

# The Winch-being Bulletin

The Official Well-being Newsletter of The Winchester School, Jebel Ali



## *Lost in Translation*

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# Event Spotlight

## *Setting Aside Our Silent Treatment YourStoryMatters@WIN*



“ Greetings! We are Idalia and Laiba, the Primary Head of Well-being, and Primary Head of Student Empowerment. The dawn of this initiative ascended because we knew that there were so many stories that are worthy of being told, and we wanted everyone to know that they're not alone. We are all



worthy of telling our stories and having them heard. We all need to be seen and honored in the same way; we all need to breathe. ”

### *What is the goal here?*

To help you reflect on your journey and be grateful to everyone who has helped you throughout the way. Likewise, we yearn to focus on positivity, self-love, achieving the goals we set out, and peer-motivation.

### *How does it work?*

- Send us your story in the form of a video or written text, and our team will get back to you with edits, if applicable.
- Your story will then be posted on the YourStoryMatters@WIN Instagram page, and our school's official social media accounts.
- If you do not want your story shared on social media, you can choose to share it with your classmates.
- You can earn 25 house points by submitting your story!
- To share your story, click on the link below:  
<https://forms.gle/9Nin9ux4UMvGXoom9>

*@yourstorymatters.win*

<https://www.thewinchesterschool.com/learning/4wellbeing/>  
<https://drive.google.com/file/d/1fLv-2RXuohi45d3Xx85QzFQGogI67F1B/view?usp=sharing>

# Student Spotlight



## *Student Government Website*

### *Our Intent:*

Motivated by the omnipresence of technology and its contagious effect of bringing out the greater good; our Student Government is releasing its very own website!

The WSGB website plans to digitize our Student Government--which would span announcements, updates, initiatives, and many more immersive features. The website acts as both a consolidation of the progress the Student Government has made so far, and will continue to do so for the years to come.

Stay tuned for the release!

### *Stay Tuned!*

# *Why have we chosen to celebrate 'Languages' this issue?*

Every two weeks, a language dies, sniping an entire culture along with it. Fundamentally, a language is held at knifepoint the second it loses its speakers, for nearly a third of the world's languages have fewer than 1,000 speakers left. We are their Achilles heel. Likewise, we are their only hope. Rather than a duty, it's within our moral compass to at least try to revive the dying.

On that account, this issue will cover our beloved columns, but with a cultural twist:

- Articles in varied languages, along with its English translation.
- Children's Chronicle Corner will enlist children's books developing the basics of 5 languages.
- The Literary Palate will feature our students' and teachers' favourite films and books that are of a language other than English.

That is just the tip of the iceberg, read on further to find out what this issue has in store!

# The Unreal and the Real: The Selected Short Stories of Ursula K. Le Guin

*Mehak Reji, 10A; Written in German*

Ursula K. Le Guin's *The Unreal and the Real* is the companion anthology to 2016's *The Found and The Lost*. The modernity of this volume is of merit, alongside Le Guin's novella compendium, likewise, the heaviness (both literally and metaphorically) of a 700-page collection with almost 40 stories, spanning a career of over 50 years. Some of Le Guin's most anthologized (such as "The Ones Who Walk Away from Omelas") experimental, and obscure works (such as "The Author of the Acacia Seeds") are all written and presented with the characteristic deftness and beauty that has come to define Le Guin's career.



Ursula K. Le Guin's *Das Unwirkliche und das Wirkliche* ist sowohl die begleitende Anthologie zu *The Found and The Lost* von 2016; die Modernität dieses Bandes liegt in seiner Platzierung neben Le Guins Novellenkompendium, als auch in der Schwere (sowohl wörtlich als auch metaphorisch) einer 700-seitigen



sammlung mit fast 40 Geschichten, die eine Karriere von über 50 Jahren umspannen. Einige von Le Guins meistveröffentlichten (wie "The Ones Who Walk Away from Omelas") und experimentellen, obskuren Werken (wie "The Author of the Acacia Seeds") sind alle mit der charakteristischen Gewandtheit und Schönheit geschrieben und präsentiert, die Le Guins Karriere.



Anstatt Geschichten zu schreiben, die sauber in die eine oder andere Kategorie eingeordnet werden können, benutzt Le Guin Science-Fiction und Fantasy als eine Möglichkeit, eine Hypothese über die Welt, in der wir leben, aufzustellen. Was würde passieren, wenn nur ein Sechzehntel der Babys männlich wäre? Wenn wir in einer ungewöhnlich fernen Zukunft die Bitten anderer als Bilder lesen könnten, wie würden sie aussehen, und was würde das für die Würde des Einzelnen bedeuten? Wie sähen Ehe und Geschlechterdynamik aus, wenn die Gesellschaft aus drei Kasten in einer strengen Hierarchie bestünde, die gezwungen wären, miteinander zu heiraten? Le Guin präsentiert eines von vielen möglichen Szenarien und lässt uns erahnen, ob sie Recht hat oder nicht.

Diese Rezension wird sich hauptsächlich



Rather than writing stories that can be neatly placed into one category, Le Guin uses science fiction and fantasy as a way to set up a hypothesis about the world we live in. If solely one-sixteenth of babies were male, what would happen? If, in an unusual faraway future, we could read other's solitudes as pictures, what would they look like, and what would that mean for individual dignity? If society were made up of three castes in a strict hierarchy that were forced to intermarry, what would matrimony and gender dynamics look like? Le Guin presents one of many possible scenarios and lets us imagine whether or not she is right.

This article will mainly . . .

focus on the short story; *The Ones Who Walk Away from Omelas*, challenging traditional sentiments propagative since birth. The narrator essentially describes a summer festival in the utopian city of Omelas, whose prosperity depends on the perpetual misery of a single child. Establishing contention upon opening, the people of Omelas— a place of unimaginable happiness are celebrating the summer festival. The narrator informs that the townspeople are happy and cautious as not to equate happiness with simplicity. They tell us that the people are happy to live in a town with few regulations and an unestablished socio-political order. Interestingly, the narrator does not paint a clear portrait of the town, instead, encourages the readers to fill in the blanks of this fairytale society. The narrator also stops attempts of interpretation of "goody goody". The only thing we know for sure is that its inhabitants are extremely content. The particulars do not matter: What is important is that this "Utopia" could be anywhere.

We are then hit with the town's horrifying secret; a young child is being kept locked away in a basement utility closet. Unable to identify the gender or exact age of the child, the narrator uses the pronoun "it". The people who see the child are therefore faced with a choice; accept the conditions of this utopic, play a part in victimizing an innocent— in an effort to preserve their happiness. Or leave the town. They recognize that within their town, they are just as trapped as the child. They do not hold liberty. Their consciences help them break free. Ultimately the narrator suggests that this town is not real at all: "It is possible that it does not exist." Yet the narrator invites us to suspend our disbelief and consider that such people and such situations can be real. We are

# *The Ones Who Walk Away* *Die, die weggehen*

Konzentrieren Sie sich Kurzgeschichte; *The Ones Who Walk Away from Omelas* konzentrieren, die die traditionellen, von Geburt an propagierten Gefühle in Frage stellt. Der Erzähler beschreibt im Wesentlichen ein Sommerfest in der utopischen Stadt Omelas, deren Wohlstand von dem immerwährenden Elend eines einzigen Kindes abhängt. Zu Beginn der Erzählung wird behauptet, dass die Menschen in Omelas – einem Ort des unvorstellbaren Glücks – das Sommerfest feiern. Der Erzähler informiert, dass die Bewohner glücklich sind und vorsichtig, um Glück nicht mit Einfalt gleichzusetzen. Er erzählt, dass die Menschen glücklich sind, in einer Stadt mit wenigen Vorschriften und einer nicht etablierten sozio-politischen Ordnung zu leben. Interessanterweise zeichnet der Erzähler kein klares Porträt der Stadt, sondern ermutigt die Leser, die Leerstellen dieser märchenhaften Gesellschaft auszufüllen. Der Erzähler unterbricht auch Interpretationsversuche von "goody goody". Sicher ist nur, dass seine Bewohner äußerst zufrieden sind. Die Einzelheiten sind nicht wichtig: Wichtig ist, dass dieses "Utopia" überall sein könnte.

Dann werden wir mit dem schrecklichen Geheimnis der Stadt konfrontiert: Ein kleines Kind wird in

left with images of the helpless child and the people with a conscience; The ones who walk away from Omelas.

The short story form, presented by *The Unreal and the Real*, is oddly enough a star of volume. As so many collated pieces stretch out the form, utilizing their compact formats to create a vibrato rejuvenating through timezones. And yet, despite the many charms presented by this set, it is the ability of Le Guin to categorize and embody her work that I am inevitably drawn to.



einem Abstellraum im Keller weggesperrt. Da der Erzähler nicht in der Lage ist, das Geschlecht oder das genaue Alter des Kindes zu bestimmen, verwendet er das Pronomen "es". Die Stadtbewohner sind sich des Kindes bewusst, aber sie betreiben seine Misshandlung aus dem Verständnis heraus, dass ihr Schicksal vom "abscheulichen Elend dieses Kindes" abhängt, sie sind überzeugt, dass die Utopie Omelas zerstört würde, wenn das Kind freigelassen wird.

Die Menschen, die das Kind sehen, werden also vor die Wahl gestellt: die Bedingungen dieser Utopie zu akzeptieren, sich an der Schändung eines Unschuldigen zu beteiligen, um ihr Glück zu bewahren. Oder sie verlassen die Stadt.

Die Kurzgeschichtenform, die *The Unreal and the Real* Seltsamerweise der wahre Star der Lautstärke. Da so viele zusammengestellte Stücke die Form ausdehnen und ihre kompakten Formate verwenden, um ein Vibrato zu erzeugen, das sich durch Zeitzonen verjüngt. Und doch ist es trotz der vielen Reize, die dieses Set bietet, die Fähigkeit von Le Guin, ihre Arbeit zu kategorisieren und zu verkörpern, von der ich unweigerlich angezogen bin.

***Sie verlassen Omelas,  
sie gehen voraus in  
die Dunkelheit und  
kommen nicht  
zurück.***



# Bearing the Brunt of Our Own Undoing: Deforestation

*Abiha Sajid, 61; Written in Urdu*

**F**orests are found all over the world and are highly valued because of their environmental importance. Many species of animals are in dire need of forests for their survival. Even though they of environmental importance, for animal life in general, deforestation continues to subsist all over the world--largely due to the world's growing population. Deforestation is taking place to meet *our* needs. Due to deforestation, the world is heading towards a drought. The changing seasons are continually showing signs for help. Just think of the rapid deforestation that has affected not only humans, but all of the other creatures in our animal kingdom. No matter how complicated issues are, trees are the best way to prevent soil erosion, fires, flooding, and the changing winds. But when they aren't any trees, where is the fertility? Trees and forests are shelters for other beautiful birds and animals. Therefore, there is no other option but for all countries to come together and take steps to stop this, so that we do not run out of oxygen or freshers.

**خود کو ختم کرنے کا  
نتیجہ برداشت کرنا  
جنگلات کی کٹائی**

**ج**نگلات دنیا میں ہر جگہ پائے جاتے ہیں اور انکی ماحولیاتی اہمیت کے سبب سب نہایت قدر سے دیکھے جاتے ہیں۔ جانوروں کی کئی اقسام کو جنگل کو اپنی بقاء اور زندگی کے لیے اشد ضرورت ہے۔

گو انکی ماحولیاتی اہمیت اور حیوانائی زندگی کے ساتھ اہم ربط ہے مگر پھر بھی دنیا بھر میں جنگلات کے کٹاؤ کا عمل جاری ہے اسکی بڑی وجہ دنیا میں بڑھتی ہوئی آبادی ہے

جس کی ضروریات کو پورا کرنے کے لئے جنگلات کا بے دریغ کٹاؤ کیا جا رہا ہے جنگلات کے کٹاؤ کی وجہ سے نہ صرف ماحول بلکہ انسان اور دوسرے جانوروں کی حیاتیاتی تنوع پر برے اثرات مرتب ہو رہے ہیں

جنگلات میں دوسرے قطععات کی نسبت زیادہ بارش برستی ہے لیکن کٹاؤ کے عمل کی وجہ سے دنیا خشک سالی کی طرف جا رہی ہے۔ روز بدلتے موسم ایک اور نشاندہی کو ظاہر کر رہے ہیں۔ اگر یہ عمل

ایسے ہی جاری رہا تو وہ دن دور نہیں جب ہم سوائے پچھتاوے کے کچھ نہ کر پائیں گے۔ یہی بارش جنگلات میں نباتاتی تنوع اور درخت جانوروں کی رہائش اور خوراک کا ذریعہ ہوتے ہیں۔ تو ذرا

سوچیئے کہ درختوں کے تیزی سے کٹاؤ کی بناء پر نا صرف انسان بلکہ چرند پرند اور دیگر کئی مخلوقات کی زندگیوں کو کس قدر پیچیدگی کا سامنا ہے۔ اس کے علاوہ درخت سیم و تھور روکنے کا بہترین ذریعہ ہیں لیکن جب یہ درخت نہ ہوں گے تو کہاں کی

ذرخیزی اور کہاں کا پھل درخت اور جنگلات جو دیگر خوبصورت پرندوں اور جانوروں کی پناہ گاہیں ہیں۔ جو ہمیں دلکش و دلنشیں تفریح گاہیں فراہم کرتے ہیں نہ رہے تو نہ تو

ان چرند و پرند کو سر ڈھانپنے کی جگہ ملے گی اور نہ ہی ہم انسان تازہ ہوا میں سانس لے پائیں گے۔ سو تمام ممالک کو مل بیٹھ کر اس کٹاؤ کے عمل کو روکنے کے لئے دیگر اقدامات کرنے ہوں گے تاکہ نہ تو

ہم آکسیجن کو ترسیں نہ تازہ ہوا کے جھونکوں کو

# Our Troubled Waters: Water Pollution & Global Warming

*Zayaan Ahmed Shaikh, 7H; Written in Latin*

**T**his issue needs no introduction. Getting straight into it, water pollution ultimately leads Earth to a harmful destiny, and eventually an uninhabitable one. Consequently, water pollution results in the loss of biodiversity; in which water bodies are contaminated, which will follow the downfall of the natural ecosystem. The natural ecosystem will be harmed, as either predators will not have prey to feed on, or there will be too much prey. In turn, coral reefs--underwater ecosystems that protect coastlines from storms and erosion--will be no more.



**H**ic exitus est, nihil opus esse introductio. Ius questus est punctus Aqua pollutio vestrum in terra nocivis, et mox frigore inhabitabilis. Inde, aqua pollutio causis damnum biodiversitatis; corpus aqua contaminari, inducens ad ruinam iniquitas naturalis ecosystem. Et oecosystematis complectentes habet, affligetur, predonum



non haberet praedam. Alcyoneum scopulis--oecosystematis complectentes habet underwater litoribus protegat et procellas de exesa--erunt ultra.



Et augendae global temperaturis, siccitates angustius provenerat, et auget et procellas, Marine animam occidere, et si non procellas occiditis, defectum panis. Oeconomiae globalis et mos fragosus-- quod est global omnium reditus quia oriundum a navigatione Oceani. Causing paupertas, tandem Multos exanimavit. Ceterum, et indigentiam autem alcyoneum scopulis causing vim tempestatium transiit, quod afficit terram. Ibi erit in global ortum maris levels Qua clade compellis, propter inundationes et tsunamis. Ibi esset aqua bellum, copia aqua angustiae. Multum orbis terrarum terra aquarum novissimum tuum devorabitur, Habitat damnus animalia de terra, inter homines.

With increasing global surface temperatures, the possibility of more droughts and increased intensity of storms will likely occur. Killing what is left of the marine life, and if the storms do not kill them, the lack of food will. Which will hence result in the global economy crashing--considering that most of the global income originates from fishing. Resulting in poverty, and eventually the death of many. Furthermore, the lack of coral reefs will result in violent storms, which will affect the land as well. Due to these storms, there will be an increase in the global amount of water which will compel the loss of many lives due to floods or tsunamis. There would be water wars, in the context that there will be a limited supply of drinking water. Much of the world's land will be consumed by water, leading to the loss of habitat for land animals, which would include humanity.



An additional product of global warming towards our beloved water bodies are rising sea levels. Because of the high amount of greenhouse gases in the air, the polar ice caps melt, resulting in Antarctica losing its ice, which will consequently lead to a higher global amount of water. Much of the land will be consumed by water, leading to the loss of habitat for land animals; for polluted water would also contaminate the drinking water for animals, thus, their survival. Humans will have to relocate to other places due to the rise of sea levels, an issue that already persists.

Eventually, there will be no life left on Earth, except for bacteria present deep underwater which does not require oxygen to live, and Earth will become a barren wasteland.

Therefore, I urge all of you to take a step back and evaluate your routine. Do not continue such doom and demise, as the aforementioned series of events should be a testament to why we should stop pollution, once and for all.



## *Aqua pollutio* *Water Pollution*

An additional uber ex calefactionem cunctam dilectis nostris corporibus aquam sunt orientem mare campester. Propter multum conservatorium gasorum in aere, Polar glacies caps ignis ardore tabescent, Antarctica perdetur glacies, ducens ad orientem mare campester. Aqua novissima: devorabitque terram, Habitat damnum animalibus terram; aqua noceret animantibus polluetur, ita, salvos eorum. Homines erit relocate ad alia loca propter orientem mare levels, et exitus qui persistit.

Ac tandem, non vitae et erunt in terra, Clostridium nisi summersus, terra et erunt campestria solitudinis, sorore sterili permanente. Ergo, Peto omnibus vobis et accipere gradum retrorsum expriment et decernant, exercitatione tua. Noli continue malum et exitus, Ultima verba mea Testamentum est nos prohibere ne pollutio, et semel, et pro omnibus.

*Nostrum  
turbavit aquas:  
Aqua pollutio et  
Global  
calefactionem  
cunctam  
Sumus responsible.*

# Plan As a Verb: Goal Setting in An Age of Uncertainty

*Ahili Chatterjee, 10A; Written in Bengali*

I believe that we all have at least once in our lifetime tried making a 'state-of-the-art goal'. We all know the drill; a few weeks before summer, or any break, starts, we go about grilling each other about their ruinous resolution. The majority of us sincerely follow the same ritual every year to either lose weight, perform well academically, live a healthy life--some of us just choose a word. Only 8% of these so-called 'goals' succeed, which is even worse than a random roll of dice! There are a couple of reasons why goals set us up for disappointment. Firstly, we underestimate the time it takes to omit a bad habit or adopt a good one. Secondly, people tend to make long lists of bad habits they want to overcome which overwhelms the person and changes their point of focus. This year, let us not fool ourselves again. Fool me, once shame on you. Fool me twice, shame on me.

আমি বিশ্বাস করি যে আমরা সকলেই আমাদের জীবদ্দশায় কমপক্ষে একবার 'অত্যাধুনিক লক্ষ্য' তৈরি করেছি। আমরা সবাই জানি নতুন বছর শুরু হওয়ার কয়েক সপ্তাহ আগে আমরা একে অপরকে তাদের রেজোলিউশন করতে যাই। আমাদের বেশিরভাগই আন্তরিকভাবে একই বছরটি নিয়মিতভাবে অনুসরণ করে হয় ওজন হ্রাস করতে, একাডেমিকভাবে ভাল সম্পাদন করা, স্বাস্থ্যকর জীবনযাপন করা বা আমাদের মধ্যে কেউ কেউ কেবল একটি শব্দ চয়ন করে। এই তথাকথিত 'লক্ষ্য' এর মধ্যে কেবল 8% সাফল্য যা পাশার এলোমেলো রোলার চেয়েও খারাপ! হতাশার জন্য কেন লক্ষ্য নির্ধারণ করা হয়েছে তার বেশ কয়েকটি কারণ রয়েছে প্রথমত, কোনও খারাপ অভ্যাস বাদ দিতে বা একটি ভাল উপায় অবলম্বন করতে আমাদের যে সময় লাগে তা আমরা কম মূল্যায়ন করি না; এবং দ্বিতীয়ত, লোকেরা খারাপ অভ্যাসগুলির দীর্ঘ তালিকা তৈরি করতে চায় যা তারা কাটিয়ে উঠতে চায় যা ব্যক্তিটিকে অভিভূত করে এবং তাদের দৃষ্টিভঙ্গি বদলে দেয়। এই বছর, আসুন আমরা আবার নিজেকে বোকা না করি। আমাকে বোকা বানিয়ে একবার তোমাকে লজ্জা দেয়।



Let's admit it, procrastination has never gotten us above and beyond. You might read this article right now and later carry on with your usual commitment-less goal. Remember that goals are made for your own health and well-being, so why compromise that?

Achieving a goal often requires breaking it into smaller goals while rewarding yourself after completing each one. Apart from these intuitions that play an enormous role in settling towards a goal; thinking about your future often leads to a rise in anxiety levels--but consciously choosing what's best for you as in your present self and you as in your future self is a margin that decides fate.

আসুন আমরা স্বীকার করি, বিলম্ব আমাদের উপরে এবং তার বাইরে কখনও লাভ করতে পারে নি। আপনি এখনই এই নিবন্ধটি পড়তে পারেন এবং পরে আপনার স্বাভাবিক প্রতিশ্রুতি কম লক্ষ্য নিয়ে চালিয়ে যেতে পারেন। মনে রাখবেন যে লক্ষ্যগুলি আপনার নিজের স্বাস্থ্য এবং সুস্বাস্থ্যের জন্য তৈরি হয়েছে তাই কেন এতে আপস করবেন? যা একবার আমরা 'ট্র্যাকে থাকার' অনুশীলন করার পরে সফল হওয়ার খুব উচ্চ সম্ভাবনা রয়েছে। একটি লক্ষ্য অর্জনের জন্য প্রায়শই নিজের লক্ষ্য পূরণের পরে নিজেকে পুরস্কৃত করার সময় এটি ছোট লক্ষ্যগুলিতে বিভক্ত হওয়া প্রয়োজন। আপনার ভবিষ্যত সম্পর্কে চিন্তা করা প্রায়শই উদ্বেগের মাত্রা বাড়ার দিকে মনোনিবেশ করে তবে সচেতনভাবে আপনার বর্তমানের মতো আপনার পক্ষে সবচেয়ে ভাল কি এবং আপনার ভবিষ্যতের স্বরূপ যেমন আপনি একটি প্রান্তিক যে ভাগ্য সিদ্ধান্ত।

**GOALS:** *Studies show that we tend to stick to long-term goals, goals that are easily achievable, and establish a balance between future and present*

**লক্ষ্য:** অধ্যয়নগুলি দেখায় যে আমরা তার সাথে ঝুঁকে পড়েছি দীর্ঘমেয়াদী লক্ষ্যে, লক্ষ্যগুলি যেগুলি সহজেই অর্জনযোগ্য এবং ভবিষ্যতের এবং বর্তমানের মধ্যে একটি ভারসাম্য প্রতিষ্ঠা করে



Opt to be SMART: The term SMART in this context is identified as a mnemonic which stands for:

S - Specific

M - Measureable

A - Achievable

R - Relevant

T - Time-bound

Let's look at a few examples:

- **SPECIFIC:** *Rather than 'Read more books'*, try 'Read one non-fiction book every 2 weeks by spending 30 minutes each night reading before sleeping.'
- **MEASURABLE:** *Rather than 'Get in shape'*, try 'Lose 5 pounds of body fat in 8 weeks by tracking your food intake and eating at a caloric deficit of 400 calories.'
- **ACHIEVABLE:** *Rather than 'Get A\* in all subjects'*, try 'Start off with a B and slowly progress yourself to an A after increasing your study time by 1 1/2 hours per subject.'
- **RELEVANT:** *Rather than 'Avoid Social-media'*, try 'Track your social media use, daily using the IOS screen feature time and secure an average of 15 minutes or less per day over 7 days.'
- **TIME-BOUND:** *Rather than 'Learn to play an instrument'*, try 'Learn to play one song on Guitar in 3 weeks.'

In particular, it's important to recognize how one action that you do on a regular basis can influence the larger picture of your life. 'The power of habit', suggested by Charles Duhigg, focuses on a keystone habit that results in a domino effect aligning multiple other areas in your life. It's important to recognize how one action you do on a regularly can influence your life overall. By following these do not expect to become the absolute untainted version of yourself, but rather watch yourself progress through things you thought were deterrents.

# প্রতিশ্রুতি স্মার্ট গোল

SMART হতে : এখানে স্মার্ট একটি শব্দটি হিসাবে চিহ্নিত করা হয় যার অর্থ:

এস - স্পেসিফিক

এম - মেজারবল

এ - অর্জনযোগ্য

আর - ফলাফল ফোকাস

টি - টাইম-বান্ড

আসুন কিছু উদাহরণ নেওয়া যাক:

- স্পেসিফিক: "আরও বই পড়ুন" এর চেয়ে বেশি সংগ্রহ করুন, চেষ্টা করুন 'প্রতি 2 সপ্তাহে ঘুমানোর আগে প্রতি রাতে 30 মিনিট সময় ব্যয় করে একটি অ
- মেজারবল: 'আকারে আসুন' এর চেয়ে কম হয়ে উঠুন, চেষ্টা করুন 8 সপ্তাহের মধ্যে আপনার খাদ্য গ্রহণের পরিমাণ এবং 400 ক্যালোরির ক্যালোরির ঘাটতিতে খাওয়ার মাধ্যমে 5 পাউন্ড শরীরের চর্বি হারাতে চেষ্টা করুন
- অর্জনযোগ্য: 'সমস্ত বিষয়ে পান' এর চেয়ে বেশি সংগ্রহ করুন, চেষ্টা করুন 'বি দিয়ে শুরু করুন এবং ধীরে ধীরে আপনার পড়াশোনার সময় সাবজেক্টে 1/2 ঘন্টা বাড়িয়ে অচিরেই নিজেকে 'এ'-তে উন্নতি করুন
- ফলাফল ফোকাস: "সোশ্যাল-মিডিয়া এডান" প্রতিদিন আইওএস স্ক্রিন বৈশিষ্ট সময়টি ব্যবহার করে আপনার সামাজিক মিডিয়া ব্যবহার ট্র্যাক করুন এবং days দিনের উপরে প্রতিদিন 15 মিনিট বা তারও কম সময় সুরক্ষিত করুন
- টাইম-বান্ড: "একটি যন্ত্র বাজাতে শিখুন" এর চেয়ে বেশি সংগ্রহ করুন, '3 সপ্তাহের মধ্যে গিটারে একটি গান বাজাতে শিখুন'

## লক্ষ্য নির্ধারণ



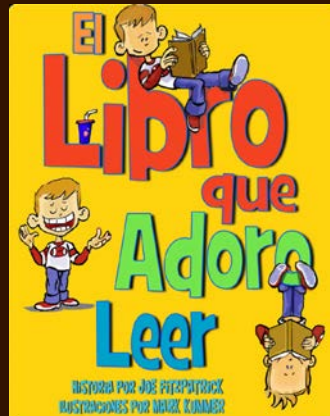
# Children's Chronicle Corner Seasonal Read-Alongs

Relish in the seasonal read-alongs scavenged by our editors. To access these books & their activities, please create a free Epic! Parental account.

*My First Look At French*

*El Libro que Adoro Leer*

*What is Sign Language?*



<https://www.getepic.com/app/read/70677>

<https://www.getepic.com/app/read/16163>

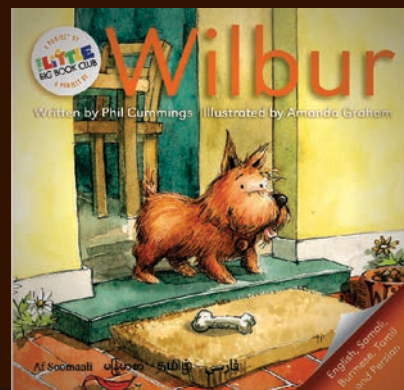
<https://www.getepic.com/app/read/71146>

今天，我是

ويلبر



[https://youtu.be/mOMmGzY\\_3IU](https://youtu.be/mOMmGzY_3IU)



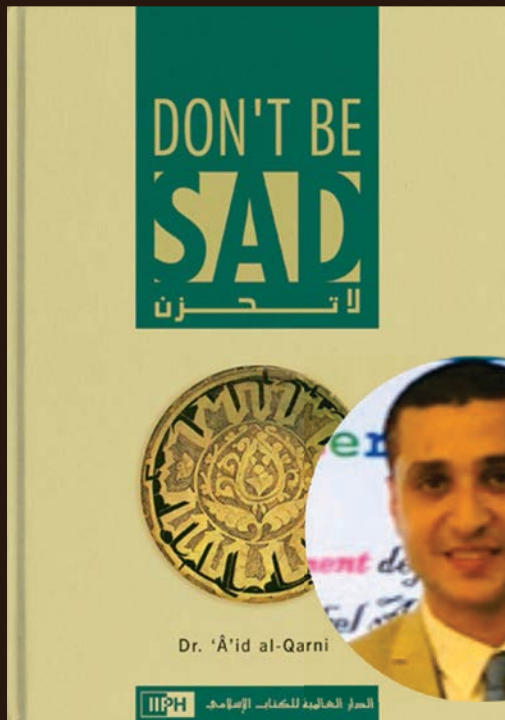
<https://youtu.be/Ba7dKjyv8w>  
<https://youtu.be/rTZUAGoscwg>

## Create an Epic! Parent Account

<https://www.getepic.com/promo>



# The Literary Palate



لا تحزن



Mr. Omar Saber, Secondary Islamic Teacher

Genre: Self-help, Arabic

Appropriate Age Range: 15+

*A pause for reflection.*

This book is flowing with practical advice.

Page-by-page, teaching us how we can eliminate the sadness from our lives, and replace it with the eye of reality. Furthermore, also giving us an overall insight on tackling life's problems, as well as enhancing our lifestyle. In this book, we are

encouraged to learn from the things many amazing people have gone through, without going through it ourselves. In this book, after every few passages, there is a short “pause for reflection” section, so it even aids you by maneuvering you to what you should reflect on, and thence act upon it. What fun! Let me convey to all of you what the author, Shaikh Aaidh Ibn Abdullah Al-Qarni, has said about this book: "This book diagnoses the mistakes we make that go against the intrinsic logic that we – as human beings – have been endowed with, This book forbids you from persisting in ways that are in conflict with the realities of life and with what Allah has preordained. It calls you not from without, but from within, from what your soul already knows – that you should trust your talents, that you should develop them.". Hope you enjoy it!



*Le Petit Prince*



Tamerlan Arifov, 10C

Genre: Fantasy, Fiction, French

Appropriate Age Range: 12+

Изначально историю начал рассказывать пилот. Пилот совершает вынужденную посадку в пустыне Сахара и встречает одного необыкновенного и загадочного мальчика — Маленького принца с другой планеты — астероида Б-612. Маленький принц рассказывает о своих приключениях на земле, говорит об удивительной розе, которую оставил



на своей малой планете.

Что мне действительно нравится в этой истории, так это то, как нам рассказали о связи между ним и розой, он считал ее самой красивой, простодушной, и да иногда даже очень обидчивой но он ее любил.

Почувствовав себя несчастным, Маленький принц улетает, чтобы изучить и познать другие места. Да пока он путешествовал он скучал по своей розе но зато он увидел какими скучными могут быть взрослые. На своем пути он встретил короля которому кажется, что он правит звездами, честолюбца который хочет, чтобы окружающие им восхищались, делового человека который постоянно считает звёзды, думая, что владеет многими из них и хочет купить больше, фонарщика который, верный своему слову, каждую минуту зажигает и тушит фонарь, и географа который записывает в книгу рассказы путешественников, но сам никогда не путешествует.

Крупных поворотов в этой сказке нет кроме того что принц решил посетить Землю, там он узнал много вещей и какими скучными способами взрослые зарабатывают. Принцу не совсем понравилась Земля из-за того что она казалась очень скучным и мрачным местом где много скучных взрослых которые все что делают так это работают в своих офисах без вылозно. В скором времени Принцу с концами надоела Земля и он хотел поскорее увидеть свою любимую розу которую оставил одну на своей планете.

Наконец то принц вернулся домой но вот только его возлюбленная роза засохла и все что от нее осталось так это лепестки. Финал довольно грустный, но, по крайней мере, он мог испытать многие вещи, которые он не мог испытать на своей планете.

Initially, the pilot narrates the story. The pilot performs an emergency landing on the Sahara desert and meets one extraordinary and mysterious boy – a little prince from another planet – on asteroid B-612. The little prince tells him about his adventures on planet earth, about the wonderful rose which he left on his little planet.

What I really like about this story is the way they describe the connection between the rose, he considered her the most beautiful, simple-minded, and sometimes even very offensive, but he loved the rose nonetheless.

Feeling unhappy, the little prince flies off to learn and discover other places. While he was traveling, he missed his rose, but at least he saw how boring adults could be. On his way, he met a king who thinks he rules the stars, an ambitious man who wants to be admired by those around him, a businessman who constantly counts the stars, thinking he owns many of them and still wishes to buy more, a lamplighter who is true to his words, lights and extinguishes a lantern every minute, and a geographer who writes the stories of all travelers in his book, but never travels himself.

There are no major twists in this tale, except for the one where the prince decided to visit the Earth, where he learned new things, like the boring ways in which adults earn their money. The prince did not quite like the Earth, mainly because it appeared to be a very

boring and gloomy place where there are many boring adults who only work in their offices endlessly. Eventually, the prince got bored and tired of the Earth and eagerly wished to see his beloved rose, the one which he left all alone back on his planet. Finally, the prince came back home, but his beloved rose already withered and everything that was left of it were its petals. The finale is quite sad, but at least he could experience many new things which he could not have experienced back on his planet.

## ハウルの動く城



Yasmine Chahbi, 91

Genre: Anime, Fantasy, Japanese

Appropriate Age Range: 8+

*Writing this makes me want to watch it all over again.*

Howl's moving castle follows Sophie, an 18-year-old girl who works in her late father's workshop. Due to certain problems, she befriends a wizard named Howl, who she learns, lives in a moving castle. Upon arriving home, she is greeted by the Witch of the Waste, who takes exception to her to her newfound relationship with Howl and casts a spell on her--changing her appearance to that of an



older woman. Sophie then finds Howl, who works to restore Sophie to her original state. Howl's Moving Castle implements the idiom, "don't judge a book by its cover", very well. Pushing that narrative across with Sophie, an 18-year-old girl who is transformed into an old woman. This, in addition to the beauty-obsessed Howl, adds up to create a very interesting dynamic between someone whose beauty lies within and someone who only sees the beauty outside. Furthermore, the concept of morality is deeply linked to the plot.

Sophie's most dire issue is her reacting without thinking twice, while Howl praises his own beauty above all else; going as far as to use his magic to enhance his appearance. The imperfections shown in the character's presence make them feel all the more believable. Mental conflicts arise purely from who they are as people. The story ends with a gesture of love. Sophie, with the strength of her own will, manages to revert back to her youth, while she presses Howl's heart back into his chest, symbolizing her preparedness to let her curse go. The usage of the phrase, "a heart is a heavy burden", signifies the uncontrollable desires a heart has, yet will always be a burden we'll come to cherish in due time.





## 기괴한 카운터

★★★★★

Rishit Singh, 10C

Genre: *Thriller, Sci-fi, Crime, Korean*

Appropriate Age Range: 16+

*Works as a harmonious marriage of diverse plotlines.*

What do you get when you put together 4 Korean noodle restaurant employees who fight evil spirits and a city-wide political conspiracy?

Spoiler alert: you get *The Uncanny Counter*.

Before you dismiss this entire review under the presumption that this is just another K-drama, I

assure you that it is nothing like the usual “two opposites meet and fall in love” trope. *The Uncanny Counter* is a Korean thriller, mystery, crime, sci-fi series that revolves around the cliché idea of the afterlife, but puts a modern twist on it. The first episode builds on the idea of chosen people called ‘Counters’ who take care of evil spirits that escape the afterlife. We get scenes that focus on character development and emotion, all while a city-wide political plot slowly unravels – but of course, the action-packed, choreographed martial arts; flying kicks, super jumps, and demon hunting keep the show well-paced and energetic. Multiple ‘uncanny’ occurrences that are seemingly unrelated at first, but slowly reveal themselves to be connected to one another, perfectly bridging the gap between solving crime cases, exploring character backstories, and honing supernatural powers to defeat demons. In a nutshell? Gritty, unmerciful, and gripping--yet character-driven and heartfelt, with a fantasy bent. A superhero-flavored, heartfelt, X-Men-esque story, an effective assemblage of different personality traits that make up an organic whole, one that is sure to surprise you, and worthy of your time.

## *Want to Submit a Review?*

Refer to the Entry Form below for further details:

[https://docs.google.com/forms/d/e/1FAIpQLSfx7tpmfKFsRfGuGrVvkqXLLZSsir3U5f7WNkVpVukZS6\\_bpug/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfx7tpmfKFsRfGuGrVvkqXLLZSsir3U5f7WNkVpVukZS6_bpug/viewform?usp=sf_link)



# Humor Section Cartoon Caption Contest

## Last Month's Cartoon



Win 40 house points, a certificate & a feature on the Winch-being Bulletin.

### 1st Place

“I'm sorry son. I know you love carrots, but they only had Apple airpods.”

- Jaimee Felysse A. Reyes, 5C

### 2nd Place

“I knew it was a bad idea to go to that all-you-can-eat carrot buffet. We missed the train.”

- Abeer Faisal, 9E

### 3rd Place

“Yeah--my wife gave me a rabbit's foot for good luck...”

- Shriya Sankranthi, 7E

## This Month's Cartoon

Deadline: 7th June, 2021

Voting Poll Open: 9th June, 2021

### Caption Entry Link:

[https://docs.google.com/forms/d/e/1FAIpQLSe9XsJSkWerYHAW12M1E7aNwZKhVx--qviAMK\\_ImbYEpC46tw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe9XsJSkWerYHAW12M1E7aNwZKhVx--qviAMK_ImbYEpC46tw/viewform?usp=sf_link)

### Voting Poll:

[https://docs.google.com/forms/d/1T61sbEVSJxyH3-j\\_R8P23lwtZDX12ZUp7qEk1kX1Zy4/edit#responses](https://docs.google.com/forms/d/1T61sbEVSJxyH3-j_R8P23lwtZDX12ZUp7qEk1kX1Zy4/edit#responses)



# Art Competition

#dtiysRabidRabbit *Winners*

1st Place



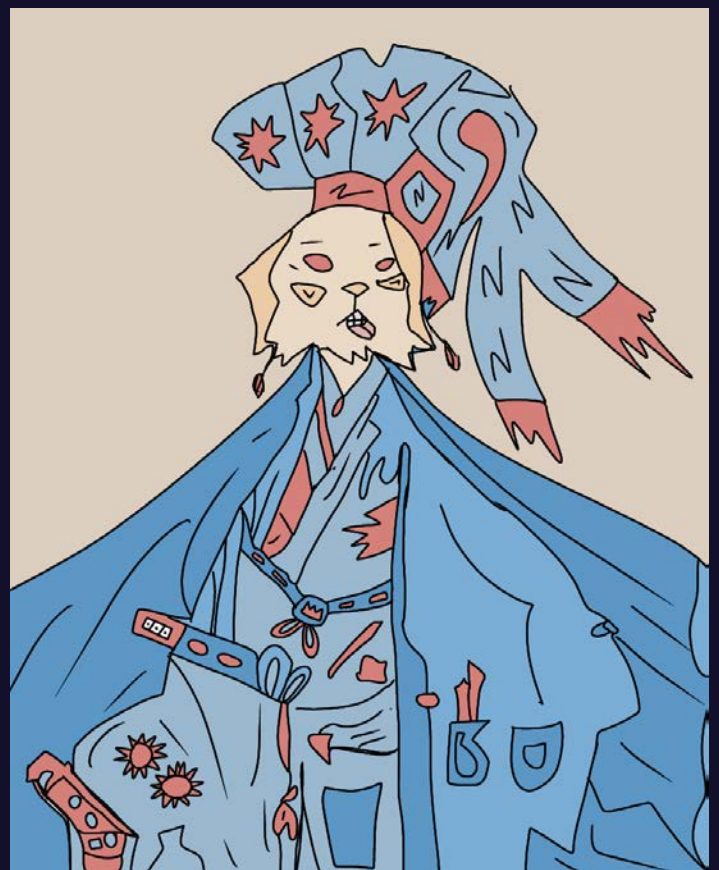
— Rianne Charlotte M. Pialo, 9H —

2nd Place



— Jaimee Felysse A. Reyes, 5C —

3rd Place



— Aafra Rezan, 7G —

# Paperback Poetry

## وقت

سَمَّت رَمَن ۱۰ C

وقت پر ساری جہاں قائم ہے  
وقت کے دھاگا سے بنی یہ عالم ہے۔  
وقت کی گود میں کھیلتی ہے یہ جہاں  
رما، مصر، چین، ارضِ عرب و  
ہندوستان۔

کوئی وقت کے پیچھے نہیں کوئی نہیں  
وقت کے آگے  
فضا و وقت اس جہاں کے دو دھاگے۔

اسی دھا دھاگا کو اگر کسی نے موڑا  
فرک ہوگی زیادا کہ سرف تھوڑا تھوڑا؟

بیا ہوگا؟ یا دوسری لفظوں میں، بوی کیا ہے؟  
اس سے بیر رکھنے والی سوئی کیا ہے؟

اگر کسی نے دورِ زمان کو توڑ دیا  
مانو اُسے اس جاہاں کی ہدایت موڑ دیا۔

خطِ عالم اگر بدل گئیے،  
تو کیا ماضی، حال و مستقبل گئیے؟

ایک پل کے ساتھ کھیلنے سے بدل جاتی ہے  
قسمت

یا پھر گول بن جائے گی وقت کی خت؟  
وقت یس جہاں میں سب سے زیادا اہم ہے  
پر کیا کہا نہیں جا سکتا کہ وقت دماغ کا وہم  
ہے؟

## Time

Sammit Ramanan, 10C

The cosmos is established on time,  
This world is made from the thread of time.

The whole world plays in the lap of time,  
Rome, Egypt, China, The Arab world, and India

No one is behind time, and no one is ahead,  
Space and time are the two threads of the  
universe.

If someone turned this thread,  
Will the difference be a lot, or only a little?

What will happen? Or in other words,  
what has happened? What is the  
needle that has born animosity  
with this (time)?

If anyone has broken the  
cycle of time,

Consider him to have  
changed the direction of  
the universe.

If the world line (of the  
whole universe) have  
changed,

Then the past, present,  
and future gone?

Playing with one second can  
change destiny,

Or will it make the thread  
of time a circle (time paradox)?

Time is more important than  
anything in this world,

But would it be wrong to say  
that time is an illusion of the brain?

# My Country, Bulgaria

България

Victoria Nedyalkova, 6J

Bulgaria

Където и по земята да отида,  
България остава моята родина.  
Толкова красива с високите си,  
снежни планини.  
Толкова хубава с големите си,  
зелени поляни.  
Толкова любима с развихреното  
си, синьо море.  
И аз съм толкова щастлива, че  
България е моята родина.  
Дори ако сега не мога до нея да  
пътувам,  
аз не спирам да я сънувам.  
Носията си гордо аз обличам  
И нищо във света не ще ме спре да  
я обичам.  
Дори и малка да е моята страна,  
Нищо не може да спре обичта.

Виктория Недялкова, 6J

Wherever I go on this earth,  
Bulgaria remains my homeland.  
So beautiful with its high, snowy  
mountains.  
So beautiful with its large, green  
meadows.  
So beautiful with its turbulent, blue sea.  
And I am so happy that Bulgaria is my  
hometown.  
Even if I cannot travel to her now,  
I do not stop dreaming about her.  
I wear my national costume proudly.  
And nothing in the world will stop  
me from loving her.  
Even if my country is small,  
Nothing can stop my love.

Victoria Nedyalkova, 6J

## Seasons

Arya Kaji, 6B

Forward March

And welcome Spring

When bunnies bounce

And birds all sing

When March winds blow,

The Winter away.

They get their world ready,

For April and May,

April brings rain storms,

Big showers and little drops,

It falls from the sky,

And goes plop, plop, plop!

આગળ માર્ચ

અને વસંત સ્વાગત છે

બાઉન્સ જ્યારે સસલાનાં પહેરવેશમાં

અને પક્ષીઓ બધા ગાય છે

જ્યારે માર્ચનો પવન ફૂંકાય છે,

શિયાળો દૂર.

તેઓ તેમની દુનિયા તૈયાર કરે છે,

એપ્રિલ અને મે માટે,

એપ્રિલ વરસાદનાં વાવાઝોડા

લાવ્યો,

મોટા કુવારો અને નાના ટીપાં,

તે આકાશમાંથી પડે છે,

અને પ્લોપ, પ્લોપ, પ્લોપ જાય છે!

May is the month,

Of sunshine and flowers,

Birds and nests,

And one or two showers,

Games to play and

kites to fly,

Or just looking up at

the sky,

We could spend a

year this way,

If the year were made

of may!

.તુઓ

આર્ય કાજી, 6B

મે મહિનો છે,

સૂર્યપ્રકાશ અને ફૂલોની,

પક્ષીઓ અને માળાઓ,

અને એક કે બે શાવર,

રમવા માટે રમતો અને

પતંગ ઉડાવવા,

અથવા ફક્ત આકાશ

તરફ જોવું,

અમે આ રીતે એક વર્ષ

વિતાવી શકીએ,

જો વર્ષ મે બનેલું હોત!

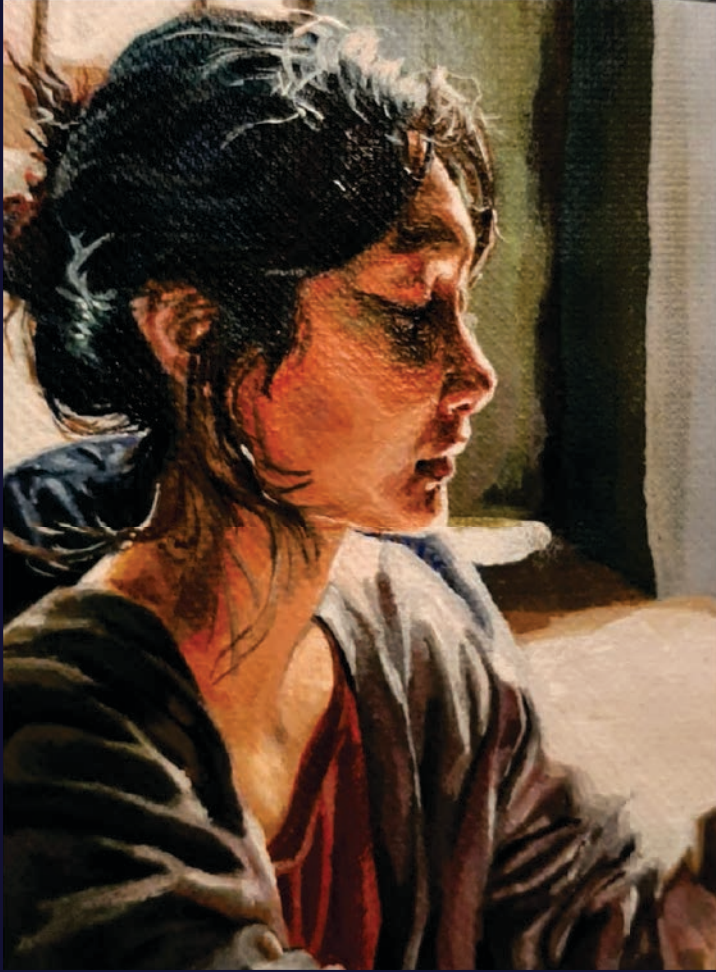




# Sidewalk Sketches



Hannah Erica C. Tan, 10B



Amalyn Ashhab, 8C



**Butterfly Lion**  
Jaimie Felysse A. Reyes, 5C

**Disintegrated Brush Strokes**  
Aaron Mercado, 10A



# Sidewalk Sketches

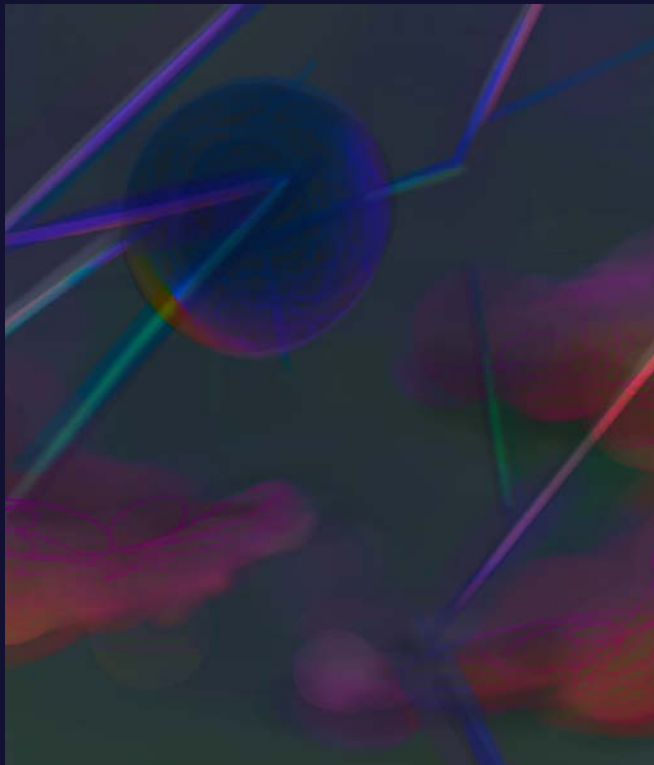
यह एक खुशहाल दुनिया है!  
Nuha Danish, 2G



**Blessings Galore**  
Mishal Faraz, 9B

**Storm**

Rianne Charlotte M Pilao, 9H



**Submissions:**

Email us: [winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)

Medhavi Mahesh, 11A

# Playlist Digest

May's Theme: Celebrating Languages

[https://open.spotify.com/playlist/6xm6UsnAhFH6sEOnMQYOm4?si=Lesjh9FPSB-jo2aqoQGNmQ&utm\\_source=copy-link&dl\\_branch=1](https://open.spotify.com/playlist/6xm6UsnAhFH6sEOnMQYOm4?si=Lesjh9FPSB-jo2aqoQGNmQ&utm_source=copy-link&dl_branch=1)

▼ **Body Language** ≡



+ ...

01:00 -01:21

↻ ⏮ || ⏭ ↻

📱 Devices Available

[https://open.spotify.com/playlist/6xm6UsnAhFH6sEOnMQYOm4?si=Lesjh9FPSB-jo2aqoQGNmQ&utm\\_source=copy-link&dl\\_branch=1](https://open.spotify.com/playlist/6xm6UsnAhFH6sEOnMQYOm4?si=Lesjh9FPSB-jo2aqoQGNmQ&utm_source=copy-link&dl_branch=1)

# *The Bulletin Labyrinth*



*Meander through the deceptive pockets of the labyrinth above.  
Maze designed by @jacksos*



*Vania Chanelle Gomes*  
*Head Editor & Designer*

Dear Readers,

How do we relate to our ancestry? The question consistently plants itself in every culture at some point; in everyone.

Languages are cryptographers that help us communicate with the deceased; our forefathers--without the compulsion of being present, or even alive. Thus, when a language dies, an entire unit of history dies along with it.

Likewise, a languages often are held at knifepoint the second its speakers surrenders themselves to more 'sustainable' languages. Languages that seem more lucrative.

More or less, language is nothing but a child in a vacuum. We nurture it until it's of being. Once it acquires motor skills with no object permeance--it goes to places we hope it wouldn't. We groom it to behave. All in all, we can never be in total control of such an instrument, and fairly, that is how it should remain.

Signing off,  
Vania Chanelle Gomes  
Head Editor & Designer of TWB



*Inaya Danish Zaidi*  
*Primary Editor*

Dear Readers,

This month's theme is a little different because we wanted to celebrate the power of language. We all know what languages are, but why are languages so important?

We used languages to communicate with each other. With every word we say, with everything we read, it is all a story; a culture. The very first language was Tamil. Short inscriptions were found from the second century, dated 300BC. They were written in the Brahmi script. 'Tamil Brahmi'. Found in caves, and are the earliest records supporting the evidence of old Tamil.

Languages help us communicate and express ourselves in whatever way we like. We have to preserve our mother tongue and be fluent in it, no matter what. There are so many languages you can learn! It can be a hobby; for the joy and delight in learning another language is unique and special in its own way. You may feel stuck sometimes in the middle, but remember; you can do it.

Inaya Danish Zaidi  
Primary Editor of TWB

# *Our Platforms*

» Your Primary Contact's Email  
Inbox

» Links in Instagram Bio  
*@fieldnotesofmentality*

» Phoenix--School Community--  
Circulars & Announcements

» The Wellbeing Tab on The  
Winchester School's Website

<https://www.thewinchesterschool.com/learning/4wellbeing/>

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STAY TUNED!

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