

# THE WINCH·BEING

## IN DEFENSE OF THE YEAR; 2021

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THE OFFICIAL NEWSLETTER OF THE WINCHESTER  
SCHOOL, JEBEL ALI



# THE WINCH BEING

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# WSSC Global Round 2021

The Dubai Winter global round, also known as the 'Kind-of-2020 global round', was the first major gathering of a global community since

2019. This exhilarating competition took place over the course of five days, from December 13th to December 17th. Scholars from all around the world came together to compete in four exciting events: Collaborative Writing, Team Debate, Scholar's Challenge, and Scholar's Bowl. These events truly challenged all of the scholars, more importantly, they helped every single individual discover a new skill they never knew they possessed.

Winchester had 42 scholars participating in this remarkable round. In addition, this round featured two, "Scholars' Shows", in which seven Winchester students demonstrated their interesting talents. The, "Debate Showcase", was yet another opportunity to display the diverse variety of debate skills that various scholars exhibited.

Besides the academic events, the scholars had the opportunity to have other experiences such as the

"Scholars' Scavenger Hunt", the "Scholars' Ball", and the "Cultural Fair". The Scholar's Scavenger, which took place at Global Village, included tasks from taking photos in front of the Statue of Liberty and reading the time from the clock tower. What made this event so special and unique was the fact that all scholars were teamed up with people from schools across the world, as this of course gave the students a chance to communicate and do awkward tasks together!

After a two-hour scavenging trip, teams reconvened to have dinner at their designated restaurants. Furthermore, another unforgettable event that took place was the "Scholar's Ball".



# WSSC Global Round 2021

The Scholar's Ball is essentially a social dance party event, as well as a time for scholars to celebrate the fact that they've completed all the serious academic events. To celebrate the diversity of several scholars, another event that took place was the Cultural Fair. The Cultural Fair consisted of tables with different countries on each table in which countries freely hand out goodies or souvenirs for scholars to keep. Some countries choose to hand out food from their native cuisine, share some intriguing facts, handmade bracelets, and much more!

To start the closing ceremony, an event known as the "Flag Ceremony" took place, and it was an opportunity for scholars to bear the flag of their country of origin, even if they live elsewhere now. It was truly a sight to see especially since this was one of the first flag marches that took place after the COVID-19 pandemic. At last, to consolidate and celebrate the achievements of the brilliant scholars, the Award Ceremony was held.

It rained medals and trophies for the students of Winchester, as Winchester bagged a total of 349

medals, 29 trophies, and all 14 teams qualified for the tournament of champions!

A huge shoutout to:

- Aaditya Gandhi for winning the Asimov award, and 1st place overall championship.
- Shanley Shane Mar for winning 1st place in Art and Music, and 4th Place in Individual Challenge.
- Muhammad Adam Khan for winning 2nd place overall championship and 2nd place in the individual challenge
- Advika Daryani for winning 1st place in Special Area.
- Min Thuta for winning 4th Place in the Individual Debate Championship, and 8th Place Overall Championship.
- Maya Govind for winning 3rd Place in the Overall Individual Championship.
- Prateek Suresh for winning 3rd Place in the Scholar's Challenge.
- Tanvi Patel for winning 1st Place in the Individual Writing Challenge.





# WSSC Global Round 2021

Another huge accomplishment was the fact that Miss Amanda was awarded coach of the year! Scholars from around the world witnessed the benefits of hard work and teamwork and overall this global round is an experience no student will ever forget:

500 students. 24 countries. One global community. That's the World Scholar's Cup Global Round Competition. Through this experience, I have learned the value of teamwork, collaboration and believing in oneself to achieve the utmost success. My team is one of the only two primary teams who participated but it did not affect us, hence it motivated us more to give our best to be qualified at the Tournament of Champions to be held at Yale University, USA.

- JAIMEE R., 6C

The World Scholars Cup has always been a great activity to participate in. It really inculcates a sense of community and

togetherness within the students who choose to participate. I believe this is why it means so much to me, having this group of people i can be "weird" and awkward with. Being in my first alpaca adoption ceremony in the 2019 regional round, i felt this profound feeling of belonging, like i'd finally found my people.

- SHANE M., 11F

Being part of the WSC global round was a remarkable experience. My favourite part of the event was how we got to meet people from different countries and make new friends. The competitive events themselves were also quite enjoyable, especially the debates. It is an experience i'll never forget

- TALAR., 12B

REPORTED BY: HEBBA I., IIG

# 2021-22 National Day

The UAE National Day is observed on December 2nd, and in our school, a celebration was held in commemoration of 50 years since the founding. UAE National Day is celebrated to honour all seven Emirates, and to celebrate how far UAE has come and how far it intends to go in the coming years through its unobstructed vision. This article will cover the activities that have transpired throughout the course of the momentous day.

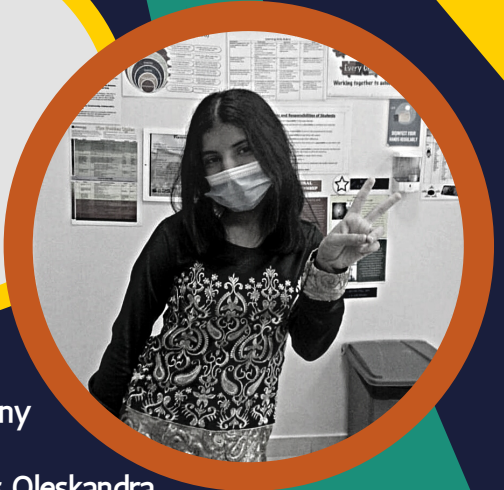
In primary, we had brilliant 'Talent Shows' with students highlighting their best performances in pomp and in colour. Some were wearing gorgeous abayas, while others sported different beautiful costumes. The Primary Talent Show was a wonderful experience as there was magic, singing, dancing and so much more. This talent show was conducted with the help of all heads of years, and a lot of other buoyant teachers. The Talent Show was amazing and definitely worth watching.

The budding students of secondary showed off their remarkable skills presented through a variety of talents including singing, dancing, playing instruments,

and acting. To accompany them, the cheerleaders Oleskandra S., Samar A., and Khalifa S. spurred them on. Each year group had a special set of shows prepared by their equally special performers.

During registration time, the School Band presented a melodious performance of the National Anthem. Preceding the performance, the Winchester School Choir sang a rendition of the same as well as the Expo theme song, "This is Our Time". During break, students could visit the photo booth set up along with props and frames celebrating the national day.

In registration for primary, we mostly listened to Arabic music, while during break, we were separated into groups wherein each group were assigned a





# National Day 2021-22

country wherein they would have to talk about that country. During registration in secondary, students created posters and talked about their own cultures and traditions. This was a pivoting point for secondary students as it encapsulated the essence of the high expat population in the UAE. Despite not legally being an Emirati, the UAE is a place we'll always refer to as home.

To celebrate the Golden Jubilee, dancers across secondary performed the traditional Ayola dance for students from KS3 to KS5. Choreographed by Judi, Mr. Jalloul, Arissa, Raya, Retaj, Salma, Joud, Rawan, Gannah, Eyad, Suhail, Abdulrazzak, Fares, Suhail, Andulla, Amour, Adham and Abdul Rahman came together to entertain the audience with their dance.

Additionally, a dance choreographed by Ms Nirmal, Maitha, and Shaima, the traditional dance performed by Arab students of Yr7-Yr13 received rapturous applause. Students from the KS3; Sara, Rowda, Hala, Maitha, Haneen, and Dima had performed their vision.

Our WSGB Primary Head of UAE Culture and Values says that, Prabud V. "UAE is our second home. The

landscape, and land of innovation.

These are all synonyms for the UAE. I am patriot to my second home as it is such an inspirational country." In a similar rhetoric, our Secondary counterpart, Judi A., believes that national day is, "A day that commemorates another year of triumph. For the Past 50 years this country has emphasized on the importance of unity. Every year on this day, every institution in every Emirate unite to observe the intricate flutter that ripples through the heavens marking another year of federation of seven." All in all, the UAE is a machine that never runs out of oil. Many people have dedicated their lives to this nation, and in return, it has offered us so much.

REPORTED BY:

JOY R., 5I & INAYA D., 7I

# BEYOND 50

HOW THE SACRIFICE OF OUR PAST, BREEDS THE WELLBEING OF OUR FUTURE



**F**ifty years since dawn broke on the fateful day of December 2nd, 1971. To put that into perspective, it is likely many of our parents had not even been born yet. Half a century and still counting. Every decade with continual progress. Every new sunrise, ripe with new opportunities. From a fledgling state resigned to a distant corner of our world to a leader in technology, development, and human wellbeing. The journey has been long and rough, many people have dedicated their lives to this nation, but none would say that it has been a waste.

Our story begins in the years preceding the union. I am sure a vague image has been carved into your mind of what the Trucial States resembled. It was a time of relative poverty, life had not changed for centuries. A person lived a life dependent on simple seasonal trade and work. Most people were employed in shepherding, pearl diving, fishing, and other tasks dedicated to survival. However, this would all change due to a decision in 1968.

The British had declared in 1968 their intention to entirely pull out of the region by the year 1971. The British had provided security to the states yet did not interfere with internal governing. The Trucial States contained the 7 emirates along with parts of modern-day Saudi Arabia, Oman, Qatar, and Bahrain. The nations rushed to form internal agreements to reorganize and form the post-British Middle East. Initially, proposals were made to constitute the former states into a single unified nation, but due to disputes and disagreements between the members, they decided against that. Instead, the 7 emirates decided to unite together under the leadership of Sheikh Zayed Bin Sultan Al Nahyan.

Mere months past that, plans for change had already been drafted up. Oil has been known to exist in the region since the 1930s, and this allowed the fledgling nation to support itself. Schools were to be constructed, universities and scholarships for historically disadvantaged people such as women and the poor



The UAE has come a long way -- it might not seem like it but it took less than half a century to make such a modern, beautiful, well civilized country. Today UAE is known for its for its divine culture it's people and much more the UAE is the most fast growing country till date.

- MUHAMMAD ABUBAKAR, 7D

YEAR 7 COORDINATOR OF UAE CULTURE AND VALUES



WRITTEN BY:

ADHAM ELMALLAH





were being handed out. Yet all was not good and rosy, without much recognition and any form of aid the UAE did not have the support other states had been provided during their primary years. Many viewed the young nation as an experiment and one bound to fail. But through the sacrifices of its leaders and people, the UAE had begun to make a name for itself.

Nevertheless, the nation had an issue it would face on the horizon. Basing a national economy on oil is a plan doomed to fail. Every nation in history that depended on a resource dug out of the dirt has eventually failed. So a plan had to be drafted to reduce the need for oil and boost other sectors of the economy. To do this, the emirates developed into a business-friendly hub in the Middle East. A major airline, Emirates, was built to ferry people and goods in and out of the nation. The crowning jewel of the nation's achievements was the construction of the 'Al barakah' (the good fortune) nuclear power plant. It has been designed to supply nearly 25% of the UAE's energy upon completion. Demonstrating great foresight.

Meanwhile, work had begun on the construction of a world-class tourist hub in the form of Dubai. While projects such as the Burj Khalifa and Atlantis come to mind, these were mere footnotes in comparison to the monumental task that was bringing the infrastructure of the city into the 21st century. This is the point in which it is of note to mention the migrant workers who spent their days labouring away to construct this world. It is thanks to them that the emirates have both their diversity, one of their defining features, and the roads, paths, and buildings in which we all live and thrive. Without them and the many people from all around the world who call this place home, we as a society would not thrive as we do today. And due to them, we have some of the highest living standards in the world.

Now that we have recapped the history of the UAE, we must begin looking forwards into the future. In the year 2013, the world expo 2020 was voted to be held within the city of Dubai. This opportunity was one that could not be denied as the chance for the Emirates to show to the world what had become of them in the years after the British left the region. And what a show it has been. With over 200 participating nations, it has clearly left a remarkable impression the world is sure not to forget.

But from it a question arises. Those who predict the future always seem to be sorely mistaken, so what does the future hold for us? Will prosperity ensue as it has, or will some other path be opened to us which will rapidly shift what we see the UAE as. What acts as assurance is that whatever we face, united we can face it, divided we cannot.



“ National day was really fun because of the teamwork and participation in group activities we had during the day. The day always leaves me wanting me more. ”

“ I love living the UAE because it is my home away from home. I grew up here in The UAE around Emirati culture my whole life, and I have seen how much this country has changed and grown -- I can't imagine living somewhere else ”

*KARMA N., 6B*

*ARISSA M., 11F*



# *New Year, Old Stories*

*Written by: Tamanna M.*



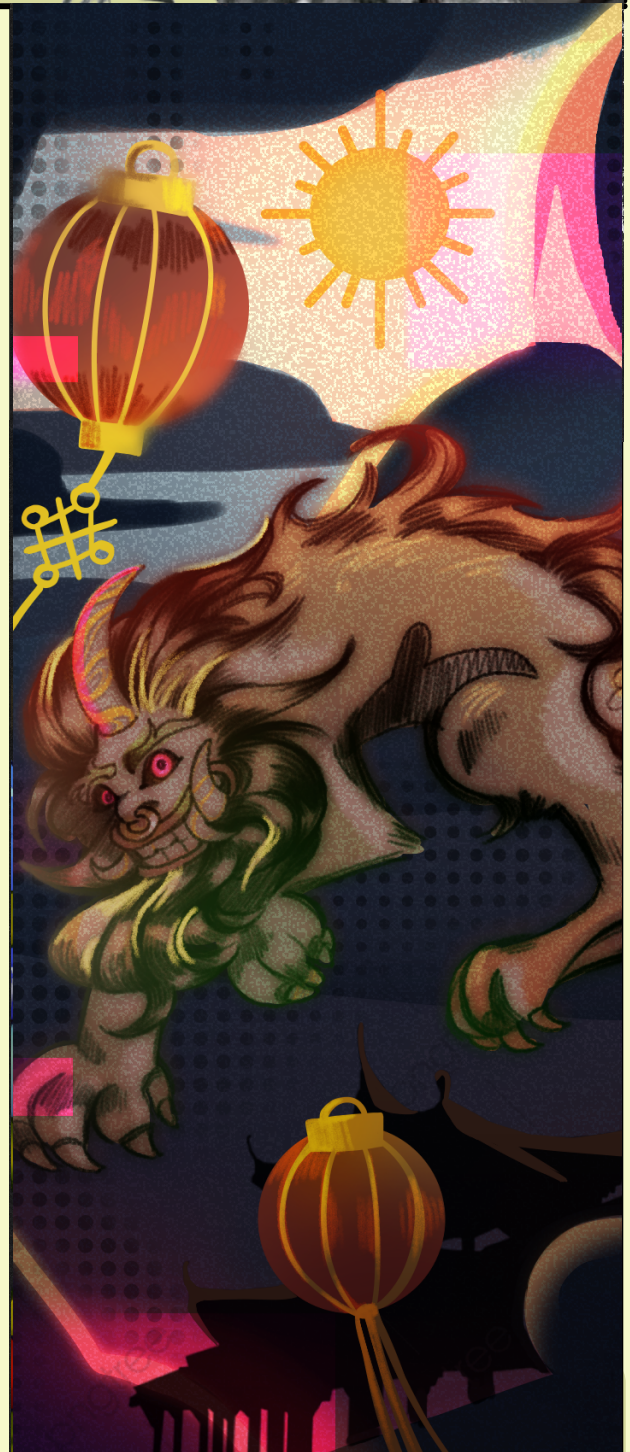
**T**he new year is an auspicious time for all and people from a variety of ethnic backgrounds tend to have their own traditions they follow to celebrate the 1st of January.

Folklore stems from our ancestors and practises they started years ago and it lives on in current generations! Although times have changed and we are at the peak of modernity, we hold the tales of our past close to our hearts forever.

This article will unveil the stories behind traditions we love to follow during this time, and the importance behind keeping them.

We are always reminded to dream bigger and beyond, and New Year's is infamous for being a time to push ourselves to accomplish our goals by making resolutions. The most popular resolution is "doing more exercise or improving fitness", but this differs for each individual. The origin of this ritual of resolutions is in Ancient Babylon (modern-day Iraq), during the Akitu Festival. Ancient Babylonians would pledge loyalty to their new king and make promises to their gods to pay their debts and return any borrowed items. It was believed that if they kept their promises, then the year would be a fruitful one! Next time you make a promise to better your year, remember the Ancient Babylonians who did the same thing 4,000 years ago.

Let us travel from Iraq to China 3,000 years ago. Many cultures call for intricate decorations during festivals and the Ancient Chinese have been doing this for centuries ever since the Shang Dynasty. The story behind shocking red ribbons placed around the house and colourful envelopes placed in the palms of children starts with the Nian Dragon. The hungry beast preyed on villages during the new year and in order to save the special occasion from disaster, villagers put red trimming and burnt bamboo to scare the dragon away. This strategy was very effective and Chinese families continue to practice this

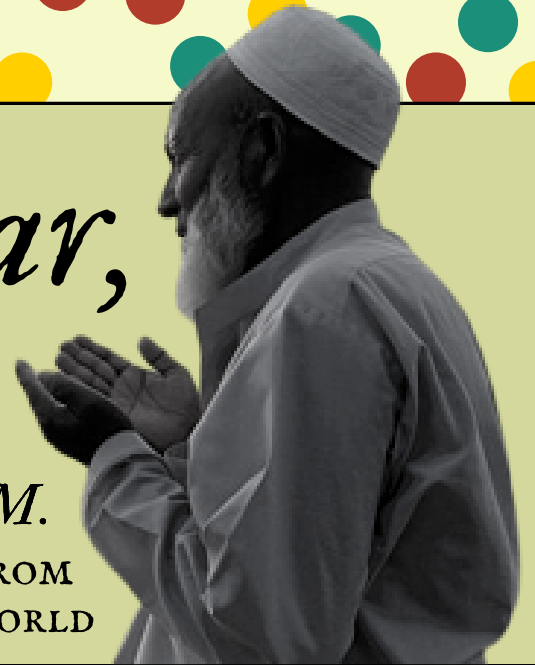


ILLUSTRATED BY: JESSICA P., 12A

# *New Year, Old Stories*

*Written by: Tamanna M.*

FOLKTALES FROM  
AROUND THE WORLD



tradition today to make sure that the Nian Dragon doesn't get an invite to their new year festivities.

No occasion is complete without delicious food! And it's no surprise tasty dishes have made their way into folklore for the new year. Old Wives Tales in Argentina state that by eating foods like peas and green beans -- as they resemble money and coins -- you'll have good fortune in the new year! And in North America, families eat a type of legume called "Black-Eyed Pea" which is meant to bring good luck. A special dish is created where small coins are hidden in a pot of beans, and the one who finds the most will receive the most fortunate. The origin of this finger-licking tradition started in the 18th century when Sephardic Jews settled in Georgia and began the tradition of eating Black Eyed peas for luck. Traditions today ensures that the Nian Dragon doesn't get an invite to their new year festivities.

At the stroke of midnight, everyone looks forward to the magnificent display of fireworks, but there's a reason behind why we burst such loud (and polluting) crackers during New Year. The ancient celebration of Hogmanay was started by Pagans in Scotland where bonfires and torches were lit to represent the sun and balls of paraffin and old rags were attached to poles and carried in streets. The night skies of Stonehaven in 1604, and ours in this age would be very similar because of the beautiful displays of light hovering above us as we enter the new year.

Song and cheer are heard during the holiday time and the most famous song sung by most English-speaking countries is "Auld Lang Syne" written by Robert Burns in 1788 but is based on an old Scottish folk song. The name of the song translates to "Long, Long Ago", as is traditionally performed by connecting hands with family and friends; a way to represent moving forward into the New Year and pledging to never forget old



# *New Year, Old Stories.*

*Written by: Tamanna M.*

companions. In India, carol singers perform prayers door-to-door and families offer them hot tea or loose change, and if given, good fortune shall come your way.

Traditions are crucial to society as they are a way to remember our pasts and ancestors, and reconnect with our families. It creates positive memories and brings back old ones. Such as, grandparents cooking a family recipe of beans for their grandchildren to enjoy, or parents teaching their children age-old songs. Customs never die because they are kept alive in us by the same blood that ran through our ancestors too who first practised them, so next time you set a resolution for yourself or burst some crackers, remember those who lived thousands of years ago -- who are the reason for our beliefs.



# PUTTING OFF RESOLUTIONS

## *The Psychology of New Year Resolutions: Can They Stick?*

As the turn of the new year approaches, most of us scramble to plot the mythical new year's resolution; for many, the new year's resolution; for many, the definitive navigator to help discover the best version of ourselves. New Year's resolutions are a reminder of who we are, what we are supposed to do with our lives. However, for most of us, it ends up being a short, month-long guilt trip, filled with regret and loathe at all the lost time and potential that seemed bright on new year's day.

*So why do the resolutions fail then?*

As the initial high of conquering our vows wears off; the all-to-familiar drag of laziness sets in, slowly, yet surely eating away at our will to persist with the marathon we set out to conquer. In fact, Clinical Psychologist Joseph J. Luciani, Ph. D, says most resolutions fail due to sabotage caused by a lack of self-discipline. The innocent, lingering desire to get back to old ways is most often the reason why most of us fail in our resolutions. Another common reason why the vast majority of us are lost in the sea of our resolutions is the fact that we do not set specific goals for us to achieve; rather leaning on ambiguous, vague heights that are usually unattainable. For example, resolving to "exercise more" or "lose

weight" are easy ways to set yourself up for failure, as they lack ways to mark progress and are unlikely to keep you motivated throughout the year.

A common hiccup that the new year aspirants face is how a worryingly large number of targets are not framed with positive language. When people resolve to stop wasting money or stop eating junk food, for example, it often backfires because it makes them think about the very thing they're trying to avoid. The use of negative vocabulary while setting positive targets has been psychologically proven to demotivate people and ultimately prevent them from being the best version of themselves.

*So how do we make sure that we achieve our goals?*

Making a New Year's resolution is the perfect time to set goals for the entire year and then plan how you are going to achieve them. No matter how small our goals might be, progressing and growing as a better individual would do a world of good for all of us.

To start with, one of the best things you can do is create milestone markers that you can use to re-evaluate your progress or needs of improvement. Setting ambiguous goals is often a detractor for even the most willing. By setting



BY: SHIVA M.,

13A

# PUTTING OFF RESOLUTIONS

## *The Psychology of New Year Resolutions: Can They Stick?*

razor-focused targets and using markers to keep track of the mythical new year's resolution; for many, the new year's resolution; progress provides an encouraging outlook into the best version of yourself. In fact, this method is so effective that it is reported as the best, most rewarding procedure used by the successful 8% resolutioners.

Similarly, rewarding yourself with small tokens reflective of your hard work and dedication are cornerstones of successful pace setters. However, you do have to tread a fine line between diligent rewarding and overindulgence; with the latter actually brought up as a common detriment while chasing success.

Creating a list of rewards will help you stay motivated, especially when you feel close to giving up on your resolutions. Keep your list in a handy place so that you can refer to it occasionally for motivation.

However, the most important aspect of goal-setting is making sustainable, attainable and realistic goals. Your resolution also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible. One must analyze your successes and failures as you think about your future resolutions. For example, if you've constantly set

goals that you haven't been able to reach, try to change the scope of your goal: instead of focusing on a specific number in a year, change your habits in other measurable ways. If you don't exercise currently, make it a goal to run three times a week.

Lastly, when you set your New Year's resolutions, involve the people closest to you. Consult your loved ones can act as your support network, especially if you ever feel frustrated by slow progress on your resolutions. At home, consider placing your written goals on your fridge, and ask your family members to inquire about your progress regularly.

“ *The new year resolution is an opportunity to hit the refresh button on your body, mind and spirit. For me it's eyes forward, mind focused, and tune my body to accept new challenges.*

- NIRMAL R., HEAD OF KS3

“ *The present scenario has dawned upon the mortal's transient nature of life and its brevity. I intend to be free of worries, and spread happiness.*

- MINI P., ENGLISH TEACHER



# THE CONSUMERISM CAGE

*Written by: Tamanna M.  
and Fanelle D.*



**T**he Holidays: the time of year to spend time with loved ones, celebrate with family and friends, and participate in the Winter Wonderland that is consumerism. Undoubtedly, we all feel the necessity to purchase a multitude of presents for the people we love, as well as pamper ourselves with the season's deals and delights. However, we also need to be conscious of the environmental effects of our purchases and the effect that consumerism has on our well-being.

Let's begin with defining what consumerism is, especially in the context of the Holiday Season. Consumerism, quite simply, is the keen interest that society has in purchasing and acquiring goods and services, especially those above fulfilling basic needs. In the world right now, there are about 4.3 billion consumers, and the number is continually growing every second. This means that many people can afford a middle-class lifestyle, which is excellent news. On Black Friday, billions of consumers flock to malls (and online stores) to purchase electronic devices, clothes, furniture, and lots more.

However, if everyone lived like Western Consumers, we would need 5 whole planets to support us. This is because the production and transportation of goods require a lot of resources, more than we can imagine.

Christmas is an extremely important holiday for people around the world. Apart from being a religious holiday, many people highlight the importance of spending time with family during the holiday season. As a result, many people like to buy gifts and presents for their loved ones. Corporations take advantage of this surge in purchases by having sales and commercialised events like "Black Friday" and "Cyber Monday". In a very short period, the number of shoppers both on high street and online have reflected how much we overspend and how much we waste of the products we buy, as well as diminish the true spirit



ILLUSTRATED BY: SARAH D., 11E

# THE CONSUMERISM CAGE

*Written by: Tamanna M.  
and Janelle D.*



To understand consumerism, we'd have to look into the many billions of dollars invested in advertising, as well as our compulsion to buy gifts for our loved ones.

While consumerism does help corporations expand and provide a range of goods and services to the greater part of the population, the negative effects of overconsumption withholds. One of the most concerning things about consumerism is that many of us are unaware of how much we consume.

If everyone in the world lived at the same standard as here in the UAE, we would need an estimated 5.4 earths to sustain us. Because more developed countries are using a larger quantity of resources by the day, there is a widening wealth gap. Due to misallocations in spending, money could be invested correctly to give people access to clean water, food and efficient healthcare. Other effects of consumerism include obesity. An example of the wastage of money and precious resources like food is that during the holidays many families tend to cook meals that they normally wouldn't, such as lavish dinners that don't get eaten and wind up as leftovers, eventually being thrown away.

The unhealthy and wasteful habits caused by consumerism infiltrating traditions is what scholars call "conspicuous consumption" and has existed since the Pagans. Cycles of fasting and feasting were common during this age until the middle of winter where a feast was held to celebrate the year's harvest. Until people started spending more for the sake of celebration and started an endless cycle of squandering money and crops.

Unfortunately, the deterioration of mental health can be directly linked to consumerism. Many believe that acquiring more things for themselves or their loved ones would lead to better wellbeing but studies show that inflicting materialistic values





# THE CONSUMERISM CAGE

*Written by: Tamanna M.  
and Fanelle D.*



upon yourself can be detrimental to your self-esteem and the happiness achieved by buying is short-lived. There may be an initial thrill and excitement as chemicals like endorphins and dopamines are released when buying a new product, but it all vanishes once you get bored of the product and it ends up being forgotten about.

As the Dubai Shopping Festival approaches, "SALE" will be plastered around malls and items will go on clearance, urging us to buy them because of promotions being fed to us. However, we are bound to overspend and contribute to events like pollution and income equality, thus we must remember to shop sustainably. We can do this by: shopping online for presents as one van delivering fifty items is better than fifty cars going to stores, buy ethically produced products from a local store, make your own gifts from scrap, choose pre-loved items from a vintage store, and lastly buy presents that are good quality and you know the receiver will love to lengthen the gift's life-span.



# THE Flavour OF Home

Written by: Inaya D.  
and Heba I.



In the proverbial house fire from which you can rescue just one item, many of us know what we'd choose: photo albums, love letters. During this time of the year, however, it would have to be a cookbook -- preferably one considered an heir. In this article, we will be weaving ourselves in the homes and lives of the Winchester community through humanity's common denominator -- the love for food.

*Shekeena Devmi, Year 11, Sri Lanka*

*"Could you share a memory of yours that consolidates what Christmas means to you and your family?"*

This is a memory I've had since I was 5 years old. I generally have a very large family, therefore, getting together for an event is quite difficult. However, months before Christmas in 2011, the entire family had planned a trip to Dubai to celebrate Christmas. I have a very vivid memory of my grandparents, cousins and other relatives spending Christmas day at my house opening gifts and eating Christmas sweets. This memory consolidates the genuine meaning of Christmas, which is spending time with those we love while having fun, which is very important to my family.

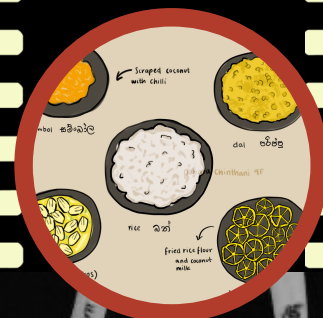
*What is a tradition that you and your family always celebrate, and what is the significance of it?*

Every year on Christmas, my family carries out two traditions. On the 23rd or 24th of December, we usually put up our tree. This tradition has no particular meaning, nevertheless, my family has been doing it since my first Christmas and we believed it would be only fair to keep things running till now! Making and distributing plates of traditional Sri Lankan Christmas sweets to our friends and relatives is another essential tradition we pursue. These plates are frequently given to those who are



Christmas to me is the most wonderful time of the year. What I love most is spending time with my family. I look forward to presents under the Christmas tree and a delicious Christmas lunch which is always a delicious feast of my favourite foods, especially desserts.

- TAMIRO C., 6<sup>th</sup>



INTERVIEWEE:

**SHEKEENA DEVMI**

# THE Flavour OF Home

Written by: Inaya D.  
and Heba I.



less fortunate than us or people who do not celebrate Christmas. The importance of this allows us to spread Christmas cheer to all.

*What is a traditional recipe that is always present during Christmas in your house?*

“Sri Lankan Love Cake” is a traditional recipe that we always prepare. When the island of Ceylon (now known as Sri Lanka) was invaded by the Portuguese several years ago, this Christmas delicacy was created. The name “Love Cake” derives from the fact that it was created to win the hearts of suitors. On the following page, is the recipe for the dish:

## Ingredients:

- 375g of raw cashews
- 200g of unsalted butter, and extra butter for greasing
- 315g of caster sugar
- 250g of semolina
- 8 egg yolks
- 80 ml of honey
- 2 tsp of rosewater
- 1 tsp of ground cardamom
- 1 tsp of ground cinnamon
- ¼ tsp of nutmeg
- 4 egg whites
- Icing sugar (for dusting)

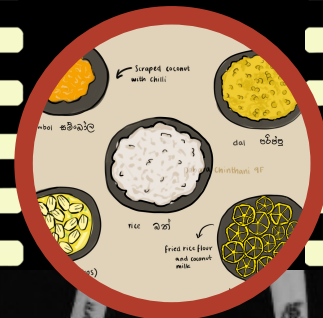
## Method:

- Preheat your oven to 150 degrees Celsius, and grease your baking cake pan with melted butter and line the sides with non-sticking baking paper.
- Process your raw cashews.
- With an electric mixer, beat the butter and sugar in a bowl until it's very pale and creamy.
- Add the egg yolks one at a time. With a large spoon, fold in the cashews, semolina, honey, rosewater, cardamom,



Christmas to me is the most wonderful time of the year. What I love most is spending time with my family. I look forward to presents under the Christmas tree and a delicious Christmas lunch which is always a delicious feast of my favourite foods, especially desserts.

- TAMIRO C., 67



INTERVIEWEE:

**SHEKEENA DEWMI**

# THE Flavour OF Home

Written by: Inaya D.  
and Heba I.



cinnamon, and nutmeg.

- With the electric mixer, beat the egg whites in another clean dry bowl, until firm peaks are formed. Hand fold this into the semolina mixture made in steps 3 and 4.
- Transfer the mixture into the pan prepared in step 1. Bake this for an hour and 10 minutes or until it is firm to touch.
- Turn the oven off and leave the cake in the oven with the door slightly open to cool completely.
- Cut the cake into pieces and dust it with icing sugar.

Hannah Erica, Year 11, The Philippines

*"Could you share a memory of yours that consolidates what Christmas means to you and your family?"*

“ The way we see Christmas; it is an opportunity for change. May it be in perspective; a little twinkle on where your Christmas tree or movables would lie in the room for this season of giving, ranging up to far more sentient means, like a change of heart on something so grave. For some reason, it had always been a period of vulnerability. We are a family who have unfortunate miscommunication at most. However, a holiday to the Philippines in 2019 challenged that hurdle. Everyone was gathered in the living room, including my grandparents and many relatives I didn't even know I had. Essentially, it was an emotional family therapy session. We just sat there, and talked. Purely honest, and much needed talking. Secrets, opinions, anything. Something as simple as this, yet so troublesome to even start, it grew my family and I a bit closer.

*What is a tradition that you and your family always celebrate, and what is the significance of it?*

“ We Catholics, especially those from the Philippines and Latin America, have a tradition of attending church for nine consecutive days till



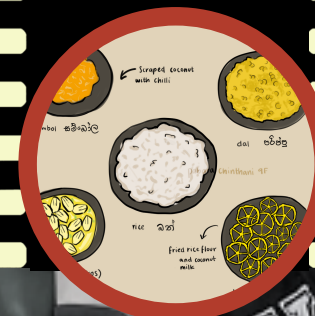
“

We just sat there, and talked; much needed talking. Secrets, opinions, anything. Something as simple as this, yet so troublesome to even start, it grew my family and I a bit closer.

- HANNAH E. 11B

I love Christmas because there are a lot of presents, sweets, lights, music and we get to meet Santa.

- ANGAD B. 2B



INTERVIEWEE:

HANNAH ERICA



# THE Flavour OF Home

Written by: Inaya D.  
and Heba I.



Christmas. For us it's known by the name "Simbang Gabi", (translated: Church Night). It's our way of anticipating and preparing for Christmas, putting our faith to the test or strengthening what we have. It recalls Jesus' birth; repeat the praises that of the Magi (the Bible's Three Wise Men). Despite that I am not fluent in my own tongue, I can see that the priest has a lot of fables to tell, whether it's from his own life or from Christ's, as well as lessons for us to carry and convey to others. It differs from your typical Christmas mass, in that it always gets ridiculously crowded, yet easily engaging with strangers

*What is a traditional recipe that is always present during Christmas in your house?*

“ Every typical Filipino household would have a dulce de leche flan on the table, I'd bet my current pocket money. Technically, it's a caramel custard treat. Every time I think of this dish, I think of the Philippines. The recipe for this sweet treat:

## Ingredients

- 10 pieces eggs
- 1 can condensed milk (14 oz)
- 1 cup fresh milk or evaporated milk
- 1 cup granulated sugar
- 1 teaspoon vanilla extract

## Instructions

- Using all the eggs, separate the yolk from the egg white (only egg yolks will be used).
- Place the egg yolks in a big bowl then beat them using a fork or an egg beater
- Add the condensed milk and mix thoroughly
- Pour-in the fresh milk and Vanilla; mix.
- Put the mold (llanera) on top of the

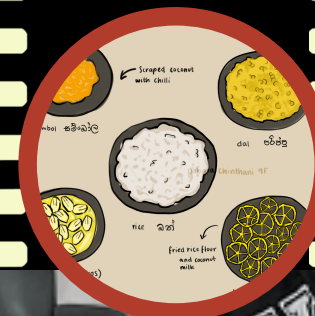


Essentially, it was an emotional family therapy session. We just sat there, and talked. Purely honest, and much needed talking. Secrets, opinions, anything. Something as simple as this, yet so troublesome to even start, it grew my family and I a bit closer.

- HANNAH ERICA,  
11B

INTERVIEWEE:

# HANNAH ERICA



# THE Flavour OF Home

Written by: Inaya D.  
and Heba I.



stove and heat using low fire

- Put the granulated sugar on the mold and mix thoroughly until the solid sugar turns into liquid (caramel) having a light brown color. Note: Sometimes it is hard to find a Llanera (Traditional flan mold) depending on your location. I find it more convenient to use individual Round Pans in making leche flan.
- Spread the caramel (liquid sugar) evenly on the flat side of the mold
- Wait for 5 minutes then pour the egg yolk and milk mixture on the mold
- Cover the top of the mold using an Aluminum foil
- Steam the mold with egg and milk mixture for 30 to 35 minutes.
- After steaming, let the temperature cool down then refrigerate, and enjoy!

Paulina Joseph, Parent of Vilina, Vihana, Viviana

*Could you share a memory of yours that consolidates what Christmas means to you and your family?*

“ To me, Christmas is when all the family members gather to bring alive the spirit of holidays. We would wake up early excited to open the presents, wear new outfits, go to church to attend the Mass, sing Christmas hymns, meet Santa, and greet fellow church-members. We take individual responsibility in preparing the Christmas feast -- whether it is helping mom in baking the cake, chopping veggies, or decorating the house with lights, candles and together decorating the tree with ornaments; these experiences have been our memories and are always cherished.

*What is a tradition that is you and your family always celebrate, and what is the significance of it?*

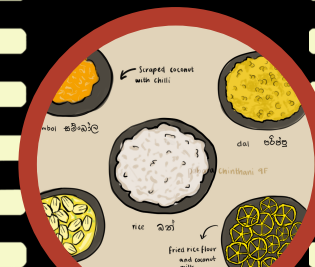
“ My children carry the tradition forward by decorating the tree



“

We take individual responsibility in preparing the Christmas feast -- whether it is helping mom in baking the cake, chopping veggies, or decorating the house with lights, candles and together decorating the tree with ornaments; these experiences have been our memories and are always cherished.

- PAULINA JOSEPH PARENT



INTERVIEWEE:

HANNAH ERICA



# THE Flavour OF Home

Written by: Inaya D.  
and Heba I.

and home, as it brings them together and spreads joy and the festive spirit ahead of Christmas. We always make stuffed turkey or chicken as a traditional Christmas dinner and kids help me with the stuffing. They make gingerbread house, play games, songs and celebrate with family and friends. This togetherness restores happiness, love and faith amongst us.

*What is a traditional recipe that is always present during Christmas in your house?*

## Stuffed Turkey

### Ingredients:

- 12 pounds whole turkey
- 1 (6 ounce) package dry bread stuffing mix
- 1 cup water
- 1 tablespoon butter
- 1 cup chopped celery
- ¼ cup chopped onion
- 4 slices toasted white bread, torn into small pieces
- Salt and pepper to taste
- 2 tablespoons vegetable oil

### Method

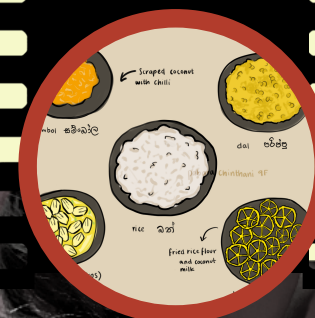
- Preheat oven to 350 degrees F (175 degrees C). Rinse turkey, remove giblets and place in a shallow roasting pan.
- Prepare stuffing according to package directions. Mix in water.
- Melt butter in a medium saucepan over medium heat, and slowly cook and stir the celery and onion until tender.
- Mix celery, onion, and toasted bread pieces into the stuffing, and season with salt and pepper. Loosely scoop stuffing into the turkey body cavity and neck cavity. Rub the exterior of the turkey with vegetable oil.
- Loosely cover turkey with aluminum foil, and roast 3 1/2 to 4 hours in the preheated oven, until the thickest part of the thigh reaches 180 degrees F (85 degrees C) and the interior of the stuffing reaches 165 degrees F (70 degrees C). Remove foil during the last half hour of cooking to brown the bird.



“

We take individual responsibility in preparing the Christmas feast -- whether it is helping mom in baking the cake, chopping veggies, or decorating the house with lights, candles and together decorating the tree with ornaments; these experiences have been our memories and are always cherished.

- PAULINA JOSEPH PARENT



INTERVIEWEE:

PAULINE JOSEPH



# Literary Palette

Final Deadline 10th March 2022

word  
submit  
to

limited

350  
words







# A Christmas Carol

★★★★★ MEHAK R., IIA



There is not, in all literature, a book more comprehensively spirit of its subject than Dickens's "A Christmas Carol," and there is no book about Christmas that can be gauged its peer. Dickens wrote Christmas Carol while exploring past Christmas traditions while reinventing the nostalgia of his own youth. The rhapsodic iteration follows Ebenezer

Scrooge, an old man who transforms his miserly ways after four ghostly visits one Christmas Eve. As sparks are to flames, the story kicks off with the image of Bob Cratchit staggering backward from the vibrant company of his regenerated employer, attempting to warm himself with a singular candle. In limelight, Scrooge repeatedly declines social niceties and mere epochs of a Christmas spirit, viewed as mere pleasantries of an otherwise superficial occasion. The three spirits which follow, the Ghosts of Christmas Past, Christmas Present, and Christmas Yet to Come, implore the effects of his unkindly temperament. A ruse on momentous themes of love, happiness, charity, sorrow, the shocking aspects of vice and disorder, the bitterness of death, and the sober condolences

of religion. In drawings such as that which depicts the miserable Scrooge, cowering on his own grave, at the feet of the Spirit, and gaping with stuttering terror on the covered carcass upon the despoiled bed, and of Want and Ignorance, typified by the unfortunate youths that are seen to flounder in a city gutter, have a kindred significance. To follow old scrouge amongst the trial of adoring discipline whereby the ghosts rouse his heart is to be warmed in every fiber of mind and body with the gentle, bountiful, ardent, affectionate Christmas glow. So faithfully and completely does it give voice to the ubiquitous Christmas sentiment, that it seems the ideal reflex of every reader's ideas and feelings thereupon.



# Evolution OF Claire

★★★★★ AMEE K., PARENT

The evolution of Claire is an American novel written by Tess Sharpe; a prequel to the movie Jurassic world. The story starts off with a young girl, Claire Dearing, who has been given the chance of a lifetime -- the opportunity to intern at the Jurassic World theme park. She is very focused to better the lives of animals



worldwide but life at the park wasn't what she expected it to

be. Rumors about the park flood and the land; Claire is desperate to discover the truth. She finds a dairy entry of another intern who was most likely working before her and questions fill her mind. The intern before her must have left her dairy here for a reason. She searches for clues in the entry. Claire asks help

from another student who was working with her and together they search for answers. I

personally think that this book is really wonderful for people who love suspense

as well as twists and turns. The best part that I

loved about this novel is the drastic change in Claire from a young lady to a woman. This novel made me laugh and cry and I loved how the author turned the whole mystery around. I highly recommend you to read this novel as you'll find many adventures with challenges that Claire solves in her unexpected ways.

## *Riverdance*

★★★★★ AMRIT K., 6H



This animated movie is inspired on a musical theatre show consisting mainly of traditional Irish music and dance.

Irish - Born Keegan and his Spanish - Born friend Moya learn to dance through danger and despair with a magical herd of spirit deer. The spectacular dances and the huge deers with magical antlers with a touch of humor are worth looking forward to. It encourages us to believe in ourselves.



*Want to share a review?*



# MERRY CRISIS

# SANTA'S LIST



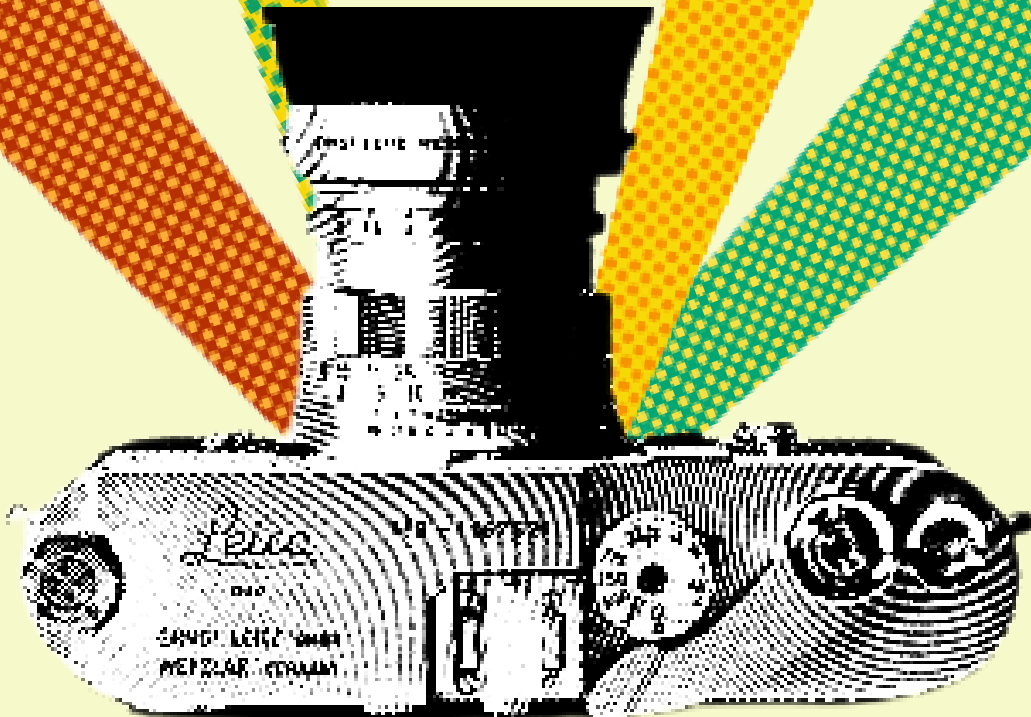
BY: AARON M.



*I don't care who's naughty or nice  
anymore — I only keep track of who's crossed me.*

INSPIRED BY: Z. KANIN

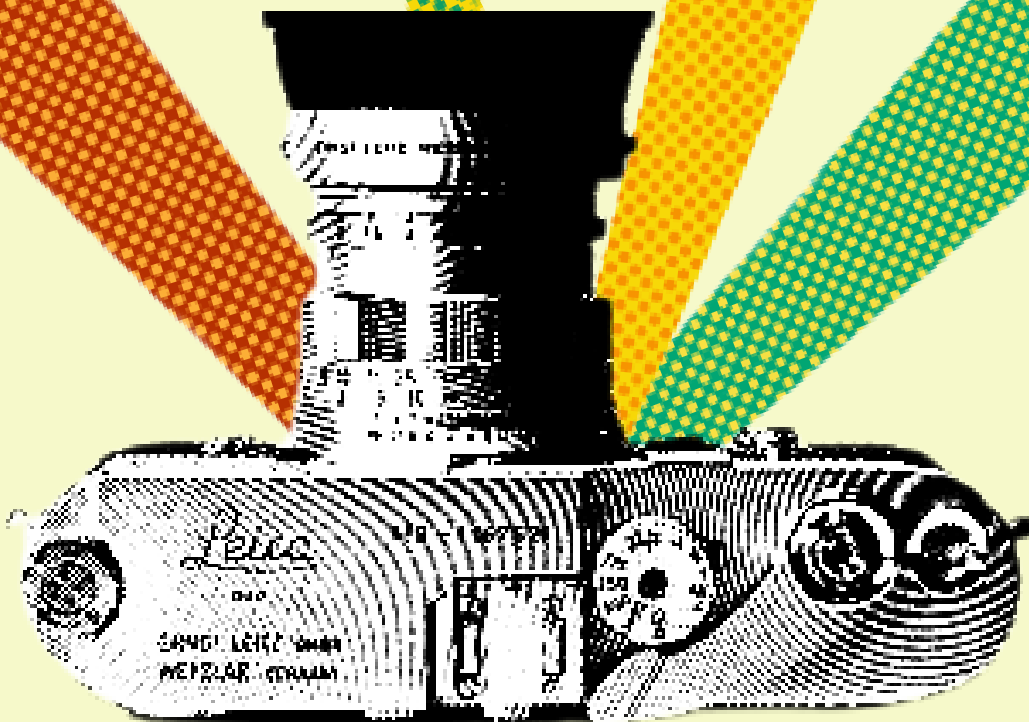
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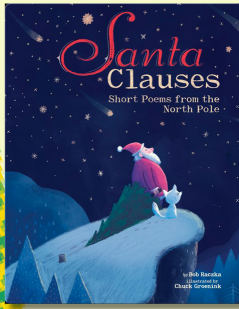
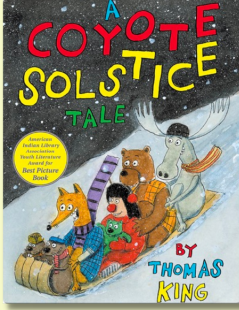
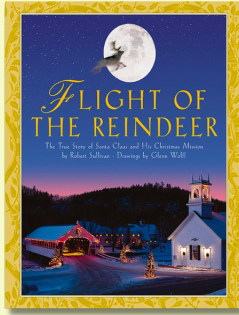
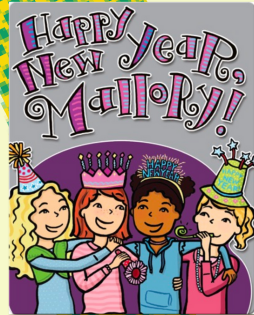
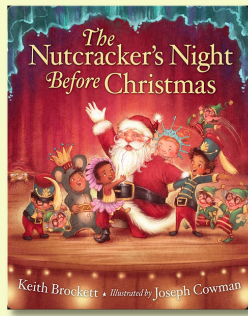
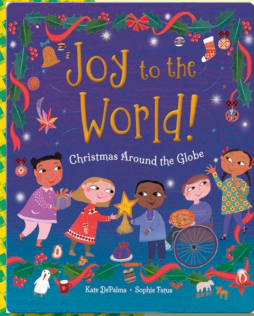
# THE NIGHT BEFORE CHRISTMAS



INSPIRED BY: CHRISTOPHER W.  
BY: RISHIT S.



# CHILDREN'S CHRONICLE



# CORNER, DEC - JAN

COMPILED BY: PRABUD V., GH + VANIA G., IIF





# NEED ADVICE?

HOW DO I COME TO TERMS WITH PROGRESS BEING BE SLOW, AND CAN I SPEED IT UP?

Dear Team,

With the dawn of the new year reeling in, the abundance of new opportunities overpowers the merit of these new opportunities themselves. I want to accomplish so much, and yet the progress is slow. The results are simply not compliant with the effort I am putting in. How do I come to terms that progress can be slow at times, and are there any changes I could trickle into my life to potentially speed it up?

Looking forward to your response.

REGARDS,  
ANONYMOUS



## REGARDS, TALHA

To whom it may concern,

The more the effort, the greater the progress -- conditional on the fact that this effort leads to the outcome you are keening to achieve.

If you are not getting the results you wanted, you need to reconsider where you are placing this effort.

Let me give you an example, when you get into year 12 (As level) & Year 13 (A level), focusing solely on course material such as the textbook will only get you around 50-60% of the total marks, even if you put in your maximum effort. The remaining marks are achieved through past paper practise.

Considering this example, despite the substansial effort one might place, it may not always lead to desired outcomes. You dont only have to work hard -- but smart , and this could be implemented into anything you do.

Progress is not slow, your progress is limited to how much you work to achieve it. If your practise math questions for 2 days , your progress wont be "as much" as someone who

## REGARDS, MYRIAM

To whom it may concern,

I am here to assure you that it is completely normal to feel stuck and overwhelmed with feelings of frustration and self-doubt when you can't seem to be noticing any kind of improvement or progress in terms of results when it comes to achieving something you think you've worked hard for.

One thing you need to realize is that, we as people are drawn or tend to look for ideal situations in which we can control the outcomes and feel satisfied with them, but sometimes coming to terms with the fact that some things are out of our control, although difficult to grasp, is necessary for growth in every regard to you as a person and your role in whatever you've chosen to take part in , whether it's in extracurriculars, goals for the future, friendships or even your studies.

I don't know you personally, but I'm assuming that you have tons of things planned out and expect so much from yourself that you feel as if the world owes you something for all the effort you're putting in. You need to learn to trust the process and focus on yourself and what feels



puts in a week of work, and this progress is seen in your marks (of course, considering you did the questions on paper and not procrastinated.).

You should also ask others (who are suitable in the field) for advice as they can help you immensely and show you how to use your effort efficiently.

Manage your time well if you want to get more things done in a shorter period of time, this way you focus more on what you want to get done.

Learn to prioritize important things, and things that are needed to get done first. You don't have to achieve everything. Work on what is necessary prior and then gradually move on.

If you need any help or want to discuss any issues which you feel I'd be able to help with, here is my email:  
[talha1104@hotmail.com](mailto:talha1104@hotmail.com).



natural to you. Patience is a virtue and a quality you need to work on if you want to execute something properly and take pride in it when you look back on all the effort you put in. Your work and intentions for yourself, when genuine, will always be worth it in the end, so don't feel discouraged if you don't see the results you were hoping for right away.

Rocky starts are meant to motivate you, so learn to lay out your plan thoroughly, realistically and with extensive detail and when you actually start working towards that, approach it in a smart, calm and balanced way, because speaking from experience, burning yourself out for the sake of better and faster results never benefited anyone. No one knows your limits and capabilities better than you, so as you mature or become more independent with your decisions, try to prioritize and don't get hung up on the one thing that you wished would've worked out but didn't. Learn to move on as it is clearly the better option when it comes to maintaining that change and progress you know you've worked so hard for.

Hope this was helpful, and if you're looking to talk some more regarding anything else you may need advice on, you can always approach me in school or email me:  
[myriamhage03@hotmail.com](mailto:myriamhage03@hotmail.com)



# THE WINCH BEING

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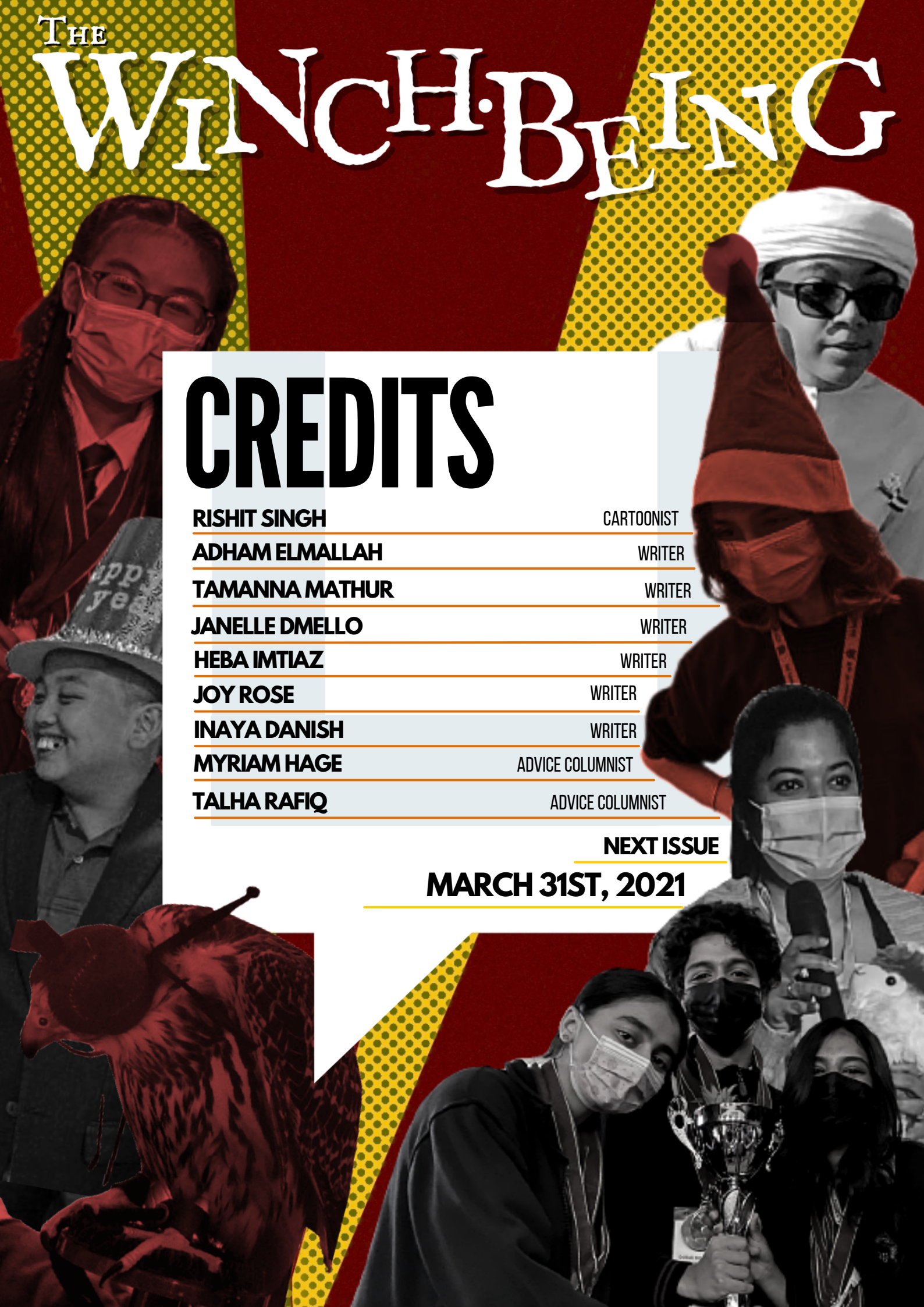
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ADVICE COLUMNIST

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