

# The Winch-being Bulletin

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



## *Killer Angels: Gone Green*

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# Event Spotlight

## *A Tranquilizer Against Tyranny*



### *#EndHunger@Win Innovation Team*

Arya Kaji: Head of Innovation  
Sreeradha Banerjee: Yr6 Coordinator  
Marcus Fernandes: Yr5 Coordinator  
Azlan Mohsin: Yr4 Coordinator

## *Sensational Sundays*

- Weekend stories on food wastage; in the locale of a cafe or restaurant you've visited.
- An act of kindness done during the weekend; perhaps cooking, or donating food to those in need.

## *Motivational Mondays*

- Share & curate slogans on food wastage, donations & zero hunger.
- Renowned quotes on the aforementioned themes can too be shared & circulate to establish awareness of the severity of world hunger.

## *Tasty Tuesdays*

- Brew recipes that are at the peak of innovation & satisfaction, using the leftovers residing in their kitchen as a stimulus and their ingredients.

## *Waste No Food Wednesdays*

- Capture your moments of triumph such as your finished meals, before & afters, along with captions on your feelings towards such an achievement.

## *Thoughtful Thursdays*

- Maintain a journal of how much money you saved in the course of a week, as a result of not purchasing food items that are not imperative.
- Share what you could do with said saved money & how we can prevent food wastage.

# Student Spotlight

## *The Nuclei Behind Notes2You*

<https://notes2youae.wixsite.com/study>



*Sophia Pogorelova*



*Tanisha Sadik*

<https://notes2youae.wixsite.com/study>

The Notes2you platform plunges IGCSE, AS & A Level students with extensive topic-wise notes. The website maintains stimulating & hand-crafted playlists, study inspiration, dozens of past papers, and concise notes; ensuring digestible resources.

Arising from a personal yearn, the masterminds behind the program came up with *Notes2you* with aim of developing high-quality revision resources that eases the process of studying for the Winchester students.

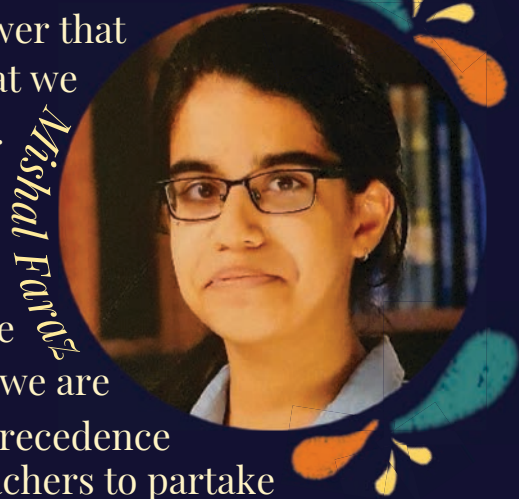
Should you be looking for supplementary material, you need not delve into the slums of search engines, scrounging notes, for Notes2you supplies the goods with a single click of your mouse.

## *Kindness Online*

With the world at our fingertips, we as netizens have a power that no other generation before us did, hence it is imperative that we show a sense of responsibility in proportion to that power. Kindness Online is an endeavour to make the digital realm a kinder and safer place for everyone. A reminder to look past emojis, status updates, and posts and never forget that there's a human being on the other side of the screen. The

Kindness Online pledge is Winchester's affirmation that we are responsible netizens who believe that kindness must take precedence in all our actions. We invite students, parents, and teachers to partake

in a set of activities. Each student participant will get 25 housepoints and a Certificate of Appreciation.



*Mishal Farooq*

# Man VS Mother Earth: How Seeds of Industrialization Tainted Our Ties With Nature

*Aanya Thomas, 10D*

Nature; Something that's been granted. Once upon a time, the world resembled a green paradise one could only dream of, a paradise where we've replaced the whistles of the wind with those of air conditioners. The real question is, how did we get here?

The Industrial Revolution is an appropriate name and blame for a period in history where major innovation led to a simultaneous worldwide devolution. This era created changes in business, the workforce, society, and of course, our Mother Earth's trust. Modern work ethics have tremendously been impacted by the Industrial Revolution as many spend hours behind a screen either typing out emails, or for other important work purposes such as playing solitaire when your boss isn't around.

## *Self Inventory*

Technology is what makes our generation stand out. Likewise, it's hard to remember *when* we last saw a bird; and no, the Twitter logo doesn't count. On that line of thought, It's so easy to get caught up spending hours staring at a screen but if we spent the same amount of time betwixt the intricacies of nature, our mental health would skyrocket. Consequently, our immense dependence on the products of industrialization is evident in the workplace and essential for school as well, but it's important to draw a line.

Moreover, learning to experience the gift of life through our senses in nature helps us feel thankful for all the amazing things that we have in our world. Appreciating a sunset or



stargazing, it's truly the small things in life that we have deprived ourselves of that can bring us joy. When was the last time you felt grass brush up against your feet? Let me guess, you don't remember? Exactly. Now when was the last time you used your phone? Let me guess, pretty recently? Now, even? Exactly. We may be a technological species but we need a deep connection with nature--it's in our genetic making.

## *When Revolution & Ignorance Collide*



More than 7 billion people now live on this planet; drinking its water, consuming its plants, and extracting its raw materials to make and fuel our tools. This chain of events can seem insignificant, but when enacted collectively, they have the potential to leave permanent imprints on the planet, and in fact have. Our lack of care for our environment is a pitiful example of how we've let our ignorance take the wheel, where businesses are benefiting by hurting our planet. For the majority of people, the first three industrial revolutions happened to them. They had little say or influence. Now, at the onset of the Fourth Industrial Revolution, seems like a good time to ask if we are repeating the mistakes of the past and allowing this revolution to happen to us, or if we are deliberately shaping it to create the future we want?

This is not just a philosophical question, it is a pragmatic one. A lot of attention has been paid to how it

will disrupt and change the jobs available to us, our transportation systems, and the way we produce and consume goods and services.

## *Profits > Principles*

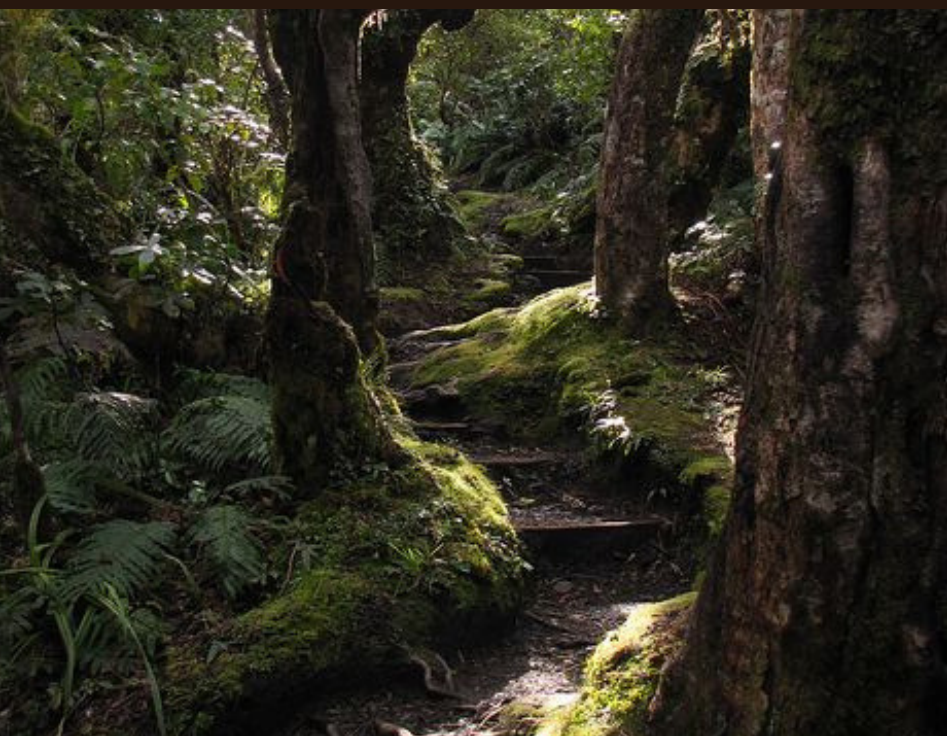
Factories have played a major role in the damage caused to the environment. In fact, it has been claimed that factories are to blame for as much as 2/3rds of the pollution that has caused climate change. Industrial factories have played a big part in the amount of air pollution that we as people have to endure and so do myriad living organisms. The toxic gases that factories release into the air, combined with those added by automobiles on the

road entails that we have an increased risk of developing chronic respiratory diseases, lung cancer, heart disease, and many other illnesses, diseases, and conditions.

2021 shouldn't only be the year to cut out toxic people, it's time to cut out toxic gases too!

## *In the Name of Mankind*

Our hunger for natural resources such as wood, coal, and oil means that we are endangering many species as we go searching for them. Forests are torn down for wood which takes away the natural habitat of animals and other wildlife while mining also forces animals to look for somewhere else to live in the hope of survival. Oil spills, accidental leaks, and the dumping of waste materials have also contributed to the damage being done to wildlife. Which once again tragically how disconnected we truly are from nature. Nature reminds us that we are a small part of something vast, complex, ever-evolving, and infinitely precious.



Overall, modern lifestyles & technological advances have weakened our bond with nature. We can, however, make certain changes to our lifestyle that pose opposition. We can achieve this through minor changes such as appreciating a beautiful sunset, going on frequent walks, or spending time sitting in a park and feeling the wind in your hair. The previous industrial revolutions broke the environment. Can the current one fix it?

# Climate Change: A Perspective, Rather than a Warning

*Min Thu Ta, 91*

We're constantly hearing about climate change, and how devastating it could be to us if we don't act now – but that's not anything new. It has been in the headlines for over a decade, and at this point, it can be safely assumed that most of us know at least the broad strokes of such a theme. Glaciers are melting and the climate is getting increasingly warmer; that's the blotted idea the majority of people get when they think of climate change. Which isn't wrong, but the issue resides in the fact that the possible consequences of climate change aren't fully understood, especially pertaining to its capability in damaging our connection with nature.

## *Crux of the Issue*

Let's first observe climate change at the level that is familiar with the mass majority of people. The cryosphere is essentially all the frozen glaciers and water on earth, and because of the warm atmosphere – it's melting. This means that sea levels will rise – endangering the population who resides in islands. It's one of the rare instances where



global warming is posing a threat to actual lives and populations. Yet a lesser-known fact is that a warmer ocean, will contribute to higher acidic levels. This will strip corals of their vibrant colors and dissolve the shells of sea creatures, threatening organisms that we either depend on for survival as well as organisms we don't even know. This doesn't seem as detrimental as the previous issue,

but this poses a threat just as large if not more.

## *Compromising Species*

Furthermore, the cryosphere melting isn't restricted to that singular issue. Polar regions are comprised of countless ecosystems which are at the brink of collapsing because their habitat is disintegrating. Species will soon become endangered, if not already. Polar bears are now extinct because of global warming, and further extinction will follow. Plant-based organisms are also facing dangerous conditions as some species cannot survive in warmer waters. These polar ecosystems make up around 10% of the Earth's land, and potentially it is a consequence that will irreversibly alter our planet itself, pose a serious threat to us, and heavily damage our connection to nature.

## *Mankind's Food Chain*

Climate change also extends its reach much further past endangering polar regions – it also affects our agriculture as a whole. Agriculture is the fundamental connection that humans have developed with nature, all the way back to our ancestral roots. Farmers are



struggling to keep up with unpredictable water supplies and shifting weather patterns. Crops are also more prone to diseases and weeds, making it harder for them to be maintained. We may soon see permanent damage to our worldwide agricultural industry because of climate change.

## *Under the Weather*

Major ecosystems such as forests are also suffering. Milder winters and longer summers allow many harmful species to survive, such as ones that damage trees. And because of drought, trees have lower defense





mechanisms. This cycle has already been observed to cause extreme cases of damage, such as the massive die-off of 70,000 square miles on Rocky Mountain conifers. All of this contributing to the loss of biodiversity as a whole.



## *Running Out of Time*

Most of what you read should hopefully encapsulate at least a summary of the potential effects that climate change could bring upon us, but that doesn't mean it isn't reversible. Although we are on the verge of irreversibility, why resort to such a reality when meager changes could halt an early grave? The main issue with solving climate change is stopping ignorance. World leaders are too focused on short-term issues to make a real stride in terms of climate change. That is the real obstacle standing in the way of us in preventing a permanent consequence of climate change.

Reconnecting ourselves to the wonders of nature and preserving it will automatically come once we prevent global warming, which is

contributing to climate change. It's as simple as:

- Power your home with renewable energy
- Pull the plugs on overuse/unnecessary use.
- Use energy wisely — and save money too!
- Eat more meat-free meals
- Grow your own food
- Buy locally
- Green your commute



# Splice to Survive: Why It's Imperative to Connect With Mother Nature

*Samarjit Shankar, 5B*

Nature is the physical world that is full of plants, animals, landscapes, and other features. Nature has the power to heal, soothe and restore our wellbeing. Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings.

## *Our Collective Heir*

Nature helps us cope with pain. We are genetically programmed to find trees, plants, water, and other natural elements. We are absorbed by natural scenes to distract us from our pain and discomfort. Time spent in nature or viewing nature scenes increases our ability to pay attention. Humans find nature inherently interesting--it almost completes us. This also provides a respite for our overactive minds, refreshing us for new tasks.



Children exposed to the natural world showed increases in self-esteem. They also felt it taught them how to take risks, unleash their creativity, and give them a chance to exercise, play, and discover.

As rightly said by John Muir, "In every walk with nature, one receives far more than he seeks." Studies have shown that nature impacts our wellbeing in many ways.

## *Stress Release*

Nature helps us to emotionally feel better:- Research reveals that environments can increase or reduce our stress, which in turn



impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine, and immune systems are working. The stress of an unpleasant environment can cause you to feel anxious, or sad, or helpless. This in turn elevates your blood pressure, heart rate, and muscle tension and suppresses your immune system. A pleasing environment reverses that.

## *Born to Run Free*

Spending time in natural environments can benefit health and well-being. People who simply strolled alongside nature for just five minutes saw boosts to their self-esteem and mood. It sounded more like folklore than a scientific study when a handful of Japanese researchers set out to discover clinically therapeutic happens when people spend time in nature. “Nature gives the part of the brain that's used in effortful concentration a rest,” says Dr.Kuo, “If you spend time doing something mentally relaxing, you feel rejuvenated.”. People without ADHD symptoms can also improve their attention and concentration by interacting with nature, evidence suggests.



The reason for our existence is because of nature! Our forests, rivers, oceans, and soils provide us with the food we eat, the air we breathe, the water we irrigate our crops with. We rely on them for our health, happiness, and prosperity. Exposure to nature not only makes you feel better emotionally, but it also contributes to your physical wellbeing, reducing blood pressure, it may even reduce mortality. Very well said, “The Physician heals, Nature makes well.”.



# Tailing the Treasure Trove of Our Big Blue Marble: A Map

*Thejashree Bokkisham, 6F*

**D**o you often walk in areas of green solely because the doctor or your relative has advised you to? Perhaps follow this map to reclaim your own free will!

## *Step 1: Music & Books*

Go to a park take your headphones, and just dissolve into some relaxing music, and a book in your palms; you will love it.

## *Step 2: Meditation*

After your walk around the park, reside to a silent vacuum of a place; facing a tree close your eyes. Keep your device away, and be honest with yourself to close your eyes for 10 minutes. Don't think about anything after 10 minutes other than the cyclic momentum of your breathing. Open your eyes, how did that feel?

## *Forest/Park Bathing*

A study proved by Korean scientists; when people are consistently exposed to images of urban scenes to that of natural ones, the blood flow to the amygdala is greater. As a result, the brain reacts a lot more by expressing anxiety and fear. On the other hand, when looking at the images of forests and various natural wonders, the people who participated in the research had shown that the blood flows much more into the anterior cingulate instead, which is connected to empathy and compassion.

## *Final Step: Pose Prose*

For many, yoga is a path to physical health. A solid, consistent practice can improve your strength, flexibility, coordination—and even your mental well-being. While all of these benefits are appealing, it can be difficult to know how to start your own practice. This is especially true if you're not comfortable going to a studio. Yoga has a strong philosophy; the philosophy that the spirit, the mind, and the body are one--not that different from nature.



# Four Paws, Six Legs: How Pets Cushion Your Well-being

*Daniel Njuguna, Winchester Jebel Ali's Security Guard*

**T**hroughout mankind's survival, we've always held true to one virtue, a virtue that determined our place in life & natural selection; "Until one has loved an animal, a part of one's soul remains unawakened". Daniel Njuguna, the first face that cradles our welcome every day once we reach school, is of a past of military forces, during which he suffered a leg injury. As part of the recovery program, he was posted to the military working dog unit. This unit had dogs that were trained to help injured soldiers recover from battle-related injury and PTSD. At full recovery and with a new craving for passion, Daniel decided to become a dog trainer. Fueled by this passion, Daniel indebts his work-ethic towards the awareness of animal care.



## *Pets As Roomates*

- ***Fostering Animals/Volunteering in Rescue Shelters:*** You get to make the world a better place by caring for abandoned and mistreated animals. The power such a status possesses would never bargain your mental, physical, or social decay; but in fact, heighten it.
- ***Adolescent Development:*** Rearing pets improve child growth and has proven to make them more responsible towards daily tasks.
- ***Working with Specially Trained Empathy Dogs:*** Helps people ease their stress and recover faster from any at all predicament.
- ***A Means of Earning Money:*** Training and handling pets is a career and can be done full-time or part-time.
- ***Sense of Security:*** Working dogs also provide a sense of security as they will alert the owner in case intruders are trying to break in. detection dogs also ensure contraband,



- narcotics, and dangerous items like bombs are not smuggled with ill intention.
- **Detection of Diseases:** The use of dogs to detect cancer, covid-19 virus, and other diseases including seizures before they strike a patient has greatly helped the medical fraternity.
- **People of Determination:** People of determination have also benefitted a lot from service dogs. These include seeing eye dogs, autism assistance dogs, companion dogs among others.
- **Social & Govt. Services:** Police work has been made easier by deploying working dogs to apprehend offenders in a non-lethal demeanor.

## *Partners in Crime*

It is quite a common request by children to their parents that they want to have a pet. From dogs, cats, ponies, insects,

frogs, and all manner of animals. Though the parent may not always agree to the request, sometimes it's ok to let them discover and explore the world of animals. The choice of a family pet should be based on research and adequate preparation. Once you are ready and affirmed your commitment to the new family member and have selected, pick the pet and welcome him home. Every animal has different needs and requirements.

Apart from what the animals require let us look at some of the advantages of having an animal in children.

## *At Home*

- Kids with pets have stories to tell. This greatly helps in socialization at school
- Improves caregiving abilities. Kids who take care of pets get to learn how to care for a living animal and this skill can positively influence taking care of siblings and later on



babysitters and parenthood.

- Reduces chances of having allergies, boosts immunity
- General happiness and purpose for waking up daily. Having a pet releases feel-good chemicals in the body i.e. serotonin, oxytocin, and dopamine

## *In School*

- Improves reading ability. Pets are non-judgmental so the child who makes mistakes when reading to the pet is more likely to improve without fearing embarrassment or stressed
- Relief from school stress like bullying and exam tension
- Co-curriculum activities like clubs give kids with a pet a sense of belonging
- Gives the teachers and students a chance to learn from the student with the pet
- The presence of a pet like a dog in normal school activities helps overcome antisocial behavior and improves children's ability to take care of animals and the planet in general
- Children with special needs adapt better in schools that have service or therapy dogs
- Emotionally challenged or depressed children too scared or embarrassed to talk to the school counselor find it easier opening up to an emotional support dog.



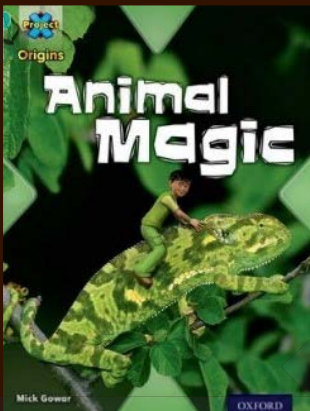
From a trainer's advice, it's important to set time and play and watch the dog in his natural environment without interference. At this stage begin regular grooming sessions to ensure the dog is healthy. A good fingertip massage is a common favorite of many dogs and cats. Once you have formed a friendly relationship and the animal gains your trust you can now begin training. It is important to note that dogs do not understand words but they understand the energy behind the speaker. Don't shout or speak in an angry tone as this will negatively influence your relationship. Speak in a high pitch tone for praising and a low controlled voice for saying bad boy/girl. Upon completion of a training routine, you may feel confident in your dog's ability enough to register for a dog show. You may just be on your way to becoming the next champion trainer.



# Children's Chronicle Corner Interactive Read-Alongs

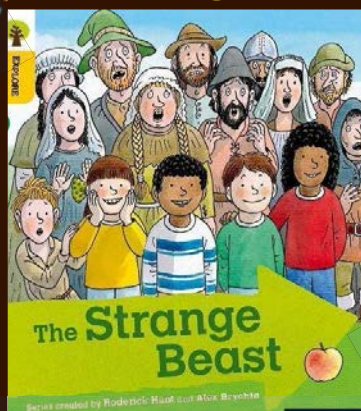
Relish in the interactive read-alongs scavenged by our editors; books that hem all the bearings Nature has to offer. To access these books & their activities, please create a free Oxford account.

## Animal Magic



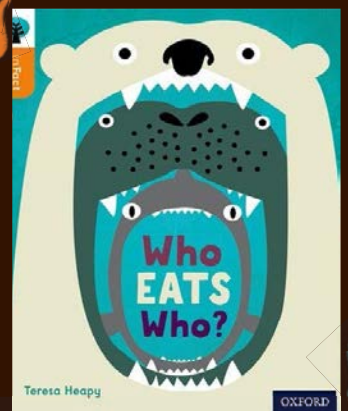
[https://www.oxfordowl.co.uk/api/digital\\_books/1164.html](https://www.oxfordowl.co.uk/api/digital_books/1164.html)

## The Strange Beast



<https://www.oxfordowl.co.uk/api/interactives/23318.html>

## Who Eats Who?



[https://www.oxfordowl.co.uk/api/digital\\_books/1164.html](https://www.oxfordowl.co.uk/api/digital_books/1164.html)

## The Secret Garden



[https://www.oxfordowl.co.uk/api/digital\\_books/20162.html](https://www.oxfordowl.co.uk/api/digital_books/20162.html)

## Save the Whale ~ Gill Munton



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# *Cliffhanger Interludes*

## *01:00pm*

*Advika Daryani, Mehak Reji, Vania Gomes, Zainab Ali, Mir Faraz, Shania Mangio*

### *Previously on Cliffhanger Interludes*

“Ready” he whispered back, intrigued, ready to be relentless, in a sense, give in to the primal desire making up every creature. Hair bristled, she ran into the ever-deepening depths, hair dancing in the winds, tears strewn away from its horrible wail. The only thing guiding them was the glowing light from the full moon, endless trees cast shadows over the pure ground of earth, yet she felt safer than she ever did. She loved the serene brutality of the unknown, loved the electric power she felt with each breath of wet, moonlit air. Soaked in the rain, trickling down their backs. They don't know where the destination was, only that the journey was a search for freedom. Little did the beasts watching know, they were the eclipse.

### *Chapter 3 ~ 01:00pm*

Within a previous eternity, back in the depths of contempt; far from electricity pulsating alongside each breath the moonlight draws. Air laced with velvet; Ethos was a pure spark amongst the most impenetrable of ashes. His mother's vehicle hugged the black tarmac, for the bright headlights illuminated the onward road. The motor; a perfect symphony choreographed of switches and pistons, drugged with taunt. The car had been born of a dreamer who was familiar with the flight of a true arrow, consenting and condoning the wind, alas becoming one with air. Now his skull; a chromatic chamber oscillating an echo of heartbeats. Pain pierces its way through his head, coarse and constant, yet adrenaline fuels his feet, which begin to pick pace at the faint influx of the automobile.

The spritz of scattered freckles cradling his coarse skin, complete with horns, evoked a strongly primitive reaction from Gustavo; a sense so easily erect for manipulation. It was the radiance of an opium dream--all is as if the world ceased to exist. His teeth punctured the inside of his cheek, the taste of metal seeping within. Goosebumps traveled across his skin in response, and his eyes sought a constant in chaos. The monsters lurking retreat fears forgotten in the golden harbor of his arms. The memories come and come--halt. His eyes meet his own at the mirror, and his origin intertwines within. He listens, staring into the pixelated image of himself, a hand tracing the boy who was just there. We are all there, goddess and mortal and the boy who was both. Conjuring the boy he wanted to be, grinning as the color of his green eyes laughed into Gus. “*Catch.*” the boy in the mirror says to melancholic Gus. Outlined against the overlooking sky, the thick warmth of his breath against Gus's ear transcending limits of

reality. *“Do you see?” “Look at them, watch the viridescent hue remain akin to your mother forever. Hear them laugh in euphoria as you quiver, thirsting for an ounce of love”* the boy laughed with pleasure, streaks of tears ran down within the jubilation. *“Why me?”*

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The entrance of his next patient swung the door frame, breaking its collateral hinges. A stormbound frame enters with phlegmiest clouds overtaking his essence, from the first half of the second, a lack of eye contact is established, as though marking the exits whence entering heaven perceived to be hell. His mediocre frame, dotted with freckles and strokes of gore on his cheeks. As the air particles close in to listen, the world hushed. Sometimes burning too bright and too wild to make things last, far and wide until its bones ache and lungs split, until it felt good. Hear that people? It lamented.

Kyros had killed a human hamburger in the alleyway, and it tasted so good.

Out of sight, out of mind. Fearing no meaning, no point for actuality all just contention and bloom. Gus decried his dispense of suffering without reason, he thought a god receiving homage. Cruel and with blood. *“So what’s wrong if there happens to be one guy in the world who enjoys trying to understand you? or we’re both looking at the same moon, in the same world. The account you come on?”*. *“I wonder whether something like me should be allowed to exist. I do exist.”* Kyros murmured. The words tumbled from his lips like little pebbles into sand. They dropped too fast for Gus to catch them and landed softly in his ashen fur where his left hand clasped his right. The hex conspired to go against all the values integrated into Kyros, his conscious convulsed with repulse as the bonds holding him onto debauching the blood of another, a syndrome unescapable through the works of a curse. This event catalyzed his visit to Gustavo with freckles of blood of another, after an excursion to the alleyway. A remedy brewed through acceptance and to yield to the fate that provokes it. Each word seemed to flow seamlessly into the next and was spoken so softly that it caressed the ears in transferring meaning.

*“The way a memory is real, but also not real.”* Gus spoke quickly, with bravado. *“If time is one long line and we’re all moving across it, there has to be a place we’re headed, and a place that we’ve just left. Obviously, the memory is the place that we left. The curse you speak of, regardless of the cavernous desire to return to the state of ordinary, it was written that you should be loyal to its nightmare. Soon madness has worn you down. It’s easier to do what it says than argue. In this way, it takes over your mind. You no longer know where it ends and you begin. You believe anything it says. You do what it tells you, no matter how extreme or absurd. If it says you’re worthless, you agree. You plead for it to stop. You promise to behave. You are on your knees before it, and it laughs”*.

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The undergrowth of Gus’ eyelashes dusts airy embraces upon his topmost cheekbones, as he sinks away into a midday snooze. A current of chilled air-conditioning &

self-loathe rinses over the hill of his hand, his spine fried up straight. His mind flares a distress signal; the cosmetics. As the ointment's bluff dies down, the true nativity of his wrinkled skin resurfaces. "This early? I need to put on my cosmetics now.". Footsteps that he called his, swabbed the stairwell in secrecy, anticipating to feel loved again. A mother's cradle would too suffice, but we needed to be realistic here. Face to face with the friendly acquaintance that was the bathroom door, he flung it beyond its aptitude, revealing the visibility of sinking shelves and one hollow toilet bowl. Ducking down towards the floorboards; my cosmetics, oh sweet cosmetics. Gus tenderly rooted his fingers in deep, popping the board out of its lock. The void of gloom, webs of dust and active decay indicated that the cosmetics were nowhere to be found.

A familiar trance meandered through his body, as an intangible knot buried itself in his throat. His mind races, pulse palpitates, vision eclipses. To scream or to repeat history? Loathe was such a curious acquaintance, for she disguised herself in affinity, greeting Gustavo with gentle kisses, and whispers relenting sweet nothings. Is that why, when she left, his insides churned in longing? He sought her love once again through the ever turmoil, and she sought him ever so, accompanied by Rage, perhaps a foreign combination. Body now paralyzed by these temperaments, an abstract mind actively chases. *The cosmetics*; the bottle in hand hurled towards the floor, now a product of shattered glass, following multiple others. For split seconds, his trance shattered alongside and he reached towards the remnants of the casted. But once again he found himself overcome with the brewing love of sentiments and his pierced skin puddled blood, which remained numbed through Rage. Who escaped through screams of agony, the kind that echoed and screamed back at Gus. Loathe stripped his anxiety empty.

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"I became the pit of the fruit that had once been me, my meat eaten slowly, bite by fleshy bite." Kyros spewed. Was the unease he felt, the danger that he sensed, actual danger, or was it only love acknowledged? The object of his love made tender, appearing softer than he really was, appearing vulnerable in having made him vulnerable.

"The sick in mind, and perhaps in body, are rendered more darkly and hopelessly so by the manifold reflection of their disease. Mirrored back from all quarters in the department of those about them; they are compelled to inhale the poison of their own breath, in infinite repetition. Our default ways of perceiving aren't natural. Do not in your mind tally past horrors, nor dwell on actions that cannot be undone. The power to equivocate is no power at all, and that you've ever thought it to be is your weakness." Gus replied. The etchings of his biggest smiles, were the lines of frowns learned from the proof that he could change and grow; that what once was a curse thrives to the uncontrollable. "When the day's mistakes are much to bear, it's the mysticality of everyday, when the clock resets to 00:00, a new day rises from the ashes of the old, embers breathe new life to its fire, giving us a chance to mend, a chance to restore all

Kyros brimmed in his seat. His bravado had fallen victim to Ares' arrow, and he was now the shell of a child, caught in the fires of his own suffering. The frequent remorse he encountered in the form of present consequence fiddled its way through his mind, emanating nausea. His eyes fervently sought the mahogany on the walls, tracing ancient crevices.

+

Gus, the portrait of a weathered child, dwindled towards the virtual echo of his being. Somewhere they live, somewhere they multiply. That absence of beauty emulated in the mirror, he lost sight of the world. Tears taking form, setting a gradient, reminiscent of a lover in distress. The black eye was too dark, the silver too metallic, the feline curve of eyelashes too ominous, and yet the overall effect was haunting, inhumanely beautiful. The murderous hate dissolved as he continued for the first time, to look within. And see. The hatred failed to cradle him, instead, seeping salvation took current carrying him recondite into another infinity. Look at them, watch the viridescent hue remain akin to your mother forever

Within a blurred vision, confined into the peripheral view his senses detected an ominous figure, catching gaze of another set of eyes, bloodshot, bleary lobes refracting with emotion, akin to his own, but a little more broken. She was a counterpart of mankind, but substantial and unreal, outwardly invisible. The world screeched into a lulling halt. His mother

Breathless, he tried to calm down, trying to bring himself to his senses as he tried recollecting his thoughts that spilled like sand. The young boy tried to track down his breathing. He wanted to hold himself for comfort but he didn't want to touch his uneven and wild skin. To avoid seeing himself in the mirror, he turned around. This was the point where Gus's life will never be as it was.

+

Her body was still a stone; Gus was losing his senses. All of a sudden, he could not distinguish the colors and shapes around him as the voices of the outside world were left muffled. Her face distorted in his peripheral vision, the only thing he saw out of gradient azure eyes. Gulping his repulsive dysmorphia and stood up straight, with legs of glass. His throat felt so weak, he couldn't say anything. But the more he thought about it, he had nothing to say anyway. He could not say anything to this woman. All he could do was stare into her eyes, rippling his. He hated her eyes. The distorted figures as well as the roaring echoes around him abruptly faded away as he heard the woman's voice, which felt like a slithering sigh or whisper but it echoed through the house and his head.

"Dinner's ready."

+

"We're the consequence of dreams, of memories and of guilt. The substance of our existence is manipulated into nectar." came Gus' voice, a careful revelation."

“Are we not just figures of an inevitable sleep? The nature of my being, refuses to allow me such contempt however.” an unasked question escaping Kyros’ lips. Life has offered him what seems immortality, and yet he stirs with unrest, the victim to a curse unwritten. Perhaps that was the entirety of the curse to begin with.

“Behind the existence of everything exquisite, are the hands of tragedy and these hands embroider our past in fabric. Temptations delineate a curious manner, the way they linger ever so softly- the tiniest perforations of one’s thoughts- one might assume they do not exist at all. They seduce, entice and addict, blinding reality completely. The only way to rid these temptations is to yield to the fate that provokes them.” Kyros’ entirety had lost stability to the cause. His ears caught the last few seconds, followed by Constance’s footsteps. In brief moments he regained his composure and rose, and in moments that followed, he took his abrupt leave.

Gus finally allowed himself release from the internal torment of crossing worlds. A poltergeist that taunted him for the entirety of the conclave, daring him to breach his sub conscience. His thoughts wandering, led his daunted self to a mirror of a forgotten trance. Within fleeting seconds, he caught glimpses of his past, the world he’d escaped. Yet, sentiments that anchored his delay remained persistent. Him escaping to haven, never meandered those he’d left behind. He stirred in the guilt of the abandoned starving, yet him lavishing luxury they might never be opportune enough to. His appetite grew redundant, his body weak, him, a shell of a person.

Constance now appeared within his peripheral and the words she’d once whispered to him echoed back.

“What triggers crises is almost always out of control.”

His desperation led him seeking a light, which glimpse he caught, and that channeled his recovery.

Constance, in Gus’ present, had caught inclinations of Gus’ wavering mind and left him at peace. Meanwhile he sketched the person of grief. His mother. A figure he’d once loved and the very figure he later yearned to escape. His eyes fluttered shut as he conceptualised a forgiveness, yielding his temptations, grasping the reins of his life.

*Stay Tuned for Chapter 4*

15th May, 2021

If you have any feedback, please email us at:  
[winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)



# Humor Section

## Cartoon Caption Contest

### Last Month's Cartoon



1st Place

“Go to the Class Reunion party, they said. It'll be fun, they said.”

- Tanishi Joshi

2nd Place

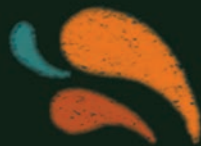
“Wait! Am I supposed to know these people?! I thought this was a free food stall!”

- Shria Rajesh

3rd Place

“Time has not been kind to you.”

- Anonymous



### This Month's Cartoon

- Win 40 house points, a certificate & a feature on the Winch-being Bulletin!
- Rules can be found on the 'Caption Entry link'.
- **Deadline:** 7th March 2021
- **Voting Poll Open:** 9th March 2021

**Caption Entry Link:**

[https://docs.google.com/forms/d/e/1FAIpQLSe9XsJ5kWerYHAW12M1E7aNwZKhVx--qviAMK\\_ImbYEpC46tw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe9XsJ5kWerYHAW12M1E7aNwZKhVx--qviAMK_ImbYEpC46tw/viewform?usp=sf_link)

**Voting Poll:**

[https://docs.google.com/forms/d/1T61sbEVSjxyH3-j\\_R8P23lwtZDX12ZUP7qEk1kX1Zy4/edit#responses](https://docs.google.com/forms/d/1T61sbEVSjxyH3-j_R8P23lwtZDX12ZUP7qEk1kX1Zy4/edit#responses)



# The Literary Palate



## Everything in Its Right Place

★★★★★

Sophia Pogorelova; 12  
Genre: *Alternative, Indie*  
Appropriate Age Range: 13+



*Is that a compression issue, or was it meant to sound like that?*

Nearly 20 years ago, the 'Kid A' album was released by the alternative British band, Radiohead, and the world forever ceased to be the same. 'Everything in Its Place's' beautifully complex presentation of quiet acoustic guitar and York's lightly melancholic vocals had driven thousands of people to label it as the 'Dark Side of the Moon' of the 21st Century. Is it overrated? Is that a compression issue, or was it meant to sound like that? There is a great chance you might compare this music to that of a Napster file, but that's the beauty of the song; it gives listeners a lot of room for interpretation. By its seeming fragmentation and mosaicism, there is no single core. This album defines sonic innovation and is the calling from outer space to all creatures who live on Earth.

## Kiki's Delivery Service

★★★★★

Kanyawee Tongla; 10C  
Genre: *Fantasy, Adventure, Animation*  
Appropriate Age Range: 6+  
*A world yet to grow fond of.*



Kiki's Delivery Service is a Studio Ghibli classic, to say the least; following a young witch and her misadventures with the world she has yet to grow fond of. This piece of literature projects the joys and struggles of growing up, and the independence one must learn, and although the storyline is seemingly straightforward and simple, there is complexity hidden between the lines as the inner turmoil faced

Kiki, in regards to her self-consciousness and the difficulties she finds in trying to fit in, creating a realistic feeling despite it being a children's animation. Moreover, It is a struggle not to get



immersed in the world of Kiki. Not to mention the familiar intricacy and the detailed scenery the animators had created, making the film visually appealing and comforting as there's a hint of nostalgia in the movie even if you hadn't grown up with it. Overall, the film approaches universal coming-of-age events in a light-hearted and radiant manner, making it an instant favorite and thereby engraving a special place in one's heart.

## *The Reckoning*

★★★★★

*Aaryan Fredrick; 10*

Genre: *Historical Fiction, Legal Thriller*

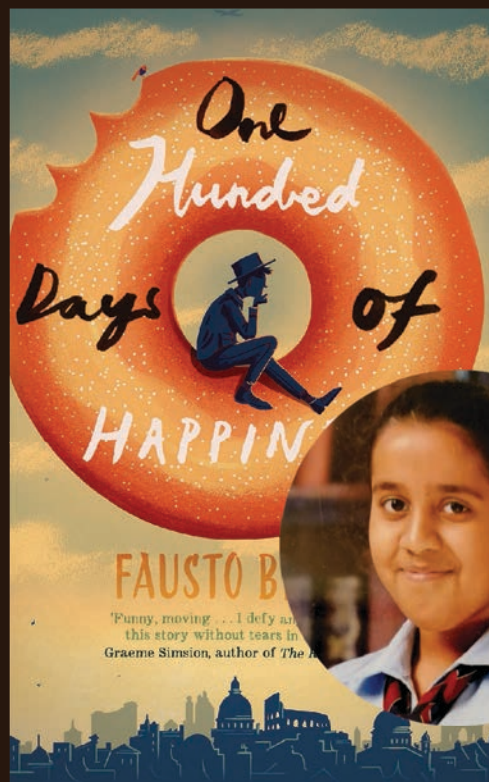
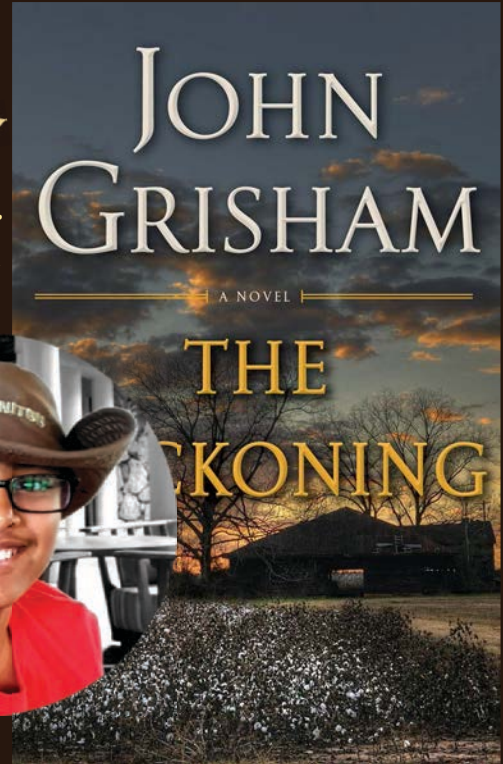
Appropriate Age Range: *13+*

*It must remain buried forever, no matter the consequence.*

A farmer. A father. A war hero. Pete Banning of the lazy town of Clanton, Mississippi, was well-respected and loved in the town. Although one morning, he walked into a church, and shot Reverend Dexter; bell in cold blood. During the

trial, all the justification Pete gave was, "I have nothing to say." Leaving everyone, even his children, now

tangled in a lawsuit by the Reverend's opportunistic wife and her lawyer; clueless as to why he did it. Was he driven crazy by the war? What follows is a well-woven tale of love, separation, lies, racism, tragedy, and eventually, fulfillment? The tale is brilliant not just in the way it is narrated, with descriptions bringing the varied environments and characters in two distinctly different times to life, but in the way it develops itself. Reminding us of the truth that everything is not always what it seems, and sometimes, it must remain buried forever, no matter the consequence.



## *100 Days of Happiness*

★★★★★

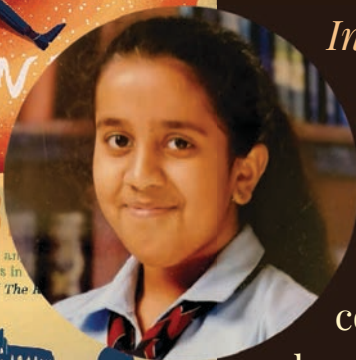
*Yenuki Ekanayake, 8C*

Genre: *Domestic Fiction*

Appropriate Age Range: *13+*

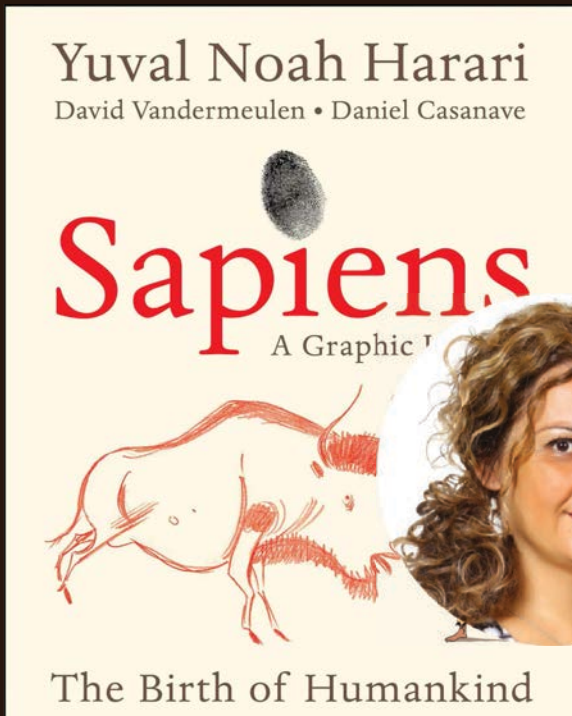
*Inspires readers to begin their to-do lists now.*

What would you do if you were to know that you had only 100 days left to live? It is an opportunity for Lucio Battistini to spend the final days of his life the way he should always have, making every moment count. The protagonist is cast by his wife out of the house and sleeps in his father-in-law's bakery's





room when he discovers that he has incurable cancer. It is a stream-of-awareness unveiling of the joys and fears of life intermixed with insightful comments, viewed as a memoir. Follow Battistini as he navigates through ethical values, experiences remorse all whilst holding on to life. *100 Days of Happiness*, a bestselling book in the native Italy of Fausto Brizzi, will seduce readers worldwide as it opens eyes and hearts to the miracles of life, however brief it is. The captivating and amusing tale of Brizzi inspires readers to begin their to-do lists now.



## *Sapiens: A Graphic History*



*Ms. Veronika, Primary Librarian*

Genre: *Non-Fiction Comics*

Appropriate Age Range: *12+*



### *The Sovereign of Planet Earth*

One way to take a step back and take a look at the really big picture – the whole history 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.

## *Want to Submit a Review?*

Refer to the Entry Form below for further details:

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



# *Photography Competition*

*Beauty is in the Eye of the Beholder*

*1st Place: Ahmed Khaled, 9A*



# *Photography Competition*

*Beauty is in the Eye of the Beholder*

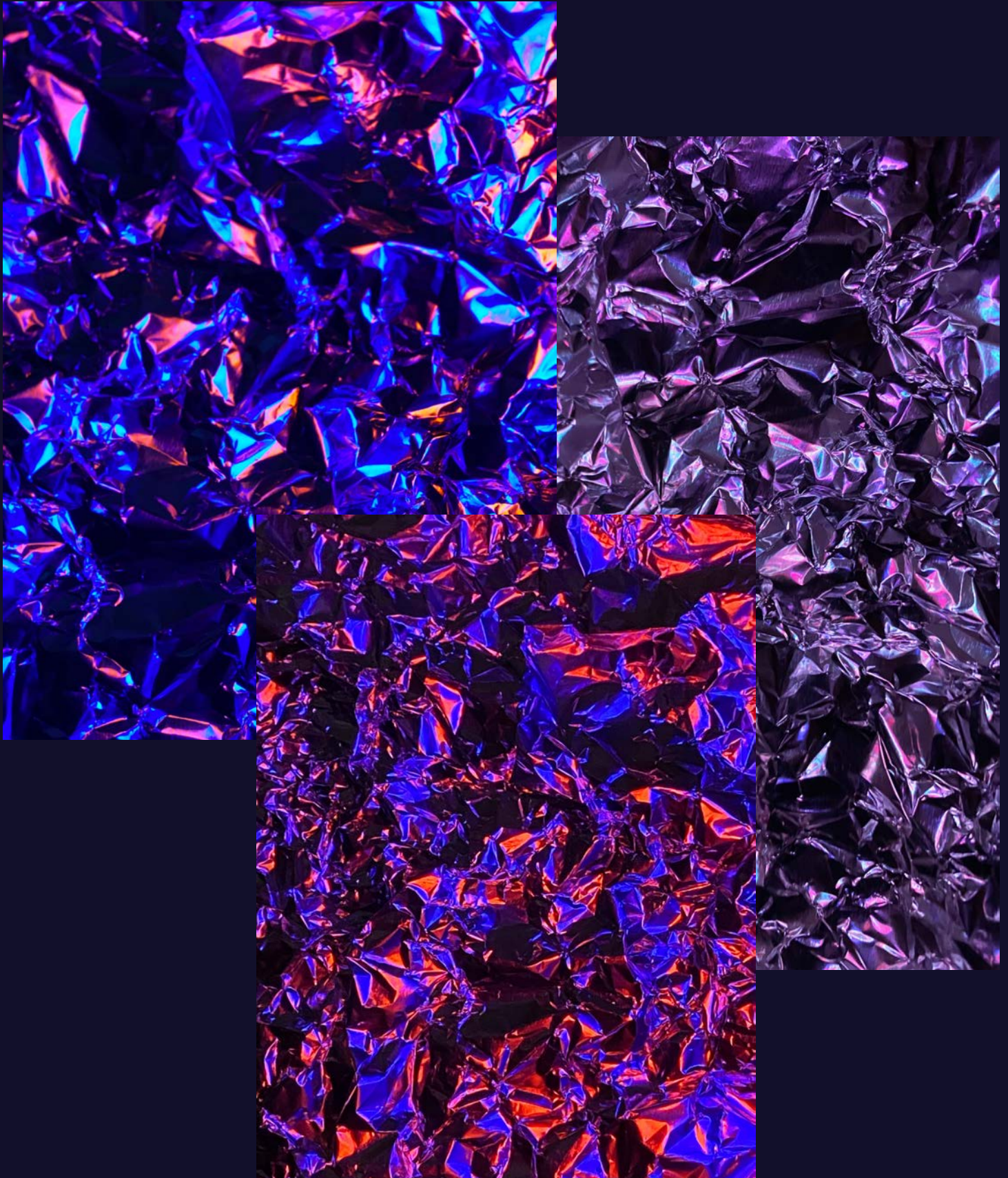
*2nd Place: Fayyad Rahman, 10F*



# *Photography Competition*

*Beauty is in the Eye of the Beholder*

*3rd Place: Vethika Sai, 71*



# Paperback Poetry

## *Touching Life*

*Sahiru Paththinige, 5D*

Giving me birth making me live,  
Touching my life and touching my heart,  
Mother earth worth trillions  
With it is trillion species of Life;  
Beautiful, colorful, extraordinary.  
The place we call home was made by this power,  
Called nature gave birth to our mother nature.  
I feel like I want to touch the place where life is  
stored,  
and where nature likes it to be with happiness and  
joy,  
I open this safe where nature kept her gold.  
I want to touch life.



## *The First Morning*

*Diya Dinesh, 5A*

The first morning the birds sang,  
The sun rose and the river flows,  
The sunflowers danced and the dandelions  
danced.

Oh the beautiful beautiful sound of nature,  
Every second it gets greater and greater,  
This morning the sky was clear no clouds no rain.

Sadly this morning is no longer here,  
Because of harmful gases and pollution,  
But luckily there's a solution that is to follow the 3  
R's,  
And you'll see yourself surrounded by flowers,  
Dancing with nature for hours,  
Follow this rule and this morning will come back  
for you.

## *Silent Screams*

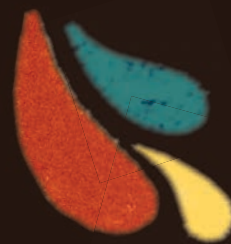
*Ahmedh Rifky, 12A*

The clock strikes twelve violently,  
As I sit in my room thinking articulately,  
Of the time that has passed by so passively,  
And how will end suddenly,

And in this moment of silent calamity,  
A light moves in subtly,  
With a message I need so immediately,  
That I live my life very miserably.

It tells me to find an activity,  
That I will do so passionately,  
One that I will put an end to this misery,  
But this enterprise I know, will never find me.

I realise distressfully,  
That I've put myself somewhere I live  
distressfully,  
And I scream for help so loudly,  
I realise that it will go unheard silently.



## *Submissions*

*Email us:*

*winchwellbeingpost@gmail.  
com*



## *Our Changed World*

*Idalia Jirasinha, 6B*

Years ago, people walked  
This world just like us  
But our world changes  
Day by day, Month by Month  
Year by Year,  
Generation by Generation.

Life is like the hero flash  
At action, the changes.  
Made by us, circulating.  
Our ways have changed,  
Our cities have changed,  
Though our ancestors are remembered.

A developing country is  
Like a baby growing  
Everyday learning & Overcoming  
Obstacles in its path,  
Each step it takes matters.

This pandemic is one of  
Many obstacles we will  
Face and fight together,  
Our power together is,  
Stronger than metal and as  
Valuable as gold!

Obstacles are what we each face  
Morning, Afternoon, and Night.  
It's forever lasting and with everyone.

Sometimes it's as easy as it gets  
And the other time it's difficult  
But the way we face it and react  
To it changes the obstacle

If we look back at the past  
We have come a long way; evolved and  
learned.  
Our pleasure of accomplishing.  
Each and every obstacle is a  
Simple way of saying "I loved today's lessons."

In the spring the flowers look happier than  
ever--almost like us when we have succeeded.

## *The Three R's*

*Fadia Afnan, 5B*

Nature has wonderful places:  
With different species and races,  
But trees are being cut,  
Just to make a wooden hut.

So how can we save it? What can we do?  
"There is a method," says the mayor, "there is  
something we can do,"  
Since Earth has been down,  
So have we, been in a pout and frown.

A class was introduced, and they begun,  
"We plant and grow; Reuse, Reduce and  
Recycle,  
When you are moving, take a bicycle,  
Wasting our lives; what fools we are!

Rhymes are fun but this a meaningful one,  
We shall never stop even if our work is done,  
Rainforests are burning; pollution is  
increasing,  
This coincidence is already expanding and  
expanding.

But Nature is strong; it will get its revenge,  
By damaging us in the end.  
It will burn out and stop its supply,  
There will be no animals, plants, food,  
beauties, or a single passersby.

Lo and behold,  
What have we done!  
Has Made our Planet ruined and gone,  
And now Earth Is Alone.

Maybe this will happen in the next hundred  
years,  
But maybe if we connect to nature; maybe it  
won't bring tears,  
Because we, can do everything without fears.

# *Sidewalk Sketches*



**Spectrum of Colours**

Azka Chaudry, 11G

**Sunset in Paris**

Zanetta Suri, 7E



**The Parricide of a Hallowed Fawn**

Aaron Mercado, 10A



**Looking Through the Blinds**

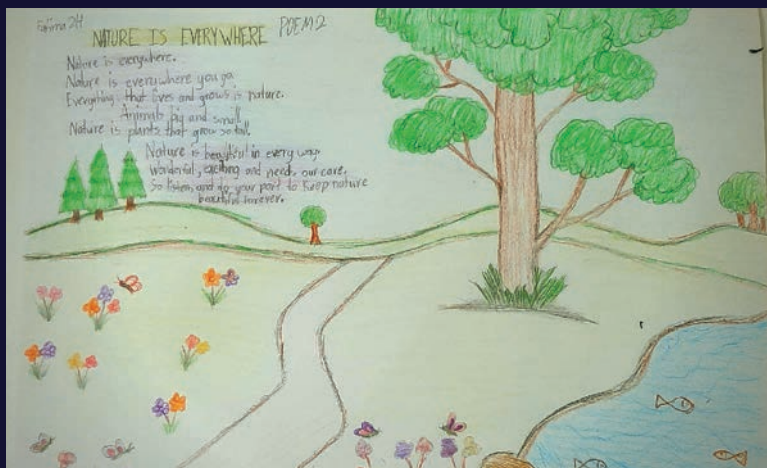
Medhavi Mahesh, 11A



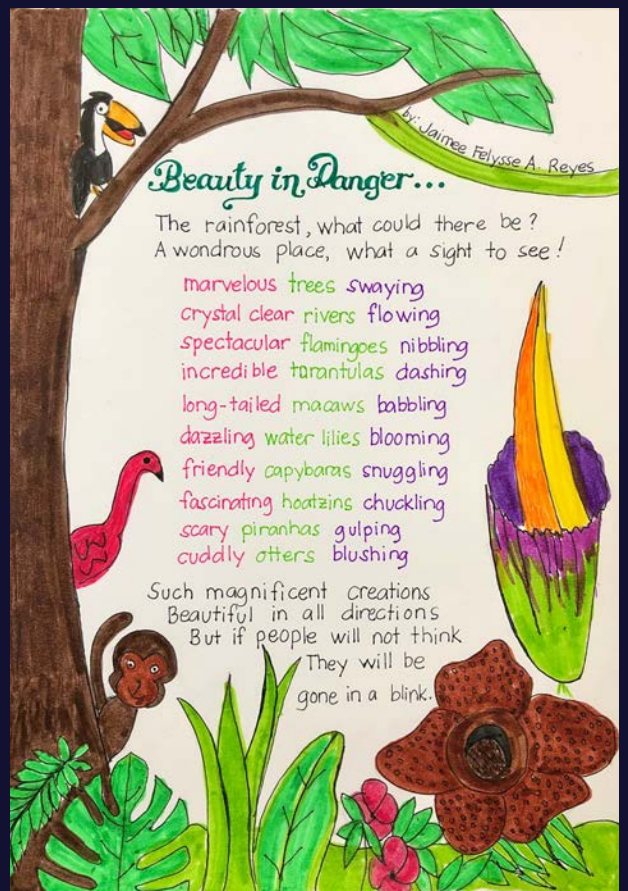
***Submissions:***

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

# Sidewalk Sketches



**An Ode to Nature**  
Fatima Cabitac, 2H



**A Love Just for You**  
Zaky Ahmad, 8I

**Beauty in Danger**  
Jaimee Felysse A. Reyes, 5C



**The Simple Things in Life**  
Syed Imran, 11C

**Positivity Rules!**  
Trei Enzo C. Molbog, 8G





# *Playlist Digest: March Edition*

This Month's theme: Nature

## *Down to Earth*



@iacksos

[https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?si=kQwYKZINQOCYFse\\_9dHQ8A](https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?si=kQwYKZINQOCYFse_9dHQ8A)

## *Featured Artists:*



# *The Bulletin Labyrinth*

*Meander through the deceptive pockets of the labyrinth below for the ultimate reward of having a cup of human sacrifice with baby yoda.*



TO THERE

# *Editor's Column*



*Vania Chanelle Gomes*  
*Head Editor & Designer*

Dear Readers,  
Following the breadcrumbs of the mass murder of mother nature, we've seemed to trail footprints of sacrifice & death at the gamble of our own entitlement. We imprinted a stain of callousness and change on the wider food web; a stain left unwashed.

Every other species we've labeled as capital, are races that go unacknowledged because they exist outside our black & white ecological binary. As the generations go by, our pulchritude of detachment thickens. The question still lies, wasn't it nature that fueled us to our triumph? Would we have still accomplished the same triumphs if it wasn't for the terms & conditions that came along with the lineage of mother nature herself?

Our survival instinct is to crave a release that defies reality, and that reality is within the code of our environment.

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



*Inaya Danish Zaidi*  
*Primary Editor*

Dear Readers,  
In this edition, we have a very interesting, broad topic; 'Connecting with Nature'. Sure, we need to take care of the environment, not cut down trees, and so forth, but, what is the significance of this topic that has been continually deemed important? Does it have any USE?

First of all, nature is, believe it or not; a cure for a thousand types of sicknesses. It's an inexpensive and yet quality treatment. It's the real deal, don't miss it! It can help reduce anxiety and it's a good way to exercise. Every day, I step out into my small lawn and spot a new bird, smiling and chirping at me with gratitude to my rusty old birdfeeder filled with oats and pieces of bread. It's a nice way to calm down, forget your worries and enter a beautiful world. It even helps relax super energetic, highly-strung up, and clumsy oxen like me; thanks for that, mom! So, if you ever find yourself stressed out, lonely, or simply bored, remember that you always have mother nature to turn to.

Inaya Danish  
Primary Editor of TWB



# *Our Platforms*

» Your Primary Contact's Email  
Inbox

» Links in Instagram Bio  
*@fieldnotesofmentality*

» Phoenix--School Community--  
Circulars & Announcements

» The Wellbeing Tab on The  
Winchester School's Website

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



# *Credits*

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[wecarenewsletter@gmail.com](mailto:wecarenewsletter@gmail.com)

*Playlist Digest Coordinator:*

Shane M., 10F

## *Article Submissions:*

Email us on:

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

[@fieldnotesofmentality](#) on Instagram

The articles must environ the theme of,  
**'Ramadan'**

STAY TUNED!

Next Issue:  
15th April 2021