of a sustainable Earth. At the age of 18, where most are worried about their college admissions, Boyan Slat, a Dutch teen had invented a technology to clean up oceans, and his non-profit ‘The Ocean Cleanup’, has reached millions and is doing wonders. Slat transformed concern into innovation, reminding the world that solutions are often born from keen interest rather than age.



"It is easier to build strong children than to repair broken men". Indeed, today’s youth possess an intellectual curiosity, empathy, and resilience that position them uniquely to reshape the trajectory of our planet. The children of today carry a spark of purpose, if kindled, ignites a wildfire of change, spreading ideas, innovation, and courage at a pace the world has never witnessed. If nurtured with wisdom and opportunity, this generation will not merely inherit the future, they will redefine it

## EMPATHY IN EVERYDAY LIFE: BUILDING STRONGER COMMUNITIES



*By Ethan Gonsalves IX A*

We have often heard of the phrase ‘Together Alone’. But this oxymoron has proved to be increasingly true in today’s world. Loneliness can be found even in metropolitan cities. But the truth remains that humans are social creatures and societies are vital for our happiness. But how have we begun to lose connection with each other and become lonely in a bustling world?

Well, loneliness does not come because of the lack of people around us but rather the deficiency of healthy interaction. Humans are motivated by validation and appreciation. When our interactions fade, our emotions become unsent messages.

Our failure to share our humanness with those around has confined and disabled us from being supportive and empathetic.

By putting ourselves in other’s shoes, we share their troubles and help them through tough times. Even by just listening to another, we are contributing to a healthier community. By connecting with those around us, we build bonds that cannot be overcome by distance.

So, if you are wondering how to build a stronger community, why not pave the change? Being empathetic can begin by asking someone how they are coping with a new challenge. These actions will touch the heart and help build stronger individuals who will inhabit stronger communities. After all the strength of a community lies in its people rather than its technology or infrastructure.

## WHEN COLOURS SPEAK WITHOUT WORDS



Ananya Ashwath, IXA

Long before the realm of words began,  
There came a mighty and powerful clan.  
Blue, green, and yellow too!  
Did you know they can speak to you?

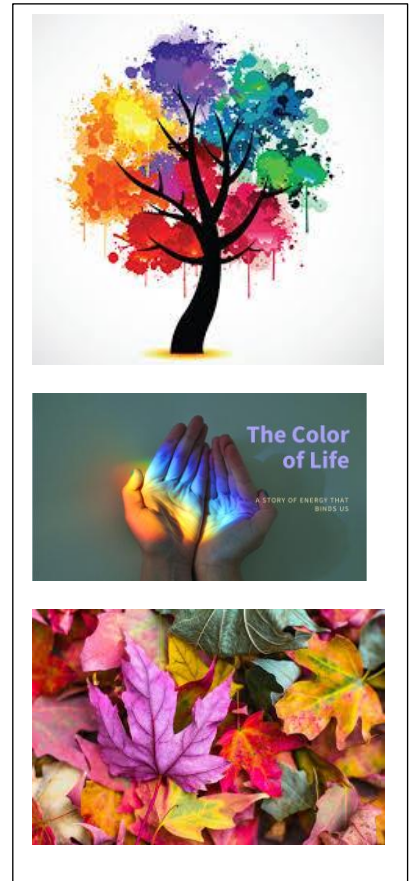
Colours show such wonderful things,  
For black and white feels rather boring.  
Red, the symbol of danger approaching,  
Yet it could mean love, softly floating.

Green, adorned by Mother Earth,  
Growth, health, and peace from birth.  
Then yellow comes, with its cheerful hum,  
Glee and joy, they hop and come.

Regal and elegant, white stands tall,  
An empty canvas can become it all.  
Wait! There's still so much more to show.  
Words may shine, but colours glow.

If a moment is so pure, words can't express,  
Give a rose, its colour says the rest.  
If pens and books were to disappear,  
No matter, the rainbow is still here!

The kingdom of words may rise and fall,  
But colours will be there through it all!



## THE DAY MY WORDS TOOK FLIGHT



**By Shalini Chandra, IX A**

I was trapped,

I couldn't breathe.

The thoughts I bottled up for long,

Suffocated me.

I wanted to roar,

Yet kept it in.

I longed to soar

But feared to fail.

A piece of paper,

And a fountain pen.

The storm I concealed

Unleashed itself then.

Afternoon melted into evening

Evening dissolved into night.

Yet the downpour of words from my pen

Refused to show signs of respite.

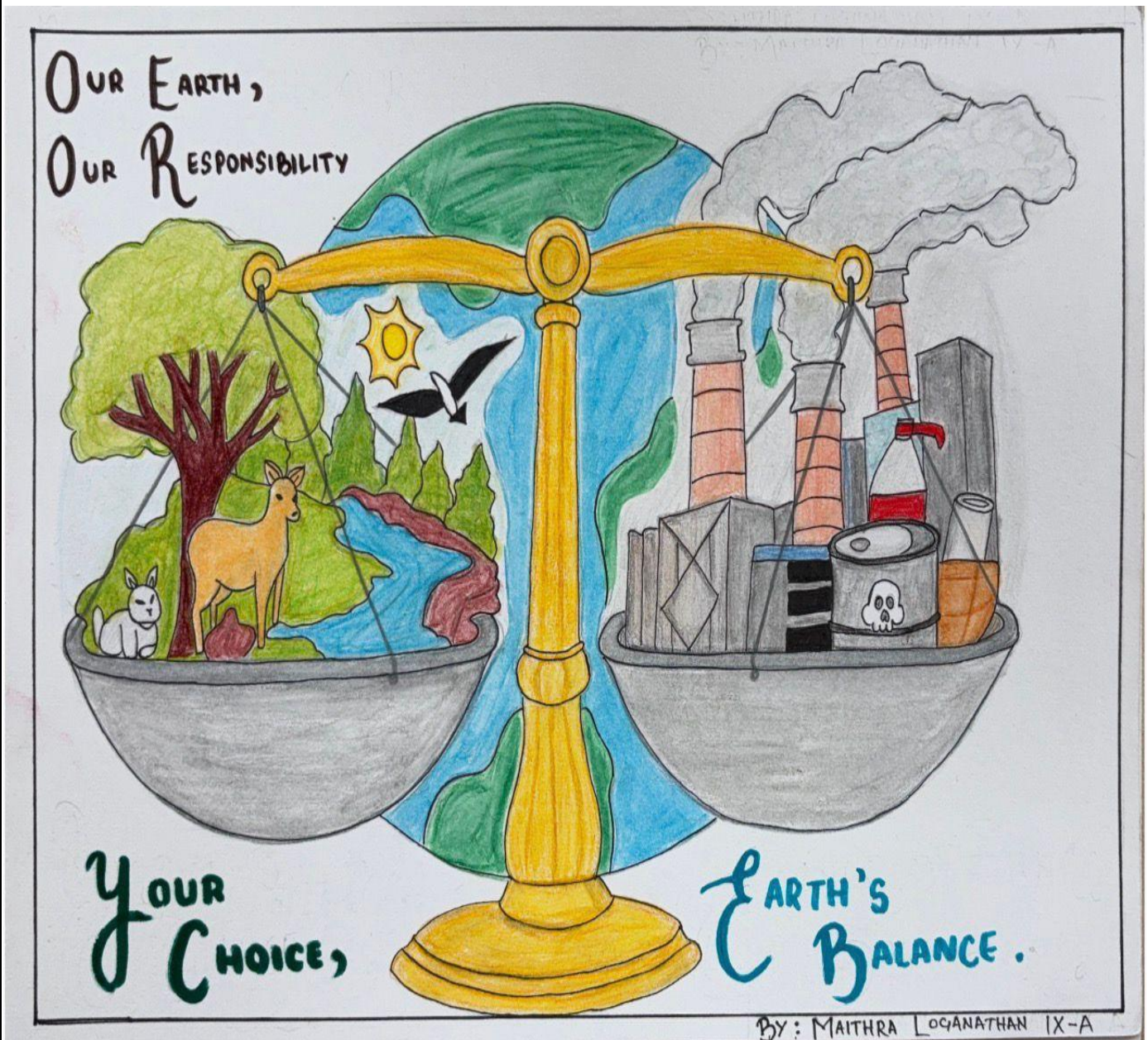
At last, my voice pierced through the cage;



OUR EARTH, OUR RESPONSIBILITY



By Maithra Loganathan, IX A





AHANA NAGARAJ UCHIL, IX A



# My Earth, My Promise

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| A | T | S | B | S | T | C | A | C | W | R | V | M | R |
| R | B | U | Y | Y | I | R | E | C | Y | C | L | E | A |
| M | P | E | M | P | I | C | N | B | I | I | S | N | I |
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POLLUTION  
 CLIMATE  
 CONSERVATION  
 HOPE  
 RENEWABLE  
 HARMONY  
 OCEAN  
 RECYCLE  
 WASTE  
 RESPONSIBILITY  
 SUSTAINABILITY  
 FORESTS

# Answer Key

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



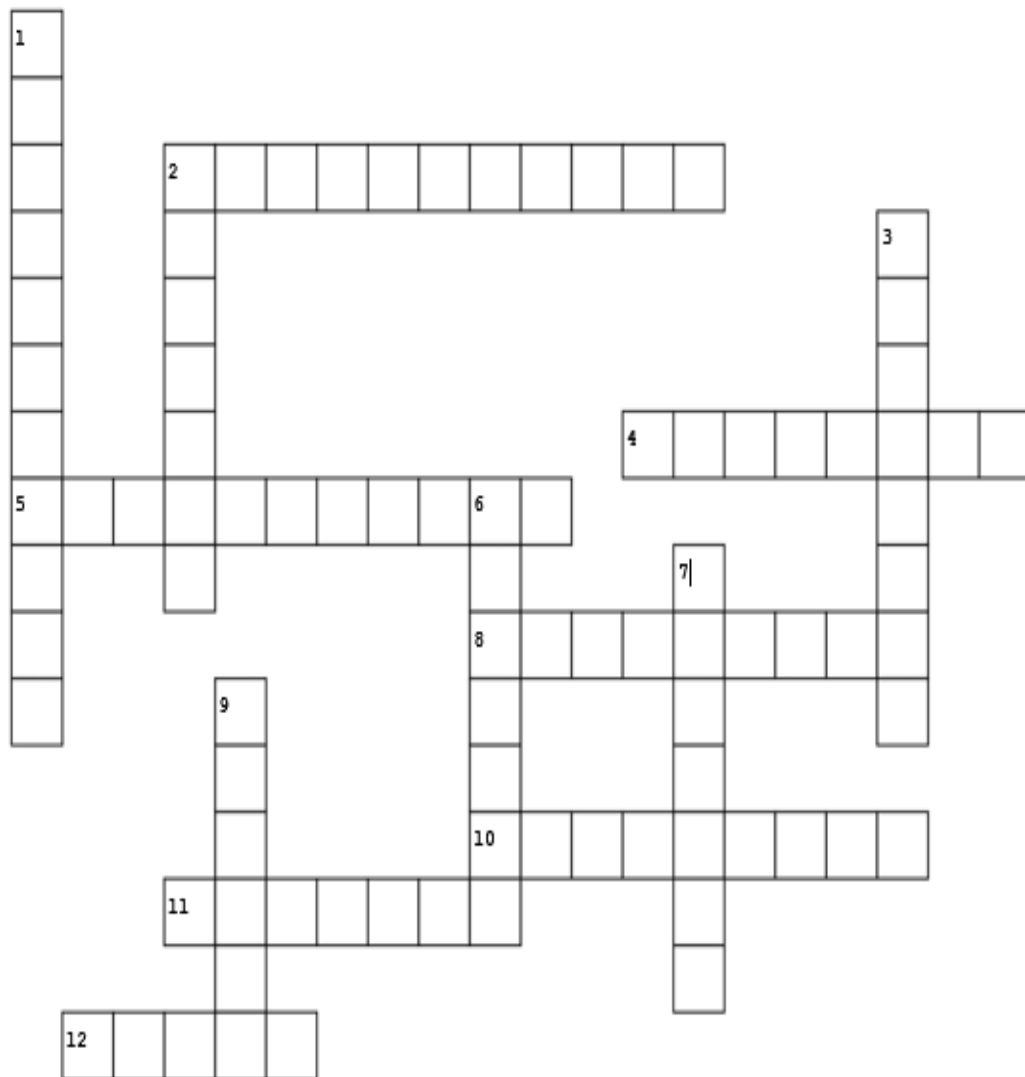
Anisha Vinod

9A

# COMIC STRIP: A PEACEFUL WORLD



SAVARI DESHPANDE, IX A



### Across

2. the scientific study of language
4. one of the oldest languages
5. The boy who lived
8. study of accents or speech
10. a book bound with rigid boards
11. giving help to people in need
12. back-cover summary

### Down

1. A lover of books
2. a home for books unselfish concern for
3. the welfare of others understanding
6. another person's emotions ~~entire~~
7. ~~wordstock~~ of a language
9. another word for writer

**Answer Key**

**Across**

- 2. L I N G U I S T I C S
- 4. S A N S K R I T
- 5. H A R R Y P O T T E R
- 8. P H O N E T I C S
- 10. H A R D C O V E R
- 11. C H A R I T Y
- 12. B L U R B

**Down|**

- 1. B I B L I O P H I L E
- 2. L I B R A R Y
- 3. A L T R U I S M
- 6. E M O T I O N
- 7. L E X I C O N
- 9. A U T H O R



**Gauri Singh, IX A**

## PASTORAL CARE ESSAY: BUILDING RESILIENCE THROUGH DAILY CHALLENGES

As a wise man once said, filled with spirit; “No discipline is enjoyable while it is happening, but it’s painful. But afterward there will be a peaceful harvest of right living for those who are trained this way”

Building resilience is not about avoiding difficulty. It is about learning to grow while going through it. Every day presents, whether big or small, new challenges: a difficult assignment, a misunderstanding with a friend, a missed opportunity, or negative thoughts and demotivating feelings. While we face these challenges regularly and may not think much of it, the way we react to these difficulties shape our ability to face larger problems with resilience and discipline.

For students, daily challenges are unchanging. Academic pressure, deadlines, expectations, and comparisons can often feel overwhelming. However, each challenge provides an opportunity. When a student tries and tries to understand a concept even if it is challenging and pressurizing, they are not just learning the subject, but they are strengthening themselves in patience and perseverance. When they receive a disappointing grade and choose to improve rather than give up, they develop emotional strength. These small acts of persistence gradually build a mindset that is prepared for bigger setbacks in the future.

Resilience also comes from changing one’s mindset on failure. Instead of viewing mistakes as evidence of lack of skill or ability, resilient individuals see them as feedback. A failed test, for example, becomes a guide to what needs more attention. This shift in perspective gets rid of fear and encourages effort. Over time, it creates confidence; not the confidence of always succeeding, but the confidence of knowing one can come back and try again.

Another key part of building resilience is consistency. Facing challenges daily, even when motivation is low, trains the mind to endure discomfort. Just as muscles grow stronger through repeated exercise, emotional resilience develops through repeated efforts. Little habits, like completing tasks on time, asking for help when needed, and staying calm under pressure, all contribute to this growth.

Importantly, resilience does not mean handling everything alone. Seeking support from teachers, friends, or family is a sign of strength, not weakness. Sharing struggles can give one new perspective and reduce the burden of daily struggles, making it easier to move forward.

In the long run, resilience becomes one of the most valuable life skills. Life will always present change and uncertainty, but those who have learned to navigate daily challenges are more capable of adapting and succeeding. For students especially, the challenges they face today are not just obstacles to overcome—they are training grounds for the future.

Ultimately, resilience is built step by step, challenge by challenge and day by day. It is not about never falling, but about rising each time with greater strength and understanding.

## FROM PASSION TO PROFESSION: BUILDING FUTURE READY SKILLS THROUGH SPORTS AND INNOVATION

By: Meghna Sajikumar

Success is no longer just determined by academic achievement in a world that is ever evolving. Adaptability, teamwork, and innovative thinking are now equally as crucial as traditional knowledge. Nowadays, learners need to be prepared for life outside of the classroom as well as for tests. Sports and innovation are two significant channels that support this growth.

The personality of an individual is greatly influenced by their participation in sports. They foster discipline, resiliency, and teamwork in addition to physical fitness. Every practice session necessitates dedication, every setback teaches determination, and every triumph boosts self-assurance. These encounters foster an attitude that welcomes difficulties rather than steers away from them. Developing teamwork skills, handling pressure, and maintaining consistency are traits that come naturally in professional settings.

Conversely, creativity fosters critical thinking and curiosity. It inspires students to challenge preconceived ideas, investigate novel concepts, and develop answers to pressing issues. Through project design, competition participation, or working together on novel ideas, students learn how to think both independently and collaboratively. Innovation involves more than simply technology; it also involves mindset. It is about taking initiative and being receptive to change. Sports and innovation come together to form a well-rounded basis for development. While innovation improves intellectual and creative capabilities, sports build emotional intelligence and interpersonal skills. Together, they equip students to confidently and clearly handle challenging circumstances. This mix produces well-rounded people who are both competent and flexible.

In conclusion, events outside of the classroom influence the transition from passion to career. Innovation and sports give students the skills they need to develop, adapt, and thrive in a changing environment. They turn hobbies into career opportunities by encouraging both intellectual and physical growth, so the future is something to look forward to with confidence rather than something to be afraid of.

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Thank  
You