



# Chrysalis

SALMIYA INDIAN MODEL SCHOOL  
Primary E- Magazine  
Issue: May 2024




**Emerging  
Wings:  
The Chrysalis  
Chronicle -  
Where Little  
Butterflies  
Grow!**



 Salmiya Indian Model School, Kuwait

 simsinkuwait

 [www.simskuwait.net](http://www.simskuwait.net)



# Contents



<b>1. OWNER'S MESSAGE</b>	<b>3</b>
<b>2. FROM THE MANAGER'S DESK</b>	<b>4</b>
<b>3. INSIGHTS FROM OUR ASSISTANT MANAGER</b>	<b>5</b>
<b>4. REFLECTIONS FROM OUR DIRECTOR</b>	<b>6</b>
<b>5. PRINCIPAL'S PERSPECTIVE</b>	<b>7</b>
<b>6. MESSAGE FROM THE EDITOR</b>	<b>8</b>
<b>7. STUDENT LEADERS COUNCIL</b>	<b>9</b>
<b>8. ACTIVITY REPORTS</b>	<b>11</b>
<b>9. STUDENTS LITERARY CORNER</b>	<b>15</b>
<b>10. EMERGING ARTISTS</b>	<b>34</b>
<b>11. TEACHERS CORNER</b>	<b>46</b>
<b>12. FACULTY FEATURES</b>	<b>50</b>





# OWNER'S MESSAGE

Dear Parents and Students,

It is with great pleasure and pride that I extend a warm welcome to all of you to the Salmiya Indian Model School (SIMS). As the proud owner of this esteemed institution, I am thrilled to share the ethos and guiding principles that form the



foundation of our school. At SIMS, we believe in grooming our children to not only navigate but thrive in the face of the challenges presented by our ever-changing world. Our commitment to excellence in education is unwavering, and we strive to provide an environment that fosters holistic development, academic rigor, and the cultivation of essential life skills.

SIMS stands as a school with a difference, offering a unique blend of the Indian and British curriculums. This dual curriculum approach allows us to provide a diverse and enriching learning experience, catering to the varied needs and aspirations of our students.

Thank you for entrusting us with the education and well-being of your children. I look forward to a year filled with growth, achievement, and success for each and every SIMS student.

Owner

Prof. (Dr.) Sheikha Maymouna Khalifa Al Sabah





# From the Manager's Desk



Dear Teachers , Students and Parents of Primary Wing,

It is with immense pleasure that I welcome you to the First edition of Chrysalis, our cherished e-magazine that encapsulates the vibrant life and achievements of the Primary Wing.

Our young learners have embraced new challenges with enthusiasm and curiosity, showcasing their talents in academics, arts, sports, and various extracurricular activities. This edition of Chrysalis highlights their remarkable journeys, offering a glimpse into their hard work and dedication.

Our dedicated teachers and staff have continued to provide an inspiring and nurturing environment, fostering a love for learning and personal growth. I extend my heartfelt gratitude to them for their relentless pursuit of excellence.

To our parents, thank you for your steadfast support and partnership. As you explore this edition of Chrysalis, I hope you feel a sense of pride and joy in the collective achievements of our Primary Wing.

Warm regards and best wishes to the entire team,

Sheikh Salem Abdullah Al Sabah  
Manager, SIMS





# Insights from our Assistant Manager



Dear Students ,  
I am thrilled to have this opportunity to connect with you through our Primary Students Magazine. Each of you brings a unique spark to our school, and it is a joy to watch you learn, grow, and discover new things every day.

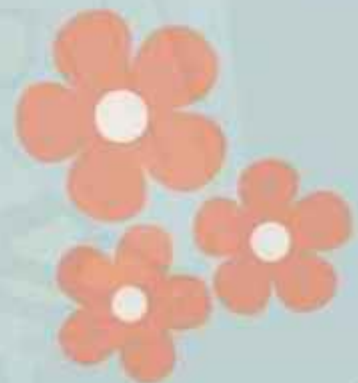


This magazine is a celebration of your creativity, hard work, and achievements. I encourage you to keep sharing your stories, artwork, and ideas. Remember, each contribution you make not only enriches our magazine but also inspires your peers.

Always believe in yourself, stay curious, and never stop asking questions. Your journey is just beginning, and I am excited to see all the wonderful places it will take you.

With warmest wishes,

**Meshael Al Aqeel**  
Assistant Manager & Senior Counsellor





# Reflections from our Director



**Congratulations to the TEAM of "Chrysalis" The E-Magazine!**

Dear Students and Teachers of the Primary Wing, I am delighted to extend my warmest congratulations to all the contributors and teachers involved in the creation of our primary wing's e-magazine, "Chrysalis." Your dedication, creativity, and hard work have truly shone through in this marvelous publication.

• I really liked the title of the e-magazine, "Chrysalis".

The title itself speaks a lot about the creativity of the team involved with this work.

• To the students who poured their hearts into crafting stories, poems, artwork, and articles, your talents have illuminated the pages of "Chrysalis" and will surely bring joy to its readers. Your contributions showcase not only your creativity but also your passion for expression and learning.

• To the teachers who guided and nurtured these budding talents, your support and encouragement have played a pivotal role in fostering a love for literature and creativity among our students. Your commitment to enriching their educational experience is truly commendable.

As we will flip through the pages of "Chrysalis," we will surely be reminded of the beauty and power of imagination. Each piece will reflect the unique perspectives and voices of our primary wing community, making this e-magazine a treasure trove of inspiration and insight.

To everyone involved, I offer my heartfelt appreciation and best wishes. May "Chrysalis" continue to evolve and flourish, serving as a platform for creativity, expression, and learning for years to come.

Warm regards,  
Dr. Anis Ahmad  
Director



Chrysalis



# Principal's Perspective

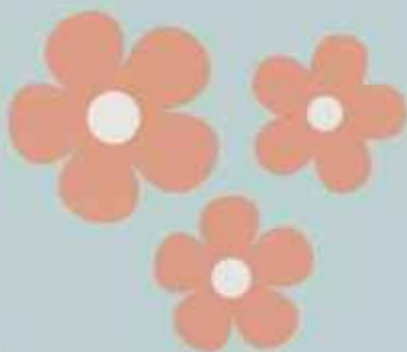
Dear Readers ,

It brings me great joy to introduce to you our very first e-magazine, "Chrysalis," curated exclusively by the brilliant minds of our Primary Wing. I take this opportunity to extend my heartfelt gratitude and appreciation to Ms. Fariah , the very talented Editor of this e-magazine.

Through "Chrysalis," we aim to showcase the creativity, curiosity, and achievements of our students, as well as provide a platform for the faculty to express their thoughts, ideas, and talents. This e-magazine serves as a testament to the incredible potential within each and every one of our students, and I encourage you to explore and celebrate their contributions.

I extend my heartfelt gratitude to all the students, teachers, and staff who have contributed to bring this initiative to fruition. I am excited to witness the impact it will undoubtedly have on our school community. Thank you for your continuous support extended to us.

Sajitha Menon  
Principal KG and Primary





# Message from the Editor



Dear readers,

It's with immense pleasure that I present to you the very first edition of the Primary E- Magazine of SIMS, Chrysalis.

The word 'Chrysalis,' refers to the pupal stage of a butterfly, during which the caterpillar transforms into an adult vibrant butterfly. Symbolically, the chrysalis is often associated with transformation and growth.

The students of the primary section are exactly in that stage. They are learning, growing, transforming, and absorbing loads of information from around them, gearing up to enter their next stage.

While here, we as teachers are trying to give them their space and provide them with a platform to showcase their literary talents as well as their artistic abilities.

I encourage you all to explore the pages ahead and share your feedback with us. Your input is invaluable as we strive to continuously improve and encourage our students in every way.

Thank you for your continued support and participation. Together, let's continue to inspire, inform, and uplift one another.

Warm regards,  
Fariah Fatima



Chrysalis



# STUDENT LEADERS' COUNCIL

A student leader council serves as a strong pillar of support in any educational institute. Their presence helps to build a stronger student community. They are also a source of inspiration and motivation to all students. By emulating their leaders, students strive to become better individuals, contributing to the growth and improvement of the entire community.

With this vision in mind we are proud to introduce the Student Leaders Council in the Primary Section this year. Students were selected based on rigorous criteria including academic performance, personality, leadership ability, punctuality, respect towards teachers, and other key qualities.

Thus, It is with great pride that we announce the Student Leaders of the Primary wing for the academic session 2024-2025.

**HEAD BOY:  
OMAR AMR**



**VICE HEAD BOY:  
SYED AMMAR MOOSAVI**





**HEAD GIRL:  
NAYA NASHAT**



**VICE HEAD GIRL:  
RAIHANA MOHAMMAD**



**SPORTS CAPTAIN:  
HAMDY ALI HAMDY**



**VICE SPORTS CAPTAIN:  
ABDALLAH HASAN**



# ACTIVITY REPORTS:

## GRADES 4 & 5

Dear Parents and Guardians,  
We're excited to share the success of our new club activities for Class 4 and 5 students. Over the past weeks, our students have been actively participating in a variety of clubs, each tailored to their interests.

From the Aerobics Club to the Cooking Club, our students have been enjoying themselves immensely. They've been honing their skills in the Sports Club, confidently speaking in the Public Speaking Club, and learning the art of writing beautifully in the Reading and Writing Club.

The GK/Quiz Club has been challenging their knowledge, while the Arts and Crafts Club has sparked their creativity. It's been wonderful to see them engaging and thriving in these activities.

We're grateful to our dedicated club Incharges for their enthusiasm.

As we continue to nurture and inspire our students, we look forward to seeing them flourish through these exciting club experiences.

Warm regards,

Fariah Fatima  
Activity Incharge  
(Grades 4 and 5)



# GRADE 3



Dear Parents and Guardians,

As we reflect on the first term in Grade 3, we're excited to share the vibrant experiences and achievements of your children. From Earth Day festivities to clay moulding, poem recitations, and Mother's Day tributes, our students have thrived in a diverse array of activities.

Throughout the term, our Grade 3 students eagerly embraced hands-on activities that ignited their curiosity and nurtured their creativity. They had eco-friendly projects on Earth Day, molding sculptures from clay, honing their skills, and expressing themselves artistically. These experiences not only enriched their understanding of the world but also empowered them to explore their interests and imagination.



The poem recitation competition provided a platform for our students to showcase their oratory skills with passion and confidence, fostering self-esteem and a love for language. Our Mother's Day celebration was a heartfelt tribute, highlighting the importance of family bonds and values of love and gratitude.

With your continued support, we're confident the students will continue to flourish academically and personally. Together, let's celebrate the growth, creativity, and achievements of our Grade 3 students as they journey forward with enthusiasm and determination.

Warm regards,  
Khadija Athar Dalvi  
Activity Incharge  
(Grade 3)



Chrysalis

# GRADE 2



Dear Parents and Guardians,  
The aim of conducting activities is to enhance students' skills. To engage students to focus better in class.

Activities help to reinforce what is learnt in class to apply in the real world.

## 1. Earth day activity:

The Earth day activity helped the students raise awareness about the environment. It also demonstrated the understanding of the natural world and the need to care for and respect the environment.

## 2. Clay modelling activity:

In grade 2, students engaged in a clay modeling activity to foster creativity and fine motor skills. It also served as a multi-dimensional learning experience and integrating art & science.

## 3. Poem recitation competition:

It enhanced the students' confidence and eloquence in delivering the poem in front of an audience. It also strengthened memory skills through the memorization of poems. Students explored different interpretations and expressions of poetry, fostering creativity in presentation and delivery.

## 4. Mother's day Activity:

Students developed emotional intelligence and learnt the importance of openly expressing their feelings towards their mothers.

Warm regards,

Kulsum Syed

Activity incharge

(Grade 2)



# GRADE 1



Dear Parents and Guardians,

1. Earth Day - Earth Day activity is important for first graders because it helps them understand the value of taking care of our planet. Earth Day teaches young children about the environment and the importance of protecting it.

2. Clay activity- Working with clay helps improve children's hand-eye coordination and strengthens the small muscles in their hands and fingers, essential for writing and other tasks. Clay allows children to express their creativity and imagination. Clay activities require focus and patience, as children need to work carefully to create their projects. This helps them develop longer attention spans and perseverance.

3. English Poem Recitation - Reciting poems helps children improve their vocabulary, pronunciation, and understanding of rhythm and rhyme in language. This strengthens their overall language skills. Standing up and reciting a poem in front of others boosts a child's self-confidence and public speaking abilities.

4. Mother's Day activity - These activities help children express love and appreciation for their mothers, strengthening their emotional bonds and reinforcing family relationship. Participating in arts and crafts projects, such as making cards or gifts, allows children to use their creativity and develop fine motor skills. Mother's Day activities teach children to think about others, fostering empathy and gratitude as they reflect on the care and support their mothers provide.

Warm regards,  
Asfia Shamsheer  
Activity Incharge  
(Grade 1)





# Students'



# Literary Corner

## RELATIONSHIP WITH OTHERS

Research has shown that human beings are dependent in nature. We therefore depend on each other to succeed in life. The interdependence of people therefore leads to the development of interpersonal relationships that are built with the aim of making life better and building frameworks for success.

Relationships are a common phenomenon in society, and they are found everywhere in families, schools, work places, professional teams, etc. Each kind of relationship has its own requirements and unofficial rules, and each individual relates with a second individual in a unique way depending on the characters of the two individuals. Since there is no perfect society, relationships are built under a very strong foundation of mistakes and compromise.

Other people may opt to conduct research on how they are supposed to relate to people, but this has seldom worked for people. Therefore, the strongest relationships are built by people relating with each other and knowing each other with time.

Since society is made of people, they are key determinants of how their society will be. Thus, for a society to be good, the people living in it should relate well and solve differences with maturity and diplomacy. The achievement of this goal may prove to be evasive, but with perseverance and goodwill, a good society is achievable. The people living in the society just have to wish each other well and be willing to help each other as humanly as possible.

Omar Amr 5A





## SCHOOL DAYS- THE BEST DAYS

I am Jessica Jacob, a student at SIMS school studying in grade 5-B I believe school days will be the best days of our lives because after a certain age we cannot go back to those days. The friendships we made; the lessons we have learnt will always stay with us for a long time. School days offer us many learning opportunities. Apart from the knowledge we get from textbooks we learn the value of friendship, hard work and honesty, along with important life lessons and skills during school days. School is called our "Second Home" because our principal and teachers work hard to educate us well. They make sure to provide us with the comfort of love and safety. Some days can be a bit hard and challenging, but it teaches us how to deal with it from a young age. So, wishing our school years to be filled with friendships, achievements and lots of fun learning.

Jessica Jacob 5-B



## MY SCHOOL (SIMS)

Dear friends, this is an article about Salmiya Indian Model School (SIMS). Salmiya Indian Model School or SIMS in short is a delightful school. It is one of the best schools in my opinion. The teachers and School management, Sirs and Mams are absolutely caring and nice. There are facilities like science lab, library, swimming pool, new building and much more.

Fun fact - there are over 2100 students in SIMS! How amazing! Also, there are many teachers helping you to reach your highest potential. They are the true people who care about you after your family and friends. They discipline you when you're talking or disturbing. They teach you manners as well as all the subjects. So, that is the reason why SIMS is a delightful school and I love being here.

Muhammed Yanis 5A

Chrysalis



## MY FUN PICNIC DAY

"Yesterday, my friends, my family, my family friends and I, had the coolest picnic ever! We went to the park with baskets full of yummy sandwiches, juicy fruits, and cookies shaped like flowers (because why not?). The sun was shining, birds were chirping, and we found the perfect spot under a big shady tree. After that, we spread out our colorful blankets and started munching and eating away. We played games like tag and hide-and- seek, and even had a funny race to see who could eat their watermelon slice the fastest (Spoiler alert: it was messy but hilarious!). We laughed so hard that we attracted some curious squirrels who wanted to join in on the fun.

It was the best day ever. We climbed funny looking trees. My friend Sarah brought her dog, Buddy, and we all played fetch with him. We giggled and told silly jokes while we munched on cookies and chips. It was so much fun! My dad even brought his guitar, and we sang songs together under the big tree. Then, my alarm woke me up for school.

Do early morning dreams come true?

Liz Anna Thomas 5C



## A PICNIC BY A RIVER

Last summer, our family embarked on a memorable picnic at a nearby water park. The excitement was palpable as we prepared for this outdoor adventure. The car ride was filled with chatter and anticipation. Upon reaching our destination, the kids couldn't contain their excitement, jumping around near the ticket window.

As we entered, a cool breeze welcomed us, and we changed into our swimsuits. The pool's refreshing water brought smiles to everyone's faces. Even the youngest family member, a 3.5-year-old, gleefully splashed around. After a delightful time in the water, we headed to the food zone. Our growling stomachs eagerly awaited the delicious treats. We devoured our favourite dishes creating a blissful silence.

Though the picnic ended, the memories linger. The laughter shared moments, and beautiful pictures will forever stay with us.

Basmala Ahmed 5-A



Chrysalis



## **10 AMAZING FACTS OF OUR ENVIRONMENT**

- 1. The Amazon Rainforest produces 20% of the world's oxygen and is often referred to as the "Lungs of the planet".**
- 2. The Antarctic Ice sheet contain about 70% of the world's fresh water, and if it were to melt completely, global sea level would rise by over 60 m**
- 3. The Sahara Desert is the largest hot desert in the world, covering an area larger than the adjacent United States.**
- 4. The Himalayas is home to the highest peaks on Earth, including Mount Everest and serves as a crucial water source for millions of people in Asia.**
- 5. The deepest part of the ocean the Mariana trench reaches depths of over 10, 900 meters - deeper than Mount Everest's height.**
- 6. The ocean contains nearly 200,000 identified species, but the actual number could be much higher.**
- 7. Bees are crucial pollinators, responsible for pollinating about One-third of the food we eat.**
- 8. The Earth's moon is the fifth - largest natural satellite in the solar system.**
- 9. The Earth's largest cold desert is the Antarctic Desert, covering about 5.5 million square miles.**
- 10. The Earth is not a perfect sphere; it is slightly flattened at the Poles and bulging at the equator due to its rotation.**

**Zamra Manzoor 5C**



## MARIE CURIE

Marie Curie was the first woman to win a Nobel Prize in physics and with her next win in Chemistry she became the first person to claim the Nobel Honor twice. With her husband Pierre Curie, Marie's efforts led to the

discovery of polonium and radium and after Pierre's death, the further development of x-rays. Marie Sklodowska later known as Marie Curie, was born on November 7 1867 in Warsaw (Poland). Curie was the youngest of five children, Zofia, Józef, Bronya and Helena.

Both of Curie's parents were teachers. Her father Wladyslaw was a math and physics instructor. When she was only 10, Curie lost her mother, Bronislawa to tuberculosis. For roughly 5 years, Curie worked as a tutor and governess. She used her spare time to study physics, chemistry and math.

Curie died on July 4, 1924 of aplastic anemia believed to be caused by prolonged exposure to radiation.

**Eziona Mariyam 5B**

## IMPORTANCE OF EDUCATION

Education is really important because it helps us to learn new things and understand the world better. When we go to school, we not only learn about subjects like math and science, but we also learn how to think for ourselves and solve problems. It's not just about memorizing facts, it's about understanding why things are the way they are. Plus, when everyone gets a chance to go to school, it can help make a nicer place because we learn how to get along with each other and understand different points of view. So, going to school is really cool because it helps us learn, think, and be better people.

**Simalenkosi Davinia Moyo 5F**



## MY DREAM HOME

Since I was young, I had a dream home. A dream home is a place that someone could dream of or wish he/she stayed in.

My dream home is a big mansion where there will be a pool with three slides, five cozy bedrooms for my family and me, one huge kitchen so that I cook food with my mother, two bathrooms with a big bathtub, a garden with beautiful fresh plants and flowers, a small water ball, and last but not the least, a playroom where my siblings and I can have fun. There will be a gigantic living room that will have a massive T.V. and a fancy sofa.

Near the mansion, there will be a lot of shops like Max, Next, Centrepoint and City Stars. My dream home is lovely and beautiful.

Marel Joseph 5A



## THE TWO LITTLE BROTHERS

Once upon a time, there were two little brothers named John and Mark. They were very friendly and funny. One time they got separated. John lived in the city and Mark lived on a small piece of land. They didn't have much in common. After a few years they grew up very fast. One time, they decided to meet. Mark decided to meet John, but the journey was very hard, he had to run from cats, crossing the roads, avoiding mouse traps, but he survived. When he knocked on the door, John opened the door and hugged him tightly. After that he welcomed Mark in and he showed him everything.

John wad Mark got really hungry, so they decided to sneak into a convenient store. But there was a cat inside, so they had to be careful. They slowly got the food and escaped. Then they ate cakes, cheese and fruits. Then they played together and walked around and shared things about their life. Then it was time for Mark to go home. Both brothers promised to stay in touch and be there for each other whenever they needed each other. We must always maintain a deep bond with our siblings as they are our real family.

Mohammad Aakif 5C

## ROLE OF MOBILE PHONES IN OUR LIVES



This age is the age of technology. Everything is technology based. Mobile phones are one of them. It has a great role in our lives. As everything has its advantages and disadvantages.

First, we will discuss some advantages of mobile phones.

1. **Connectivity:** Due to mobile phones it is easy for us to keep in contact with our friends and family.
2. **Navigation:** Smart phones have GPS technology which help us to locate any desired location.
3. **Educational help:** By the use of internet, we can discover new things every day and also get help in our education.

Now we will discuss some disadvantages.

1. **Loss of money and time-** Mobile phones can cost a lot of money and people also spend most of their time on mobile phones.
- 2-**Health issues:** Over usage of mobile phones can cause eye pain, sleeplessness and can make your eyesight weak.
- 3- **Less socialization:** By the excessive use of mobile phones people socialize less with their friends and relatives and young children also have less outdoor activities or games because they play games on their phones.

We must learn to maintain a balance while using mobile phones and not let its disadvantages affect us badly.

Fatima Ijaz 5A





## MY TRIP TO TURKEY

Last year I went to Turkey for about 5-6 days. It was so fun; I would really recommend it. On the first day, we had a long trip to reach there. So, we decided to go by car exploring a little, watching the pretty streets nearby the hotel. Eventually, we came back to our hotel for some rest, and that's when the fun began. We walked in the freezing streets of Istanbul; I was holding onto my scarf, so it didn't blow in the cold winds like my hair.

We visited the famous and well-known Taksim Square, which I do not regret. It was beautiful! The people were so kind. On day 2, our car broke down, but a few men were nice enough to stop by and give us a helping hand. The street food was delicious, homemade by all the great people in Turkey.

We even went on a huge boat, I was amazed! We had a nice meal in the boat, watching the waves going here and there, along with the cute birds chirping far away.

And that was My Trip to Turkey, which I, overall, found it wonderful. We enjoyed it a lot and I hope to go again.

Judy El- Sayed 5F

## MY FIRST DAY OF SCHOOL

My first day of school was fantastic. When I went to school, I took the bus and it reached the school on time. I came to study math, English etc. and I made new friends. The teachers were very nice. I was happy and excited to learn more. Our seats were comfortable. My class was kind and during the break I made more friends. The class was decorated. We studied all about the world, continents, countries, and their states. This was the best day ever. It's so important to study and learn.

Awsam Loay 5A

Chrysalis



## MY TRIP TO USA

In the summer vacation of 2022, my Family and I traveled to America; our first stop was Texas where my dad's family lives. We got a chance to visit one of the world's largest caves.

From Texas we flew to California, where we stopped at Red Wood Forest, the trees were over 80 meters long and their sumps were red which is why the forest is called Red Woods. My brothers and I climbed down the Hill to a stream where we swam in the stream, it was very cold.

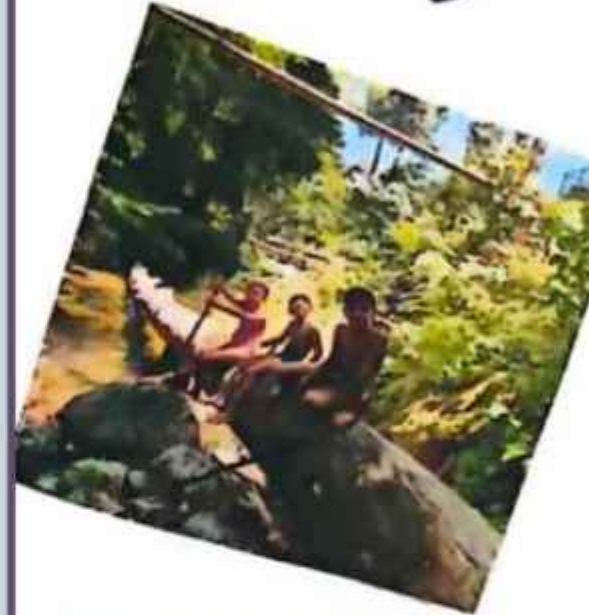
From there we took a coastal drive to Sequim Seattle where I found out there was more than one type of lavender. I also used Lavender cream and soap and ate lavender ice cream which was delicious.

From Seattle we flew to Alaska where we stayed in a cabin, visited a mountain with glacier fish and moose.

Leah Tazeh 5F



Red Woods



Lavender farm



Cave in Dallas



Going from Seattle to Sequim



Glacier in Alaska

as of 2022

Chrysalis



## A TRIP TO DUBAI

As I went to Dubai last month, I want to tell all of you what I did. I went to Burj Khalifa, which is also my grandfather's name. At the top of the Burj Khalifa, there is a marketing VR, and the main highlight is to watch Dubai's beautiful digital skyline and the view from the tower which is in 6 different ways.

Then I went to Dubai Mall and bought gifts for all my friends and relatives and for all my old teachers. Some of the gifts were chocolates or toys and we also bought ice cream.

We ended the day at Jumeirah beach. We had a picnic and celebrated my younger brother's birthday. I bought a gift from my savings; it was a stuffed animal. Then I went for a swim. It was a really good trip and I really recommend it.

**Merola Romany 5C**





## OUR GALAXY

Our galaxy is filled with millions and millions of stars. This giant galaxy is located in the Milky Way. Our galaxy includes the stars, planets, meteors etc. Although, in some countries people can only see a few stars, but actually, the whole galaxy is filled with stars! We should be very happy about our universe, galaxy and stars! Especially our planets! Did you know that stars are not just tiny sparks in the sky, but huge balls of light, heat and gases? You might think the moon changes shapes, but that's wrong! The sun's angle makes the moon change shape, which is actually just change of color!

The stars have their own light and heat like the sun. While the moon is the opposite.

Have you ever heard of comets and meteors? Well, comets are actually falling stars and meteors are the same except, meteors are falling rocks, instead of falling stars! You can also learn more about the universe/galaxy if you become a future astronaut.

If you are in a country with no pollution, you can gaze at the stars at night. Together, the planets, stars, meteors, and comets make the galaxy!

Ayra Khan 5A

## GOOD MANNERS

Good manners are something that we learn from our childhood. Good manners are taught to us our parents and family members first and then by our schoolteachers. Good manners are very important in our life. It makes a person civilized, mature, sensible, and gentle. The nations that practice good manners are very developed and progressing. It is the only secret of success of many developed countries today. There are some basic good manners that we should follow and that makes great changes. At home we should co-operate with each other in household work. We should entertain the guests who visit us. At school, we should respect our teachers. We should not make mischief in the class. Good manners cost nothing but earn so much for us.

Mohamed M. Abu Khalil 5B



## MY TRIP TO LEBANON!

The trip to your own country is something really special because you get to be in the country where you are from and where you feel safe.

In the morning, I woke up early so I could get ready to go to the airport. I was going to Lebanon with my family. I showered, dressed up and packed my bags and went to the airport. When we reached, the airport was crowded, and it took so long to reach the airplane. Finally, we boarded the plane. We found our seats and took off. The airplane was big and spacious. I ordered spaghetti, cake, chips and lemonade. I watched some movies and fell asleep. We finally reached Lebanon. We went to our house and slept because it was a 3-4-hour flight and we reached at 12 a.m. When we woke up, we decided to go to Batroun, it is a region in Lebanon. We took a bus and my whole family was there. We reached Batroun. There was a lemonade stand so we went to try it. The lemonade was so good. We went to see the Mediterranean Sea. The weather was very pleasant. The next day we went to see the mountains. There was Amal Mountain in the south, Aruz Mountain in the north. After a few adventures we had to come back to Kuwait. But I will never ever forget this trip. I love Lebanon!



Saja Ayman 5F

## WHEN I GROW UP

When I grow up, I want to be an Islamic teacher. I like to teach children. I will teach them respect and values. I will not shout at them. I will make them do Islamic activities. I will teach them Holy Quran.

Hamza Ahmed Salah Ahmed 3G

## A RAINY DAY



The rainy season is my favourite season of the year. In the summer the weather gets very hot. We all then wait eagerly for the rainy season to come. When it rained this year we all were very happy and danced with joy.

The rain made all the roads and streets wet. Many people were carrying umbrellas. I wore my raincoat and cap when I went to school. Vehicles could not move fast as there was plenty of water on the road. Many people were late for work and school.

My family was very happy when it rained. My father was happy because the garden was being watered by the rain. My brother was trying to make paper boats and float them in the puddles in the garden. My cat, Coco, was running around with joy. My mom was collecting the rainwater so that it could be used again. We all love the rainy season very much.



Radhwa Reem 5F

## ALL ABOUT EGYPT

Egypt is a regional power in North Africa, the middle East and the Muslim world, and a middle power worldwide.

It is a developing country having an economy which is the largest in Africa. Egypt is known as the "Gift of Nile" as it is Egypt's lifeline. Without the Nile, Egypt would have been a desert.

Historically, the Nile has provided water for the cultivation of crops in Egypt that led to the burgeoning of many civilizations along the river valley. Egypt is Located on the northeast corner of Africa and it is home to one of the world's earliest and greatest civilizations, with a unified kingdom. It is the most populous country in the Arab world, and the third most populous country in Africa, behind Nigeria and Ethiopia. Ancient Egypt was one of the world's first civilizations. It is also one of the most famous civilizations in history. The ancient Egyptians built huge pyramids, temples, palaces, and tombs. Their paintings and carvings are among the most splendid ever created.

Kadi Tamer 5C

Chrysalis



## MY TRIP TO THE CHALET

A chalet is a place where you rent a house for a couple of days. I went to a chalet on Thursday. There, my cousins and I played fun games and at night at about 8 or 9 o'clock we went and swam in the pool. It wasn't deep but we still had lots of fun. I told my cousin (Pearla) to throw some toys in the pool while we were not looking and then we all had to fetch them from under the water. My cousin (Yehia) won; he is an amazing swimmer.

The next morning, we woke up early and we walked on the beach until our parents woke up. After they woke up, we ate breakfast and then we went to the pool. That day we had lots of fun. Suddenly, I heard one of my cousins shouting, "Look there!" We went and when we saw the situation, it looked bad. It was a bird with a broken leg. We went and helped the baby bird as fast as we could.

The next day we had good news! The bird had healed and then it flew to our balcony and was waiting for us. It looked like it was thanking us for helping her. I felt so good for being able to help a helpless creature.

The next day we had to leave. At first, I felt that those 3 days were a week long but then when I left, I felt those three days were just an hour long. It was a memorable trip.

Riyana Mohammed 5F

## MY LOVELY MOM

Mom is a very special person in everyone's life. My mom is the best. She makes me my favourite dishes. She helps me to participate in various competitions. My mom buys me pretty dresses and toys. She helps me with my studies and plays with me.

When its Eid she orders clothes for me from India. My mom loves me a lot and I love her too!

Aizah Fatima 5B



## MY HOBBY

A hobby is something we do in our free time. My hobby is drawing. I have liked drawing since my childhood. I mostly draw pictures of people, animals, birds, flowers, mountains etc. I also like to do sketches. I find it very interesting, and it gives me pleasure.

Drawing serves as a medium for the expression of my creativity. I got many prizes in drawing competitions. I have so many types of colour pencils, crayons, water colours and sketches. I would like to become an artist when I grow up. I love to draw, with different colours. Drawing gives me happiness. My mother motivates me to draw all sorts of paintings. Every weekend I love to paint a beautiful scenery and hang it on the wall. In my home, there is a small room made by my father. In that room, I have kept all my drawings. I call it my drawing room. The strangest thing about my hobby is that nobody taught me how to draw or paint. Even when I was in school, drawing was not a problem for me. I learnt it myself and later got inspiration from my parents. I learnt a few concepts through a textbook containing different types of sketches. I have always imitated everything from those books such as rivers, hills, trees, etc. With the days my drawing improved step by step and is still improving. I constantly make efforts to retain my hobby.

**Manal Akter 5B**



## GYMNASTICS, MY PASSION

Since I was four years old, I was introduced to this wonderful sport, Gymnastics. Gymnastics is a sport that requires flexibility and strength. So, specific exercises must be done on a regular basis. I spend at least four days a week practicing in the academy to be able to maintain my level. I participated in many competitions through these years, in Kuwait and Dubai and I got medals as I won first, second and third place. Gymnastics is my hobby and passion. I hope everyone finds their passion too.



**Sereen Mazen 5E**

**Chrysalis**



## MY FAVOURITE SPORT

My favourite sport is football. I love playing football with my friends and siblings at the park. We play every weekend. Football has a team of eleven player on each side. I play as a forward, and my job is to score goals. The feeling of kicking the ball into the net is amazing. I also enjoy watching football matches on TV. My favourite team is Real Madrid. It is the best! They have great players and play exciting games. Playing football keeps me healthy and strong. It also teaches me teamwork and discipline. Football is fun and makes me happy. I can't wait to play next weekend with my friends!



Talha Shiraz 4G

## MY SUMMER VACATION

Summer holiday is a holiday that we get to take rest from school. Every year we wait for summer vacation. This summer holiday, I will travel to Cairo, Egypt, my country. I will do a lot of activities there. I will visit my family as I miss them a lot. I will spend a few days in the hotel to go to the sea, we will enjoy playing with the sand. My brother and I will make a beautiful castle. I will visit many places there, I will visit Cairo Museum, Pyramids and new malls. I will go to my favorite restaurant and eat delicious food. I have friends in Cairo, so, I will ask my mother to meet them outside. We will enjoy our time together. I love my country so much. I can't wait for the next summer vacation. I am sure it will be the best vacation ever.

Youssef Ahmed 4G



## CATS



Cats are domestic animals. The scientific name of the cat is Felis catus. It is a very cute and adorable animal. Apart from tigers, cats belong to the Family Felidae. The offspring of cats are also known as Kittens. From kids to adults everyone is fond of cats. Cats are very good friends of humans. They like to play with them. Cats usually feed on milk, meat, fish, mice etc. Though cats are kept as domestic pets, they are clever hunters. They are very friendly animals and like to hunt mice and snakes. Cats are basically tiny creatures covered with silky fur. They have whiskers and ears which are highly sensitive. They have sharp eyes which help them to see at night. Cats are social animals who like to spend time with people. Most of the time they like to sleep. But they entertain and create happiness at home. If cats get irritated, they can strike their claws. They only need love and affection from people. Cats are extremely lazy as they like to lie down on some corner of the house. Cats usually make a 'meow' sound for communication. Did you know that the catwalk is the most graceful? Yes, they walk very slowly and gracefully. They like to play with their owners. I LOVE CATS.

Hana Zoha 5B



## MY FAVOURITE BOOK

Harry Potter is a super fun book to read. It has action, comedy and best of all, magic. It is all about Harry Potter and his friends trying to find out who killed Harry's parents and kill the murderers. The world is all about magic and wizards. Harry goes to a wizarding school called Hogwarts and learns many spells! That is why it's my favorite book.



Hussain Mantach 5A

Chrysalis

### MY FAVOURITE CARTOON CHARACTER

My favourite cartoon character has to be Peppa from Peppa Pig because she is always nice to everyone in every episode. She is nice to her family members, her friends and strangers. She is also very funny and in some episodes it teaches us values like respect, cleaning up after yourself, being nice to others and being honest. Peppa also knows how to take care of her younger brother, George, unlike my elder brother, she takes care of her brother well and teaches him good manners and treats him nicely.



Youhana Tarver 5D

### MY FAVOURITE CARTOON CHARACTER



My favourite cartoon character is Masha and the Bear and the reason I like this cartoon is because it is funny and helps us understand how to make things right. The character I like the most is Masha because she wants to learn from her mistakes. She does some things right and makes the animals understand from what she learnt- such as helping them to fix a car, making them learn how to play hockey and more. As for me, well, I can't believe that a brown bear could defend a human (Masha). They both are best friends!

Laila Amr 5D

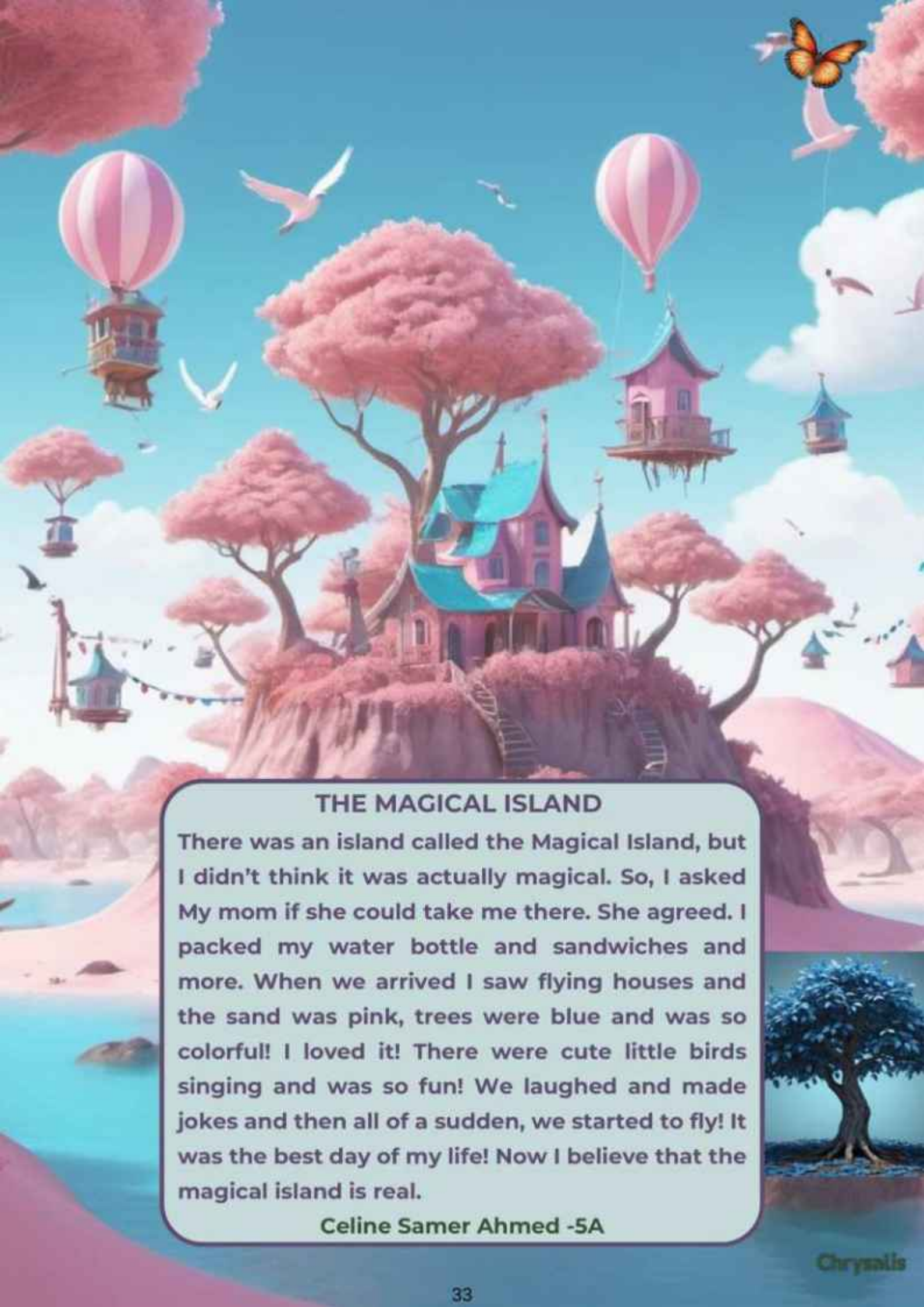
### MY FAVOURITE CARTOON CHARACTER

There is a variety of cartoon characters, out of all of them, my favourite is Tom from Tom and Jerry. The cat from Tom and Jerry, also known as Tom, is my favorite and also the funniest cartoon character I know. He never fails to make me laugh. He makes endless traps for Jerry, but Jerry never falls for them. I have been watching Tom and Jerry ever since I was small and I have loved it.



Sham Damas 5E





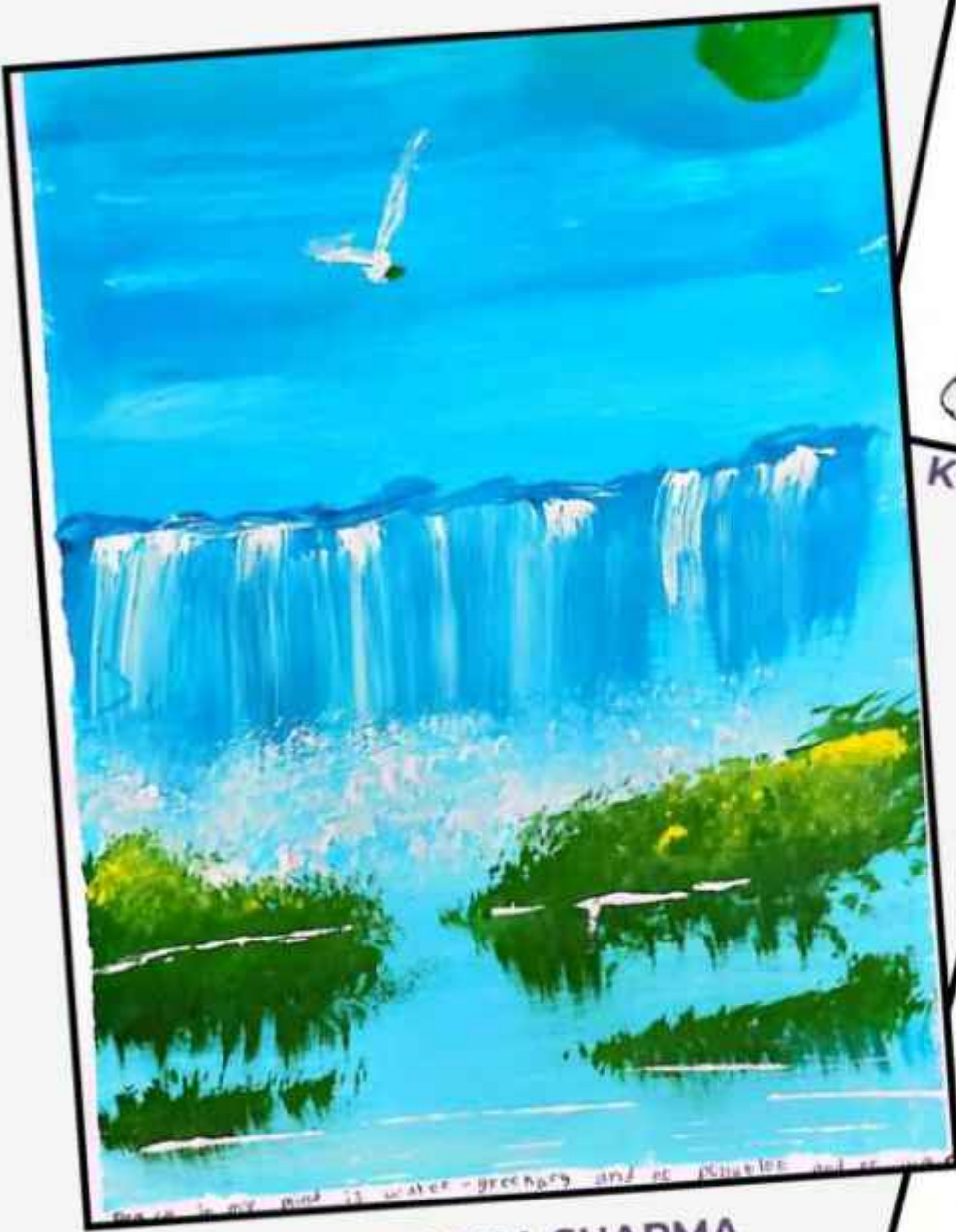
### THE MAGICAL ISLAND

There was an island called the Magical Island, but I didn't think it was actually magical. So, I asked My mom if she could take me there. She agreed. I packed my water bottle and sandwiches and more. When we arrived I saw flying houses and the sand was pink, trees were blue and was so colorful! I loved it! There were cute little birds singing and was so fun! We laughed and made jokes and then all of a sudden, we started to fly! It was the best day of my life! Now I believe that the magical island is real.

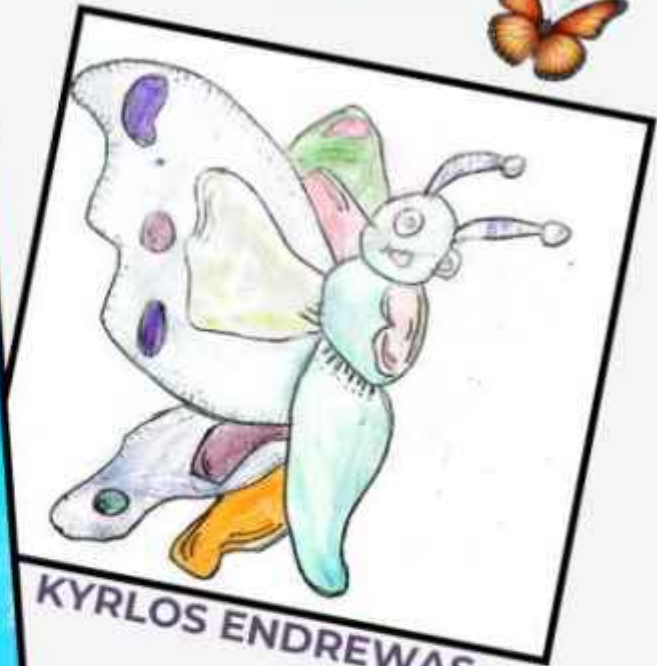
Celine Samer Ahmed -5A

# Emerging Artists:

Celebrating Student Creativity



NATASHA SHARMA  
5F



KYRLOS ENDREWAS  
4G



BOUTHINA MAHMOUD Chrysalis  
5A



MANAL AKTER

5B

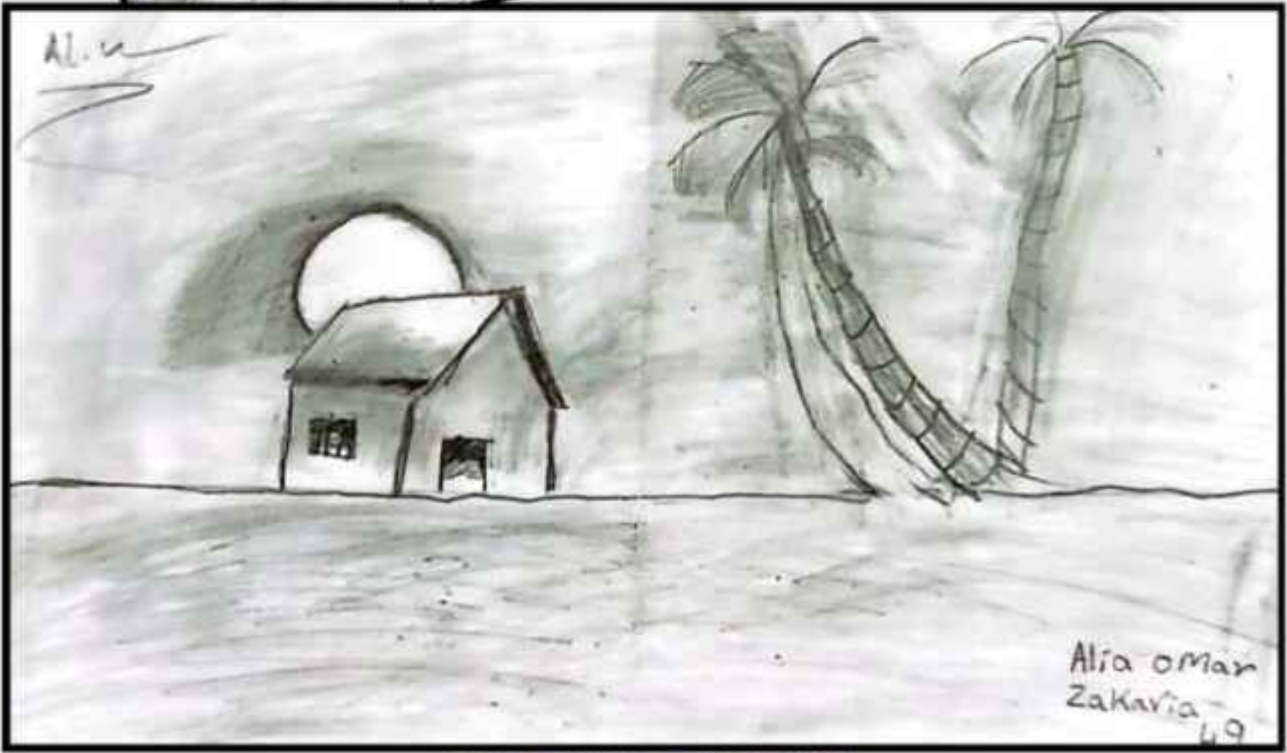
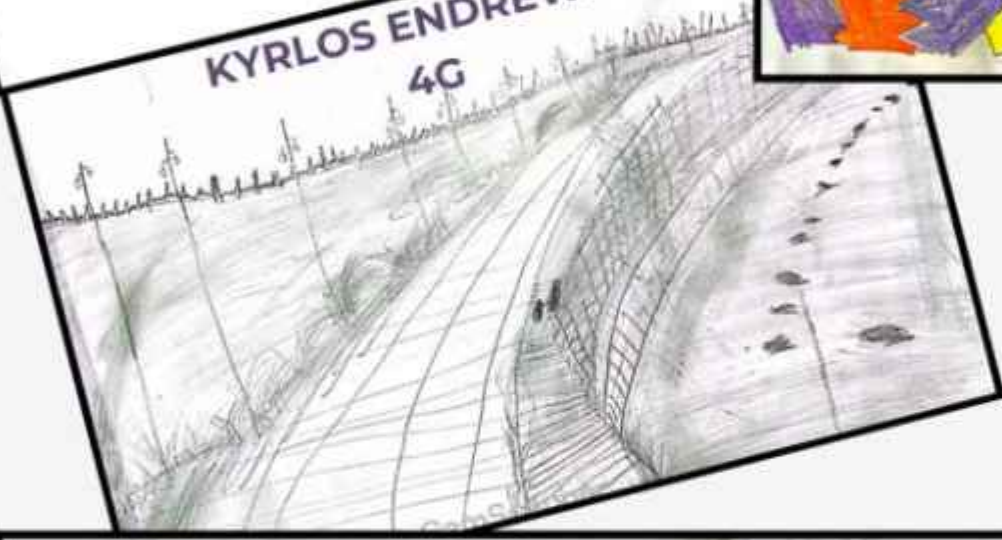


RIYANA MOHAMMAD GAMAL

5F

35

Chrysalis



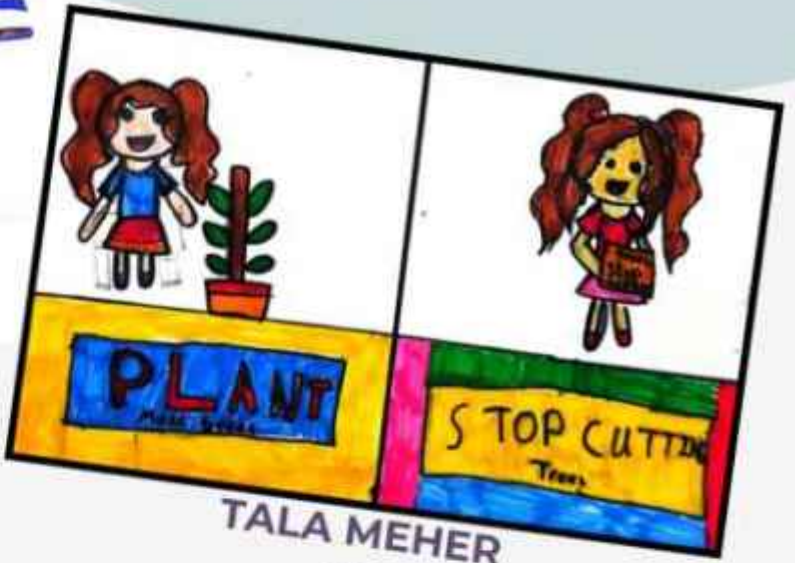
ALIA OMAR ZAKARIYA  
4G



SAVE OUR SOIL



ZUHAIR ALI  
5D



TALA MEHER  
5D



OMAR AMR  
5A



RIFA AHMAD  
5D

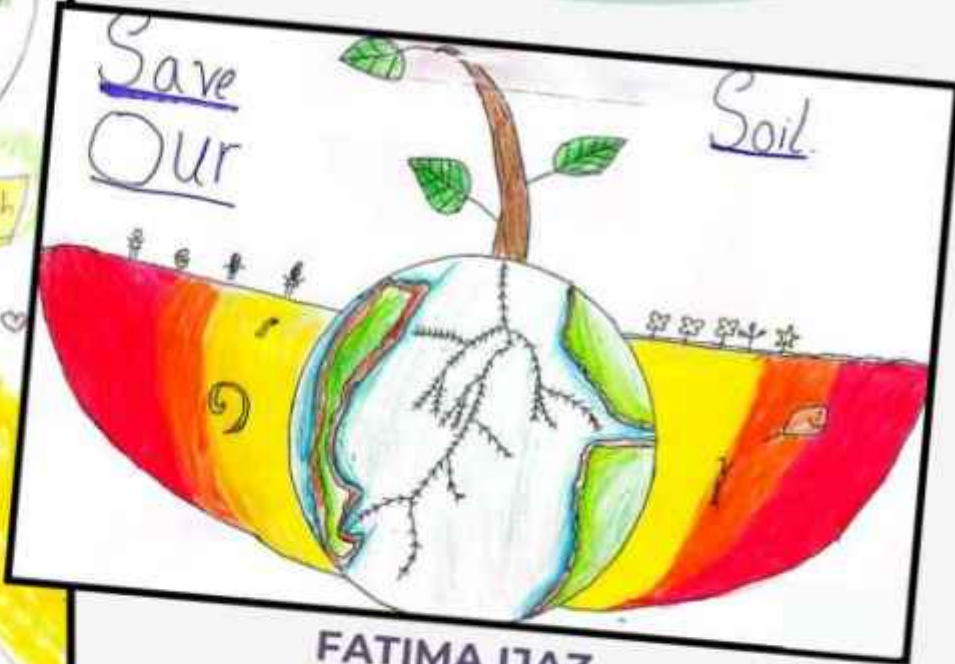


MAREL JOSEPH

5A  
37



**MANAL AKTER**  
**5B**



**FATIMA IJAZ**  
**5A**



**LARIN MOUSTAFA**  
**5C**



**SERREEN NASER**  
5E



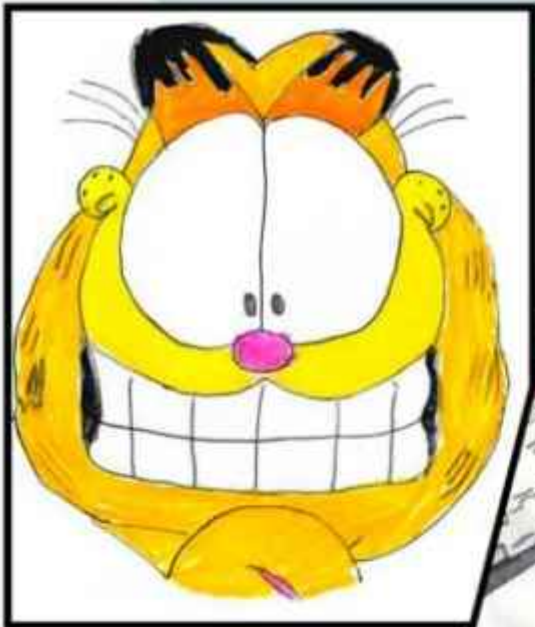
**GEORGE NASHAD**  
5E



**LARA A. ABDELRAHMAN**  
5E



**JASMINE O. RASHID**  
5E



DAVINIA  
5F



MOHAMMAD AAKIF  
5A



PETRO EBRAM  
5A



Sannidhi Yathiraj Shetty

5C



DANA MOSTAFA  
5F



FARIDA 3E





AHAMAD MOHAMMAD

3A



DANA MOSTAFA

5F



CELINE SAMER AHMED

5A



PAHAL

3B



TAMEEM ISLAM

4D



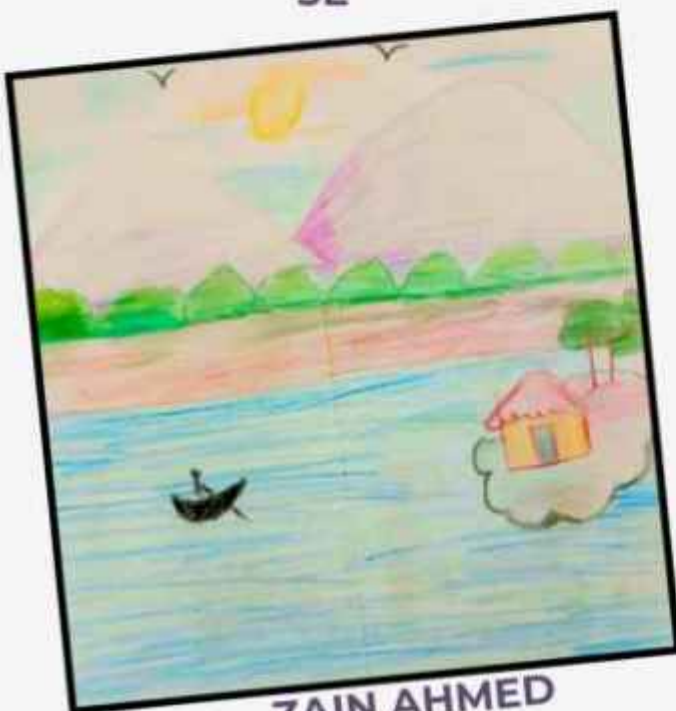
MOHAMMAD YAHYA

3E



RAGHAD

3E



ZAIN AHMED

4G



SUFIA SHAIKH

4D



Yusuf Mathavudin

5C



MIRA MEDHAT

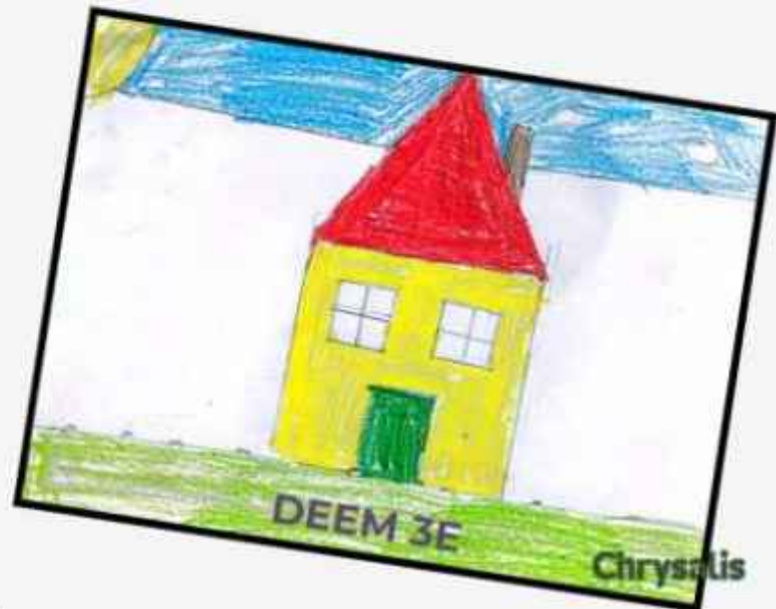
4E



RAGHAD 3E

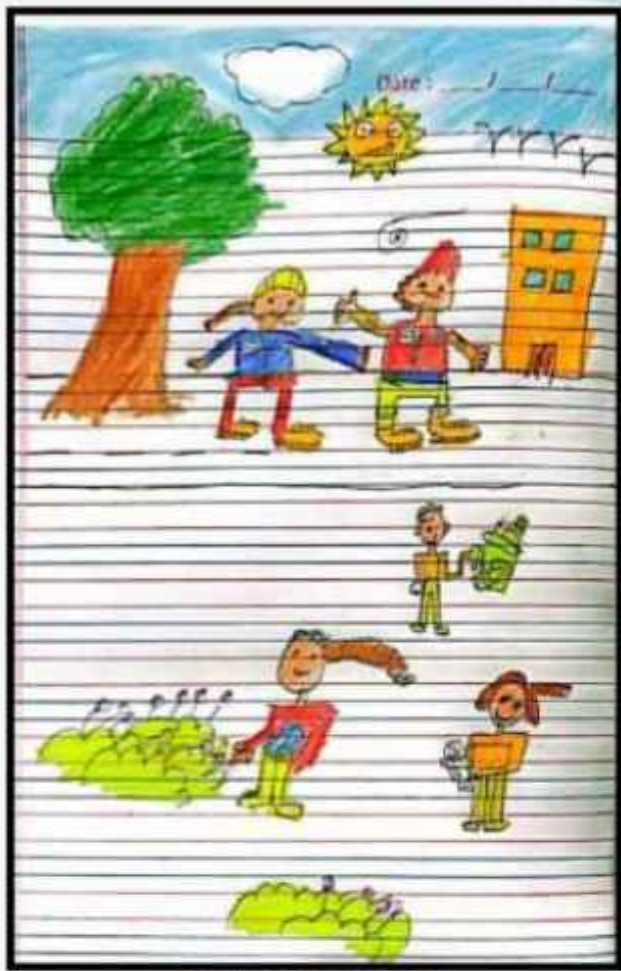


KEROS 3F



DEEM 3E

Chrysalis



ANAS EMAD  
2E



JAD SAAB



4G

FARIDA  
UKG A



BAYRAM  
2B

Chrysalis



MARLY OMEIL FAKHR  
4G



HOORIYA M. SUHAIL  
4F



LAYANA SHOASHAH  
4F



NAYA EI HAB  
4G

# Teachers' Corner:

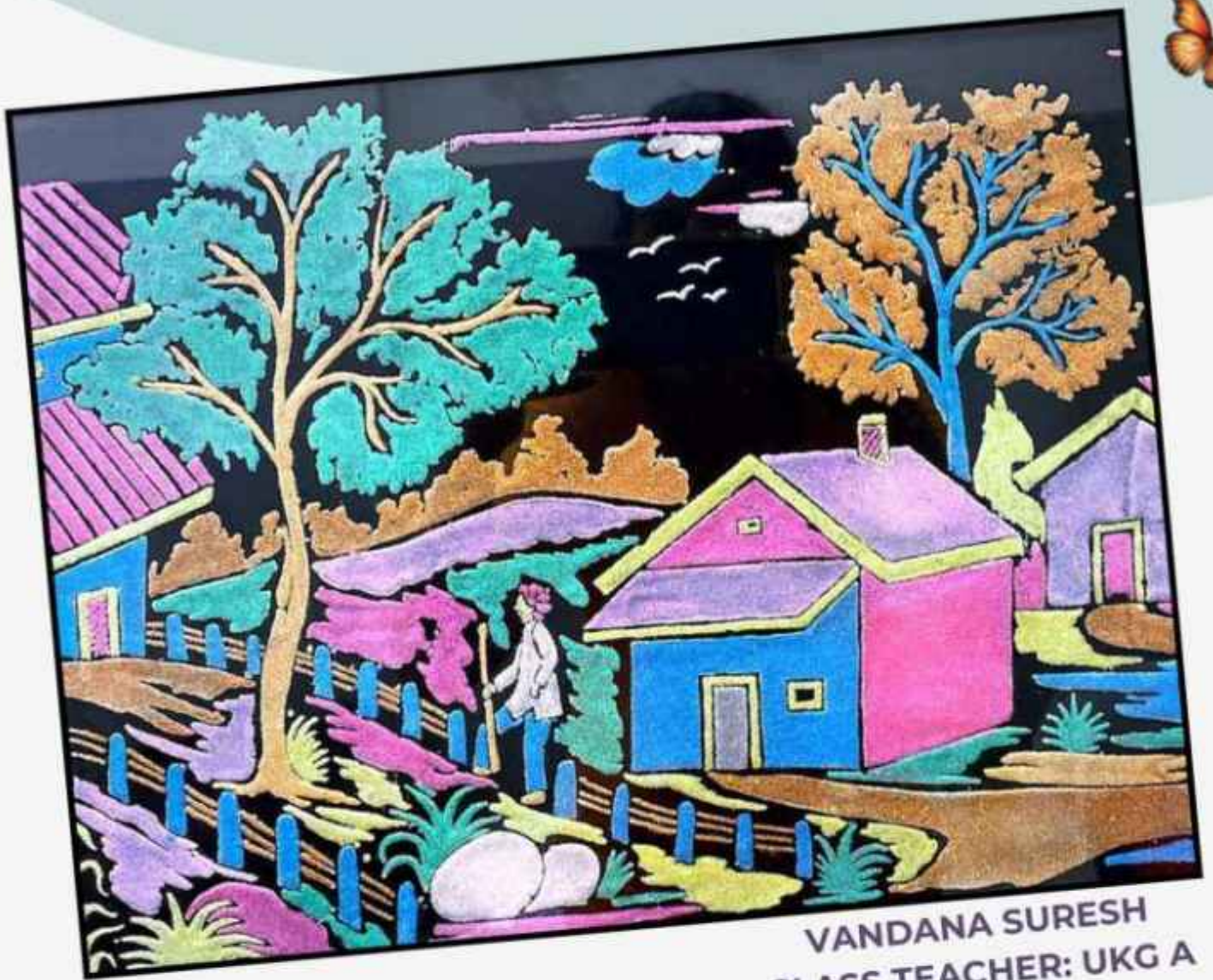
## Sketches of Inspiration



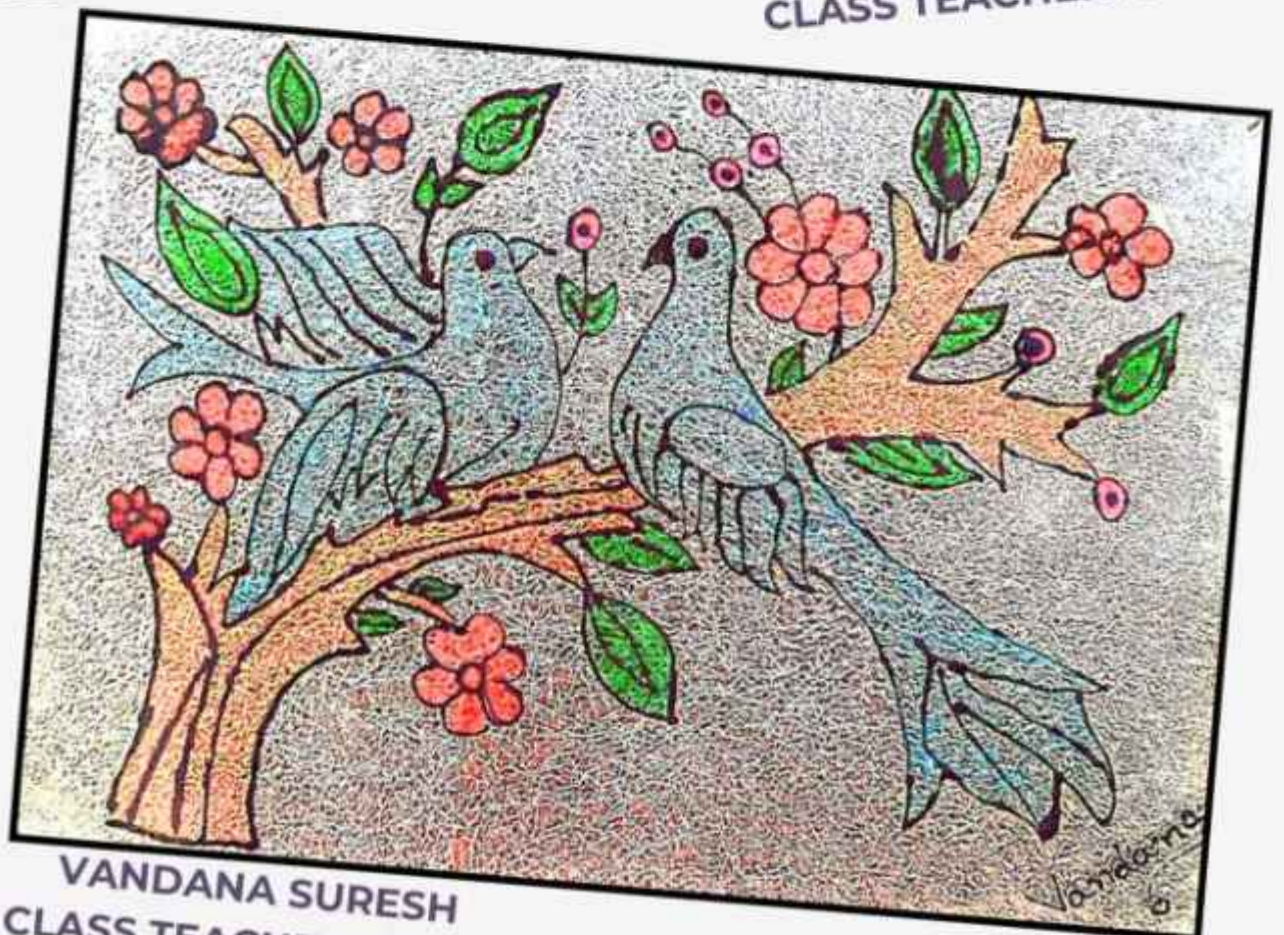
**NAWAL SALIM**  
**CLASS TEACHER: UKG D**



**ATHULYA DHILIN**  
**ART TEACHER**



VANDANA SURESH  
CLASS TEACHER: UKG A



VANDANA SURESH  
CLASS TEACHER: UKG A

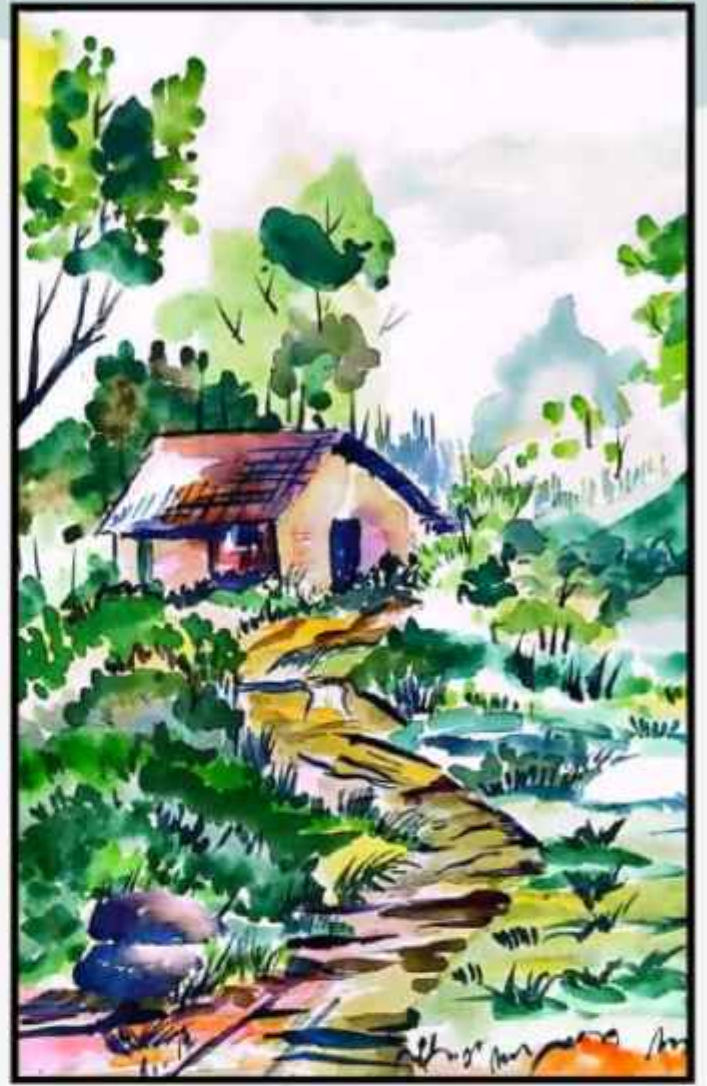
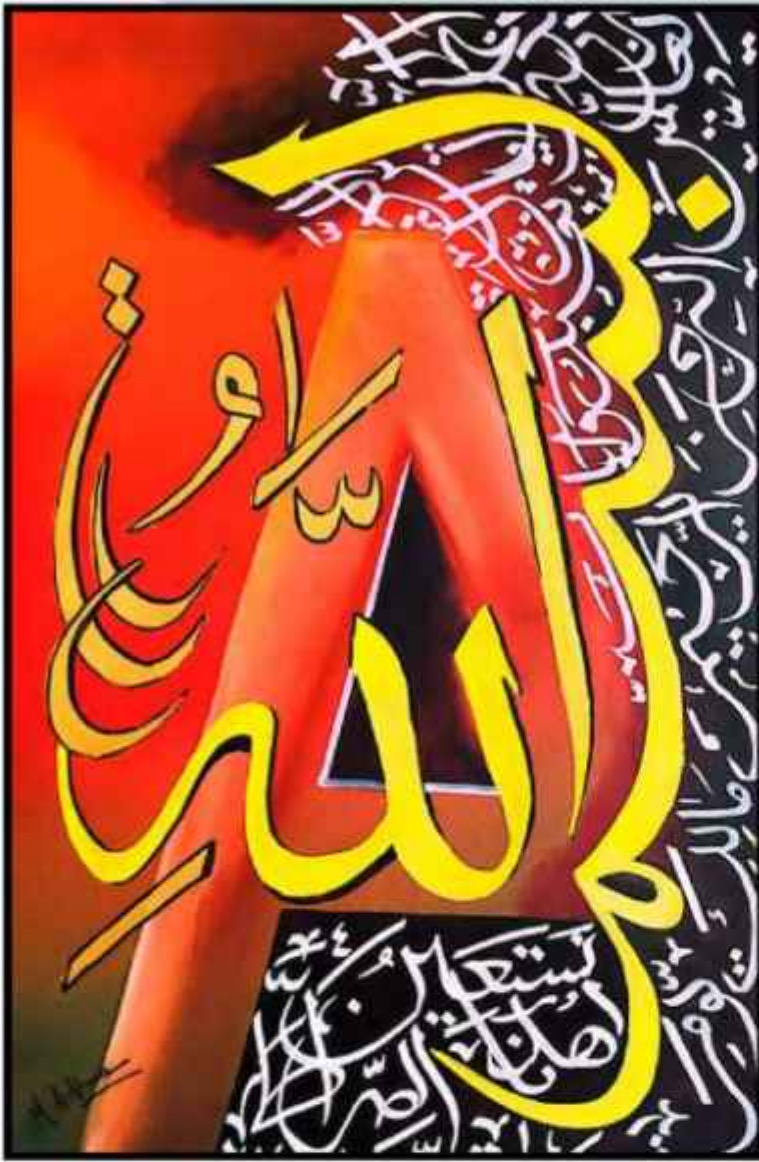


VERMEET KAUR  
CLASS TEACHER: LKG H



SAKINA TINWALA  
CLASS TEACHER: 2G





MUHAMMAD ADIL UMAR  
FINE ARTS TEACHER

# **FACULTY FEATURES:**

## **SAY “YES” TO LOVE AND PEACE AND “NO” TO WAR**

Peace is like a calm river, it means living together in harmony, respecting each other's differences, and solving problems with words instead of boxing and arm wrestling. Imagine a world where everyone holds hands and dances in a circle, sharing laughter and joy without any fear of harm or sadness. That's the power of peace.

Love and peace are like the sun shining brightly in the sky, filling our hearts with warmth and happiness. Just like how we care for our friends and family, love teaches us to be kind and gentle to everyone around us. When we show love, we spread happiness like the sweet scent of flowers in a garden, making the world a better place.

In this beautiful world of love and peace, there is no room for war. War brings tears and destruction, turning smiles into frowns and homes into ruins. Instead of building bridges, war breaks them down, leaving behind scars that may never heal. Seeing your family members dying, children hungry, and pain all around, no house, no food, and no water and with future in complete darkness. Assume yourself as a Palestinian, you will feel their pain and sufferings which they are going through since the last 75 years.

But when we choose love and peace, we choose to build a future where children can play freely in the fields, where families can gather around a table without fear, and where the sound of laughter fills the air like music. Therefore, we want to end the war, we want a complete ceasefire and smooth flow of food, fresh water supply, medicines and basic aids for them. So, let's be like the birds flying high in the sky, spreading love and peace wherever we go. Let's hold each other's hands and walk together on the path of kindness and understanding. And if ever we feel angry or hurt, let's remember that love is stronger than hate, and peace is more powerful than war. Together, let's create a world where love blooms like flowers in spring and peace flows like a gentle stream, where every heart beats in harmony, and every voice sings in unity. For in the end, it's love and peace that truly make us rich, filling our lives with the most precious treasures of all.

# DISCIPLINE



The word discipline is a way of life; it gives you self-satisfaction. A life without discipline will be disoriented and filled with confusion. If you look at the literal meaning of discipline, then it is the quality of being able to behave and work in a controlled way, which involves obeying particular rules or standards.

Discipline is often equated with punishment and control; however, it sets forth knowledge and skill—to teach. Although we all grew up with a certain discipline in our lives, yet when we hear this word, the first thing that comes to mind is the strictness that discipline might bring with it. There is a taboo attached to the word that anyone, at some point in life, might want to break.

Let's see how discipline works and how it affects our lives. It helps you earn a lot of respect from others, maintaining healthy habits, and value time. Discipline makes an individual focused, which helps in achieving life goals. With discipline, a person can avoid distractions. A feeling of sincerity and solemnity comes with discipline. Without discipline, achieving success will be difficult, as it encompasses developing good habits, punctuality, decency, good manners, and good behaviour. A disciplined individual does not waste time on impractical or unproductive activities.

All the famous personalities were able to achieve their goals and bring about a difference to society and the world at large. To name a few: Bill Gates, Justin Bieber, Elon Musk, A. P. J. Abdul Kalam, Albert Einstein, Mother Teresa, Sir Syed Ahmed Khan, Mahatma Gandhi—the list is endless. By living a disciplined life, they were able to bring about a difference in the world in their respective fields.

Let's take a look around. You will find that everything in this universe is disciplined. All the celestial bodies are moving flawlessly. The sun rises from the same place every day and sets, turning the day into night. The changing of seasons, phases of the moon, movement of planets, etc. All the creatures on earth live a disciplined life, be it the birds, animals, insects or sea creatures. Hence, discipline is a way of life not only for us humans but for everyone. To conclude, if you want to be successful be disciplined, as it is rightly said: "Discipline is choosing between what you want now, and what you want most." - Abraham Lincoln



# **Empowering Children with ADHD: A Comprehensive Approach for Educators and Families:**

We all are born different with special abilities, skill set and personalities. We all have different innate characters and traits which needs to be accepted the way we are.

Around 51% of children are categorized as experiencing "learning poverty" and are not proficient in reading. Despite technological and societal advancements, which suggest that Generation Z should lead the way for Generation Alpha, the literacy rates in some countries paint a different picture.

Another significant concern for today's children, particularly Generation Z, is Attention Deficit Hyperactivity Disorder (ADHD), a neurodevelopmental disorder marked by inattention, hyperactivity, and impulsiveness. ADHD typically begins in childhood and can continue into adulthood. While the exact cause of it remains unclear, it is believed to result from a combination of genetic, environmental, psychological and neurological factors, with dietary elements also playing a role.

- **Environmental Factors:** Modern lifestyle factors, such as increased screen time, less physical activity, and dietary changes, might contribute to the manifestation of ADHD symptoms.
- **Prenatal Exposure:** Smoking, alcohol, and drug use during pregnancy increase the risk of ADHD.
- **Stress:** High levels of Family stress can worsen ADHD symptoms.
- **Dietary Factors:**
  - Sugar and Additives:** High consumption of sugar and food additives.
  - Nutritional Deficiencies:** Lack of essential fatty acids, zinc, iron, and magnesium can contribute to ADHD symptoms.



### **INTERVENTION FOR EDUCATORS:**

- As educators, make the child sit next to the teacher, encourage the child to participate in classroom activities by giving them small responsibilities, e.g., erasing the board, distribution of books, helping the teacher, etc.
- Motivate and appreciate the child by giving rewards, certificates and stars.
- Give them a small paragraph or line to be told aloud in the class beforehand so that the parents can prepare the child beforehand rather than give a surprise reading or surprise test.
- Break the task in steps so that it's easier for the child to follow the commands.
- If a child finishes the task early then encourage them to help his friends and other students in the class.
- We as educators should provide maximum understanding and emotional support to the child
- Giving Individualized Instruction- Tailoring teaching methods and using assistive technology can be beneficial.

### **INTERVENTIONS FOR PARENTS:**

- Learning Parent management techniques with home plans
- Encourage outdoor play.
- Behaviour therapy using positive reinforcement for target based behaviour techniques such as routines and reward systems.
- Formal assessment for IQ and Learning Disability.
- Social skills training.
- Healthy Lifestyle- A balanced diet, regular physical activity, and adequate sleep help manage symptoms.
- Collaborative Approach: Cooperation with teachers, healthcare providers, and therapists creates a cohesive support system.

Effective ADHD management requires a comprehensive approach involving environmental adjustments, dietary considerations, and consistent support from both educators and family members. Addressing these factors can significantly mitigate the impact of ADHD on children's lives.

# THE LEADER IN ME



I am fire, I am water, I'm the wind and the earth!  
I am a leader of this land of immeasurable worth.  
The fire in me blazes to lead the way.  
As the sun, follow my light, never astray!  
I am here to take you to the vast oceans of success.  
So, flow with me towards prosperity and progress!  
I'll storm through the year with faith and dedication,  
I'll be that wind of change that will strengthen our foundation!  
I am the earth, steadfast and true,  
Rooted in values beneath the skies blue.  
I am fire, I am water, I'm the wind and the earth!  
I am a leader of this land of immeasurable worth.

Fariah Fatima Class Teacher 4G

Chrysalis



# Chrysalis



Dear readers, we hope you enjoyed  
our magazine's pages.

Anticipate our next issue eagerly.

Students, conquer your fears;

if inspiration strikes,

let your pens flow,

and we shall provide the canvas

for your thoughts to soar.

