



ST. MARY'S *Catholic High School, Dubai*

Saints TIMES

YEAR 2023-2024

VOLUME - 1



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Saintz Times

ISSUE 1 (SEPTEMBER 2023- DECEMBER 2023)
ACADEMIC YEAR 2023-2024

Dear Readers,

We welcome you back to yet another exciting academic year at St. Mary's Catholic High School, Dubai! As we put the finishing touches on the first issue of our school newsletter, we find ourselves immersed in the promise of new beginnings, fresh challenges, and countless opportunities for growth and learning.

Our journey through the corridors of knowledge has just begun, and it is with great enthusiasm that we present this edition to you—a testament to the vibrant spirit that defines our school community. In these pages, you will find a rich tapestry of voices, ideas, and talents that collectively shape the unique identity of our school. The theme of our first issue is WELL BEING! The theme of well being has become a topic of paramount importance in our daily lives. Here in St. Mary's Catholic High School the well-being of our students is extremely important, serving as the cornerstone of our educational mission. In keeping with the spirit of the theme this issue showcases the work of our very own talented students of Years 4 and 5.

As we navigate the academic landscape, it's essential to reflect on the shared experiences that unite us. This newsletter serves as a chronicle of our collective achievements, milestones, and the extraordinary stories of individuals who inspire us daily. From academic triumphs to artistic endeavors, from sports victories to community service initiatives, our students embody the diverse and dynamic nature of the Marian family.

We invite you to immerse yourself in the stories within these pages, to celebrate the achievements of our community, and to be inspired by the limitless potential that surrounds us. Thank you for being an integral part of the Marian family, and here's to a year filled with discovery, growth, and success.

Sincerely,



Saintz

A Message From Our Principal



My dear Marian Family,

Greetings of peace to one and all! It has been an enriching experience to get back to this New Year with rested spirits and jubilant hearts.

I wish you all a happy and healthy 2024 and a year which sees each and everyone realising their goals and working committedly towards achieving them. Our students have such tremendous potential and my wish for this year is that our dear students explore their strengths and challenge themselves .

We are sharing with our Marian Family many wonderful achievements, experiences and events that we have so far had since the start of this Academic Year 2023-2024.

Thank you all for your love, your collaboration and your trust.

Have a blessed year ahead.

Sincerely and warm blessings,

Mr.  Asir Joseph
(Principal)



Ethan Jacob, Year 10B

The First Day at School 2023-2024

On August 28th, St. Mary's Catholic High School welcomed its students back for the new academic year. Students filled the hallways searching for their classes, teachers preparing for the arrival of their students, the school was at its busiest!

After the students had settled into their new classes, half of the school day was used for Class-Teacher time. Students were brought up to talk about themselves and their hobbies to their teachers and classmates, some had some very interesting things to say and some had some fun stories to share! By the end of these lessons the teachers and students had become much closer than before, encouraging free talk between each other.

Students were then taught about the rules and procedures the school takes in order to have a safe, healthy and open environment. The school encourages positive conversations between people with of course no harmful or degrading comments on others. This part of that day was really important, especially for the younger students who are much more prone to this behavior



The other half of the day was used for lessons and teaching. Then finally at the end of the day we all left for home. On the first day at school we made friends and we learnt how to respect those around us, the start of our school year couldn't have started any better!





REVIVING THE ROAR

OUR FIRST
ASSEMBLY IN
3 YEARS!

David Gomes, Year 10B

REVIVING THE ROAR: OUR FIRST ASSEMBLY IN 3 YEARS!

COVID turned our daily school assembly into a myth. The vibrant enthusiasm that once filled our mornings seemed to have vanished. No one really predicted a day to come, where we would begin our day at school with an engageable assembly.

Being informed of the reawakening concerning our school assemblies, everyone's attention was encapsulated. Vast amounts of excitement and eagerness enveloped the hearts of every student at Saint Mary's!



Everyone, yes everyone, looked forward to starting off our days at school with pleasant and insightful morning gatherings. These morning assemblies played a vital role in rejuvenating the once lost sense of passion and enthusiasm, something that held every class in sturdy bonds of unity and trust.



"Standing in line and paying absolute attention to the class conducting the morning assembly every new day really did embark a sense of nostalgia in me, helped me cherish the wonderful memories I had experienced years before the pandemic broke out"-Student from 10B

Regrowing our initial roots of tradition did take a while, thanks to the pandemic. Although that didn't stop us from rising back to the top, emerging as victors, stronger than ever, ready to take on whatever tomorrow would have in store for us.



ADNOC COP28 PROJECT

Jane Jerushlin Jeba Singh - Year 8A

ADNOC COP28 Project

The 'ADNOC STEM for Life' was introduced to us students as a Science Challenge at school. It is a fun event that commemorates COP28, which is a meeting of political parties, from all over the world, to discuss the impact of climate change and global warming on the environment. COP28 is planned to take place this year in the UAE. There are multiple competitions and activities within ADNOC, for all ages and nationalities.

One such competition was the Cup Challenge, in which contestants have to prepare a cup design that promotes sustainability and visually shows how climate change affects the world. Many designs were posted on the 'ADNOC: Stem for Life' website. My design was deeply inspired by the tall buildings that are built throughout the UAE, using this as a base I attempted to show the contrast between a city that actively involves itself in being sustainable and a city that makes no such effort.

Out of over 1000 contestants, just twenty-six people were chosen for their designs, and were promoted to the preliminary round. Each winner was mentored by 4 judges on further improvisation of our projects. The 4 judges gave each winner special advice regarding how they could improve their submissions, and the 26 contestants had to resubmit their updated designs within a certain time limit.

From the 26 semifinalists, 6 finalists were chosen. These final winners were allowed to meet up and finalize their designs, with the help of professionals, in order to receive the grand prize: their designs printed on a cup. I feel proud to be one of them. Below is a glimpse of my work.

Overall, the Cup Challenge was an effective way to use the ideas and imagination of students to promote sustainability, through the common use of coffee cups. The project is yet ongoing with more challenges and it has been a wonderful learning journey all through.



THE HIVE BEE WRITE 2023

Story & Poem Competition



Suhaani Mehra - Year 12 Science

BEE WRITE 2023

The Hive in collaboration with The Young Authors Academy, conducted a Story and Poetry Writing Competition which was a stellar opportunity for young students from St Mary's to channel the inner author in them. It was a linguistic challenge for schools from all over UAE, so students from Years 5 and above can display their beautiful literary pieces and poetry.



Students who wished to participate were requested to send in their entries. Owing to the loving encouragement and guidance of our English teachers, many of our talented students did and the ones selected were published in an anthology titled "Bee Write 2023". The winners were also invited to The Hive's Bur Dubai branch for the book launch.



Participants and their families were given a warm welcome by Hive host Alba Quadros. Each candidate was then given the opportunity to come up on stage and read a short extract from their own piece. Ms. Alba, in her introductory speech, ensured that the instructions were clear, ultimately making the event extremely interactive for them. The opportunity to do a short reading helped to build confidence in the students, preparing them for future interactions with a large audience beyond their classrooms. Some also explained the idea behind their entry or talked about their inspiration.

Anamieke, the representative of the publisher, was also present at the event and addressed the winners.

All the authors received physical copies of the book, which was a collection of each and every winning participant's contribution. This served as a precious memoir for them and their families, and honoured their hard work and enthusiasm.



Overall, it's safe to say that St Mary's was "buzzing" with excitement and creativity!



HELLO

Sveiki!



Hej!

Maria Theres Kizhakkuden, Year 10D



✦ HELLO! SVEIKI! HEJ!

In the month of June 2023, students of Years 7 – 13 got the amazing opportunity to travel to Europe, to have the experience of a lifetime, as they visited special monuments and places in Latvia and Sweden.

This eager group of travellers was accompanied by Ms. Lise Ann on this fun trip. The trip lasted for 5 days and 4 nights, with each morning bringing a new adventure for the students to partake in

DAY 1 ● ● ● ● ●

The trip began with a bang as the students flew from Dubai and arrived in the city of Riga, the capital of Latvia, and went for a scenic city tour, visiting its well-known Art Nouveau streets and Art Nouveau Museum. The beautiful art deco, along with the diverse and pleasant architecture, located all around the city was truly a sight to see. Some students say that the city tour was one of the most memorable parts of the entire trip because of the eye-catching artworks engraved on the Latvian buildings.

The day ended with the students going to their hotel for a good night's rest before the next day.



DAY 2 ● ● ● ● ●

The tour of Riga continued the following day. The students visited the numerous, wonderful monuments of the city, including the National History Museum of Latvia, The Freedom Monument, the Latvian National Opera and many, many more.

This was followed by a guided Ethnographic Open Air Museum sightseeing tour, where the history of the Latvian culture and traditions were delved into, like the story of the tribes and the black cat. The experience included a Latvian folklore show with a lively dance in which all the students joined in, with some even receiving gorgeous handmade flower crowns after the performance. There were also a few local craftsmen who had set up shop nearby, selling many authentic Latvian products. "There was a small shaker with dried beans in it to ward off bad moods, and I got one for 1€!" said Daniela, from Year 12.

The eventful day ended with the students returning to their hotel and awaiting their next



HELLO! SVEIKI! HEJ!

DAY 3



A new day, a new city. This time, the students went to the beachy and airy city of Jurmala, where they visited the Dzintari Concert Hall, Jurmala City Museum and the Sea Pavilion, amongst many other special places.

They also had the opportunity to buy exquisite jewelry that was sold in the city, made of amber extracted from the country's very own birch trees.

In addition to this, they visited a Latvian bakery for the exciting opportunity to bake their own pastries! All the students had a fun time making and baking goods like cinnamon rolls and cookies, using the Latvian traditional fire oven, while also savouring the delicious and authentic Latvian baked goods. "Every single thing there tasted heavenly," said Emily, a student from Year 10.

This concluded the experiences in Latvia. The day ended with the students traveling to the airport for their flight to Stockholm, Sweden.



DAY 4



The next day started with a guided tour of the city of Stadshuset, with a visit to Stockholm's City Hall. The students also went to the Vasa Museum, in which a giant Viking ship was on display; a fascinating sight to see. (Although, some students wished they were able to actually explore the interior of the ship instead of just seeing it from the outside!)



HELLO! SVEIKI! HEJ!

DAY 4



The interactive ABBA Museum was a very interesting experience for the students. There was a really fun karaoke booth that they all sang in, including our very own Ms. Lise Ann! Mama Mia!

When talking on the topic, Karen from year eight said, "What really fascinated me was their music room. It was humongous and it had grand pianos, guitars, basses, and a drum set."

The museum also had an actual stage where they could pretend to be members of the legendary supergroup themselves, dancing for the "audience" of St. Mary's students and teachers below.

At the end of the day, the students went to their hotel and got ready for their final day in Europe.



DAY 5



The last, but definitely not least, visit on the concluding day of the trip was to the Skansen, the world's oldest open-air museum, which showcases the whole of Sweden. Students were able to discover Sweden's history, traditions and customs. They also had the exciting opportunity to see Nordic wildlife, including rare breeds and exotic creatures, such as bears, goats and even chickens!



And with this, the dream was finally over, and the students flew back to the UAE with delightful memories of a truly delightful holiday!!



Let's Make a U-Turn;

Let's Save our Planet!

By Oshadhi Marissa W.



Climate Change is a Dead-End;

In an era of climate doom and an overload of information; where the prevalent threat of our collapsing earth's equilibrium is constantly gnawing away at the back of our heads; where we are taught the only forms of sustainability are large wind turbines and acres of metallic solar paneling; an era where stepping out of schools in the afternoons, means backs slick with sweat, and our shirts sticking to us in the smoky humidity; Sandra Piesik's words came as a ray of hope and a breath of fresh air.

On 14th September, here at St. Mary's Catholic High School, we had the privileged opportunity of hosting Dr Sandra Piesik, along with the representatives of the coveted Emirates Literature Foundation, for an informative talk about sustainability and heritage. Sandra Piesik presented her book 'Habitat: Vernacular Architecture for a Changing Climate', along with her story of her understanding how we must look at the past to find our solutions for the future. The answers we must find to fight global warming lay simply in the millenniums worth of knowledge, hidden in plain sight, within nature. With modern-day innovations, and the conventional intelligence of our ancestors, Sandra Piesik was able to show us that in our very own culture lies the secrets that ideas we can use to combat climate change.

Dr Piesik found inspiration within the brilliant and humble Emirati architecture. Her most notable project that she presented to us was her food shelter made of palm leaves. The project addressed matters like the reuse of leaves, and the utilisation of natural ventilation. There is an untapped wisdom in the traditions of all cultures, and Dr Piesik helps show us that the best solutions are often the most simple ones.

With her explanation of the research she's done with UNESCO and UNCCD, she also managed to prepare us for the uncertain future. The earth's tolerance has been pushed to a dead-end. She put into perspective that the future may seem inescapable, but the power of change lies ultimately in our hands. There's a U-turn, and we can turn back! Thinking there is nothing left to do is a paradoxical trap that leads us to sit and do nothing. But we can change the future, and organisations like UNESCO, and inspiring advocates like Sandra Piesik are willing to hear the ideas that the youth has to offer.





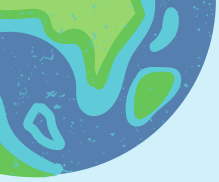
Many of the students who attended the seminar voiced the common, but intensely real concerns we have about climate change. The main concern being: how do we, normal citizens, combat climate change when the largest aggressors are the unreachable corporations at the head of the power chain? Are we to believe that paper bags and carpooling will make any significant impact when corporations like Shell PLC and Koch Industries are each annually producing more than 16,000,000 metric tons of CO₂? How are we supposed to be mindful of what we consume when the same exploitative multinational conglomerates own quite literally every other mainstream brand? Believing that fixing this imbalance though feels hard is not impossible.

Piesik answered tactfully yet practically to the concern raised by the students. She suggested that we should be hopeful and determined not only about our future but also in our present efforts. She even reiterated the fact that all ideas and proposals put forward by us are well received as suggestions by the UNESCO National Commissions and they are happy to hear. Dr Piesik ignited the passion among students since we form the core for any change, and that even the smallest of efforts is worth it.

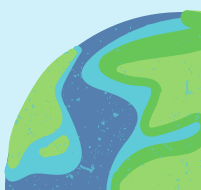
To quote her 'Maybe you're a student here at St Mary's interested in chemical engineering, you can change the world's approach to energy consumption. Maybe you're a student who's interested in preserving the richness of soil, you can offer your ideas on the practical uses of homemade compost. And if you have a knack for debating, you can approach the world's most powerful diplomats about the necessary regulations to curb the reckless actions of irresponsible companies . Or you're a student who is fascinated with art and urban design, and you might like to implement walkable infrastructure in dense cities. Or, if you're just a student who likes to write, your powerful pen can bring about a change in the world. I can assure all these ideas won't be wasted.'

Dr Piesik, also informed not only that she had worked with academic researchers during the compilation of her book, but she also worked alongside common people. People like us, botanists and bikers, shopkeepers and office workers, and teachers and students have contributed to the values presented in the book..





There has never been a more exciting time than now to tap into the advantages of local resources. Be it the four-directional wind towers of the UAE, the white limestone stepped roofs of Bermuda, the handcrafted coconut wooden cutleries of Sri Lanka, or the geographically-sensitive architecture of Chilean homes or the bamboo garden pavilions in China, and pine huts in Siberia. Examining the evolution of architecture through time, and their adaptation to the climate changes, it is not too late to save the earth. With pride in our rich heritage, and our passions and interests to make a difference, we can help. So, will you help?B





PINK DAY



Pink Day

On the vibrant and spirited "**Pink Day**," our school transformed into a sea of hues, as students, teachers, and staff adorned themselves in a spectrum of rosy shades. The campus radiated positivity as everyone, unified and striking in their pink ensembles, stood shoulder to shoulder to champion the cause of breast cancer awareness.

The enthusiasm and determination on Pink Day underscored not just a commitment to fashion but, more significantly, a dedication to making a meaningful impact on the ongoing battle against breast cancer.

The pink attire served as a visual testament to our consensus with those affected by breast cancer, we conveyed a message of tenacity, support, and strength.

In order to heighten the significance of this momentous occasion, Miss Renthi and the entire Year 12 class poured their artistic energies into creating an incredible artwork. An exquisite arrangement of butterflies in various sizes and shapes, a work of art, gave our collective efforts to raise awareness of breast cancer a touch of elegance and symbolism.





A WHIMSICAL
WORLD OF
Colour

Maria Theres Kizhakkuden, Year 10D



'The more that you read, the more things you will know. The more that you learn, the more places you'll go.'
— Dr. Seuss

The students of St. Mary's delved into their love for colouring and books in this year's 'Book-Colourful' colouring competition. In a bid to encourage reading, the school, with the help of art teachers and librarians, held a "Seuss-tastic" colouring competition for all the tiny artists from years 1 – 3, allowing them to express their love for reading in a colourful and beautiful way.



The competition was facilitated by Ms. Loida and Ms. Lanih in every class, during their art lessons and the students were asked beforehand to bring colour pencils, crayons, and anything else they may need to make their art piece stand out.

Except for paint – that was saved for the big kids! :)

Our primary art teacher, Ms. Lanih said, "When we first mentioned this competition to the class, the students were so excited and kept asking us again and again when the competition was going to happen."



The competition was based on three of the much loved and well known books by Dr. Seuss, 'The Cat in the Hat', 'Horton hears a Who' and 'The Lorax'. These stories revolve around many important themes such as wellness, self confidence, inclusion and sustainability, and the colouring competition portrays all this and more in ways that the small children can comprehend.

"I really liked the competition because I love the 'Cat in the Hat'. Also, the paper was huge! It was bigger than my head!" said a little one from class 2B.

"I liked it. I brought my colour pencils and crayons and sketch pens and it was very easy and fun to colour," said another from class 3F.

The students enjoyed colouring away to their heart's content, with no restrictions on imagination. No one needed to teach these maestros to think out of the box. They had free reign, the result of which was red and orange elephants and green and yellow cats, just to name a few, as they creatively and confidently turned the black and white photos into wonderful, colourful masterpieces.



Oh! The places you'll all go!



#DIGIINVENTORS CHALLENGE 2023

TACKLING PEER PRESSURE AND BULLYING:
A CONCISE PREVIEW OF THE COMPETITION

Arwa Surani, Year 12

#DigilInventorsChallenge 2023

The #DigilInventorsChallenge 2023 is a Scotland based competition which has now gone global as DHI runs a parallel competition aimed at secondary school pupils in the United Arab Emirates (UAE). The UAE Competition is delivered by the DHI's partner, Heriot Watt University Dubai. Four finalist Scottish teams will be invited to meet with the DHI at the City of Glasgow College. At the same time, four finalist UAE teams will be invited to meet representatives of the Heriot Watt University Dubai in the UAE. The eight teams will participate in a virtual (using Microsoft Teams) "hybrid" bootcamp on 20th & 21st of November 2023.



This program was tailored for creative young minds. It allows participation from secondary school pupils in both Scotland and the UAE. The primary objective is to ignite inspiration and equip young individuals with entrepreneurial and digital skills. Simultaneously, the initiative seeks to raise awareness regarding potential career avenues within the digital health and care sector. Consider exploring this valuable opportunity!

The focus for this year:

Developing a digital health and care solution that utilizes SMART Technology to support young people's mental health and well-being, particularly in dealing with peer pressure or bullying.

Two teams chosen from among the razor sharp minds of the current Year 12 cohort took part in the challenge representing SMCHS. Under the guidance of Ms. Jeraldin Kingston, our Head of the Department for Computer Science, these 8 students prepared for the competition.

Team Insomniacs:

Ananya Olive Castelino
Joshua Christopher D'silva
Wayne Jayden Lasrado
Blessings Hamandishe

Team Pixel Pioneers:

Tanisha Maahira Thameem
Anthony Joseph Thattil
Allen Robert Thakur
Arwa Surani



#DigInventorsChallenge 2023

A Brief Summary about the Team's Work

Team Pixel Pioneers:

The team crafted an innovative app that's a game-changer for mental health and personal growth. It boasts smart chatbots, early health issue detection, and a high-tech AI buddy offering personalized support. Their app included digital daily routines, emotion tracking, and a cool GPS wearable which are valuable mechanisms for youth dealing with stress and anxiety.



Team Insomniacs:



This team constructed an app, CYRO, that is used to guide users through mindfulness exercises to alleviate stress and anxiety, employing positive reinforcement as a rewarding game-like system. This app serves as a go-to source for well-being information, offering advice on stress management and encouraging users to seek help when necessary by blending a game-like approach with personalized rewards.

In conclusion, this competition provided a unique platform to unite the innovative, young minds. It led the students to unveil their creativity and craft exceptional masterpieces. Beyond that, it became a pathway that illuminated the significance of well-being which aligns seamlessly with our school's 2023 vision.



The background is a light blue sky with several soft, pink clouds of varying sizes. Scattered throughout are small, five-pointed pink stars and several pink butterflies of different sizes, some with detailed wing patterns.

Shades of Pink

FOR OUR
SHE-ROES,
FOR NEVER
GIVING UP

Oshadhi Marissa Weeramanthri

Shades of Pink

A dozen students standing, crouched over the library tables, their fingers delicately folding creases into little pink paper squares, criss-crossing corners diagonally, and flipping pockets and points in-and-out. Days before hanging up the art piece on the 26th of October, a conversation with our senior librarian, Ms Renth, revealed how this evocative tribute came about. What started off as an idea to make a handful of pink paper butterflies evolved into a piece brimming to the surface with sentimentality.

If you happen to stop by the installation hung up under the girls' staircase, you'll notice that each of the origami butterflies is crowned by a message written by the staff and students here at Saint Mary's. These notes and messages go out to all the people in our lives that have either won their battle against Breast Cancer, are still fighting it, or those that had fought till the end. It's sadly all too common that you've known someone afflicted by any type of cancer, and Marian compassion has made it a mission to dedicate a piece here at Saint Mary's to bring awareness to these incredible people.

The class of 2025 has presented this piece, driven by collaboration among the batch and their teachers, and it's resulted in something emotionally striking, and potently symbolic. Each butterfly, a pair of wings for the brave women who have faced cancer, and each shade of pink to represent the diversity of women that have demonstrated their insurmountable courage. Honoring each of these women, the lives they led, or the thankful lives they're still leading, the glimmering pinks suspended from the slanting underside of the staircase remain afloat, in constant remembrance and dignity.



Shades of Pink

Many students had spent their free time in the library cutting squares from pink paper, inking banners with pink sharpies, and teaching other students how to fold these butterflies, some the size of a postage stamp, and others as big as your entire palm.

Muntaha and Khaira who were enthusiastically present for the whole project said about their experience, "the most touching part was seeing students and staff coming to dedicate butterflies to the brave women in their lives. A few came for Moms, some for aunts, grandmas, cousins or friends. Some only wrote names, some wrote messages, but all of them said a prayer for the person they were thinking about."

To all the women that you may or may not know who are on the frontlines of battling cancer, we salute them. The installation aims to be a constant reminder of our support and love for these beautiful women, for never giving up.



RED, WHITE, GREEN, AND BLACK ARE IN THE SKY!

FLAG DAY



Jilliane A.B, Year 10D

FLAG DAY

St. Mary's Catholic High School observed UAE Flag Day on Friday, the 3rd of November, where students adorned themselves in the four varied colors of the national flag to mark the occasion.

Those in RED symbolises the sacrifices of previous generations who had laid the foundations for the Union and the sacrifices of the nation's martyrs to safeguard the UAE, its achievements, and gains. Those in GREEN represented growth, prosperity, green environment and cultural renaissance. Those in WHITE depicted UAE's charitable contributions and the state's approach to supporting the security and peace in the world. And those in BLACK reflected the strength of Emirati citizens and the rejection of injustice and extremism.

"I felt really happy because we got to wear coloured clothes and we got to raise the flag," said Jordan from Year 4-C.

The day began with the assembly led by Year 9-D that revolved around the theme of Respect. Their presentation included a prayer, skit, and poem based on their theme, followed by the national anthem. On the boys' side, 9-C took the lead in the boys' assembly, centering their theme on Respect. They showcased a skit that delved into the UAE and the nation's unity. It was then followed by two wonderful speeches about Emirati Culture as well as the importance of the flag. Classes commenced as usual but with the students resonating with utmost pride and dignity towards the UAE.



"I like participating so I felt great, and it's something that will help you lose your stage fright," said Rachel from 9-D, who conducted the assembly.



FLAG DAY

At 11:00 am, students from Years 5 to Years 9 gathered in their respective quadrangles for the flag ceremony. This special day served as a commemoration and tribute to the National Flag, expressing profound respect and admiration for the UAE, a nation known for its multicultural and diverse identity. It was a striking scene to see students assembled to acknowledge the splendor of the country, which, for many, is not just a place of residence but also a cherished home. The flag was hoisted, accompanied by the harmonious singing of the national anthem by the students. Following the ceremony, they returned to their classrooms.

Students from Years 10, 11 and 12 participated in an orientation which was conducted in their classrooms. The session enlightened the students about the importance of the flag and its creation, how it portrays the unity of its residents, the evolution of the country, and most importantly, exhibited the Emirati culture and its people.

As the students headed home, they took with them a piece of the history of a nation characterized by tolerance, acceptance, and magnificence.

In the words of His Highness Sheikh Mohammed bin Rashid Al Maktoum, "The UAE flag is not only a flag, but it is a mean of our love and readiness to sacrifice our souls for the dignity and pride of our country."

Four different colours, four different meanings, but together as a whole, it united the people. It symbolises this nation and its people.



GOD BLESS THE UNITED ARAB EMIRATES!

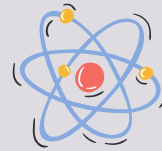


AL DIYAFAH INTER SCHOOL

STEM COMPETITION

Filza Ali - Year 10E

STEM COMPETITION



STEM competitions are valuable platforms for students to showcase their skills and knowledge in the fields of science, technology, engineering, and mathematics. Students are presented with real-world challenges that require innovative solutions. This year's theme of the competition is "Where Innovation Begins". Through the process of designing and implementing their projects, participants from our school learn to think analytically, identify problems, and devise effective strategies to overcome them.

Our school officially entered the Al Diyafah Inter School STEM Competition with four students from Yr 9A:


1. Alexandra Louisse Villena
2. Anashwara Mariyam Jobi
3. Jane Jerushlin Jeba Singh
4. Karis Glenna Sam Kingston.

These four students enrolled in the competition with an AI program to assist people in storing their collective medical information in an app that can be accessed from home. The concept evolved from "At Home Hospital", and our students are currently working on their original software. They were inspired by their topic in Computer Science class about 'Health and Well-being' and thought of doing something similar and implementing their learning in their inventive creation.

Our students are now working on an authentic project in which they are creating software and a connected gadget that connects an app with a diabetes testing device, among other potential applications. This creative project demonstrates their commitment to using technology for the advancement of healthcare, as well as their expertise in software development and medical technology. Additionally, our students are developing and building the actual gadget that connects to the app. This gadget functions as a link between the app and the testing equipment, enabling for data transfer and synchronization to occur seamlessly. It is being designed as user-friendly with care and accuracy to assure compatibility and dependability.

As the competition continues, we take this opportunity to wish our students the absolute best in their endeavors. We have full confidence in their ability to make Saintz shine in this race!





8 BILLION IDEAS

Directing students towards a brighter future

8 Billion ideas is a foundation with a dedicated and passionate team trained to provide young students the best learning experiences imaginable. “We strive to be an inspiring and supportive team” quoted Mr. David Harkin, CEO and Founder of this EdTech company.

Minuka
Pathirage
Year 12



8 BILLION IDEAS

St. Mary's Catholic High School was privileged to have Mr. Sam West join us in educating our young business students in entrepreneurship. One very fascinated audience member, Reuben Jude Almeida, quoted that the whole experience was "mindblowing". "The talks they gave at our school were mainly focused around the idea of Business Presentation, the importance of it [Business Presentation] and how to appeal to investors within a limited time," Reuben quoted as he explained to us his experience of the event.

Eager and enthusiastic students entered into an interactive session with the speaker. Everyone yearning to understand the essence of Business Presentation whilst receiving innovative ideas to work towards a new business or start-up.

"The speaker [Sam West] answered all our questions with amazing authority as well as showing us examples of how to present a business. He did not however, go much in depth and touched upon the more general aspects of the whole topic." After persistent queries from the audience Mr. Sam came up with detailed information and even helped us with a simple google search.



"I would recommend this to other schools as it gives students a very clear idea on how to properly make a start and execute the innovative ideas into practice," said Ms. Vichitra Gabriella, our Edexcel Examination Officer and Head of Commerce Department, who had arranged for this session along with Ms. Sreeparna Gupta, Head of History and Ms. Bindu Harikumar, Head of Moral Education.

"In my opinion, I would recommend this to other schools as it gives students a very clear idea on how to properly make a start and execute the innovative ideas into practice,". With the rapid growth of successful startups, it was a positive step towards helping students to benefit from these opportunities since even a fantastic idea needs to be properly presented to the right audience to grow and prosper. "Children are all innovative and unique" no matter which subjects you choose or which field you decide to follow, all students are full of bright new ideas which could potentially change the world, and help students all around the world, dream bigger than they can imagine. 8 billion ideas does a wonderful job in laying the foundation to nourish those ideas to be put into practice.



SAINTZ @

EMIRATES

DEBATE COMPETITION

Isabella Lauren E. Mayogba, Year 10A

SAINTZ @ EMIRATES DEBATE COMPETITION

Emirates Debate Competition, held at Al Diyafah High School is a prestigious event which gives a platform to students with a flare for debate and discussion. Armed with words as sharp as swords, engaged in a battle of wits that not only tested the rhetorical prowess but also showcased the kaleidoscope of thoughts brewing within their intellectually gladiatorial minds, the 12 skilled debaters of St. Mary's Catholic High School tested their mettle against other schools in this war of words. Elizaveta Babicenco, Jewindu Panawannege, Karen Amgad, Mena Admassu, Mishah Ali and Veronica Malubay in the junior teams and Aroon Keshave, Ethan Jacob, Filza Ali, Joyce Youseff, Mia Mampilly and Qazi Umer in the senior teams represented our school.



Once they were selected to the teams, our students started preparing for the debate, and our teachers were there to guide them. Ms. Sreeparna, Ms. Kankanika, Ms. Bindhu, Mr. Trevor and Ms. Renthil supported the students in this journey. After researching and studying their prepped debate topics, our students were well prepared to face the symphony of ideas and the cacophony of articulate arguments that transcended the ordinary and catapulted them into a realm of vibrant debate at the venue. Mena Admassu, a member of our Junior team that placed second, recounted the atmosphere of the competition as being "nerve-wracking," nevertheless according to her "everyone there was quite friendly and a very welcoming attitude was highly evident there."



This year's competition's variety of subjects turned the stage into a crucible of intellectual debate. Our panelists dove into the deep seas of modern challenges, covering everything from the growing usage of cryptocurrency to the morality of vaccination programs for children. Every round served as a microcosm of the intricate world that exists beyond our school's walls and necessitated careful analysis and expression. When asked, Mena said, "The truth is, you never know what can happen so even if the team spoke well, a constant worry was there that we wouldn't make it through to the next round." Despite this, the eloquence displayed by our debaters was not just a mere showcase of linguistic and intellectual capability, but also a testament to their profound understanding of the subjects at hand.

SAINTZ @ EMIRATES DEBATE COMPETITION

In an exclusive interview, the best speaker of the Junior category, Veronica Malubay, shared the exhilaration of victory with a humble smile. When asked about the key to success, Veronica emphasised the importance of confidence, stating, "I think the key to winning was the confidence in the power of our voices and standing for our point, as well as putting dedication into research, then it becomes fun to debate."



It became clear that the debate experience was a masterclass in personal and intellectual growth – our participants uncovered lessons that extended beyond the art of argumentation. Filza Ali, a member of one of the senior teams, shared, "Instead of looking at a picture from one side, we were forced to look from both sides and prove them with full responsibility." This realisation echoed a sentiment mirrored by many, illustrating the profound impact of language and the significance of rhetoric. They learned to wield words not as weapons, but as tools for constructive dialogue, creating an environment where ideas can flourish and understanding can thrive.

More than just victors and losers emerged from the competition as the sounds of impassioned debates and moving speeches faded. It was the culmination of a journey of self-discovery in which our debaters learnt to manoeuvre through an intricate dance of ideas, language, and thinking on their feet. The debaters came out of the competition not only with invaluable life skills but also with an enhanced intellectual capacity, having learned the art of persuasion and the surprising power of a well-timed counterargument. The competition was not just about proving points, it was a transformative experience that transcended the confines of the rooms.

At the end of 2 rigorous days of debates, the two Junior teams from SMCHS were slotted to face each other in the finals, having left all the other schools far behind. And in the final tally, it was the team consisting of Veronica, Jewindu and Elizaveta that emerged as the winners, with Veronica also securing the Best Speaker award while the other junior team, Karen, Mena and Mishah came home with the equally coveted runner's up trophy.

We celebrate not just the champions but every participant who contributed to the vibrant tapestry of ideas. The debate competition stands not only as a testament to academic excellence, but also as a reminder that within the arena of spirited debate, our students are not just shaping their voices but also the future narratives of success and understanding.



International

UNIVERSITY FAIR @ SMCHS

*Stepping stone
towards
academic success*

Caleb Dwayne Kamalanathan, Year 12

Minuka Pathirage, Year 12

INTERNATIONAL UNIVERSITY FAIR @ SMCHS



What do you get when the academic giants of different countries of the world walk into a hall?
A uni fair of course!

This year's first international unifairst at SMCHS saw hordes of young students bustle around the Main Hall, as each made a conscious choice to take an informative step towards their future.

With university representatives from all across the world, on the 27th of September 2023, St Mary's Catholic High School hosted an International University Fair with universities from the chilly frosty peaks of Canada to the tropical down under of Australia.



Here's a list of some of the notable universities that were present:

- University of Bath
- University of Nottingham
- University of Waterloo
- Trinity College Dublin
- Heriot-Watt University

Ms. Samantha, senior counselor and member of the Special Education Department, was in charge of organizing the event. Her co-worker, Ms. Kiara described the atmosphere as "busy yet exciting." They were definitely pleasantly surprised by the very promising positive reception evidenced by the huge turnout. Seeing lines of people was no ordinary sight. Brochures were given out, questions were answered, and connections were made. As someone who had attended the fair, this reporter can confidently relay that there were queues upon queues of people that were waiting for the next exciting chance to discuss career opportunities in each stall.



It is worth noting however that not all the universities attended the fair, but even then, that didn't stop the eager students from progressing in their academic journey. The stupendous number of parents who accompanied their children was a very welcome sight too. Considering this was after-school hours, it shows the keen interest that the students of St. Mary's have for their future.

It was heartening to see students being responsible for their own future, rising up to the occasion and making use of this stellar opportunity to orient themselves with the path that lay ahead.

KFI Global

Financial Empowerment Forum



Nabiha Fatima, Year 12

KFI Global : Financial Empowerment Forum

KFI GLOBAL, a multi-award winning provider of financial empowerment programs for teens and young adults, recently held an appreciation ceremony on 6th November 2023 where the impact of their program on high school and university students across the UAE was celebrated.

In a setting resonating with gratitude and enlightenment, the ceremony unfolded as a testament to the dedication of KFI Global in imparting crucial financial skills to the youth. The event featured heartfelt testimonials and impassioned speeches from students representing various schools, such as several GEMS schools, Dubai National School, Curtin University, and more. It was a collective acknowledgment of the positive influence that financial literacy can have on students across diverse academic backgrounds.



This included our very own Caleb Dwayne Kamalanathan. His words resonated with the shared experience of many students who, until the intervention of KFI Global, had never encountered such essential life skills in their conventional classrooms. He said, "I assure you, as someone who attended this course, I'd say it provides a perfect springboard for your understanding of money management."

A pivotal moment in the ceremony was the address by Adnan Chilwan, the Group CEO of Dubai Islamic Bank, a key sponsor and believer in the transformative potential of the financial literacy program. Chilwan emphasized that the bank's involvement was, "not just sponsorship but an investment in the collective future." His words echoed a profound understanding of the significance of financial literacy in navigating the complexities of the real world.

Expressing gratitude to KFI Global for spearheading this initiative, Chilwan delved into his personal philosophy regarding the importance of financial literacy. He shared compelling anecdotes and stories that underscored the value of acquiring financial acumen and a broader perspective for surviving and thriving in today's dynamic economic landscape.

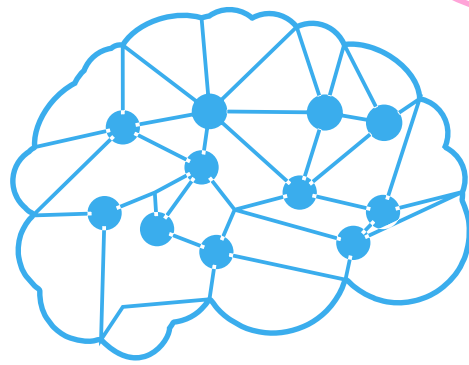


The event was a celebration of collaboration, where education, financial institutions, and students converged in a shared commitment to empowering the next generation. KFI Global's financial literacy program was not just about numbers; it was a catalyst for shaping informed, empowered, and financially savvy individuals ready to face the challenges of the future.

As the ceremony unfolded, it became clear that the investment made by Dubai Islamic Bank and other supporters was not just in the financial literacy program itself but in a future where individuals are equipped with the knowledge and skills to make informed financial decisions. It was a powerful reminder that the pathway to financial resilience and empowerment begins with education.

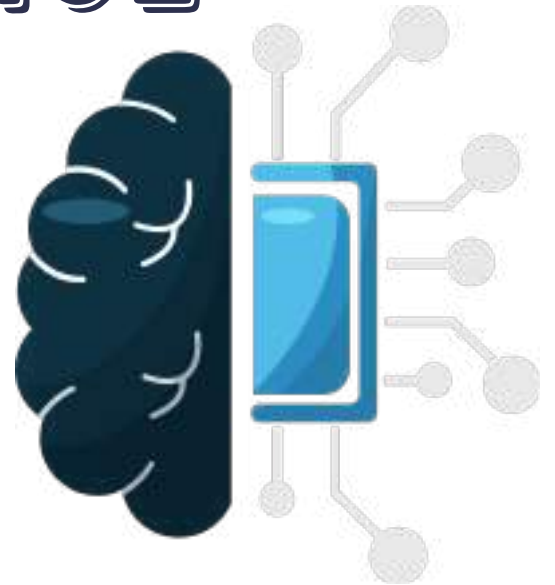
In the spirit of the ceremony, Adnan Chilwan challenged students to embrace the acquired knowledge and, in turn, become advocates for financial literacy. The ceremony served as a poignant reminder that the power to shape a brighter financial future is within the grasp of every student, and with the right knowledge and determination, positive change is not just a possibility but a shared reality.





ST. MARY'S STUDENTS
GEAR UP FOR THE

AI ENVIRONMENTAL CHALLENGE



Mubashshera Khan, Year 12

AI Environmental Challenge

In the ever-evolving scene of AI innovation, a team of our own from St. Mary's Catholic High School is taking on the challenge of the Sharjah Sustainability Awards 12th cycle. Year 12 students, including Tanisha Maahira, Joshua D'silva, Zuriel Jude Perol, and others, are diving into the world of artificial intelligence to address pressing environmental issues.

Tanisha Maahira, from Year 12 Science Girls, shares insights into their project. "This competition aims to create a working model for sustainability using AI. Our plan revolves around a garbage sorting bin with sections for food waste, plastic, and cans. A camera will identify the waste thrown and direct it to the appropriate bin, making waste processing more efficient."

Joshua D'silva from Year 12 Science Boys sheds light on the challenges faced by the team. "The task is simple: use AI to build a device addressing a specific environmental issue. Originally in two teams, we merged to streamline our ideas. It's tougher than expected, but our current design is a waste sorter using a camera to analyze and sort materials into different bins—simple yet impactful."



As the team delves into the mechanics of AI and waste sorting, Zuriel Jude Perol reflects on the experience. "Being able to think about the mechanics of systems and optimize existing ones is pretty cool. Investigating mundane inventions like trash cans has been intriguing. I appreciate every step as an opportunity for learning."

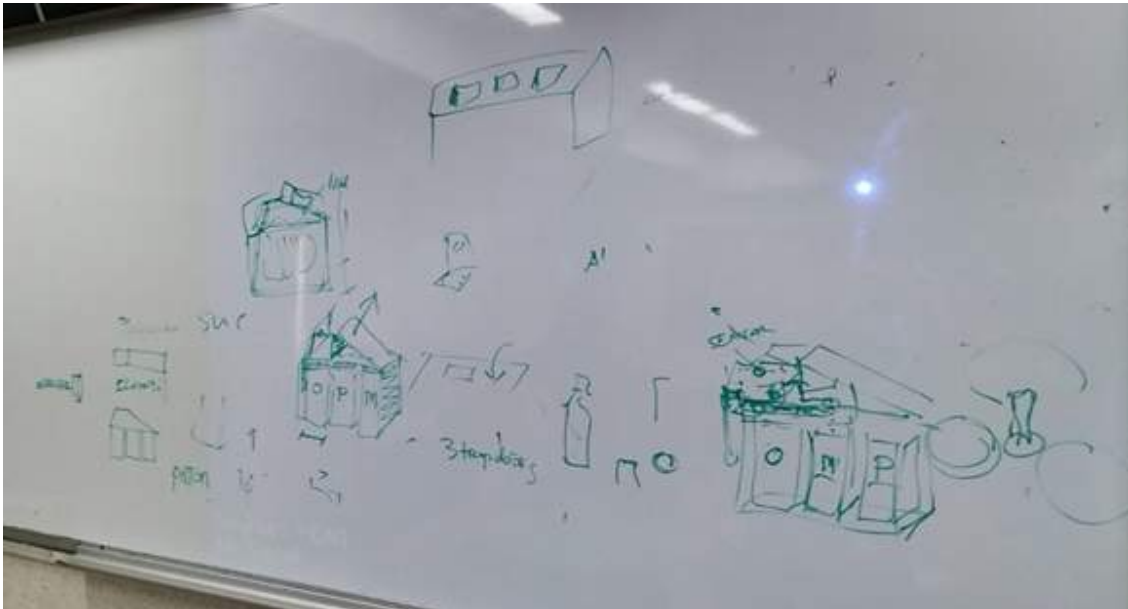
Zuriel also provides insights into the team dynamics. "Allen and Joshua form a duo, while Shantel, Tanisha, and Tasnim are a group. Watching their interactions and how they build off each other's thought processes has been fascinating."



The students are participating in the 3rd Domain of the Sharjah Sustainability Awards, focusing on the Best Sustainable Environmental Project in Artificial Intelligence. The award honors projects demonstrating sustainability, innovation, and a commitment to addressing significant environmental impacts.

In this AI-driven endeavor, the team envisions implementing their waste sorting project on the ground. While uncertainties about their chances linger, optimism prevails among the team members. Their dedication and creative ideas signal a promising journey toward a more sustainable future.

As St. Mary's students embark on this AI adventure, the intersection of innovation and environmental consciousness takes center stage. Currently navigating the initial phase of their AI-driven waste sorting project, the Year 12 team is actively developing and refining their innovative solution. The competition not only serves as a platform for the convergence of ideas, teamwork, and a commitment to sustainability but also represents a journey of continuous improvement.



Anticipated progress in February 2024 is linked to the exposure to AI projects from other schools, injecting fresh perspectives into their evolving initiative. This endeavor resonates with the school's ethos of nurturing holistic education, showcasing the students' dedication to addressing pressing environmental challenges through the lens of artificial intelligence.

NATIONAL UNI FAIR

Helping academic dreams become a reality

Caleb Dwayne Kamalanathan, Year 12
Minuka Pathirage, Year 12



NATIONAL UNI FAIR

On a quiet and blissful Tuesday, 3rd of October 2023, St Mary's had their second university fair just a couple of days after the first. As you might expect, this time we were welcomed with an entirely new roster of universities from the UAE.

Here's just a snippet of the universities that attended:

- Middlesex University
- Zayed University
- Ajman University
- Curtin University



Similar to the first Uni fair, there were bundles of students that attended despite it happening during school hours. One would say it was challenging for students to get their concerns met.

"It was really busy, in fact, a lot of people couldn't get a chance to speak to the representatives at all" - Ms. Samanatha.

All aboard the Uni Bus!

Middlesex university was quite the special case. You could say they went the extra mile to provide a stunning showcase to schools across the UAE, one of which just so happened to be this one!

During school hours, students were privileged with the opportunity to explore the inner chambers of the attraction. For a bus that size, you wouldn't expect it to have a ball-pit and a whole VR interface that immersed you into a life on campus. Needless to say, our students had a ball!



It is safe to say that our second Uni-Fair of the year was a resounding success.



Happy Graduation

CLASS OF 2023





Congratulations!



Congratulations!



Congratulations!



Congratulations!













Congratulations!



Happy Graduation



Congratulations



Congratulations







The Prefect Investiture

CEREMONY

Ethan Ashley Jacob and Isabella Lauren E. Mayogba

THE PREFECT INVESTITURE CEREMONY

November 16th was a day to behold for the privileged few selected to become the 2023-24 batch of St. Mary's prefects. Being a highly anticipated event at our school, the Annual Prefect Investiture Ceremony is a venue for recognising and honouring the exceptional leadership qualities of our students. This year's ceremony was no exception, as it showcased the dedication, passion, and commitment of our newly appointed prefects.

This year, in a bid to nurture and cultivate the leadership qualities inherent in our younger students, the Student Council has members from Year 5 and up. Once the prefects were selected, weeks of meticulous planning and coordination went into organising the investiture ceremony.

There was anticipation among the audience, as the School's SLT and a few teachers along with the Wellbeing and Anti-Bullying Champions, eagerly awaited the entrance of the newly appointed student leaders. The ceremony commenced with the youngest of the prefects marching into the Main Hall clad in their flawless uniforms, followed by the house captains with their house flags. Bringing up the rear, bearing the school flag, were our Headboy and Headgirl, accompanied by their assistants.

Mr. Paul led our Headgirl Daniela Anika Adhikari and Headboy Anthony Joseph Thattil as they took their oaths promising to serve the school community to the best of their abilities. Then the Assistant Headgirls and Headboys pledged their loyalty, repeating their oaths after Miss Vichitra.

The eagerly awaited House Captains and Vice Captains were up next. Their oaths were led by the House Masters and Mistresses for the legendary Gryffons, the swift Pegasus, the immortal Phoenix and the peaceful Unicorns respectively. This year we have 2 additional positions: Wellbeing Champions and Sustainability Champions, selected from the pool of Year 12 prefects.



This academic year, our students' council is helmed by these efficient students.

Head Boy:

Anthony Joseph Thattil

Head Girl:

Daniela Anika Adhikari

Assistant Head Boys:

**Caleb Dwayne Kamalanathan
Minuka Chanul Pathirage**

Assistant Head Girls:

**Ananya Olive Castelino
Nabiha Fatima**

Wellbeing Champions:

**Reuben Jude Almeida
Rishona D'Souza**

Sustainability Champions:

**Joshua D'Silva
Samantha Saad**



GRYFFON:

Captains:

Shane Dwayne Rodrigues
Chloe Sara E. Braganza

Vice Captains:

Synder Dwayne Noronha
Chrystianne Ysabelle Donaire

House Master/Mistress:

Mr. Trevor Quinny
Ms. Jessie Misquita Monteath



PHOENIX

Captains:

Ali Imran
Erika Liz Crasto

Vice Captains:

Wayne Jayden Lasrado
Maria Angela

House Master/Mistress:

Mr. Asterio Hernandez
Ms. Aruni Jayashekara



PEGASUS

Captains:

Aarius Bosco
Jasmin Mei

Vice Captains:

Ethan Xavier
Ginelle D'sa

House Master/Mistress:

Mr. Arun John
Ms. MaryAnn Domingo



UNICORN

Captains:

Won Samuel
Amelia Brianna Bout

Vice Captains:

George Jacob
Ysa Louise

House Master/Mistress:

Mr. Ahmed Mohammed
Ms. Avita Franco

We spoke to some of our newly appointed representatives. Responding to our questions, our Headboy, Anthony Joseph Thattil said: "I am well aware of the responsibilities I am entrusted with. But I often find that I am never alone in carrying these out, and for that I am always grateful. Along with all the teachers, prefects, my friends, classmates and with the cooperation of the students themselves, we really strive to make our school a great place to be in."



"As the vice captain of Pegasus, I want to help our house make a mark, not only in sports, but also in other aspects such as generosity and friendliness in order to follow the Pegasus, which works collaboratively and is quick to action where it is needed." - Ginelle Dsa, Vice Captain, Pegasus



It was finally time for what everyone was waiting for... the prefects swearing in! Excitement grew amongst the soon to be prefects, while Sir Warren walked up on stage to lead the Prefect Pledge. The prefects raised their right hands and repeated in unison the pledge which officially starts their journey towards teamwork, responsibility and achievement. After 3 long years, SMCHS once again had a full body of senior and junior prefects!

It was a wonderful back-to-normal moment seeing the students receive their shiny new Prefect Badges with pride.

"I feel honored and excited to have been chosen for this role. Being a prefect gives me the opportunity to contribute to the school community, support my fellow students, and be a positive role model. This role pushes me to grow personally and develop valuable skills. As a prefect, I aim to promote a positive and respectful school culture. I plan to actively address any instances of bullying or misconduct, ensuring that everyone feels safe and valued. I'm committed to making a difference and ensuring that our school continues to thrive." - Jasmine Johnaline Ticong, 9E

"There are many things I enjoy about being a prefect. The badge and the recognition that comes with it is nice, but what's nicer is being able to see how my fellow prefects and I have been able to make SMCHS a better place. Although it takes effort, it really is a matter of the end crowning the work." - Yafet Admassu, 10F

Both our newly appointed student leaders then addressed the group, speaking about the responsibilities of a Prefect, as well as how, as a Prefect, it was their job to keep the well-being of the student community as their first priority.

Before the ceremony drew to a close, Ms. Lise Ann informally addressed the gathering, sincerely appealing to the group for their cooperation towards keeping Saintz respectful and disciplined this academic year.

We wish our school's wonderful student leaders along with the House Captains and prefects all the very best in their endeavors and certainly hope to see them in action this year!



A decorative illustration of a greyish-purple leafy branch with small, oval-shaped leaves, extending from the top left corner towards the center of the page.

School Garden

Filza Ali, Year 10E



OUR SCHOOL GARDEN

With all the hustle and bustle of our daily school lives, precious moments are usually lost. Pre-pandemic, the care and attention that used to be present in our garden, was lost after returning upon the pandemic. But under the guidance of Mrs. Lovey, our Head of Science for Primary and with the help of our gardener, Mr. Carlito, the garden found its spark and the attention it deserved.

Mr. Carlito is our school gardener and staff member who, more than six years ago, started the school garden from scratch! When I was interviewing our primary students regarding their Garden Project, the endearing response was heartfelt. I could definitely tell their glee and perseverance in planting their very own ladyfinger plants in our school garden, among the other plants that grow best are beans, tomatoes, radishes, brinjal, pumpkin, and coriander.

Students observe nature's durability personally in the garden. They learn that patience, perseverance, and adaptability are required for growth. They face challenges when tending to their plants, such as having to wait for quite some time to see a plant of their own. These difficulties, however, serve as crucial lessons in patience, resilience, encouraging kids to view waiting as an opportunity for progress. The amusing initial predictions made me smile out of their naiveness, as did the fact that they anticipate seeing the shot in "six years" or even "billion years"!

The school garden is more than just a plot of land; it is a place of refuge for learning, strength, and community. It is a strong educational instrument that nurtures not only our learners' heads but also their hearts. They become guardians of the environment, ambassadors for sustainability, and compassionate individuals ready to make a positive effect on the world whilst they immerse themselves in the emotional journey of a school garden. Let us celebrate the transforming potential of the school garden and cultivate its emotional landscape for future generations.



MUN TRYOUTS

2023-2024



**BREAKING STANDARDS AND EXPECTATIONS,
A MEMORABLE MUN TRYOUT LIKE NO OTHER!**

Bethany Fernandes, Year 10D

MUN TRYOUTS 2023–24

Early in October this year, the new office bearers for Saintz MUN core team were elected.

Saintz MUN Office Bearers 2023–24



Secretary General - Emily Lotfy

Deputy Secretary General - Yafet Admassu

Delegate Affairs - Ethan Jacob

Resources - Qazi Umer Farooq

Media and Communications - Filza Ali

Training Officers:

- **Naomi Rebecca DSouza**
- **Qazi Ali Ahmed**
- **Mena Admassu**
- **Veronica Malubay**

They assumed their new roles and responsibilities from the previous senior team. And the first item on the agenda for the new core team was to conduct tryouts in a bid to discover fresh talent to join the Saintz MUN activity.

Once applications were opened, an incredible 200 plus passionate students signed up for tryouts! All the aspirants were provided with a training session to equip them for the tryouts. They were placed into committees and guided about the strategies and structure of an MUN conference and they were familiarised with a GSL (General Speakers List) to help them prepare for the upcoming tryout.



And on 4th November 2023, our school held the 4th annual MUN tryouts for years 7-10, ready to welcome students to a world of debate, public speaking and research. Throughout this overwhelming experience, attendees were greatly supported by the core team and a few existing members of Saintz MUN who came as volunteers, under the watchful eyes of the faculty advisors, Mr. Trevor, Ms. Kiara and Ms. Renthi.

The tryouts were held as mock MUN committees where students got to experience the simulation of an actual MUN Conference. Attendees were not only analyzed on the impact of their speech in a MUN environment, but also on their response to questions (Points of Interest) raised by other attendees.

The tryout was split into two batches for seniors and juniors. Both the batches saw delegates giving exceptional speeches as well as openly expressing their opinions. After a few days of tough brainstorming and decision making, 80 new enthusiastic members were chosen and welcomed to the Saintz MUN group.

This year's tryouts is surely one to be remembered by everyone who participated and organized it. There were so many passionate people taking initiatives to speak up and express their opinion and participate. It was absolutely beautiful to see the motivation and eagerness amongst each individual. I hope that this year, our school makes a huge impact on the MUN community as a whole and it paves the way for future students and members to speak up and speak out."

~ Emily Lotfy : Secretary General, Saintz MUN



"I honestly felt that this year's tryouts exceeded my expectations compared to the one held last year. It was organized rather well and I appreciate how we were mainly graded on our ability and eagerness, rather than the technique."

~ Maria Theres



"This year's MUN tryout was a very significant first-time experience for me. At the beginning of the session, everyone including me seemed to be quite hesitant to speak, but as time went on, everyone became more confident in expressing themselves, inspiring others to do the same. I will forever remember that day."

~ Karen Amgad



An energetic start to Saintz MUN this year, with all our delegates raring to take on the MUN scene by storm. And this tryout is now officially adjourned.

FIN-ED UNITED 2023

The Financial Literacy Course



Bethany Fernandes, Year 10D

Fin-Ed United 2023

On the 25th and 26th of September 2023, 50 inquisitive students were selected from Year 11 to embark on a journey of finance in aspects of responsibility, budgeting and efficiency. The event, Fin-Ed United 2023, was organised by our commerce department and conducted by KFI Global in partnership with ENBD for the students of SMCHS.

The students were invited to a session on important topics such as financial management and its significance in adulthood. This event took place over the course of two days and was facilitated by two star educators from KFI Global: Mrs. Marilyn Pinto and Ms. Grace.

In spite of their young age, students were treated to a divulgence into the true secrets of the financial world. They were equipped with the tools to manage their money effectively and help them to overcome the threats of economic insecurity that plagues them as they enter adulthood. The course ensured students received a foundation to build a secure financial future as young thriving adults.



On the first day students were guided in making right financial decisions for the future; differentiating between wants and needs and how their choices could affect their stability in financial terms. Despite their prior knowledge of the subject, it was an “eye-opener” for students when they got an insight into how to prioritize, especially when it came to desires versus necessities. Students also learnt more about the concept of income, provoking a sense of realization and awareness amongst many regarding the stage of income they lived with, whether their expenses were greater, lesser or equal to the amount of income they had earned. Through the extensive use of persuasive examples, the students were exposed to common financial issues faced by adults who unfortunately were not trained to deal with financial uncertainties. The speakers stressed upon the impact and effect of financial literacy in making appropriate decisions in the future.

Fin-Ed United 2023

On the second day students were divided into groups and challenged with an exciting activity that brought out creativity and critical thinking skills amongst many. They were given a variety of objects including; marshmallows, strands of spaghetti and tape and asked to make the highest standing tower. The activity tested their ability to innovate, manage and strive to win despite the rather odd variety of objects provided, acting as an example of economic obstacles they may face in the future.



"Simple, not easy" Before attending this program, even though I knew that money was important, I didn't quite understand the true value of it. But now after experiencing it, I've learned that, especially as a woman, the knowledge that I gathered is a gift to my life. I learned a lot of things that I am sure even my parents didn't know. And the program has helped me understand my parents better and why and how they make wrong financial moves, as many others in their generation would. Overall, I highly recommend this program to everyone (child or an adult) as money is an integral part of all our lives and helps one to understand a lot about banks, wealth and just financial stability."

~ Olivia from Year 11



The course not only provided students with extensive knowledge on finance but enriched them with a deeper understanding of the values that lay beneath it. Students learnt that there are better ways of dealing with finances other than what has been traditionally practiced. They were more importantly educated on the importance of temperance towards desires and how it would benefit them both mentally and financially in the present as well as in the future. Our school aims to build up students in the best way possible so that they may grow to become the empowered individuals they aspire to be. And this particular program has addressed one very important aspect of adult life for them, Financial Literacy.

Student Reporters Panel



Suhaani, David, Ethan, Caleb, Oshadi, Minuka, Nabiha, Zoya,
Jilliane, Bethany, Filza, Maria, Isabella, Mubashera, Arwa

Faculty Advisors



Avita, Seena, Juliet, Sreeparna, Ashfaq, Kankanika, Renthii,
Jessie, Trevor, Sunitha, Bindhu, Aruni



MIKAYLA
OLALIA

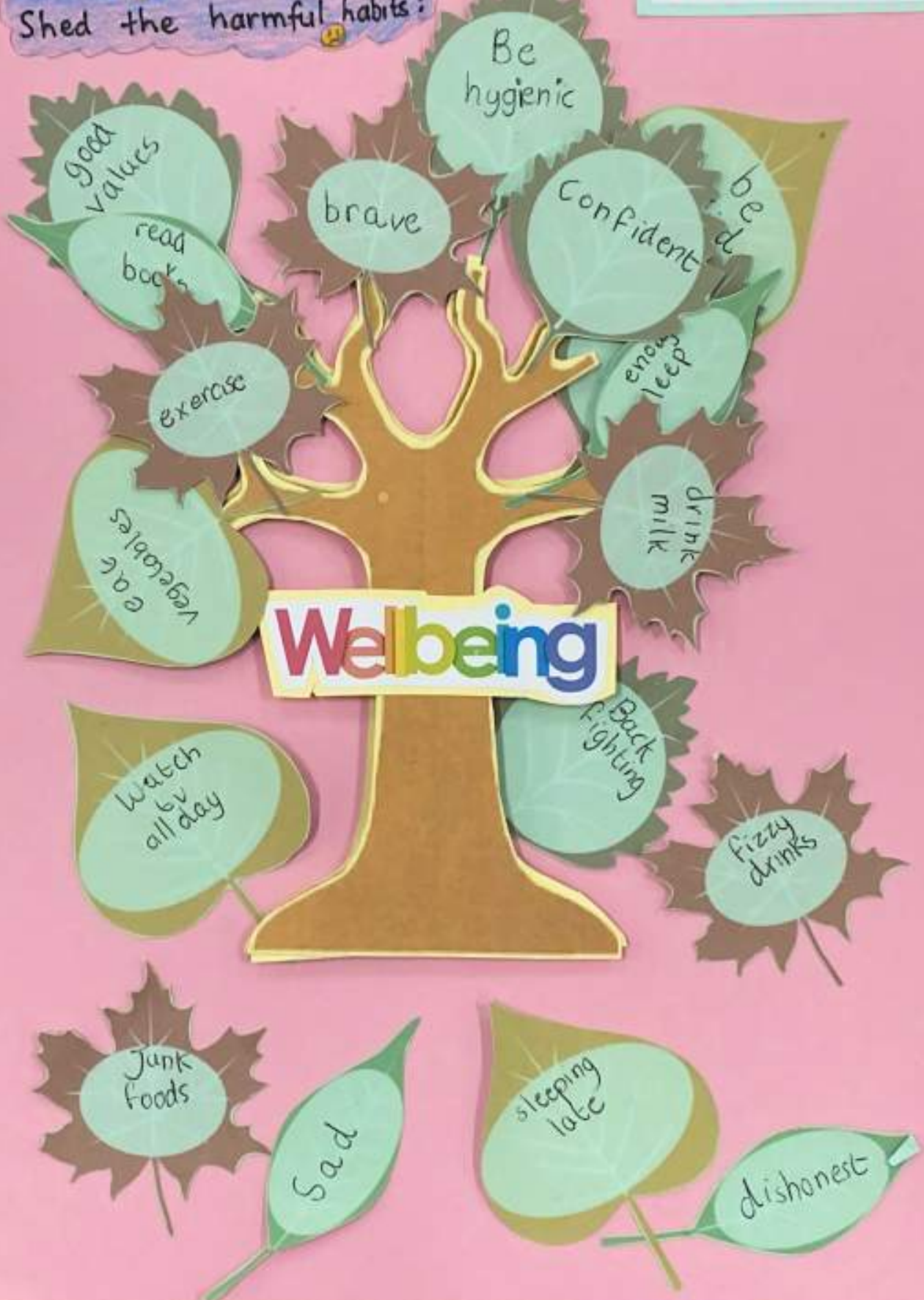
WELL-BEING



4-c

Focus on wellbeing and grow well 😊
Shed the harmful habits! 😞

TRACEY 4-A



Well being is everything



JEROME - 4A

Well Being

Well being is both mentally & physically benefit for your body. It can be maintained by exercise, well balanced diet & by sleeping at the correct time. Well being helps not only to keep our body fit, but also to keep our brains sharp. It gives us a decreased amount of disease and stress.

Thank you

By Gracelin Deborah

Michael bA



Eat healthier!



Say no to junk food!



You should exercise more often to get healthy.

Keep
Learning

TAKE
NOTICE

Wellbeing Across The Earth!

BE
Active

CONNECT

Give



16/22

2023

Aishwariya

Gurba

Poem

Rishabh
Saha 4-D

Health and Happiness in School

Love the day ❤️
Because it is a vibrant day.
Come to school happy 😊
Go home happy 😊

Don't be naughty in class
But the fresh water in your bag.
Is making you calm in a glass 🥛

If you're naughty,
The whole class is sad.
But don't be too naughty
Then the class is not a well-kong class.

When you do something bad
Always say sorry ~~sorry~~
If you don't say sorry
The person is mad and sad.

After you play
Always wash your hands 🧼
If you don't, the germs will stay on your hands.
If you wash your hands, they are called the
clean hands. ✨🧼✨

Be good and happy with friends 😊
They are good and happy with you. 😊
But don't be bad with a few
Otherwise your friendship will end!

22-10-2021

Ashani
4-D

My Trip To The UK

In August of 2023, I was going to turn 9 years old. My parents decided to surprise me with a trip to London, one of my favourite places in the world. I saw many amazing places and many amazing sights. I saw Big Ben, Buckingham Palace, Tower Bridge, Stonehenge and Windsor Castle.

It rained throughout our trip in London. We carried our raincoats and umbrellas. Everywhere we went we carried water and snacks to get energy. We also took breaks when we got tired.

My dad also planned to take us Scotland and we saw some of the most beautiful places there like Isle of Skye which is a beautiful island. It was very cold in Scotland.

Throughout my trip I experienced the different types of weather. With proper care and precautions we were able to have a happy and healthy trip. I was so happy to go to London and Scotland and have my birthday there. I had a very happy experience.



Mind, body and Soul: The Trade of Well-being

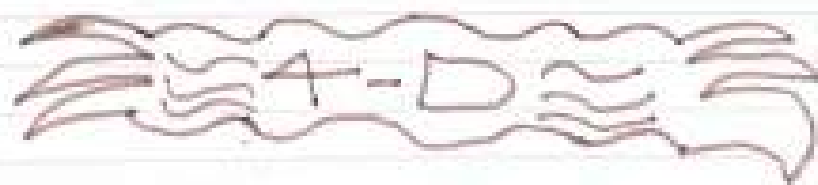
Ever feel like you're always rushing? Sometimes we forget to look after ourselves but that's important for feeling good. In this article, we will talk about how to do that.

to feel good we need to eat well, move around and rest. We should also understand our feelings, be kind to ourselves, and achievable goals. Our friends and family are important and we can ask grown-ups for help if things get tough. Doing things we enjoy and helping others make us happy. It's not easy to balance this with our daily routines, but it's worth it because it makes us healthier and happier.



on our journey to feeling our best, we've learned how to take care of our bodies, understand our feelings, and connect with others. Balancing this in our busy lives can be challenging, but it's worth it. Well-being is an ongoing path, promising better health, inner strength, and lasting happiness.

Illustrated by Zayan Uddin Muhammad
Written by Zayan Uddin Muhammad



ACROSTIC POEM ON WELLBEING

- W**elcome to the joy of life,
Elude the situation of strife.
Let go of worries, let true joy begin.
● **L**earn that our minds' health need to be chillin'.
Be at peace with yourself.
Even when you aren't feeling a top-shelf.
Inspire and renew like a dove.
Now, go and do that thing you love.
● **G**o forth with purpose, let wellness lead the way!

Written by

Shanessa Calista Simon

4-A

Tracey 4A

We'll be in g.

About: 3. Tracey 4A
We'll be in g means being happy,
comfortable and healthy.

BE YOU

- Being healthy makes you -
- Wealthy. -
- Being comfortable makes -
- you insufferable. -
- Being happy makes you -
- Zappy. -

Don't be a fraid of
who you are, don't listen
to the negativity. Be
what you want to
be.



4A



Well Being



W - Welcome everyone happy, healthy wishes.

E - Everyone should be treated safe.

Love ❤️ best
don't hate!

L - Let everyone be their self.

L - Let everyone be happy everytime.

B - Be nice and care for others.

E - Everyone should be cared by others.

I - It cares for everyone.

Believe in
yourself

N - Never make everyone sad or unhappy.

G - Guide others for their future.

Thank you!!

Today ❤️
Are feeling
comfortable
and safe in
a place
where you
are.

Tomorrow ❤️
This day is
what you
can be me
healthy,
happy
etc.

Future ❤️
This is the
time to
embrace
your feel-
ing and keep
days

Healthy Healthy

You know why its so important to keep healthy?

Today, I'm here to save your mours!

By your parents forcing to follow the rules,
no, I wont stop your parents, It is very important!
But I will tell you why its important,

First, to get good sleep,

You'll be energetic throughout the days keep.

Second, is to reduce your screentime

Oh boy! Its bad & You'll have to get your eyes fixed.

Third, Eating your vegetables, limes are nice!

Have you ever tasted them? My favourites are cabbage
and carrots!

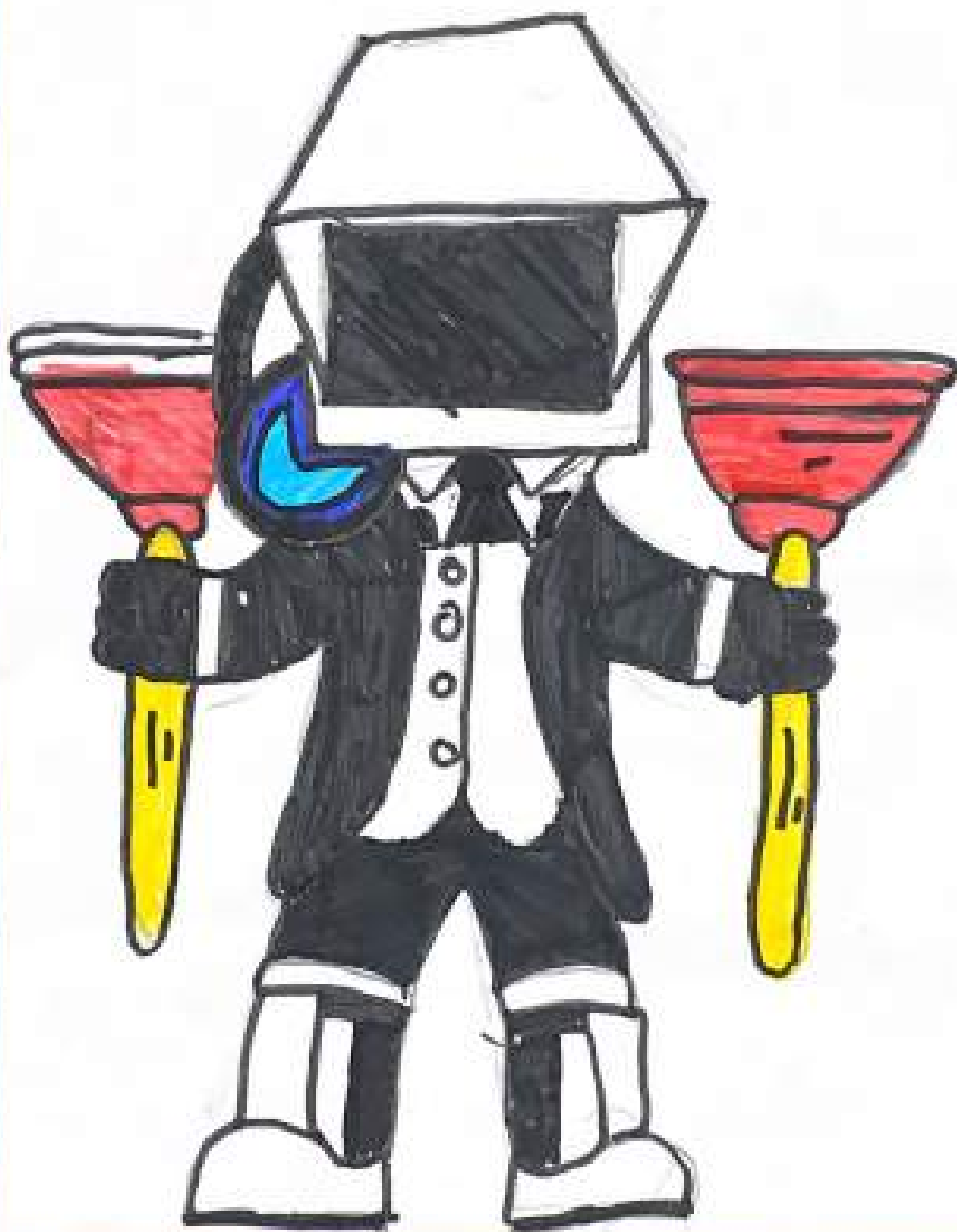
Trust me! If they're boiled, mm-mm! Its delicious,

Well folks! Those three are the most important!

Hope you follow the rules again! Little Ben is happy now,

Stay healthy kids! Drill come in handy!

DS:VISA 50



Stay Healthy-stay Clean-stay Healthy-stay Clean-stay healthy-stay clean-stay healthy-stay Clean-stay healthy!





Eat helthy
and grow
wore



zab

Daniela Jilhan Delos Reyes 5A



Jamie S-E The Magic of Wellbeing

Once upon a time, there was a very peaceful village called Frindling. Frindling had lovely cottages and animals filled the forests. In the village of Frindling, there lived a boy called William. He was a very ~~shy~~ shy boy, but he was brave. Nobody would have thought that little William would soon save the day.

One Summer morning, William woke up early. It was a normal day of school for him. Summer Holidays were coming up. William got dressed and gobbled up his food. "Mom, we're ~~going to~~ be late!" yelled William. "Coming!" replied his mom. William's mom dropped him to school ~~every day~~. When William reached school, he noticed that a lot of his friends were absent. "What's going on?" William whispered to his friend, Zach. "Don't you know? Half of the village has gotten sick and the doctors are clueless," whispered Zach. After a few days, something terrible happened to William's mom. She got the sickness too. William was devastated. "What am I going to do?" muttered William. He was determined to find a cure.

On Saturday morning, William lay awake on his bed. He was thinking about his mom and the spreading sickness. Suddenly, an idea hit him. He got dressed and made some breakfast for his mom. He packed a small bag with supplies and food for himself. William knew that his mom wouldn't allow him to go, so he left a note and sneaked out of their house cottage.

A few hours later, William had crossed the village. He was only a few minutes away from the wizard's home. He hid behind a huge bush and watched. William saw something amazing. The house was alive and the wizard was ~~talking to it~~ having a conversation with it. William was so surprised that he fainted. After a few minutes, William woke up. "Good morning!" cried a friendly voice. "How are you? Why have you come here, William?" asked the wizard. "First of all, how do you know my name?" "Oh, that's easy! It's written on your bag," replied the wizard. "Oh... well... there is a problem on the other side of Frindling, and I need your help!" replied William. He was a little embarrassed. "I can't," the wizard's tone changed.

After a while, William shouted at the wizard, "Just listen to the problem!" William was frustrated and angry. "Okay, okay... but on one condition," replied the wizard. "What is it?" questioned William, impatiently. "You have to promise me that you will visit me. I... feel like everyone judges me, except you... I'm lonely," replied the wizard. "Of course, I will! Is that why you put a spell on your house, to turn it into a living thing?" asked William. "Yeah..." muttered the wizard. "Anyway, what's happening in the other side of Frindling?" asked the wizard. William told him everything.

A few seconds later, the wizard had handed a scroll over to William. "Take this! Make sure everyone follows it," said the wizard. William thanked him and turned to leave. "Wait! It's getting dark. ~~Listen~~ Whatever you do don't let go of the scroll and hold on! Abra cala Salmar!" bellowed the wizard. In a jiffy, William was back home. He didn't waste a minute. He ran to the Emperor's ~~grand~~ Grand House and gave him the scroll.

In the night, the Emperor held a meeting. Everyone came to the meeting. "Attention please! I am glad to say that we have finally found a cure. It says here that the rules of wellbeing are exercising, eating healthy food, getting a good sleep and last but not least, being happy and curious! If we follow these rules, I am sure that everything will get better," pronounced the Emperor. Everyone applauded. "I'm also very proud to say that William Ruth and his mom will be awarded a trophy and a badge. Come to the stage, William," shouted the Emperor. William proudly stepped on to the stage. "Hello everyone! I want to let you know that the wizard gave me this scroll. I feel that you have misjudged him, so I would appreciate it you would ~~is~~ send him an apology card. He is ~~from~~ kind. Trust me..." said William. A loud ~~for~~ applause was heard.

Finally, William kept his promise to the wizard and visited him every week. William's mom was overjoyed and proud of William. Nevertheless, she started to feel better, everyone else did too. Everything was perfect in Frindling.

الحزن

الْحَزَنُ قَدْ حَزَنَ مُدِيكَ
إِنَّ النَّاسَ كُلَّهُمْ يَحْزَنُونَ
الْحَيَاةُ حَيَاةٌ وَفِيهَا
لَا تَبْرَكَ نَفْسُكَ لِلْحَزَنِ
وَلَكِنَّ لَا تَعْلَمُ أَنَّ تَفَرُّكَ
وَيَحْزَنُونَ حَزَنًا مُدِيكَ
لَهَا الْقَائِدَةُ لِلْحَزَنِ
وَكُلُّ مُعِيدًا وَلَا تَحْزَنَ

Hamza Abdelhamid - 5F

الرفاهية دائما الكثير من الناس مثل السعادة والسعة
والبسمة تتحدث عن السعادة - السعادة مهمة جدا في حياتنا
السعادة تجعلنا نشعر بالحياة والفرح والبهجة
بالعمل - ولهذا السبب السعادة مهمة جدا في حياتنا
حياتنا تصبح جدا - فكر في أشياء تجعلك سعيدا
ثم فكر في أشياء تجعلك حزين ثم فكر قليلا
هل السعادة مهمة في الحزن الكثير من الناس سيتفكرون
السعادة. وحاول أن تكون سعيدا أكثر من الحزن



Raghad Mohammed - 5E

أشعر بالسعادة

تتشعر بالسعادة عندما
تم التمتع بشعور بالسعادة
حيثما نكون مع أحبائنا
كم هذا الشعور لي جدا
راحتنا زكريا
على كل وجه
بشكل جميل
فما كانت الأسباب
لا لا تنسى السعادة الحزن
وهذا لكي تشعروا بالسعادة

المصنف: الخاص

Omar Abdelhamid - 5F

أنا اسمي أميرة، أصغر في الصباح متجسلا، أغسل وجهي و
يدي ثم أنظف أسناني وأتحدث شعري ثم أدخل فطوري و
ألبس ملابس المدرسة وأحضر الحقيبة مع السلسلة أمي
و أبي إلى المدرسة، أعلم، أقرأ، أكتب وأتحدث في الفصل،
أكتب في دفتر وأقرأ من الكتاب، أتلعب مع الهبة وأتحدث
الحساب، علوم، اللغة الإنجليزية، اللغة العربية، أذهب
إلى المكتبة، لا أتلعب، أقرأ قصة ثم أكل برجر و أذهب إلى
اللعبة، أذهب مع صديقي مع السلسلة الهبة، الساعة
الثانية، أعود إلى البيت أحب مدرستي. وبعد ذلك
أصل البيت، أستخدم في الحمام ثم أتناول الغداء لوجمو
أشرب حليب، أكل الوجبة، أتناول العشاء أزرعها وأنام
نشكركم!



الله سبحانه وتعالى خلقنا طبقات، فبنا العبيد والفقير
وفا الذي يفتح بجمع صبح والمريض وما الجند والذي في الفير
مجهز والله خلقنا طبقات لتساعد بعض البعض.

كان يعيش شخص يدعى عبد العزيز مع زوجته أسراء و
أطفاله الثلاث: غيرا و محمد وأحمد في بيت بسيط وحالته
المادية عادية فهو يعمل ويقبض راتبه الذي كان ينتهي سريعاً.
وكان دائماً يسأل من ذلك ويقول أنه يحب شحش من أدراكه و
لكن لا يفعل شيء.

في يوم من الأيام نادى عبد العزيز أسراء قائلاً: "أريد أن أتحرك
معلق قليلاً". ذهبت أسراء إلى غرفة النوم قائلة:
حزناً يا عبد العزيز، في أي موضوع تريد أن تتحدث معي؟
قال عبد العزيز لقد قررت أن أفتح مشروعاً وأريد دعواتك
أن يفتح هذا المشروع.

قالت أسراء: وما هذا المشروع؟ إن شاء الله
أجاب عبد العزيز: سأفتح أولاً عربة فول وسأجني بعض البلاء
ثم سأفتح محلاً صغيراً يبيع الكلاص سريعة ولأن لم يكن في
الباء الكافي لأفتح المحل سائرين من أصدقائي بعض البلاء و
أفتح المحل وعندما يفتح المحل سأرجع لهم البلاء التي خربتة
قالت أسراء فكره رائعة.

وكتبت أسراء وفتحت محلاً لها الخاص بها و أحضرت كيساً
ملياً أيضاً وأعطته لزوجها وقالت له: هذا البلاء وأبدأ
بما مشروعنا.

قال لها: من أين أحضرت هذا البلاء يا عزيزتي.

(1)

أول يوم في المدرسة



أنا اسمي تاروشي.

في الصباح أصبح متحمساً.



أغسل وجهي وأنظف أسناني.

أتناول فطوري، ألبس الزي المدرسي



بعد ذلك أذهب إلى المدرسة بالسيارة.

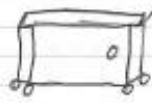
في مدرستي أتعلم، أعب مع أصدقائي

أنا أحب المدرسة.



قالت له: عندما كنت تعطيني مصروف في الخاص كنت
أدخه لمثل هذه الظروف.

خرج عبد العزيز من البيت داهياً إلى النجار البقال
لبنته وعندما وصل سأل النجار:
هل بيكك أن تبني لي عربة مثلكة بالوصفات التي
عربة بطايقين، طابق للبيع وطابق لتخزين الأشياء، ويحلوها
معلقة طويلة.



توافق النجار وقال لعبد العزيز أن يأتي بعد يومين ويأخذ
عربيته ويدفع البلاء، توجه عبد العزيز إلى بيته صاحب المورين
دولاً و دوراً لأخيه جازن ثم قال في نفسه:
لماذا لا أخبر جازن عن المشروع قد يخبرني بعض البعوث
عنه.

سأل عبد العزيز جازن عن ذلك فأجابه جازن أن مشروعه
رائع بلشحه أن يستمر ويبنى له التوفيق والنجاح وقدم
له بعض المساعدات المالية والعينية.

استلم العربيه وكانت أفضل مما تخيل وبدأ بالعمل فوراً، ولكنه
استمر فترة كان فيها العمل شاق والمكسب قليل جداً، ففكر
بالإياس والاحباط، ولكن ما أخجل أن يكون هناك بعض الأشخاص
الذين يساعدهم ويتجولك دائماً، فشجعتهم أسراء، وشجعت
أخيه جازن، وهذا صمم على عدم الاستسلام، وبعد فترة ليست
بالقيلة عرف الناس عبد العزيز وأصبح مشهوراً جداً.

فتهاجت عليه كل الناس من كل الطبقات ليتوقفوا لحماهم اللذين
واكتشف أن ذلك كان بفضل البعوث الذي فعله أخيه

(2)

على شبكات التواصل الاجتماعي، تطوير العمل لدى عبد العزيز
وكسب الكثير من المال، وفخ مطعماً كبيراً في مكان مشهور.

ومن هنا تحقق حلم عبد العزيز وأسراء، وأمسروا إلى
كلوا عسيرتهم، ففتحت كثير من الفرع الأخرى لمطعمه في
كثير من المدن، والذين يعمل على التوسع وفتح فرع أخرى
لمشروعه في كل دول العالم.

ومن هنا تحققت السعادة لعبد العزيز وعائلته،
وأصبح يساعد الفقراء والمحتاجين أكثر مما كان يعمل
في السابق، فهو يريد نشر السعادة بين كل أفراد المجتمع.

وكان يردد دائماً قوله تعالى:

هذا من فضل ربي، سورة النحل (٥٠)
صلى الله العظيم

(3)

الحب

ما هو أكبر هدية وأقيم هدية يمكن أن تقدم لك ؟

هناك هدايا كثيرة يمكن أن تقدم اليك منها الذهب والفضة والكماليات التي تدور ذات قيمة عادية ، لكن الأمر ليس كذلك .

ويمكن أن تقدم لك أسوأ وأملك هدية أخرى وهما الحب . قد نسا أن أنفسنا أي من هذه الهدايا أكثر قيمة . نحمل معنى أنه قد فقدت ذلك الموهب من الهدايا الذهب جيد ، ولكن لا نصف حياء مارق لمن وحطف سلفه هدية منها . ماذا يستطيع أن يسرق بالسرقة أنه سوف يسرق الذهب ويقتل مملكت الحب الذي لا يستطيع أحد أن يسرقه ملك . فهو هدية أبدية ليست هدية يمكن أن تسرقا وتنتهز ، بل إنها مع مرور الوقت تنمو وتزداد أكثر فأكثر . فالحب هو ذلك الهدية المدهونة في قلوب الناس .

إذا فما هو الحب ؟ ولماذا نحتاجه ؟ وأين نجد ه ؟

الحب هو سر الحياة وأساسها بل ومصدرها . فمبدأ البدء عندما أحب الله الإنسان فخلقته ، وعندما أحبنا جميعا إلى المحبة . الحب لشعرب وتلمسه في أروع المواقف في حياتنا نظره ليس لعبوسنا بل بقلوبنا . نحن جميعا نحتاج إلى ذلك الشعور المسمى على أنه لربنا . نحتاج إلى الحب . فإنا لا نستطيع العيش بدون الحب . فيه يتألف نبدأ العلاقة بين الناس والمجتمعات وننشد العروب . فذلك كل منا المصطفون على عطية الله لنا كمحبة . فكل من على خالصة وتعيينة

الثقافة

الثقافة 56

* ما هي الثقافة :- هي سلوكي ينبغي أن يكون ملازمة للانتماء في جميع حياتنا . فالثقافة من الأيمان ، وهي أسلوب حياة يومي لممارسة الميعة بعقوبة ودون تكلف . وهي ليست مقتضوة فقط على الأسماء وإنما تشمل جميع المخلوقات .

* ما أهمية الثقافة :- تمثل أهمية الثقافة الجديدة في العديد من الأساليب . فالمحافظة على البقاء في جو نظيف يصبح الأصالة بالأصري . ونما ذلك ومن حولك من العيعة بصفة جيدة كما أن هوية الثقافة الجيدة تساعدك على النجاح في المدرسة والعمل وتوفير بيئة صحية وصحية ومريحة للطلاب كوالعلميين من تعزيز عملهم التعليمي والثقافي الإيجابي .

* ما هي عوامل الثقافة :-

- 1- تنظيف الابنية و الحدائق والأرصفة .
- 2- إزالة النفايات و القمامة عن الفرق .
- 3- جمع المهملات و تدوير مادة المهملات .
- 4- تنظيف الأرصفة و الأسقف والأسطح .
- 5- الإهتمام بالبيئة الشعبية .

ويجده في العلاقات السامية بين الأب والأم والأولاد بين الأخوات بين الأقارب . وبين الجيران . بين المعلم والطلبة من الزملاء في المدرسة وفي العمل ، بين الخلق والفقير بين العالم والتعامل وأيضا تجده بين العلاقات بين الدول .

كيف نحصل على الحب ؟

لحصول على الحب بالقلب النقي والعطاء والخدمة وإسعاد الآخرين والكلمة الطيبة والشماع والفرح فنحصل على الحب عندما نكون في راحة البسمة على وجهه الناس من حولك .

حقا يحبك الناس ، حب لهم الخير كما تحبه نفسك .

ليس أجمل وأغلب من محبة الناس ودعواهم لك بالخير .

أشرف مراتب العباد حب الناس لنفس .

حتى المحبة لا تسقط أبدا .

كاتبها : بصير

5-5



Thank You