

THE WINCH·BEING



TIMES LONG PAST: UNTIL NEXT TIME

VOL. 05 ● MAY 2022 - JUN 2022

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

THE WINCH BEING

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GRADUATION

Class of 2022

On the 22nd of June, the class of 2022 went through what most school students spend their years looking forward to. We spent our last day at school, our last day with the teachers who have supported us for years, our last day with our classmates that we spent everyday with. It was the day of our graduation, we celebrated this milestone and said our final goodbyes to the Winchester community. I believe most would agree with me that the feeling we felt that day could only be described as a bittersweet one. After years of hard work, graduating was definitely an extremely rewarding experience, however, we were leaving behind a place that was starting to feel like home.

While we're young graduation always seems very far away, but it comes sooner than most of us think. This year we entered our lessons for one last time, sat our final board exam, and before we knew it we were on stage receiving our diplomas. It was quite a challenging journey no doubt, but with the support from our teachers, parents and friends we were able to make it through. Transitioning to online learning

and being the first batch to not sit two of our board exams due to COVID-19, was demotivating at times. Nevertheless, we were able to adapt to these unfamiliar changes, maintaining our high performance throughout. If anything I believe this to be an advantage, we got a unique experience and learnt a lot of important life lessons throughout the past few years that we will carry on with us for the rest of our lives.

Listening to all the inspiring speeches the day of the graduation got a lot of us excited for the future and what's to come. Graduating is leaving behind a familiar place with countless memories, but it's also a chance to go out into the world and explore. After lengthy applications and entrance exams, we all

GRADUATION

Class of 2022

picked our desired universities and degrees that we wish to pursue. A very exciting experience, however, it is also one that is filled with uncertainty. We do not know what the future may hold, which may be daunting but there is always excitement when venturing into what's uncertain. We have made it through all the challenges that we faced in school, and no matter how difficult what's to come is, I am sure we will all be able to adapt and overcome any obstacle.

With a final performance by our sixth form band and several other graduates, we got to reminisce on all the events we experienced throughout the past few years. The talent shows, national days and winter carnivals where we got to create unforgettable memories with our classmates and friends. These performances along with the cheers of our classmates when our names were called to receive our diplomas, got our mind off any doubt or worries. It was a day that all of us enjoyed, and will cherish forever as we move on to new adventures. A perfect end for our time at Winchester.

WRITTEN BY: LUJAIN ELMALLAH, 13

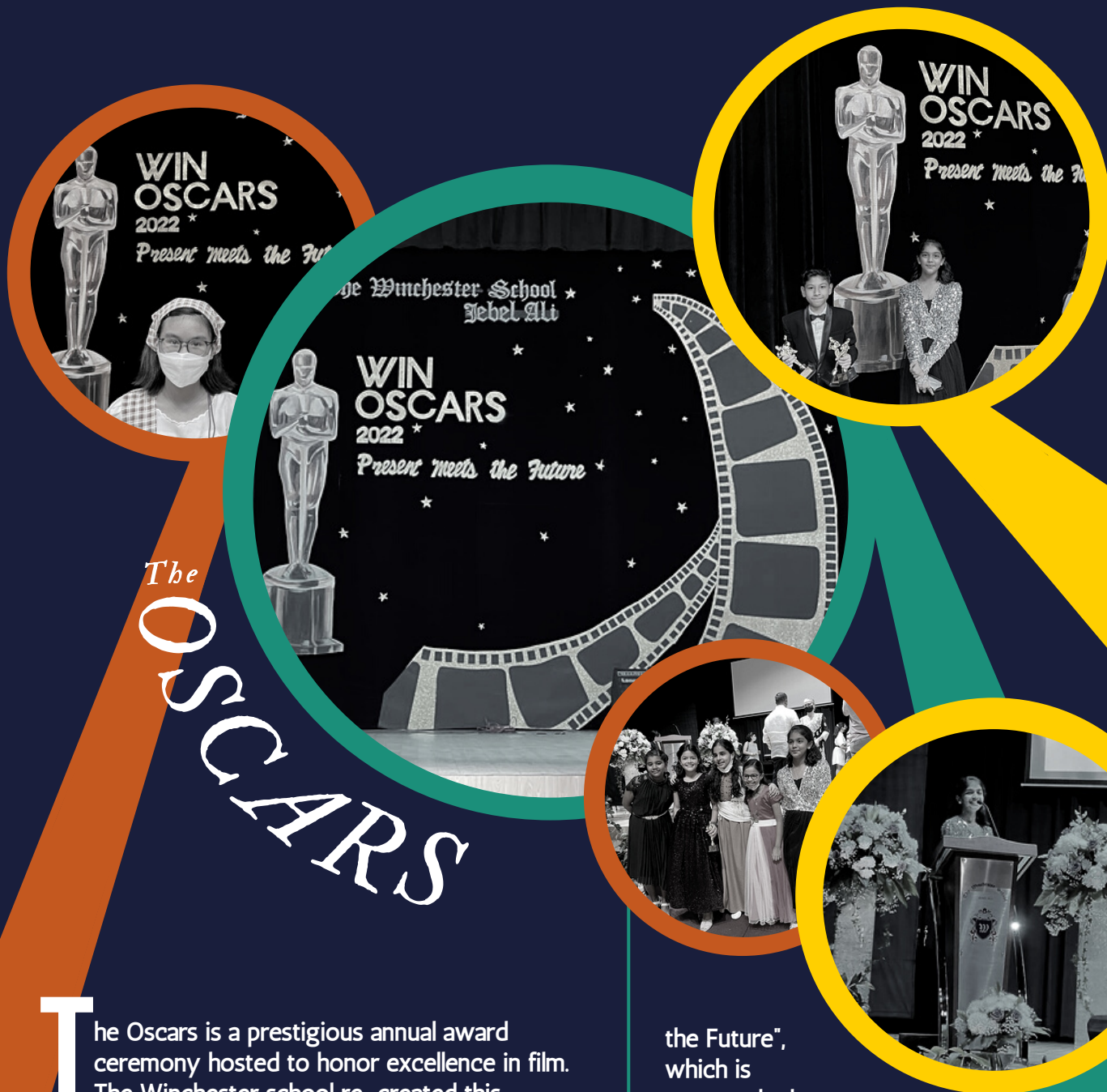


The OSCARS

The Oscars is a prestigious annual award ceremony hosted to honor excellence in film. The Winchester school re-created this because Oscar award night not only allows students to connect but also explores different types of film! An event that has been evolving for past 12 years in the school, however, the intention of the event remains the same - to promote children's interest towards script writing, singing, composing music, dancing, acting, editing and direction. Evening 6 o'clock of 23rd June 2022 was the glorious moment when the ceremonial event for the Primary students at The Winchester School, Jebel Ali commenced in the auditorium. The students also sharpen their literacy skills, editing skills, IT skills, collaborative skills, presentation skills, decision making skills and organizational skills.

It is a friendly competition between Year 5 and Year 6 where we create unique movies based on different topics from a vast list of options. The whole class works as one team in the movie. The OSCARS is a huge learning experience on the big screen wherein the theme of Oscars 2022 is, "Building

the Future", which is spectacular because as the world strives to create a cleaner, safer, healthier future, the Oscars theme serves as a blueprint toward a more viable future.. To celebrate, honor and appreciate the budding talent, the SLT members of the school, our hardworking teachers and staff members, Year 5 and Year 6 students, and proud parents gathered on our 12th Oscar's evening. During the event, our Guest of Honor, Ms. Ranju Anand - Vice President - GEMS education addressed and appreciated the hard work and efforts put into making this event better than the last by the Winchester School. Our Principal - Ms. Meenakshi Dahiya, addressed the gathering and thanked all the staff who helped to make this school a better place



The OSCARS

WIN
OSCARs
2022 *

Present meets the Future



WIN
OSCARs
2022 *

Present meets the Future

ge Winchester School
Jebel Ali

WIN
OSCARs
2022 *

Present meets the Future



for the students. The comperes then announced all the categories starting from "Best Camera Work" to "Best OSCAR Movie Entertainer of The Year". When I was at the Oscars, I was flabbergasted to see how breathtaking and extraordinary their trailers and posters were. It was astonishing and they had amazing plots with the power to hook the watcher. Congratulations to the winner 5D they had a brilliant plot and deserved their win. The enthusiasm and excitement of the award winners was worth noticing. Further to glorify the evening and mesmerize the guests, there were performances held by very talented singers and musicians of the school choir group and school band meticulously organized by our ever passionate and committed music teachers Mr. Kiko and Mr. Sunil. There was a recital of an Arabic poem written by His Highness Sheikh Mohammed bin Rashid Al Maktoum describing 2022 as the Year of Distinction and Precedence. He has a vision for the UAE's future, and he hopes for the nation to move forward with determination, creativity, and skill. The recital was done by Nadia

Gaber of Year 4C and Salma of Year 5H translated it in English. It was such an inspiring performance. Last but not the least, a performance which left the audience spellbound was by Mark from Year 6 who had the privilege to sing "Drag Me Down" at the UAE EXPO 2020. A song dedicated to all the individuals who persevere and endure hardships and have the confidence to achieve success.

Overall, the Oscars were a delightful experience. Such events are very important to help children develop confidence and find their talents. I enjoyed taking part in such a wonderful activity.

WRITTEN BY: SAADGEE SINGH
& JOY ROSE OF YEAR 5

COMING TO TERMS WITH
OUR RESULTS:

HUNTING FOR PERFECTION



Every sleepless night, every breathless moment, every blink of sleep lost, and every minute spent all in a near endless pacing hunt for one thing: perfection. Whether it is our hunt in exams for 100%, or whether it is our hunt in life for total success, not a single loss, not a single stroke of the pen missed, it is described by one name. It is described to us as perfectionism. Perfectionism is often touted as harm to one's work, as though the passion and tears spent drive us to the feeling of being burnt out and tired of our life's work. But that is not always the case. And now that it is the end of the school year, many of us are left with time to dwell on this and our other working tendencies. In this article, as our exam results near, I hope to dive into the world of flawless work and inform you how you should deal with this desire.

Why do we humans even attempt to be perfect in such an imperfect world? After all, we are of this earth, and this earth is nothing if not a disturbed land. And we love these imperfections, yet hate them whenever we make a mistake. Well, according to Sarah Ariss, a cognitive hypnotherapist writing for the Huffington Post, "For many people anxiety and lack of self-belief are born of events that have happened in the past." Life is a long journey and things that have happened in the past guide us humans to lose faith in ourselves. Perhaps it was one teacher, friend, or colleague long ago who never felt quite satisfied with our work. Hence, a person feels as if meeting an impossible standard is something that can be done. So they are never quite satisfied. It is also possible that this goes hand in hand with imposter syndrome. Where one feels as though they are imposters who do not belong, in a place where they have clearly earned a spot.

Furthermore, imposter syndrome is quite a large part of lots of our lives. Imposter syndrome has affected many of the greatest people in our history. It is said that even Albert Einstein believed himself to



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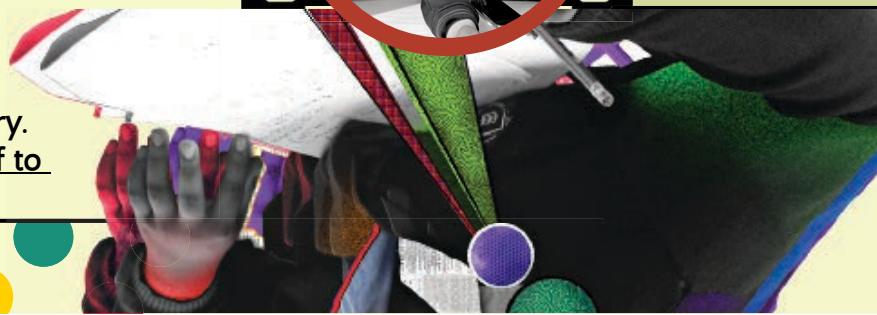
Yes I have had a burnout, as burnouts are inevitable with the speed at which the world works. I cope by telling myself that this will pass and success awaits. Regarding mentally preparing myself for the upcoming results, I try not to conceive very high expectations to avoid being disappointed.

- TAMANNA M., 9



WRITTEN BY:

ADHAM ELMALLAH



be inadequate and a lackluster physicist. Whose theories do not deserve as much attention as they garnered. It is important to understand why this happens and how it links to perfectionism. For some of us, good results may create the sense that our work is not worth the attention it receives and hence believe we must work triply as hard to assure we are not outed as an "imposter". The reason we feel this way is that many of us view others as equally capable or as competitors to our success and so doubt our own abilities. The best way to address these feelings is to discuss them and understand how we all belong and are all worthy.

In derivation from the previous point, imposter syndrome plays quite deeply into perfectionism along with the obvious stress that comes with it. It does not need to be said that stress has many known harms to the human body and mind. According to Mayo Clinic, stress can cause fatigue, chest pains, stomach upsets, sleep issues, and much more. Mentally stress can lead to anxiety, a lack of motivation, sadness, feelings of being overwhelmed, etc. Furthermore, perfectionism can cause total burnout from whatever you used to enjoy. A multitude of professionals has felt over the course of their career a slow numbing agony as a result of the stress and pain of perfectionism. I know this personally as many times I have lost my desire to study a subject out of a goal of total knowledge. There is, after all, an art to surrendering strategically and taking a step back to acknowledge what you have done, and what you do not need to do.

Knowing all of this, it feels as though we must quash perfectionism with an iron fist. But such totalitarian approaches are not correct as perfectionism splits into two forms. They go by many names. Adaptive and maladaptive perfectionism is what they are often called. Adaptive perfectionism is a natural and healthy drive within a person which leads to better academic, social, and professional work. Maladaptive perfectionism on the other hand is a harmful variety of perfectionism which leads to hopelessness and total loss of desire to succeed. While research is still ongoing in this field it has been found that a healthy desire to add to one's work is not only helpful but necessary in life.

So what can one do about perfectionism and how can we mold maladaptive perfectionism into a better form to rid ourselves of this unpleasant mental state. The first step is asking yourself whether your perfectionism has led you to any harm severe enough to cause you to go astray. To burn out and lose hope. The first and most important step is to talk about it with a trusted person or professional counselor. Trauma must be dealt with healthily and your mental health is your foremost



We did feel burned out with the constant tests and the whole uncertainty about whether we will do the final exam or not, (the uncertainty) was a strain on us all. We're all unsure about the upcoming results because this is certainly new to us. We don't know how they'll mark us, and how lenient or strict they will be, considering this is our first actual board exam. But nevertheless we did it and whatever happens, happens, and it's an experience we will take up on.

- SOPHIA P., 13



priority. If it ever feels too much it may simply be because you are taking on responsibility and work beyond your means. In our modern world the so-called "hustle" can lead one to believe what they are doing is never enough, never complete. Only do what leads you to happiness, and do not let anyone say otherwise.

Hence, this summer break all of us here at the Winchbeing hope to encourage you to reevaluate not only your perfectionist tendencies but also any harm to your wellbeing and peace. This may be our final issue of the year, but we hope to have instilled a sense of hope and taught you a thing or two. Take some time for yourself, now is the perfect chance to do so.

ILLUSTRATED BY: SARAH D., 11E

“

Considering how stressful this year has been for me, burnout was anticipated. Despite that, I tried to give myself breaks by taking strolls or by grabbing a snack. I also made an effort to convince myself that the summer break won't be far off and that this stressful time will soon come to an end.

- HEBA I., 11



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Honestly, I've experienced imposter syndrome for the past two years. I would always get worried thinking I'm not working hard enough, I won't do as well next time, and would always think low of myself. Despite that, my teachers were always there to encourage me and were quite literally my pillars during this period, and I appreciate everything that they've done for me! Just thinking about result day makes me awfully anxious, but I've come to the realization that worrying won't change what has already happened, and I know that I gave it my all and worked very hard. So instead of worrying, I want to focus on enjoying my summer vacation and spending time with my family before starting Year 12.

- HEBA I., 11

”



Top Tips During Summer *One, Two, Three, Jump!*

Written by: Marcus F.



I am sure although each one is looking forward to the holidays, we will at the same time miss our friends, teachers and most of all school and the fun times together.

Summer vacation is a time when we relax and enjoy our free time. It is my time to catch up on rest, spend time with my family and friends, and explore new hobbies or interests. It is also a time for me to continue learning and improving my learning skills.

Although the summers in Dubai are very hot, I enjoy spending time here going to the beach, the mall, or the pool. I have quite a few plans for the summer holidays, making sure that I enjoy each day to the fullest. I am looking forward to the summer holidays as I have planned to visit new places and spend time with my grandparents and cousins. I will also ensure to set aside some time each day to work on improving my Mathematical skills. I am going to be busy doing something I like the most... playing the guitar and yes getting ready for the Trinity exams is also on the agenda. The most important thing is to enjoy and make the most of this time.

I am sure you all are looking forward to the summer holidays as it is filled with fun, enjoyment, and happiness. So with the sunshine and the great bursts of leaves growing on the trees, the familiar conviction that summer brings anew experiences is clear. To indulge your inner child this summer, I recommend the activities listed below, including but not limited to;

- Go for a hike
- Host a movie night
- Get adventurous with urban foraging
- Visit free museums
- Upcycle old finds into something fresh
- Volunteer for your community
- Participate in a local run



PHOTO BY: JAIMEE REYES, 6C

Top Tips During Summer *One, Two, Three, Jump!*

Written by: Marcus F.



- Stargaze or meteor shower gaze
- Start a fundraiser or charity event
- Give yourself an at-home spa day
- Learn how to make something from scratch
- Host a bake-off.

Most importantly ensure to get your fill of rest from a year of hard work, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.



PHOTO BY: JAIMEE REYES, 6C



“This summer would be so exciting for me and my siblings because after so many years, we could finally go on vacation to our home country, the Philippines. Thrilling to know that we can spend time with our grandparents, cousins and other relatives, some we haven't met. I'm counting the days until our flight.”
JAIMEE R., 6C



THE Flavour OF Home

A Summer Collection



With school recently out, we think it's safe to declare summer to begin! Now slow down. You don't want to miss it by hurrying past it -- there is no need to sweat even more, unless you're also having fun while doing it. That's the wisdom of summer. It teaches us to be fully awake, engaged and open to everything around us, however, we will need the energy to do so. With that, we the Winchbeing, have interviewed fellow students on what they prepare to cool off during summer, and any special memories alongside it.

What is a dish that you and your family always prepare during the summers, and what do you love about the dish?

“ This delicious recipe is really quick and easy to make, and works perfectly as both breakfast and a snack. I love that it's so healthy and nutritious, whilst still being a filling meal. Also, the zesty berries add a nice hint of summer freshness to your bright morning! This recipe can be prepared ahead of time and stored in the fridge and can also be enjoyed right away.

Requirements:

- Mason Jar

- Spoons

Ingredients:

- Yoghurt

- Honey

- Berries of your choice (strawberries, blueberries, raspberries, blackberries etc.)

- Granola of your choice

- Mint leaves

* The quantity of all the required ingredients varies on the thickness of the layers and the size of your mason jar

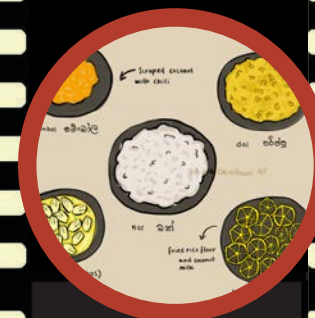
1) Add a few spoonfuls of yoghurt to the bottom of the



“

I love that it's so healthy and nutritious, whilst still being a filling meal. Also, the zesty berries add a nice hint of summer freshness to your bright morning!

- ATLANTA C., 10



INTERVIEWEE:

ATLANTA GOELHO

THE Flavour OF Home

A Summer Collection



“ For me, the summertime is colourful and vibrant, and I love manifesting the lively vibes of summer through my food. After long summer nights out this salad is a perfect refresher!

Ingredients:

- For the Base

- Romaine Lettuce (iceberg works well but tends to water down your salad)
- Tomatoes
- Cucumbers
- Bell Peppers (any colour)
- Onions
- Black Olives
- Any kind of pasta (I prefer Fussili)

- For the Dressing:

- Olive Oil
- Lemon Juice
- Salt & Pepper
- Oregano
- Minced Garlic

Method:

1. Chop up all your vegetables and add to a bowl
2. Boil pasta as per packet instructions
3. Add olive oil and lemon juice to a separate bowl (roughly a 2: 1.5 ratio). Then mix in oregano, salt & pepper
4. Strain pasta and cover with dressing
5. Add the dressed pasta to the salad bowl and mix
6. Pour in the remaining dressing over the salad, and further season with salt & pepper if necessary



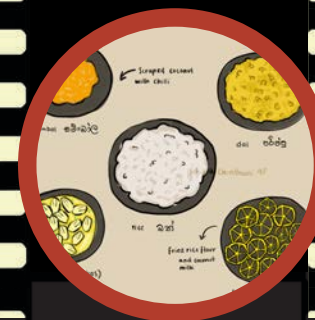
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For me, the summertime is colourful and vibrant, and I love manifesting the lively vibes of summer through my food. After long summer nights out this salad is a perfect refresher!

- HAFSA K., 11

INTERVIEWEE:

HAFSA KHAN



THE Flavour OF Home

A Summer Collection



“ From our very own garden's fresh hand-picked mint leaves, this refreshing cool drink is a family summer favourite that we make as much as we can! Also acting as an immunity booster, this easy-to-make drink resembles the desi 'Nimbu Pani', or 'Shikanjvi' drink, bringing along with it a homely touch of tradition and memories of run-down roadside Indian lemonade stalls. Rest assured, it's sure to leave you asking for seconds and thirds!

Ingredients (serves 4):

4 cups/handfuls of mint leaves
1 whole lemon
1 and a half tablespoons honey
1 ginger slice, 1.5cm in length
4 pinches black salt
half teaspoon cumin powder

1. Wash the mint leaves. Cut the whole lemon into thin slices, rind included.
2. Blend together the mint, lemon slices, honey, ginger, salt and cumin powder with 150ml of water in a blender.
3. Once blended, strain the juice.
4. Add 200ml more water to the strained juice to complete a serving of Lemon Mint Cooler for 4. (optional: you can also add soda to taste to turn the drink into Lemon Mint Soda.)



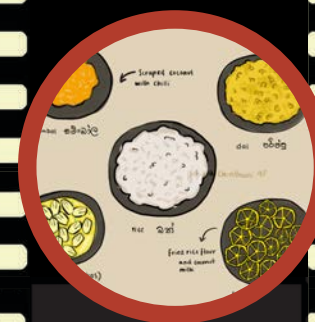
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Acting as an immunity booster, this easy-to-make drink resembles the desi 'Nimbu Pani', or 'Shikanjvi' drink, bringing along with it a homely touch of tradition and memories of run-down roadside Indian lemonade stalls.

- MRS. SINGH,
PARENT

INTERVIEWEE:

MRS. DIMPLE SINGH



Literary Palette

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words





The Unreal & the Real



MEHAK R., IIA



The modernity of this volume is of merit, alongside Le Guin's novella compendium, likewise, the heaviness (both literally and

metaphorically) of a 700-page collection with almost 40 stories, spanning a career of over 50 years. Some of Le Guin's most anthologized

(such as "The Ones Who Walk Away from

Omelas") experimental, and obscure works (such as "The Author of the Acacia Seeds") are all written and presented with the characteristic deftness and beauty that has come to define Le Guin's career.

Rather than writing stories that can be neatly placed into one category, Le Guin uses science fiction and fantasy as a way to set up a hypothesis about the world we live in. If solely one-sixteenth of babies were male, what would happen? If, in an unusual faraway future, we could read other's solitudes as pictures, what would they look like, and what would that mean for individual dignity? If society were made up of three castes in a strict hierarchy that were forced to intermarry, what would matrimony and

gender dynamics look like? Le Guin presents one of many possible scenarios and lets us imagine whether or not she is right.

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



The Magic Faraway Tree



SAMARJIT S., 6B

The Magic Faraway Tree was a book gifted to me on my birthday. At first, I was hesitant to read it but once I did, I loved it. The Magic Faraway tree follows with 3 siblings named Joe, Beth, and Frannie, who live with their parents in the middle of the enchanted woods. Their cousin, Rick joins them as his mom was ill. They proceed



to the Faraway Tree, which is magical. As, different lands high

up in the clouds come over the tree during different days. Their friends who live on the tree: Moon-Face, Saucepan Man and Silky the Fairy also enjoy their time with them. For instance, the time when they were at the Land of treats and Rick got locked up in a person's house for eating their

doorknob (which was made of mint) or even when the saucepan man got imprisoned in the jail in the Toy land because he thought it was the Land of treats. The

story is about silly wa events that happen to them

in the Magical Tree. The moral of the book is to be thankful and kind. It always comes back. Life is like the Faraway tree. You find different lessons at different times of life. Life is a continuous learning experience. Throughout our lives we keep rising and falling, picking up important lessons along the way. Overall, I think that the story is amazing, as it involves humour, Fiction and Fantasy. I would rate this book 5 Stars and would recommend for everyone to buy it.

Sapiens

★★★★★ Ms. VERONIKA

One way to take a step back and take a look at the really big picture -- the



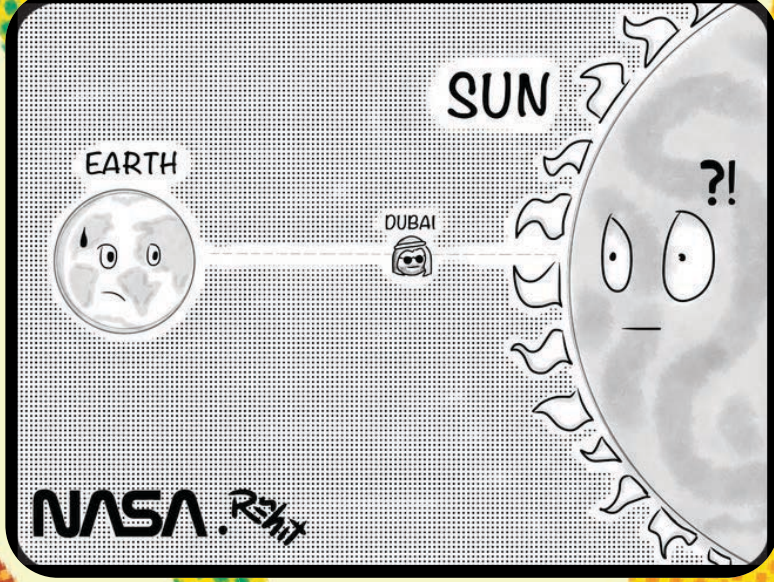
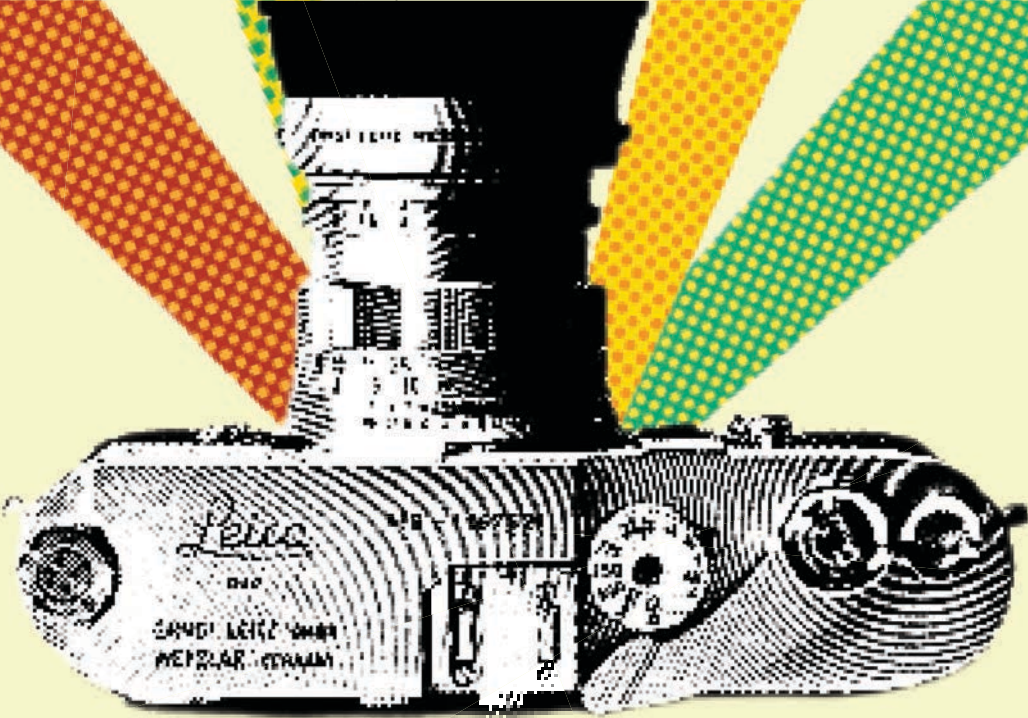
whole hisotry of the human race.

Sapiens: The Graphic Novel, will show you how a faceless primate became the sovereign of planet Earth. Capable of splitting the atom, flying to the moon, and rewriting the genetic code of life. The illustrations offer a renewed intellectual and artistic view of the past. Human evolution is presented as a TV show that will nail your attention. Sapiens' first meeting with Neanderthals, for example, was depicted with the means of contemporary art. The disappearance of mammoths and saber-toothed tigers has been retold as a crime thriller. This series is a radically entertaining retelling of human history, which follows the exhibition from the international bestseller 'Sapiens'. Full of jokes and colorful characters, it is designed to nail the attention of people who are not accustomed to reading dry scientific works.



HONEST
Day's Work

THIS JUST IN

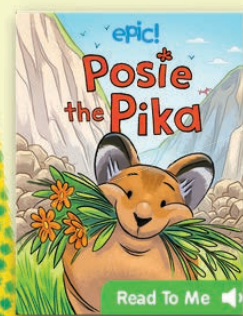
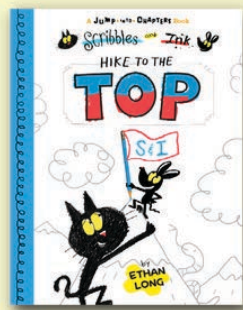
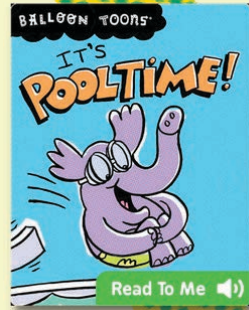
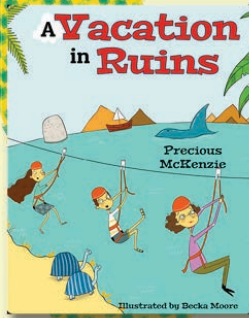
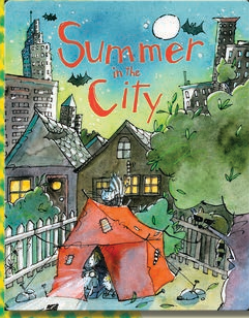


BY: RISHIT S.



BY: RISHIT S.

CHILDREN'S CHRONICLE



CORNER, MAY - JUN

COMPILED BY: JOY R., SI + VANIA G., IIF



THE WINCH BEING

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