



## Back to school, again!



Identical white traveler buses line up along the entrance, as if queueing up for a sale. Like game characters, each bus spawns children, who run forward to find their friends. Familiar faces stare at the same old brick building they have seen countless times as they stroll to their classes. The once empty school slowly starts to fill up more and more with life. The chatters of the students can be heard throughout the school.

On the walkway, many students can be seen - some excited, some petrified. The loud chatter of the students that are ecstatic to see their friends again mingles with the sound of the chirping birds. They talk with so much energy it feels like they are bouncing off the walls! They grin ear to ear when they see their friends. On the other hand, there are those students who act like this is the last thing they want to do. They look as interested as a rock in a lecture. They slouch, as if they were puppets with cut strings. They proceed to their classes.

Then there are those people who love procrastination. Once they reach the school, they make a beeline to their classrooms so they can scribble their answers for the holiday homework. They beg their classmates to 'tutor' them on how to do their work. They quickly try to clean their tables before the teachers come in, erasing all incriminating evidence.

Lastly there are a few new kids looking lost at sea. They turn their heads left and right, looking for their classroom as they explore the unfamiliar grounds. They shy away from others, afraid to call out for help. Out of the blue, a random senior student swoops in to be their saving grace, helps them and quickly introduces them to school. The senior shows them where their classes are, as if they have an inbuilt map.

Then comes the morning bell, signifying everybody to quickly finish their food and rush to the performance hall. The teachers try their best to guide the students to their seats as they start filling up the hall, row by row. The Principal stands on stage and welcomes everyone to the new school year. As the speeches go on, some of the students doze off, catching up on their missed sleep. The others listen attentively or whisper to their friends, sharing stories of their bygone summer holidays. Another year of school has begun.

**Aarush Mandody, Grade 10**





## The power of words



In 1913, when India was still under British colonial rule, Rabindranath Tagore wrote a poem that articulated his vision for a free India. In it, he imagined a utopia, a place... "Where the mind is without fear and the head is held high;/ Where knowledge is free; /Where words come out from the depth of truth." On reading this poem, I was struck by how many references there are to knowledge and freedom in this poem. What is the connection between knowledge and freedom?

The reading of literature and of books in general, offer us different kinds of knowledge. Books allow us to step into another world, another perspective and thus teach us empathy. As the famous writer F. Scott Fitzgerald said... "That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone. You belong."

Books are also incredible primary sources to understand our place in the world, through space and time. As the scientist Carl Sagan stated, "One glance at a book and you hear the voice of another person, perhaps someone dead for 1,000 years. To read is to voyage through time."

On the most basic level, books expose us to more vocabulary. Do you know there are more than a million words in the English language? Mandarin Chinese, by comparison, has only half that amount. Can you guess how many words the average school student uses on a regular basis? About 6000 – the same as what reading a newspaper, which is intended for the general public, gives us. If we read journals and articles, that number goes up to about 10,000 words. 10,000 words out of a possible 1 million. That's one percent. We are using only 1 % of the vocabulary we have access to. Think about how much knowledge we are missing out on by not reading. Think about how powerfully you could express your thoughts if you had the vocabulary to do so. Think about how stifling it is to not be able to express yourself clearly, convincingly, freely.

Perhaps this was what Tagore was referencing, when he concluded his poem with the line "Where the mind is led forward by thee into ever-widening thought and action." Although the "thee" seems to refer to a godly father-figure, I like to think it could be our better selves, our own conscience that emerges when exposed to the highest forms of human expression. Let us honour the legacy of PN Panicker, in highlighting the importance of reading. I urge the students of Cochins to embrace the challenge of picking up a book and putting away your phones. Let's make the time to read.



**Ms. Priya Prakash, Cambridge Coordinator**



## FROM COURAGE TO CONNECTION: STARTING THE YEAR RIGHT



As the school gates open to a brand-new academic year, so open endless possibilities, dreams, and connections. The air is filled with excitement and energy as we kick-start the year with student elections—an empowering experience where students voice their ideas, build confidence, and form deeper bonds through campaigning and teamwork.

Congratulations to all the elected student leaders! Your victory is well-deserved. At the same time, applause goes to every student who had the courage to stand on stage and share their vision. Leadership is not just about winning—it's about stepping up, speaking out, and inspiring others. We as a school focus on building a psychologically safe environment where students know they are supported in being their best selves. Where students take pride in their identity and feel confident knowing they are not judged for the questions they ask or the mistakes they make.

As the new counsellor on campus, I'm truly thrilled to begin this journey with all of you. My goal is to build meaningful relationships with each student - to develop skills among learners to enable them to be confident, self-directed, creative problem-solvers. Every student matters, and every voice will be heard.

The counselor acts as a mediator between the child's various environments to support holistic development. To our dear parents, I warmly invite your trust, assuring you that your child's emotional and personal growth is my top priority. Let's work as a team to create a nurturing environment where students feel safe, seen, and supported.

Here's to a year of new beginnings, brave choices, and beautiful connections!

-Ms. Dhanya Jacob, School counselor





## Wandering Japan: Where Fantasy Meets Reality



Japan, the home of sushi and anime, has so much to offer for all ages and personalities! There are so many things to do in Japan that fall in the Nintendo, Pokémon, and anime categories. For all Studio Ghibli fans, there is both a park and museum dedicated to Studio Ghibli. The museum showcases the more historic side of Ghibli films, while the Park has replicas of architecture from movies. It also houses a big Totoro statue and a 'children's town'. Japan has over 20 Pokémon Centers, some with cafés and cool statues. Japan also has a Nintendo World at Universal Studios, a museum, and Nintendo Tokyo—packed with merch from games like Mario, Zelda, Splatoon, and Animal Crossing. Don't miss the Kirby Cafés!

**My advice:** all these places are hard to get into, so book your tickets early.

If themed places aren't your thing, Japan's nature is stunning! Kamakura's giant Buddha and shrines are picture-perfect, framed by cherry blossoms. Explore scenic hiking trails, temples, and shrines found all over Japan that are simply gorgeous! Kamakura also houses an all-you-can eat strawberry picking farm with the best juicy, giant, and ripe strawberries that exceeded way past our expectations.

Enoshima Island, once a "cat island," now has fewer cats but lots of charm — locals live there, so be respectful. Relax at the peaceful park at Nara and meet the deers in that bow to you if you bow first and feed them a leaf!

**My Advice:** The Peace Memorial Park is a must-visit— a devastating yet beautiful place and filled with meaning. There is a monument of a little girl holding up a crane representing her dreams. People fold paper cranes and put them in these little boxes surrounding the memorial in honor of her and all the other lives hurt.

Japan is known for their meticulous art of sushi, mochi, ramen and much more. My mom and I tried everything we could! Convenience stores like Family Mart and 7-Eleven and the vending machines that are around every block offer a surprising number of unique meals such as—onigiri, dango, sushi rolls, and more!

**My Advice:** Don't visit restaurants just because they're viral on Instagram — they're as good as the other local restaurants, however just more crowded. Check out the wild 2D café in Shinjuku or the many cat cafés around Japan!

If all this wasn't enough ! Japan also offers a Universal studio and Disneyland. It is much more affordable compared to its counterparts in the U.S. Disney offers two experiences - the Disneysea and Disneyland, with Disneysea being the more unique and busier option. There is also a street called Shibuya crossing, which is the most busy crossing in the world. At its busiest, 2,000 people cross every 2 minutes! If you're interested in that, head on over. Finally, there is a popular shopping place called Harajuku square - With a mini pig café!



-Olive Elizabeth Atkinson, Grade 8





## Checkmate! A Battle of Minds at Our School Chess Tournament

This month, CIS hosted its thrilling Intra-School Chess Competition for 2025-26, on June 26<sup>th</sup>, where students from various grades locked horns in a nail-biting battle of wits and strategy! Minds clashed, pawns advanced, and queens ruled the board in an intense tournament that celebrated focus, logic, and sportsmanship.

Students competed across three age categories – Under 11, Under 14, and Under 17, with separate matches for boys and girls. The tournament followed a knockout format, with matches played according to official FIDE rules.



From the first move to the final checkmate, the atmosphere buzzed with excitement and determination. Each participant showcased not only sharp thinking but also commendable discipline and sportsmanship throughout the event.

This tournament marked the first intra-house event of the academic year 2025-26 – and what a powerful start it was! With such spirited participation and flawless execution, it set the perfect tone for a year full of competition, collaboration, and celebration.



## From Chakras to Calm: Celebrating Yoga Day at CIS

On the bright morning of 20th June 2025, the Physical Education Departments of Charter School and Cochin International School came together to celebrate International Yoga Day with a special yoga demonstration on the school football ground. The event was a wonderful mix of peace, focus, and community spirit!

Everyone—from students to teachers and staff—joined in the celebration with lots of enthusiasm. The dress code kept it sporty: students wore their regular sports uniforms, while the yoga formation participants stood out in white T-shirts and black track pants.

One of the most exciting parts of the event was the Yoga Formation Activity, where twelve students (six from each school) created amazing formations like Circle, Lotus, Semi-Circle, Chakra, Star, and Flower. It was creative, symbolic, and so cool to watch!

After a short introduction about how yoga helps us in our physical and emotional health, students performed a variety of asanas like Vrikshasana, Tadasana, Gomukhasana, and Anulom-Vilom Pranayama. The session ended with some peaceful meditation and relaxation, helping everyone feel refreshed and calm. It reminded us how yoga isn't just exercise—it's a lifestyle. We left the field feeling positive, recharged, and motivated to include yoga in our everyday lives.





I like school as it is fun  
and I like reading. -  
Isha Ameya, Grade 1 B



I like studying, having fun and  
reading at school! I like that  
many teachers teach us. -Ain  
Shamas, Grade 1 B



I feel nice after coming  
to school and I love  
swimming class.  
- Aamy Arun Grade 1 B



I feel happy in school.  
I like playing with my  
friends and I like  
addition  
-Ritu Anil, Grade 1 B



I like the reading  
corner where all the  
books are kept - Erick  
Edwin, Grade 1 B





Cochin  
International  
School

# The Cochin Dispatch

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*Another  
Year !*



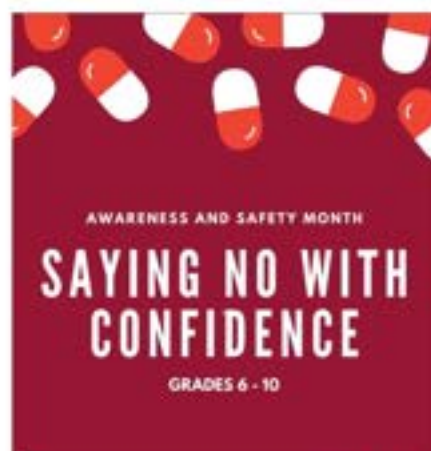
*Another  
Adventure!*





## Heads Up!

Saying no with confidence



Cochin  
International  
School

3RD JULY,  
PERFORMANCE HALL  
12:10 PM TO 1:10 PM

CIS is hosting a powerful student awareness session for Grades 6–10 on **Thursday, 3rd July** at the Performance Hall. Led by Adv. Prabha M., founder of Pragma, the session will cover drug abuse, personal boundaries, consent, and legal awareness under the POCSO Act. Students will build confidence, learn to think critically, and understand their rights. A must-attend for empowering young voices!

### Learning in Action: Grade 5 Presents the PYP Fête!

The energy is high, and the excitement is building as our Grade 5 learners prepare to host the much-anticipated PYP Fête on **Saturday, 5th July 2025**. Designed and led entirely by the students, this vibrant event showcases how systems help us work together, solve problems, and create joyful experiences for our community.

With thoughtfully curated game stalls, interactive engagements for Grades 1–4, and a special culinary collaboration with the CIS cafeteria, the fête promises to be a celebration of inquiry, creativity, and student agency.

Mark your calendars and join us for a morning where learning takes centre stage in the most festive way possible!



## House Points



**Bolgatty - 90**



**Vasco - 140**



**Willingdon - 20**



**Mattancherry - 110**