



## Growing up with Gen Z / Gen Alpha

TBAH

Living in this generation (Gen Z and Gen Alpha) is a very unique experience, mostly because of the uprise of technology. Our younger generation has easy access to phones, televisions and tablets at home. Even when going outside, it is common to see kids on their devices. All of these devices are huge milestones in technology, but exposure to them has caused many changes in our daily lives.

One example is our language. Ever since texting became more prominent, most of us have liked to shorten our words. For example, 'tbh' which means 'to be honest', 'ngl' which means 'not gonna lie' and also 'fr' which means 'for real'. We use these words so often online it tends to mix in with our daily conversations in real life. I tend to use shortened words very often when I get the chance because it feels more natural even if they are not real words. Speaking of made-up words, another thing Gen Z and Gen Alpha have been doing is creating new words. Most of these new words come from popular trends (memes). A common word used to describe these words is brain rot. Most of the memes in Gen Alpha have truly been 'brain rot,' mostly because some words just don't make sense and are often really confusing. I don't know how many people find these brain rot memes funny, but me personally, it is just so mind numbing. For example 'skibidi', which has different meanings depending on the context. Luckily, we don't see kids saying these terms as often in India. But compared to the place where I grew up, Singapore, a lot of kids tend to say these brain rotted words.



# NGL

# SLAY



Another thing that has really changed is the attention span of some kids. YouTube is an app most people are familiar with. One feature in Youtube is the shorts feature. Shorts are one-minute videos that can be easily scrolled through. The problem with this is most people (myself included) end up doom scrolling all of these videos. This ends up decreasing the attention span of most kids. I was not affected by this that much, as I was introduced to shorts a lot later in my life. But some kids I know have a difficult time staying focused doing certain tasks because if it doesn't interest them, they tend to get distracted easily and move on.

Luckily, most parents are realizing this and putting time limits on their children's use of devices. It's nice to see that the kids in our school are slowly but surely being nurtured into better people as they learn more about different aspects of life. Even though I was not able to attend the Art Fest recently, I have seen the pictures and was really upset that I couldn't go to see these beautiful artworks created by my schoolmates. I hope this generation will grow into better individuals rather than focusing on the brain rot

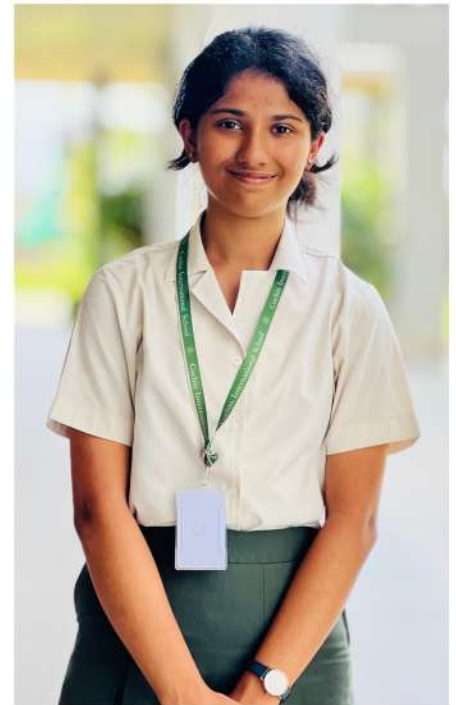
- Aarush, Grade 9



## GAYATHRI KAMATH SHINES AT ROTARY ATHLETIC MEET 2025

Gayathri Kamath of Grade 9 has made our school proud with her outstanding athletic performance at the Rotary Athletic Meet (RAM) 2025, organized by Rotary Greater Cochin. Competing against top athletes, she demonstrated exceptional skill, strength, and determination.

Gayathri secured first place in shot put, showcasing her power and precision. She also proved her speed on the track, winning second place in the 100m race and securing third place in both the family relay and the 200m race. Her remarkable achievements reflect her dedication, perseverance, and passion for athletics.



## Erwin Joe Sajeesh Excels in Brainobrain Abacus International Competition

Erwin Joe Sajeesh of Grade 1A has brought pride to our school by securing a championship title in the prestigious Brainobrain Abacus International Online Competition. Demonstrating exceptional mental arithmetic skills, Erwin showcased his talent and determination in this globally recognized contest.

Erwin secured the Silver Topper position at the state-level competition, proving his remarkable proficiency in abacus-based calculations. His success is a testament to his hard work, focus, and dedication to mastering the art of mental math.



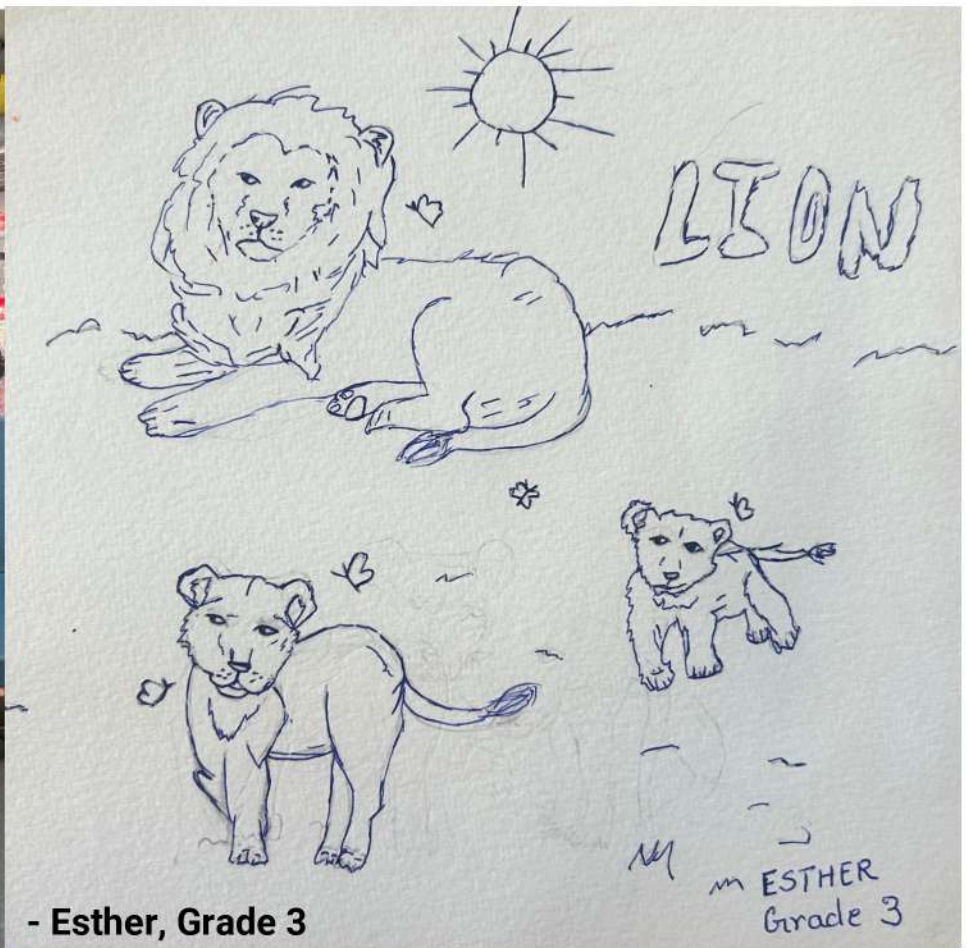


## An Exciting Adventure: Grade 3's Visit to Thrissur Zoo

Hi, my name is Pradnya and now I am going to tell you about the amazing field trip in which grade 3 students visited Thrissur Zoo on February 22, 2025. It was a two-hour journey to the zoo from our school. After taking the tickets we entered the zoo, I saw a parakeet, eagle, owl, pelican, ostrich, jackal, emu, tiger, Bengal tiger, lion, monkeys, deer, hippos and bulls. In the reptile zone we saw a king cobra, turtle and more. After the zoo we visited a museum where we saw the skeleton of an elephant, and the jaw of a whale. It was very interesting. We ate lunch and returned to school.

Fun Fact: Do you know ostriches lay one egg every two days during the breeding season?

- Pradnya, Grade 3



- Esther, Grade 3



## BOLGATTY TRIUMPHS IN A THRILLING INTER-HOUSE FOOTBALL TOURNAMENT

The Inter-House Football Tournament reached an electrifying conclusion as Bolgatty House claimed the championship in a dramatic final against Vasco House. The tournament was filled with intense competition.

### Journey to the Finals

The tournament began with Vasco House dominating Mattancherry in a staggering 8-0 victory, while Bolgatty secured a 2-0 win over Willingdon, earning their place in the final. Meanwhile, in the third-place match, Willingdon edged past Mattancherry in a penalty shootout, securing its spot as the third-best team of the tournament..

### The Grand Finale: Bolgatty vs. Vasco

The final showdown was a high-stakes battle between two skilled teams. Vasco, coming off their overwhelming first-round victory, were confident, but Bolgatty matched them with solid defense and well-coordinated attacks. Despite numerous attempts from both sides, the match remained goalless at the end of regulation time, leading to a tense penalty shootout.

### The Football Captain's Bold Move

As the teams prepared for penalties, Bolgatty's football captain, a striker by position, made an unexpected yet game-changing decision—he took on the role of goalkeeper. While his forte was scoring goals rather than stopping them, he rose to the occasion.

The gamble paid off. With remarkable reflexes and composure, he made crucial saves, denying Vasco the advantage. His unexpected yet fearless goalkeeping turned the tide, inspiring his teammates and boosting Bolgatty's confidence immensely.

### Bolgatty Reigns Supreme

With Vasco struggling to convert their penalties, Bolgatty capitalized on the opportunity. When the final penalty was scored, Bolgatty House erupted in celebration, having secured the title in one of the most thrilling finishes in tournament history. This year's Inter-House Football Tournament will be remembered for its intense matches, dramatic moments, and the incredible story of Bolgatty's victory.

- Pranav, Grade 9



## REIMAGINING EDUCATION WITH EMOTIONAL LITERACY: A TRANSFORMATIVE EXPERIENCE

Organized by the MUNsters Club, the Changemakers Conclave brought together educators, EdTech innovators, and change-makers to discuss integrating emotional intelligence into education. With the theme "Reimagining Education with Emotional Literacy," the event aimed to foster meaningful discussions, debates, and collaborative solutions on how schools can nurture emotional intelligence in students. COCHINS was represented by Ms. Arathi Nair and Ms. Jerusha Samuel.

Unlike traditional workshops or speaker series, this conclave was a participant-driven forum that allowed attendees to explore key challenges and propose practical, actionable solutions for integrating emotional literacy into school curricula. The intimate group size proved to be an advantage, enabling deep, thought-provoking discussions with all delegates. The conclave began with an insightful panel discussion that featured educators, psychologists, and thought leaders. The panel explored the five pillars of emotional intelligence and their role in transforming the future of education. Panelists shared powerful perspectives, real-world experiences, and strategies to embed emotional intelligence into school systems.

One of the most engaging sessions involved interactive discussions on the challenges in emotional literacy. Educators came together to identify key issues and brainstorm effective solutions. It was incredibly valuable to hear diverse viewpoints, exchange innovative ideas, and realize that many of us share the same concerns. A highlight of the conclave was a fun and interactive emotions game, designed to enhance empathy and support for others. This activity reinforced the importance of emotional intelligence in everyday interactions.

As the event progressed, discussions evolved into concrete action points. By the end of the conclave, draft resolutions were passed, reflecting the collective vision and solutions proposed by the delegates

The conclave provided an excellent platform for educators, psychologists, and professionals from various fields to connect, exchange ideas, and collaborate. As the first-ever MUN-style conclave for professionals, it served as an exceptional learning experience and a valuable networking opportunity.

As this was my first MUN conclave, I was both excited and curious about what to expect. Initially, during the short speeches and debates I preferred to listen. However, as the discussions unfolded, I felt encouraged to contribute. I look forward to participating in more such conclaves in the future.

The Emotional Literacy Conclave was not just an event—it was a transformative experience, emphasizing the importance of emotional intelligence in shaping the future of education.

**-Ms. Jerusha Samuel**





-Prajwal , Grade 8

## Galleria



-Ain, Grade 8

### "IGCSE Orientation: Embarking on a New Journey"

Walking into Grade 8 and attending the IGCSE Orientation was both nerve-wracking and exciting for me. This marked the beginning of a crucial academic journey.

The IGCSE Orientation took place on Saturday, February 15, 2025. It started with an introduction to the IGCSE curriculum, explaining its international recognition and the skills it aims to develop. The teachers emphasized the importance of critical thinking, independent research, and problem-solving. We received a clear overview of our subject choices for Grades 9 and 10.

We were also asked to fill out a Google Form about our subject selections, aspirations, and thoughts. This was in preparation for the upcoming session on subject selection. I am excited about these interactions with the Teachers. Toward the end of the orientation, I had the opportunity to speak with subject teachers with my parents. This session provided us with deeper insights into the challenges and significance of choosing the right subjects.

Overall, the IGCSE Orientation was an eye-opening experience. It provided me with the clarity and confidence I needed to begin this academic journey.

-Ain, Grade 8





## Versuoso

### My school

I love my school  
My school is the best  
With smart classes,  
Lovely teachers and  
A beautiful campus!

- Sathvik, Grade 3



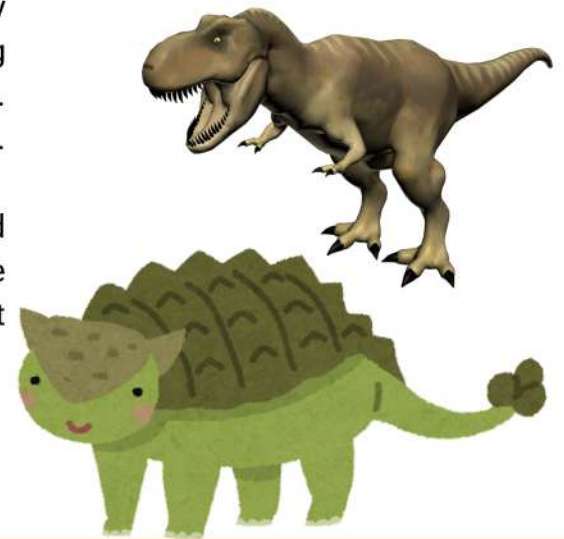
## The Island

There was a boy named Mikhail. During his summer holidays, he decided to visit an island called Isla Nublar with his cousins. Mikhail loved dinosaurs, so he asked his cousins to join him on a one-day tour of Isla Nublar. People were taken to this island by boat to see dinosaurs up close, which had been recreated by scientists in labs. Visitors could spend a day on the island and also learn about dinosaurs.

Mikhail and his cousins spent an entire day with the dinosaurs and had so much fun. However, when it was time to head back to the ferry, they lost their way and missed the last boat. As it started getting dark, they became very scared. They were all alone in the land of dinosaurs.

Suddenly, they heard a loud roar and a heavy thud. It was a fierce T. rex! The T. rex chased them through the forest. Just when they thought they were in serious trouble, they saw a huge tail swinging above them—it hit the T. rex! The T. rex was scared and ran away. The tail belonged to an Ankylosaurus, which had protected them. The Ankylosaurus let them sleep under its body the whole night.

The next morning, Mikhail heard the sound of a boat that had come looking for them. He and his cousins hugged the Ankylosaurus and thanked it for saving them. They got on the boat and left the island. It was a very adventurous holiday!



- Mikhail, Grade 2



## A Battle to Remember: The Inter-House Football Tournament

Our school's inter-house football tournament on the 6th and 7th of February was full of energy, teamwork, and tough competition. With two matches each day, players gave their best, and the crowd was lively and supportive.

The first match was between House Vasco and House Mattancherry, in which Vasco dominated with a 9-0 victory, securing their spot in the finals. House Bolgatty then faced House Willingdon in a much closer game and won 2-0, securing their place in the finals alongside Vasco.

The next day, the third-place match between Willingdon and Mattancherry was intense. Both teams played hard, and the match ended in a draw, leading to a penalty shootout. Willingdon came out victorious, finishing in third place.

Then came the Grand Final – Bolgatty vs. Vasco. Both teams fought hard until the final whistle, ending full time in a 1-1 draw, taking the game into another nail-biting penalty shootout. After a tense round of penalties, Bolgatty emerged victorious, becoming the tournament champions.

- Prajwal, Grade 8



### House Points



**Bolgatty - 132**



**Vasco - 212**



**Willingdon - 153**



**Mattancherry - 198**





## BEYOND THE SCOREBOARD: CAPTAINS SHARE THEIR JOURNEY

**Hayyan, Bolgatty's captain, reflected on the win:**

"Bolgatty house showed that hard work, teamwork, and determination always pay off. From the first whistle, we played with passion, controlled the game, and gave our best in every match. The crowd's energy pushed us forward, and we never lost focus. When the final whistle blew, cheers of victory echoed across the field. This win is not just for the players but for everyone who cheered us on. We proved that champions are made through hard work. Bolgatty forever!"



**Shariq, Vasco's captain, shared his thoughts on his team:**

"As the captain of Vasco FC, I am honoured to lead a team that embodies passion, resilience, and unity. Every match, my teammates give their all, displaying skill, determination, and an unbreakable fighting spirit. Their commitment inspires me, and together, we push our limits to achieve greatness. This team is more than just players; we are a family, united by a love for the sport. I couldn't ask for a better squad. We had our people in RED off the ground, chanting names with passion. They fueled our journey, and we strive to make them proud with every game. Team RED, one mission—VICTORY! We are ready to dominate more games. VASCO FT – A Team Of Dreams "



### Emin, captain of Willingdon, spoke about their journey:

"Losing our first match was tough, but it did not break our spirit. We stayed strong and played the losers' final with full effort and teamwork. Every player gave their best on the field. Winning that match was significant, proving that perseverance after a loss can still lead to success. This victory fills us with pride and makes us ready for a strong comeback next time. We are always hopeful and determined."



### Eva, captain of Mattancherry, shared a different take:

"As a team that was not so strong in the sport, we felt disheartened and unmotivated at first. But, like every true Disney musical plot, we realised that winning a trophy isn't the true prize. In the end, it was finding the true sportsman spirit in ourselves and playing a fun and fair game". The tournament was more than just about winning—it was about passion, resilience, and the love of the game. Every team played with heart, making it an unforgettable event."



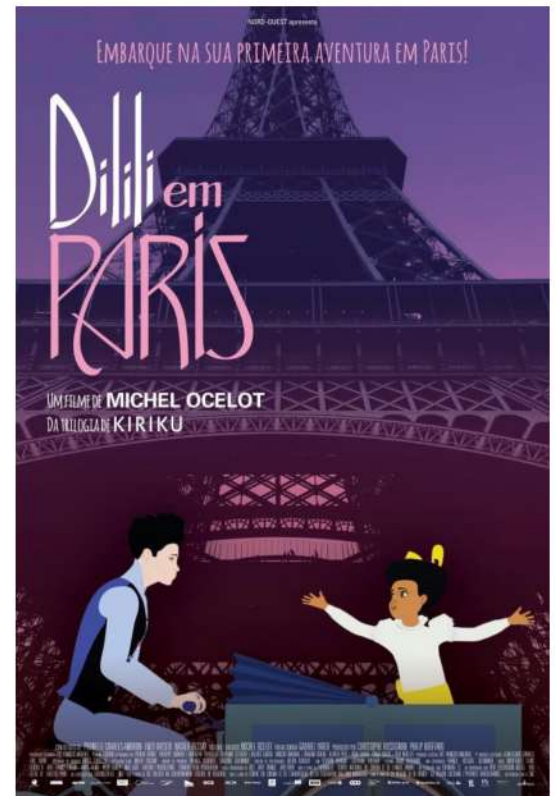
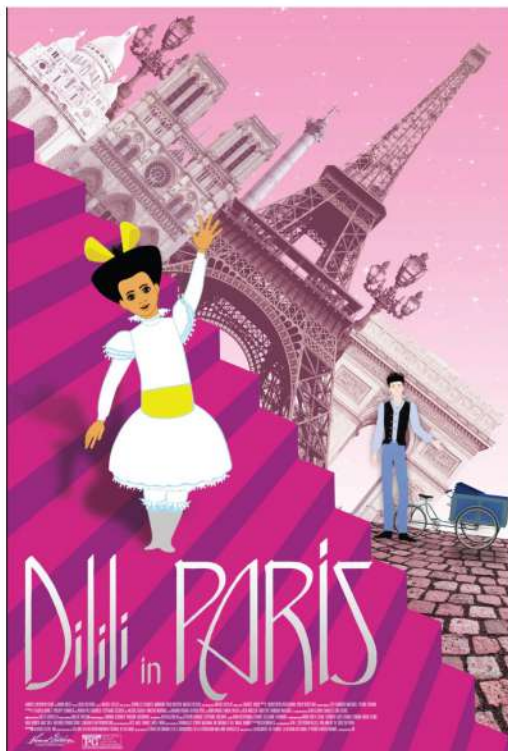
## *A Visual Journey to Paris*

As part of our Language Week celebrations in PYP, we were delighted to host a special movie screening in collaboration with Alliance Française. Miss Eva, their representative, introduced us to the enchanting animated film *Dilili in Paris*—a delightful adventure set in the heart of the City of Lights.

The movie took us on a captivating journey through Paris, offering a visual treat with stunning animation and rich cultural references. It cleverly wove together appearances by famous French figures and historical personalities, making it both entertaining and educational. This carefully selected film not only engaged the audience but also provided valuable general knowledge, sparking curiosity about French culture and history.

This event was designed for the entire school, ensuring that everyone, regardless of whether they study French, could enjoy the experience. With subtitles and vibrant imagery, the film transcended language barriers, leaving the audience both inspired and delighted.

A heartfelt thank you to Miss Eva and our partner institute for bringing this wonderful experience to our school. It was a perfect blend of fun and learning, making Language Week even more memorable!

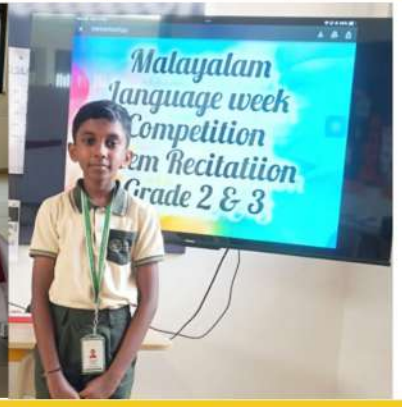




## THE MONTH THAT WAS !!!



# ART





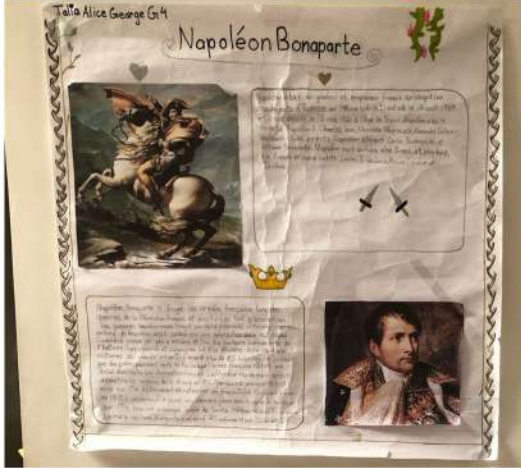
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