

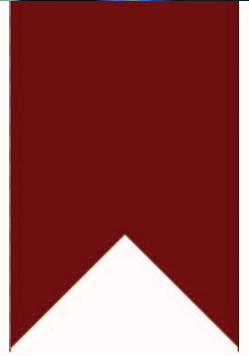
# The Winch-being Bulletin

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



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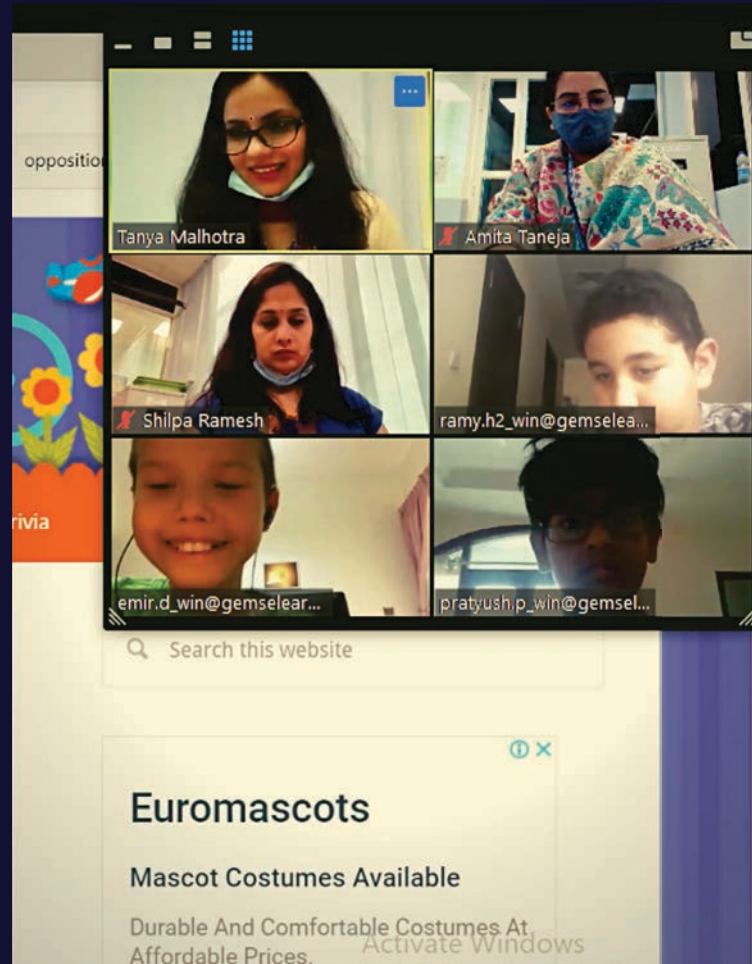
# Event Spotlight:

## *Well-being Week: The Missing Link*

Among other things, 'Well-being', has definitely materialised itself to embody this disregarded priority in our lives, amidst intimidating contenders such as our academics, our social lives, and so forth. Vaulted under the obscurity of other, but just as important areas in all of our lives. Designating this week, our time, and our collective effort, has definitely resurfaced true connotation of Well-being, a connotation gutted, but now revitalized.

### *English Department*

Commenced Well-being Week by initiating Years 5 & 6 in designing their own happiness t-shirts, abiding the theme of Happiness & Well-being, along with the alliance of UAE's happiness and the National Agenda, as well as writin their own Acrostic Poem appreciating their peers. The KS3 engaged themselves in a 'Laughter Club', providing a chance for the students to laugh and express themselves, 'Happy memories', where students share their Happy memories in various forms- poem/ prose/images, and, 'Overcoming Challenges'.



### *Math Department & KS2*

The KS3 created, 'Wellbeing Expressions', using different parameters, linking an alliance between emotional & social well-being, with algebraic expressions. Along with that, students have also created a collage, accentuating healthy diets, and their knowledge on angles; incorporating the nutrition value in the diet using the angles of the shapes. Years 3&4 immersed themselves in a 'Tea and Chat', where students & teachers bridged that gap of

socialization with their snacks and tea, and conversations on their hobbies and so forth



### *Science Department*

Year 10 submerged themselves into a discussion on maintaining a balanced diet, and it's concord with immunity & physical well-being.

### *Humanities Department*

KS3 & KS4 watched the movie, 'Hachi: A Dog's Tale', and was later tailgated with a skill development lesson where they share their take on the movie, consequently saturated themselves with thoughts & confessions on social & emotional well-being, and how they could sustain it during this trying time.

### *Business Department*

KS3 & KS4 creates a blog, vlog, or even a podcast, on the theme, 'Create your own story', drawing inspiration from a well-known

industrialist, CEO, Banker, Entrepreneur, Financial Analyst, around them, and consequently deciding how they would like to create their own story. Both students & teachers initiated themselves in a moment of solace during this activity, through the means of plotting characters, and their ideas & inspirations.

### *ICT Department*

Students of KS4 & KS5 created a tracker that bares the enigma that is Social Media platforms, and how they affect our moods. Students watched, 'KQED: Above the Noise' video, and used traces of the mentioned information into their work, capturing the thoughts & moods in their tracker table.

### *French Department*

Students across primary & secondary plunged themselves into discussions on physical health and establishing a healthy lifestyle during this trying time. Awareness on the importance of 'a Health Lifestyle', was assured through pledges and positive messages.

### *Arabic & Islamic Department*

Students across primary & secondary traced back to their former, delightful memories, and manifested them in various forms such as, a story, poem, article, so forth. Students also scoured for humorous books, which was the shared with their teachers, friends, and family. Appreciation notations were also written to teachers, friends, parents, and our support staff, binding that missing link of blotted out gratitude.

### *Art Department*

KS5 students divulged into a raw session betwixt their emotions through expressions; connecting themselves through visual arts.

## *Achievement Centre*

Accentuated self-Motivation & having a growth mindset, through videos, to genuinely wrap their heads around the verity why of positivity. Students then made posters, videos, gratitude notations, and cards to their teachers, friends, parents, support staff & LSAs.

### *KS1 & KS2*

Students in Years 1&2 had a 'Connectedness Session', where both students & teachers diffused into small groups over the course of the week, endowing this moment of solace & normalcy, moments definitely tainted during this trying time, however rejuvenated back to its native state.

### *P.E. Department*

Students, staff & parents were introduced to the 30X30 Dubai Fitness Challenge, and approximately 235 students enrolled.

### *KS3 & KS4*

Students submerged into the significance of, 'GEMS JEWELS OF KINDNESS', in the time 'Respect', was also a core theme within the bounds of KS3 & KS4. Tips on maintaining Wellness & strengthening your Brain gym was thoroughly emphasized, as well as newly adopted into both students & teachers' routines.

### *Sixth Form*

Students of Sixth Form planted themselves into a self-affirmation activity, where in students fill up a 'Positivity Jar', with self-affirmative words, mounting self confidence within themselves.

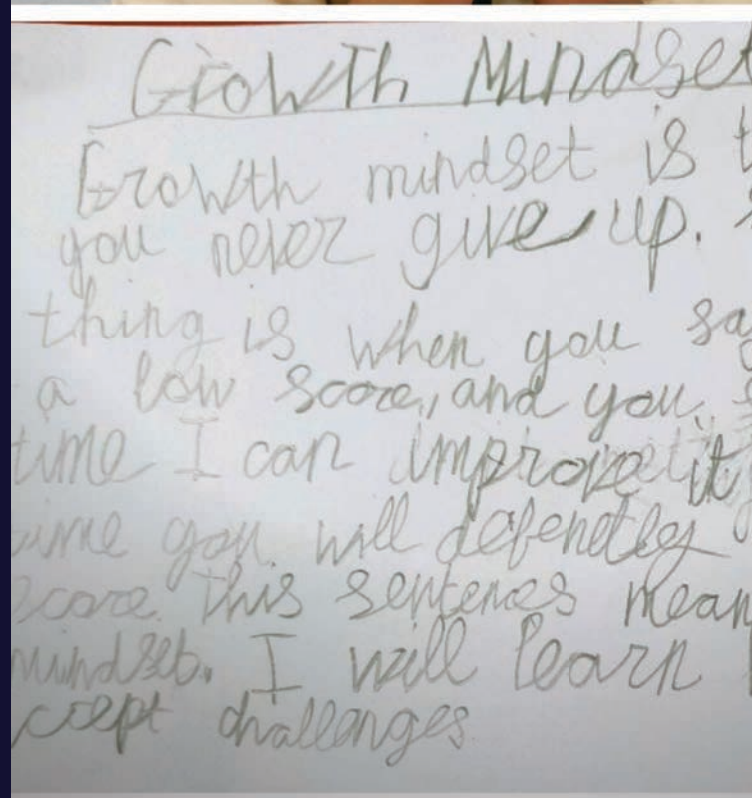
Collaborative activity to enhance connectedness Yoga/Stretching exercises and breathing techniques to improve physical well being

### *Moral Education & PSHCEE*

**I WILL Movement:** The entirety of Winchester was introduced to the I WILL Movement, circumscribing a target setting & commitment program.

**Engraving Goodwill & Well-being within walls.**

**#WinStrongerTogether:** Webinar session on Parent Well-being



# Student Spotlight Primary

## *The Faces of WINRADIO*



**Victoria Nedyalkova**  
*Co-host of WINRADIO*



**Lisa Abraham**  
*Co-Host of WINRADIO*

**Want to be a part of the WINRADIO Primary Team?**

Send the emails below a 1-minute monologue on a topic you're passionate about.

[Victoria\\_Nedyalkova@yahoo.com](mailto:Victoria_Nedyalkova@yahoo.com)

[lisabraham1939@gmail.com](mailto:lisabraham1939@gmail.com)

# Secondary

## *The Minds Behind WIN Social Cares*



**Tanisha Sadik**  
*Co-founder of  
WIN Social Cares*



**Nandhana MR**  
*Co-founder of  
WIN Social Cares*



**Sandra Biju**  
*Creative Director*

# The Prolonged Ordeal: A Scholar's Guidebook

*Aarav Pradhan, 11A*



From the piled-up revision sheets to the sleeplessness, exam season is something we all dread. While some of us prepare months before the exams, many people also do a lot of last-minute revision and contrary to popular belief, there isn't anything wrong with that.

However, last-minute revision isn't suitable for everyone, regardless of the cliches we all must know that learning is unique for everyone. Studying for prolonged amounts of time can be extremely boring for people, so here are methods that you can follow to study.



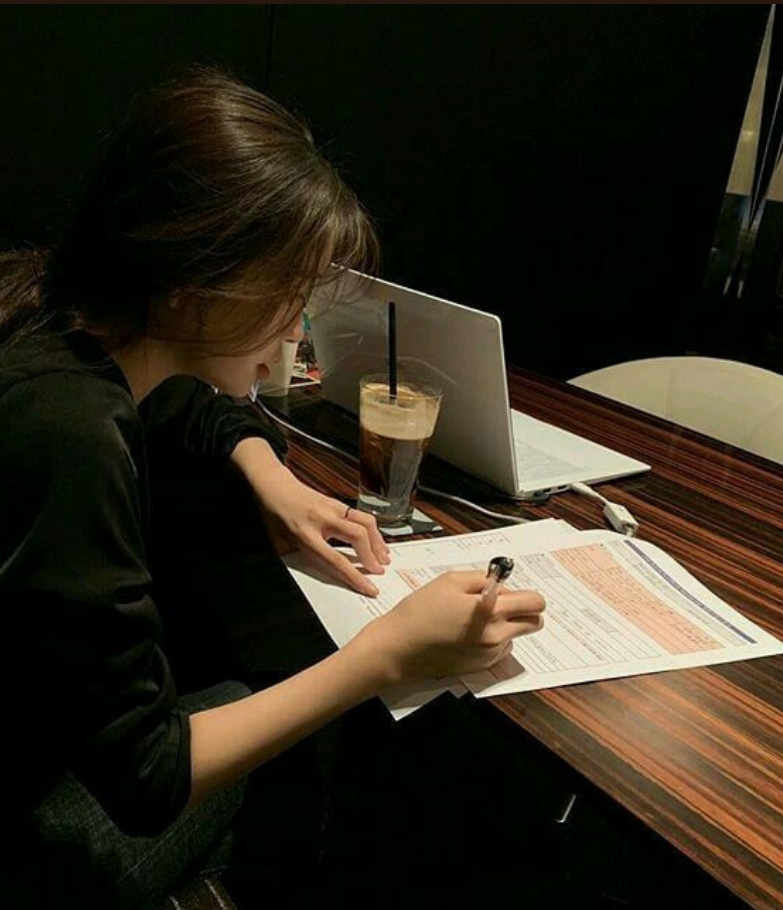
## *Method 1:*

The first method is something we are all too familiar with; 'Book & Pen' study. To elaborate, book and pen study is just referring to a coursebook for information and mentally recording the information or just simply highlighting the important points. This form of study allows you to gain information only if you can read long

texts for continuous periods. When reading a specific subsection of a topic, ensure you complete the whole subsection before taking a break. Otherwise, the discontinuity in learning might put the wrong ideas in your head, be thorough, and take your time, you aren't on a time limit. Even if you don't understand it, re-read, or use simpler resources. The source of our doubts is usually an unclear foundation on the topic, so if you ever feel stuck in a concept, read about the topic in simpler terms. This can be done by referring to the same chapter from lower-grade resources or watching practical videos. While we are constantly instructed to read everything thoroughly, certain people prefer learning from overview guides and summaries. If a concept isn't clear to you from the textbook, do not continue to research for extremely intellectual resources; instead, visit websites or use resources that provide basic summaries of the topic. A really great resource for this is,

[znotes.org](https://www.znotes.org).

# *Procrastination: Academia's Poison*



We all procrastinate, whether it's hunger, a flock of tasks, or just avoiding studies. You can't stop procrastinating but you can, of course, reduce the urge to. When we study we have to calm ourselves from any distractions, this can be done by listening to music or just complete noise deprivation. This reduces our brain's response to unnecessary stimuli and keeps us concentrated on our main goal.

**Side-note:** Listening to music doesn't always help, don't force yourself to listen to music when studying because it does not work for everyone. If you are aware that music might be a distraction, get rid of it completely. You decide how you study and

where you study! Remember that studies aren't meant to be stressful, the more relaxed and calm you are, the better things register in your brain. Whether through videos, summaries or practical learning, just know that you always have a strong support system. Your friends and family are always a zoom call or arm length away. Stay safe and study well!

We as students are often stumped on what resources to use and refer to, some might not be credible and some have unjustifiably expensive subscription fees. Here are a few free resources, including **YouTube channels & Sites that you can refer to:**

- **Evans Chikasa:** ICT
- **ICT YAHMAD:** ICT theory
- **Cambridge in 5 minutes:** All three sciences
- **Liam McQuay:** Computer Science
- **Milya Arisya:** Economics & Business
- **physicsandmathstutor.com:** All subjects
- **cram.com:** Flashcards for all topics
- **brainscape.com:** Flashcards for all topics
- **ictlounge:** ICT
- **bitsofbytes.co:** Computer Science
- **khanacademy.org:** All subjects



# Unearthing Balance: Being Happy & Productive during Exam Season

*Nada Khalifa & Siham Mousa, 13B*

As a student, you experience many horrible situations in life, like acne, homework, stress, but definitely, the scariest of all is exams! Within good competition of course. We tend to be constantly reminded of how important and life-changing exams are; how we must study every day and night to score the highest grade possible to get a job. This is partly true, as to be successful you must pass exams whether we like it or not. But at some point, we must realize that exams and sometimes even time



management won't help you ease the stress you're under, and stress is the key to self-neglect. It is indeed funny because we are taught everything in school from the complex formulas of sine and cosine to Marxism, communism, and Hitler, yet we are never taught how to cope with the most basic thing we face in life and that is...stress. The recipe to being happy is to be able to maintain your cool, and stay motivated....but honestly, when the entire world seems to depend on one thing that seems so hard to achieve, *how is it even possible to stay calm and hopeful?*

## *Emotional Skill Set*

Exams build up a pyramid of challenges that causes one to be unhappy during the exam season, and many of those stem from pressure, whether that be from parents, or school. This eventually leads to comparing yourself to others and doubting your own self worth & value. In addition, there is this fear of not achieving the expected scores, and time slipping away betwixt the crevices of your fingers. Consequently, when exams keep dropping these massive boulders of stress on your shoulders, happiness comes







in handy. A content brain is able to think fast faster on its feet, and henceforth make better decisions. *Serotonin, 'The Happiness Hormone'*, is released when you are jovial and satisfied. Appropriate levels of serotonin start to unlock cognitive superpowers, such as, enhanced long-term and short-term memory. All of these new modifications are linked by a thread. Enhanced memory increases the capacity to learn more in a short time and better the ability to think logically. Logical thinking enables you to improve reasoning skills which help your ability to combat your stress. These skill sets can easily help you push through exam season, but the key to locking in these abilities is maintaining them.

## *Saturate yourself with Sleep*

Sleep is one of the biggest dilemmas students face during exam season, whether students over-sleep, or barely sleep they will end up waking up with one common result: a problem. Although, you can simply flip the script and solve this problem by creating a simple routine, you can also start studying earlier, and finish your revision within a time suitable to be able to sleep at least 6 hours every night, especially, the night before an exam. It is very common to hear people saying "I just slept 2 hours", but you don't have to compete with them. Competitive nature can be avoided in the sleep department, and transmitted to the health department with a straightforward remedy called a balanced diet.

## *Diet: An Academic's Ammunition*

Exams tend to puppet our diets, whether it's over-snacking on chocolate chips, or forgetting to eat breakfast, they all result in an upset stomach, or worse. It is best to stay away from high levels of sugar and caffeine, and instead supplement in healthy alternatives such as fruits, nuts, protein food, and water. With a nutritious diet plan and a fully charged Brain comes the next main challenge: study management.

## *Working Environment: A Color-coded Villain*

Maintaining productivity involves both external and internal factors. Creating the right working environment, it's difficult to be productive if you're physically uncomfortable and

Tips for creating a comfortable working environment such as investing in good furniture, getting rid of unnecessary clutter and tidying up what's left or invest in some nice stationery that you enjoy using. Eliminating distractions, now that you've created a pleasant working environment, the next step is to eliminate distractions. Find some peace and quiet, you're not going to be able to study productively if your little sister is screeching away on her violin in the room next door. So, lock yourself away in a silent room with the door shut and put a 'Do Not Disturb' sign on the door. Music might help, make sure to use a good pair of headphones if you're studying in a communal space. Not everyone can concentrate with background music on, but many people find that listening to music can help increase their productivity and concentration levels. What's more, music can also be effective at drowning out the background noise of family members or friends elsewhere in the house. A method that links all these points together are apps. For example, biology is making you stressed? Take a minute break and an app like "I Need a Break (INAB)" is a series of four exercises meant to be done at any work desk in under one minute. These types of applications that focus on body exercise are meant to distress any body pain.



## *Taking a Break*

Take a minute long break on an app like "I Need a Break (INAB)", it features a series of four exercises meant to be done at any work desk in under one minute. These types of applications that focus on body exercise are meant to distress any body pain.

Alas, remember that, no effort is ever lost, so avoid thinking notions like, 'Why should I do

this?'. When you work your hardest, it pays off eventually, maybe not always in the way that you expect, but much like Newton once said, "for every action there is an equal reaction". Additionally, comparing your achievement to others will never make you any better, you are not in a race against others you are in a race with yourself, to become a better version of who you are. Progress is the aim, so don't expect overnight results, don't compromise your health for a temporary period. Nothing ever comes before your health so when the time comes and you require rest make sure to do so, don't force yourself to push through with a tired body, We all need a break, even computers take breaks.

# Coping with Exams & Study Methods

*Omkar Rajesh, 8E*

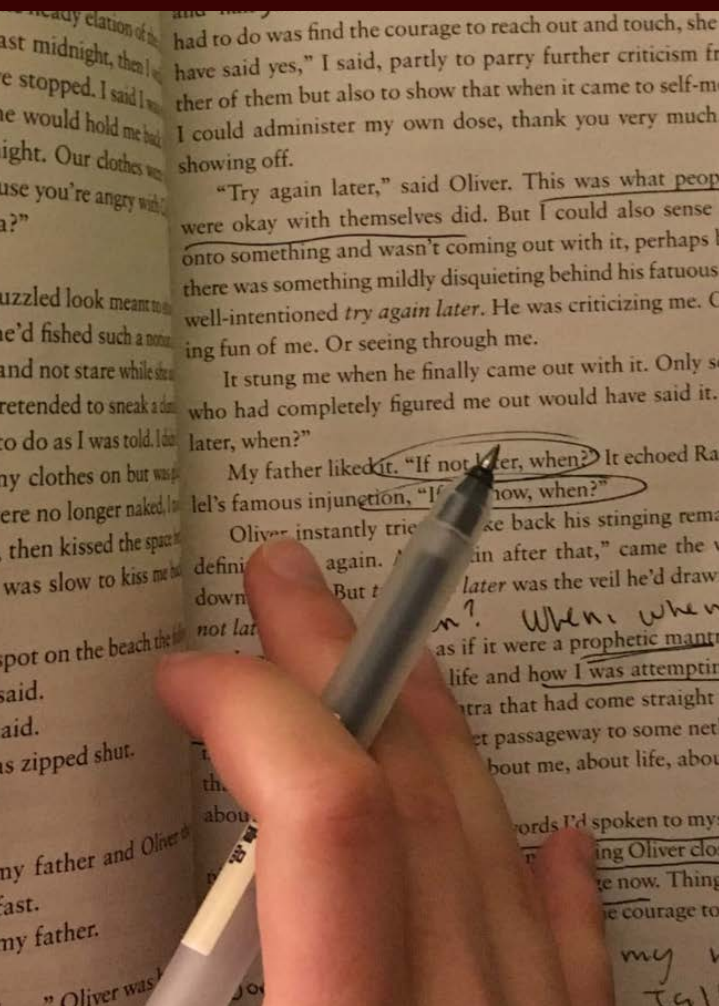
I am sure that everyone is familiar with the word 'exam', and when pupils are even in the same room as the word exam, they start slumping into a whole new milieu of anxiety and tensity, even I do. After the exams, there is a concise moment of solace, and then we receive our results. There is a variety of results, and not everybody retains a good result. The reason behind getting inferior results is because pupils are not able to concentrate, and they get distracted dexterously. Henceforth, I am writing this article so that pupils can become cognisant of studying, escalate concentration levels, and smite stress, anxiety and tensity.



## *Creating a Study Routine*

Pupils' study trends may divaricate, however, some fundamentals apply- an elongated period of study and the dearth of sufficient breaks might lessen productivity. Within 2 periods of studying, a break of 5-15 minutes is considerable. Try to devise and maintain an exam schedule/routine, and before creating one you must know your goals. Once you acquire your exam dates given by your teachers, try to keep everything ready before your exams start to refrain from last-minute haste:

- Study for 30-45 minutes.
- Followed by a 15 minutes break.
- Maintain an adaptable timetable.
- (<https://www.nirandfar.com/schedule-maker/>)
- Abstain from last-minute preparation.



# *You Deserve a Reward*

Focusing on studying during this pandemic, especially under quarantine, comes with certain uncertainty. If you've urged to study and focus on the longevity of your goal time, be sure to reward yourself! The reward could be an extra hour of binge-watching your favourite show, eating an indulgent dessert, taking a nap or anything else that you enjoy. This will reinforce good study habits and, of course, it will be a well-deserved treat.



## *Self-Assessment*

Self-assessment or self-evaluation is a protocol to consistently scrutinize, observe and value your retained work and its results in order to poise or ameliorate it. Motivation will abet you to work passionately towards completing something, however, it won't come whenever you desire to need it. If you're stumbling to start or complete a task, bequeath yourself with confidence and motivation to endure without giving up.

- Practice age-appropriate online tests or past papers in an exam like- surrounding
- Rate or judge yourself on a scale of 1-10.

## *Study Environment*

Distractions can deface all the efforts that you have put in to understand, learn and study. News, social networking, and surfing through the internet can snatch your attention away. Figure out items that tempt you and eliminate them from your study area. Tidy up a corner of your home and appoint it as a permanent study area for exams, prepare and organize your study zone:

- Study on a laundered study table.
- Understate diversions/distractions like television, and music.
- Refrain using mobile phones while studying

## *The Exam Day*

Turns out trusting yourself is a big part of the game. When you trust your savvies and effort, they intensify and become indurate. Read one question at a time, and be patient while answering. Don't stress. Answer questions you know first. Proceed to the next question if you can't answer. You can then take time and answer the remaining ones within the time allotted to you. Don't compare or relate your speed to others.

# Scheduling: A Scholar's Seed

## *Thejashree Bokkisham, 6A*

Scheduling is a force never to be reckoned with. When a schedule is created & maintained effectively, it helps you understand what you can realistically achieve with your time, and this includes your academics, social lives, family lives, extra-curriculars & so on.

In a day you shall:

- Wake up on time.
- Eat all 3 meals; breakfast, lunch & dinner
- Study, in accordance to your course summary, as well as time-table.
- Resort time to work on your extra-curriculars
- Talk to your friends; relieve any source of bane.
- Mediation/Play a Sport
- Free time: Zoom Call a friend, read, create art, practice an instrument, etc.

## *Take Breaks*

Very long hours of study can be tiring and prevent one from staying focused. "Students need to schedule a break time. A break of at least five minutes after 55 minutes of study is advisable. These breaks will help to keep the brain fresh and re-focus.



## *Sleep!*

The most important thing in a schedule is sleeping time. It can also affect your studies, activeness, and your eyes. If you do not get the amount of sleep a child or an adult needs it is dangerous. The NSF, National Science Foundation, advises that school-age children should sleep for a total of 9-11 hours every day. It is a nice habit to wake up at 6 or earlier. Give yourself at least three or four nights to get comfortable with the new schedule. If it's going well, on the fourth or fifth night, shave off another 15 minutes. Keep in mind that feeling groggy when you get up is normal.

# *Cliffhanger Interludes:* *The Vermin of Change*

By: Advika Daryani, Mehak Reji, Zainab Ali, Vania Gomes, Shania Mangio, Joshua Alcalá  
& Adonis Daryani

Gus could feel it starting in his stomach. A feeling of dread that would soon ignite him on fire. Palpitations made their way through his body, plunging him into quiet dread. Numb. His body engulfed by this feeling, plaguing through his body like wildfire. An anxiety attack--a familiar affair. He was the portrait of a drowning man, drawing in staggering breaths, each one heavier than the first, instinct feeling like an effort. The deafening silence imposed him, filling his lungs to the brim. An urgency to escape the anxiety surmounted him.

Fragments of memories orbiting around him, whilst piercing their way through the mind casting affliction. He began to feel his body tremble with silenced hysteria, a ringing octave, penetrating deep into his skull, blurring his sense of sight. Through static vision, his eyes found arms of a ticking clock, gliding over printed numbers, a reminder on his wrist. Time that seemed so stagnant, was still flowing. An invisible weight settled on his feet. His nails dug into his palm, drawing red crescents. His mouth grew dry, the aftertaste of fear lingering. Soon, eyes saw nothing but overwhelming darkness. A darkness he soon allowed to consume his sight. These attacks were getting harder to control.

What felt like days passed before his ears sought the lullaby of moon-rippled water. Amid red terror, a medium of calm surfaced, and before his eyes- a celestial scene where a world bewitched with creations seemed the embodiment of imperceptibly less hate. The water mediated in the sink, moving softly around his scarred hand, caressing and healing. His outstretched fingers folded, carrying droplets of water along, that now formed haloes. As though kissed by gravity, they soon began to fall to the saline below, seeking the comfort of the pebble bed. The childlike reminiscence of being cradled pursued him through the ride. A flash of a memory begins to suffocate him--surrounded by a forest where trees embodied age by wisdom. Leaves sought the company of the gutted ground, where mud kindles with its old friends. The branches, by its lonesome, hung threateningly low towards water. They were surrounded by history, which disguised itself into scenery, projecting a mystical aura. The boat rocked its way through the overcast water, faces traced with years of anguish and hatred sat beside him yearning for a glimpse of the prohibited. Every facade of the busted voyage was fresh, like salt on the wound, yet his own feelings feigned paradoxes. However invigorated by the mere thought of a better life. Gus saw the start of a world, and didn't look back to see the one he's left behind.

However, a face among those of strangers was the most lucid though--her face, like the

of impending hurricanes and storms met one of contemplation and obscuring, an enigma remained unsolved. He met a girl who gave him hope, who saw him as his own, not one of a species.

A story has begun.

He steps on solid ground after eons but never once withholding the now prominent gaze between the two creatures. The only thought running through his mind was "she knows" a race to see her and breathe the same air as the creature became vital with seconds ticking. It was the feeling of finally being read like an open book, all secrets, and shame left to wander. Yet at that moment he was yearning to give it all out and escape the prison, the limits created from a world of contrite. She knew and she didn't care, and that meant the world to him.

"Your 10 o'clock is here." sang Constance, his secretary's, calming voice, snapping him into the present. She had sharp eyes of night, vacant of stars. Her pale skin contrasted her jet black hair, otherwise floating, now slicked into a bun. A Collective aura of elegance floated around her, and Gus was far from oblivious to how her beauty was unlike the rest of the fae species Gus had encountered.

They appeared to be in a room adorned with carved barks of mahogany, seemingly crafted by the ancient love of words. Each structure, tall as the ceiling, holding battered leather literature, it's faded and tatty letterings at odds with the new smell of paper. At a corner, spotted with olden residue, the door frame was the white of unburnished silver. Where there should have been an ornate, medieval handle was only a spotted shaft of rusted metal. What lies beneath feet, an eggplant sisal carpet concealing the unknown of rigid wooden planks, it's threads, devising plans to escape each corner. A lustreless golden cast upon the room in ease, hitting subtle crevices, even those unhinged by life. A projection of warmth, and a silent embrace. In a room affected by the scriptures of history, a sense of acuity diffused through the atmosphere, offering a thirst for curio for visitors alike. A cacophonous ticking echoed with rhythmic intervals, allowing guests to dip their toes into their deepest fears at one tick, and return to reality, almost as soon as they drowned at the second.

"Who do you have for me today, Cons'?"

"A vampire." she said shooting him a look, knowing all too well the skepticism that creased his features. He'd memorized the patterns and idiosyncrasies of common species, however, internal turmoil always followed exposure to unfamiliar ones due to the threat this exposure posed to his identity.

"They're interesting creatures, Vampires. In a weird turn of irony, they're more like your

kind than you'd care to realize. Faeries. It might take awhile for him to open up to you though, they're not exactly too free with their emotions. In fact I'm surprised he opted therapy in the first place, creatures of his kin are perhaps dominant at nature, and dauntless by instinct." Gus, who had gotten used to Constance's habit of quoting her thoughts, let his thoughts wander alongside hers, mentally preparing himself, secretly grateful for the character profile, albeit generalized.

"Vampires are real skinflints, I've noticed." Constance continued, smirking as she stared into her schedule, knowing all too well Gus was calculating his odds with this patient.

"Oh really?" he muttered, connecting his thoughts like that of a fragmented puzzle, while continually drawing his attention back to Constance. A knock followed the end of his trail of thought, a final reminder of his reality.

"I'll leave you to it boss." She said, feigning a salute, in an attempt to lighten the atmosphere and ending their discussion almost as if by cue. He chuckled, thankful for the attempt to lighten the mood. She exited shooting a smile at the stranger behind the door.

A boy young in appearance glided through the room, a picture of poise. His silver hair fell around his face, an uncanny polarity to the obsidian reflected in his eyes. His eyes, perhaps the only inclination of the distress that loomed around him undecidedly. His figure was swathed in a loose coat that swept the floor in an attempt to follow him. His face, rather depicting tragedy, was a blank canvas upon which Gus began to sketch, delineating the familiar wisdom Constance spoke about, etched into pale skin. Time, however, was impertinent and swiftly interrupted his soon to be spiral. In a steady beat, he rose and reached out his hand, which he retracted almost as swiftly as he extended, since the Vampire made no attempt to reciprocate the gesture.

Gus gestured towards the crimson couch in front of him, inviting his guest to take a seat. Hesitantly he took the offer and settled. His eyebrows creased and his palms nestled in his lap, tightly clasped together, one thumb stroking the other in an attempt of self comfort. Gus was quick to notice, but didn't let his eyes linger, and soon realized the creature was simply uncomfortable rather condescending. The vampire settled on analyzing a piece of lint on his enamored coat, tempted to speak, but at conflict with words. Converging subdued gazes, a concourse of contemplation initiated.

Gus paused for a brief moment, not wanting to feed off the Vampire's discomfort, trying to put his finger on how he should begin the session. He realized Constance hadn't given him a name and referred to the patient sheet she'd brought in. "I'm Gus Salvatore, how are you today Ezra?" "I've had better days," Ezra allowed a smile to slip through. Out of all the ways he'd imagined this experience going, he hadn't expected it to start a cliché.



Soon small chatter filled the room. To Gus's surprise, it was initiated by Ezra, and he soon learned that this Vampire wasn't moulded to the ways of his kin. These lonesome, brooding creatures Constance had depicted shone no light the ambience Ezra brought into the room- nervousness bubbling with the need to share. Despite trying to be, Ezra wasn't quite and mysterious like the general stereotype for Vampires pursued. It became evident, he was aching to speak to someone for the longest time but the lonesome norm of these creatures didn't allow that. Gus perceived the notion that often strangers are easier to talk to.

"My kin settles somewhere on the peak of hierarchy, all my relations portray the epitome of power," continued Ezra. "Living in a world where our species runs rare, the burdensome reality of maintaining our authenticity was imposed upon us, early on. But even then, I couldn't help but ask why doesn't anyone question this mass, this feeling of burden and pain whence scourging blood. Overtime, I've felt it grow worse, these unnatural tendencies overcome me, overwhelm me threatening to rip away all sensibilities of the convention of routine. Why. Why?"

Gus resonated with the feeling of being divergent in a world which expected anything but. He knew what it was like to not be able to follow the crowd, and he knew what it was like to have that little voice in your head which warned something was off. He offered a sympathetic glance, prompting Ezra to continue, however his eyes began to wander and his legs shifted towards the door. Discerning discomfort, "Take your time," Gus offered.

A deep breath. "It's as though all past sorrows, all dread, misery that ever haunted my prey, condense into me, plunging me in a pit of melancholy. I feel inclined to question my feelings when seeing the lack of despair in the rest of my. Why am I the only one feeling this way?"

This time, Gus felt the question being aimed directly at him. He realized that regular Vampire practices were imposing a sense of wrongdoing upon him, and this was somewhat surprising. Words rolled around his tongue and he weighed each one before speaking. "Morality can be deceiving. A part of you feels distaste in one's inherent needs and promises. To hate the reality forced upon oneself is far from unnatural."

"How do we seem to you? Do you find us beautiful, magical? Our white skin, our fierce eyes? "Drink," they ask me, do you have any idea of the thing I will become?" the red bulging in the corners of his optics "what will I become?" Ezra sighed, the feeling of dismay was splattered on the crevices of his face. The moment of sanity was lost and Gus felt it, however he didn't interrupt.

Ezra starts after the brief pause of introspection while holding the gaze.

“The vampire represents somebody who's transcended time and transformed itself into an immortal, becoming a dark saint--a being with all the powers that transcend the corruptible. It represents the longing for immortality and freedom. Admitting that can be quite beautiful, but...the expectations that string along becoming a growing burden weighing down on me.”

“Expectations can be the very fuel to disappointments.” muttered Gus, disguising stray sentiments of emotion. Incomprehensible grief blossoms through Ezra. “How does that make you feel?”

“Eden doesn't feel like home anymore. The prospect of living in a world where the weak are the most treacherous of us all. Fearing I'm one of them. Weak.” his face contorted, Gus noted the feel of desolation, understanding variant intricacies portrayed by Ezra.

Ezra continued at his own accord, “At times, time feels a foreign concept and seems to still completely. I feel the world closing into me, and the need to hang onto every breath overwhelms. Goosebumps draw their way onto my skin, spreading like wildfire. I've never been able to control it, and everything happens so suddenly that I'm plunged into this hole of darkness.”

Those words led Gus's world to collide. A point where past met present and they tore each other apart, breaching truce, driven by the fear of being weaker. Present was quick to win, thrusting Gus back to the reality that acquired him. His face betraying signs of any emotion, spoke words his brain no longer puppeted. The rest of the appointment, a trance. He was emotionally lost within currents of time despite the physical battle being settled.

“Your 12 o'clock is here,” sang his secretary's voice, swiftly ending his daze.

*Stay Tuned for Chapter 2:*

*15th January, 2020*

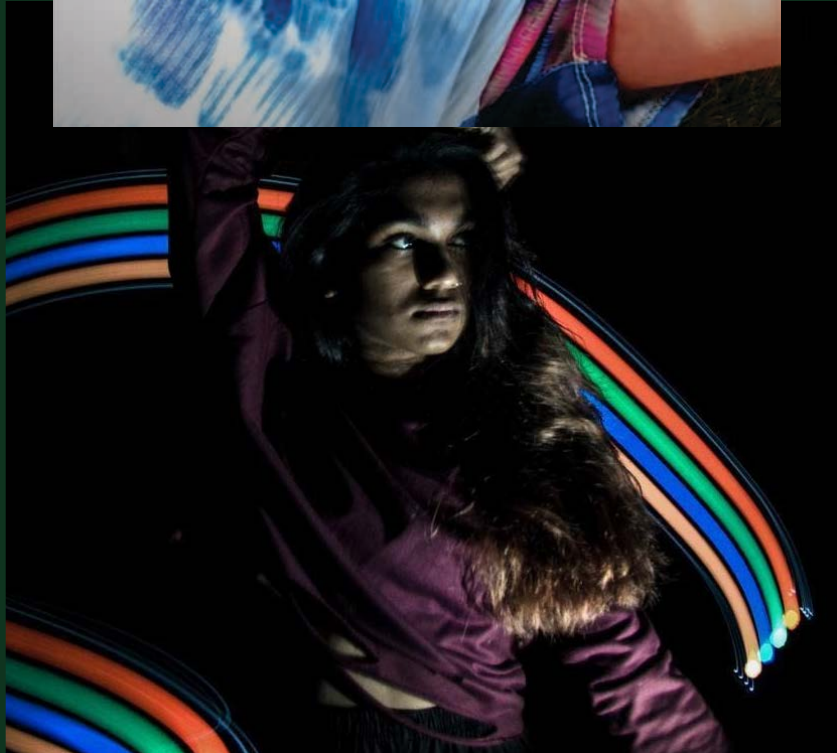
If you have any feedback or suggestions you'd like to contribute towards the, 'Cliffhanger Interludes' column, email us:

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

# *Domicile Candids*

*Photography Competition Winners*

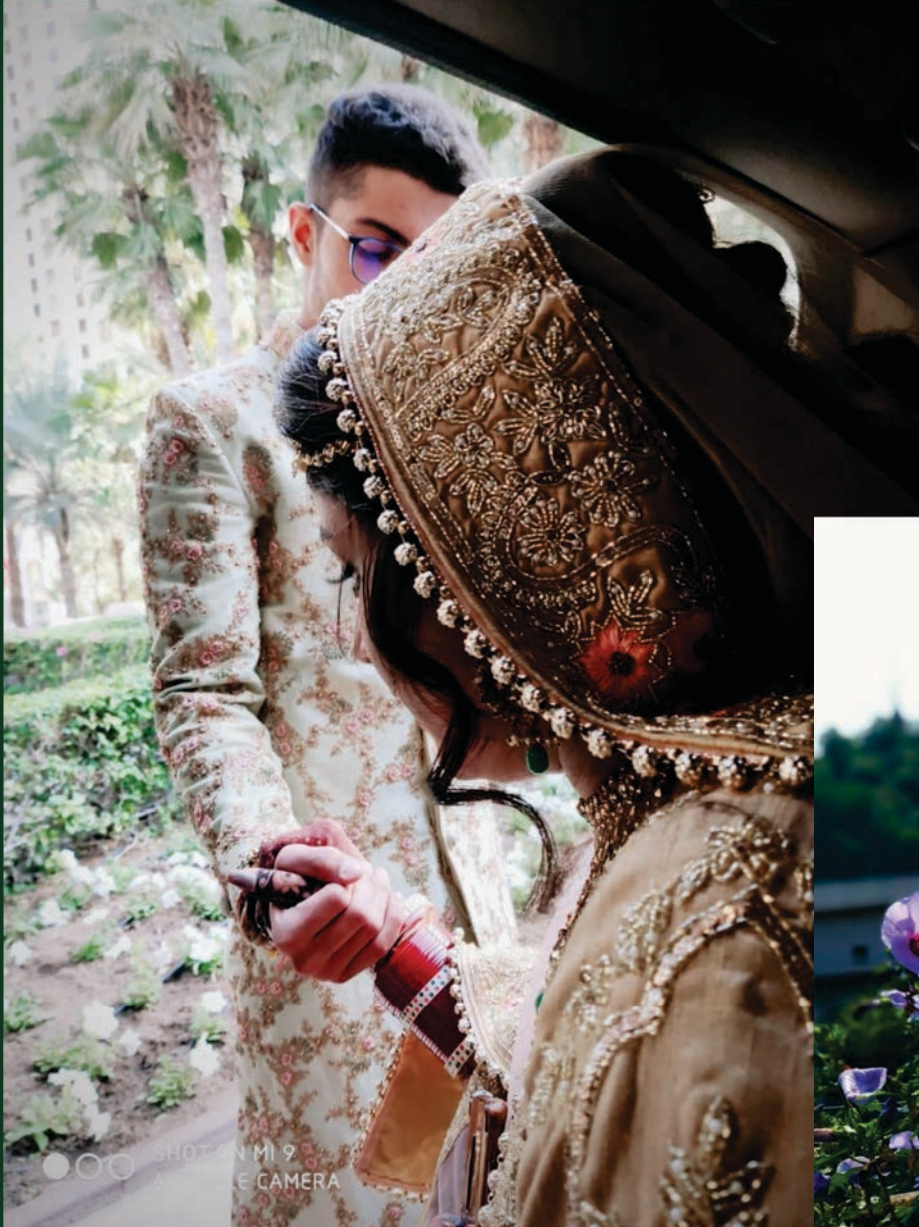
*1st Place: Nishikant Tharayil, 10B*



*2nd Place: Laris Niazi, 11A*



# *3rd Place: Chaahat Mulani, 10C*



# *Honourable Mentions*

*Ved Aaryan, 7E*



*Rihanna Pilao, 6B*



*Avanthikha Vimalkumar, 9F*



# Paperback Poetry

## *School is Cool*

*Jaimee Felysse A. Reyes, 5C*

I woke up one morning, go ready for school,  
The sun was smiling and looking so cool,  
When I grabbed my bag and was about to go,  
I remembered school halted a few days ago

Because of the virus that is so frightening,  
Which spreads as fast as a bolt of lightning,  
So everyone was asked to stay at home,  
We were not allowed to go out out and roam.

Now, I do my classes in front of the computer,  
On the screen, there goes my classmates and teacher,  
Click, click, click, Miss I know the answer,  
Tap, tap, tap, please mute your speaker.

PPTs, ClassKicks and padlets were so fun,  
My head is a spinner, millions to be done.  
But I don't worry because it will be easy.  
Only if Zoom will behave and not be glitchy.

Many, meaningful months have passed,  
I wished we could go back to school at last.  
It doesn't mean I don't enjoy this time,  
Learning is fun, be it face to face or online.

## *Exam Stress*

*Devansh Chaturvedi, 6A*

Tough and obstinate,  
Exams never go away,  
Difficult and annoying,  
They are here to stay,

Boring and tedious,  
They always seem,  
For them to get over,  
You will always dream,

So instead of wailing,  
Whining, continuously  
Just focus on doing well,  
If you are well prepared,  
You do not need to be scared



***Submissions:***

**10th November 2020**

**Festive Season of Celebration & Hope**

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

all that really matters are  
those letters on my grades

*Hafsa Khan, 10H*

it's hard to imagine what more i can do, to  
get rid of this never ending blue  
i try to calm myself by shaking my legs  
but my stomach doubles and it doesn't  
end.

so i try to talk it out but they don't  
understand that my mind blanks and i can  
no longer comprehend-

comprehend the numbers someone put  
for me on this stark white page, stained  
with daunting black ink;

or the dotted lines I'm supposed to fill in.

so i try to tell myself these letters and  
numbers don't define me,

but somehow it feels impossible to  
convince even myself that it'll be alright.

that these formulas wont really help me in  
life?

wont they?

i try and i try but this feeling never fades  
and when the paper is taken I'm filled  
with this dread-

this dread that i wont be enough  
and will never be someone more than just  
ordinary.

but i guess it'll be alright.

if i "just give it some more time"

but all the time couldn't save me from  
what has settled in my bones and refuses  
to leave.

so ill keep trying even if it drains me  
because all that really matters are those  
letters on my grades.

because who i am inside doesn't matter as  
long as I've got those As, right?

*Exam Weather*

*Janelle Dmello, 9G*

It is a rather amusing contemplation  
To try to be "optimistic" at the sudden  
death

Or to be grappling through the very  
fine line

Of just one more video, or taking this  
test

The brain pain areas are working  
overtime

The homework can't stop screaming  
stories of despair

You try but cannot resist going  
somewhere else

"You can do it later", you reluctantly  
swear

Later seems distant even if you go  
forward,

Deep down, your friend known as  
panic alerts ahead.

While you are distracted, time is  
ticking though now

When the deadline lurks near, panic  
makes all drop dead.

Sending out all the troops, the battle  
has commenced Sending ravaging  
fires all around your head

Casualties are all the sanity you have  
Trying to remember all that your  
teacher said

Red flags waving back and forth are  
all you can see

Put your nose down and try to keep it  
together

Biting your lip, unnecessary back and  
forth



# Sidewalk Sketches

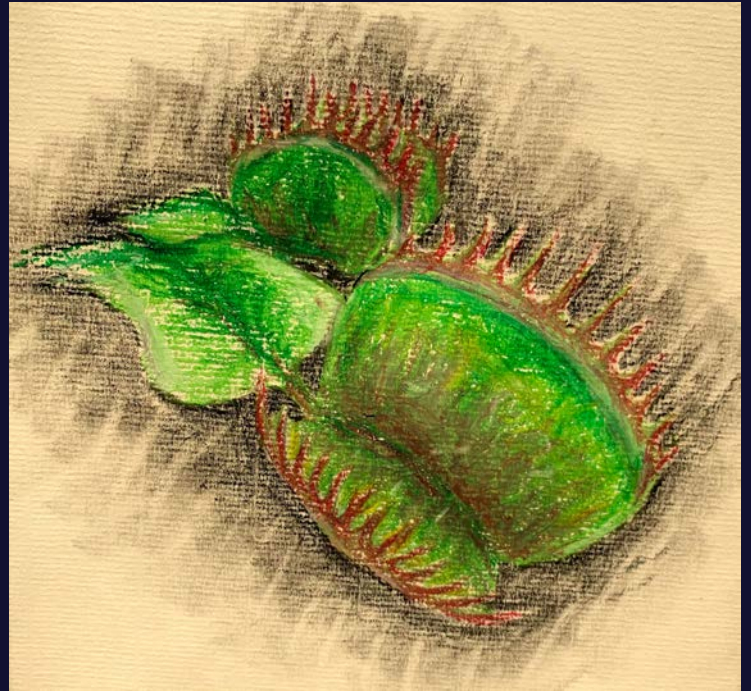
## COVID Frontline Workers

Toshith Bhaumik, 10D



## Open Mouths

Khadija Isaev, 12C



## Pigment Streak

Adiba Nujhat Khan, 11C



## Importance of Family

Karolina Chernaya, 3H



# Sidewalk Sketches

## Abstract Art

Kahsvini Rajesh, 4A



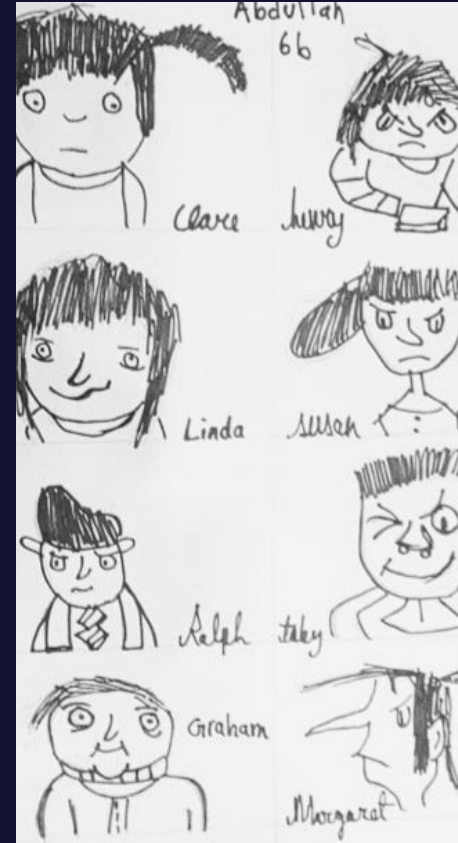
## Sunset Waterfall

Mahathi Suresh, 6B



## Horrid Henry

Abdullah Qadri, 6B



## Kidcore

Rianne Charlotte M Pilao, 9H



## Maytime

Rihanna Charlaine M. Pilao, 6B



## Submissions:

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

# *Playlist Digest: Nov Edition*

This Month's theme: An Alliance with Exams

## *Nov Playlist: Lost in Translation*



@lmeasterle

<https://open.spotify.com/playlist/3rdt1zNIJdukoQ6OEHfjxi>

### **Featured Artists:**



COLOR BY KLIMBIM



# The Bulletin Search

*Manipulate the words given into a series of finds that have more worth than merely being an answer in a word search.*

N	O	I	T	A	I	D	E	M	D	C	U	R	W
E	A	M	Q	E	R	T	Y	H	D	S	A	C	A
H	X	P	S	Z	X	C	V	D	G	B	G	G	K
S	G	O	M	H	S	E	R	C	H	S	D	D	E
N	H	R	G	T	E	G	F	D	F	L	C	H	F
X	E	T	F	J	K	D	D	G	T	E	G	F	A
D	E	A	F	N	G	V	U	K	I	E	J	A	C
D	E	N	J	F	F	S	E	L	M	P	G	S	T
N	W	T	V	S	D	G	D	G	E	V	R	N	I
R	X	J	X	D	J	G	E	X	D	H	C	D	V
M	F	R	U	N	S	L	S	T	U	D	Y	D	I
E	E	J	G	S	Z	X	C	D	E	E	H	B	T
D	R	U	G	R	U	C	H	I	B	H	E	B	Y

Study - Activity - Important - Wake - Time -  
Mediation - Run - Sleep - Schedule

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

The articles must environ the theme of,  
**'The Festive Season of Celebrations & Hope'**.

STAY TUNED!

Next Issue:  
15th December 2020