



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

Saints Times

YEAR 2023-2024

VOLUME - 2

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SAINTZ TIMES - ISSUE 2

ACADEMIC YEAR 2023-2024

Dear Readers,

As we dive into the second issue of our school newsletter, we find ourselves amidst a sea of change and opportunity. With each passing day, we witness the growth and evolution of our school community, fueled by the collective efforts of students, teachers, and staff alike.

In the pages that follow, you will find a diverse array of articles, essays, and creative works that reflect the multifaceted nature of our school community. From thought-provoking opinion pieces to inspiring success stories, each contribution serves as a testament to the vibrant tapestry of talents and interests that define us.

Furthermore, let us not forget the importance of fostering a sense of community and belonging within our school. As we strive for excellence in our individual pursuits, let us also extend a helping hand to those around us, creating an environment of inclusivity and support where everyone can thrive.

In this second issue of the academic year, we have chosen to center our theme on gratitude – a virtue that transcends time and circumstance, enriching our lives in ways both profound and transformative.

In a world often characterized by hustle and bustle, it is all too easy to overlook the simple joys and blessings that grace our lives. Yet, amidst the chaos and noise, it is gratitude that serves as our guiding light, illuminating the path towards greater fulfillment and contentment.

Gratitude is not merely a fleeting emotion, but rather a way of life – a conscious choice to recognize and appreciate the abundance that surrounds us, even in the midst of adversity. It is a practice that invites us to pause, reflect, and express appreciation for the countless gifts we often take for granted – the warmth of friendship, the beauty of nature, the guidance of mentors, and the support of loved ones.

In times of uncertainty and change, it is gratitude that anchors us, reminding us of the resilience of the human spirit and the beauty of the human experience. It is a beacon of hope that shines brightly, even in the darkest of times, guiding us towards a future filled with promise and possibility.

As we turn the pages of this newsletter, let us take a moment to pause and give thanks – for the gift of education, for the opportunity to learn and grow, and for the privilege of being part of a vibrant and supportive school community. Let us embrace gratitude as a daily practice, infusing our lives with joy, meaning, and purpose.

With heartfelt gratitude,

Sincerely

Saintz



Message

FROM OUR PRINCIPAL



Greetings of peace to our Marian Family.

I hope that this newsletter finds you all safe and well.

On behalf of our leadership team and staff, I would like to extend our very warm wishes to all those students who will be appearing for their Edexcel examinations. I am confident that you are well - prepared for this important milestone in your academic journey, your perseverance and talent will help you achieve success in your examinations. You have our prayers and blessings as well as the blessings of your parents. Do not be overcome by stress and remember to eat and sleep well at this time.

I also wish all our other students the best of luck for their Final exams and their upcoming GL examinations. These are all your stepping stones to prepare you for life ahead when you seek out your path to university and later on to a career of your choice.

I hope our dear parents enjoy reading this newsletter as it will give you an idea of the wonderful achievements of our children and have a closer look at various slices of school life.

Wishing you all a happy and safe weekend ahead .



Christmas

A JOYOUS OCCASION

BY: BRIANNA DSOUZA, 10A

Christmas

A JOYOUS OCCASION

Our school was transformed into a winter wonderland on Friday, December 8, when everyone came to celebrate Christmas. The beautiful decorations in every classroom spread holiday cheer, radiating warmth and enthusiasm all over the school.

The christmas tree, which welcomed us at the boys' entrance, was the stunning focal point. Delightful decorations covered every available space in the school, resulting in a labyrinth of festivity that swept everyone into the spirit of Christmas.

Wreaths hanging on doors and fairy lights gave a gentle glow throughout the classrooms. Handmade ornaments that hung from the ceiling gave the space a unique, delicate charm. It was a kaleidoscope of artistic talent, just amazing!



Students attended Christmas Mass at the start of the day to reflect on the actual meaning of the season. The girls' and boys' quadrangles later had special assemblies complete with joyous Christmas carolling that had melodies of yuletide tunes, echoing like starlight.



Our happy carollers!

Christmas

A JOYOUS OCCASION



The most enjoyable aspect of Christmas celebrations is always Secret Santa. There was a lot of excitement in the air as students excitedly exchanged presents, music blaring from speakers, and delicious treats were being shared among friends. There was a sense of year-end closure as the generosity was greatly shown, ranging from store-bought goods to handcrafted sweets.

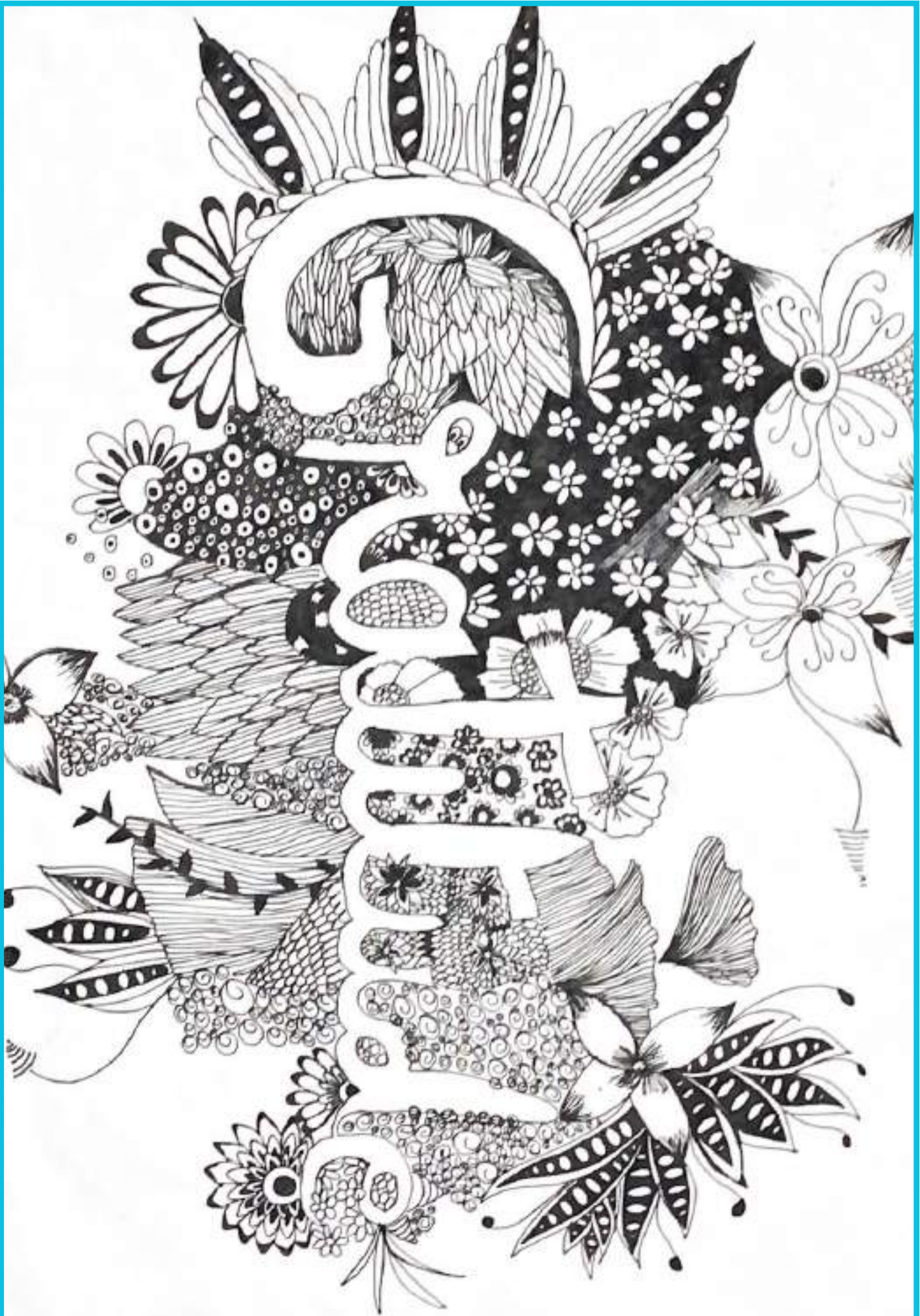
Everyone was dressed in their Christmas colors. And we also had many a Santa, naughty elves with their pointy ears and red nosed Rudolfs running around in the crowd!

Laughter echoed through the halls as students posed for pictures against the festive backdrops they made by themselves, creating lasting mementos of a day filled with joy.

**Spotted:
Santa and Elf!**



Even after an exhausting day of dancing, music and good food, everyone was reluctant to say goodbye to the enchanted day as the celebrations came to an end. Even though the event lasted for four hours, there seemed to be an endless supply of cheerful energy throughout the school. There was a lasting afterglow of happiness that made every moment seem timeless.





What is **GRATITUDE**?

Gratitude is,

Really a wonderful bliss,

As our compassion pushes us to our limits and above,

To those who drive it and are aren't loved,

It comes from one's heart which isn't of stone

True feelings are shown to those who are alone,

Understanding your true feelings shown,

Dedicated to return the favor to anyone you know,

Empathy is the key to gratitude by having the right

attitude!

BY: Samuella D'Souza 6A



ADNOC'S DIGITAL CREATOR CHALLENGE

BY: DAVID GOMES, 10B





DIGITAL CREATOR CHALLENGE

ADNOC offers students various interactive and engaging challenges that spark innovation and creativity. These events allow students to not only showcase their skills but also offer invaluable learning experiences which embrace collaboration and critical thinking.

Through initiatives such as The Digital Creator Challenge, students were encouraged to tackle real world problems using digital solutions. This challenge, taking the form of a program centric endeavor within the digital realm of Minecraft, captured the keen interest of Colin, a student hailing from 8B.

His journey began with active participation in zoom meetings, from which he absorbed insights and strategies, immersing him into an even deeper sense of enthusiasm towards tackling the digital challenge head on. Devoting a minimum of one hour each day, Colin invested vast amounts of creativity and expertise into the project. And within one month, two visually stunning servers were expertly fabricated, showcasing the potential of digital innovation within ADNOC.

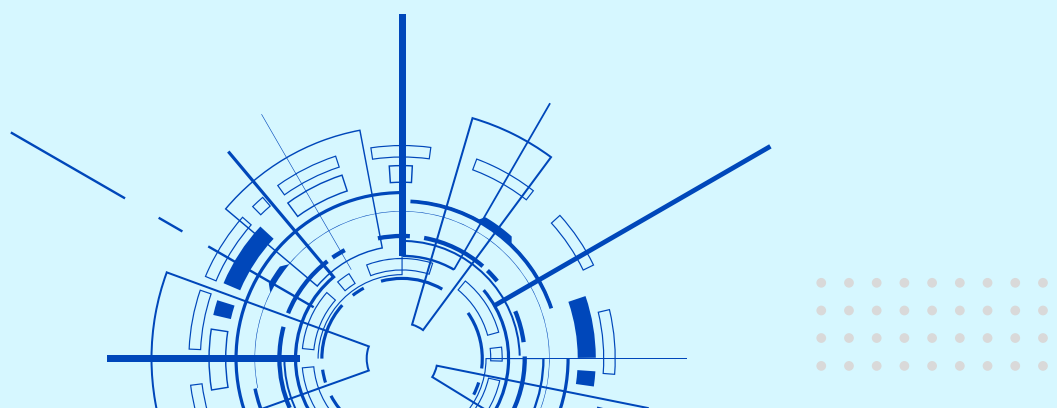
As Colin delved deeper into the project, he gained a profound insight into the significance of oil and its crucial role in our world. Feeling compelled to, Colin began to spread awareness among his family and friends about the importance of conserving petrol and embracing eco-friendly practices.

"Encouraged by my insights, I began advocating for greener lifestyles, urging them to opt for walking shorter distances of just 10 meters, such as to nearby bus stops. Through these simple yet impactful actions, I aimed to contribute to a more sustainable future for our planet."

-Antonio Colin | 8B

Inspired by Colin's insightful perspective concerning the challenge, it's evident that the initiatives which ADNOC brings to the table have the potential to enwrap the astute minds of students in a never ending sense of enthusiasm. Colin's dedication to encouraging eco-friendly practices clearly depicts the importance of individual contributions in building a sustainable tomorrow. Even the smallest of actions store the potential to underscore significant environmental impacts.

As we continue to embrace such initiatives, fuelled by undying passion and creativity, we pave a path to a future that is sustainable and adaptable to future generations. Lets go Saintz!



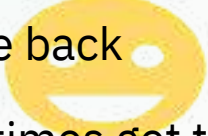
Gratitude

Caitlyn 6A

Gratitude is that good feeling

To be grateful for everything

Even when it's raining

For the sun will always come back 

Be grateful when the tough times get tougher

For it will all be worth it

Be grateful for things you don't even think of

The roof on our head, that blocks out the rain

The schools that teach us things, so we have a better future

The food on the table, so we won't go hungry

The rain that falls, makes way for the sun

The beautiful flowers outside, that show the wonders of
the earth

Even the smallest things are something to be grateful for

Live your life from now onwards with happiness,

positivity, and above all... gratitude!

A stethoscope with a black tube and silver chest piece is positioned on the left side of the frame. A realistic red heart is located in the bottom right corner. The background is a plain, light blue-grey color.

Al Diyafah **STEM**

21ST CENTURY DOCTORS

BY: FIZA ALI,
10E

AL DIYAFAH - STEM 21ST CENTURY DOCTORS

Our Saintz team, consisting of Anashwarah, Alexandra, Karis and Jane from 9D, are still setting foot for the inter-school Al Diyafah STEM and have progressed to specifications on their innovation. With much contemplation and pondering, our students were able to come up with this endeavour with the guidance of their teachers.

The idea required substantial effort to befit their concept and objective of "saving lives" with affordable and high-quality services. This brought the second-to-none proposal of Nurse Nutrix. It is an all-in-one app that includes mental and physical assistance for users anywhere, anytime, anyplace.



The main concern of these inventive girls was to ensure that their users received all that they would expect from a doctor's in-person consultation through Nurse Nutrix. Accessibility, affordability and high-quality services. An all-in-one at the press of a button.

The benefit of incorporating AI and healthcare services into their objective allowed these students to flow in the river of technological expertise with the necessities of the modern world. The idea lies behind AI and interconnected devices that make it possible to assimilate and analyze large quantities of medical data, monitor patients remotely, and deliver highly targeted treatments while "building a community where everyone would be able to support each other and gain motivation."

Our team has now submitted their application and is eager for the results. Not knowing what your other competitors have thought of and where you stand in the competition, is sure to keep these girls on their feet. Let us all hope for the win of our Saintz team



LOGO

NURSE NUTRIX

Gratitude in 7A!

Priya Elizabeth Thomas 7A

Everything started on our first day of school, we all were ecstatic and overjoyed on seeing each other after 2 months. Our day got brighter when we found out there were 2 new additions to our class!

We all were extremely grateful that we had new classmates

Our class has hit the jackpot with our dynamic duo of teachers, the fabulous Miss Asha and Miss Jeyselene! These two gems have been our guiding lights, always there to lift our spirits and offer unwavering support throughout our journey in Year 7. With their wisdom, thoughtfulness, and heaps of love, 7A considers itself truly fortunate to have such exceptional teachers by our side!

Extracurricular activities!

Our extra Curricular activities have bonded us tighter than a knot and led us to discover our passions like Volleyball, Basketball, Football, MUN, choir, Chevron Readers Cup, Simply Bottle Challenge, and the list goes on! These fun-filled activities have kept us eager about school and buzzing with excitement in school. We're forever thankful for this smorgasbord of extracurricular delights!



Let's talk about the epic bottle challenge at school! Our class turned into a bunch of fierce competitors, giving it our all for that sweet victory. Guess what? We nailed it! The moment we realized we clinched the win, the room exploded with cheers, tears, and loads of pride. Winning never felt so good! We were so proud and thankful for all we did!

Our class united as one or as groups we always have been able to make the most out of it!

Our gratitude about our class is overflowing each one of us always having their own way of expressing things which have made us a gratitude exploding class. Each and every step during our 7th grade so far has been amazing and intriguing for us!

We can't wait for the continuation of this year as it ends soon!



Bringing Books to Life



BY: OSHADHI MARISSA, YR 12
MUBASHSHERA KHAN, YR 12

BRINGING BOOKS TO LIFE

"The artist is not a special kind of person; rather, each person is a special kind of artist."

Ananda Coomaraswamy

Do you remember which books budded colourful worlds and swirls of wonder into your young mind? Spilling from regal and vivid classics, to derpy copies of the diary of a wimpy kid, to the sketchy nonsensical ink illustrations of Quentin Blake in stories like Charlie and the Chocolate Factory, or Matilda. The power of words and their ability to conjure art is an observation of why literary works are so important.

In an ode that blended the worlds of imagination and intellect, St. Mary's Catholic High School recently hosted a vibrant art competition this winter. An effort to inspire the habit of reading for pleasure in students, the event was organised for students of years 4 to 13 by our Senior Librarian Ms. Renthil, with help from Ms. Hazyl, the Junior librarian and our very creative Art teachers. While years 4 through 8 competed among their own year groups, students from year 9 and up were combined in a separate category.

The competition was a testament to the power of creativity and the written word. With the theme centred around the enchanting world of literature, students were invited to showcase their favourite characters and beloved books, or their own visualised takes on reading, igniting a passion for reading while expressing their artistic talents. The reins were handed over to the students with such a broad theme and the permission to use any medium and style of art they'd like, be it abstract or realistic.

Our visit to see the entries in the senior library sparked joy and awe in us. The competition has clearly inspired students to delve into the magical realms of literature and explore the depths of their imaginations through art. The fusion of art and literature allowed students to transcend the boundaries of conventional expression, fostering a unique platform for self-discovery and creativity.

An impressive talent for art is being fostered here at St. Mary's, and there will be many more opportunities for students to dazzle us with their pieces of art.



A few of our winning entries

SPARK A SMILE

7D, *Composed by Calliope de Gracia*

Spark a smile.

Everything is in my grasp.

The power I hold

All can unfold

Because my parents have my back.

Spark a smile.

Friends and family are here,

To support and love

They tell you "aim for above",

You need help? They're near.

Spark a smile.

I am young and full of pride.

My energy boosts

Up through the roof

And I am full of life.

Spark a smile.

Knowledge is power, they say,

Something to share,

To flourish and flare

And learn something new everyday.

Spark a smile.

I have my own personality and skills.

My doodles and dots,
The words that I jot
All so I can express my emotions at will.

Spark a smile,
Gaze upon the wonders of life.
The beauty of nature
A sensational picture
Truly a delight to the eye.

Spark a **THOUGHT**.
Realize this life you were given.
The opportunity to shine
Is here...and mine.
Make your life worth living.

BUILDING MEMORIES



**YEAR 5's
ADVENTURE AT
LEGO® LAND**

BY : JOYCE YOUSSEF TADRS, 10E

BUILDING MEMORIES: YEAR 5'S ADVENTURE AT LEGO® LAND

Are you between 80-195 cm in height? And are you a thriller seeker looking for an adrenaline rush? Well, Lego land Dubai resort is just the place for you. With the widest range of activities and rides ever witnessed nation-wide, both indoors and outdoors perfect for this alternating weather, Lego land is truly a place for all!

Lego land Dubai resort is indeed an amusement park worth waking up early in the morning. Despite the exhausted faces of our year 5 students, their excitement was quite evident. Upon reaching, they were each assigned a partner and set free! From here the math becomes pretty simple: with all the amusement rides in addition to freedom from the watchful eyes of their teachers, the students were bound to be able to make the most of this trip.



The students were very fortunate to be able to take part in the fun Factory Tour to learn how a LEGO® brick is produced and receive their very own LEGO® brick, fresh from the casting line. They were also able to invest their freedom into a 'REAL-LIFE' driving experience and even receive their official LEGOLAND driving license. But why restrict yourself to the land? The children had the opportunity to become captain Jack Sparrow himself and direct their own Lego boats to port in the Lego boating school. Don't know how to fly your own plane? Well, you could just wing it...or you could become a young aviator and fly your own personalized Duplo plane in the city airport- which proved to be an amazing experience for the students.

Although there were quite the many places where the students could have spent time building structures out of Legos, they were simply too busy saving the day in the race to put out fires aboard the mobile Fire trucks in the rescue academy and if they weren't there, they were probably in the kid power towers in the struggle to climb to the top. Students also seemed to be quite bewildered with the beetle bounce, a ride wherein they are catapulted to the moon and beyond! - or 15 feet into the air. Some were even able to visit the pharaoh's revenge, having soft foam-ball fights, firing them at enemies. Others enjoyed the LEGO technic twister -a modernised recapture of the spinning tea-cup ride.



BUILDING MEMORIES: YEAR 5'S ADVENTURE AT LEGO® LAND

But it wasn't just the students who had fun, teachers too were enticed with the LEGO MINILAND. In the LEGO MINILAND teachers were quite baffled with the sight of the ten tallest buildings, the five wonders of the world and other iconic structures from Sheikh Zayed street all built using Lego blocks!

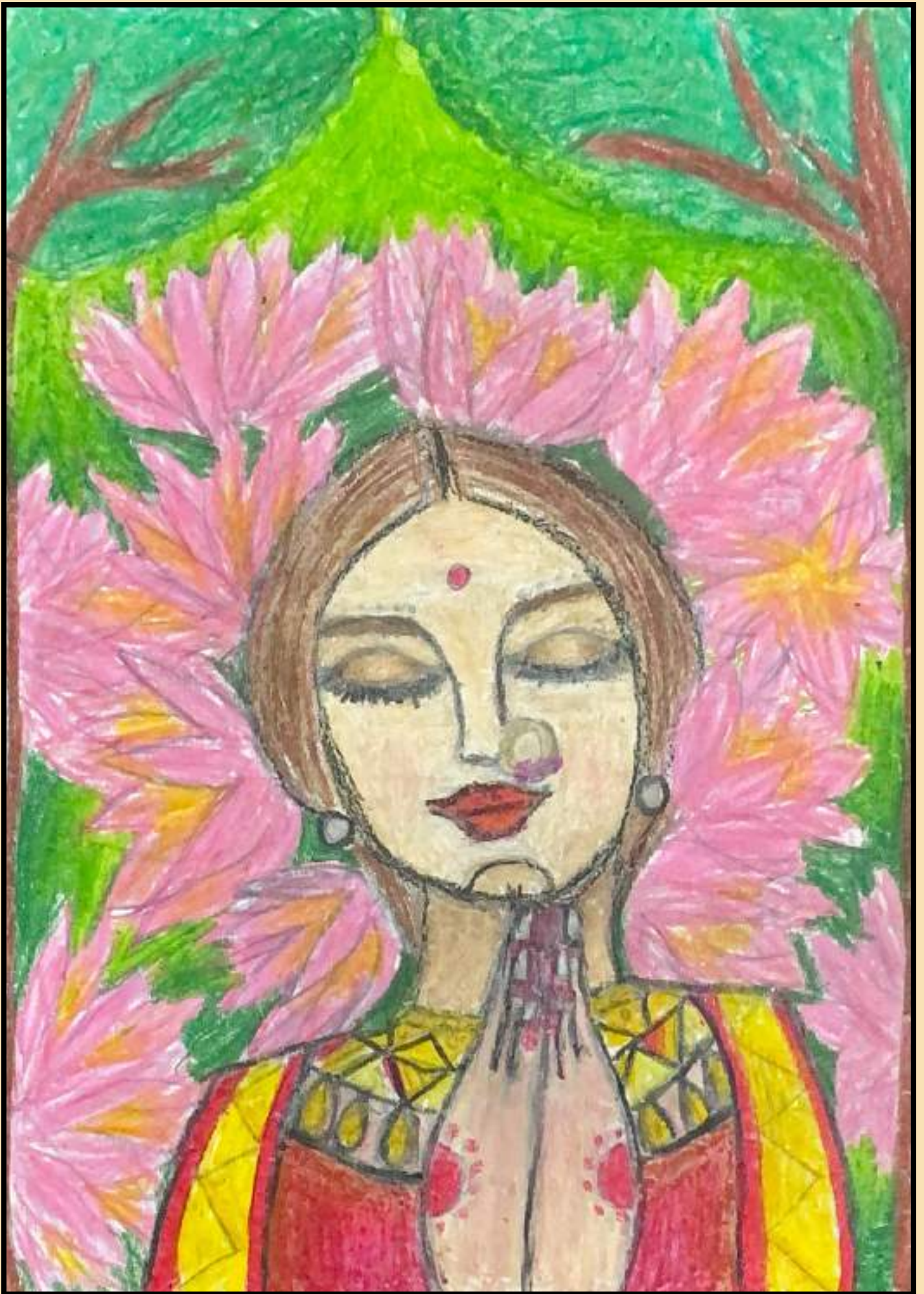
Saving the best for last, it seems to be agreed upon that the best ride there is, is the dragon. A rollercoaster that reaches out to the stars only to plummet down to rock bottom "It went down with a swoosh" says Junir Sameh, 5E. Pairing the dragon with the submarine adventure is a true thrill. In the submarine adventure, the students were submerged into the water, looking through portholes for hidden treasures and 100s of marine animals.

The students were also provided with an option between a plain cheese pizza or mouth-drooling pasta, sending them off with satisfied bellies.



Lego land was without a doubt an unforgettable experience that provided the students with limitless possibilities for innovation and exploration. I could clearly see that through the smiles on their faces as they narrated how it went. Smiles were enough to share with their families awaiting their arrival at 4pm at the school premises. The students all await a chance to recreate those blissful memories with their friends, the next time they visit Lego land Dubai resort.





Shivangshi Mithra - 7E

CHARACTER DAY

**WITH ENTHUSIASM AND
PURE EXCITEMENT!**



BY: BRIANNA DSOUZA, 10A

CHARACTER DAY

WITH ENTHUSIASM AND PURE EXCITEMENT!

Set in colourful costumes showcasing their favourite characters from books, movies, and cartoons, Year One students eagerly anticipated the day's events. Each student took their turn introducing their character and describing why they held a special place in their lives. From superheroes to storybook princesses, the diversity of characters reflected the rich imaginations of our young minds. And amidst the laughter and chatter, there was sweetness sweeter than fiction.

Their teachers then led them to the football ground for a memorable photo session, which became a wonderland of joy and happiness. The field transformed into a stage of pure joy as they walked in circles, waved at each other, and danced to invisible tunes, striking poses and exchanging smiles at their friends.

But the excitement didn't end there. The children then headed up to the senior girls library, where Ms. Renth, with passion as bright as the sun, welcomed the students to celebrate the virtues of books and the limitless worlds they held. It was a moment of revelation for some, realising the power of stories to transport us to places we've never been before.

Afterwards, the children had "Story Time" with Ms. Suzanne and Ms. Renth. It was lovely to see children hanging on to every word as the stories unfolded before them! Without the children even realizing it, these teachers taught them strong values through these stories. Towards the end, they returned to their classrooms with happiness and appreciation!

As Dr. Seuss said, "The more that you read, the more things you will know. The more that you learn, the more places you'll go." And for our youngsters, their journey has only just begun.



I AM THANKFUL FOR...



Family



Needs and wants

el el
el el el
el el



Health



God



Friends



School

Caren 3c



Curtin University

Dubai

CURTIN UNIVERSITY'S
**BUSINESS CUP
CHALLENGE**

BY: SUHAANI MEHRA, YR 12



Curtin University

BUSINESS CUP CHALLENGE

St Mary's journey of entrepreneurship reached its climax as teams from our school gathered alongside competitors from more than 100 other universities and schools for the final round of Curtin University's Business Cup Challenge. With rounds one and two navigated through the submission of innovative business proposals via PowerPoint presentations, the anticipation for the live showdown in round three was palpable.

Entering the large auditorium, exhibiting class and elegance and students embracing a vibrant atmosphere, our nerves were tingling. The stage was set for each team to deliver a concise and compelling 40-second elevator pitch, showcasing the essence of the innovative business product we had meticulously crafted.

Despite our well-practiced preparations, a nervous energy lingered as we awaited our turn to present. Yet, fueled by determination and teamwork, we seized the moment, delivering each and every pitch with precision and passion.

As we looked around, we saw a sea of eager faces representing schools from far and wide, all vying for the coveted title. The competition was fierce, but the camaraderie among participants was unmistakable.

Following the presentations, a brief interlude was held as Curtin university's band took the stage to entertain the audience with two captivating songs. It was during this break that something magical happened. Inspired by the concert-like atmosphere, students from our school initiated a spontaneous gesture, illuminating the darkened auditorium with the gentle glow of their torchlights, creating a mesmerizing scene of unity and joy.

The band's performance was exceptional, filling us with a sense of elation and pride. For a moment, the disappointment of not clinching the top spot faded into the background as we basked in the shared experience of music.

Yet, as the final scores were deliberated by the judges, reality began to set in. Despite our best efforts and the invaluable experience gained, victory had eluded us this time. As we left the auditorium, there was a sense of quiet reflection tinged with disappointment.

However, in hindsight, we realized that the true prize lay not in the awards but in the journey itself. BCC had pushed us beyond our comfort zones, honed our skills which would essentially help us in real life, and fostered further bonds with acquaintances.

Though we may not have emerged victorious, we left with heads held high, knowing that we had given our all and that the lessons learned would propel us forward on our entrepreneurial journey. As we bid farewell to the competition, we carried with us a renewed sense of determination and a deep-seated belief in the power of resilience and teamwork to overcome any challenge that lay ahead.

gratitude

LEARN TO BE THANKFUL
FOR WHAT YOU ALREADY
HAVE. - JIM ROHN



So very
Grateful



Gratitude is a powerful emotion that can be expressed in different ways. LIKE appreciating relationships. I'm so grateful for my family and friends who support me unconditionally, their love and encouragement make everyday brighter.

valuing health. I'm thankful for my health and well-being, being able to wake up each morning feeling strong and energized is a gift.

Acknowledging Opportunities. I'm grateful for the opportunities I've been given in life, both big and small.

Recognizing Basic Needs. I'm thankful for having a roof over my head, food on the table, and clothes on my back.



Curtin University

Dubai



*Curtin
Wellbeing
Day*



BY: ZOYA KHAKU, YR 12

CURTIN WELLBEING DAY

CAN AUTHENTICITY & RESILIENCE BE NAVIGATED

"One day, in retrospect, the years of struggle will strike you as the most beautiful," wrote the infamous Sigmund Freud. How many times have we seen cloudy skies and spotted a rainbow? Or, how many times have we turned foul instances into learning curves? In the vivid tapestry of Curtin University, our prestigious psychology students from years 12 and 13 at St. Mary's Catholic High School were sent to an "eye-opening and relieving" session, as Head Girl Daniella quotes.



An underestimated conference. A dedication to holistic wellness. An enlightenment towards resilience, execution and power.

Our young "psychologists in training" amiably encounter other fellow pupils of several other schools all over UAE accounting a range of nationalities and ages; greeted with chocolates and badges to commemorate World Mental Health Day designed with striking bright yellow smiley faces. Among them; Vanessa Moussa, Yasir Khan, and Verena Miladina shone out as catalysts for reflection, with their views lighting the route to inner fulfilment having one thing in common - mental distraught.

Starting with Moussa, despite 'arresting' all the trappings of success—a blossoming dentistry practice, financial security, and idyllic surroundings at Réunion Island—Vanessa Moussa became entangled in a web of discontent and internal turmoil. She exquisitely exposed her poignant realisation of colliding a life crafted by cultural ideals rather than individual transparency

With a heavy heart, Vanessa confessed, "I was a people pleaser and a stressed high-achiever with no self-compassion and no true passion for my job," Her story eloquently paralleled the universal issue of bridging the gap between external plaudits and internal fulfilment. Through introspection, Vanessa embarked on a transformative voyage embracing vulnerability. Something I surely couldn't do as effortlessly as Moussa!



Next up was an epitome of strength and fortitude, detailed a life story hammered by war and victory- Yasir Khan. Inevitably, born at the right contradict of a 'silver spoon' by trauma and misery, Khan had come to an utter attainment that in order to flourish as the CEO and Founder of Transform Your Body (a paragon of fitness fuel), he had to wrestle the 1 in a 100 odds...freeing himself from himself. Tracing inspiration from his tumultuous past, Yasir reframed his struggles as a leverage to crawl out his relentlessly roaring pursuit of success (utilising vision-boards).

Positive thoughts promote positive actions.

I am wholeheartedly convinced that we'd be nowhere without moulding our minds and shedding the camouflaging veils of adversities into opportunities to become who we are today! Khan asserts: "Stress isn't a bad thing; we need it to survive," challenging the dominant myths around hardship. His unshakable belief in the power of positive visualisation underlined the alternatives of adopting one's natural mental resilience using hardship as a kickstart.

Last but definitely not the least, "Journaling serves as a powerful means of alleviating stress by expressing emotions in intricate detail," Verana Miladina elucidated. Verana possessing knowledge deeper than the ocean depths, from a wealth of expertise in CBT to mindfulness practices, illuminated journaling's therapeutic potential as an instrument of emotional catharsis and self-reflection to open gateways of wellbeing - maintaining journaling at its forefront. The clinical psychologist sharpens the physiological stress response shapeshifting it into fostering emotional resilience, through the very words that would run circles in your mind.

To sprinkle some sunshine back into the atmosphere humbled by the triple speakers' reality checks, a Curtin van and stalls exhibiting stress-busting trinkets and garments that are decadently donated to UAE's prison inmates demonstrating that the wellbeing of ALL matters!

Henceforth, it is safe to say that none of St. Mary's psychedelic scholars will curl up into cocoons and cry! Rather, we will absorb the bigger picture of our bodies being our minds' tool. In order to reach our goals or the optimum productivity in life, we must mentally learn how to first discipline ourselves and then forgive ourselves. Michelle Maria, 12 science-girls, is impressed "The way one can view a situation from different perspectives," as she ties her hair up and whips out her agenda with a renewed sense of urgency in navigating the intricacies towards holistic well-being.

Bringing me back to the statement by Freud, we must be open-minded to spare our brains with ideal architects so that they can refine the version of ourselves we'd look up to, transparently. Like the tango of the rain and sunshine witnessed that morning, your lives are going to be no different. You just have to choose whether you would like to join the tango, or watch from afar.



- ADRIEL 7-B

A short story "Gratitude"

Today I woke up feeling very tired! It was another schoolday and today it felt particularly cold. I got out of my bed and went to the washroom to brush my teeth. Once I was done I went to my table and my mother bought me my breakfast. Today it was sausages and mashed potato with soy sauce... My favourite!

I finished my breakfast quickly and I went into our car where my dad was already waiting for me. I took us a while to get to school due to the evergrowing traffic ~~++~~ on the highway. My dad drove especially faster today because he had to attend a meeting.

When I finally reached school I had reached just in time. I went over to my desk and pulled out my books to get ready for class. ~~The~~ ~~was~~ the day passed by quickly and I decided to go home by bus since my father was still in the meeting.

I sat in the bus and stared into the horizon and I thought of the things my parents did for me. My mom woke up early to get ~~ready for~~ my breakfast ready and my dad had a meeting but still dropped me to school. They sacrificed their time just so I could go to school.

Later during dinner I gave them a hug and I thanked them for taking care of me.



DELVING INTO NATURE'S WONDERS

YEAR 2 PICNIC TO THE GREEN PLANET

- FASEEHA KAMBULY, 10E

YEAR 2 PICNIC TO THE GREEN PLANET

Imagine a bio-dome that is home to 3,000 animals and plants, and even better, it's one that snows in the middle of the desert!

Inside an origami-style glass building, the Green Planet is the region's first indoor tropical forest, with the opportunity to have close and interactive encounters with animals hailing from Mexico, Madagascar, Brazil and so many other regions.



On the 1st of February, the curious scientists of Year 2 set out to explore the wondrous variety of species that the region's first bio-dome, The Green Planet, houses. From flying foxes to the South American anacondas, and an 82 foot tall artificial tree situated in the center of the indoor rainforest, the young scientists were indeed in for a great escapade!



The biome is segregated into 4 layers, The Canopy, The Midstory, The Forest Floor and The Flooded Rainforest to resemble the similar layers of rainforests and the creatures as well as the several ecosystems that exist within it. The students started their journey right from the bottom of the biome, The Flooded Rainforest, engaging with the distinctive plethora of reptiles, and then rising through each layer.

"The kids got to know a lot about exotic animals - something certainly much more intriguing than the usual plants and pets they have at their homes! I could see the height of enthusiasm upon their faces, as the zookeepers took us around each layer of the rainforest. The best part of the trip was that the animals were not penned, so we got to see them up-close!" says Ms. Carol Noronha.

YEAR 2 PICNIC TO THE GREEN PLANET

Toucans and Macaws flew right above their heads, and sometimes lemurs would stop by to 'greet' the visitors through the biome! Kids were particularly fascinated to see the camouflaged chameleons and the intricate patterns on the snakes that were so placidly wrapped around the zookeeper's arms. They even got a chance to feel the Madagascar hissing cockroaches and see Thatcher - the Anteater, stick out its 40 cm long tongue!



Kris Danielle from 2B passionately remarked about her interaction with Lemon - The Sloth, " I think sloths are my favorite animals now, they look really cute when they hang on trees." The Green Planet certainly did provide a great new insight for her! Pia from 2B, also says, "Your mind will explode!" which thoroughly suggests the extent of awe the young minds had at such a distinctive bio-dome.

The experience at the fauna-filled biome is certainly one the nature-enthused minds ought to remember!

Be thankful for your mistakes,
as they could teach you valuable lesson.

Be thankful for each new challenge,
as they could help you overcome harder one

Be thankful for those difficult times,
as they could help you get stronger

Find a way to be thankful for your troubles
as they could become your blessing

- Louise 7B -



**SOLAR
INNOVATION
COMPETITION**

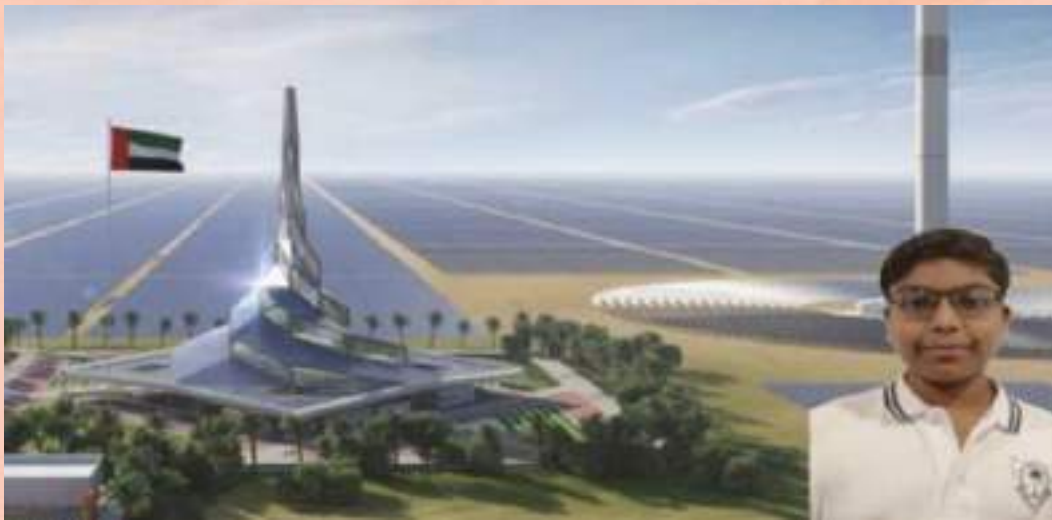
BY: BETHANY FERNANDES, 10D

DEWA SOLAR INNOVATION COMPETITION

“The world needs maximum energy and minimum emissions.” ~ Sultan Ahmed Al-Jaber

Every year, on the illustrious occasion of World Energy Day, the prestigious Young Inspirers Contest conducted by the DEWA's Innovation Centre takes center stage. This event draws the attention of students (Years 5 to 11) from schools all over U.A.E. This year, few students from Year 8B and 10D featured in the third edition of the contest that took place from 6th of November to 20th of November. The competition involved an innovative approach towards the exploration of renewable energy as a transition to a sustainable future serving as a great fortune in marking a momentous opportunity for students to showcase their talents and ignite their potential on a grand stage of innovation.

As students in an emerging world of technology, we were already aware of the major issues such as climate change and global warming that have increased and determined our present world alongside the gradual increase and upbringing of new technology and as determined citizens, we were set on making a change and aiming to transform our world to a fully sustainable and renewable one by promoting the use of renewable energy resources as well as educating others on the impact and effect it would have on our future generations.



“We might have noticed, sometimes an idea seems mundane at first, but then hits you like a tidal wave, and in that instant, you just know it's a stroke of genius. That's exactly what happened to me. Rushing to my laptop, I delved into the depths of the internet, shaping all the gathered information into an one-minute inspirational video. I gained valuable insights of effective methods for mitigating global warming. Moreover, I deepened my understanding of alternative energy sources and their pivotal role in combating climate change, particularly in transitioning away from fossil fuels. I found myself astounded by the depth of knowledge acquired and this newfound inspiration didn't just stay confined to the digital realm.”~Antonio Colin 8B



“It was truly remarkable to collaborate as a team to share ideas and create a creative skit that will raise awareness among those who are committed to changing our world. One minute of our skit made such a huge difference and impact amongst ourselves and others around us, Not only did we obtain new knowledge and understanding about how we may address the issues facing the globe, through engagement and teamwork; we were able to make a change in our lives and this small change will significantly contribute to saving our future”~Students of 10D (Bethany Fernandes, Sanchia Machado, Schantelle Sequeira, Rhianna Rosario and Caitlyn Fuentes)

Johana Biju 7D

Gratitude

In the quiet chambers of our hearts,
filled with feelings we cannot part,
Gratitude, an ember to our life,
and mighty deed that lasts,
guiding us through darkness through its radiant light.

In whispers of wind and songs of rain,
Gratitude whispers, erasing all the pain.
For moments of joy and challenges we face,
For every dawns light and twilight's embrace.

Then take a moment to reflect on change,
with a heart so virtuous,
requisite for recharge.
For it blooms like flowers in the spring.

In moments grand or little or sweet,
It finds its place, its joy complete.
In every challenge, every grace,
For every kindness, in every care
Gratitude fills the silent air.

So let us pause, with hearts aglow
and let our gratitude overflow.
For in this life of dance we find,
Gratitude, the truest kind.

امارات Emirates

FESTIVAL OF LITERATURE

BY: NABIHA FATIMA, YR 12

ISABELLA LAUREN E. MAYOGBA, 10A



EMIRATES AIRLINE - FESTIVAL OF LITERATURE

Education events held at the annual Emirates Airline Festival of Literature and throughout the year give students from across the UAE and GCC the chance to meet inspiring authors and discover new books. Alongside this, the Foundation's popular annual competitions and creative courses encourage students to unlock their own potential in reading and writing, and fuel a lifelong love of words.

The theme of the festival this year was "Beginnings" and the journey this time, from inception to culmination was arduous yet rewarding, spanning five months of intensive preparation from mid-September to early February. Participants immersed themselves in the creative process, honing their skills under the guidance of dedicated mentors and educators.

THE FUTURE OF LITERATURE: YOUNG SAINTZ AUTHORS FOR THE OXFORD STORY WRITING COMPETITION!

This was a highlight of the festival, drawing aspiring writers to craft compelling narratives. Students poured their hearts into penning captivating tales with this year's inspiration being 'Beginnings'. Numerous students from our school eagerly embraced the opportunity to weave their literary magic

VICTORY VIA VERSES: EMIRATES NBD POETRY FOR ALL COMPETITION SETS HEARTS ABLAZE!

Offering a space for poetry enthusiasts to lyrically and theatrically express themselves, this competition celebrated the diversity of poetic expression. Our school's participants were selected from across different categories, including special education needs. Six students, two from each category, were chosen and mentored by Ms. Kiara and Ms. Renthi for the semifinals.



In an immensely proud moment for all of us, Ozel Fernandes of 6A, garnered acclaim for her poetic prowess, clinching an honorable mention at the finals. Her achievement symbolizes the festival's commitment to recognizing and nurturing talent across all spectrums of ability.

EMIRATES AIRLINE - FESTIVAL OF LITERATURE

UNLEASHING CREATIVITY: 5E'S JOURNEY DOWN THE RABBIT HOLE FOR THE "BOOK IN A BOX" COMPETITION!

The creative spirits of the girls of our very own 5E have shone brightly as they hopped their way into the whimsical world of "Alice in Wonderland" for the Book in a Box competition. It was a collaborative effort, in which the students along with their activity teacher Ms. Renthi, channeled their collective imaginations to craft key elements from Lewis Carroll's masterpiece.



The final result had three of the most iconic scenes from the book: the Red Queen's courtyard, the Mad Hatter's tea party and Alice tumbling down the rabbit hole.

The girls utilised a lot of recyclable materials, such as bottle caps, old paper, seashells, feathers and scraps of old cloth. The falling Alice, the Queen and her loyal Card Soldiers, the scrumptious assortment of treats adorning the Mad Hatter's table, the "Drink me" bottle, the tiny cupcake and the key all created a box that brought the book to life.

Although their entry didn't advance to the finals, the children of 5E surely enjoyed the journey into the whimsical world of this literary classic. Let us be inspired by their unwavering passion to transform the ordinary into the extraordinary, one box at a time.

PENNING A NEW "BEGINNING": EXPLORING IDEAS IN THE RGS GUILDFORD LETTER WRITING COMPETITION!

Following the same theme, this competition provided a canvas for students to articulate their thoughts and emotions through the written word. In an effort to revive the craft of letter writing, participants were asked to write a letter to an author suggesting an alternative 'beginning' to their already published story/book. Equal importance accorded to content as well as penmanship. Our students who participated explored various forms of expression, balancing formality with intimacy in crafting their entries.

"For over 5 years, our company has been improving the brand. We use many images to give a better experience to our customers."



EMIRATES AIRLINE - FESTIVAL OF LITERATURE

CHEVRON READERS CUP

The Chevron Readers Cup is a prestigious and timeless competition that students from all over the GCC participate in. It's not your run-of-the-mill competition; it's a literary showdown where students from all walks of life come together to compete for the coveted golden trophy. This year, the Chairman of Chevron reported a whopping 13% increase in participation all across the GCC!



THE ARAB LITERARY STARS: SAINTZ SHINES BRIGHT IN THE ARAB CATEGORY!

In the arena of Arabic literature, Mr. Ahmed and Ms. Rama played pivotal roles in mentoring students, leading them to triumph in the primary category. Two teams, both from the primary section, participated in the competition. One team comprised one student from year 3 and seven students from year 5.

After a virtual first round, one of our teams advanced to the top 20 and proceeded to the Intercontinental Hotel for the second round. Our team, "" members were Yawna Barkil, Mohammed Ahmed, Armia Rady, and Karas Kamal.

In the finals, they answered all questions correctly, resulting in a tiebreaker with another school. Despite getting the tiebreaker question wrong, the team secured second place in the finals, showcasing the school's multifaceted literary achievements.

LOOKING OVER THE LITERARY HORIZONS: SAINTZ ENGLISH READERS SMASHES COMPETITION!

Like every year, this year also our school picked the best 4 teams to compete for the English category after a preliminary written test.

As the Chevron Readers Cup kicked off, our readers had their noses buried in their respective books, with constant encouragement and support from Ms. Renthi, in an attempt to advance to the finals. The three captivating first round books truly ignited a spirit of reading among the participants. It was definitely evident that this literary journey would be nothing short of extraordinary. After a virtual first round test, the results were announced.

The teams that qualified for the final round were:

Chattering Chapters - Sarah Mamiit, Elisha Abeywardena, Ashna Mohandhas, Thanuli Pathirage

Charming Chapters - Alicia Dsouza, Araina Quadros, Ava David, Gilien Cruzat

All Booked - Mena Admassu, Yafet Admassu, Aiyanna Asif, Qazi Ali

The Prose - Qazi Umer, Aliza Asif, Mariya Unnisa, Isabella Mayogba

That's right, all four of our teams!



EMIRATES AIRLINE - FESTIVAL OF LITERATURE

THE FINAL ROUND

It was back to the grind for the finals. Five months after they first started this journey, the teams arrived at the Intercontinental Dubai on the 31st of January for the finals.

“As someone who personally sat for the quizzes, it was very stressful – like an exam, but the pressure was ten times worse. Some questions were tough, and some questions were just outright confusing.” said Isabella 10A about the experience.

After a grueling and nail biting quiz time, all the teams eagerly waited for the results.

The awards ceremony was truly a rewarding experience where some of the writers, like Phil Earl, Lisa Thompson and Ayah Qasim, addressed the participants in person.

And then it was time for the awards. The quizmasters paused for dramatic effect and the metaphorical drumroll, and then announced that our Arabic team won second place in the Arabic Primary Category!

Our winning Arabic team:

The Moonlight

- YAWNA BARKIL
- MOHAMMED AHMED
- ARMIA RADY
- KARAS KAMAL



And the third place winner for English Seniors category was our very own team “The Prose”!

Our Winners:

The Prose

- MARIYA UNNISA
- ALIZA ASIF
- ISABELLA MAYOGBA
- QAZI UMER FAROOQ



Emirates Literature Festival is a notable part of the academic calendar of St. Mary's every year. And this year was no exception. Our students continue to be a part of this amazing journey and learn to nurture a love of reading along the way. Here's to many more years of successful collaboration with the Emirates Airline Festival of Literature.

The Gratitude Tree

In a tree so small,
roots run deep,
Gratitude grows,
in hearts we keep.



Emirates Aviation: 7th Annual Water Rocket Competition



BY: NABIHA FATIMA, YR 12

EMIRATES AVIATION: WATER ROCKET COMPETITION

On January 28th, 2024, Emirates Aviation University (EAU) hosted the 7th Annual Water Rocket Competition in collaboration with Boeing, and the atmosphere was buzzing with innovation and friendly rivalry. Teams from various schools gathered at the university grounds, eager to display their engineering skills and creativity.

Among the contenders were two formidable teams from our very own school, each comprising five determined students from Year 12. Team "f=am," led by Blessings Hamandishe, and Team "Hydro Hustlers," led by Nabiha Fatima, embarked on their journey with a little over three weeks of preparation. Despite the added challenge of first-term exams, both teams dedicated themselves to crafting the perfect rocket design. Working after school hours, they faced obstacles such as the lack of proper equipment, relying on makeshift solutions like bicycle pumps to prepare for the competition.



The competition day dawned with a sense of anticipation as participants gathered at EAU. Welcomed by the Dean of the School of Engineering, they were briefed on the physics behind water rockets before diving into the construction process. With only two hours to complete their rockets, the teams worked diligently, fueled by their shared passion for innovation.



Armed with materials provided by the competition organizers, including two Coca-Cola bottles, foam boards, A4 papers, markers, tape, and more, the teams set out to create their masterpieces. With distinct design choices – "f=am" opting for parallelogram fins and "Hydro Hustlers" favoring clipped deltawings – each team brought a unique approach to the table, showcasing their creativity, ingenuity, and determination.

Following the completion of their rockets, participants were treated to a well-deserved meal at the university cafeteria, fostering camaraderie and excitement for the challenges ahead. Soon after, they made their way to the football field for the launch phase of the competition.

EMIRATES AVIATION: WATER ROCKET COMPETITION

However, Mother Nature had other plans. Unfavorable weather conditions, marked by strong winds, posed a significant challenge for the participants. Many rockets veered off course, some even ending up out of bounds and facing disqualification. Despite these obstacles, teams remained resilient, determined to make the most of their opportunities.

As the competition progressed, our school's teams faced their share of setbacks. "f=am" experienced a setback in their first attempt as their rocket soared out of bounds, while "Hydro Hustlers" struggled with the turbulent winds, achieving a modest distance of only 32 meters.

With hopes riding on their second attempts, the teams persevered. Relocated to a different launchpad, "f=am" managed to achieve an impressive distance of over 70 meters, showcasing their adaptability and determination. However, "Hydro Hustlers" faced another setback, as their rocket veered off course once again, thwarting their chances of success.

Though our school did not emerge victorious, the experience was invaluable. Students gained insights into teamwork, problem-solving, and resilience, which will serve them well in the future.

As the competition came to an end, participants departed with a sense of pride in their efforts and a profound appreciation for the journey they undertook. As they reflect on their journey, they carry with them not only the fun memories of the competition but also the seeds of growth and possibility.



Gratitude

by: Caitlyn, 6A

Gratitude is that good feeling

To be grateful for everything

Even when it's raining

For the sun will always come back

Be grateful for when the tough times get tougher

For it will all be worth it



Be grateful for the things you don't even think of

The roof on our heads, that blocks out sun

The school that teaches us important lessons, so we have a better future,

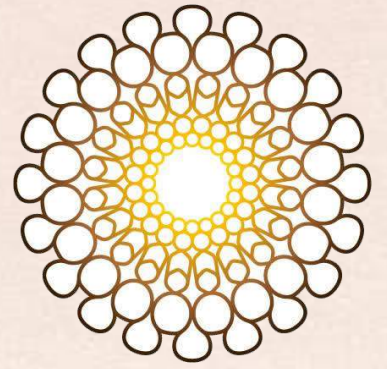
The food on the table, so we won't go hungry

The rain that falls, which makes way for the sun

The flowers outside, which shows the wonders of earth

Even the smallest things are something to be grateful for

Live your life for now onwards with happiness, positivity and above all - gratitude



EXPLORING URBAN HORIZONS



BY: JOYCE YOUSSEF TADRS, 10E

EXPLORING URBAN HORIZONS:

Once a dream, now an everlasting trademark of the land, we have come to reside in, has proven without a doubt to be the largest centre of innovations- Does it ring a bell!? Ladies and gentlemen, I welcome you to the number one destination of the country, a centre of enticing explorations and educational initiation, The Expo 2020! On the 5th of December our Year 6 students had assembled at 8:09 am, all set to visit their dream destination.

Expo City for the children, was a living example of the initiatives that the UAE stands for. The students described the utopian experience of being wrapped in the welcoming parade of greenery in the sustainability district as they first walked in. Soon they found themselves engulfed by the charm of terra- the name of the sustainability district, promoting the expo's theme "connecting minds, creating the future". They were filled with wonder, and gazed at my notepad with wide eyes as I fervently took note of the little surprises shared by them. The students were excited as they narrated about the intricate designs of the buildings, which read 'net zero in energy and water'. The architecture included a 120-metre-wide canopy and 18 energy trees which generated a staggering 4GWh of alternative energy per year!

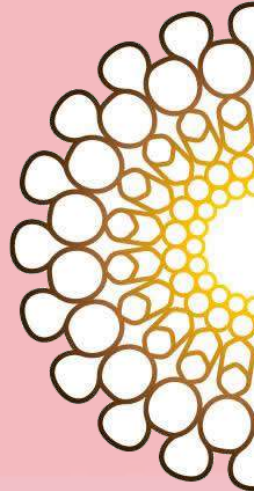
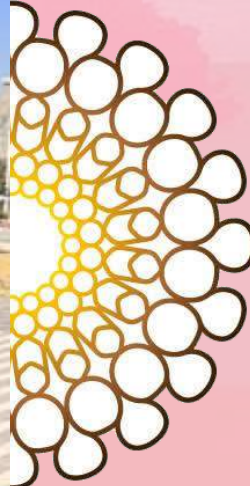


Terra hosted a learning workshop for the students as they embarked on an immersive tour through the roots of the forest and the depths of the ocean. The underwater and earth themed locations in terra offered an engaging and playful experience, providing motivation to break from the cycle of consumerism so rampant everywhere around them. The students described the detailed miniatures they observed and their recurring emphasis on the importance of "recycling", which truly reflects the vision that the country aspires for and upholds. They narrated the various workshops they took part in, involving those that introduced them to the different types of wastes and the ways to dispose of them safely. The students also described terra as a world-class example for the country's pride in culture; as they observed the different aspects of the Emirati heritage, the inter-mingling of indigenous traditional cultures with the recent enterprises, represented through the combinations of masks, spears, weapons as well as modern "feed me" theatres and interactive screens.

But the fun didn't stop there. The students had the opportunity to further explore the Slovenian pavilion, which was quite bewildering. The students enjoyed an unforgettable journey through one of the landmarks of Slovenia- the floating green oasis. They were also able to experience a 360° projection of the Slovenian landscape, innovations, famous Slovenians, and their achievements. However, the most intriguing aspect of the Slovenian pavilion was the outward architecture that aims to present possibilities of future residential buildings with built-in energy facilities and the development of simple spatial arts that includes the use of foliage and metal.

EXPLORING URBAN HORIZONS:

As a concluding thought, I leave you with a few words from the children themselves: "I really like how the expo showed us the value of recycling and how it saves endangered animals" says Mark John, 6F. "I really liked the many different ways of reusing bottles and we learnt a lot of how to be creative even in our daily life," says Anthony Atef, 6F.



Expo City stands as a legacy of the innovation process initiated by the rulers of the UAE and sets the stage for further such innovative ventures. Undoubtedly, our students eagerly wait for their next trip to Expo City 2020, with the hope to quench their curiosity and create cherished and imperishable memories with their classmates and friends. After all, school days are the best days!!!



MY EXPERIENCE IN COP28: In Search of the Blue Sky

SERAH THOMAS, 4C

My time at COP28 was super amazing! I'll never forget it. It was like stepping into a magical world where everyone wanted to help the environment. I saw so many people who cared about making our planet better for us and for the kids who will come after us.

I felt so inspired by all the cool things people were doing to make a difference. I wanted to do something too, something special.

So, I came up with an idea! I decided to make a world map on a big canvas. But instead of painting it like normal, I made it all grey. Then, I asked people to dip their fingers in white paint and leave their fingerprints on the map. It was like they were promising to help keep the Earth clean and green.

When I went to COP28, I brought my map with me. Lots of people came and put their fingerprints on it. It made me really happy to see so many people wanting to help stop pollution and take care of our planet. I did this because I really want to make the world a better place for plants, trees, animals, and for all of us. I saw how much other people cared, and it made me want to do my part too.



Many reporters including COP28 reporters passed by and encouraged me by participating in my activity.

Let's make the Earth healthier for everyone, now and in the future!

As Late Sheikh Zayed Bin Sultan Al Nahyan said:

'Our environment and resources are not our property; they have been entrusted to us. We all have responsibility for looking after them and passing them on safely to future generations.'

Click to read the article published by Schooler's Digest about Serah:
<https://schoolersdigest.com/news/dubais-young-eco-advocate-inspires-global-pledge-through-art/>



KidZania®

Where Dreams Come to Life

BY: BETHANY FERNANDES, 10D

KIDZANIA:

On the 1st of February, the children of Year 3 were welcomed into a world of adulthood. (Temporary of course!)It was a day many had dreamed of; Getting a job (Or jobs!) . Chatter and laughter of thrilled students filled the buses as they collaboratively pondered on the type of jobs they looked forward to working in . When they had finally arrived, gazes of awe and amazement were significantly expressed as they approached the entrance . The barricade belts were hardly able to contain the children and their feelings of eagerness ,excitement and anticipation that just grew stronger and stronger as they got closer,ready to set foot into their realm of imagination!

Children were warmly welcomed with a dance by some of the famous characters of Kidzania-Urbano and Bekha! Many children excitedly joined in with some of the brightest smiles that beamed across their faces as they sang and danced along to their heart's content.



After the delightful performance,Each child was given some money in the currency “Kidzos” as well as their own passport and credit card and at last were free to roam! They truly felt like “grown-ups”!



Children hastily ran around grasping opportunities at any job they passed by , signaling their friends and peers to join them in embarking on each new career as well as earning and learning how to spend their money wisely. There was the debut of little doctors who found pride in saving the lives of dolls, little firefighters who ensured not a single flame was left unattended, little bankers who vigilantly managed and counted Kidzos and so many more jobs to the extent of their creativity !



On the ride back to school, entertainment packed the bus as children shared their exciting stories amongst each other and boasted about the amount of Kidzos they had managed to collect, overfilling their tiny pockets. The day had finally come to an end with our little workers restored back to our little students.



Liyoni, 3A



Sanrah, 3A



MUN

Adventures!

BY: MUBASHSHERA KHAN, YR 12



MUN ADVENTURES:

The Saintz MUN group is more than a 100 students strong now and our delegates are routinely attending conferences and doing a stellar job. This year, our students have already attended a few notable conferences.

Starting the year off on a positive note, in October 2023, a small delegation from our school ventured to Gems Modern Academy for a round of diplomatic discourse in the GMAMUN 2023.



Dulithi shares her firsthand experience, highlighting the enriching atmosphere of collaboration and debate. "GMA was my first MUN in 2023- 24 and honestly it was incredibly rewarding and enriching to communicate and observe other delegates. The chairs were unbiased and enthusiastic. It made the whole committee even more lively. Collaborating with delegates from various backgrounds, I engaged in passionate debates and negotiations, and even tried to veto resolutions! Beyond the formal session, it was jam packed with social interactions and networking opportunities! This MUN truly made me try new things, pushing my boundaries like I had never before."

At this three day event, our delegates made quite the impression and won awards!

Emily Amgad Lotfy - Best Delegate award, UNHRC

Qazi Umer Farooq - Runner-up Best Delegate, Warsaw Pact.

Dulithi Sahanma - Honourable Mention, UNICEF

Overall, GMAMUN 23 proved to be a rewarding experience for our delegates.

In November 2023, two of our delegates attended Rosary Private School's RPSMUN 2023. These boys had a wonderful learning experience at this three day event, expanding their knowledge about diplomacy, negotiations and networking.

The Westminster School Sharjah's plans for WSSMUN 2023 took an unexpected turn when heavy rain forced a rescheduling from November 17 -18 2023 to January 5-6, 2024. Unfortunately, out of the 14 eager delegates who had signed up initially, only 5 could attend the rescheduled conference because of other commitments.



Anyway, despite the weather hiccup, the spirit of diplomacy and debate remained intact. Our delegates mentioned a few noteworthy snippets from the conference, like the opening ceremony with youthful voices singing and an electric guitar serenading the crowd to the tune of "Teeth." And an exciting whirlwind visit from a journalist committee on the second day. Between debates, small breaks provided moments for camaraderie and reflection. Hannah fondly recalls these moments, where she and her peers would rush to discuss recent events, cherishing the bond forged beyond the podium. As she puts it, "It was one of the highlights of the event."

As the curtains closed on WSSMUN, our delegates brought home three awards as well.

Qazi Umer Farooq - Best Delegate (UNSC)

Hannah Dityoco - Honorable Mention (UNSC)

Veronica Malubay - Honorable Mention (GA3)



Gratitude

In my life i have been surrounded by the people who love me, thank you for being great
to me - ✨♥

meaning

gratitude: a strong feeling of appreciation to someone or something for what the person has done to help. ✨

~ saint mary
~ darryn ~
~ 7-b

Gratitude

I once passed a stray cat on the street,
begging and crying for just a little treat.
Hopeless was its sight,

with no one to treat it right.

Even though sympathy is important,

from peoples perspective, the cat was abhorrent.

Then suddenly, came a man

with milk and little fish in hand.

He picked the cat up, placed him near the fire.

Determined to meet the cats desires.

After such an incident,

guilty was every resident, including mine.

It made them ponder,

for I am lucky for shelter to stumble.



Poetic Heart

Cultivating Cultural Literacy



BY: ZOYA KHAKU, YR 12



POETIC HEART:

Robert Frost once said "Poetry is when an emotion has found its thought and the thought has found its words." In keeping with the essence of Frost's words, The Poetic Heart is a platform where poets, musicians and school students unite together and share their expressions through poetry. It traces its humble beginnings to 2012, when SGI-Gulf (the middle eastern chapter of Sokka Gakkai International , Japan) in association with Dubai Knowledge Village and Dubai International Academic City hosted a gathering of poets across the region for a poetry symposium, under the banner of 'The Poetic Heart: Connecting Humanity'. Over the years, it has blossomed and flourished into a prestigious event and endeavoured to promote cultural exchange and literary knowledge, seamlessly blending the beauty of poetry with a global presence.

You must be wondering "How might a competition help in fostering cultural exchange?" Well, Poetic Heart is not just any competition; "In today's obdurately self-centric existence, The Poetic Heart, is a gentle reminder to keep the poet within alive - nurturing values of righteousness, courage, altruism and optimism," says Dr. Akash Ouchi. A celebration of the human spirit's capacity to express itself via poetry.

Representing St. Marys', Samarah Assumptia Gracias (10A), one of our literary prodigies, was chosen to perform her poem "Pioneers of Nature" on the Poetic Hearts stage set amidst the towering structures of the Emirates Financial Institute. Her tribute to the theme of "Building A Sustainable Future, Together" was nothing short of a wildfire emblazoning her prowess and passion in an evocative piece addressing the issue at hand.



As the day unfolded, the auditorium filled with the eager anticipation of around 800 attendees, including twenty participants from St. Mary's ready to embark the bridge connecting the realms of emotive imagination and reality.

The air buzzed with palpable energy. A fusion of nerves. And glee! As the stage is swallowed by young minds pouring their hearts out through verses crafted with care and contemplation. Despite the flurry of emotions, a sense of oneness harmonised by the ability of words to cross gaps and foster humane connection.

POETIC HEART:

Theatre artist Ms. Pegah Javadpour managed to breathe life into characters and narratives with her electrically enchanting and contemporary act. Flowing like a gush of calm waters, a moment transcending linguistic fences as Ms. Tomoko, a Japanese lady who is proficient in Hindi, gently graced the euphorically entranced audience with her serene melody simmering between Japanese and Hindi. The poem (composed by late Dr. Daisaku Ikeda, the founding father of SGI) captured the essence of solidarity and peace for all. Following her recital, words heavy with the burden of history - a poignant homage to the Hiroshima Tragedy by the eminent Emirati poet: Dr. Shihab Ghanem. In his lines, shadows of perseverance and recalling were heard, a painful reminder of the communal wounds we bear and the hope that rises from the ashes of adversity.

As the curtains closed on the 13th edition of Poetic Hearts, Oshadi Marissa of Year 12 Commerce felt "hopeful that there are organisations out there who care to hear what kids say about sustainability." Our poets returned with a trophy for the school in acknowledgement of our contributions, an individual trophy for Samarah, individual certificates for every participant, goodie bags filled with chocolates and content hearts.

The echoes of poetry lingered in the air exhibiting the transformative power of words. In a society starving for connection and understanding, SGI acts as a beam of light, blazing paths to empathy, education, and enlightenment.



Our young poets who submitted their entries to the Poetic Hearts this year.



GRATITUDE

GRATITUDE

GRATITUDE

GRATITUDE

GRATITUDE

GRATITUDE

GRATITUDE

GRATITUDE

GRATITUDE

Jhadrian-6C



VOLLEYBALL **TOURNAMENT**

SAINTZ DOMINATE AMID CONTROVERSY

CALEB KAMALANATHAN, YR 12

SAINTZ DOMINATE VOLLEYBALL TOURNAMENT:

In a poignant display of skill and camaraderie, the Saints Volleyball team secured victory in their final tournament, bidding farewell to their graduating seniors while paving the way for a new era of success. After their defeat at Skyline, Saintz was determined to strike for gold in what would be a last hurrah for the seniors. With emotions running high, the Saints were determined to make their last tournament together a memorable one, fueling their resolve to clinch the gold medal.

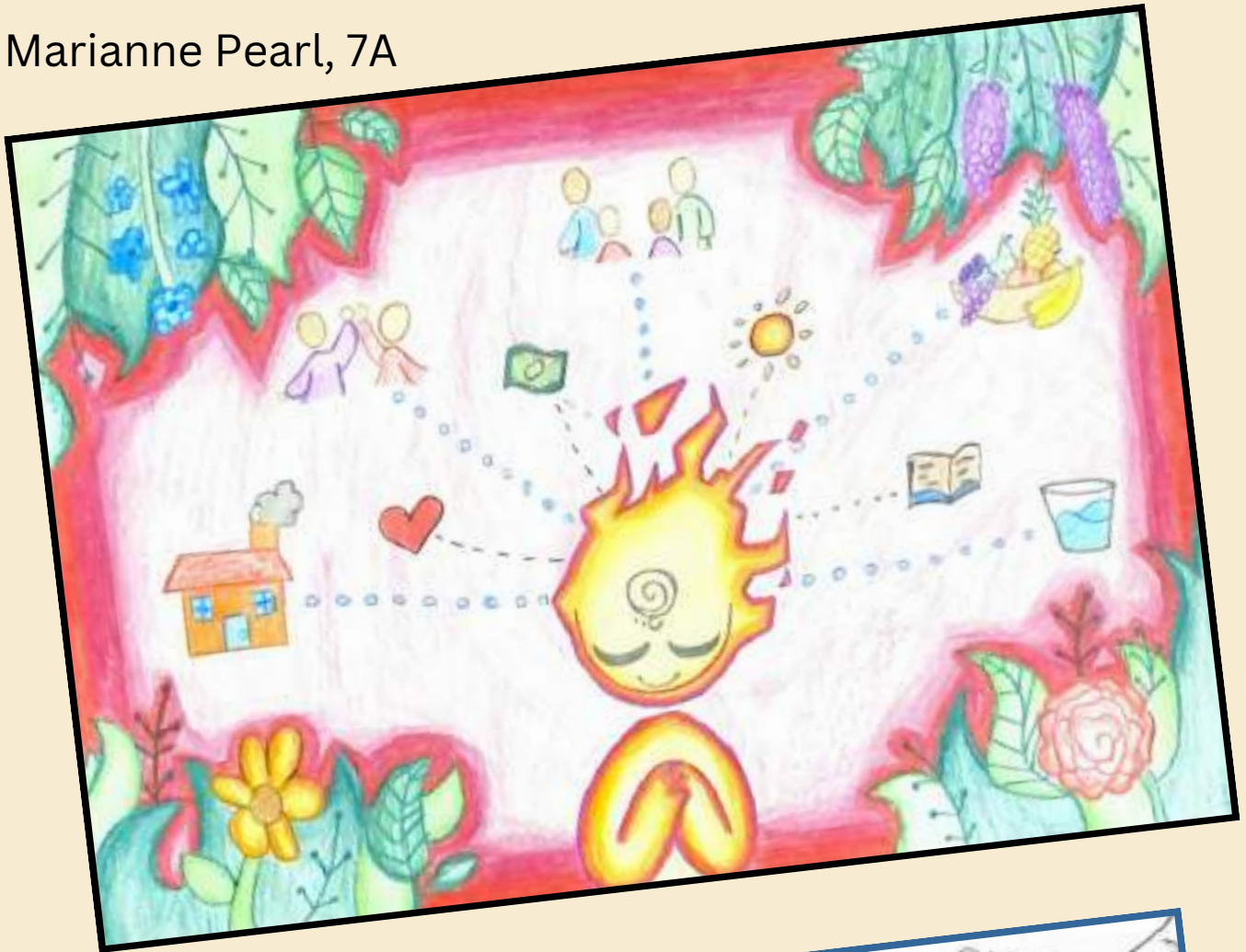
**“DUE TO SAINTS LOSING THE CHAMPIONSHIP IN SKYLINE, WE WERE ALL DETERMINED TO WIN GOLD.”
YOHAN EXPLAINED, HIGHLIGHTING THE TEAM’S UNWAVERING COMMITMENT TO EXCELLENCE.**

Led by the main 6, the team delivered a masterful performance, with Shane, Jose, and Siddhant leading the charge on offense, while Chengetai and Yannis anchored the defense with their trademark intensity.

Despite facing numerous challenges, including questionable officiating and fierce competition, the Saints remained steadfast in their pursuit of victory. In the end, ST Mary’s emerged triumphant, hoisting the championship trophy high above their heads as they celebrated their hard-earned victory. As they bid farewell to their departing seniors and look towards the future, the Saints remain committed to upholding their legacy of excellence on the volleyball court.



Marianne Pearl, 7A



Malone, 7B



SAINTZ

FEST

BY: MINUKA PATHIRAGE, YR 12

SAINTZ FEST

CELEBRATING SPORTS EXCELLENCE AT ST. MARY'S CATHOLIC HIGH SCHOOL

St. Mary's Catholic High School recently hosted its annual sports festival, aptly named Saintz Fest, where students showcased their athletic prowess and competitive spirit. This year's event was nothing short of spectacular, with thrilling matches and unforgettable moments that captivated the entire school community.



In a remarkable display of talent and determination, the boys' basketball team emerged as champions, clinching the coveted first-place title. With precision passes, impressive handles, and unwavering teamwork, they dominated the court and left their opponents in awe. Some standout players during the tournament were Bryce Hernandez from Year 11, who made a major impact on and off the floor to help add another trophy to the St. Mary's trophy case

Not to be outdone, the boys' football team also delivered an outstanding performance, securing the top spot in their category. Their relentless drive, strategic plays, and strong defensive line propelled them to victory, earning well-deserved applause from fans and supporters. After a thrilling final which resulted in a penalty shootout, with the entire school on their toes, the boys just clinched their way to victory with a marvelous nail biting finish. Some notable performances came from goalkeeper Joshua Thapar who managed to withstand the pressure and keep a clean sheet throughout the game.



SAINTZ FEST

CELEBRATING SPORTS EXCELLENCE AT ST. MARY'S CATHOLIC HIGH SCHOOL

While the boys' teams celebrated their triumphs, the girls' basketball team shone brightly, matching their male counterparts with a first-place finish of their own. Their skillful ball-handling, sharp shooting, and cohesive strategy propelled them to glory, making them proud representatives of St. Mary's Catholic High School. The MVP of the tournament with staggering performances throughout the tournament was Tianna Eva Mathias who led her team to an outstanding victory at home court.



On the volleyball courts, both the boys' and girls' teams showcased their talent and tenacity, with the boys' team securing a commendable third-place finish and the girls' team matching their achievement. Their skillful serves, precise spikes, and exceptional teamwork earned them admiration and applause from spectators.

Both teams performed fantastically throughout the tournament and ultimately fell just short of the title, even though they couldn't bring home the championship silverware, they were able to showcase their grit and determination on the court and win the hearts of the entire school.



Saintz Fest was not only a celebration of athletic achievement but also a testament to the dedication, discipline, and camaraderie fostered at St. Mary's Catholic High School. The event brought together students, teachers, parents, and alumni in a spirit of unity and pride, highlighting the importance of sports in shaping character, fostering teamwork, and building community.

As the cheers echoed across the campus and the trophies gleamed in the spotlight, one thing became abundantly clear: at St. Mary's Catholic High School, excellence is not just a goal – it's a way of life. Congratulations to all the participants, coaches, and supporters for making Saintz Fest a resounding success, and here's to many more victories in the years to come!

I'm
Greatful
For.....



...Our Nature

...My Family

...My Health

... My Country

...My Art

... My Friends

... My School

... My World

Ronen
Xavier
C-B

Ronen Xavier, 6B



SAINTZ

SOARS OVER AT SKYLINE

BY: CALEB KAMALANATHAN, YR 12





SAINTZ SOARS AT THE SKYLINE

On the 19th of November 2023, at the Skyline Sports Festival, organized by the Skyline University College, Sharjah - our stunning volleyball team had the opportunity to put their spikes, blocks and sprints on display. After hours of grueling sacrifices, constant revisions of form and technique, and a fiery street spirit, it's safe to say that they have made an excellent reflection of the sportsmanship that St Mary's has been encouraging



We start the day off early in the morning, with the girls, of whom have triumphantly won the championship, and have subsequently made the school and its community proud as they continued to carry on their legacy.

Over at the boys, who came in the runner's up, it was an intense 3-set match. They held off strongly in the first two sets, the pressure piled on and was taking a toll on the players as the stakes were high. In the end, although not victorious, still managed to put up quite the fight and walked out of the court a little more experienced than they were when they set foot.

Shane Dwayne Mallet Rodrigues, who was awarded the most promising player of the tournament, described the immense stress that weighed on the team tenfold during the final stretch. "You either hit the ball, or it hits the floor" he simply described it, which is quite apt for an environment where the smallest split-second decision could, all the more, make the difference

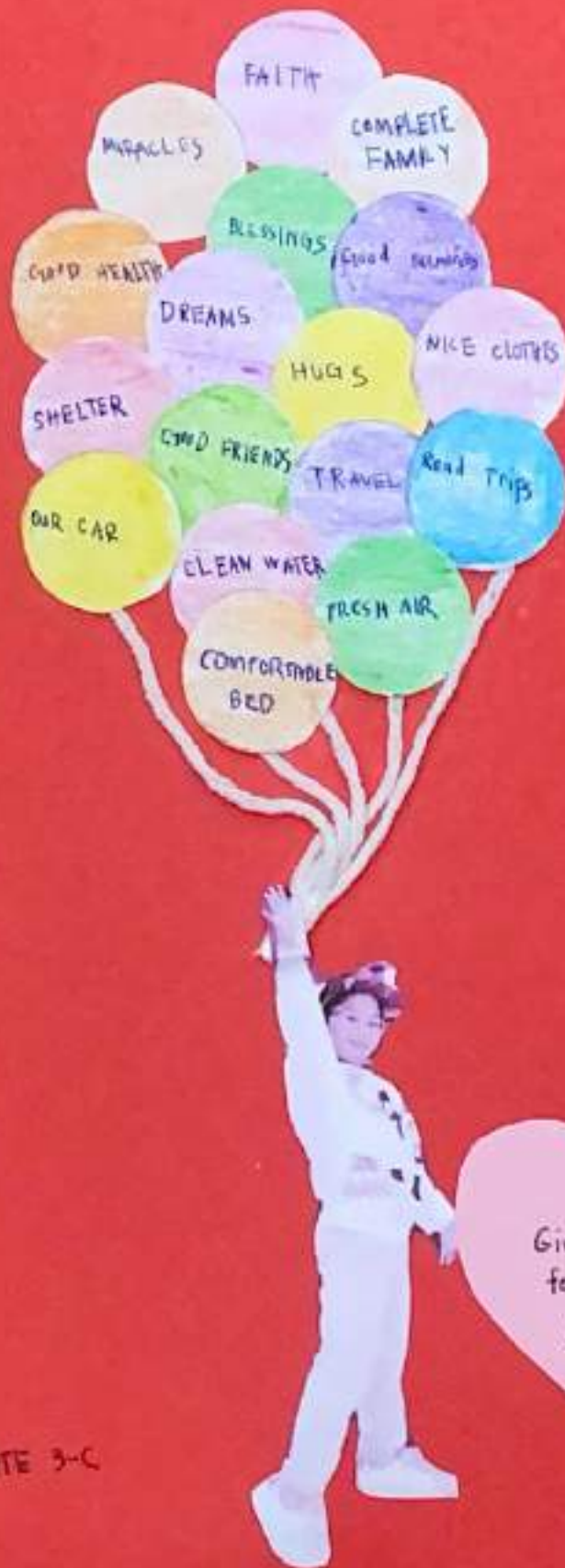


"I just happened to be MVP because I scored the most kills in the games. But I wouldn't have scored those points without Ysa's serves and Jasmin's sets, and the blocks of my juniors, Erin, Karah and Yannah" - Maria Elma Angela C. Marquez was awarded the Most Valuable Player of the tournament.



"I was surprised to be awarded Most Promising Player. I was on Cloud 9! I'm honored that my efforts were recognized and acknowledged by the organizers, our opponents and my team" - Jasmin Mei Sevilla Madronero, awarded Most Promising Player of the tournament.

GRATITUDE BALLOONS



Give Thanks
for a little
and you will
find a lot.

ATHENA AYAH ARIATE 3-C

Athena Ayah Ariate, 3C

SBT BASKETBALL TOURNAMENT



BY: CALEB KAMALANATHAN, YR 12

SBT BASKETBALL TOURNAMENT



SBT Basketball tournament organized by the DPS, Sharjah, Tensions were high among these young lads. In a brilliant display of grit and grace, the spotlight shone brightest in this category, where the "Under 12 Boys" category came out on top brimming with gold. Among these already talented athletes, Hernandez Bruce Lucas was awarded the Most Valuable Player of the tournament.

Over at the Under 18 Boys won the runners up. While they just fell short of a chance in the spotlight, the boys pressed and fought hard to get where they were. However, they did not come home empty handed, aside from the experience and lessons they've all gathered, Mel Marcus de Vera Flores brought a beacon of hope as he was awarded the title of Most Promising player of the tournament. It just goes to show, St Mary's can never walk away with a true loss



As part of the Under 18 category, sharing the silver with the under 18 boys, were the girls who snatched the runner-up spot. Similar to the girls, they didn't come home without reaping anything first. In their case, it was the prestigious award of Most Promising Player awarded to Rosy Leo. A marvelous feat!!!



Life is about being grateful - A poem of Gratitude

Don't you think life is beautiful?

Thus, we should all stay grateful.

Being grateful, it's being thankful and joyful, not hateful.

Life is fruitful,

Life is hopeful,

Life can be regretful, if you're not grateful.

In this world, full of death and despair,
with thieves, robbers and connen everywhere,
they come to steal, not just mudane, but your peace and joy,
and to leave you in vain.

Don't fret for the loss of riches,
but be grateful for what remains,
for those who live in their wretched ways,
shall be judged on their final day,



Do good, Do right,
For when the night will end,
and there will be light,
For there is much to be grateful, rather than to be hateful,

Life is bright,

Life is beautiful,

Those who have it shall always stay grateful.

Those who are grateful shall cherish it.

By: Rebha Agnihotari 6A

I am grateful.

For my family, friends and more,

For all the love they pour.

For the roof above my head,
and every comfortable bed.

For the food on my plate, day and night

for every Friday is a movie night.

I thank you Lord for all

the blessings you shower on me.

At all times please watch over me.



My gratefulness.

Analynn Kiara Rodrigues

3C

ST. MARY'S

Bake Sale

BY: SUHAANI MEHRA, YR 12



ST. MARY'S BAKE SALE:

In the heart of St Mary's Catholic High School, amidst the hustle and bustle of eager children, a delightful event unfolded on the 15th of February - A bake sale bonanza held by Year 2 students!

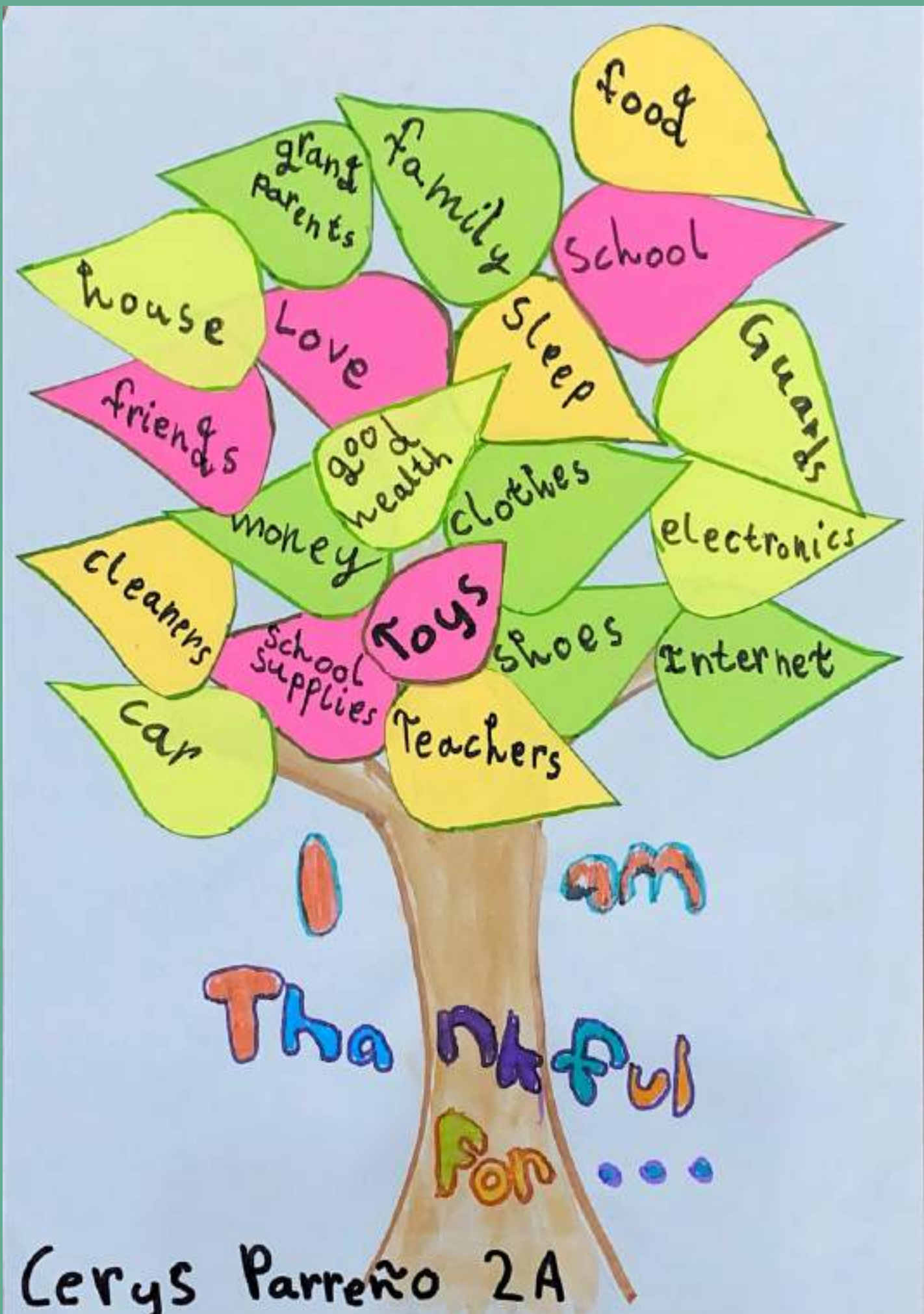
Rows of tables adorned with colorful cloths stretched across the quadrangle, each one laden with an enticing array of confections such as cookies, cupcakes, croissants, chocolates, chips and more. The air was filled with the mouthwatering scent of freshly baked treats, drawing students and teachers alike to this wonderful gathering.

Against the backdrop of laughter and chatter, Grade 2 students took center stage, proudly showcasing their culinary creations. From well decorated cupcakes to golden, crunchy cookies of every flavor, all items on display were a testament to their families' enthusiasm and dedication. As they eagerly served customers and indulged in an early entrepreneurial spirit, the area transformed into a bustling marketplace of sweets and smiles.

Beyond the treats and goodies, there was a palpable sense of community engagement, as each purchase supported the endeavors of our young bakers and contributed to a shared cause. The teachers constantly supported and guided the young ones, helping them price and sell the baked goods. The cherry on top was the little ones simply displaying how endearing they were!



Overall, it was a much needed celebration of creativity, generosity and the simple joys of coming together as a school under the open sky.



Cerys Parreño 2A

Cerys Perrenso, 2A



The Battle of the

Fancy Hats



BY: MARIA THERES KIZHAKKUDEN,
10D

FANCY HAT DAY: YEAR 1

There were fancy hats galore in this year's fancy hat school competition. The classes of Year 1 had a great time on January 29th, 2024, showing off their amazing, creative and crazy hats.

Everything, from Rapunzel with her flowing hair... to the mighty avengers on a building, was created!



The kids brought their colourful and playful imagination to life through these wonderful hats.

The students all loved the experience, the joy of thinking up their dream hat with all of their favourite characters and things. (And their creative parents must have had fun helping too!)

This exciting competition, while promoting the joy of arts and crafts, has another aspect to it. The ideas of sustainability, and the sustainable methods and goals of the future generation were also integrated into this competition, as the students were encouraged to use scrap materials such as paper and cardboard to make these fancy hats. It presents kids with the ideas of using materials, instead of wasting them, to create beautiful creations that they can use.



When asked about the competition, Bella, from 1B, said "It was really good. I made a unicorn with paper and stickers and my friend made captain America."

Aden, from 1A, added on to this, saying "I used cups and lights and I MADE A ROCKET!"

FANCY HAT DAY: YEAR 1

Mrs. Lahni, Mrs. Loida, Mrs. Ajaya and Mrs. Renthhi were assigned with the extremely difficult task of choosing which hats were the best display of artistry and individuality.



"The hats were a very fun experience for the kids and it was a good way for them to present their creative sides. I'm sure they really liked it," said Mrs. Loida, the head of primary art.

Mrs. Renthhi, the school librarian, said "I was so amazed at the creativity and the resourcefulness. I felt it was a very good opportunity for the kids to learn about the ideas of reduce, reuse, recycle."

The teachers were provided a guideline to possibly help them with this tough choice, describing how the hats must surround a fictional character, involve the recycling of waste or scrap materials and present an insane amount of creativity, and in the end, the winners of the fancy hat competition were edit here!

THE WINNERS:

1A : STICKMAN (MARIANNE)

1A: ROCKET (ABIAN)

1A: WONDER WOMEN (ABIYA)

1B : RAPUNZEL (JOANN)

1B: SPIDERMAN (HIRUN)

1B: CAPTAIN AMERICA (DAVEED)

1C: PAW PATROL (MARIA)

1C: OWL (DARREL)

1C: RUDOLF (EBONY)

1D: RAPUNZEL (SASHA)

1D: ROCKET (ALI SHAHVEER)

1D: PAW PATROL (REANNA)

1E: SPIDERMAN (DWAYNE)

1E: LADY BUG (CHENUTHI)

1E: WILLY WONKA (JOAQUIN)





Lucas, 3C

THE COMMOTION OF THE THREE-RING CIRCUS

Simply Bottle Competition



BY: FIZA ALI, 10E

THE COMMOTION OF THE THREE-RING CIRCUS: SIMPLY BOTTLE COMPETITION

"Just as any other campaign introduced by the school, Simply Bottles was introduced in the weekly circular on November 3rd, 2023, as a recycling competition. No one knew the upcoming havoc it was to bring..."



A few weeks in, students took it upon themselves to win the prize of the field trip to the highest-collecting class. The stages of intense competition started with students bringing shopping bags to a few shopping bags per person. But then students saw it was too small—they brought garbage bags full of squished water bottles to fit more in one bag. As experienced firsthand, students from Years 3 and 4, who are half the height of the garbage bag they carried, were being dragged along the floor with all their might.

In many cases, classes found themselves behind others and felt competitive. They resorted to methods that were strategic and smart, but sometimes also laughable. If bringing bottles from home wasn't enough on its own, students started to buy water bottles from the canteen and finish them off. This had a good impact on many students drinking more water. Other than that, students started "dumpster diving"—the most popular method. Students would search in the school bins for bottles that were thrown away. Due to very rational and valid reasons, this method was abolished by the school, but it was truly a sight to see the extent to which students were willing to take the win.

The winning class of 9D actually started collecting later than others. This didn't stop them, though. Their teacher, Ms. Hemantha Madhubhashini, encouraged and motivated them to face head-on with the other classes. They had an average of 3 to 5 garbage bags per day daily, bringing their score to an increment of 1000 bottles per day. One student in particular, Ulrika Marcia, brought in an estimated 9000 bottles on her own, and she was one of the biggest contributors in the school. The sight of her going up and down the stairs with bag after bag was quite funny in fact.



Her motivation and effort were all credited to her "father's competitive nature. He took me to ENOC to collect the bottles because the cars get washed there, so we collected the water bottles cleaned out of the car."

Six of our students who brought in the most number of bottles got a chance to visit the water plant of Mai Dubai, the competition sponsor, with Ms. Bindhu Harikumar, who spearheaded the competition in our school.

This competition has left a good impression on the students by promoting healthy habits and a little bit of healthy competition. SMCHS has proved to be active in environmental protection by coming in first with 1800kg of water bottles and an astonishing difference of more than 1000kg from the second place!

By: Elisha edirisinghe

7A

Grateful

I went for a walk on the streets
I saw a man sitting on the road
I thought he must be so bored
He looked very cold
It made me so sad

As I continued walking
I saw a cat with kittens
That looked as soft as mittens
The cats were very dirty
It made me so sad

I went back home
I realized I'm so lucky
I need to be **grateful**
And especially **faithful**

I have a family who supports me
I have a roof over my head
And at least I have a bed
I have food everyday
Better than a café

Not everyone has these things
So I **MUST** show gratitude
Not attitude
Don't you agree?



THE ELITE
DELEGATION

@

AMIPS

BY: FIZA ALI, 10E

THE ELITE DELEGATION @ AMPS

On February 9, 2024, a delegation from the Saintz MUN group showed up in force to take part in the AMPS MUN 2024 conducted by Al Maaref Private School, Dubai.

Our school group with 68 enthusiastic delegates and two co-chairs proved its power and caliber in an astonishing show of strength, even though more than half of them were new delegates attending their first ever conference.

Nathanya, a delegate in UNICEF, found herself facing dense rivalry but she overcame that by separating her in-committee relations from her social relations. "Though we were from different schools, we were all together like a community." AMPS has surely been a solid first conference experience for her.



Nash, who was in GA3, found the conference to be different from what he had anticipated. He expected a firm, inflexible event with serious arguments and no room for fun. But what he witnessed was much more relaxed and quite enjoyable.

The social night on the second day of the conference certainly was one of the best parts of this three-day conference. While a handful of students got a chance to participate in the escape room that was organised, in the hall, delegates in all sway, elation and spirit jumped with the crowd to multicultural songs with great abandon. Unfortunately, the hour came to an abrupt end making them want more.



"Our students showed excellent work ethics when it came to preparing and participating in the conference. Saintz was an absolute force at AMPS bagging 9 individual awards. Hats off to our kids!" - said a proud Ms. Renthi, one of our Faculty Advisor for Saintz MUN.

THE ELITE DELEGATION @ AMPS

Our delegation won a total of 10 amazing awards in AMPS

Elizaveta Babicenco, 9E

BEST DELEGATE - UNICEF

Leanna Gragasin, 10E

BEST REPORTER - IPC

Araina Quadros, 7A

BEST POSITION PAPER - UNICEF

Mishah Ali, 8E

BEST SPEAKER - COP28

Rhian Jennica, 10E

BEST POSITION PAPER - UNIDO

Emily A Lotfy, 10E

BEST POSITION PAPER - GA3

Veronica Malubay, 8D

BEST SPEAKER - GA3

Mariya Unnisa, 10E

BEST POSITION PAPER - UNEP

Shaiyan Reza, 10F

BEST ARTICLE - IPC

St. Mary's Catholic Highschool, Dubai Best School Delegation

Our youngest awardee, Araina Quadros, from Year 7A, had the most heartwarming reaction when she won the award. She was in disbelief when she heard her name being announced and walked to the stage in a daze. "What encouraged me to participate in the conference was the enthusiasm of my fellow delegates who were always ready for a challenge, which made me try and do the same," said Araina.

Once all the individual awards were announced, everyone waited with breathless anticipation for the 'Best School Delegation Award'. The Secretary General announced "and the award goes to... St. Mary's Catholic High School" and the crowd went WILD! Delegates, off their seats, started cheering "Let's go Saintz... Let's GO!" while running up onto the stage. The stage, suddenly too small to hold this grand awardee, lost its stance and started shaking.

Saintz MUN, which started in the year 2019 with only a handful of pioneers including Nicole Rachel, Jessica D'Silva and a few others, is now a big group of more than 150 enthusiastic delegates. To see what this group has achieved at AMPSMUN '24 is truly a proud moment for the school, the Saintz MUN Secretariat, our faculty advisors and most importantly: these passionate delegates. Congrats on your hard earned and well deserved victory!



THE BEST DELEGATION TO EVER EXIST!!!

Be Grateful

Be grateful for the kindly friends that walk along your way,
Be grateful for the skies of blue that smile from day to day,
Be grateful for the health you own,
The work you find to do,
For around are men less fortunate than you.

Be grateful for the growing trees, the roses soon to blossom,
The tenderness of kindly hearts that shared your gloom,
Be grateful for the morning dew, the grass below your feet,
● The soft caress of babies, and all their laughter sweet.

Acquire the grateful habit, see how gifted you really are,
How much there is to gladden life, how little life to mar!
Indeed, magnificent is the gift of life, including all that
comes with it!

Be grateful you don't have all that you desire,
If you did, what would there be to look forward to?
Be thankful when you don't know something,
● for it gives you the opportunity to learn.

Be grateful when you make mistakes,
It teaches you a valuable lesson,
Be grateful for the hard times,
for during those times, you grow,

Be grateful the challenges you come across,
It builds your character and strenght,
Be grateful when you're tired and weary,
It means you've made a difference out there.



**YEAR 1
SCIENCE OUTING
THE
FANTASTIC
WORLD OF
CHILDREN'S
CITY**

BY: ISABELLA LAUREN E. MAYOGBA,
10A

YEAR 1 SCIENCE OUTING

THE FANTASTIC WORLD OF CHILDREN'S CITY:

Just imagine 3 buses full of Year 1 students buzzing with excitement, armed with backpacks packed with snacks and minds brimming with curiosity - where are they off to? None other than the spectacular wonderland of the Dubai Children's City! Dubai Children's City is a science-centric interactive exhibition for curious young minds, tailor-made for young learners. Of course for their curious minds, it is not just any outing, but a journey into a realm where education meets excitement; every corner holding a new discovery, giggles and "aha" moments filling the air.

And so, on the 18th of January, as the little explorers arrived, they felt like they were stepping into a "colourful" place, as expressed by Naomi from 1D. Pouring out of the buses one by one, their eyes widened at the many sights of the interactive exhibitions and playful installations that filled the rooms of the City. Their enthusiastic teachers guided them with big and cheery smiles; a quick pep talk about safety rules (no running in the exhibits and stay with your teachers!) and a playful reminder to keep our imaginations on full throttle initiated their day of exploration in the magic of Children's City. With maps in their hand and curiosity in their hearts, they were ready to dive headfirst (not literally, of course) into the wonderful world of science-centric fun and discovery



Children's City is full of different zones for children to explore freely, one of which being the Human Body exhibit. Here you can see the mini scientists stumbling upon a fascinating physical exhibit—the human body. The teacher guided them through the different parts, explaining the function of each organ and how they all work together in many systems to keep their body, bones and blood functioning perfectly. Some students eagerly moved around the model, touching and exploring, feeling a connection to their own bodies. It was definitely an experience that they could not learn from any textbook or worksheet.

They ventured further into the depths of the City, delving into a realm of discovery within the Science Area. There were buttons to press and there were levers to pull; as they embraced their inner scientists, they eagerly experimented and uncovered new insights about animals and plants. It was as if a classroom was brought to life! As they giggled their way into the Pretend Play Zone, laughter filled the air as they donned costumes of doctors, firefighters and chefs. The funny outfits allowed the kids to immerse themselves in imaginative and joyfully chaotic scenarios, as they pretended to be adults in daring rescue missions or culinary adventures. Further on, they embarked on a journey across the globe, exploring miniature models of famous buildings from different countries - a whirlwind tour that transported them to distant lands that ignited their wildest imaginations, curiosity and broadening their understanding of the world around them - all within the enchanting confines of Children's City.

YEAR 1 SCIENCE OUTING

THE FANTASTIC WORLD OF CHILDREN'S CITY:

The incredible outing to Children's City was a whirlwind of discovery and excitement for our Year 1 students. Marveling at the wonders of science and immersing themselves in cultural traditions filled each moment with learning and laughter. A few standout moments for Miss Audrin was "a student's excitement at discovering something unexpected" and reflecting on a child's "genuine curiosity sparking engaging discussions among peers," which she says was "incredibly rewarding for teachers."



With this, we highly encourage parents to actively participate in their child's educational journey by engaging in future outings and supporting classroom learning activities. "Field trips offer students hands-on experiences that can enhance their understanding of concepts learned in the classroom," says Miss Audrine. In conclusion, through interactive exhibits, creative activities and immersive experiences, our Year 1 students gained a deeper understanding of the world around them. It is outings such as these that play a crucial role in shaping their minds to be well-rounded individuals and that nurture a lifelong love of learning.



Gratitude

Sebastien Jacobe Cosio, 7B

Be grateful for your friends who stay near
And the teachers guidance to make things clear
For those who help you in your life
Be sure not to take personal strife

Be grateful for those who built up your courage
Because they are also trying to make your knowledge flourish
For those who helped you from the start
Make sure that you don't keep a heavy heart

Remember that gratitude is not all about saying thanks
It's about knowing your worth and trying to advance
It's not about staying in solitude
It's about spending time with others

That's how you express gratitude
By spending time with your brothers and sisters,



HAPPY
Diwali

A festival of lights, love, and laughter.



BY: MARIA THERES KIZHAKKUDEN, 10D



DIWALI - A FESTIVAL OF LIGHTS, LOVE, & LAUGHTER.

The beauty and excitement of the Hindu festival of Diwali hit St. Mary's school in full storm!

On November 9, 2023, the students and teachers of St Mary's came dressed up in their beautiful and unique ethnic wear to celebrate the festival of Diwali. Everyone was decked up in an array of sarees, abayas, lehengas, kurtas and many many other types and styles of clothing to celebrate the festival of light and the victory of good over evil together.

The school portrayed their appreciation for this Indian tradition by placing diyas, oil lamps made from clay that symbolizes prosperity in the new year, around the school. The idea to place diyas in the staffroom, library and the administration office was proposed by Mrs. Mariam, an Emirati teacher who wanted to showcase her appreciation for other cultures, displaying the true spirit of diversity and multiculturalism.



"Mrs. Shobhana and I planned the main events, and we really wanted to focus on the unity among the different religions and cultures and on the idea of light conquering the darkness, which is the true essence of the celebration of Diwali" described Mrs. Kankanika, the secondary head of English Department.

The day also involved a delicious feast for all the members of the staff, which included the classics of Indian cuisine. Everyone was able to relish the taste and delve into the tradition of the country, helping to maintain a sense of national pride and appreciation amongst them.



REWIND

The dishevelled man flinched as the rain poured heavily on his body. The cold whispers of the wind brushed against the mans already shivering body. He stayed alert, waiting for anyone that might pass-by.

Almost three months had passed since the first ever case of Covid had appeared in the US. Covid struck the whole world like thunder, no one was prepared for what happened. People quickly fled to their homes as the ones without such privileges were long forgotten and forced to stay out in the cold.

The man knew it was completely hopeless to wait for someone and beg them for money. But if it was for his family, hope was the only thing they could revel in. An hour had passed since the man's wife and child had fallen asleep. He turned his head for just a moment, to watch their peaceful faces, as they snored softly.

"For my wife, and my children," he said aloud, turning his head back towards the street, not expecting an answer.

The streets remained empty. As time passed slowly, the man began to ponder his existence due to his miserable situation. He closed his eyes, while streams of rainwater dripped down his face, he took a deep breath and remembered his youthful days. He used to be a big dreamer, which made him wonder what changed. The man from his memories was no longer someone he could feel familiar with, but rather a stranger.

He now considered his younger self to be ambitious, greedy, foolish, and vain, which was basically the truth. In the past, the man strived to be a powerful figure in his old company and was willing to do anything to be so. He lied, cheated, stole and abused his fellow co-workers. The whole office hated him, except for his boss. His boss seemed like the only one who wanted to redeem him from his "immoral" way and attempted to teach and guide him to the right path.

The boss gave gifts to him (ex: small snacks, a cup of coffee, chocolates, etc.), allowed him to work less and still get wages, and the boss used a lot of his free time to talk to the man, to tell him what he was doing was foul. But the man was too young and foolish to realize his boss's attempts. He rejected all his boss's advances to "help" him. But the boss was persistent and wouldn't let him go.

So, one day, the man decided to get rid of his boss once and for all. Immediately when his boss came up to him to give him something, he pushed the boss and screamed at him. The man let out all his anger towards his own boss in front of the whole office. The boss sustained a sprained wrist from the experience but overall, he couldn't speak to the man again.

And the next day, the man was fired. His wife was a housewife, and his kids went to a prestigious school. The family ended up being evicted from their house and the kids being

kicked out of school due to the lack of funding. Just because of the man's mistake, his whole family suffered the consequences. Now, in the current position he was in, he began to understand his boss's true intentions.

"Hello! Sorry to bother you, Sir but why-" The man pounced back immediately. He was taken aback by the voice that chirped out of nowhere. "I'm sorry if I disturbed you, but may I ask why you're out here alone?" the voice asked. "I live in this alleyway." The man grumbled. "Oh! I-I'm sorry sir I didn't realize... you just looked upset so I thought I should come and check on you." The man looked up and made eye contact with the voice, who just so happened to belong to a young boy. The boy had blonde hair, blue eyes, pale skin and freckles. His umbrella stopped the rain from pouring on the man's face which made him (secretly) grateful.

"Uhm- How rude of me not to introduce myself, my name is Alex!" he said. "Jack." He replied. "Nice to meet you, Mr. Jack! Not to be rude but I notice that there's a women and two children sleeping at the end of the alleyway, is that your family?" Alex blabbered. "Of course they are." Jack snarled. "I'm sorry sir- I just wanted to know if you needed any help..." he murmured. Jack's eyes suddenly lit up, "Really?" he mumbled, looking at Alex expectantly.

"Yeah, of course!" he stated, "Wait- here I have some money." Alex said as he fumbled with his poeket. Jack inspected him silently, looking for any signs that Alex might be lying. "Ah! Here it is." Alex declared with the wallet in his hand and pulled out 2,000 dollars. "HEY!" Jack shouted and slapped Alex's arm. "Ow! What was that for?" he muttered. "You don't just take that much money out on the streets! Someone could steal it," Jack commented.

"I don't see anyone else on the street, plus I know you won't steal from me- now take it, it's yours." Alex blurted and held the money out. Jack looked at the money, hesitantly. "You know what, take these too." Alex said and placed the money and a water bottle in front of the man and offered him the umbrella.

"This is too much, Alex! It's quite idiotic." Jack remarked. "Just take it, besides I already have multiple umbrellas at home." He grinned brightly. Jack thought about it one last time, and he finally caved in for the thought of actual food and water. "Thank you." Jack said and took the umbrella from Alex's hand. "No problem, Jack!" Alex assured and started walking away. "Why are you so happy?" Jack asked. "I helped you out, of course I'd be happy, and I hope we can cross paths in the future again." Alex mumbled.

Jack took a few moments to process what had just happened. A random guy on the street just gave him \$2000, a bottle of water and an umbrella. Maybe God finally started answering his pleas for help. Maybe Hope wasn't useless after all.

Or maybe, just maybe, because he finally learnt how to appreciate the small things his boss had done for him, life was finally ready to go right.

Something he will always be grateful for, is that one person who was willing to help him when others *weren't*.



THREE STRIKES AND WE'RE IN:

SAINT MARY'S UNWAVERING STREAK OF WINS

BY: CALEB KAMALANATHAN, YR 12

THREE STRIKES AND WE'RE IN: SAINT MARY'S UNWAVERING STREAK OF WINS



Our school's basketball teams have achieved an unprecedented triple victory in the recent GMA Basketball Tournaments. With our boys' and girls' teams emerging as champions in their respective age categories, our dominance on the court has never been more evident.

This winning streak was first kicked off by the GMA U14 Basketball Tournament, where our boys' team showcased their talent and determination to secure the championship title. Led by exceptional basketball athletes,, the team's stellar performance earned them well-deserved recognition.

Among these talented athletes, Ethan Joshua P. Braganza was the highlight of the tournament. Braganza's outstanding contributions did not go unnoticed, as he was awarded the title of Best Player of the tournament, a testament to his skill and dedication to the sport.

Building on this momentum, our boys' team continued their winning streak in the GMA U17 Basketball Tournament. The dynamic Eudric Bryce B. Hernandez was another highlight as the team displayed unwavering determination and resilience, outplaying their opponents to claim yet another championship victory. Hernandez's stellar performance throughout the tournament earned him the court.

But oh wait, there's more!. In a remarkable feat, our girls' team emerged victorious in the GMA U14 Basketball Tournament, adding another championship title to our school's growing list of achievements. Their hard work, dedication, and unwavering team spirit were on full display as they battled their way to the top, showcasing the depth of talent within our school's basketball program.





THREE STRIKES AND WE'RE IN: SAINT MARY'S UNWAVERING STREAK OF WINS

With such talent and an indomitable spirit amongst our roster of athletes, the future of basketball at our school looks brighter than ever. As we continue to support and nurture the growth of our student-athletes, we eagerly anticipate even greater accomplishments in the years to come. Go Saintz!



The feeling of gratitude

I can never forget this little charm in my life, it had embraced in my hands and had saved me on the verge of death.

At first, it reposed on the bustling streets. No one seemed to have sympathy towards this young puppy; its brownish and blackish fur was covered in dust and dirt, its soft paws were weary, yet, it strove to seek love and care, its watery eyes reflected this aim. When I saw it, I just could not bear seeing it like this so I went closer to it. Its eyes stared into mine's, then it rose up, I held one of its hands and it twitched its nose towards my face. I slowly picked it up, its head laid towards my arm, that moment was too sweet so I decided to nurture it. As soon as I had reached home I gave it a quick clean-up and showed my parents, at first, they did not agree but soon I had convinced them. As it grew, it was very curious and mischievous and I always fell into trouble. I taught it a few things which were essential and recommended by my parents. It had a ^{new} name; Max. As time passed, Max had grown up into a German Shepherd but unfortunately he was too big to live in the house so he had to leave. That night, was the worst, I had cried desperately for his return but it just did not work out.

Soon, I was a mother of two children and was working in a good company but one day, an earthquake occurred and I ended up unconscious under the debris of a well-known shopping mall. When I awoke, I had found myself in a despairing situation, I struggled to move the pieces of metal, but the moment got worse ~~but~~ then I heard a faint sound, the pieces of rubble began to clear and there it tugged at my shirt. More people had come and carried me to the ambulance, my left hand and my right leg had got fractured, and was covered in a plaster.

As I came out, I saw the disturbing ruins, the health authorities were awaiting if there were any more injuries and the police forces kept on searching with their trained dogs.

"Where is my family?" "Have they found them injured?" All of these thoughts, suddenly, popped in my mind, and I decided to ask a doctor but then a dog approached me, its eyes glared at me and the moment just felt so unusual. One of the police officers had observed this and move towards us, just before the officer held it, the dog, it began to pounce rapidly, it seemed as if desired to be held in my hands. The man did what the dog wanted and there the creature laid and cuddled in my arms.

"What is the name of this dog?" I asked, "I just want to know."

"Max" He replied, "He is one of our best trained..."

"Max! Thank you so much!" I exclaimed with joy.

"Welcome," He nodded, "Do you know him?"

"I had raised him! can I keep him?" I answered, "He brings makes me feel supported, although my family is not here now with me."

"Well, I ask," the man went away and after a while, he had returned, "I believe so."

I had stroked his Max's fur and flooded with tears. He had finally return back to me, & at last.

Page 2 of 2

TOLERANCE *Day*



BY: ETHAN JACOB, 10B

TOLERANCE DAY 2023:

On the 16th of November, Students from Saintz came dressed to impress in all their national clothing. From the Indian Kurta to the Philipino barong, all of us had put on our best outfits for the Day of Tolerance, a day of inclusivity and acceptance.

We started the day off with a play by the class of 9B, about the true meaning of tolerance and accepting one another's cultures and traditions.

We were shown how to respect each other's cultures and what we can do to support other's traditions. The class of 9B did an excellent job of being able to present to us the meaning and importance of why exactly we students in the UAE should be able to understand what exactly Tolerance is. This was a great way to start of our day celebrating Tolerance!



After this wonderful informative and entertaining play, we all returned to our classroom. During the course of the day we all learnt about each other's traditions and cultures. We learnt more about the different cuisines or clothing which other countries celebrate and enjoy, we learnt more about where our friends come from and stories from back in their country. Not only did we learn more about what other cultures celebrate but more about our fellow classmates!

The UAE uses Tolerance day to teach not only the adults, but the youth as well, on the values of inclusion and coexistence. Looking back to this day, I'd say we here at St. Mary's truly do understand how important the respect of everyone's cultures and traditions really are!



Faith 2A

Gratitude Tree



I'm Thankful For

UAE National Day



BY: JILLIANE BALDONADO, 10D

UAE NATIONAL DAY:

On Wednesday, November 29th, St Mary's Catholic High School takes us back to the profound and deep-rooted history of the UAE. The pan-arab colours painted the school once more as students from every year group dressed in red, green, white, and black.

The day began with speeches from the seniors. Presented in Arabic and English, it enabled students to listen to the various accomplishments, innovations, and advancements of the UAE as a country. Unfolding the tales of the past, they retold how the UAE developed into its multicultural and accepting identity.

A skit about the Union of the Emirates followed the speeches, depicting how the rulers of each emirate delineated their determination to join forces and come together as one nation.

We also got to hear the inspiring inputs from our students from different parts of the world. Dressed in their marvellous traditional wear, they emphasised the country's efforts to prioritise its residents' mental and physical well-being. They also talked about the great opportunities the UAE has given them. Regardless of being a part of different ethnic groups, their love for the UAE united them.



Despite art, poetry and music being some of the main elements of UAE's culture – you can never forget dance! And that's what our students from different year groups proved! Many traditional dances were performed, such as the Nasha'at, Al-Ayyala, and Yowlah for the boys. Their unforgettable performances were the highlight of the day. Every student buzzed with excitement as they danced on the stage.

To end the assembly, quiz questions to test the children's knowledge about UAE were asked by the MCs, and students were ready to grasp their prizes. After the assembly all students returned to lessons.

Yet the fun did not end there!

Traditional foods like Luqaimat and Rigag were popular during break time. Students filed in numerous lines to get a taste of Emirati culture, their every bite containing the vast history of the UAE. Henna was also quite popular, with multiple beautiful designs drawn on the skin. Each design expressed creativity and culture!

"A NATION WITHOUT A PAST IS A NATION WITHOUT A PRESENT OR A FUTURE."

—HIS HIGHNESS SHEIKH ZAYED BIN SULTAN AL NAHYAN

Gratitude

Gratitude means to be grateful and I am grateful for friends, family, education, football and a house.

Be happy to give and that person will have Gratitude towards you and you will feel 2 times happier than before.



you should be grateful of what you have because you may end up poor like them and then you will regret it.

7-B (Gratitude)

By Lachlan Poem

1.1

School is a virtue:

Oh teachers and school,

nothing has ever been so cool,

from helping me learn,

to making new friends,

the rewards that we earn,

never seem to end,

from the principals to the janitors,

nothing has ever made me happier.

To all of the students of saints
mary's,

Never keep trying

Always be merry



YEAR 1 MOVIE DAY

Let's Talk About Emotions

BY: OSHADHI MARISSA WEERAMANTHRI,
YR 12

LET'S TALK ABOUT EMOTIONS: THE YEAR 1 MOVIE DAY

Walking through the hallways of our school, you cannot miss the numerous posters plastered on the walls, most of them sharing one essential thing in common: emotions. It'll often be a chart, describing roughly fifteen feelings. Although we're all experiencing emotions at all given moments, it can still be a very difficult thing to articulate them. And it is especially difficult for kids who are still adjusting to a new school environment. As part of the well-being initiative here at St Mary's, the primary school had organised a movie day for the tiny tots of Year 1 on the 30th of January.

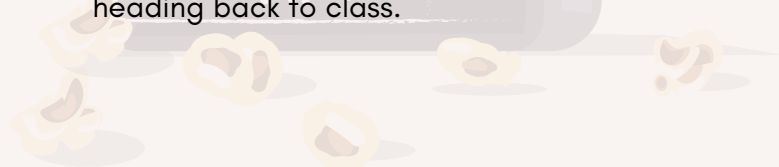
I had the pleasure of speaking with Mrs Suzanne Vaidya, the teacher who had suggested this program. As the year ones wrapped up their round of first term tests, rather than jumping headfirst into the new term, a variety of brilliant activities were planned to help children wind down and foster a sense of openness. This included small field trips and visits to parks. A particularly special event that had been arranged was a Movie Day.

Specialising in early-years teaching, Mrs Suzanne shared many insights into the spotlight of this event. Feelings are a natural but nuanced part of how we process things. Children in primary school hardly decipher these emotions as anything more than 'happy, sad, and angry'. Emotions like worry, fear, surprise, and nervousness simply fall under one of the three categories. "The concept of well-being is to verbalise, to manage, and to moderate these feelings." To help regulate these sentiments, children need to be given a helpful nudge in expressing them first.



On that day, after some cupcake decorating, the children moved to the main hall and settled down on picnic mats to watch "Inside Out", a movie in which the colourful characters are our emotions. Afterwards, each class had a discussion with their respective teachers about how the movie made them feel

The kids' response was expectedly excited, and a little distracted, but Mrs Suzanne described the journey of picking apart the internal mechanisms of their feelings as a "work in progress." Understanding how they feel and their appropriate ways to deal with it is a life skill that'll empower them. And though it may take a while for these kids to warm up to the idea of sharing their thoughts and emotions, it may already be taking effect. Throughout the brief interview next to the fish tank of the Junior building, children were far from shy to greet Mrs Suzanne and stutter their way through a merry thought or two before heading back to class.



LET'S TALK ABOUT EMOTIONS: THE YEAR 1 MOVIE DAY



St Mary's takes pride in helping students realise their emotional strength, but to also cherish a community where safety and security is bred. Meaningfully put by Mrs Suzanne, "they can realise they feel sad. Instead of telling them to put a smile back on their face, they need to be told that it's okay. It's okay to be sad sometimes." Unlike in a poster, smiles can't be plastered on a face.

When asked about any upcoming events that might be on the table, there was mention of a promising program called 'Grandparents' Day', that would be a platform to share wisdom. The event might include music, an art mural, or even a planting session, where young students get to plant flowers with their grandparents in the school garden as a sweet token that they get to look back on, once they graduate from primary school. Just like these little ones growing into budding students exercising bright potential, through time, these little seedlings will grow as well.



The enlightening talk left me with the hope that more activities will be proposed to integrate values of well-being into education, enabling a more welcoming atmosphere for everyone. Young students will be more confident in conceptualising their own emotions, having a better grasp at how they can cope, developing their cognitive awareness, and being more grounded in their vivid imaginations. In such a fast paced world, teachers like the ones here at St Mary's can let children know that a bad day isn't one-step-forward-two-steps-back; it's just another day that'll pass by.

Kathleen, 3C

kathleen
3C

★ gratitude

I thank you for my
friends

I thank you for my teachers

I thank you for my parents

I thank you for my siblings

I thank you for my
School



Kindra Xavier, 3F

Maria Jamil
3c



GRATITUDE

Makes us feel bursting
With delights just to
Remember the gifts we
Have received.

Gratitude

Gratitude



Gratitude

Maria Jamil, 3C



ECHOES OF
EXHILARATION

Dolphin

EXHIBITION



BY: DAVID JEREMIAH GOMES, 10B



ECHOES OF EXHILARATION: A DOLPHIN EXHIBITION

A visit to the the Dubai Dolphinarium always exudes joy among the young bright minds of St Mary's Catholic High school and this was evident when young explorers embarked into this visit which was evident by the eagerness as well as joy they showed on their faces. Awaiting a leisurely experience packed with an unending sense of exhilaration and awe.

Within the confines of beautiful natural surroundings of Dubai Creek park, the students gathered around for a bountiful sumptuous picnic. Being one with nature the children explored the confines of the park filling the park with joys and the sound of wonderful children. The loud shouts of joy and laughter resonated throughout the park.

With beaming grins and shrieks of laughter, they ventured across the tranquil and lush surroundings, playing various games such as tag. A common topic that could be overheard in the park was the tricks they expected the Dolphins to perform and their previous experiences with similar shows like the one they were about to witness. One could see children enact themselves like little dolphins mimicking the spins and twirls of the dolphins with an occasional leap here and there followed by louder laughter. The children's excitement for the dolphin show steadily bubbled below the surface as they chattered jovially about the tricks they hoped to see the dolphins perform, their imaginations filled with visions of graceful leaps and flips.



Alas the time had finally come and the children nestled into the dolphinarium with the once loud voices in the park replaced by quiet whispers and intent discussions of the dolphins that were swimming. As the hall grew quieter a sudden sighting of the baby seal brought cheers and claps among all the young ones which at once made the place sound so bubbly again. The seal kept the children's attention with tricks and won each and every audience's heart there.

ECHOES OF EXHILARATION: A DOLPHIN EXHIBITION

Then came the moment everybody had been waiting for...dolphins! The dolphins slowly glided to the surface of the water and suddenly in the spur of the moment they somersaulted gracefully, igniting yet another flame of amazement in the children as they clapped enthusiastically. The show continued with the children witnessing breathtaking stunts and even more graceful somersaults. But what the children cherished the most was a playful game of beach ball between the dolphins! At various instances the massive beach ball would land outside the aquarium and bounce right in front of them, yet again filling the children with immeasurable amounts of glee!

For many of the Year One students it was their first time coming across dolphins up close and such a breathtaking experience undoubtedly left a lasting impression on them. Immense fascination and love was devoted towards these playful marine creatures. Their playful antics was something the children couldnt stop talking about even as they boarded the bus back to school! Without a doubt the trip to the dolphinarium was a resounding success, creating warm cherished memories in the children's hearts that would last a lifetime.





I Am Grateful

Inoue Kenzo Dampios, 7B

I wake up in the morning
Mother made breakfast
Through the house I'm soaring
Eating while I think about my past
I am grateful

School I have just arrived
Over and over again, I write
Thinking about the things I have been provided
Just to get to this height
I am grateful

Food and water in my sight
I can see only because of my eyes and light
Grateful for this, grateful for that
Many have less, many have more
Many haven't seen anything before
Some can't walk, some can't talk

Many people have many things to be grateful of

I am grateful for this

Be thankful for what
you have you'll end
up having more.
If you concentrate
on what you don't
have, you never
ever have
Enough!



Gratitude Is the
Best Attitude!

It's not joy that makes
you grateful it is
gratitude that
make you joyful!



Be Thankful
At All
the
Time.

Gratitude!



Give Thanks with a grateful
heart.

Waruni Stella G-E

YEAR 6

LEGOLAND TRIP



BY: ZOYA KHAKHU, YEAR 12

YEAR 6 - LEGOLAND TRIP

Overwhelmed by a dosage of consistent and shining armour, you as parents, have to attire yourselves with- releasing your own ripe and radiant 11-12 year old tweens; peeling off their parched cocoons so that they may finally “learn to drive, pilot a plane, dive deep under the sea and sleigh a dragon”, as LEGOLAND® Dubai enthusiastically intends, is none other than a matter of entrusted quests LEGOLAND® Dubai never fails to accomplish.



Too good to be true? Well, I thought so too, fellow knights! Until St. Marys' own little 6th year dragon slayers proved the inevitable. The impossible. And the impracticable!

Armed with an unfathomable and peculiar amount of vitality that most people would not possess at the start of the day, on 1st February, our audacious and lionhearted 4-5 feet pioneers engulf themselves under a blanket of raging elation as they systematically soar up the amber 'big yellow buses' more eye-blinding than the gleams outcasted by the unexpectedly luminous than ever sun that glisten along the eyes teachers claim to have both on the front, and the back of their heads.

An hour-long torturous transport along the jiggering vehicle feeling: nauseous, light-headed and vivid? ERR...Wrong! Absolutely Wrong! As Riem Christian, 6C, exhilarates: “The ride was very fun, as we had also been provided with footrests—all of us! It was actually my first time visiting Legoland!”

Crawling out into a scenery... a mural- or should I say tangible visionaries extracted straight out of a kid's drawing: lively spirited dragons, bewitching wizards that abode in their enchanting castles, and vibrantly blazing soldiers assembled to safeguard the fantastic imaginations LEGOLAND® Dubai withholds: not just any amusement park, but rather an utterly ultimate world of year-round LEGO® theme park featuring over 40 interactive rides, shows and attractions, each unique in their design, entertainment and playful learning experience, and 15,000 LEGO® model structures made from over 60 million LEGO® bricks. Being arranged in uniformed lines divided by several groups formed per class, shielded below the mandatory hats the students were assigned to carry, alongside their 'second mothers' - teachers!

YEAR 6 - LEGOLAND TRIP

Now, tell me... honestly, have you ever thought of fueling your beloveds' dreams with gears of imagination? Could it actually be feasible to watch their tiny hands sculpt skyscrapers in the sandbox of possibility?

LEGOLAND® Dubai thinks so.



As memorable as their first broken tooth, they begin their 'never forgotten' quest with an indoor walk through of a working LEGO® brick factory engineering their own first bricks! Why eagerly wait till you're legally 18? LEGOLAND® Dubai foresees St. Marys' miniature F1 drivers thereby, investing in their driving potentials rewarding them with their own custom LEGOLAND® licenses. Our dwarfed avengers diligently: soared over ever-green draped mountains utilizing their aeronautical artistry, bashed against the mighty turquoise shores clothed within a fully LEGO® brick submarine (truly one of a kind), or even douse roaring flames of make-believe, igniting dreams of daredevilry constructing nothing but bright crimson firefighters.

Air, fire, water? You name it, LEGOLAND® Dubai serves it!

The uncontrollable lunatics don't just end there! "Legoland was divided into multiple different sectors, Imagination being my favorite!" highlights Abner from 6B, including: Miniland (indoor attraction displaying LEGO® models of world-famous landmarks), Kingdoms and Adventure. Collectively agreed, the front runner up rides are awarded to: The Dragon (fast moving rollercoaster consisting slow moving dark sections using smoke and strobe lighting), LEGO® Technic Twister (revolving tea cup ride) and LEGO® Studios 4D (3D films with special effects including smoke, lights and water sprays).

YEAR 6 - LEGOLAND TRIP

In a symphony of uniqueness, each child paints the world with their own vibrant brushstrokes of individuality. LEGOLAND® Dubai takes pride in that individuality catering varying rides for all, including the older groups- teachers! If not these rides, then brace yourself for the Merlin's Flying Machines, a Carousel where carriages move up and down by pedal power as the ride rotates; Kid Power Towers, hand pulley operated chairs that travel to the top of the tower and gently abseil down; Wave Racers, a fast water jet-ski ride and last but definitely not the least, Pharaoh's Revenge- a play area on two levels with foam balls and interactive elements.

An enthralling aroma and the free will to choose either pasta or pizza drag the students out of the layers of a non-stop adrenaline rush. What felt like minutes, it was already 'Back to School' o' clock by 4 p.m. where the students are sent with euphoric filled thoughts drenching and drenching their loved ones in never ending tales to tell their own knight in shining armour—you!



The queen's pendant

"Your majesty, the king had given you a ruby pendant." The servant shared, sticking out his hand towards Catherine. (The ruler of Kingdom Lumina) The queen furiously snatched the tiny grey box, with a white silk ribbon tied onto it. The palace fell pin-drop silent, glaring at the queen's hand, slowly reaching to the box lid.

"What is this rubbish?!" the queen shrieked at the box, revealing a majestic, shimmering pendant as her eyes filled with terror. "I told him to buy a sapphire pendant, not this, not this... this rubbish!" she said in sharp anger. "shall I go inform the king, Your Majesty?" the servant frustratedly asked. "Go!" she cried.

Following the given instructions, the servant swiftly rushed out of the room, leaving the miserable queen alone. He stood in front of the telephone, dialling the king's phone number.

"Good afternoon your highness" he spoke with a slight nervousness in his voice. "Good afternoon, is there a reason why you have called me?" the king spoke in concern. "Yes, Your Highness. Unfortunately, the queen dislikes the ruby pendant and demands a sapphire pendant." Said the servant softly. "Thank you for informing me, my loyal servant. Goodbye." The king said gracefully then proceeded to hang up.


The next day, the king barged into a nearby jewellery shop. "Good morning, Melina" the king greeted. Melina (the jewellery associate) bowed deeply "Hello there, Your Highness, what can I help you with today?" she said in a friendly tone and a warm smile. "May I request for a sapphire pendant?" stated the king. "Right on your way, My Highness!" Melina rushed to the storage room, returning three minutes later. The king paid and then left.

"Your majesty, the king had given you a sapphire pendant" the servant said, although the queen was furious. She snatched the box harder than before and opening it, she found a small sapphire pendant, it was tinier than the ruby and more expensive. The queen got a grip of the sapphire pendant and threw it across the room, hitting a guard's head. "It is too small for me to wear! Inform

this to the king." She roared. Again, the servant called the king. The king was angry at the queen's ungratefulness and got an idea.

Dusk turns into dawn, and the bright, blustery afternoon fades to a chilly day of gloom, night. The queen (still in her sorrowful state) decided to go out for a stroll towards the same nearby jewellery store until she heard a familiar voice behind her. "Keep it I insist!" said the familiar voice. Turning her head, she sees the king giving an abnormal number of money towards beggarly people.

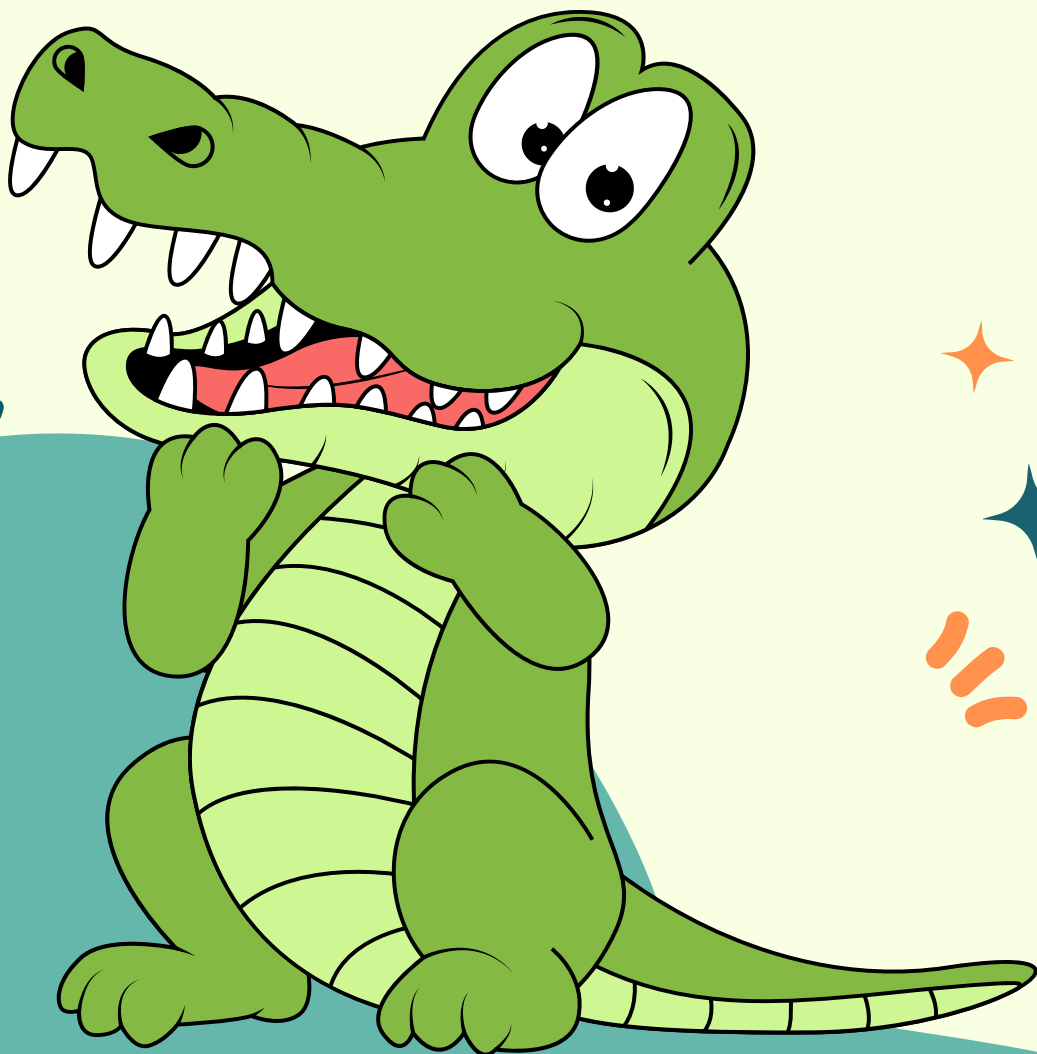
The queen was angry, her heart building up with rage. She marched towards the king, dragging him behind. "Where did you get this money?!" barked the queen. "I sold the pendants that you hated." The king responded. Just as the queen was about to speak, she saw how happy the poor was. "I should have gotten the money... not them!" she thought, walking away from the king. Two, large tears started forming in her eyes, slowly going down to her chin. "I'll be thankful next time." She said in a low tone, Leaving to the palace empty-handed.

<p>Before I use to complain when I do my studies and I saw people begging for it. I complain about my food. and I saw people asking for it.</p>	<p>That is GENEROSITY. Liam 20</p>  <p>generosity!</p>
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Liam, 2A

YEAR FOUR'S

CROCODILE
ADVENTURE TRIP



BY: JILLIANE ALINAN BALDONADO, YR
10D

YEAR 4 - CROCODILE ADVENTURE TRIP



On 1st February, students from Year Four had the great opportunity to visit Dubai Crocodile Park, a wildlife park in Dubai, UAE, home to a diverse collection of crocodiles, reptiles, and other animals. With their shoes fastened, and determined looks and beaming smiles on their faces, they were more than prepared to learn all about the fantastic beasts that roam our Earth!



At 9.00am on the dot, students gathered in school, chattering in excitement as they entered the bus to reach their destination. When they first stepped into Crocodile territory, they gazed around with innocent wonder. The smiling tour guides greeted them with a warm welcome, ushering them in to observe and learn about the magnificent world of Crocodiles! Each section of students secured an area of the park to cover first. Each section consisted of an aquarium, museum, and (of course) the lounging crocodiles! Students observed the crocodiles from a safe distance as the guides told them about the fascinating creatures.

But who would have thought that the words 'mini' and 'crocodiles' could ever appear together in the same sentence?

Surprisingly, they do!



The Aquarium

The children were in awe as they looked at the baby crocodiles in a mini tank, watching how they started as harmless reptiles to later become giant beasts. They could not help but gaze fixedly at their tiny fangs and tails, these young ones still too small to compete with their bigger relatives out on display in the middle of the park.

The Museum

Students also checked out the crocodile eggs in incubators, ready to hatch and enter the world of wonder. Crocodile skeletons also depicted their anatomy, diet and more. Small crocodiles swimming in the glass water tanks could also be observed, balancing in the water with their webbed limbs. The students also had the chance to touch and feel what a crocodile's tooth and bone structure was like.

After their exploration, the students ate their snack in the designated areas. At 11:30, they prepared to go back to school. They were sad to leave such a fantastic place, but went home having learned a lot of captivating crocodile facts.



Gratitude

Gratitude is good attitude
but its not gonna be a bag. thank you.
Help others and be a brother.
So they'll be happy forever.

With a joyful heart,
all will go in part.
Have a smile on your face
and they'll keep your trace.

Just lend out a hand
but don't start a band.
They'll write your name on stone
but it will never be seen on sand.

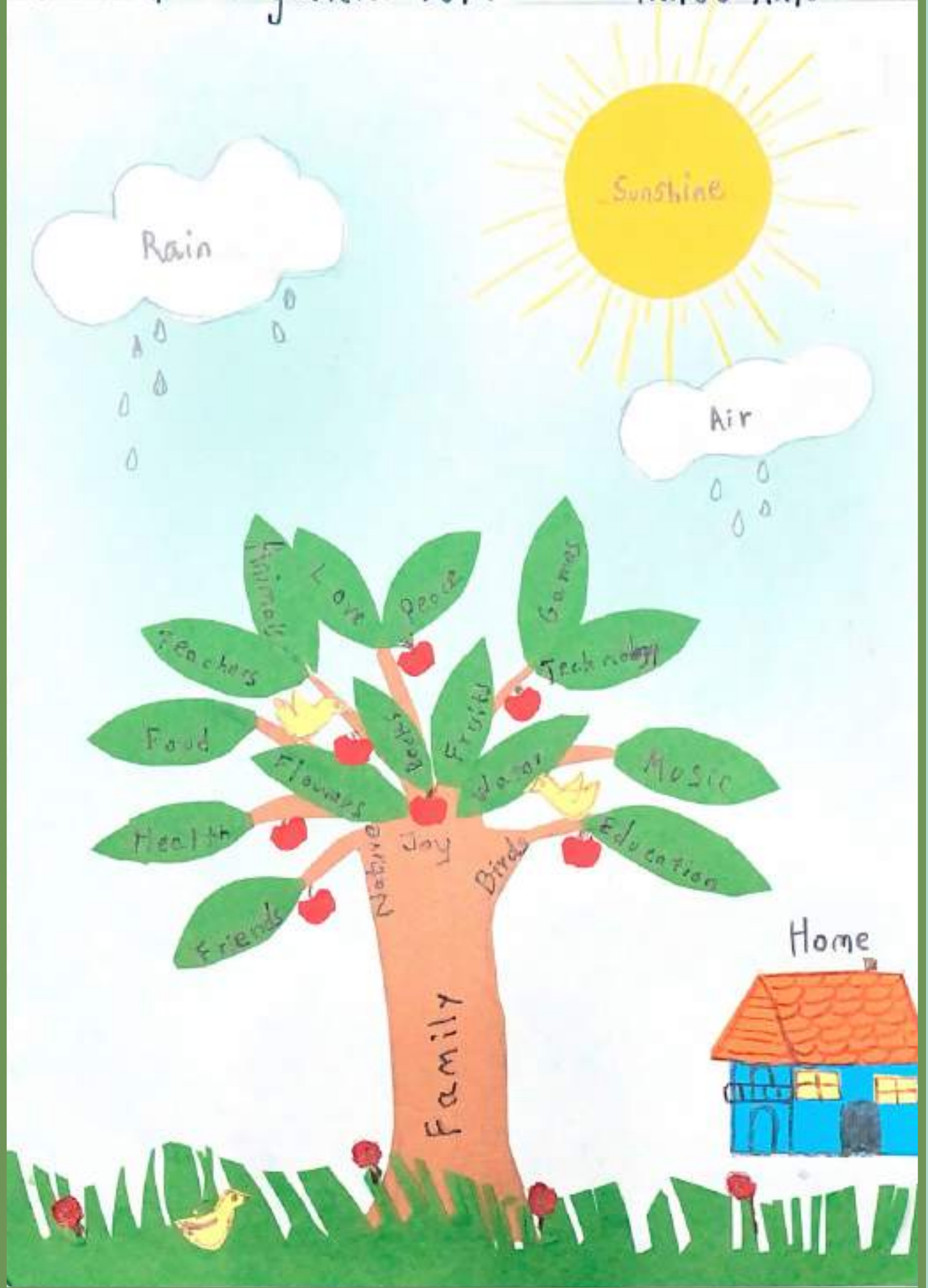
A thankful heart is must
but don't let it to rust.
Just say the word thanks,
and that person's heart will dance.

One thank you means a lot,
more than pictures on the wall.
It is all just priceless
and would never bring crises.

And this is all I have to say,
can't explain it in another way.
For there are no words to express gratitude,
when it all comes from your heart in good attitude

What I am grateful for.

Mateo Antao 3A



Mateo Antao, 3A

Team Saints Times

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Thank You!

