

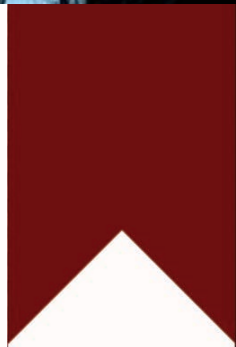
The Winch-being Bulletin

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



One's Body: Not an Apology

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Event Spotlight

The Trilogy of Triumph: Themed Weeks *Humanities Week: #ConnectingCommunities*

The current pandemic of COVID-19 has hit the entire globe on an unparalleled metric, and we continue to reap an array of challenges and its grave repercussions. Under the theme of #ConnectingCommunities, Humanities week 2021 witnessed parents, students, and teachers joining hands to showcase the resilience.

Providing a platform for students to display a plethora of talents and skills such as; enhancing problem-solving skills, critical thinking, analytical & logical skills. There were cultural performances, activities on spreading awareness about conservation and preservation of natural resources, sessions on celebrating differences-propagating the idea of tolerance by sharing interesting folktales representing different cultures, nations, communities. The list goes on with open discussions on gamification, Minecraft.

Special Assemblies

Conducted during registration time across all Key Stages. A Webinar called, 'Good in Everything' was organized which focused to develop resilience and positivity in students. TedWin talks were conducted on, 'Preventing wars aimed to develop conflict resolution skills' and 'Why Humanities?'; the aim of the assembly was to discover the pathways of Humanities. A talk was also organized on how we could explore the world beyond COVID-19, as well as our emotional well-being. The assembly was an enriching experience on many levels. It acknowledged the present stigma surrounding mental illnesses and highlighted the importance of seeking help when your thoughts, emotions, and behavior.



KS3 Highlights

Year 7 and 8 History lessons started with the objective to connect with peers through the narration of folk tales and learning of diverse cultures. Additionally, a Scavenger Hunt was a creative activity with the intent to reinforce the investigative skills of History, Geography and UAE social studies. DEWA Activity for sustainable energy aimed to support United Nations sustainability goal 12. The activity was to create awareness and responsibility for the conservation of water and sustainability in students.



Year 6 learned about the Amazon rainforest and the water filtration systems. They made videos about their models. In year 1, we learned all about physical and man-made features.

KS4 & Above

Psychology students had a rare experience of learning through the medium of an Escape Room, where the students took on the role of a spy apprentice and learned how to solve problems through puzzles to move on to next levels. Slam Poetry/Rap/Dance experienced a wide range of performance art by budding artists of the Winchester school.

Primary

FS-1 learned all about the wonderful rainforest and created dioramas of them with the animals that live there. FS2 learned about the amazing prehistoric dinosaurs! They did dinosaur yoga poses and made videos about them.



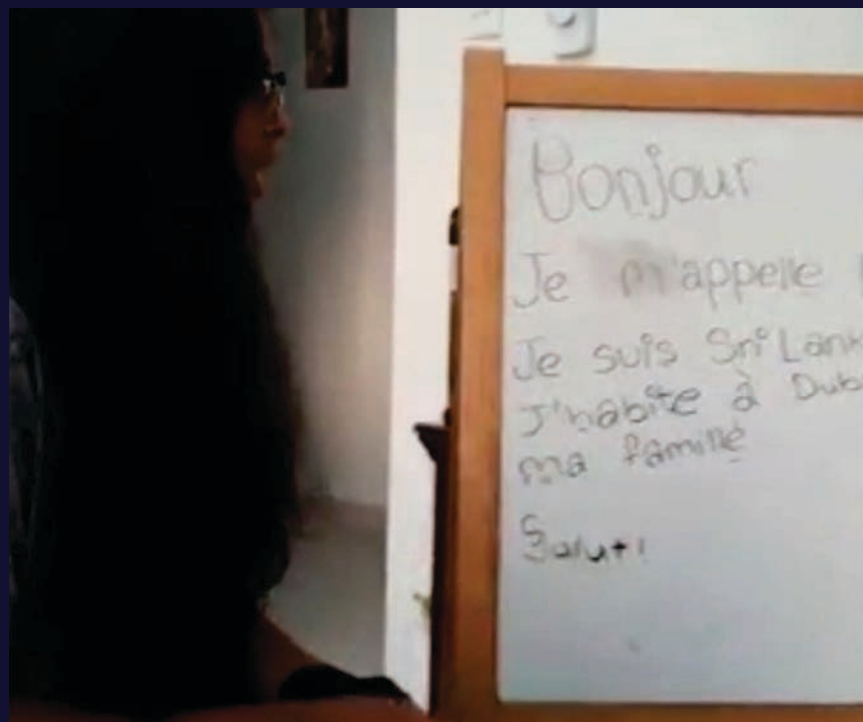
French Week: Cultural Refinement

Shifting our lens to a week akin to a broth of cultural enlightenment, presenting an overall dissection of the French Week.

Overall Dissection

The entire student body, with a few ganders of parental interplay, was immersed in cultural refining activities such as:

- Spelling bee competition
- Poem Recitation
- Talent Show
- Virtual Open Mic Nights: Dancing & Singing Sessions
- Parental Engagement: where students taught their parents
- Virtual Tours in Paris Monuments
- Best French Poster Show
- Fashion Show
- French Debate



Business Week

Winchathon Competition



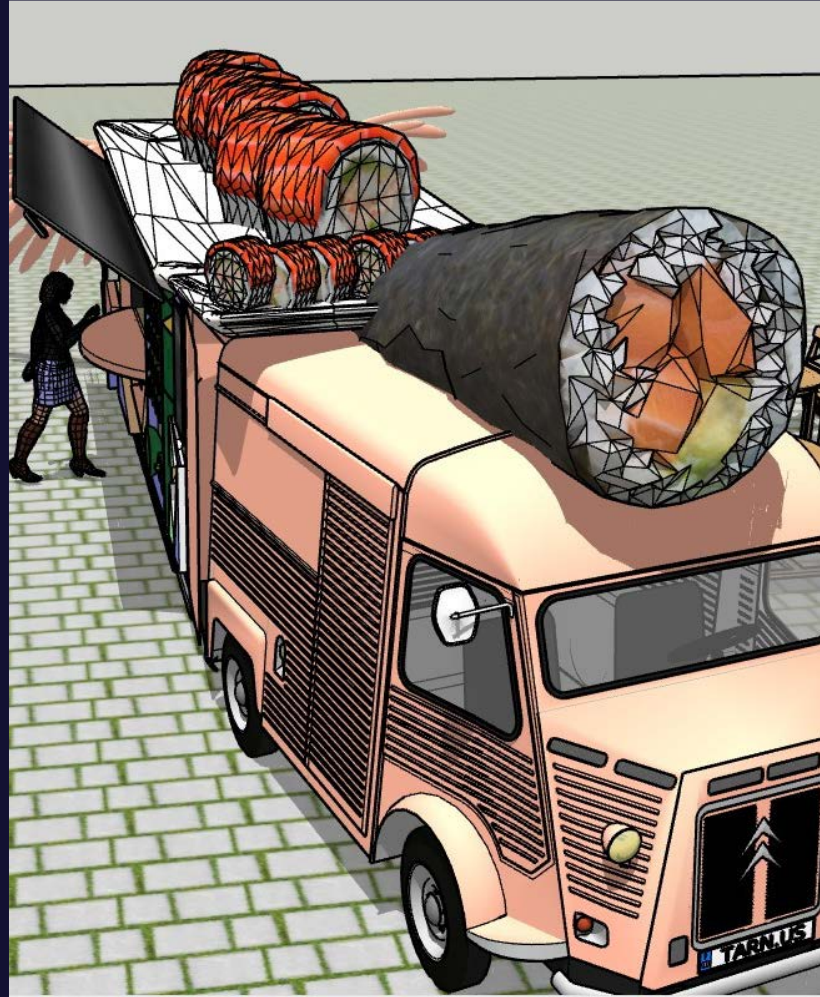
In this competition participants marketed their product creatively, using innovative skills by capturing the attention of their target market and persuaded them to purchase the product. The product and case study both were related to the current scenario COVID 19. the focus was on how brands are realigning and adapting to the new reality of online business.

Advert Competition



Theme: Innovative Soft Drinks

Advertisements with the consciousness of COVID 19. There were 11 teams from KS3 and KS4 who excitedly took part in the event. The objective was to acquire the skills of teamwork, make decisions under pressure, build confidence and help the students understand the importance of advertising for a business. The teams were given the topic of 'Soft Drinks'. They had to create digital poster advertisements in an impromptu nature focusing on the strategies companies use to advertise their product in the time of COVID. Each team was given 30 minutes to work on the poster and 4 minutes to present their advertisement.



Parental Engagement Assembly



Mr. Anwar Hussein, Group CEO of HBK Department of Projects and CEO of AIDA, and of course the Parent of Ammarah Ali, 11D, presented key challenges & opportunities surrounding the COVID 19 pandemic establishing a reality check. Commercial implications and move towards a digital and virtual operational setup, for both, existing and start-up businesses were discussed in depth. Sector-specific examples were put forward for a better understanding such as the lucrative contributions of lockdowns on the gaming & health care industry. The dynamism trickled down from falling GDP to changes in consumer behavior.

Winnovation Competiton



Organized for futuristic and creative students of KS4 & KS5 Students. The students were asked to come up with innovative ideas to improve Dubai Tourism service in a sustainable manner. The top 3 shortlisted finalists had given a platform to present their creative plans.

Model WTO

Model WTO was a student-led competition geared towards the topic of "Trading for Development in the era of global value chains.". Initially meant to be a small competition among a few students, however, was extended to two committees. Each student was assigned a specific country to represent. The students participated in formal debates touching on topics such as the importance of LEDCs, the current pandemic, and its impact on economies.

Shark Summit

A competition focused on creating a unique product or service to help the Health and Tourism industry during this pandemic. There were 8 participant teams that showcased their innovative skills by developing and explaining a product using various ICT tools such as Tinkercad, Minecraft, etc. The teams came up with extremely innovative thoughts like Robotrix 3000 – a machine designed to carry out COVID Test at home, a wrist band containing NFC chip to track the people exposed to COVID

Special Assemblies

Year 11 students conducted an assembly for Year 9 students on the topic Entrepreneurship for Sustaining Peace: Sustainable Entrepreneurship, Innovation & Enterprise. The objective of this assembly is to understand sustainable entrepreneurship concerning sustainability innovation and also to provide a reference for future entrepreneurs to introduce innovation through sustainability and to pursue sustainable entrepreneurship. Speakers Shirin and Yusr conducted the concerned assembly ever so effectively.



Student Spotlight

Primary

The Backbone behind WinShines



Mir Faraz, Head Boy
Inaya Danish, Head Girl
Parth Karnik, Deputy Head Boy
Lisa Abraham, Deputy Head Girl

WinShines

The WinShines series is an ingenious initiative offered by the Primary Core team with the intent of sharing their ideas, stories, insights, and tips to the forefront for everyone to develop and grow, resulting in a longitudinal evolution of our collective well-being.

Warranting a diverse collection of videos that can be revisited to your heart's content by Winchester Community members. By putting creativity and individuality on a pedestal, the topic range instituted is open-ended, as long as they follow the guidelines of being positive and thought provoking. Diverging from self-improvement tips, awareness, stories, life experiences, and beyond!

Who Can Participate?

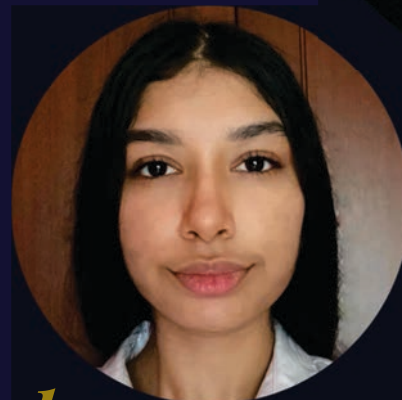
We welcome all students, parents, and teachers to participate in this initiative. Send an email to the ID below, with the following details; Your name, year group, house and a script of your talk in 250-500 words.

[*winshineseries@gmail.com*](mailto:winshineseries@gmail.com)

Student Spotlight

Secondary

The Backbone behind Minds Over Matter



Minds Over Matter

Run by

Vania Gomes: Head of Well-being

Kanchan Palakode: Head of Well-being

Idalia Jirasinha: Head of Well-being

Sanika Padekar: Head of Community

Deena Sandani: Head of Community

Farah Malwan: Head of Student Empowerment

Ms.Ritushi: Student Counsellor

Minds over Matter is a Winchester Video Series culminated by Ms.Ritushi, and our Heads of Well-being, Community & Student Empowerment, with the prime impulse of addressing the issues that seem to swallow our mental health whole.

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

Love Sees No Weight, Height, or Race, Love isn't Despite: *A Handbook to Self-Acceptance*

Chaahat Mulani, 10C

Do you wish your body looked different? If yes, answer me this: If your significant other, best friend, or loved one were to bizarrely mutate themselves into being thin or tall, or short or stout, would you love them any less?

No, and why? Because that's not love. Love doesn't have conditions, love doesn't demand an unhealthy change, and out of everything, love isn't as small as physique, it's beyond that. Yet, we buy into society's empty bargains, compromising our friend circles, our work life, and most important of all, ourselves. If you can wholly love someone and accept every part of them including how they look,

What's stopping you from doing the same for yourself?

Whatever it is, here onboard is a guide to accepting your body:

Step 1: Accepting Reality & Gratifying it

The need for "change" when it comes to self-love isn't changing your shape, it is changing *the type of feelings* you have *towards your shape*. You need to acknowledge that you have a negative, almost exploitative, relationship with your body, demanding the need for a change into that of a positive & healthy one. Whether you are working on your physicality for physical health, adrenaline or vanity reasons, it is crucial that you treat it with love and respect either way. However, sometimes, certain features can't change, and in that instance, you'll have no other option but to accept it for what it is; beauty. Never forget that on days when you pointed out the parts you dislike about yourself in the mirror, it was your body listening and watching, supporting you, despite the hate it received. That on days you project your sadness through starvation, or bingeing, it is a part of your body



that roars and tells you how much you need the energy. So, trust me when I say that your body and you deserve love, don't deprive yourself of it.

Step 2: Don't let Admiration Mutate into Jealousy

Before moving forward, you need to say goodbye to all your subliminally destructive thought & behavior. If you judge others by their bodies or mentally compare your appearance with theirs, you are simply making a toxic statement to yourself and them,

doing nobody any good.

Perpetuating that a person's physique is a valid measure of any worth or value. Needless to say, change begins from within, and to establish a positive relationship with your body, whether you are currently working on it or not, it's extremely important to get rid of the negative habits that reside within your subconscious. Don't use someone's physical appearance to feel better or worse about yourself, because the freedom we all crave, is best fairly shared.

Step 3: Exercise for Your Physical Health, Not for Your Vanity

Not only does exercise cleanse you from any posing threat to your premature death, releases

feel-good endorphins, natural cannabis-like brain chemicals and other natural brain chemicals that can enhance your mode of sustaining happiness & care-free. Undoubtedly it also pivots your mind away from the cycle of negative thoughts and is a much healthier coping strategy compared to abusive diets, eating disorders, and so forth. Exercise is a natural way to increase energy, reduce stress, and keep our bodies healthy, but when we look at exercise as a weight loss or body-shaping tool, we turn something that's nourishing into something hurtful and even hateful toward our body. Exercise is a way to love your body—not a way to change or fight it.



Step 4: Behind the Face of Social Media

Social Media provides all breeds of content for all breeds of people. From Instagram to Twitter, they're all mere hosts that help us social beings connect virtually. However, the benchmark of a "perfect body", were all contributed towards by society sitting somewhere behind a screen.

When given, the option of hiding all our flaws and insecurities behind filters, ridiculous angles, body-altering apps, it seems irresistible to us. This is exactly why quitting social media is not an effective solution towards ending self-esteem and confidence issues. Instead, understanding that people whom you think have "perfect" bodies, are choosing that very option of hiding reality, will help keep your mind splendidly free from the idea that you need to fit into a certain man-made mold to be happy.



A few suggestions:

- Cleanse your social media feeds of anything that makes you feel bad about your body.
- Don't believe everything you see, there's always stuff hidden behind the camera.

Step 5: Self Care

Self-care is a part of self-love. Make it a habit to do one thing every day that makes your body feels cared for and loved. Be it washing & moisturizing your face at the beginning, and end of every day, applying a face mask, or



simply zoning out and staring into the unknown after every hour of concentrating on screens, maybe it's simply wearing your favorite outfit and walking around the house because YOU love it. By all means, is this not an effeminate ritual, and is not discriminatory of men. Please, join the club! The basic idea is to train your brain to associate your body with positive feelings. Once you start showering your body with love, it'll become instinctual over time.

Step 6: Fatphobia, Fight it.

If you believe there's something wrong with being fat or have a fear of being fat, I'm sorry to say but you've got stage 4 Fatphobia. Being fat is strongly linked to many significant metabolic processes, and so is stress. Would you expect to witness people having a strong reaction to the idea of being stressed? Or being teased, bullied, discriminated against for being stressed? No, but fat people go through it, all of it. Why? Because it's all a product of society enforced Fatphobia. Keep in mind that if you can notice

that someone is fat, the chances are, they know it too. You aren't exactly a reflective judge of how they handle their body and health. We live in a culture where we love to beat up on fat people, but the truth is, most 'fat' people are not disproportionately eating than their 'healthy' counterparts, they simply do everything incorrectly metabolically. It's time to start getting over our fear of fatness. That means celebrating your fat body, supporting, and empowering your plus-size friends, and calling out 'anti-fat' commentary from your peers.



The Plague of the Pandemic Physique: A Deep Dissection

Urvi Kirodiwal, 10G

Over the course of quarantine & a sedentary lifestyle, our relationship with food has shifted a lot over the past several weeks. In the advent of quarantine, I baked compulsively, along with seemingly every other person with an Instagram account. Putting sugar, fat, and carbs together in a pleasing way was something that I could do, a chemical reaction that I could control. But, after a while, baking no longer felt soothing. I also stopped eating lunch. Self-love. Body positivity. Beauty standards. I'm sure we've all heard these phrases thrown around here and there these days, but do we truly comprehend the significance behind them? And the impact they have on us, the true

root of such "trends"? We've all grown to a new regimen, but despite that, our clothes seem to fit about as well as they always have, which is to say, not very. We haven't stepped on a scale, because I find that I don't want to quantify anything about the pandemic. Why is this the case? Following, are a few of the indicative causes & solutions of such a phenomena:



Snacking & Stress-Eating

Over a year ago, when the world went into lockdown, people who could do their jobs from home shifted quickly to work-from-home arrangements. This left people scrambling to set up a home office, and for some, the kitchen table seemed like the most convenient place. Amidst these changes, we have been more accessible to our kitchen, and only naturally were we attracted to such forbidden goods. Most of us have been

eating way beyond our heart's content, it's only natural. However it may come in conflict with our physical health, and now, you could be the only accurate judge of whether it is.

Closing of Restaraunts

Due to the lack of eating food from outside, which is usually geared by a trans-fat diet, some of us have been losing weight. We've flipped to a routine of home-cooked meals that, in some instances, lead to an overall healthier regime. Although, due to the increase in free time on our hands, some of us have been excessively baking, cooking courses that would bargain our ideal calorie intake.

The Degree of Exercise

People may find themselves living a more sedentary lifestyle. Working from home, physical distancing, and the closure of simply walking, contributes to this. Quarantine restrictions may also result in people experiencing boredom, which may cause them to overeat/undereat.



Is this Really a Problem?

Beauty standards aside, is this affecting your overall health? 'Not liking the way you look', shouldn't be a motivator to exercising, portion control, and so forth. The more susceptible we are to such an instigator, the more susceptible we are to self-exploitative thoughts & regimes.

Acknowledge your Reality

The reason for us not believing the movement deep inside is because there's so much that goes on behind the scenes. So much editing, putting others down, that at this point it's possible for someone to be engaging in



an uplifting belief such as this one for the lone purpose of gaining clout and name. But life is too short to care about what other people think. Society's standards will always be a

looming nightmare, ready to pounce upon any moment of vulnerability. All these insecurities that have materialized today, we aren't born with them. We are conditioned to be ashamed about certain parts of us, just because it may not sit right with another. Those around us will never be fully satisfied, so all we should focus on is empowering ourselves in our own bodies and skins, owning them, and being confident.

Don't Deprive Yourself of Self-Respect

As Lili Reinhart rightly put, "going to the mirror after every meal, why do I feel like I need to apologize to the world for my ever-changing self?"

Photoshopping does nothing but adds to this problem of body negativity, building an unrealistic mold for people to build off of. Your body may have changed in ways that feel uncomfortable or unfamiliar, but this doesn't make you any less deserving of compassion &

self-respect. Approaching yourself from a place of guilt or shame over the foods you've eaten, pounds you've lost, or how much you weigh, can increase your risk of engaging in behaviors that are far worse for your overall mental, and physical health than weight gain alone. When our bodies change or weight is gained, it's worth remembering that health is not measured by weight alone. Health is a broader picture that entails so many different factors, including our overall mental wellness, the quality of our relationships, stress management and more. Goals of losing weight and even being healthy are so often punitive in their focus. We feel guilty for "making bad choices." We feel criticized by society. We feel "not good enough." And I will tell you right now that none of those things are healthy. So I am rejecting those messages, and I invite you to do the same

The irony of life is that humans want it easy, but challenges are what make life interesting. So, don't give up and work hard till you get there. Take your time. Just use it wisely.



It's Time the Body Positivity Movement Got an Intervention

Shiva Thejas Mukesh, 12A

For a long time has the body positivity movement gotten away with underrepresenting people of color, and men at that. Through the endless social media posts ranging from feeble acquaintances to A-list celebrities alike; or from the massive advertisement campaigns run by mainstream fashion outlets, both promising inclusivity for people of all body shapes, and sizes. It's both a revolution that holds a lot of promise for the unfairly marginalized, due to the unrealistic beauty standards held by the public eye. Yet could also manifest itself into an overwhelmingly excessive path to self-destruction, and simply demeaned representation. This article aims to shed light on the profits & perils of the body positivity movement and what it should mean for the casually informed society.



The Body Positivity Movement, in a Nutshell

Coined by a psychotherapist in 1996, the term “Body positivity” refers to the assertion that all people deserve to have a positive body image, regardless of how society and popular culture view ideal shape, size, and appearance. In layman's terms, this essentially translates to how we must embrace everyone for who they are,

and stop holding potentially hurtful prejudices based on just their physical appearance. The reform first emerged in the early 1960s in the form of the fat acceptance movement, which set out to engulf the degrading culture of fat-shaming and discrimination against people based upon their size or body weight. This phenomenon earned its first big break in the year 1969, when The National Association to Advance Fat Acceptance was first established; injecting new life into members of society long ignored by the superficial standards of beauty held by society.



What does the Movement Aim to Achieve?

Well firstly, the movement aims to challenge how society views the ideal physical makeup, hoping to drive away societies' obsession with aesthetics and rather focus on embracing yourself for who you are. This really could prove to be a game-changer for people who suffer from insecurities and low self-esteem and help build confidence in a vast majority of young adults, or 70% of them to be exact, who avoid normal daily activities, such as attending school, as they feel bad about the way they look.

On a similar note, the culture also yearns to present itself as a healthier alternative to detrimental behaviors such as eating disorders and self-harm caused as a result of

a poor body image. Owing to the empowering nature of the movement, and its active emphasis on drawing on whole communities' worth of involvement in creating a more approachable and helpful environment for those who feel left behind, it essentially guarantees inclusivity and support for those from all walks of life.

What does the Movement Actually Achieve?

It wouldn't be fair to say that this movement hasn't achieved anything, because it has, on an unparallel scale. Unfortunately however, the movement has not been able to achieve

its almost lofty target of reaching people regardless of their backgrounds. The movement is still not in full swing for men. Shockingly, since 1997, male cosmetic surgeries like liposuction, nose surgery, facelifts, etc. have seen a monumental rise, sitting at an astonishing 325 percent. Even worse, however, are those inhumanely sidelined due to their skin tone; who are unable to even speak out due to the stigma surrounding these underlying issues in society. It might be off to a bright start; but the movement still has a long way to go.

Why Should the Movement Matter to You?

As previously mentioned, body positivity is a phenomenon that is most effective when people from a variety of backgrounds come together to celebrate together for what they are. Even if you may not find yourself in a position of insecurity or bereft of self confidence, it is very important that you ensure those close to you also can be afforded an equally positive body image, which might even help them avoid severities such as eating disorders and suicidal thoughts or tendencies.

But, how much is too much?

The excess of positivity in social media is known as “toxic positivity”. Toxic positivity refers to the idea of focusing only on the positive aspects of life while rejecting or dismissing negative emotions, which are part of our human nature. The bitter truth is that although we might have a lot of self-esteem and confidence, we still might not feel comfortable with what we see in the mirror; which is completely normal and in fact, a healthy human tendency.



However, the overzealous among us tend to conveniently overlook the negative aspects of our physical attributes, including avoiding lifestyle disorders such as obesity and cardiovascular disease; all in the name of body positivity. A quick glance at your social media feed would paint a similar picture; with it's almost backhanded, seemingly forced.

Ultimately then, what can you take away from the movement? It conclusively pans to a double edged-sword; manifesting as both a revolution shedding light on those living in the fringes of society, locked away by their own insecurities and negativity. On the other hand, it could masquerade as an excuse for leading a purposefully unhealthy lifestyle. It decisively comes down to a balancing act; being able to provide an equal platform for everyone, and promoting positivity and wellbeing for all. At the end of the day, it all comes down to just one person's opinion: yours.



Children's Chronicle Corner *Interactive Read-Alongs*

Relish in the interactive read-alongs scavenged by our editors, encompassing all of the bearings, 'Body Positivity' has to offer:

Brontorina ~ James Howe



https://www.youtube.com/watch?v=n5i_4TI8Ncw

Sulwe ~ Lupita Nyong'o



<https://www.youtube.com/watch?v=vujbTOuzg2Q&t=201s>



Children's Chronicle Corner Interactive Read-Alongs

A Bad Case of Stripes ~ David Shannon



<https://www.youtube.com/watch?v=QqnChSV2mdM&t=1s>

Lovely ~ Jess Hong



<https://www.youtube.com/watch?v=QqnChSV2mdM&t=1s>

Photography Competition

Theme: Beauty is in the Eye of the Beholder



!! The deadline has been extended !!

In a world where there is so much freedom in the conception of what is considered 'beautiful', this competition serves as a platform to chisel such indifferences.

Email us at least 3 pictures of what you think is beautiful. The pictures should be photographed & edited by you.



Submissions

9th March, 2021

winchwellbeingpost@gmail.com



Humor Section

Cartoon Caption Contest

Last Month's Cartoon



1st Place

“Dad, stop the kids think you're proposing”

- Anya Thomas

2nd Place

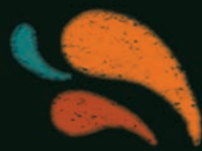
“dad, stop being a coward and go on the slide lol”

- Aaron Mercado

3rd Place

“Son, your life has built up to this moment, go on that slide with pride.”

- 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/1FAIpQLSe9XsJSkWerYHAW12M1E7aNwZKhVx--qviAMK_ImbYEpC46tw/viewform?usp=sf_link

Voting Poll:

https://docs.google.com/forms/d/1T61sbEVSJxyH3-j_R8P23lwtZDX12ZUp7qEkIkXiZy4/edit#responses



The Literary Palate



Metamorphosis



Mehak Reji: 10A

Genre: Dystopian Fiction

Appropriate Age Range: 13+



100 thoughts for 100 years

"Have you read Metamorphosis yet?"

Consider it the cocktail party conversation starter back in 1915. A lifetime in the making, 102 pages long; the book has ignited the cult of Franz Kafka. *Metamorphosis* is a sprawling bildungsroman, centred on a man who wakes to find he has mutated into a vermin, amidst the contest for balance, he realizes he's late for his job as a traveling salesman. The protagonist gradually has every facet of himself stripped away from his being. Initially, it is his physical body transfigured, enough for others not to recognize his own identity, not that there was much to begin with. All in all, he still believes himself to be himself. In the eyes of wider society, Gregor went to bed and a creature substituted his identity, but for Gregor, he simply went to bed and woke up as a creature. No one else recognizes his humanity. The implication posed is that Kafka puts a tremendous amount of importance in the relationship between a person's memory and identity. Although this is not without its fair share of dilemmas, considering we would say that a victim of amnesia is still themselves. Overall, *Metamorphosis* kneads the silver lining between one's boundaries and limitations of identity.

Scars to Your Beautiful



Arissa: 10F

Genre: Pop

Appropriate Age Range: All Audiences

This is a song that stresses self-love, and how people give into society's standards & that there is more to a person than their physical beauty. Society has blinded people through standards leading them to think they aren't worthwhile. The lyrics serve as a coping mechanism, as the rhythm gives it its glaze; both enlightening & satisfying.



The Literary Palate



Voltron: Legendary Defender



Shriya Sankranthi; 7E

Genre: Mecha, Sci-fi, Action

Appropriate Age Range: 9+



Voltron is set in space and revolves around five teenagers, all cadets of the Galaxy Garrison; a training school for future astronauts & space pilots. Shiro, a teacher at the Galaxy Garrison crashes onto Planet Earth. As a product, the teenagers attempt to save Shiro. The following seasons delves into how the Paladins fight the Galra Emperor, Zarkon, hence starting their own coalition, defeating the witch, Honerva,

and unlocking the secrets to Altea's and Voltron's past. Voltron is perfect for ages 9 and up. This isn't exactly a show for younger kids considering the new-found violence that concurred the last two seasons. I find Voltron entertaining and quite addictive! The script is unique and the characters show a lot of development. This show is also very morale, teaching tons of lessons to kids about how to deal with different obstacles in life. Voltron is a mix of humor, action, and feel good rhetorics! In my opinion, I feel like it's a perfect show for anyone who finds adventure with a dash of mystery interesting

Percy Jackson & the Olympians



Keiah Kodape; 7E

Genre: Mythology, Fantasy, Adventure

Appropriate Age Range: 10+

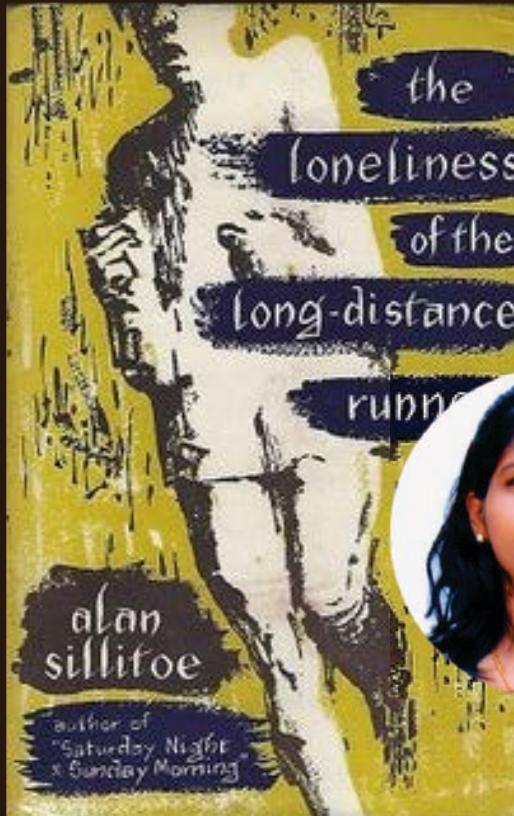


Percy Jackson and the Olympians series portrays an 11 year old, Percy, who finds out he is the son of god, Poseidon, the God of the Sea. he is transported to Camp Half-Blood, a safe place for demi-gods like him, along with his protector, Grover Underwood; a

Satyr. Percy embarks on his first quest along with Annabeth Chase and Grover to retrieve the most powerful weapon ever made, Zeus's lightning bolt. n my personal

it became my happy place, a place where I could escape reality and problems of the real world and I believe that maybe same for other readers of this fandom.

The Literary Palate



The Loneliness of the Short Distance Runner



Ms. Mini, Secondary English Teacher

Genre: *Social Realism*

Appropriate Age Range: *14+*



IF you are a freedom seeker, breaking the bounds and setting free, taking the role of a modern revolutionary hero, then you should surely read the short story 'The Loneliness of the Short Distance Runner'. The story revolves around a teenager who is an inmate of

Borstal reform centre. The protagonist has been imprisoned for two years for breaking into a bakery. The warden has in mind other plans for this young

teenager who is swift on his foot. A must-read for the revolutionaries. The short story is written in First person point of view. The author Allan Sillitoe has added various techniques to capture the mind of a teenager and at the same time the will to lose to gain something. Failing to win is one of the concepts presented in the story. The life of Smith, or as he is called is revealed to the reader in snapshots using the stream-of-consciousness technique. The thoughts also wander using the flash forward and the flashback techniques which captures the interest of the reader. Through the race that Smith takes part in, the curtain is raised over from many intricate details that had made Smith what he is today. He is an antihero and you would surely like him. The plot will keep you engrossed and this short read will surely help you understand the struggles of the working class.

Want to Submit a Review?

Refer to the Entry Form below for further details:

https://docs.google.com/forms/d/e/1FAIpQLSfx7tpmfKFsRfGuGrVqkXLLZSsir3U5f7WNkVpVukZS6_bpug/viewform?usp=sf_link



Paperback Poetry

The Road to Self-Loathe

Danica Marie Navarro, 12C

Behind the thick layer of fabric,
nothing but cold, bare flesh.
A rather sad-looking figure in the
mirror. Feeling nothing more than less.

A victim that fell prey to society,
to its standards, to its views.
A competition where no one ever
wins. They race to lose.

What if there is no light
at the end of the tunnel?
What if there is no pot of gold
at the end of the rainbow?
What happens then, when you
no longer have room to grow?

Chasing the impossible, the
desire to be someone else.
Loving anything and everything,
anyone and everyone, all
but themselves.

You then realize there is no
finish line, but an endless road.
The path to hatred. Anguish.
Vulnerability. Self-loathe.

No matter what gender or age.
No matter what shape or size.
Love your body regardless.
For beneath this mask lies,
beauty.



I am Beautiful

Nuha Danish, 2G

I am big or I am small,
I may be tiny or tall,
I am black, grey or white,
No color is wrong or right,
My eyes blue or brown,
I am sure they are the prettiest in
town,
I may smile or I may frown,
I may enunciate or I may stammer,
I may be dull or I will shimmer,
You can not put me down,
I am positive for my body,
I know that inside,
I have a beauty,
That I will not hide.



Submissions
Email us at:
winchwellbeing
post@gmail.com



The Tudor Tales

Tanishi Joshi, 7B

Kings and Queens of England true Dynasties after
dynasties, everyone knew One such famed is the
Tudor Dynasty

With five, sometimes six, monarchs, 1485 to 1603

First, we bring the Paranoid King
1485 to 1509, honor to England Henry VII would
bring

Gaining Throne after the bloody War of the
Roses,
With Henry's policies and alliances, the chance of
English war closes

Survived Yorkist revenge, found pretenders, what
could come next?

What could not be gained with his powerful lore?
Shrewdness in war, intelligence in text
A wonderful warrior, a wonderful King, what
more could England ask for?

Next came the six-wived sovereign
Henry Tudor, later VIII, was his honored name
Jolly and kind, lover of music and jokes to
stimulate his brain
Before the dreaded English Reformation came

Divorced, beheaded, died, divorced, beheaded,
survived

Some unexpected, some contrived
A male heir craze, ripping England through The
older he got, the more it grew

Separated the Church from Rome Removed the
Pope's shelter off of many people's Home
So many masks, so many faces
First, a slap and then embraces?

Next, comes the not-very-known
Henry VIII and Jane Seymour's only child, only
son

The first King with Protestant values sown
Edward VI set up for the Throne, a Protestant
first cousin

Sat upon the Throne from the age of nine
Yet, on his health and life, Time would dine
Lived from 1537 to 1553

Reigned from the age of nine to the age of
fifteen

Next, some would say, comes the Nine Days
Queen

To relinquish her religion, Lady Jane Grey was
not keen

Reigned from the tenth to the nineteenth of the
seventh month

Executed for treason by Catholic opponents

Next, comes the proclaimed Bloody Mary
No, not the cocktail, game, or story
The first, self-ruling Queen of England
Supporters so many she first had, full of cheers
was her coronation land

Yet slowly, they decreased
As the brutal Protestant executions breezed
A staunch Catholic, she tried reversing the
English Reformation
To make an example, she married Philip II of
the Spanish nation

Heirless, she died
Only five years she reigned, from 1553 to 1558
Only surviving child of Henry VIII and Catherine
of Aragon
Villain or victim, you decide

And finally, comes the great Gloriana
The most celebrated monarch of the Tudor
family
Flamboyant like a Royal Poinciana
Elizabeth I saved England from great calamities

9th longest-ruling English monarch
Henry VIII and Anne Boleyn's only surviving
child Reigned from 1558 to 1603 T
he Tudor dynasty's end, she decreed

That was the end of the Tudor Dynasty
Succeeded by the Scottish Stuart Family
Through dynasties and dynasties, The Tudors
still remain

Kings and Queens of England true

Sidewalk Sketches

Murakami's Panda Family Painting
Aabid Sameer, 10H



Divine Intervention
Hannah Erica C. Tan, 10B



Fire & Ice
Azka Chaudry, 11G

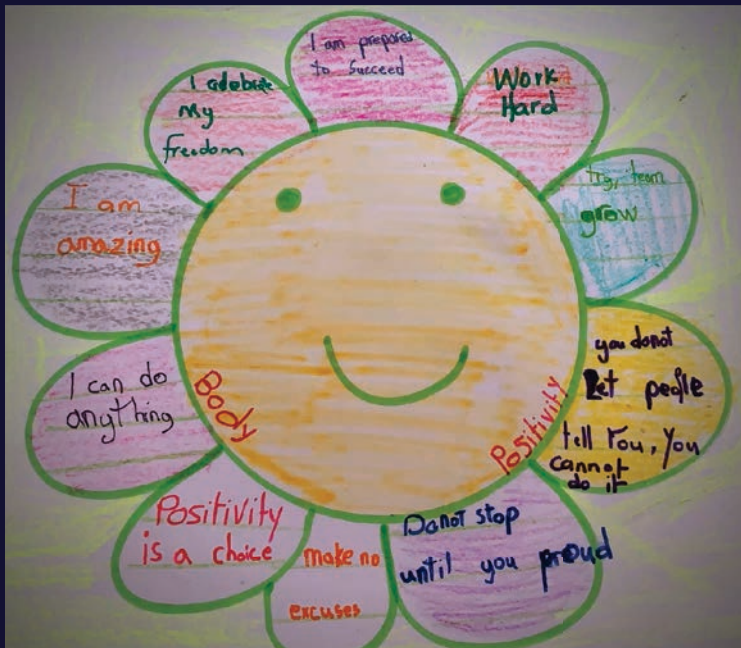


Wings
Aaron Mercado, 10A

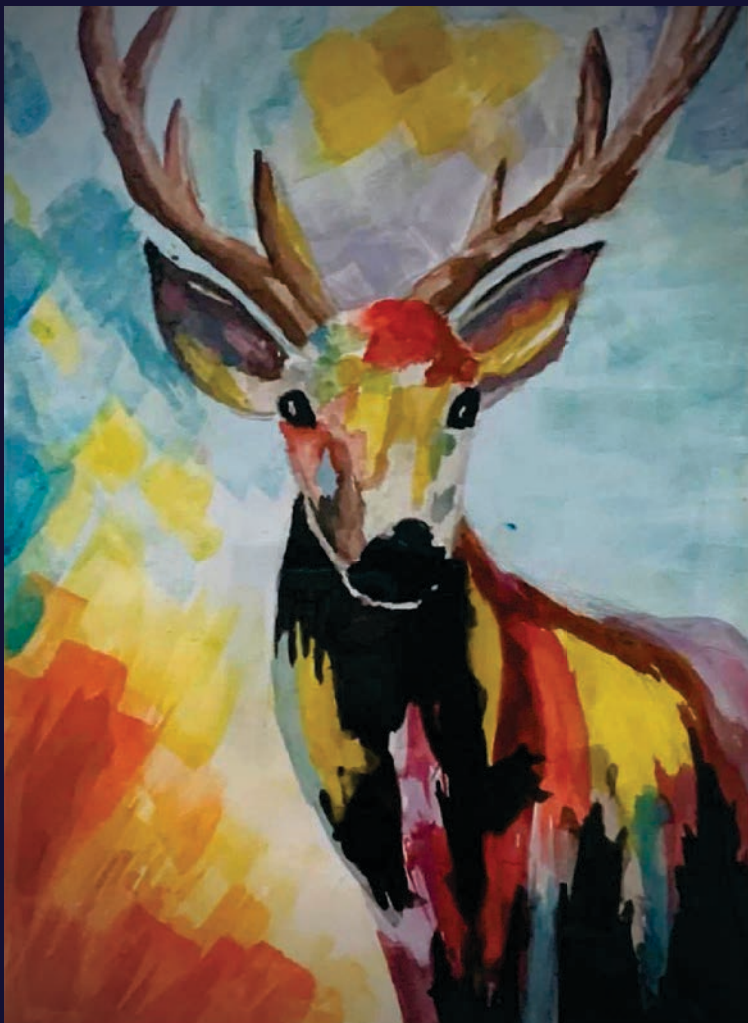


Sidewalk Sketches

Body Positivity
Hamza Ekafoury, 3D



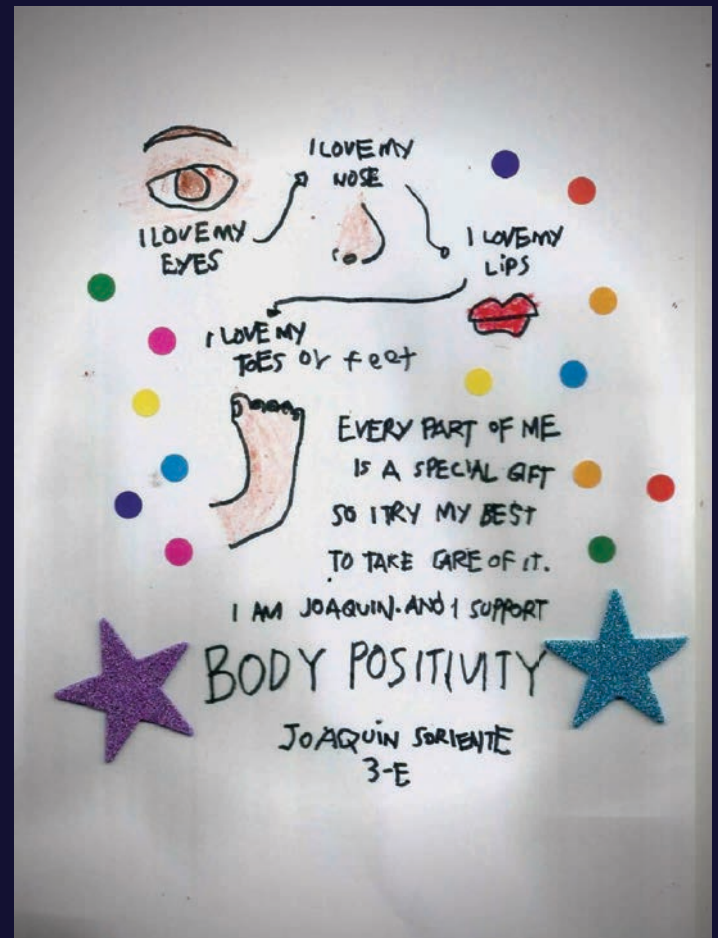
Colours of the Wild
Katie Ramanayaka, 12A



A Ray of Hope Amidst Darkness
Idalia Jirasinha, 6B



Body Positivity
Joaquin Soriente, 3E



Submissions:

Email us: winchwellbeingpost@gmail.com

Playlist Digest: Feb Edition

This Month's theme: Body Image

Field of Vision



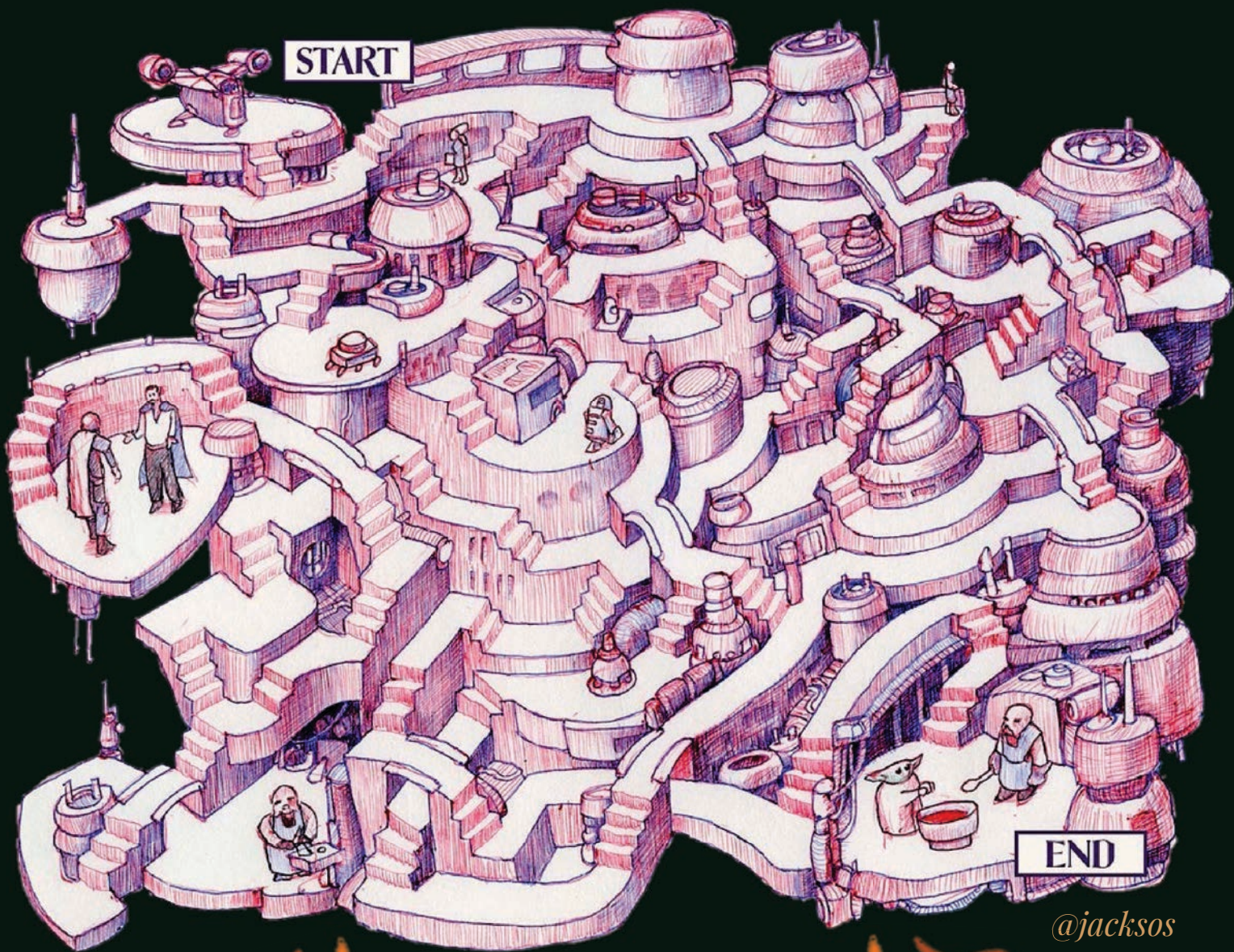
[https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?
si=kQwYKZINQOCYFse_9dHQ8A](https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?si=kQwYKZINQOCYFse_9dHQ8A)

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.



@jacksos

Editor's Column



Vania Chanelle Gomes
Head Editor & Designer

Dear Readers,
Why do we set ourselves up to a standard we wouldn't set for our own loved ones? Is it perhaps we don't love ourselves as much? We subsist under a culture where we've weaponized our own skin & flesh, for the grand total of body shaming & eating disorders.

Sickness, just like happiness, is spread between the skin of our fingertips between the small human contact of a like and a comment. There is no reality in the body positivity that we haven't experienced before, so aren't we just as entitled to tackle such a prejudice?

Be that as it may, it is in our survival instinct to crave a release that defies reality, even if it is at the compromise of our own welfare. Why do we let this slide? Every single day is a chance to mutate our wrongs into rights, so why not start now? It all comes down to one person's decision, and that decision is yours.

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



Inaya Danish Zaidi
Primary Editor

Dear Readers,
A constant problem in the world is body shaming. Research has shown that around 50% of young 13-year-old American girls reported being unhappy with their bodies. Yes, those statistics are real. You can be horrified now!

Looks are NOT everything. We hear that from every guardian, all the time. They even try to say that your body is perfect. We should keep that in mind. However, we all forget that no matter how much we try, some kid in class starts shaming how we look. Everything we built falls, every quote we heard forgotten, and our confidence shatters.

But I realized that only an average person talks about looks and people who have at least some common sense talk about the mind. Every time a person talks about the body, I imagine their head blows up like a balloon. They keep talking as they float up into the sky and underneath their now weirdly sized heads, it's written 'Average mind'. Be Body Positive!

Inaya Danish Zaidi
Primary Editor of TWB



Our Platforms

» Your Primary Contact's Email
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» Phoenix--School Community--
Circulars & Announcements

» The Wellbeing Tab on The
Winchester School's Website



Credits

Head Editor & Designer:

Vania Chanelle Gomes, 10F
vanichanellego@gmail.com

Primary Editor:

Inaya Danish Zaidi, 6I
wecarenewsletter@gmail.com

Playlist Digest Coordinator:

Shane M., 10F



Article Submissions:

Email us on:

winchwellbeingpost@gmail.com

[@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality) on Instagram

The articles must environ the theme of,
'Connecting With Nature'

STAY TUNED!

Next Issue:
15th March 2021