

Est. 2024



Shutter Star

"Politeness is the flower of humanity."

Joseph Joubert.

There is something about these blue flowers that are calming, maybe it's because of the fact that for over centuries blue flowers have symbolised peace, tranquility and serenity. Blue is the rarest flower colour! All of us are fortunate to see these heavenly flowers at school.

- **Samreen**
Grade 8

Happy Republic Day!

The Republic Day of India is celebrated on January 26th each year to honour the date on which the Constitution of India came into effect. The constitution was adopted by the Indian Constituent Assembly on 26 November 1949 and came into effect on 26 January 1950. Dr. B.R. Ambedkar, the chief architect of the Indian Constitution, played a vital role in the making of this document. The adoption of the constitution transformed India into a sovereign, socialist, secular, and democratic republic.

The main Republic Day celebration is held in the national capital, New Delhi, at the Rajpath before the President of India. The highlight of the day is the Republic Day Parade, showcasing the diversity and cultural heritage of different states in India. It also showcases the military power and the technological advancements of India. Republic Day is celebrated in schools across India with special assemblies and activities. They celebrate by flag hoisting ceremonies, singing, performing, competitions and so on. This year's theme is "India - Mother of Democracy" and "Viksit Bharat" (Developed India). The theme highlights India's democratic values and aspirations for a developed nation.

India is all set to celebrate its 75th Republic Day!

To all my dear friends, let's take an oath this Republic Day that together we are stronger, we are one and we can achieve more than we think!



- **Ain Fiza**
Grade 7

VERSUOSO

SOLAR HISTORY



Somewhere in the universe was a cloud of star dust

But 4.5 billion years ago

Thanks to gravity and friction working together to form a disk
Causing fusion to form the sun!!!

But there was still a disk of star dust

Rocks on the inside

But on the cold outer reaches of the solar system is just some gas
The rocks come together to form Mercury, Venus Earth, Mars and Pluto

The gas forms Jupiter, Saturn, Uranus and Neptune

But planets still collide then it calms down

AND THE REST IS JUST HISTORY!!!!



- **Siddharth**
Grade 4



VIP of the month

**Name : Mr. Richard Hillebrand,
Principal - Trivandrum International School**

Thank you for asking me to contribute to the Cochin Dispatch; I am really impressed that you have a student periodical up and running and am pleased to be able to provide some material, which I hope your readers find interesting.

1. What is your favourite Indian dish?

I am still asked whether I like Indian food. This surprises me on two counts: firstly, I have been in India off and on for eight years – which is a long time to be in a place if you don't like the food; secondly, there are so many different types of Indian food, so everybody must surely like something! In fact, I am spoilt for choice and it's difficult to pin this down to just one thing. However, as you insist, my answer is idiyappam or string hopper. Not by itself: with a stew. But idiyappam makes almost anything appetising. Until I travelled to Sri Lanka, which is where I first worked, I had not come across idiyappam.

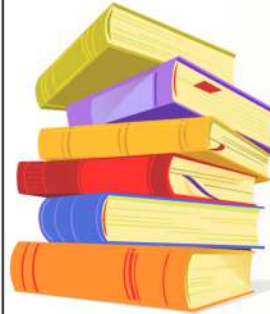
2. How does catering to students from such diverse backgrounds influence your day-to-day experience

Travel challenges you to eat differently and to think differently. Working with young people from a range of backgrounds has the same impact without having to travel. Not necessarily eat differently (I think that's more an age thing), but certainly think differently – or at least accept that others do. I think young people anyway encourage you to be more open minded. Engaging with young people from diverse backgrounds multiplies this. One of the great things about school – and then university – should be that you encounter different points of view, different beliefs, and are challenged to reflect upon your own. A good school should allow you to do this in a way that makes you feel safe and confident in holding your opinions.

3. Which do you enjoy more - being a principal or teacher?

Being in a classroom working with young people, hearing their ideas, pushing them to consider different points of view is a very energising experience. Helping them to communicate more effectively when writing, reading their arguments and reflections is often a real pleasure. Moreover, I teach History, which is a subject I find endlessly fascinating. Sharing the subject with others leading them in an exploration of the past is again an experience I enjoy.

On the other hand, teachers are, as far as one can generalise, great people to work with. Leading a school and helping teachers to do as good a job as possible, whilst they help you to create an environment in which young people can grow, is a tremendous privilege. Being a principal is also a role that enables you to be with people who help you to develop as an individual.



4. What would you like to do when you retire?

Thinking of retirement? Perhaps you have been looking too closely at my photograph! That said, it is helpful to consider what next, what might you do when the current challenges have been met or circumstances change. I think you can continue an enjoyment of History at any age and retirement can provide time, something that is always in short supply in a school. Time perhaps to explore family history, or time to travel to explore places with historical significance. Retirement is not a time to sit still.

5. Who do you look up to the most and why?

My view is that the answer to that is not fixed. Almost anyone famous who you might look up to is likely to have some flaws – at least, if you do some proper research and do not just accept the polished version. And that is fine: understanding that those you admire have some weaknesses should be reassuring – being an inspiration for others is within reach of all of us. My answer would certainly include my mother.

She personifies resilience, humor, patience, care – she is someone who has always encouraged me and my sisters to grow, to be independent but to be grounded. If you want someone well-known, then it is far less easy to pick one person and argue they are the model for all circumstances. The name I pick today is Michael Morpurgo. He's an author who writes mainly with young people in mind. He often writes stories that are set in the past. I feel he has lived a good life and has encouraged and empowered children through his writing, as well as through his actions. I would prompt you to find one of his books and see what you think.



Galleria



House Points



Vasco - 12.5



Mattancherry - 7.5



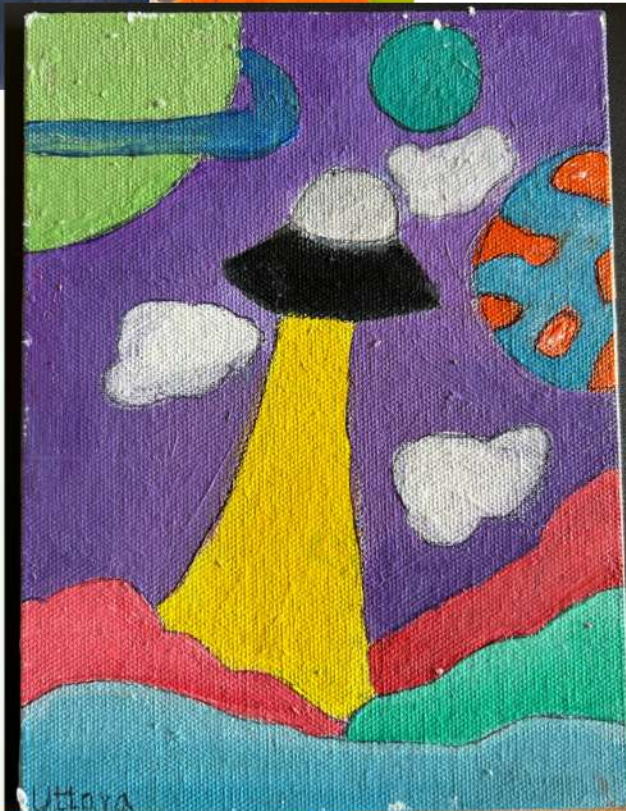
Willingdon - 4.5



Bolgatty - 2.5



- Grade 5



Est. 2024

My Experience of Horse riding

I started horse riding classes during Christmas holidays. I asked Bhaiya to put me on the horse. Soon I liked my horse. The next day, he taught me to ride the horse. Then after a couple of days, Bhaiya left the reins and I rode the horse myself. I then practiced walking the horse with balance. It was tough initially but by practice I could do it easily. Later bhaiya taught me to gallop. Me and my horse could gallop anywhere in the world. My mom told me to "never forget the horse that taught you to ride", so I named my horse Wildstar.



- **Mariam Antony**
Grade 3

Galleria



It has come to our attention that there was an error in crediting the artist featured in the previous issue of the Galleria. Contrary to what was stated earlier, the correct artist for the showcased work is Priyanka of Grade 5.



- **Priyanka**
Grade 5

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WHAT IS FITNESS?

Fitness

THIS IS A BROAD QUESTION. FITNESS IS CLASSIFIED INTO TWO CATEGORIES- PHYSICAL AND MENTAL FITNESS.

PHYSICAL FITNESS IS THE BODY'S ABILITY TO FUNCTION AND MOVE EFFICIENTLY AND EFFECTIVELY WITHOUT ANY PROBLEMS SUCH AS INJURIES AND SUCH.

MENTAL FITNESS INDICATES THE MIND'S ABILITY TO WORK EFFICIENTLY AND EFFECTIVELY THROUGHOUT THE DAY ACROSS A RANGE OF SITUATIONS. IN THIS ARTICLE, WE'LL BE TALKING ABOUT PHYSICAL FITNESS, THE BENEFITS OF IT, AND HOW IT CAN HELP US IN OUR DAY-TO-DAY LIVES.

TYPES OF PHYSICAL FITNESS-

TO BE PHYSICALLY FIT, THERE ARE 4 FACTORS THAT YOU NEED TO KEEP IN CHECK TO GET THE PERFECT BALANCE OF A FIT BODY. EACH OF THESE FACTORS ARE AS IMPORTANT AS THE OTHER. THESE FOUR FACTORS ARE-

- **ENDURANCE**- IT IS YOUR BODY'S CAPABILITY TO REMAIN ACTIVE FOR LONG PERIODS OF TIME. ENDURANCE IS YOUR ABILITY TO WITHSTAND AND HOLD AN EXERCISE, LET'S SAY, A PLANK, FOR A LONG PERIOD OF TIME WITHOUT GETTING TIRED. IT IS ALSO YOUR BODY'S ABILITY TO RECOVER FROM AND HAVE IMMUNITY TO INJURIES AND WOUNDS. IT IS MADE UP OF 2 COMPONENTS- CARDIOVASCULAR ENDURANCE AND MUSCULAR ENDURANCE. ENDURANCE IS IMPORTANT FOR RUNNERS AND ATHLETES.
- **STRENGTH**- OUR MUSCLES ARE VERY IMPORTANT TO US. THEY ARE THE REASON WE CAN WALK, RUN, CARRY THINGS, AND SO MUCH MORE. BUT, MUSCLES START TO GET WEAKER AS WE GROW OLDER. STRENGTH IS TRAINING OUR MUSCLES TO BE STRONGER. THE SIMPLEST FORM OF MUSCLE TRAINING IS USING YOUR BODY WEIGHT TO DO VARIOUS EXERCISES. MOVEMENTS SUCH AS PUSHUPS, PULL-UPS, AND PLANKS USE GRAVITY.
- **BALANCE**- AS THE NAME SAYS, IT IS YOUR BODY'S CAPABILITY TO REMAIN UPRIGHT AND STAY IN CONTROL AND BE AWARE OF YOUR BODY'S MOVEMENTS. COORDINATION IS ALSO IMPORTANT, ALONG WITH BALANCE. YOU SHOULD BE ABLE TO MOVE YOUR BODY IN A SMOOTH, ACCURATE AND CONTROLLED MANNER. COORDINATION IS WHEN YOU ARE ABLE TO MOVE TWO OR MORE PARTS OF YOUR BODY TOGETHER IN SYNC WITH EACH OTHER.
- **FLEXIBILITY**- FLEXIBILITY IS THE ABILITY TO MOVE JOINTS AND MUSCLES SMOOTHLY, WITHOUT FEELING ANY PAIN. HAVING FLEXIBILITY REDUCES THE RISK OF INJURIES, AND IT IMPROVES OVERALL QUALITY OF LIFE.

WHAT ARE THE BENEFITS OF PHYSICAL FITNESS?

PHYSICAL FITNESS BENEFITS ONE IN MANY WAYS. HERE ARE A FEW-

HELPS YOU TO STAY HEALTHY.

IT KEEPS YOUR PHYSICAL WEIGHT IN CHECK- YOU CAN KEEP YOUR PHYSICAL WEIGHT IN CHECK BY EXERCISING EVERYDAY. STRENGTHENS YOUR BONES AND MUSCLES. IT HELPS RELIEVE ANXIETY AND STRESS. IT IMPROVES YOUR MOOD. ACTIVE PEOPLE TEND TO SLEEP BETTER.

IN CONCLUSION, PHYSICAL FITNESS CAN HELP IN THE LONG RUN, IT CAN HELP WHEN YOU'RE DOING IT, AND IT GENERALLY HELPS YOU LIVE A BETTER LIFE. THANK YOU FOR READING.

- EVA ANNA KORUTH

**SPORTS SECTION
EDITOR**

GRADE 8





The Mysterious affair at Cochin International School

Chapter One: The Ghost of Pukkattupady

No one would have believed that the tranquil and charming existence of Cochin International School would ever be disturbed in the most extraordinary manner by supernatural elements. After all, this pleasant little corner of the world populated by happy, if slightly mischievous children, seemed like a most unlikely repository for ancient secrets that would lead to wild adventures. Yet, this is exactly what happened in the year 2024...

It all started in January on one particular Thursday. To any casual observer it looked like any regular Thursday, that is to say that the teachers taught in the classrooms or enjoyed some tea in the staff lounge, while the students were already beginning to think of the weekend. But if you looked from the second-floor windows that are situated between grades 8 and 6, you would be able to observe the fifth graders in the distance returning from their swimming lesson. Shreya and Benita were discussing their plans, Niall was singing, Emanuel was laughing at a joke by Nehan, Shwetana was explaining something to Andromeda, and Filip was talking about Minecraft. But ahead of them by about twenty meters was Arya. She was in a good mood, as she invariably is, humming to herself Super-cali-fragil-istic-expi-ali-docious, and swinging her swimming gear bag. It was by pure coincidence that she looked into the dining hall. To her amazement and shock she saw something most unusual on the upper floor. There, just by the railing moved a bright blue light. It was like a balloon, only slightly bigger. The blue light grew within seconds and its shape turned into a human shape.

"Wow!", said Arya. "Is that a lady?"

The shape looked at her! Then it moved quickly towards the stairs and disappeared. Arya stood there in amazement, smiling. Emanuel noticed her and ran towards her. "What happened?" He asked.

"I just saw a ghost!"

"Really?"

"Really Emanuel, you must believe me."



And he did believe her, because students of Cochin International School are famous for always telling the truth. Soon all the fifth graders surrounded Arya as she told them about what happened. It was decided to inform the Seniors. The seniors looked to be in a pretty relaxed mood. Samreen stood with her hands in her pockets, talking to Raiqah, while Eva waved at someone in grade 7. Once Sidharth heard about the ghost, he called the meeting of all the house captains to determine the course of action. Everybody knows that the house captains are Pranav (Bolgatty), Raiqah (Willingdon), Eva (Mattancherry) and Sidharth himself (Vasco). They thought of telling the Principal about the ghost, and indeed saw him from the window. He was looking at his tie, wondering if he made a mistake taking the red one on that day.

"No." said Sidharth. "Let's not tell the Principal just yet. He has great and important things to handle. We must first find out what exactly is happening in school and why is there a ghost there. We must put together a team!"

To be continued...

- Unknown



Want to be featured in our next issue?

Write to us at tcd@cochins.org