

THE

WINCH·BEING

**BE ALIVE,
BE AWARE,
BE ACTIVE.**

VOL. 02 • NOVEMBER 2021

**THE OFFICIAL NEWSLETTER OF THE WINCHESTER
SCHOOL, JEBEL ALI**



THE WINCH BEING

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Wellbeing Week

As a student, it can be tough to pay attention to yourself. The noise and blur of daily life often silences your desire to care for yourself.

Headed by Mishal Faraz, Saadgee Singh, and Ms. Debbie, the Wellbeing Week (31st Oct - 3rd Nov) has been teeming with new life and activities to help students maintain their various forms of wellbeing: social, physical, and emotional.

You personally may have encountered many of these through the past week, from the humble to the more extravagant. One of the prominent of these was the buoyant Primary WINRADIO's take on wellbeing. The primary radio station placed high importance on the benefits of wellbeing – which is a message I believe we can all support. Another student-led event that had a large impact was the Gratitude Morning with Support Staff. It was a morning in which we gave back to all those who make this school run efficiently and cleanly, wherein the entire school brought in lentils, grains, sweets, confectionery, and the like, that were packaged alongside handmade cards composed by the majority of our students. Likewise, a themed-attire

staff week

was held.

Each day bore

diverse themes which

were further reflected by the staff's attire, which provided a sense of unity between the staff.

Whilst all wellbeing activities certainly did lift many peoples' days: the events particularly focused on emotional wellbeing hit a stride with many students, allowing them to emotively express themselves. For example, the Teenage Wellbeing Sessions conducted with our year 11 students, allowed them to address emotional issues in a safe and welcoming manner. Or the KHDA survey was a great success for the KHDA leading to a wide variety of important emotional metrics being collected to improve the overall emotional wellbeing in schools. Additionally, Heart2Hold combined both art and well-being, in which students create their own personalized comic strips talking about mental health topics that can affect a student's day-to-day life. Wellbeing isn't just for students. From 31st Oct - 2nd Nov, all departments used their department time to conduct



Wellbeing Week

dynamic medium of drama. Beyond the pre-planned activities, teachers too often took the lead to inspire students to express and care about their wellbeing, through the Circle of Wellbeing initiative.

With that said, I hope that allows you to wrap your head around the mind-boggling scale of our wellbeing week. I also, personally, hope you are doing well. Even if you didn't get to participate, you should attempt to improve your own mental health by setting time aside for yourself. Beyond that, you must remember that the WIN family is there for you, similar to your actual family. If you experience any issues, feel free to reach out and tell anybody you trust. I would also like to both thank and congratulate our Wellbeing Team; Saadgee Singh, Mishal Faraz, and Ms. Debbie for conducting such an effective wellbeing week.

REPORTED BY: ADHAM E., IOA

LINK TO THE WELLBEING WEEK
RECAP VIDEO:

[HTTPS://WWW.INSTAGRAM.COM/P/CWQC7NUI_oY/](https://www.instagram.com/p/CWQC7NUI_oY/)



The DofE Experience

Youth adventurers and explorers of Winchester - Jebel Ali, have joined a chorus of students worldwide in acclaiming the Duke of Edinburgh (DofE) Award. Renowned in kickstarting passion for worldwide adventurers and explorers, the Adventure Journey took place on 29th, 30th, and 31st for our Silver medalists, and 29th and 30th for our Bronze medalists wherein students trekked, and camped for 2-3 days straight in Fujairah and RAK. In order to commemorate this seismic achievement, our adventurers themselves were ever so buoyant to share their experience with us:

“The DofE journey this year was definitely something unforgettable. From the people who came along with us, to the most caring teachers -- I loved every second of it. If you, as a reader, are wondering if you should go next year, I would highly recommend it!

SAKSHI S., 11B

Aspiring Silver Medalist & Current Bronze Medalist

“DofE was time well spent through an exchange of survival skills & plenty of water. Helping us gain an insight into the world of trekking. Glad to have experienced it memorably with friends!

AALIYAH S., 11B

Aspiring Silver Medalist

“Being a DofE participant has been an intensely rewarding experience. Each aspect of the Award is meant to promote holistic development – and the AJ in particular was a unique experience that saw me take several steps out of my comfort zone and forge new bonds in the process.

AADITTA G.

Aspiring Silver Medalist & Current Bronze Medalist

The DofE Experience



“

The adventure journey was definitely the best and the most challenging part of the Duke of Edinburgh award. It taught me how to be independent and how to take of myself and others. I had a wonderful group, and had the most amazing memories -- especially while cooking, playing uno cards, and blasting music.

ADELINE J., 11C

ASPIRING SILVER MEDALIST

“

The journey was simply incredible, vivid memories now stuck in photographs every time we scroll through our gallery trying to reduce our iCloud storage. A lot of new skills learnt -- from teamwork and communication to physical recreation. New relationships built. It was an escape from reality, from all our stress and troubles. A long weekend of unlimited fun, accompanied by some of Winchester's finest. A trip i would highly recommend to experience.

DIGVIJATH R., 11C

ASPIRING SILVER MEDALIST

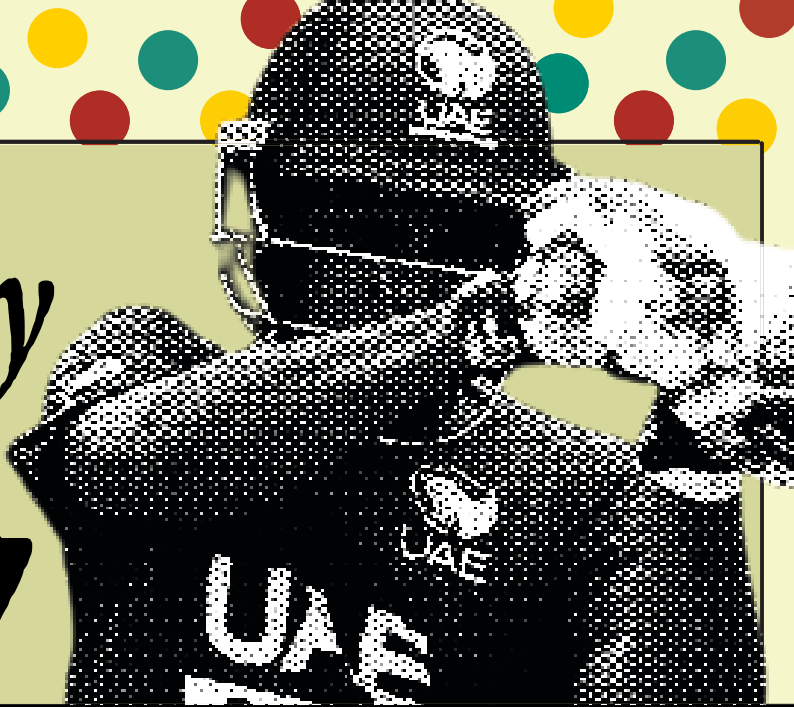
“

After participating in the adventure journey for DofE, saying it was one of the highlights of my year would be an understatement. The experience in its entirety felt like an overdue detox from reality & has led to memories that are going to be impossible to forget. In the course of three days, I learned to appreciate good company, nature, music & even food. Despite developing a love-hate relationship with instant noodles, the memories I've made on this trip have grown to become a form of comfort; ones I'd reminisce about for a long time to come.

ADVIKA D., 11B

ASPIRING SILVER MEDALIST

THE *Psychology* BEHIND BEING *Cric-Crazy*



Cric-Crazy is a term used in the cricket community for someone who displays enormous enthusiasm for the sport. However, frenzies are present in every type of sport. Games like football have a large fanbase – with [FIFA estimating 3.5 billion people loyal to the sport](#). Basketball is another example that many are addicted to watching and playing. The 1998 championship series between the Chicago Bulls and the Utah Jazz (Michael Jordan's last Finals series) averaged [29.04 million viewers!](#) On the same note, this article will explore the reasoning behind this psychological fixation, paranoia even, in sports communities.

The ICC Men's Cricket World Cup in The United Arab Emirates will be a bittersweet event filled with excitement and anxiety. Sixteen countries will compete to hold the ICC Cricket World Cup trophy. 706 million cricket fans will tune in to watch 4-hour matches in the sweltering heat, and the world will come to a standstill with every wicket. The question remains; why are we in this void of cheers and Virat Kohli? Are we biologically programmed to be fixated on every match? Is this all within our control?

There stands an eerie resemblance between sports fanatics and cult members – solely in part of the social connectedness the two offer, as well as the obsessive practices members are inclined towards. In ["Cult and Sport: The Case of Big Red"](#), Micheal Stein elaborated on the similarities between sports culture and cults. The total devotion to a particular object is suggested to take form in various ways, such as sport. Stein called these "recreational cults". Though the disturbing resemblance, The Cricket World Cup is a way for the world to come together and embrace the century-old sport that has weaved its way into our hearts and homes. Social connectedness arises when multiple people start identifying with things like sports teams. The higher the level of identification, or the more significant the fanbase, the less you feel alone. For example, seeing someone else in a jersey might elicit feelings of



“

I'm Felan, and I'm a part of the Under-10 Cricket team this year, and I have had a lot of fun playing my tournaments -- it destresses me. We have had a lot of fun with our team, and our tournaments have been really fun and I've learned a lot from them. It has changed how I think, it makes me happy.

FELAN T, 5th
UNDER-10 CRICKET
GIRLS TEAM



WRITTEN BY:

TAMANNA MATHUR

compatibility and togetherness. Identification can be based on gender, nationality and ethnicity. Apart from international cricket, domestic games, like the Indian Premier League and the Big Bash League, prove that grouping teams based on parts of a country attract a large audience who feel connected and most attached because of the representation of their hometowns.

Nothing is worse than losing a game. Whether it's the Chicago bulls vs the Los Angeles Lakers, or England vs Australia – a defeat means disappointed fans. Thus, they use psychological strategies to justify and maintain their sporty passions.

Teams and players become part of our families -- ourselves. Hence, when they perform poorly, we struggle to detach ourselves. Fans tend to use psychological strategies and coping mechanisms to maintain their passions and devotion towards a cadre. As most events are recurring and happen annually, we are motivated to think performance will improve.

F. Diane Barth, a psychologist and writer for the '[PsychologyToday](#)', believes talking to others can ease the pain of losing a match. Social media platforms like Instagram and Twitter allow fans from all over the world to interact with each other and vent their thoughts about a game.

Platforms like Instagram and Twitter allow a one-on-one connection with viewers, as posts like behind the scenes footage of training, and dressing room meetings have become widely popular. Captions regularly include hashtags that drive further engagement and views. For example, #BeacuseItstheCup was a popular discussion forum during the Playoffs in the Stanley Cup.

Watching a cricket match is incomplete if you're not changing the channel or trying to sit perfectly still, so the wickets stop dropping. Some cricket watchers believe that rituals will lead to a better outcome and performance! It's been proven that superstitious behaviour provides a sense of control and reduces anxiety. Thus, levels of superstition increase at times of highest anxiety and nervousness. Patterns people follow can range from Sanath Jayasuriya patting his pad every ball, or us fans at home avoiding things that may have contributed to a loss, such as wearing a specific colour on match day.

In conclusion, our surroundings and internal thoughts control the way we feel about cricket. The fascinating part is that we feel these emotions together and have built communities based on a sport. The Cricket World Cup will bring us together in a beautiful, monotonous and almost cultish way, so we should celebrate being mad for cricket. Until the end of November, continue to find yourself venting alongside millions of fans on Twitter, talking to new friends who will watch any match with you in a heartbeat, and chanting the song of sport.



Sports is more than just kicking a ball, or swinging a bat. I have been in Winchester's football and cricket team, and am currently playing for the Under-18-basketball team. Sports means a lot to me, as it teaches me different aspects of life, while I get to enjoy and maintain my physical health. It is also an opportunity to meet new people with similar interests.

DHRISHAAN D., 11D
UNDER-18 BASKETBALL
BOYS TEAM



Lowering the Microphone: A Private

Battle with

WRITTEN BY

a Diagnosis

JANELLE DMELLO

In 2016, the Arizona Department of Juvenile Corrections fired a highly respected teacher because of her breast cancer diagnosis. Despite Tarah Ausburn's passion for teaching, the school asked her to leave because they refused to bear her insurance costs and were unwilling to grant her paid leave. Undoubtedly, Ausburn was devastated. Apart from the physical hardships of breast cancer, there was also a huge impact on her career and mental health.

Emphasizing the importance of health predicaments, this article will highlight how a diagnosis affects its victims psychologically and emotionally. We will also explore why patients may choose not to convey their diagnosis to their loved ones or other people around them.

As seen with Tarah Ausburn, many cancer patients and survivors are anxious to tell their employer about their diagnosis. They are concerned that cancer may deter their chances of keeping their position. Many companies

aren't willing to hire someone who has or had cancer because they want to avoid additional costs that may arise for treatment. Once diagnosed, existing employees are termed 'unfit for the job'. It raises a question about policies in the workplace and shows how many companies choose income over compassion.

However, the most common reason cancer patients are not outspoken about their cancer is that they don't want to 'feel pitied'. Having a terminal illness may restrict an individual from doing many things, and knowing that, other people treat the patient differently. Cancer patients also believe that it may come as a shock to their loved ones.

Many people with cancer choose not to let their cancer define them because they want their identities in society to be separate from their diagnosis. It is not because they want to be secretive about it. The notion of identity over secrecy presents us with rhetoric in the era of oversharing: does everyone have to know? As this article brilliantly states, keeping your diagnosis to yourself is more about privacy.

Many celebrities and artists kept their cancer away from the media. Regardless, it often is an inspiration for their work, like David Bowie's final album *Blackstar*, which included themes about death.

When it comes to concealment within families, many cultural and socio-economic barriers mitigate the spread of awareness of the disease. For example, a [2018 study](#) in China's Shandong province found that almost all physicians reported they first conveyed the cancer diagnosis to family members. Subsequently, most families requested that the physician not tell the patient about their diagnosis.

In a 2019 study titled 'Cultural Beliefs about Breast Cancer in Vietnamese women', researchers found immense misinformation about cancer in Vietnam. Cultural beliefs need to be changed, and education needs to reach the rural areas of Vietnam if the country wants to prevent women from being diagnosed too late.

A 2017 study found that much of the general population sees cancer as 'vicious, unpredictable, and indestructible'. It is why the disease is feared so heavily. A third to a half of people living in the



Lowering the Microphone: A Private

Battle with

WRITTEN BY

a Diagnosis

JANELLE DMELLO

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2. *Why some patients keep their cancer secret – and how oncologists guide them through that chosen seclusion*

<https://www.fredhutch.org/en/news/center-news/2016/08/why-some-cancer-patients-keep-diagnosis-secret-how-oncologists-guide-privacy.html>

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4. *On Being Asked Not to Tell: Hiding Illness From Loved Ones*

<https://www.cancertodaymag.org/Pages/cancer-talk/On-Being-Asked-Not-to-Tell-Hiding-Illness-From-Loved-Ones.aspx>

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<https://bmcmwomenshealth.biomedcentral.com/articles/10.1186/s12905-019-0777-3>

6. *What do people fear about cancer? A systematic review and meta-synthesis of cancer fears in the general population*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573953/>

United States and the United Kingdom say they fear cancer more than any other disease. Countries need to use the media to reduce the stigma of having cancer and change the population's perspective of it.

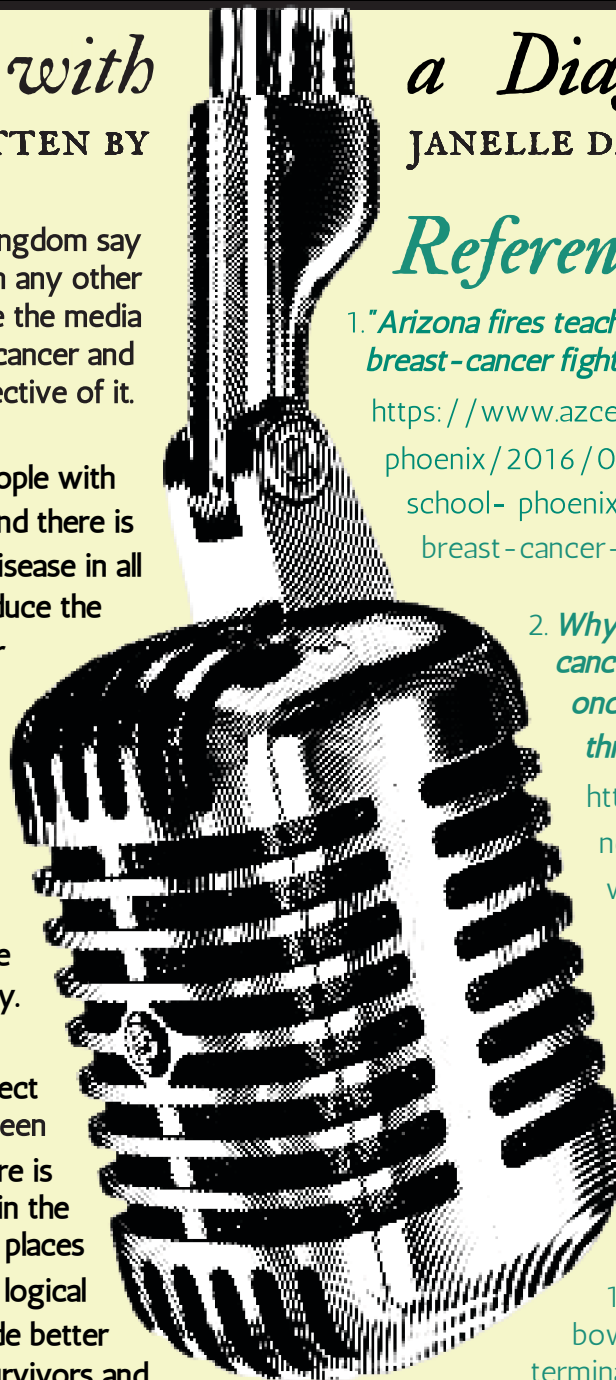
In the UAE, the support for people with breast cancer is paramount, and there is compulsory education about the disease in all schools. It is an effective way to reduce the risk of being diagnosed at a higher cancer stage. A change in how we see the disease comes with education, awareness and abundance of medical care. The latter requires government legislation and incentives for the their loved ones or other people medical sector of the country.

There is undoubtedly more respect for people who have been diagnosed with cancer. There is more inclusivity not only in the workplace but in schools, public places and online. Using factual and logical information, we provide better opportunities to cancer survivors and

overcome the financial, social and psychological barriers that cancer presents.

We now celebrate cancer survivors as perseverant, resilient fighters who get through life's hardships with their heads held high. We should focus on providing the next generation with better information about cancer and efficient technology that reduces the risks of the disease.

“Before, I thought breast cancer was not that much of a deal, but now I know how dangerous and common it is -- so I would like everyone to know about these fighters
- PRABUD V., 6H



Living ON THE Edge

FINDING HOPE IN THE MIDST OF LIFE'S TRIAL

Written by: Keisha O. & Tanvi P.



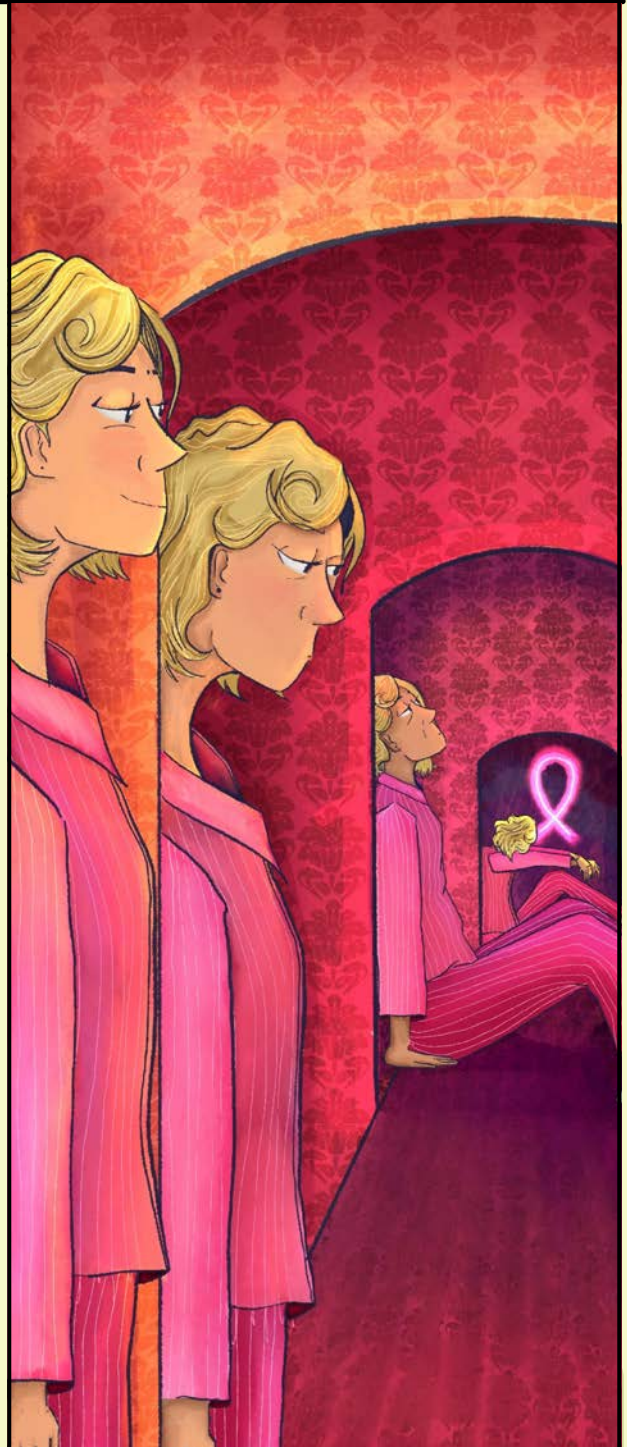
Every progressing year, statistics have shown a gradual increase in cases of an oncologists' most dreaded nightmare – a cancer diagnosis. In 2020, a staggering number of 290,000 new breast cancer cases, alone, were reported in the United States itself, prevailing in one of eight individuals. To some, this may seem no more than a few digits. Yet, it is only those who have suffered that understand the profundity of the condition. We, Keisha and Tanvi, had the privileged opportunity of interviewing one of such survivors. Through this article, we aim to raise awareness about the severity of this unfortunate and unfair disease that targets those most innocent, ruthlessly. Our interviewee, Ms. Sharmen, was diagnosed with cancer at the age of 42 in the month of April 2018. She was diagnosed with Stage 3 cancer.

How did you discover you had cancer?

“While doing a self-examination, I had felt a lump and was quite cautious about it, the first time I had noticed it. To be sure, I went to the nearest hospital and conducted an annual mammogram. This mammogram detected another lump, but that was benign – the actual cancer lump was sadly missed at the annual test! The hospital told me that my scanning showed no signs of any malignant tumors or lumps. A few months later, however, I had some discharge and visited another clinic (Well Woman Clinic, a specialized clinic for Breast Cancer) and after a biopsy, it was confirmed.

How did you feel when you first received the news?

“I was very worried, scared and had no idea how I would face it! Being a person who had absolutely no awareness of cancer, the term itself scared me tremendously. Cancer is a disease where though we may not have much understanding of it, so many petrifying stories are spread



ILLUSTRATED BY: SARAH DSOUZA, 11E

Living FINDING HOPE IN THE ON THE MIDST OF Edge LIFE'S TRIAL

Written by: Keisha O. & Tanvi P.



around about it. With everything I had heard, it was impossible for me to not be afraid of what was to come. With all these emotions coursing through me I just couldn't come to terms to tell my family -- I did tell my husband right after I got the results though. The support I got and my appreciation for it cannot be put into subtle words. They were what tamed the furious emotions that I had felt and were what I will forever be grateful for.

Is there a family history of breast cancer?

“ No one at all - none from my immediate blood family.

Did you have a support network? If not, how did you overcome it or find it?

“ Yes, my family was my strength. My relatives and my colleagues were so very supportive in every way. Be it emotionally, physically, financially -- they were always there. There was not a moment of time where I had to sorrow over my own disease alone. The times when I had to inform some members of my family, they had overreacted because they weren't very educated on the disease. Some of these conversations were very off-putting, which is why I believe awareness of the disease is highly important.

Tell us about the treatment process.

“ I had to go through four AC chemo sessions, twelve Taxol sessions, an operation of Mastectomy, and twenty sessions of radiation! Thereafter, I had chronic seroma on the operated area and had to undergo a second operation! Few months later, I had an infection on the stitches and had to once again redo the stitches. It was a difficult road but I always believed I would come out stronger.



ILLUSTRATED BY: SARAH DSOUZA, 11E

Living ON THE Edge

FINDING HOPE IN THE MIDST OF LIFE'S TRIAL

Written by: Keisha O. & Tanvi P.



Were there any programs or services offered to you that would help with the treatment process?

“ I was approached by the Pink Ladies Club, and they visited me at the hospital several times to provide their support and guidance.

Did you face any obstacles during your treatment process? If so, how did you overcome these obstacles?

“ Yes, each treatment was different and had its own reactions, but the hardest was my Chemo sessions (Taxol). I lost all my hair. To support me, my husband too shaved his hair, and my girls donated their hair to the cancer hospital. I had lost grip in my fingers by the end of the chemo sessions and therefore, during the last few chemo sessions, I had to keep my fingers and toes in ice throughout the duration of the session of three hours, which was very painful but this was a must to get back my grip after the treatments.

Lastly, what message would you like to put forth to the community?

“ Never give up, life hits you hard and in return gives you valuable lessons; mine was, appreciate what you have, be positive and take each day as it comes! Please go for your annual check-ups at a professional facility to the nearest or most affordable clinic!

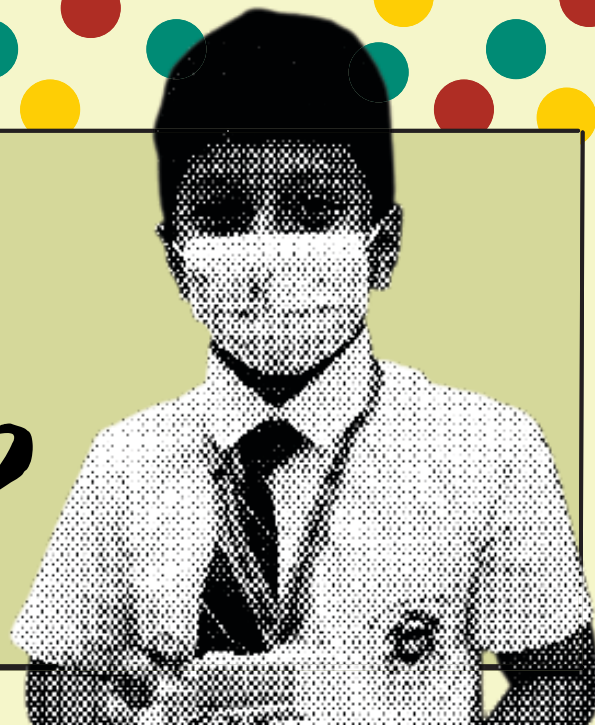
We sincerely hope that you, the reader, were able to take away something informative from this. For more information, visit the official WHO website. To contribute particularly towards Breast Cancer, donate to Brest Friends among other charities that work towards funding treatment and eliminating these vile conditions.

<https://www.who.int/news-room/fact-sheets/detail/breast-cancer>
<https://www.brestfriends.org/>



ILLUSTRATED BY: PABARA P., 9F

What's in *My* Lunchbox?



What's in my lunchbox?"; a question that ponders every student's mind from the morning they step out of their house for school. A daily surprise that is revealed only when the lunch break starts. All kinds of speculations, guesses, wishes until the moment break begins. A lunchbox is like a gift box – each time holding an enjoyable delicacy for you. Sometimes a little less delicious, but always delightful. The happiness that follows eating your lunchbox sitting with your friends is limitless. Opening lunchboxes, at times, can help in opening your hearts to your fellow mates and eventually making the best of friends.

Usually, students spend six to eight hours of their day in school doing various activities which require energy and concentration in abundance. Lunch is the essential meal of the day, replenishing that energy and concentration. With that said, a nutritionally balanced lunch is important for growth, development, and learning. It keeps the mind refreshed and the body energized throughout the day.

It's highly imperative that your lunchbox should carry a lunch full of nutrients. The key factors here are variety and quality in food choices. It should include all the elements of the food group – Protein, Carbohydrates, Vitamins and Minerals, Calcium and Water. The idea is that a colourful lunch is the best lunch. It has half portion of colourful fruits and vegetables, one-quarter of healthy proteins and a quarter of whole grains along with any dairy product and a bottle of water to keep you hydrated. This makes a tasty and healthy meal. Also, the variety and colour enhance the presentation of the food in the lunchbox which increases the temptation to eat.

Refer to this quick guide to take food in your lunchbox.

1. **Choose any 1 fresh fruit.**
For example: Apples, grapes, pears, bananas, berries, oranges, etc.
2. **Choose any 2 vegetables.**
For example: Carrot sticks, cucumber, broccoli, bell pepper, etc.
3. **Choose any 1 healthy protein.**
For example: Beans, edamame, cottage cheese, peanut butter, hummus, roasted turkey, chicken slices, a hardboiled egg, etc.



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"Today in my lunchbox, I have chapati with bean curry. It is extremely tasty and full of nutrition, and this will help me throughout the day with my energy and happiness."

FELANT, 5th

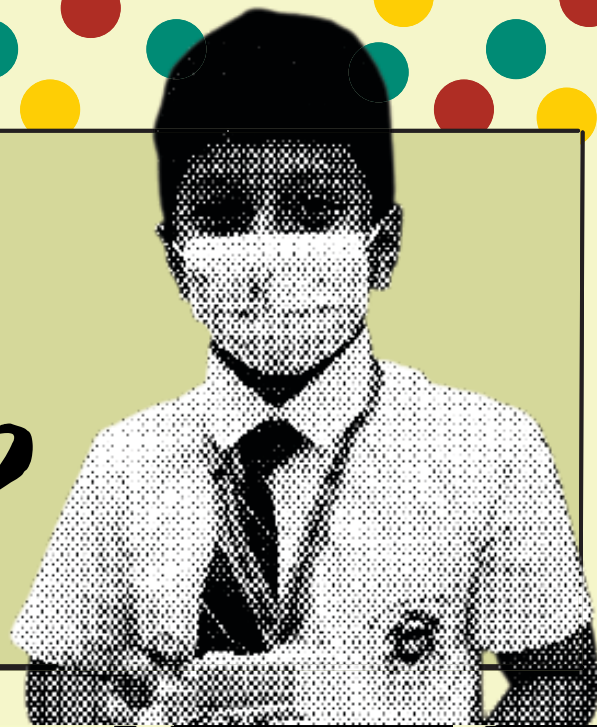
"In my lunchbox I have Fried Idli and boiled egg. I enjoy eating my lunch."

SAHARSRA, 2nd



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What's in *My* Lunchbox?



3. Choose any 1 whole grain.

For example: Whole grain pasta, Bread, Crackers, Tortilla, Chapati etc.

4. Choose 1 dairy product (if tolerated)

For example: Milk, greek yoghurt, small amounts of cheese like cottage cheese, and string cheese. For dairy-free options, try soy milk and soy yoghurt, which contain similar amounts of calcium, protein, and vitamin D as dairy milk.

Although, many times students crave junk food or unhealthy food. It might taste better, but it is not healthy. You should try avoiding such unhealthy food and unhealthy habits. A healthy lunchbox not only acts like fuel for the body but also brings happiness. Try cherishing your lunchbox moments to keep yourself healthy and happy.

"Let food be thy medicine, and medicine be thy food."

– Hippocrates, 460 B.C.



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"I've got Dosa in my lunchbox. It's my favourite food. For me to eat quickly and easily my mom makes it like a roll and cuts it into tiny pieces. I love my food."

RUDRESHWER, 2A

"I have sandwich in my lunchbox today. I love eating different kinds of sandwiches. They keep me energized for the day."

ARTAN, 5F



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THE *Eyes* BEHIND *Expo*

ABHISHEK MATHUR
EVENT
PLANNER



Inaya D., Tamanna M., Heba I.

Expo 2020, hosted by the United Arab Emirates, is a paradise for those interested in sustainable economies, innovation and distribution of goods, but the 200 elaborate pavilions are where the fun begins. For six months, 60 live performances will occur each day with world-class performers, dance, and art. Extensive thought and planning have gone into building a worldwide platform to showcase such talents. Cultural Guru and Event Organizer at the Expo, Abhishek Mathur, takes us through the events planning industry and the expo experience!

What does a typical workday look like for you?

To understand what it's like to be an event planner during this century's most considerable occasion, we must know what a typical workday is like. Mr. Mathur guided us through two aspects of his workdays: planning mode and while in production. During the planning, "My workday usually starts at around 8:30 to 9:00 in the morning, and I head over to the expo site". Evidently, event planners waste no time to start organizing their next show-stopping event! "Then I meet with my different teams: the technical team who work on the production of stages where the live events will take place, the finance team to go over the budgetary affairs and payments, as well as the marketing team who handle the social media aspect like posts. Then I work with the operations team, who set up seating, monitor the guests' flow and checkpoints, the ticketing process, cleaning, and security. All of these processes are communicated to the client, which is the Expo. My workday usually consists of these proceedings and lasts till around 6:00 to 8:00 in the night." However, the lead-up to the event that takes place once a month is significantly more hectic. "We start building the stage and the set three days before the show, and because the Expo runs during the day for the public, we do all the preparation at night. My days can become 24 to 36 hours".

How do you cope with the stress of work and can you give us an

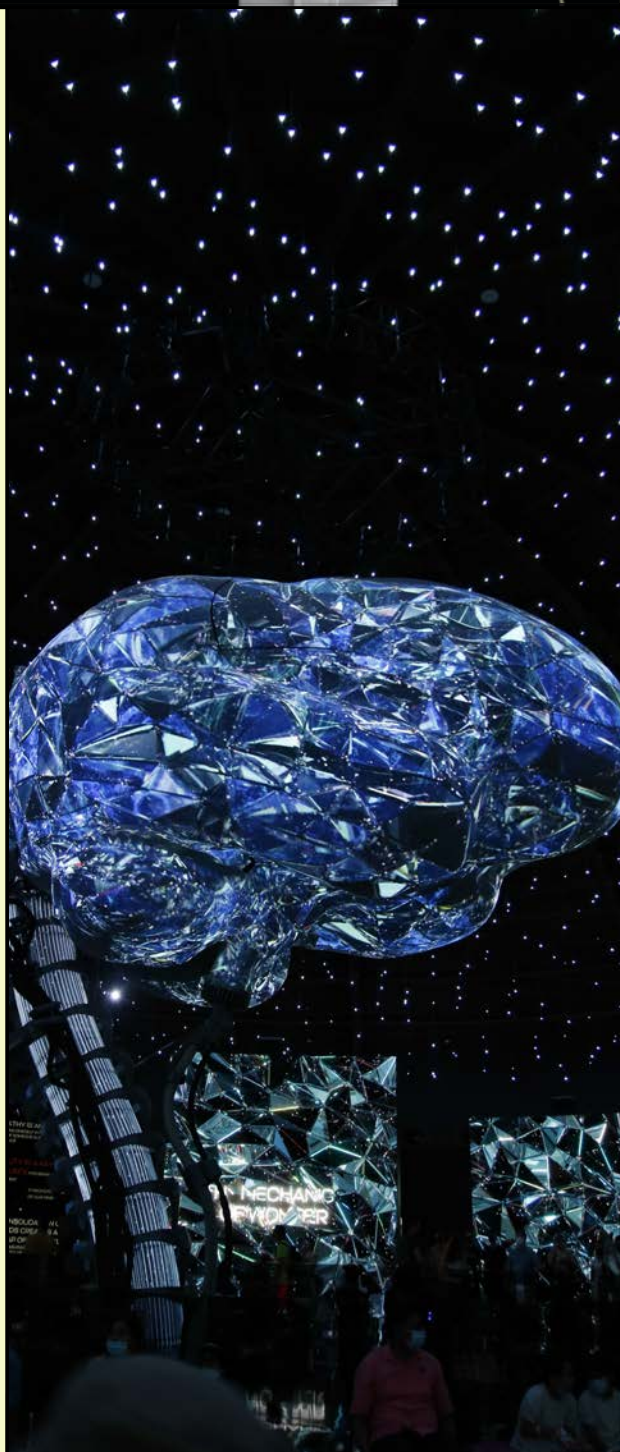


PHOTO BY: FAYYAD C., 11F

THE *Eyes* BEHIND *Expo*

ABHISHEK MATHUR
EVENT
PLANNER



Inaya D., Tamanna M., Heba I.

example of what kind of work-related stress you face?

Stress always creeps into our lives, and it's no different for an events consultant in Expo. "Honestly, to be in the event industry, you must ensure you have a zen personality because you have to be able to take in amounts of stress and let it flow over you while managing the issues at hand." There's always a crisis on hand with events, such as the late arrival of an artist or technical difficulties, but this doesn't stop the organizers from presenting perfection for the audience. He further explains that, "When you have a crisis to deal with, you have to think calmly and in different directions to find a solution. To combat stress, practice yoga, breathing exercises and make sure you have both physical and mental stamina, and you'll get through."

How will Expo help people of different races, ethnicities and countries connect again?

"Expo is a tiny area within which 192 countries have been invited to participate," the Expo is the place to connect with people from various countries after being separated by factors like the COVID-19 pandemic. "The very fact that you have so many people of different ethnicities, races and cultural backgrounds in one small space automatically means you're going to bump into somebody different. There's nothing better on the planet than to meet people who are different from us and find so many similarities between ourselves." As a part of the Expo, he firmly believes the Expo is a conduit for people to reconnect and learn. He states, "When you get to know people you have no knowledge of, you learn to respect and appreciate them. Fondness creates an atmosphere of happiness and eventually world peace." Without a doubt, Expo and the UAE is a catalyst for the world to find peace in our differences.

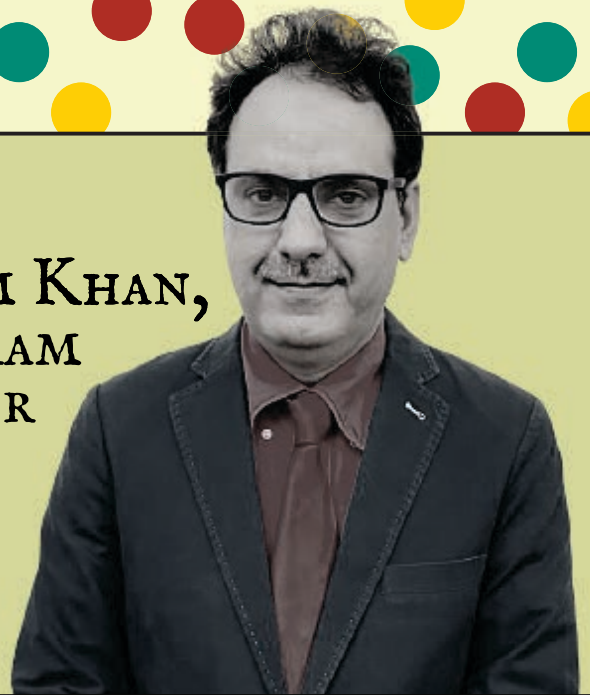


ILLUSTRATED BY: DANIYA G., 12E

THE Eyes BEHIND Expo

Inaya D., Tamanna M., Heba I.

SHAMIM KHAN,
PROGRAM
MANAGER



What does a typical workday look like for you?

"Every day has a task-oriented approach, having the pressure to complete daily planned targets & finding alternate ways to overcome site constraints and hindrances to achieve the overall target completion of the project."

How do you cope with the stress of work and can you give us an example of what kind of work-related stress you face?

"The Expo project had the main target of completing the work according to the highest global quality & safety standards. To simultaneously maintain quality, safety & timely delivery of the daily activities -- stress levels were high.

We need to read and follow all project specifications to maintain the highest quality of any activity in progress. Similarly, we also need to ensure that all site employees are wearing proper PPE's and strictly following all safety standards mentioned in project safety manuals as well to avoid any accident during the execution of every project."

How will Expo help people of different races, ethnicity and country connect again, and particularly?

"Expo has been developed based on a theme called 'Connecting Minds & Creating the Future' which is further divided into 3 sub-themes: Opportunity, Mobility & Sustainability. Opportunity stands for unlocking the potential for individuals and communities to shape the future. Mobility stands for creating a smarter and more productive movement of people, goods and ideas. Sustainability stands for a sustainable future for all. All 3 themes have separate country pavilions which belong to the world's 186 countries. This itself explains the super multicultural nature of the event. The union of so many multicultural and multiethnic nature of the people within close vicinity of each other will have a great global & social impact. Since UAE is the host and acts as the nucleus of such a huge event."



PHOTO BY: AYESHA K., 13D

THE Eyes BEHIND Expo

JUDI ALI,
VOLUNTEER
AT EXPO 2020

Inaya D., Tamanna M., Heba I.



What does a typical work day look like for you?

"A typical day as a volunteer at Expo was always pretty exciting and thrilling, I must say. I woke up, got dressed, and put on my lanyard, which was the only thing I could access the expo with. I was fortunate enough to work at one of my favourite pavilions, the South Korea pavilion, as well as the Luxembourg pavilion, where I would guide visitors through the Luxembourg pavilion and hand out the mobile devices in South Korea that you use throughout your stay for augmented reality – where you superimpose digital images onto your existing reality. Then, I would head back home with the free bus fare, or with my parents usually at around 6pm."

How do you cope with the stress of event planning and can you give us an example of what kind of work-related stress you face?

"If I'm being entirely honest, I didn't experience any of the typical volunteer stress. I suppose it was because I genuinely enjoyed it so much and because it was during the summer holiday, so I was able to balance volunteer work with revision since the hours were flexible, allowing me to begin anywhere between 8 and 12 a.m. However, I must say that on the first day, my stress levels were at an all-time high, knowing that this was the moment where individuals from all over the globe, including the Sheikh himself, would be in the same domain as me."

How will Expo help people of different races, ethnicity and country connect again, and particularly?

"Due to COVID-19, the exhibition was delayed and ultimately opened on October 1st, 2021. This was initially thought to be a setback, but the postponement coincided with the golden jubilee celebration. This is all under two aims: sustainability and connecting the global future. Expo has provided a tremendous opportunity to showcase the diverse cultures and values that each country is known for, with a dash of UAE attributes sprinkled. This has directly connected the UAE with the world."



PHOTO BY: AYESHA K., 13D



Literary



Palate



Peter Rabbit

★★★★ ANNA R., 8J

Recently, one of my friends recommended me to endeavour more movies as entertainment; for the record, I had never found pleasure in cinematography and viewed

myself as rather a "book-worm". Nevertheless, my sight was suddenly caught

on one film, given the name of "Peter Rabbit". It wasn't like anything I'd watched before!

Notwithstanding the childish name, the movie had a majestic plot and covered many moral topics that would come in handy for every audience. The older viewers, on the other hand, will discover that Peter is surprisingly relatable. The plot of the story describes Flopsy, Mopsy and Cotton-Tail, and their cousin Benjamin as they enjoy their days harassing Mr McGregor in his vegetable garden. Until one day he dies and no one can stop them roaming across his house and lands for a full day. However, when one of Mr McGregor's relatives inherits the house and goes to check it out, he finds much more than he bargained for. What ensues, is a battle of wills between the new Mr McGregor and the rabbits. But

when he starts talking to

Bea, another kind tenant in the countryside, his feelings towards them begin to change. Thomas apologizes for what he's done and says that Peter helped him get back. Peter and his friends do what they do best and spring their traps to send the couple running away. In the end, Thomas and Bea get married and head back to London with the rabbits, where Bea makes illustrations for children's books, including a few stories about Peter and his friends.


The story combines humour and adventure while also featuring a moral lesson, accompanied by beautiful animation. Overall, I would recommend "Peter Rabbit" to any of my friends, and you will love it too!

Babysitter's Club

MARY ANNE SAVES THE DAY

★★★★★ JOY R., 5I

At the beginning of the book, Mary Anne and her club members (Claudia, Kristy, and Stacey) were having a 'Baby-sitter's Club' meeting, wherein Kristy took a job without offering the job to the rest of them. So, Claudia



got mad and shouted at Kristy, and Kristy got mad and shouted at Claudia, and the entire group got mad, so they stopped talking to each other. Mary Anne made a new friend called Dawn and Mary Anne repeatedly tried to make Kristy jealous. Eventually, Mary Anne decided to make up with the group and they decided to add Dawn to the

Babysitter's Club as an alternate officer.

My opinion on the plot of the book is that the

fight was not worth it. Kristy simply could have passed it on to the others, and, they also could have let it slide, because it did happen

one time. If it has been happening repeatedly, I could understand – but once is not a lot. Thus, they could have also just let Kristy have the job and not fight.

I also don't like that Mary Anne made Kristy jealous. Sometimes I did like it, but most of the time I didn't, because she would often make Kristy upset, which is not good. Additionally, Mary Anne was using her to make somebody feel bad about themselves or be impressed – which I wasn't a fan of.

I think that Kristy was jealous of Mary Anne and Dawn's friendship because every time she saw Mary Anne with Dawn, Mary Anne was talkative, but when Mary Anne was

was with Kristy that usually did not happen. Hence, I think Kristy felt

that Dawn and Mary Anne were better friends than her and Mary Anne which made her jealous.

I am also happy they added Dawn to the group, and I like that they gave her the role of alternate officer because Dawn was a neat, organised, hardworking and nice person who never left her responsibilities, so I think she could have been the leader of the group or maybe even a better leader than Kristy.


I did notice that Dawn and Kristy are very much alike, except Dawn is not really bossy. But, I also do understand because she thought that Mary Anne liked Dawn more than her so she felt angry at Dawn – and didn't want to be Dawn's friend. I think that overall this shows the importance of trust and communication in friendships and how a lack of it can affect us.

THE
InBESTigators



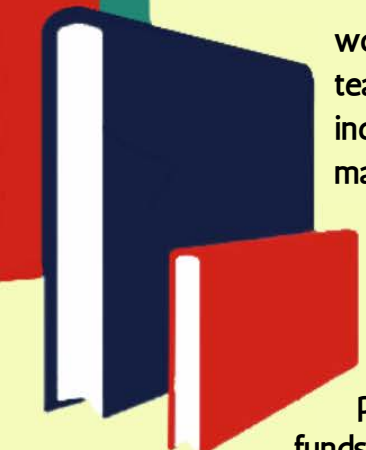
SAADGEE S. 5J

An investigative Australian series to enjoy for you to enjoy for you to develop your detective



skills. Go on mysterious adventures as Ava

Andrikides, Maudie Miller, Ezra Banks and Kyle Klimson solve crimes happening around their neighbourhood and school. These fifth-graders have a great knack for solving unusual happenings around them so they create a detective agency of their own called InBESTigators. All four



work as an excellent team utilizing their individual talents to make their town a

better place. Ava is an outgoing, overdramatic girl who loves to throw parties and raise funds for charity however,

Maudie is a socially awkward, intelligent private investigator (who solves most of the crimes). Kyle loves sports but he also acts like an overgrown goof sometimes while on the other hand, Ezra is a tech-savvy and precocious child which is why he keeps coming up with ideas on how to make their agency's clubhouse "techier". After each case is solved one member (usually Ezra) describes the investigation on a vlog.

This gave children the opportunity to learn problem-solving skills such as observation, questioning, connecting ideas and motives, and using evidence. The best part here is the comic scene that comes up while going through the entire process of case solving.

The mystery and the comedy keep the viewers completely engrossed.

Overall, the InBESTigators is a fantastic series and I'm glad I got to tell you all about it.

Want to submit a review?



BIRD CALLS.



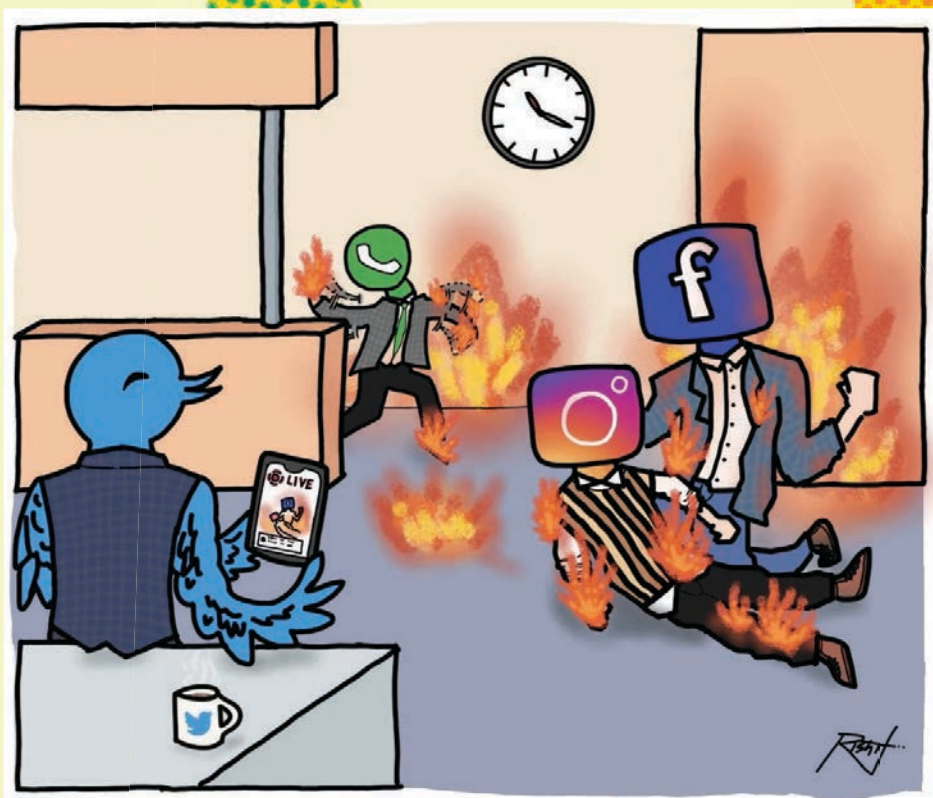
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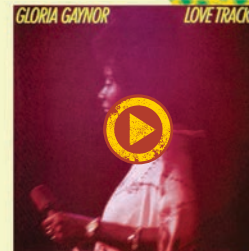
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TWEETER

(CIRCA. 2021) BY: RISHIT S.



WORKOUT



PLAYLIST

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Fiction Poetry

Final Deadline 17th December 2021

short stories poems

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one page
max

800 words





NEED ADVICE?

IS THERE A TRICK TO BALANCING EXTRA-CURRICULARS & ACADEMICS?

Dear Team,

I'm one of those students who thought for the longest time that grades were the only thing that universities look at when you graduate. I work hard in studying and it pays off, but only because I make the time for it. I have no extra-curriculars attached to my name, and my resume is practically empty. With the amount of time I currently spend on classes, I feel like I never have the time to do any personal projects. For those of you who do, I have to ask, how do I balance extra-curriculars with my academics whilst excelling in each? Is there a schedule I should make for myself that sets aside some time each week? Looking forward to hearing from you.

REGARDS,
ANONYMOUS



REGARDS, TALHA

To Whom it may concern,

First of all, without a doubt your grades are the primary evidence that the university is looking for. Without these, your chances only decrease. On the other hand, extra-curriculars also matter, because in today's era everyone seems to be getting the best of grades. This surge in competition requires you to be unique, and this is where your outside activities come into play.

Before you try to balance these 2 aspects, you must understand what extra-curricular consist of. Your extracurricular activities are here to convey a few things. One of them is to show that you are capable to take the course you are planning to take in whatever university. From a universities point of view, they do not at all want to recruit students that may potentially "leave" the course or drop out, this is costly for them.

Therefore you must focus on doing extra-curriculars that show:

- You can manage your time
- You are capable of handling stress
- You are a hard-working person and can balance between a variety of things.

REGARDS, MYRIAM

To whom it may concern,

I think you'll find it comforting to know that you are not the only person who has had to struggle with this sort of issue of balancing out so many things like your academics, extracurriculars and personal life, because I also found myself in the exact same boat not so long before when I began looking up universities in Year 12.

I quickly noticed that different universities, depending on whichever one you're applying for, have criteria that determine when and why they should consider applicants for a specific program.

Some value both grades and extracurriculars equally, and others don't, but that doesn't mean you shouldn't put in the effort to stand out in your application regardless.

The first thing you need to realize is that wherever you go, you're bound to come across competition. In a crowded room, the common factor amongst all applicants is the efforts they've put in which are reflected in their grades and I can tell you that tons of people are able to achieve high marks if they work hard and put their mind to it. But the determining factor is not



Quality is better than quantity, people may think the more extra curriculars you do will help them more. I'm not saying that is false, but that will not help you much. You must focus on doing activities and personal projects related to the course you want to pursue. For example, doing lots of internships/projects related to tech but you want to be in the healthcare profession.

Try to study smart, don't sleep too little but neither oversleep, Avoid the use of social media it will literally kill your time. Sit down and think about what you do throughout the day – and I'm being serious. See what things you do and where you spend your time every day. Eliminate things that are unnecessary. One way to do this is to prioritize doing what is important rather than doing something that's not.

Once you are able to manage this, make a to-do list or schedule what you have to do today. For me personally, I have a mix of these both but one may suit you whilst the other doesn't. A to-do list helps to finish things you want to do today, and so you focus on finishing these first before spending time elsewhere. This will help u get done with more things and give u extra time.

You always have time to do your extracurriculars, once your term ends you will

always the letter you get on a report card, but rather the things you took part in during your time in high school which made you the ideal applicant for the program you've opted for.

Of course, I understand that you will want to excel in whatever it is you choose to do outside of school, that's a given, but universities are less interested in how many you have taken part in and far more interested in the reasons why they matter to you. To figure out what it is you wanna take part in, you need to first research, shortlist and have a clear view of what it is you're comfortable in or are willing to do. Building up volunteer hours on projects or activities that don't interest you simply because it looks good on a college application, you equally could have spent doing something more productive such as studying to maintain those grades you've worked hard to achieve.

To fix this issue, when you come across countless opportunities in or outside of school, single out the ones you think you can handle and that show your best skill set and make note of them in your portfolio later on. I'm not saying to go into full panic mode and desperately sign up for every single activity you come across because that would add unwanted stress and you don't need that in your life. I don't know



have some free time. That's when you can work on that. The school provides these occasionally, so always look out for them or talk to a teacher who manages these.

REGARDS, MS. AKSHITA

Dear student,

It is understandable that as a student you would like to do many things and add as many feathers to your hat as you can. The fact that you are seeking support for the same marks is the first step for you to be able to do this for yourself and for that, you should be proud. Coming to the issue you are facing at hand, let me tell you you're not alone. More often than not students, or any adult even would find it challenging to do multiple things at once, as you rightly said you are able to excel at academics because you give time towards it.

Similarly, I would suggest start by giving yourself some time and recognizing your strengths and weaknesses outside of your academics. Write it down if that helps and follow that up with your likes and dislikes. When things are put in front of you, they make more sense and you are able to make more sense of it.

you personally, but early on you notice that there are many different kinds of people, there are those who wait around for opportunities to knock at their door and those who approach their teachers and decide to organize their own events. So in many ways, it is safer to initiate and since you're the one organizing it, you can work around it based on your schedule.

When it comes to managing your time, certain methods work for some people. Where they would plan out a detailed schedule and decide for themselves how much time they're willing to dedicate to studying and extracurriculars. But it's important to note that you shouldn't beat yourself up and begin comparing your extracurriculars with that of others. Rather you first need to have a clear mindset on why you're choosing to take part in an activity, how it's gonna benefit you in the long run and what experiences you're gonna gain from it.

There's only so much a student can do, you should be self-aware and know your limits and capabilities properly before getting into anything that you feel will consume most of your time. Eventually, your study habits go hand in hand with the kind of student you are, if you struggle with certain subjects and require more time to focus on one thing at a time :)



Once you have these in your corner, try to focus on what kind of activities you can gravitate towards (to begin with) which would serve multiple purposes. E.g. taking part in debates would help you to put yourself out there, gain confidence, articulate your thoughts which would also help you with your academics. Starting with such extracurriculars would allow you to slowly transition into it. Allow your mind and body to understand how it can focus on both academics and do extracurriculars at the same time. And slowly you will be able to take on more activities. Do it at your own pace, in order to not overwhelm yourself and don't forget to appreciate yourself for the efforts you are making and don't be afraid to challenge yourself. You don't know what you are capable of unless you try. There are multiple activities you can be a part of in school, so choose your ground and play in it.

Enjoy the process if you take it as a task, it will always be tedious.

IF YOU HAVE ANY MORE QUESTIONS OR ARE IN NEED OF SOME MORE ADVICE ON THE SUBJECT YOU CAN

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THE WINCH BEING



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