

THE WINCH·BEING

ARISE FOR A NEW SEASON

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THE OFFICIAL NEWSLETTER OF THE WINCHESTER
SCHOOL, JEBEL ALI



THE WINCH BEING

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Interhouse Competitions

Behind the trophies displayed in the reception are stories of hard work and dedication by our school's athletes who train religiously to compete, and as COVID restrictions ease and inter school competitions commence, it's essential we share our excitement with them. A series of questions asked to various players will reveal what it takes to be a sports person and how they go about it.

Question 1: Which strengths do you believe you have that make you a great athlete/team?

Kaniessa Joshi, Girls' Basketball Team: I believe I have the ability to be a strong leader by motivating and showing a clear commitment to the team. Simply acting with integrity and showing responsibility helped me build a strong relationship with each and every team member as well as with each other. This helps us enjoy working in a team environment and we communicate and get along with each other really well whilst still enhancing our productivity within one another and enabling us to work together and focus on goals for the future.

Aryuv Bhargava, Winchester School Cricket Club: It's the desire to win and the encouragement you receive from your teammates.

Toshith Bhaumik, Boys' Cricket Team: In the context of developing as an individual personally, one key characteristic I do embody is "self-discipline". Transforming into a good athlete doesn't happen overnight. To be better, you need the drive and discipline to keep going at it, putting in the work with regular practice sessions, even if it means missing out on certain social activities. I myself have had long hours of training and fitness, and it is important to stay dedicated and true to the process, in order to see the results. Every athlete makes mistakes, the best way is to take the criticism positively, learn from the scenario and not repeat the same again.



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Having optimism and self-confidence is also truly important, to not doubt your abilities and deal with any situation, believing that you can win. As a team, to be successful, the most valuable thing is the chemistry between the players. The school's cricket team is a great example of that, as each member is comfortable and has good relations with each other, lifting the spirits, teamwork and effective communication between all.

Question 2: Is there a coach or athlete that you look up to as a role model and why?

Kaniessa Joshi: One of my sincere role models whom I look up to would have to be Michael Jordan. I don't just look up to him because he plays basketball, although that happens to be a bonus, I look up to him because of one of his quotes that motivates me to keep trying. And he quotes, "I've missed more than 9,000 shots in my career. I've lost almost 300 hundred games. Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over again in my life. And that is why I succeed."

This quote goes to show, that legends have failed in life over and over again, but it is because they failed, that they were able to succeed.

Aryuv Bhargava: I am a huge fan of Virat Kohli, not only because he is one of the best, but also because of his physical transformation and how hard he worked to become the man he is today.

Toshith Bhaumik: For me, every coach is a definite role model. Our school cricket team coaches, along with my professional coach are my role models. Primarily because they have shown me the pathway, corrected my mistakes, provided opportunities to showcase my skills, and are always giving their 100% in the training sessions, for us to be better. I follow the examples set by my coaches when it comes to being early in training, and at games, being positive and learning from their experiences.

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Question 3: Describe what you feel when you're in the moment playing against another school:

There are so many emotions going through my head the moment I step on the court to It's like I can hear my own heartbeat as loud as a banging drum, then I realize as I look over my shoulder it is a banging drum playing music right beside the court. In my head I keep telling myself, we have to win, we're going to win, we need to win and there's a part of me that shivers from intimidation by the other school as well as my coach if we lose. But then, this other part of me that is confident and excited to play and win.

- Kaniessa Joshi

My mind says to myself, you're going to be fine, you go out there, give it your all and if you're going to lose, know you lost working hard.

- Kaniessa Joshi

As the game goes on, in the heat of the moment, there always is the excitement of what happens next, as anything can happen in sports that change up the situation. When I am playing, usually there is an ongoing amount of focus and I feel lively to deliver and perform my best. At every moment your mind is switched on, thinking of what to do, how to strategize and get the desired result.

- Tosbith Bhaumik

There is always pressure to perform and expectations from those around you; I just try to stay calm and judge the bowler or any particular player on what they are likely to do while I am batting.

- Aryuv Bhargava

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Question 4: As a team, what was your greatest accomplishment? What about disappointment?

Kaniessa Joshi: Our greatest accomplishment has been our team improvement and collaboration and our progression as a team I wouldn't say we have had a great disappointment so far we do sometimes experience some miscommunication between each other.

Aryuv Bhargava: We were chasing a high score of around 100 runs within 10 overs and were at a score of 3 runs for 4 wickets, but we won the match, and I felt great because I played a big part in the chase. As a team, you will always experience disappointments, such as giving up a game in your hands or taking the opposition for granted.

Toshith Bhaumik: For our cricket team I believe our greatest accomplishment is to be in the top 3 positions across each Gems Cup consistently, as well as our U15 team winning the Dubai Schools League recently. While we have always put our best foot forward and worked hard, we have placed as runners up continuously.

As well as losing the quarter-finals in the Heritage Cup, that being a close game was indeed disappointing.

Question 5: Where would your team stand on a scale of 1-10? And why do you think so?

Kaniessa Joshi: From my point of view I'd say our team stands at a 9 on a scale of 1-10. We need to work on our skills and be consistent with drills and team tactics however overall we display great teamwork and put in a lot of effort to reach closer to our goals.

Aryuv Bhargava: I'd give us a solid 7 because our team has always found a way to win in a difficult situation, and you need such qualities in a team to accomplish something great.

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Toshith Bhaumik: I would put my team at 8 on a scale of 10; the team is filled with great talents and we have had successful games in the past as well as effective practices together. However, there is always room for improvement in various areas such as more time practicing together, playing more tournaments and developing a more consistent style as a formidable team.

Question 6: What drives you to get up in the morning and go train every day?

Kaniessa Joshi: The one thing that drives me to get up in the morning and go train every day is the thought of being with my teammates and working hard with each other to improve and have fun, because each day that I get up to go train, each day I remind myself that I am one day closer to being the best that I can be.

Aryuv Bhargava: As a person, I am driven to get up every day and work out and train because I know that without hard work, I will not be able to contribute to the team or achieve success.

Toshith Bhaumik: I want to continuously get better in terms of my skill in cricket and my fitness level. I believe that the will and drive that I have to achieve my goal towards continuous improvement is what keeps me training every single day, without a skip. It is the want from within, which actually pushes you to practice more and train. Moreover, once I see results coming in, with a feel of improved overall fitness, I get stronger motivation to continue and improve exponentially. For me, when I could visibly notice the benefits of the trainings, I wanted to do more of it and continue. There is absolutely no stopping from thereon!



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Question 7: What have you learnt as an athlete, that you practice regularly?

Kaniessa Joshi: As an athlete for a few years now and many more to come, I have learned that no matter what game you playing, no matter who you're playing with, it is important to accept success with humility and to experience defeat with dignity.

Aryuv Bhargava: Never give up and always try to find a way out of a difficult situation.

Lastly, teamwork and commitment are major life lessons I learned, as one starts to adapt to a multi-cultural environment with different personalities, working together to achieve team goals, while being determined to bring their individual A-game forward.

Toshith Bhaumik: Being an athlete is a privilege. Sometimes we take all the opportunities and don't realize how lucky we are to be student-athletes. Sports help me learn various lessons that I practice in my day-to-day life. Time management is vital; being an athlete one needs to juggle all the time, especially when games are announced at short notice. One needs to therefore learn to balance school assignments, academic progress assessments, form and fitness through training, other extracurriculars, and there is no option but to plan and be organized with a clear schedule.

REPORTED BY:
TAMANNA M.

PANIC INTO POWER

UNDERSTANDING STRESS AND USING IT TO YOUR ADVANTAGE



Stress is a frequent (and unwanted) guest that always seems to show up at the worst time, but there's more to this unwanted visitor than what lies on the surface.

There are countless ways to change that rush of anxiety into confidence and to embrace stress with open arms, and this article will cover how to achieve the transition from panic to power.

Defining the issue at hand is the first step to tackling anything. From a medical point of view, stress causes tension in your mind and body, and environmental and internal factors like social situations or an underlying mental illness can cause uneasiness. Hormones like adrenaline and noradrenaline stimulate the fight or flight response and are commonly associated with stressful situations. They cause your heart to race and your skin to flush and slow down digestion- which all seem unappealing. However, cortisol, the primary stress hormone, plays a critical role in protecting our bodies when faced with trying times. Cortisol helps regulate brain parts that deal with fear and mood; it aids in tissue repair and restrains nonessential functions in a life-threatening situation.

Similarly, stress is your body's way of protecting itself. It helps you stay focused, energetic, and alert. When faced with emergencies, it can give you the strength to defend yourself from harm, like slamming the brakes to avoid colliding with another car. Without stress, humans would face perpetual injury without vital hormones.

Changing your mindset on stress must begin with debunking toxic self-help models. The majority believe that a stress-free life means a better life and vouch for this lifestyle, which can be highly damaging and cause even more stress. To live a balanced life, one must acknowledge the powerful emotion.



Practice seeing trying times as challenges you will overcome with simple affirmations like changing "I need to calm down because I am stressed" to "I am ready for what is to come. This is my body preparing for that".



WRITTEN BY:

TAMANNA MATHUR



The radio model created by writer Susan Davis from The Harvard Business Review is an easy way to contextualize stripping the orthodox mindset about stress. She writes:

Think of your stress as a radio station you want to turn off. You wouldn't try to drown out the lousy station by playing other music on top of it. You'd find the dial button and move to another channel, not eliminating the first station but choosing the second station.

What Davis means by this is that ignoring the negative emotions and replacing them with false, positive ones won't help in reducing your stress levels.

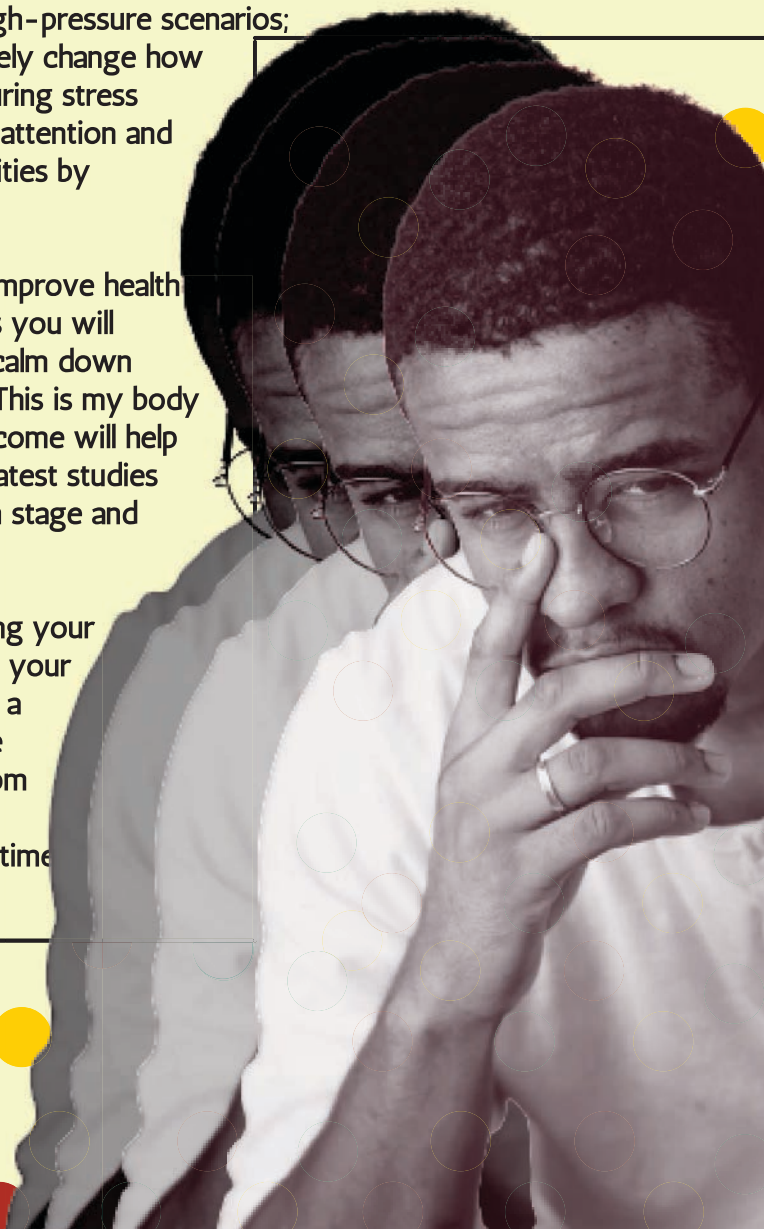
A few strategies that can help spin stress into something more appealing and usable are:

Try rephrasing anxiety and looking at it from a different perspective. When emotion strongly affects our minds, we tend to define ourselves as it, ex. "I am stressed" we can alter this to become "I have an important exam tomorrow, so i feel stressed and my body is reacting this way." Not only are you acknowledging why you are feeling this way, but you aren't letting your worries become you.

Stress is a catalyst aiding us in performing at our bests in high-pressure scenarios; Using stress to increase productivity and focus can completely change how you feel about stress. It is proven that chemicals released during stress enlarge certain aspects of our intelligence by increasing our attention and mental power. Additionally, pressure can aid in academic abilities by recalling details and memories and helping us think critically.

Lastly, positively reframing stress is scientifically proven to improve health and lengthen lives. Practice seeing trying times as challenges you will overcome with simple affirmations like changing "I need to calm down because I am stressed" to "I am ready for what is to come. This is my body preparing for that". Using stress as a stimulus for what is to come will help you perform better. This method is proven effective as the latest studies showed public speakers who used this method felt better on stage and panicked less.

In conclusion, stress can seem scary and useless, but changing your mindset and stripping yourself of malignant ideologies about your feelings can make stress a powerful tool. Moreover, stress is a natural human response to an uncomfortable setting. Still, the mixture of chemicals and hormones is what protects you from danger or gets you energized for an upcoming event. Using these techniques and new ideas, you'll open the door every time stress comes knocking on it.



“To achieve great things, two things are needed: a plan and not quite enough time.”

—Leonard Bernstein





GUIDE TO SPRING

Written by:
Sophia S., 4G & Inaya D., 7D

Spring: A lovely reminder of how beautiful change can truly be.

Spring is an exciting season with a crisp weather, with normal daylight hours and a temperature which is not so hot and not so cold. Flowers bloom and people go on picnics.

Blossom by blossom the spring begins. -Algernon Charles Swinburne

Spring is the season during which the natural world revives and reinvigorates after the cold winter months. During spring, marvelous plants begin to grow again, seedlings sprout out of the ground and hibernating animals wake up from their deep slumber .

Spring is nature's way of saying, 'Let's Party!' -Robin Williams

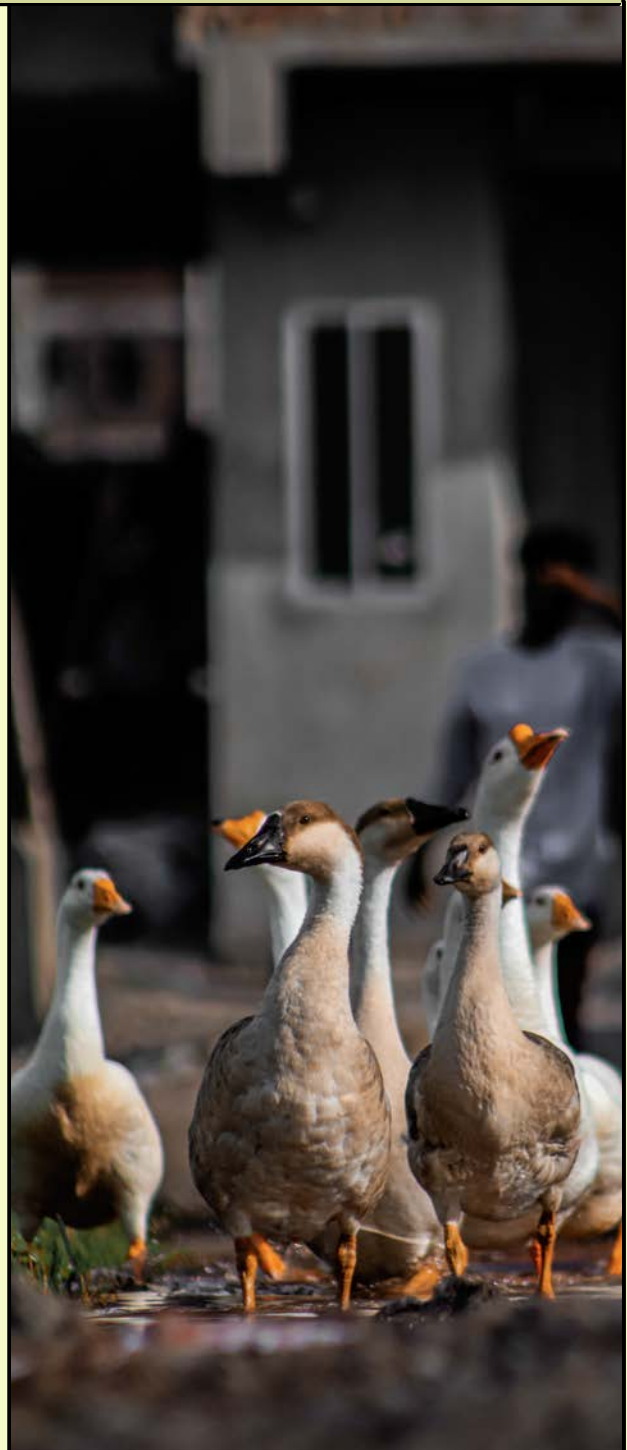
Spring is wonderful for hanging out with family or friends, and it also is amazing for hiking, walking, biking! Tourists go around the world in spring most of the time.

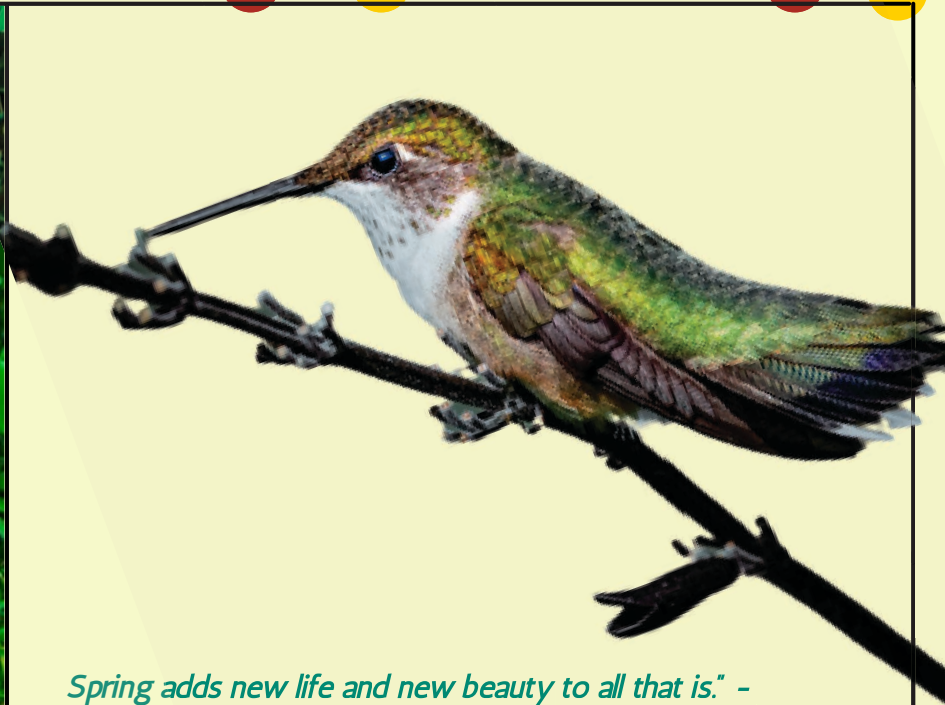
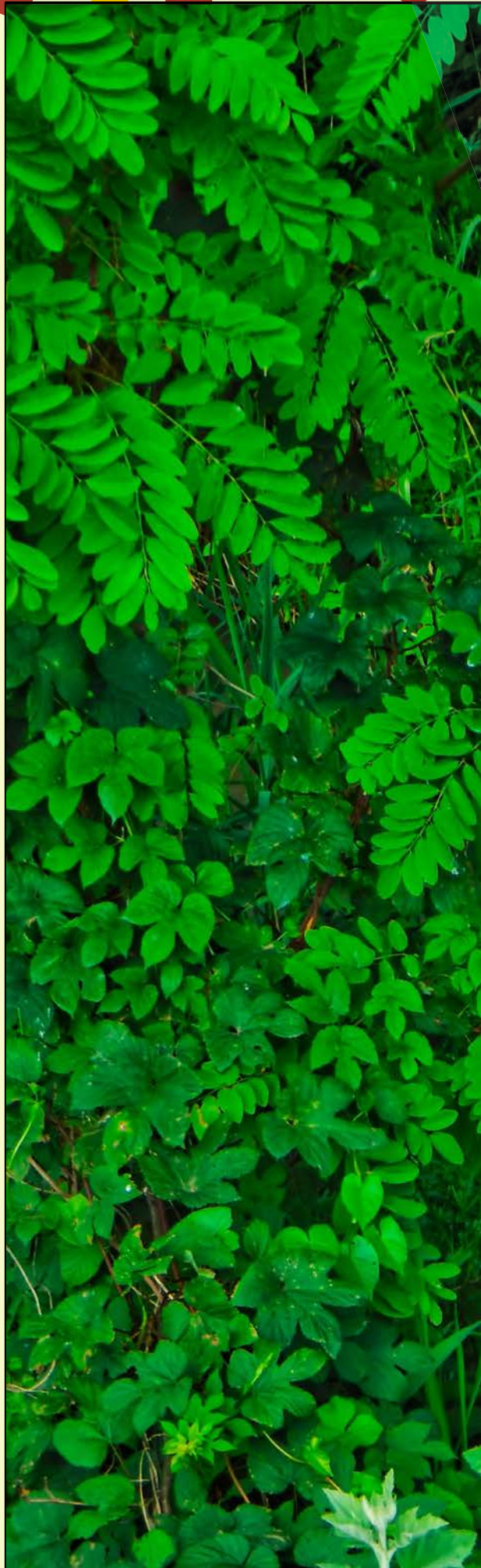
Spring is when life's alive in everything. - Christina Rossetti

Spring's gentle breeze tells us that nature is not bad at all, but it is, in fact calming, beautiful and quiet. You could take your morning breakfast in the balcony or backyard and simply enjoy Mother Nature's gifts. Have fun meditating and enjoying animals and plants.

Spring unlocks the flowers to paint the laughing soil. -Bishop Reginald Heber

Do you know what might be fun? Studying outdoors! One feel calm when breathing the gentle breeze, so why not have fun studying outdoors? It improves calmness, clarity, relaxation, and emotional exuberance, and get us in stronger harmony with nature. Have fun studying outside with little birds singing a little song!





*Spring adds new life and new beauty to all that is." -
Jessica Harelson*

I find spring loving as most hibernating animals wake up at spring and animals utilize that time in enjoying and storing food for the next hibernation. For example, a deer or a mouse can be very smart. Even pets like dogs and cats have different abilities. For instance, dogs can bond with their owners very well just with eye contact and cats are able to calm us, lower our stress levels, and offer companionship.

*Some old-fashioned things like fresh air and sunshine are
hard to beat.-Laura Ingalls Wilder*

Take a deep breath and remember that Spring helps in all kinds of ways like meditation and fun adventures. Anything is possible when it has to do with the Spring Season.





GUIDE To SPRING

Written by:

Sophia S., 4G & Inaya D., 7I

Speaking of Spring, wouldn't you be wondering, what activities are best for spring?

Well, here is the answer!

Picture winter 2021 in UK. Freezing temperatures, snow and rain every other day, Christmas, and new year vibes all around, and crudely made snowmen guarding snowflake-incrusted postboxes. Oh, what a weather! Many wishes for the transition to spring comes early this year;

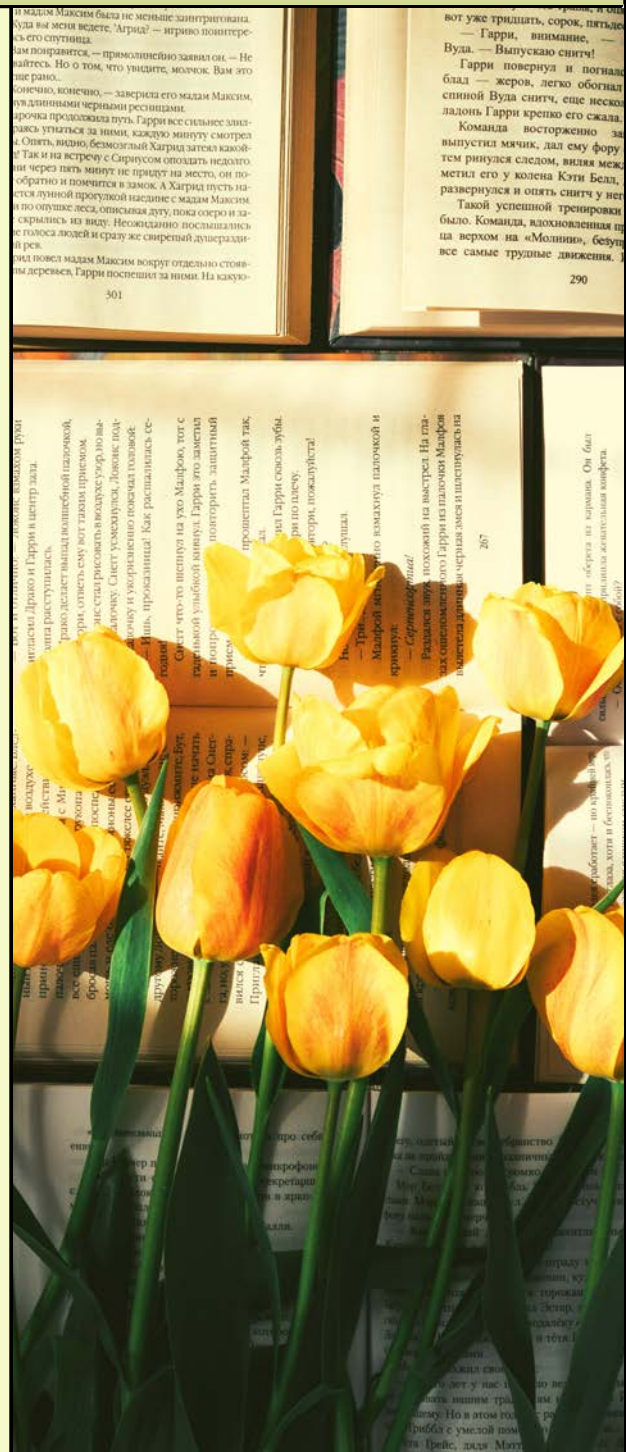
Others will mourn the loss of these magical moments. Yet in every way, it seems something out of a storybook for us Middle East youngsters (and adults too, I heard my mum scolding the grass in our lawn for burning so easily).

Now open your eyes to the reality, and stop wishing you were in some faraway, wintry land. For even though the temps are going high enough to kill, crops are burning away like fire-lit logs, and boys all over the country are deflating their footballs, waiting for another season, there are so many things to do here- in the comfort of your home (or not).

EVENTS COMING UP:

Looking for some events coming up that promise not to scorch you? Here's a hand-picked list of things that are happening in UAE and you didn't even know it!

- Want to learn a new skill, and enjoy at the same time? Why not try to learn basketball in a comfortable, indoor court with professional coaches .
- O Romeo, Romeo, wherefore art thou Romeo? If you want to be able to act out a part with confidence and grace, perhaps try out drama





- The planet is a wondrous place. But you probably don't know about it as much as you thought, despite living on it for every day of your very long life. So why not learn more in the free planetarium class in [The Children's City?](#)
- Spend an exciting afternoon at an amazing book signing event by Elle Shauntae and J. Lee with face painting, giveaways, book readings and more! Get your free ticket [here](#).
- Everyone knows Magic Phil and his wacky magic. Teamed up with actress Emma Quintin, get ready for an awesome [cooking show](#) with some funk (and magic)!
- Iftar with the family and feel like a king/queen at [Palm Jumeirah!](#)
- The '[Keeping Your Kids Busy Show](#)' might sound a bit offending to us indignant youths, but it is actually a really amazing event with activities, rides, magic show, face painting and more!

FAMILY FUN:

Although lots of the events listed above are family friendly, here are a few things that you can do indoors, without needing to travel far distances.

- Indoor board games such as Ludo, Snakes and ladders, Monopoly, Carrom; the list is endless!
- Multiplayer games: Although I don't own a PlayStation, and don't even know how to use a game console (really), I think that sometimes you can play, because playing with family can be a lot of fun, only if you don't overdo it. Some games include (Courtesy to my Aunt, she played video games when she was young) Among Us, Bomb Squad, and Minecraft are just a few!
- It's always fun to play with your family. There are so many games you can play: classic Hide & Seek, Marco Polo, Ice & Water, Treasure Hunt are a pretty good range.
- Cooking with family, baking cakes and desserts with the whole family involved make it a fun activity for the whole family especially in Ramadan.
- Pool party with ice cream; need I say more?
- Family Trivia: Members of family can take turns to prepare trivia on different subjects for an awesome night.
- Nothing like catching up with friends and family. But when that's not possible, online meetings with loved ones is not a bad option.

GARDENING:

Nowadays, me and my sister Nuha have been doing a lot for our initiative, WIN grows. In case you don't know about it, it's an initiative that encourages everybody, regardless of age and experience to grow whatever type of plants, fruits, veggies, and flowers they wish.

It's great for your physical and mental wellbeing, family bonding time, the environment, community, healthy eating, and so many more aspects. Most importantly, we encourage you to share your crop with those who really need it around you. If you want to read more, you can go to the Gulf News article using [this link](#).

I wanted to share a few of my favorite tips with you.

To begin, you want to have enough determination, motivation, and spirit; if you really want to be serious about your crops, you need to have the passion to get started.

Start off small; just one or two pots are enough. Make sure to research about the plant first, so you know exactly what it needs and feed it every day (or according to its requirements)

Some plants you can grow are Tomato, Cucumber, Strawberries, Eggplants, Lilies, bougainvillea and sunflower, which thrive in hot conditions. Make sure to put NPK in your pots every 2-3 weeks and fertilize them.

You can watch our tutorials at [wingrows_with_inaya_nuha](#) on Instagram and email us your work through inaya.wingrows@gmail.com.

This is a pretty great collection and it'll keep you busy for a long time, and it'll definitely teach you a lot this spring. But moreover, it will help you be a little more insightful towards the reality of the environment situation, and what you can do to help: Through gardening, workshops, reading, and even shopping choices can add to your contribution. Ultimately, you're going to (hopefully) be a lot more productive and trust me, summers will pass by a lot faster.



ILLUSTRATING YOUR OWN FUTURE

In the current atmosphere in our school, it seems a background hum of noise punctuates every waking moment. With the IGCSE, AS, and A level exams looming, the future seems so close. After all, this June may be the final day some of us have at school. Even if that isn't the case, a multitude of us in Year 9, 10, and 11 especially feel as though we must decide now what to do with our lives.

It seems every waking moment of others' lives is also dedicated to deciding your life. An endless barrage of friends, companies, and people who seemingly appeared in your life just to shift you into their ideals and image. However, it is an overstepping of their limits, if not our own boundaries, to attempt to mold our own story into their vision by pressuring and manipulating you.

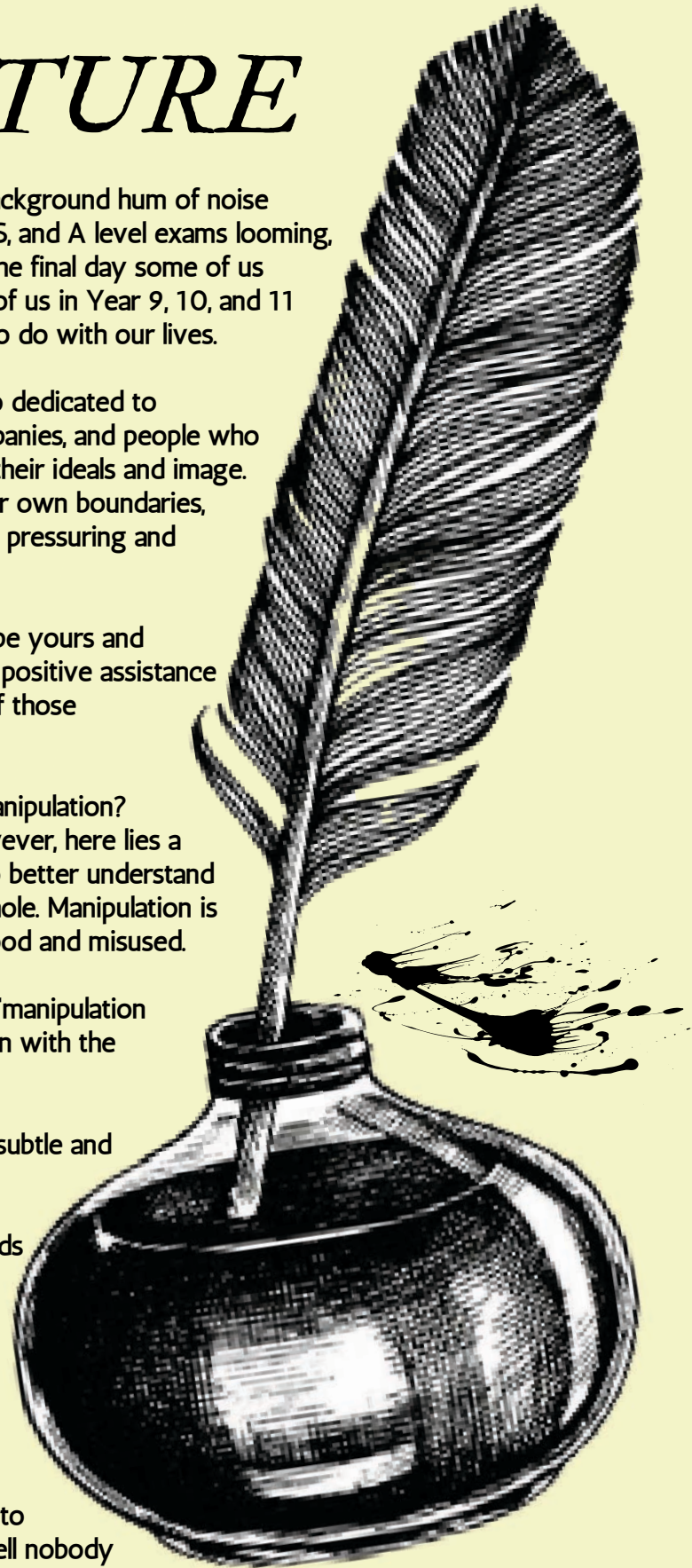
Your purpose, the reason you give to your life, must be yours and yours alone. In this article, I wish to direct you to the positive assistance of parents, friends, and teachers and steer you clear of those untrustworthy beliefs.

You may be rightly asking, how does this count as manipulation? They all seem to have my best interests at heart. However, here lies a distinction between maintenance and manipulation. To better understand this we must understand what manipulation is as a whole. Manipulation is one of those terms that is often severely misunderstood and misused.

The professor of philosophy, Rudinow, J., explains that "manipulation seems delicate, sophisticated, even artful in comparison with the hammer-and-tongs crudity of coercion."

What is meant by this is that manipulation is typically subtle and deceptive. The manipulator has a desire to make you achieve what they desire, what they see; and therein lies the difference. Your parents or other trusted friends suggest and advise based on what they believe you to be good at. Those in your life that manipulate wish to see you in their image, which they deceive you into believing was your idea all along. This is why manipulation by others can frequently be so subtle and difficult to recognize.

Now however, a question arises. Why does one wish to manipulate others so directly and so permanently? Well nobody sees themselves as a manipulator, we all make mistakes and so sometimes even our good intentions turn foul. The question of the good can turn into the bad so unconsciously and subtly has left many professors confused.



BY: ADHAM E., IOA

Firstly, it is theorized that manipulative characters have previously experienced weakness or harm to themselves. We all experience harsh times however a person who is dragged through the worst in life feels afraid and bitter. This then evolves into harmful resentment followed by manipulation. In addition, it is also thought that manipulators tend to be those in roles societally rejected and tormented. This links to the previous point of resentment and shame but adds on with not just local but total societal rejection. Manipulation must be plucked at its root.

We must teach ourselves how to help recognize the beginning symptoms of these issues as they also link to various other mental illnesses that occur due to social isolation and exclusion. However this can be undone with acceptance into society. In addition, we must try and see these things in ourselves as none of us are angels, all of us are human after all.

While that is a more permanent solution, it is one that will take time. So, how do I recognize manipulation in my life and terminate it? Well it isn't simple. First, you start by examining the person giving you the advice, solution, got the ideas and supposed suggestions for your life. A parent or teacher is nearly always the most trustworthy source of advice. It is in your friends that you must search and evaluate.

- How long have I known this person?
- Do they care about me?
- Do they see the best in me?

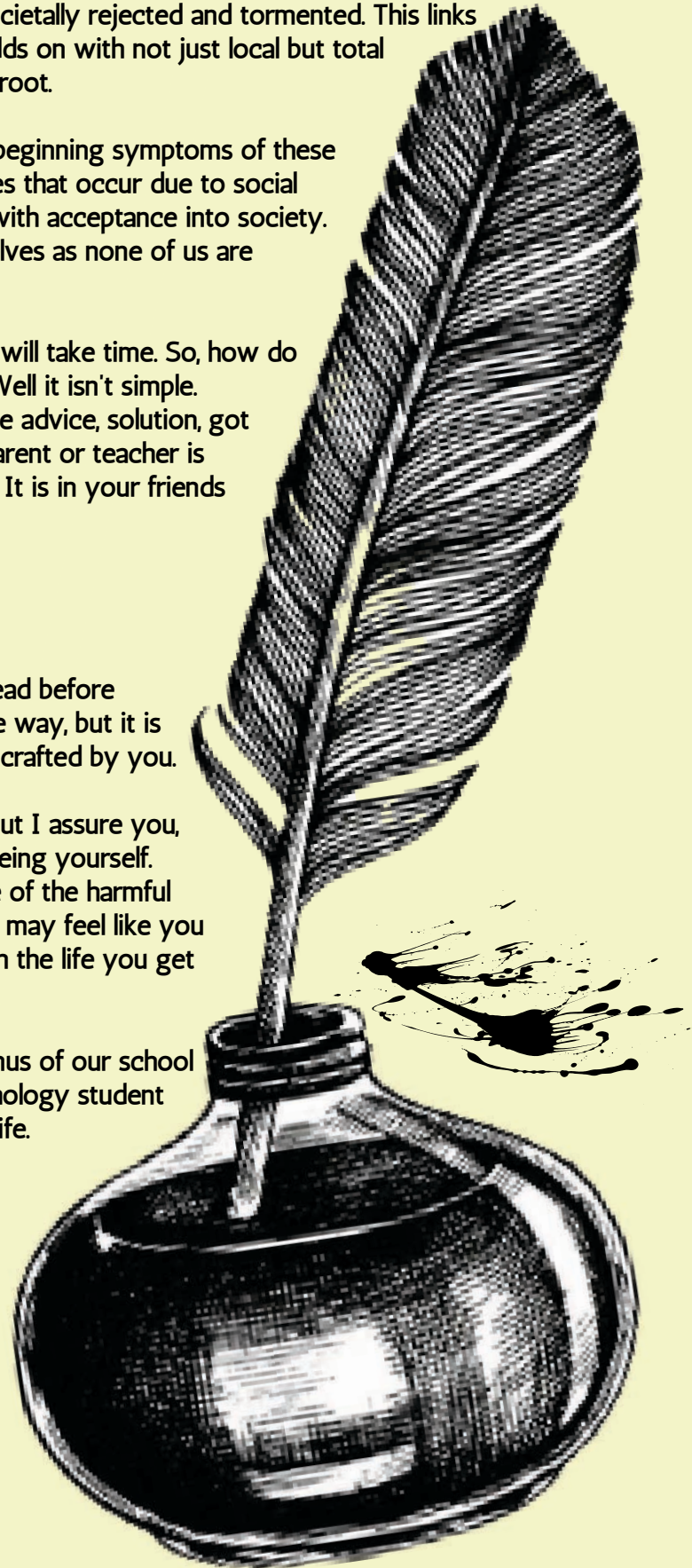
These are the thoughts that must run through your head before considering the guidance. You may lose people on the way, but it is worth it in the end to know that your story has been crafted by you.

I can understand that it may all seem overwhelming, but I assure you, it is worth it. Imagine looking in the mirror and not seeing yourself. That is the life you would live if you follow the advice of the harmful people in your life and meld yourself to their minds. It may feel like you are failing in their eyes. But lost connections are worth the life you get to live; a life that is yours.

Don't just take my word for it. Malak Elmallah an alumna of our school and current attendant of NYUAD university and psychology student has this to say regarding following your own path in life.



Following one's own path is one of the scariest leaps that you can make. Without a tight plan it feels like stumbling in the dark, however, every bit of work that you put into it becomes a million times more satisfying. You slowly start to find your way, without a rigid schedule, and someone else's steps and deadlines. A tailor-made life.



BY: ADHAM E., IOA

Furthermore, a close friend of mine, and a student in year 10, had this to say about pursuing your own path in life:

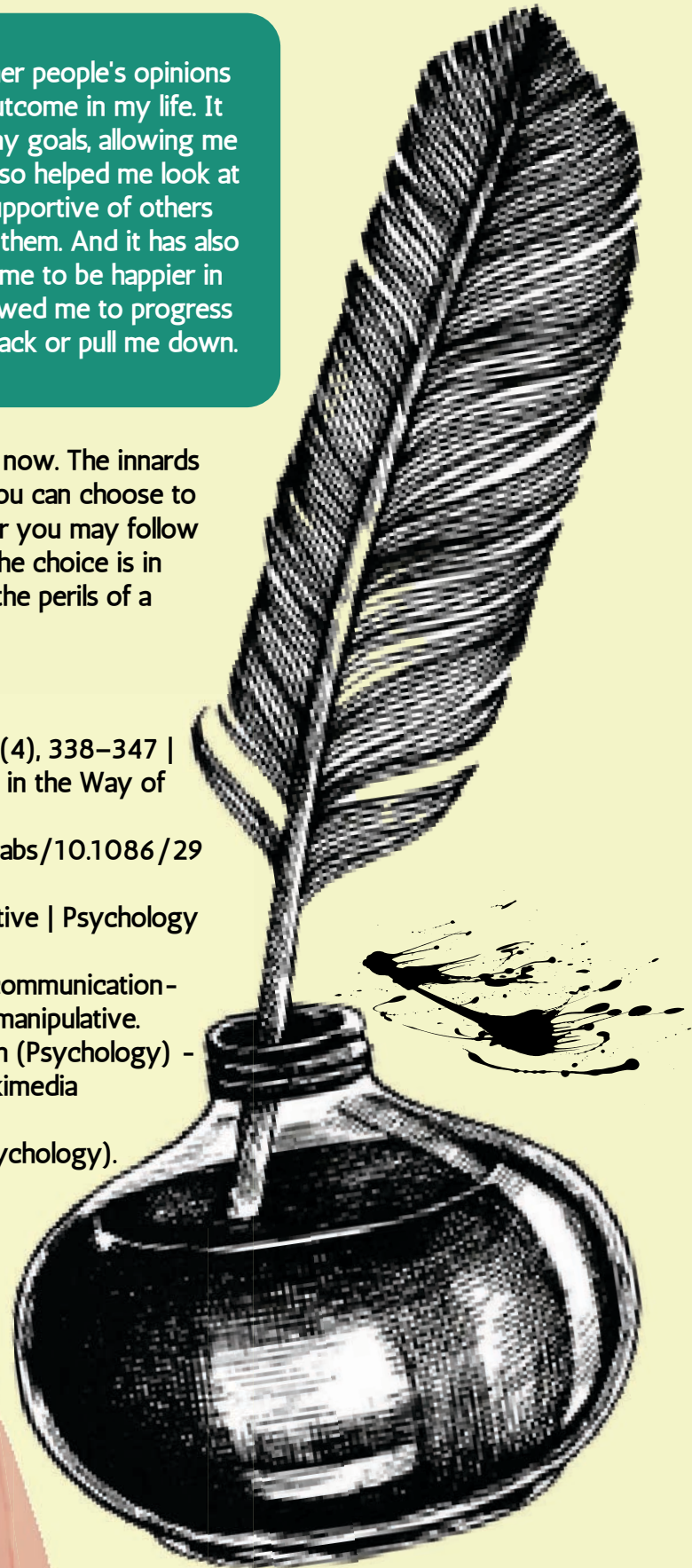


Following my own path in life and ignoring other people's opinions of me has resulted in a much more positive outcome in my life. It has cleared my mind and helped me focus on my goals, allowing me to achieve them both faster and better. It has also helped me look at my life differently, allowing me to be more supportive of others around me and creating a positive influence on them. And it has also helped me look at my life differently, allowing me to be happier in general life. Following my own route in life allowed me to progress further and faster, as I had no one to hold me back or pull me down.

This topic is quite complicated as I hope you realize now. The innards of pursuing one's future much resemble an ocean. You can choose to follow the light and swim towards your own path. Or you may follow the fish down deeper and deeper until you drown. The choice is in your hands. I wish you may see the light and avoid the perils of a life lived unfulfilled.

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BY: ADHAM E., 10A

Written by: Janelle D., 10G

Winter Woes, Spring Spirits, & Climate Conundrums

As spring blossoms around us, it's time for reinvention. We feel an urge to marvel at nature and the shining sun. The arts have taught us to allegorize the season as one of rebirth and new beginnings. With feelings of novelty and restoration, the idea of spring brings us a wave of joy.

All these emotions attributed to spring leads us to the question of whether the weather woos or worries us. There have been numerous studies investigating the effect of environmental changes on the way we feel. One conducted in 1984 investigated the relationship between mood (concentration, aggression, optimism) and weather (precipitation, hours of sunlight, temperature) variables. Findings included that increased humidity led to reduced concentration, and warmer temperatures meant lower anxiety. Another 2005 study found that spring brought a general improvement in mood and memory activity.

Seasonal Depression is a variation of the depression mood disorder. Common symptoms are general feelings of sadness and "the blues" during a specific time of the year. Most people experience these low feelings during the winter months, but others may feel depressed during the summer.

In the UAE, because of the extreme heat we face most of the year, many of us appreciate the December-to-February period, when it is a lot cooler. In other parts of the world, people prefer the June-to-September months when the weather is more pleasant.

Generally, people can react to the weather in four ways. Some show an affinity to summer or the warmer months. Others may prefer winter. Several people dislike the rainy season, while some people are indifferent to the weather.

Despite extensive research into the subject, there is a lot of grey area in our understanding of how the weather affects us. Alternate studies throughout the years could not find the relation between weather changes and our mood. Is it the environmental conditions that change the way we feel? Is it the activities associated with that season that influences our emotions? Is it the places we live? Or perhaps it is the simple preference some people have.

One thing is certain – there is a new emotion attributed to the weather.



“

Spring means joy and happiness as I love to spend time with my friends. Also spring means alot to me because it is a time where it's not only hot and it's not totally cold so you can go where ever you like.

- FELAN, 5F

“

Spring means to be happy and I like to spend time with my friends in spring.

- CHETNA, 1K





Among all the seasons, spring is my favorite. It is neither cold nor hot. The birds chirp, the flowers bloom and the sun smiles. Spring gives joy to everyone.

- SAMPRIT, FS₂A



To me spring is all about being joyful and cheerful.

- FRANCESCA, 5J



We know climate change is hyperbolizing our weather patterns and causing extreme environmental phenomena. Our perception of climate change has generally been attributed to fear and anxiety. We visualize this drastic problem as a quivering existential threat. Views on climate change differ across the world and among generations.

Our fear of climate change has garnered a name for itself: climate anxiety. The American Psychological Association describe climate anxiety as a "chronic fear of environmental doom".

However, our feelings about climate change vary among us all, even with scientists. A campaign called "Is This How You Feel?" originally initiated in 2014 features letters from climate scientists and researchers across the world openly describing their feelings about our changing climate.

Most scientists show frustration about the misinformation and lack of action towards climate change. However, they also have hope. Climate activists demand governments make better efforts for a sustainable future. As a result, our economy is gradually starting to shift towards a more ecological outlook.

Projects like the "Is This How You Feel?" campaign are crucial in creating safe spaces to express our climate fears. The threat is real and overwhelming, which is why we need to communicate our feelings with each other more.

We're watching the effects of climate change unfold in front of our eyes – it isn't a distant future anymore. Wildfires, increased natural disasters, droughts and animal endangerment occur regularly.

The media influences and consequently voices our opinions about climate awareness and the worldwide debate on climate progress. However, the media is challenging (and sometimes upsetting) to navigate. As many of us try to understand the worldwide climate change perception, our vision is fogged with information influx.

As the younger generation, we feel intense emotions about climate change. Nearly 60% of young people approached in a survey led by Bath University say they feel extreme worry about our future. Other feelings associated with climate change are guilt for being part of the problem and betrayal due to government inaction.

We are fearful of a grim, hopeless future and how our society handles climate change. These highly existential ideas about climate change worry us to the point where we need immediate escapism. And in an instant gratification society, turning our back on serious problems is very easy.

Climate change is coming for us. Due to the pandemic and other worldwide events, we've seen the impact of the media on the way we feel. People are changing, but is it enough? How are our atomic efforts to leave a more sustainable footprint going to contribute to the vast battle against climate change?

In her article *Stop making sense: why it's time to get emotional about climate change*, Rebecca Huntley discusses the sociological perspective of climate change. She calls us to question our biases and face our cognitive dissonance (the discomfort we feel when we approach conflicting beliefs or perceptions) to urge the population for a greater climate change movement. It can be laborious to balance ourselves between optimism and assertiveness to take action.

Although there is a lot of anxiety about the future of our planet, we can use it as our driving force to work against climate change. With a sense of realistic optimism, we cannot deny that the situation is dire yet worth working towards.

All in all, our complex human emotions complicate the logical science of climate change. Because we are so attached to our environment, we feel an immense responsibility to conserve it. A way to express our feelings is by engaging in the arts and literature. Poets and artists worldwide make us recognize how much the environment is a part of our identities.

Literature and media are powerful tools to spread awareness about climate change and spark emotion. We can also consider our carbon footprint and make changes to our lifestyle – with the UAE being notorious for their high resource consumption. Of course, there's loads more we can do. Many people argue that real progress would be made when there is radical legal action and law enforcements throughout the world – a huge demand. Despite the giant leaps we have to make, change is happening.

As summer arrives, and everything heats up, we need to turn our springtime reflections into action. Whether it's eating less meat, or using less energy, collectively we can make a difference. Of course, we can't only consider how hot this summer is going to be – we need to think about all the summers that come after. We need to change our "weather" mindset into a climate one.





ALL GOOD THINGS COME TO AN END: *What will become of Expo 2020?*

Written by: Kytie P., 9E

October 1st, 2021 will always be a memorable date for the citizens of the United Arab Emirates.

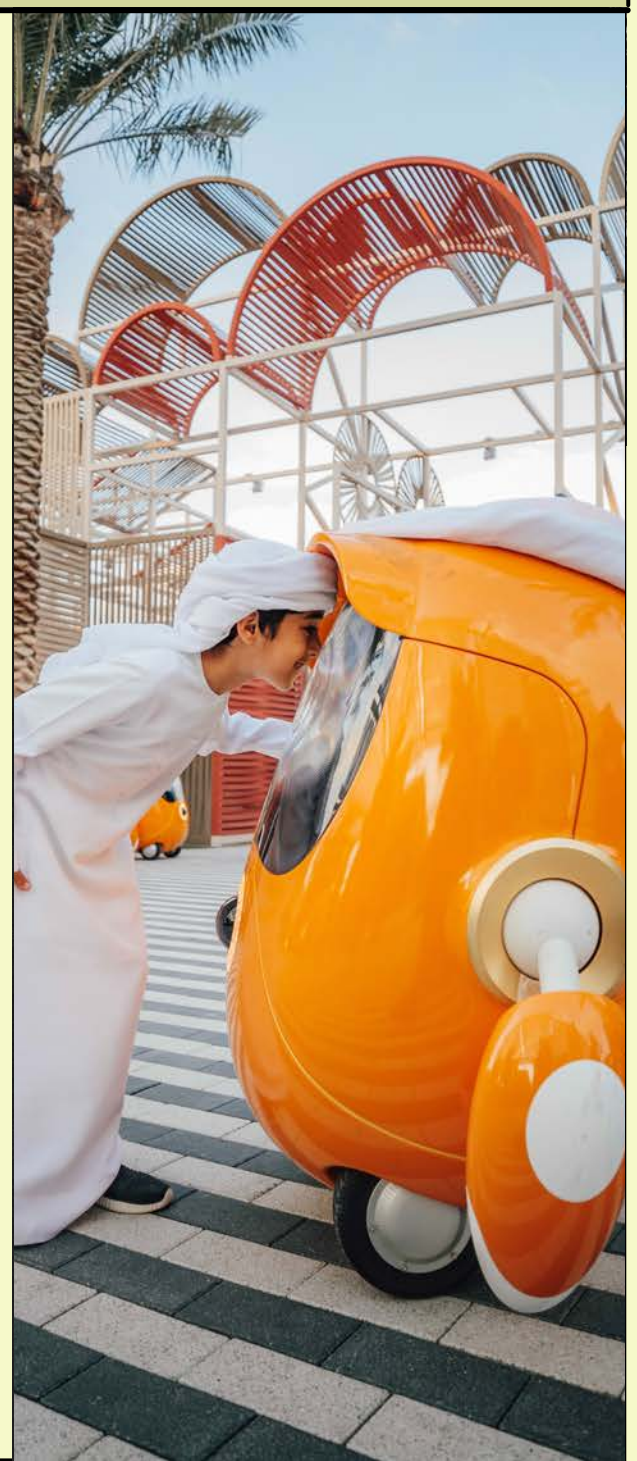
Expo 2020 opened its gates to the world, along with a shower of fireworks painting Dubai's fantasy into reality. Yet, this was only a glimpse into what this event has to offer.

For the next six months, its captivating atmosphere would only grow to lengths unimaginable, with 192 pavilions showing unique country culture, showcasing monumental pieces, ancient treasures and advanced technologies. From the 2.4 million old stone tools showcased at the Algeria Pavilion to the 150 robots stood throughout the 1080 acres of area, offering assistance and food services from day to night! Millions of families and friends gathered to celebrate the heart of Expo 2020, creating age-old memories of the various parades, shows, and concerts.



I loved going there on my field trip! My favorite pavilion was Germany because there were tons of fun activities we could do, which my friends and I could never have dreamt of before coming to Expo. The best part was when I got to swim in the ball pit! And playing the games, or crawling into the mini forest! I learned about the future and how we could help keep our world clean and safe, using our knowledge and technology.

- *Russell Jay, 3F*





Expo 2020 was truly an out-of-this-world experience. I wish six months hadn't passed so quickly! The pavilions were a great source of information and entertainment, my family and I loved exploring the peculiar stations and listening to the rich culture and traditions of various countries worldwide. And collecting stamps all the while. Furthermore, the continuous concerts and parades were a perfect end to our miraculous journey! A great memory I know we'll cherish for a lifetime..

- *Reet Chahal, 9E*

However, all great things come to an end, and on March 31st, 2022, a tearful goodbye commenced, bidding farewell to 30,000 volunteers, 20 million visitors, and a destination whose soul will always remain.

But the question still stands, what will happen after Expo 2020?

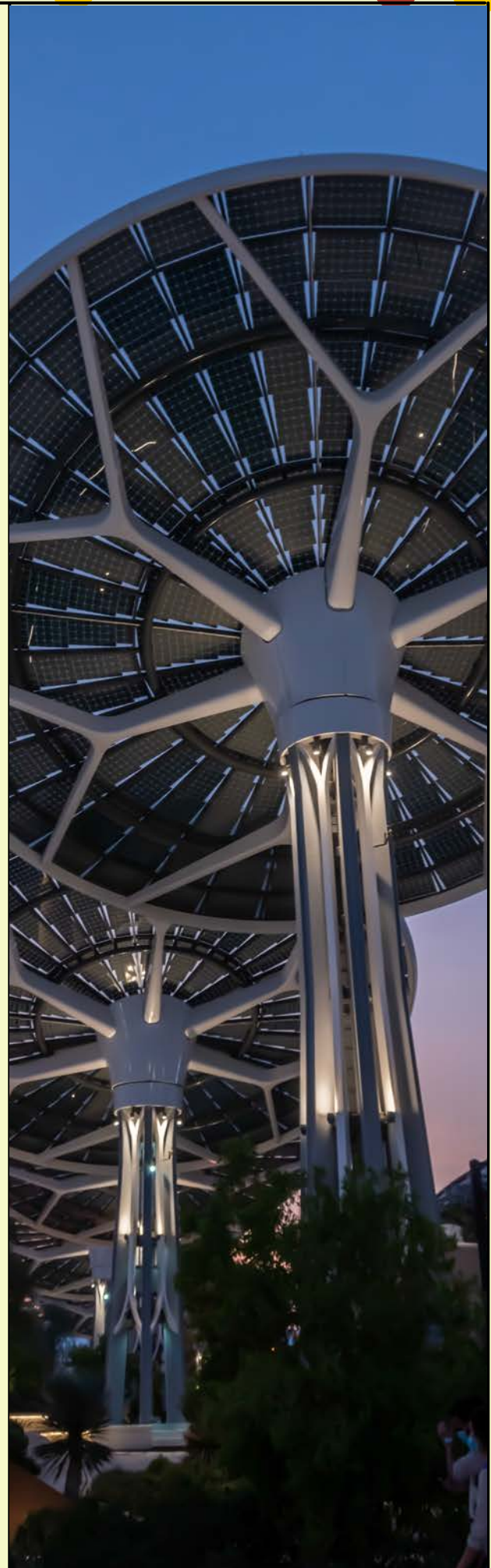
District 2020; Breaking new ground

Recently, the UAE has introduced District 2020, a project set to restore the glory of Expo 2020, transforming the area into a human-centric hub, practicing everyday sustainability and efficiency.

The UAE's diverse group of managers, engineers, and architects have been at work, designing the perfect place for coming generations to easily collaborate together, innovate ideas, and create history. Reusing at least 80% of Expo's framework, District 2020 aims to become a 15-minute-city, meaning every necessity is within 15 minutes' reach, accessible by walking or cycling. Equipped with advanced technology and ideas, it will be able to support the future of working and living.

District 2020 serves as a blueprint for a hopeful future, promoting key values of sustainability and togetherness. Just a handful of their projects include:

- Smart mobility: Smart parking, public transportation, walking and cycling distanced areas
- Pedestrian-friendly street designs
- Solar panels integrated across the site
- Health-focused food and beverage venues
- 45,000 square meters of wide green spaces
- Children and science center
- World-class academic institutions



With the help of key business partners, District 2020 is able to innovate and inspire many more similar installations globally. Siemens, the main tenant, and investor of the project signed a 10-year lease with their company expanding into Siemens energy, which will oversee reliable and environment-friendly energy throughout the site.

Alongside them, other global names such as DP world Cargospeed, and Terminus Technologies, have committed to help accelerate innovation and industry growth. The 'Small business Programme' allows a diverse share of perspective among a variety of sized companies, allowing District 2020 to reach its full potential.

"Expo 2020 Dubai will serve as an incredible hub of innovation for the world, and District 2020 will act as an example for global smart city development. Together with other technology-focused partners, we have the opportunity to further explore the area of smart spaces. This is precisely the reason why we are so excited." - Victor Ai, Founder, and CEO, Terminus Technologies

The long-awaited District 2020 is set to open on October 1st, 2022. In hopes to reach the same level of prestige and popularity that Expo 2020 has gained in the past six months of its operations. Once the doors open once again, UAE and the rest of the world await the next new wonder of Dubai.



Literary Palette

Final
Deadline

10th May 2022

word

submit



limited

350
words

to all



The Magic Faraway Tree



SAMARJIT S., 6B



The Magic Faraway Tree was gifted to me for 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 mother is 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 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.

Animal Farm

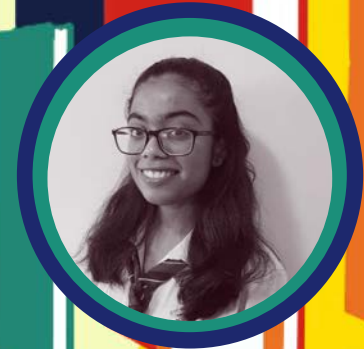


JANELLE DMELLO, 10G

George Orwell's Animal Farm is more than a classic. It reflects on the past, represents the present and is vigilant of the future.

The political satire examines the aftermath of the Russian Revolution and the plight of the Russian workers suffering under the frightful nature of totalitarianism.

The story commences with a wise but dying pig, Old Major, who prophesies an upcoming rebellion where the animals will defeat their farmer and manage their land by themselves, promising equality, freedom and happiness.





After the animals successfully gain power, they form

"commandments". based on Old Major's teachings. As the three pigs begin to take control, we see how they twist Old Major's ideas and dominate over the other animals. . In the tale of greed and hypocrisy, a visage of modern human society uncovers itself. The ingenious allegory of the farm to Communist Russia was

a clever tool to criticize historical events and society as it stands today. Animal Farm, almost humorously, disguises human tendencies as animal behavior.

The book begs us to question our biases and and open our eyes to reality.

The masterful crafting and elegant metaphor tie in with the novella's simplicity, making it a near-perfect read.

Turning Red

★★★★★ RUCHIKA S., PARENT

Turning Red is a heartwarming, humorous, beautifully animated, and culturally expansive fantasy comedy movie.

Set in Toronto, Ontario, Turning Red is the story of Meilin "Mei" Lee, a confident 13-year-old Chinese-Canadian student who, due to a hereditary curse, transforms into a giant red panda when she expresses any strong emotion. She loves doing things in her own way however she also understands her responsibilities towards her family.



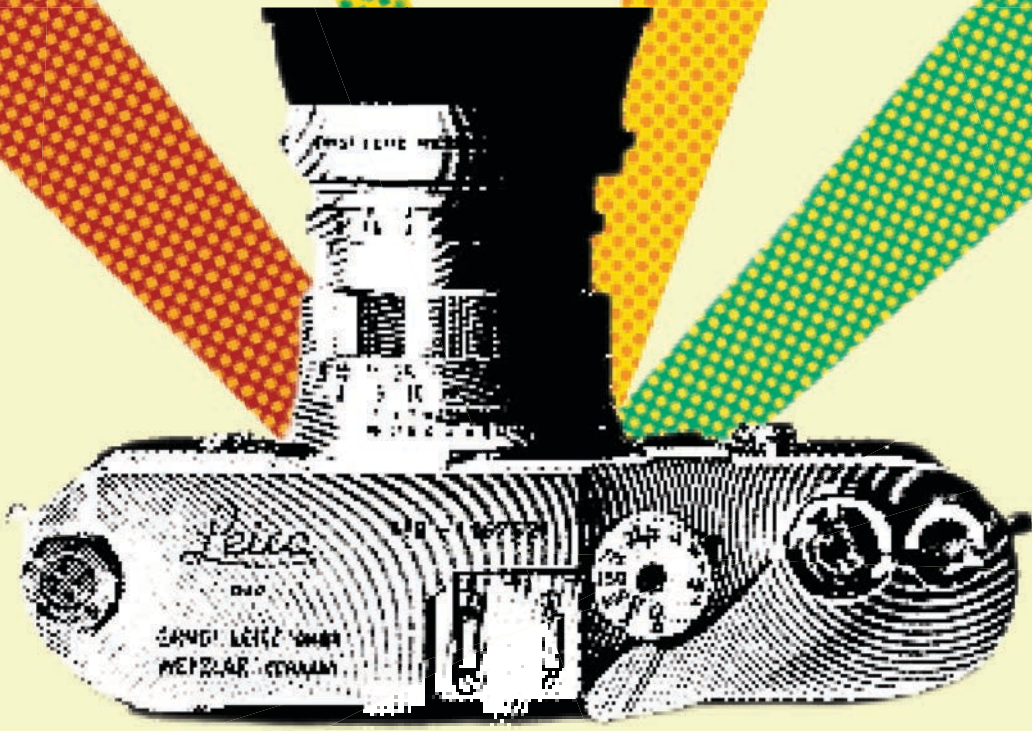
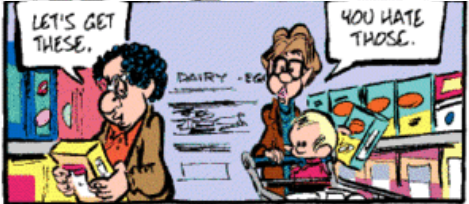
In the process, she gets torn between being her mother's obedient daughter and the chaos of her youth. As if that were not enough, when she gets too excited, she turns into a big red panda. It came as a shock for her initially and she got furious on her situation but when with the help of her three best friends, she understood her emotions and learned to have control on them, she started enjoying herself. Although, while having fun, one fine day she lands herself in big trouble which became the major reason of the conflict between the mother and daughter. How that gets resolved is worth watching. Lot of emotions and social aspects have been excellently portrayed in the movie. Along with the laughter roll, the movie conveys a beautiful message (especially for the young children) that "While growing up, emotions are like a beast which one should know to control." I highly recommend watching this movie as it gives a nice refreshing and delightful feeling.



Want to share a review?



GECH APRIL 25



By JERRY BITTLE

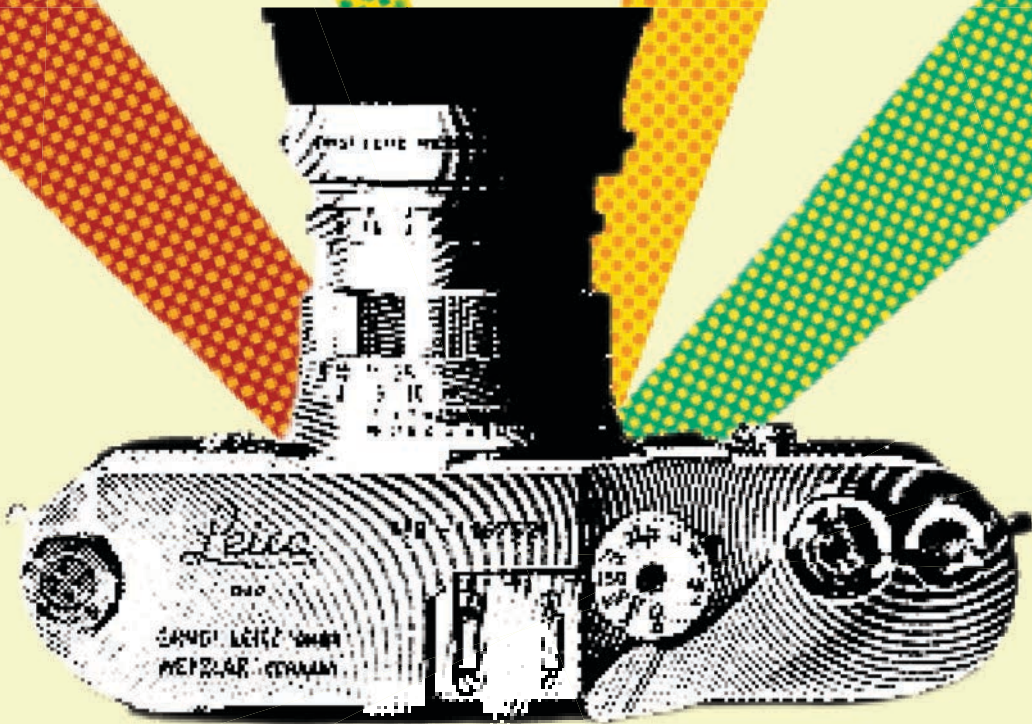
BROOM HILDA APRIL 25



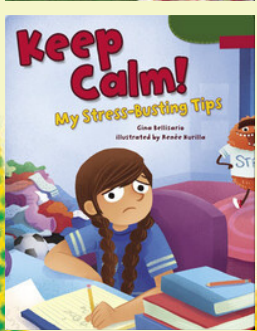
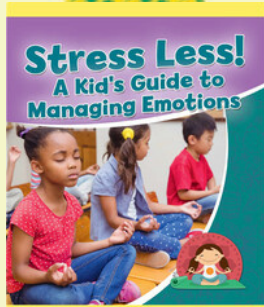
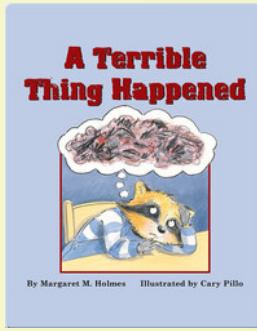
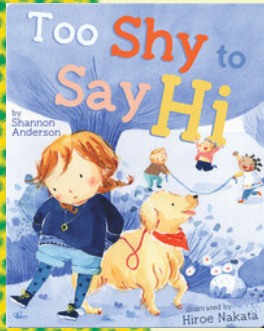
AT MY AGE, 300 PAGES OF SUSPENSE IS TOO MUCH FOR THE OLD NERVOUS SYSTEM!



By RUSSELL MYERS



CHILDREN'S CHRONICLE



CORNER, MARCH - APRIL



THE WINCH BEING

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THE WINCH BEING

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