

رَمَضَانَ كَرِيمًا

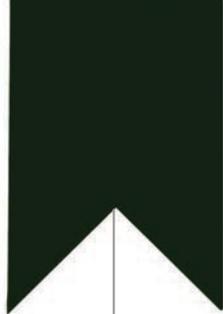
The Winch-being Bulletin

The Official Well-being Newsletter of The Winchester School, Jebel Ali



Divine Intervention

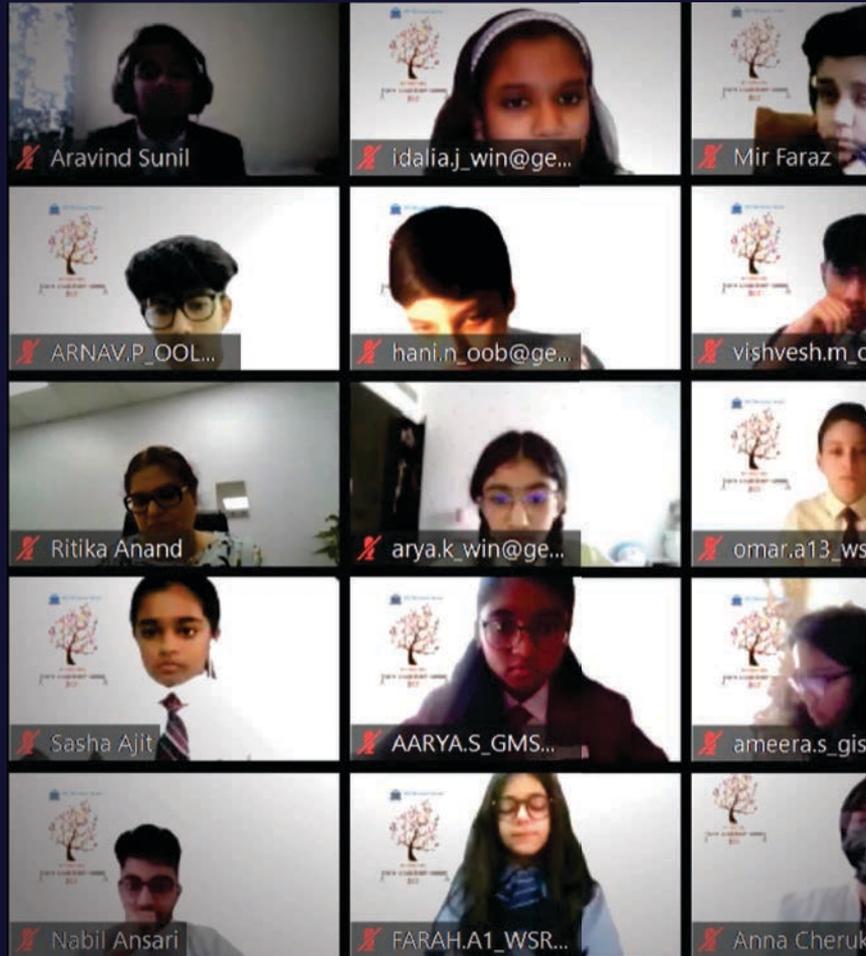
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Event Spotlight

The Interschool Youth Leadership Summit

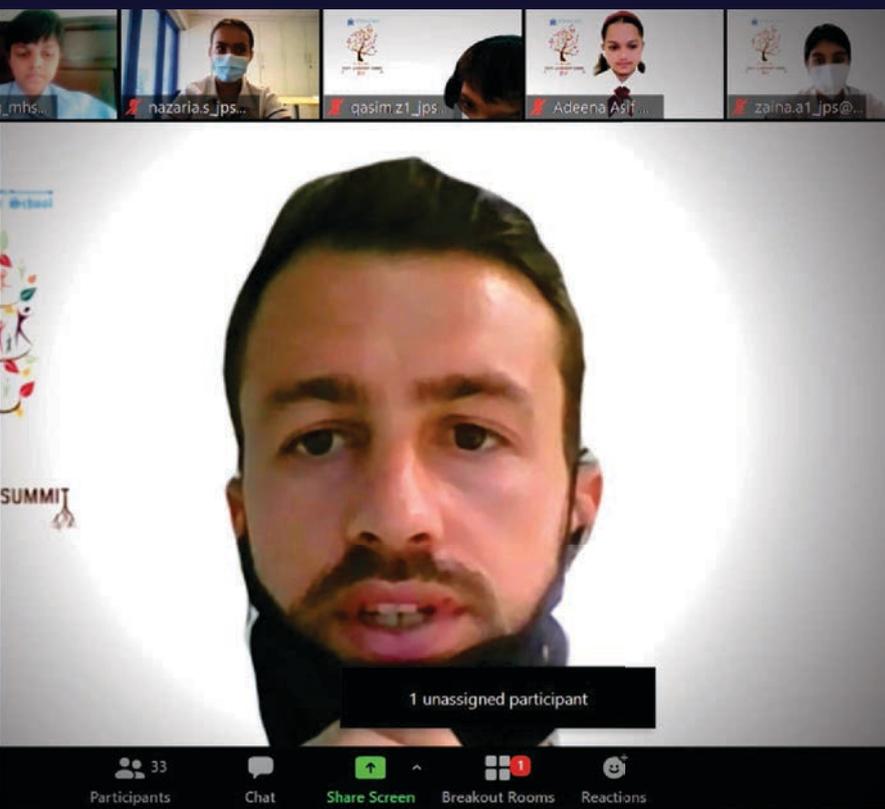
Following the wake of prolific discussions, captivating activities and penetrative momentum, leads us to the breeding ground of social change; the 1st annual Inter-school Youth Leadership Summit. The Inter-school Youth Leadership Summit 2020-21 was hosted by The Winchester School, Jebel Ali on March 25th, 2021. The Inter-school Youth Summit was an impulse that bore perspective and passion to all participants and their electronic devices. With the intent of honing ideas, initiatives, resolutions, and viewpoints between the pipelines of student governments spanning 15 schools and 120+ student leaders, all conducted on Zoom.

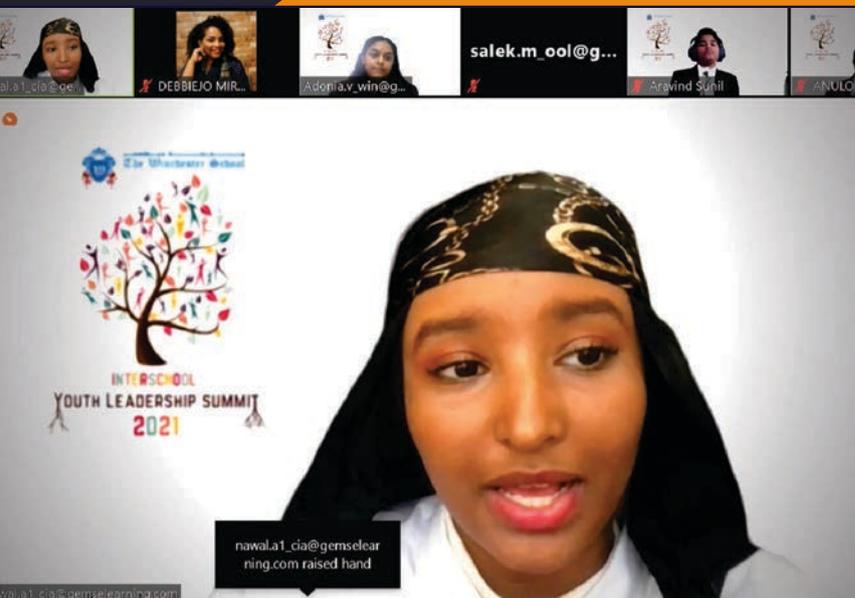


This academic year was a value meal served with challenges of an unparalleled metric, with a side of incomparable strategies as we continue to reap its grave repercussions. 15

schools were disbanded into various breakout rooms, with a maximum of 4 schools per room. In each room, we shifted our lens to a time of uncertainty, identification & relapse for each of the schools. In turn spanning the schools' gaps, their solutions, and their upcoming projects. Our school was represented by Vania Gomes, Katie Ramanayaka, Inaya Danish, Mir Faraz, Lisa Abraham & Parth Karnik; all led in the trails of Sophia Pogorelova. The schools bridged and intertwined during the summit were:

- Gems Westminster school Sharjah





- Gems Cambridge International Private School – Sharjah
- Our Own English High School, Al Ain
- Gems Jumeirah Primary School
- Gems International School
- Gems New Millennium School – Al Khail
- Our Own English High School, Boys – Sharjah
- Gems Westminster School, Ras Al Khaimah
- Gems Cambridge International School, Abu Dhabi
- Gems Modern Academy
- Gems Millenium school sharjah
- Gems Winchester School Dubai
- Our Own High School, Al Warqa'a
- Gems Founders al Mizhar
- The Winchester School, Jebel Ali

As the saying goes, ‘Every problem has

a solution, one just needs to be creative enough to find it.’ In response to the bevy of repercussions, leaders were swift in progressing towards explaining the solutions they implemented to address the wider need for connectedness and confidence. Some notable ideas include a digital parallel of otherwise onsite events: national day programmes, career fairs, competitions, and assemblies were all adjusted to reach out to students virtually. Furthermore, many schools hosted a ‘mental health week’ to bridge the disconnection with a greater propensity in helping individuals through collective action, like group therapy and awareness assemblies. Similarly, leaders were also determined to reinforce the importance of physical fitness alongside a healthy mindset. Most schools geared their resources towards facilitating a weekly exercise regime through virtual dance sessions, yoga, and P.E lessons. Also, leaders impressively took this opportunity to integrate augmented reality into regular



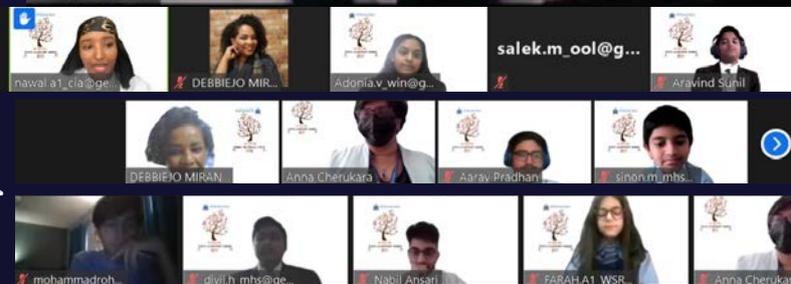
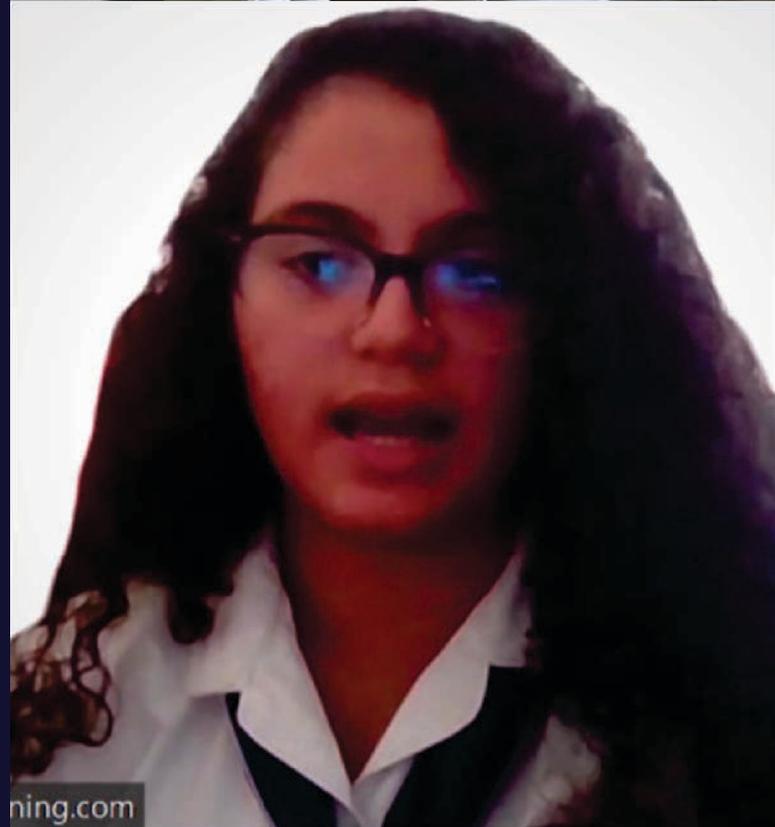
lessons, to enhance the interactivity during remote learning. With remote learning, students can overcome the barriers of geographical immobility, and even career-wise, become specialized in a trade from different parts of the world. Moreover, a student's level of education would no longer be tethered to their age, as learning would be more flexible, and abilities are a determinant of the grade. Another groundbreaking idea was an extension of memory in the form of microchips, to feed into the evolution of biotechnology amidst the functioning of humans. The elimination, or rather the transition, of physical features into digital platforms was a recurring element in student ideas – namely converting notebooks, textbooks, and stationery into digital versions available on easy-to-carry tablets.

Envisioning the Future of Education

The time came for the main segment of the entire summit: Envisioning the Future. With the pandemic, schools worldwide were forced to navigate through the uncharted territory that accompanied this pandemic, which thence begs the question: what does the future of education look like?

- **Holographic teachers:** Would eliminate the physical barriers of distance whilst still capturing the attention and understanding of students.
- **Teaching may fall into AI territory:** As education moves towards more technological standards. AI teachers can be programmed to help with smaller learning tasks like helping a student to read or write.
- **Global Education:** Education would not be limited by geographical immobility, but that 'the world is your classroom', through distance learning;
- **Ability-based Grouping:** A shift of year groups based on age, towards a more intelligence metric system.
- **Gamification:** Another mode of learning which involves physical games in the form of digital VR sensory technology.

The aforementioned ideas were just the tip of the iceberg for what this summit sustained.



Student Spotlight

*The Strings Behind the Interschool
Leadership Youth Summit*



Facilitators

Adonia Joseph, Head Girl

Nikhil Karani, Head Boy

Sophia Pogorelova, Deputy Head Girl

Aarav Pradhan, Deputy Head Boy

Presenters

Vania Gomes, Head of Wellbeing

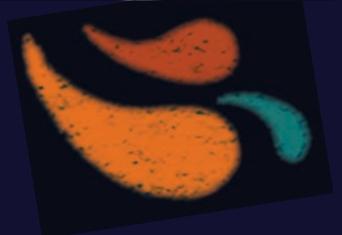
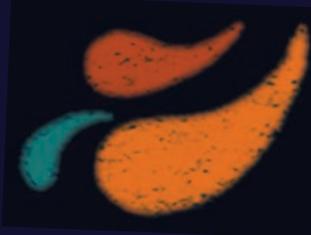
Katie Ramanayaka, Head of
Cultural Awareness

Inaya Danish, Primary Head Girl

Mir Faraz, Primary Head Boy

Lisa Abraham, Primary Deputy
Head Girl

Parth Karnik, Primary Deputy
Head Boy



Concocting Cocoons of Culture: How the Sacrifice of Ramadan Cares for the Spirit

Sahan Liyanage, 10B

Ramadan has been rightfully addressed as the “month of giving”, or the “month of blessings”, just as many of us believe. Although Ramadan is often deservedly postulated as the enlightenment & alignment of religion through the abstaining from the pleasures whilst praying to become closer to Allah, that this life is simply nothing but an illusion and a test. Ramadan is a way to help us realize our physical body is nothing but a home for our soul, and to look deep down to ourselves and activate what has been lost throughout the lunar year and to teach ourselves the exuberance of the world. Ramadan helps us to see light in any dark place and assists us to construct a life of purpose.



The True Meaning of Ramadan

Ramadan is the ideal time to build oneness with Allah, through the concept of fasting and praying. We can teach ourselves meekness and humility which assist us to construct the right path of clearing out the ego. Fasting is not about burning calories. It is about burning ego and pride. Ramadan is meant to be a time of spiritual discipline — of deep contemplation of one's relationship with Allah, extra prayer, increased charity and generosity, and intense study of the Quran. The souls that can let go of the ego are able to answer the question of life, but the evil souls turn to be clueless. Ramadan provides a golden opportunity to let go of these feelings, and to free from ourselves internal and external sins. Fasting, praying, and reciting the Quran can be discerned as a technique to develop our inner peace; and as we maintain these supreme actions, it creates a boundary dividing us from anger and hate.

Fasting's Figurative Function

Fasting lasts for 30 entire days, starting from the day of the full moon sighting in a lunar year, it's the concept of surviving without consuming any food or liquid, including water, from dawn to dusk, Fasting can be seen as a way of burning down calories stored in our body to achieve a healthier life, but is this Allah's intended purpose for fasting?



Fasting can be described as a way to purify our soul, it is a way to surrender ourselves to the Almighty creator, Allah, it brings your soul an increased willingness to do good.

During the hours of fasting, the unbearable feeling of our body screaming for food is overtaken by a calm and peaceful feeling in our mind, these emotions are the direct impact of a closer connection to Allah, this sense of calmness allows our mind to slowly drift away from the hurry and fuzz of worldly desires, it allows us to harmonize our own thoughts and feelings. "The core reason I fast is that I believe that is what Allah has asked of me, as a means to increase my faith and draw nearer to my soul" wrote Reem Akkad a Television producer in the Washington post, "Ramadan takes attention away from the physical and focuses it on the spiritual". She also described how Ramadan has helped her realize that her physical body is not

her, "The pangs of hunger are a reminder that I am much more than my physical self". Ramadan has assisted her to do plentiful more work than a normal day of the year, she confirmed this by "I also manage to pray and meditate every day — early in the morning before the sun rises, twice when I come home from work and twice before I go to bed."

Prayer & Qur'an

Throughout Ramadan, every Muslim bow their heads towards the mosque 5 times and prays to the omnipotent Allah. This act is the key to keeping a close connection with Allah, it is believed that when a worshipper prays, they are standing in the hands of Allah and

person. Prayer not only flourishes our mind but allows an individual to part ways with the stresses of the world and unlocks them from their mind's prison.

In Islam, it is essential to read the holy Qur'an during the month of Ramadan, then all his previous sins will be forgiven. The act of absorbing what is written down in the Quran, helps us look deep down into our mistakes, and further supports us to right our wrongs, to make our hearts be more benevolent and positive. The spiritual healer of the heart is in agreement that fasting softens the heart, making it more humble and kind to the recitation of the Qur'an.

Prosperity

Amidst the adversity and conflict present in our current state of both mind and matter, more often than not, we need time to reflect and be

aware of ourselves. We've been given a moment to rebound our wrongs into rights, as well as revive our bond with Allah. Ramadan provides a golden opportunity to rectify our

mistakes, and purify our spirit.

Overall, this month of the year can be considered a movement of self-care holistically; every time your head touches the ground during prayer, it is to remind you to put down the ego and make the path to paradise more pellucid, discarding the toxins away from our lives.

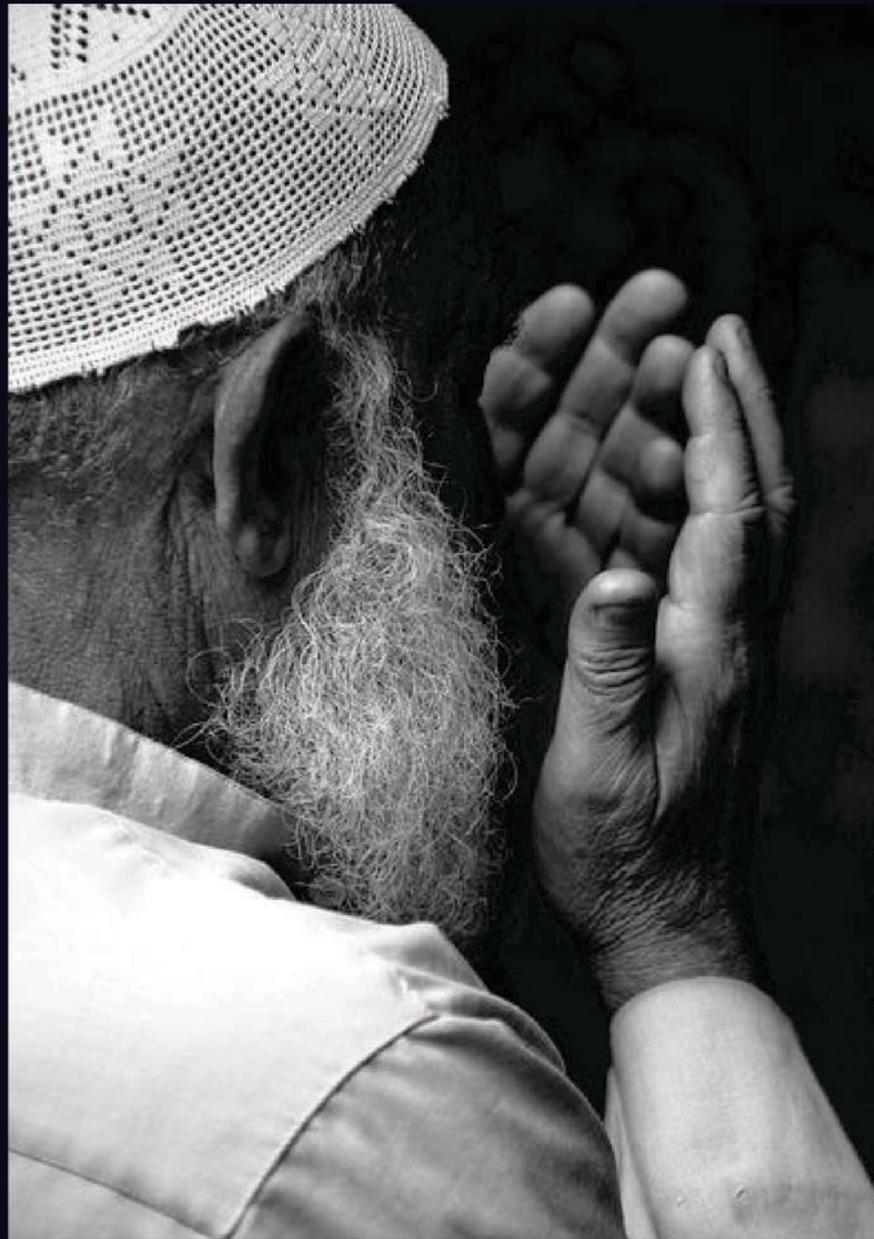
Ramadan is a way to help us realise our physical body is nothing but a home for our soul, which we must always nurture.



Enlightening Embers: COVID-19's Toll on Ramadan

Amir Ali, 9A

On the evening of Monday on the 12th of April, Ramadan will begin. Muslims will embrace the season of Ramadan, where they will deprive themselves of food as they fast for Ramadan in the summer. Ramadan, as we all know, is the celebration of fasting, giving back, and self-importance. Muslims around the world commit to fasting from 12th April to the 12th of May. Ramadan means intense heat, signifying the season that Muslims will endure with great faith and patience. Ramadan is the ideal time to build that oneness with Allah. Through fasting and praying, we can teach ourselves meekness and humility. We should all be grateful for our safety, security, guidance from our parents and teachers, our education, and everything else we are gifted with from Allah (SWT). Islam has always been about brotherhood and self-development as Ramadan will help us become more patient, connected with Allah (SWT), more empathetic and generous, as we deprive ourselves of food to be more



obedient and patient.

Ramadan's Rehabilitation

We learn to do numerous acts of kindness throughout the season. We learn to empathize and connect with others at a time when Ramadan could be much more difficult because of our urges to eat or drink is that we are much more closer to food or drinks. We



itch ourselves to snack because we feel tedious at home. Yet, Islam teaches us to reflect on past events and decisions when Prophets and Messengers would sacrifice to do great things for society. We improve our resilience towards our impulses and our physical vitality to do good things.

The Pandemic's Finx

The pandemic has caused many people globally to fall under extreme poverty, fatal health conditions, and many left undernourished. Furthermore, an important part of Islam is to give back and support those who are suffering from these harsher times, we learn to become much more grateful for what we have. During this holy month and so forth, we could choose to do good deeds for our communities like picking up trash, donating to those of poverty, or assisting elders; because we must manifest good habits that could lead us onto a much more positive lifestyle by following the footsteps of Prophet Muhammad (PBUH). An obligatory way that Muslims have to contribute in Islam is one of the five pillars, zakat, which is giving a portion (2.5%) of your wealth to the poor.



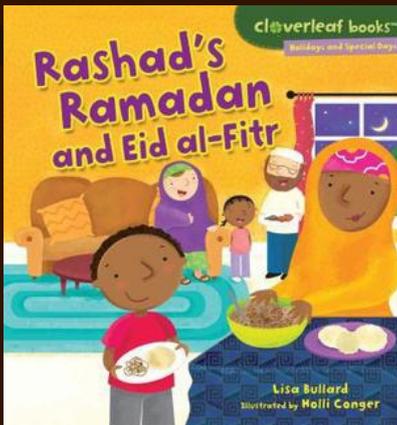
This year represents new challenges. With that, Ramadan has gained a new level of meaning. Around the world, income is half, people have trouble with paying their bills, gatherings with friends or family for suhoor and iftar are risky, charities have a hard time collecting donations, hundreds of millions competing for necessities, and public unsafety. We as a society must still come over these challenges together by supporting one another. As students, our mental health and well-being are important to all of us, and being socially connected with friends is more important than ever in Ramadan.



Children's Chronicle Corner Seasonal Read-Alongs

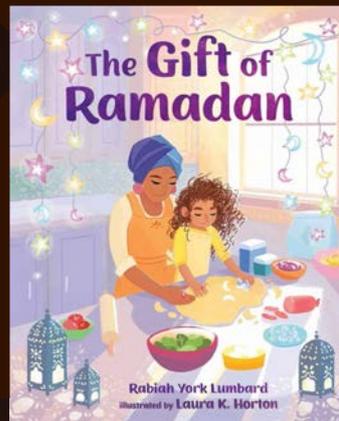
Relish in the seasonal read-alongs scavenged by our editors. To access these books & their activities, please create a free Epic! Parental account.

Rashad's Ramadan



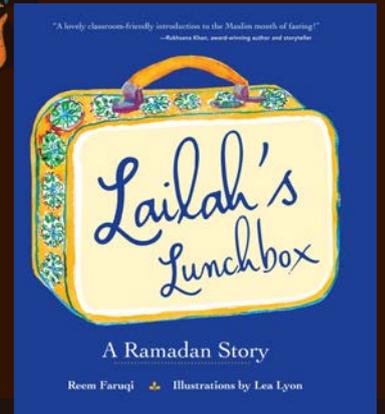
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The Gift of Ramadan



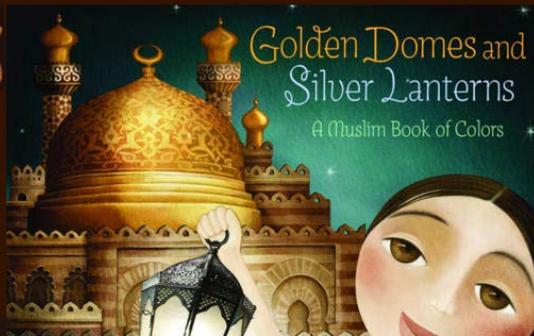
<https://www.youtube.com/watch?v=l2fioRykUE>

Lailah's Lunchbox



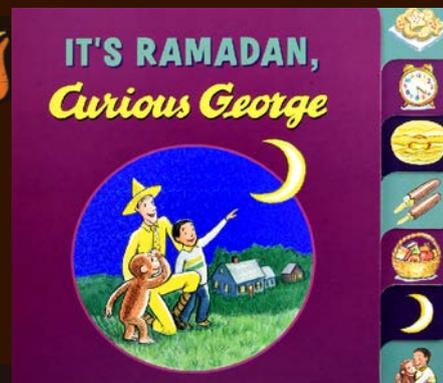
<https://www.youtube.com/watch?v=h8nKDDyRNYM>

Golden Domes & Silver Lanterns



<https://www.getepic.com/app/read/73166>

It's Ramadan, Curious George

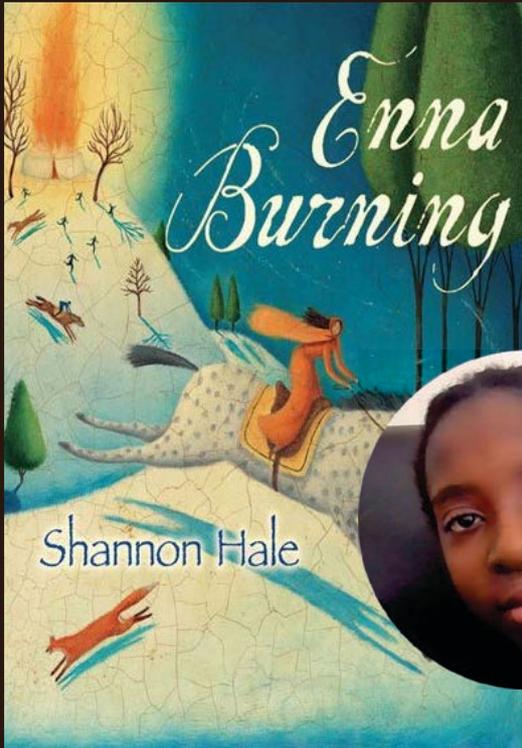


<https://www.youtube.com/watch?v=T9yKhefEWIU&t=75s>

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The Literary Palate



Enna Burning

★★★★★

Janice Ndambuki; 8A

Genre: Fantasy, Fiction

Appropriate Age Range: 12+

Surrounded by friendship, honesty, deception & betrayal.



The novel *Enna Burning* explores the story of Enna, a forest girl who was first introduced as a secondary character in this book's prequel, 'Goose Girl'. Discovering a vellum containing the secret to speaking to fire, Enna is convinced that she can use this newfound secret for good and to combat neighboring invaders. As the book continues, Enna hones her skill to wield fire and

continually goes on secret raids to oppose the invaders of Tiran. But as her powers grow, Enna struggles to balance the fire's intense power over her and she becomes less able to control her need to burn. This book is surrounded by the importance of friendship, love and honesty but also by the effects of deception and betrayal.

Murder on the Orient Express



★★★★★

Zanetta Suri; 7E

Genre: Mystery, Crime, Drama

Appropriate Age Range: 10+

Truly a task to put the book down.

When I first read the book, my elation was an unbearable gurgle. I felt as though I was on top of the world and a of happiness mobilizes through me. Where right after midnight, a snowdrift stops the Orient Express in its tracks. The luxurious train is surprisingly full for the time of the year, but by the morning it is one passenger fewer. An American tycoon lies dead in his compartment, stabbed a dozen times, his door locked from the inside. Isolated and with a killer in their midst, detective Hercule Poirot must identify



the murderer – in case he or she decides to strike again. The *Murder on the Orient Express* is a book in which you will not even dare to guess the murderer until the very end.

Mellow Yellow



Zainab Ali; 10H

Genre: Baroque Pop

Appropriate Age Range: 7+

Heavy Metal for the Noblemen

Unprohibited by counter-cultural bliss, the

commercial success for this Donovan single allowed it to reach No.2 on the Billboard Hot 100 in 1966.

The great snare in Mellow Yellow's 230 seconds is not a riff nor note, but a jazzy amble beat carrying an instrumental intro until Donovan's

breathy vocal makes an appearance. The verses

are certainly mighty melodic in a pop folk-rock fashion, with the singer's sly declarations of love accompanied by only minimal electric guitar and bass. What makes this a folk-

rock, rather than an insolent jazz tune; is the insistent chorus in which Donovan gleefully announces that they call him, 'Mellow Yellow'. It will certainly be difficult not to

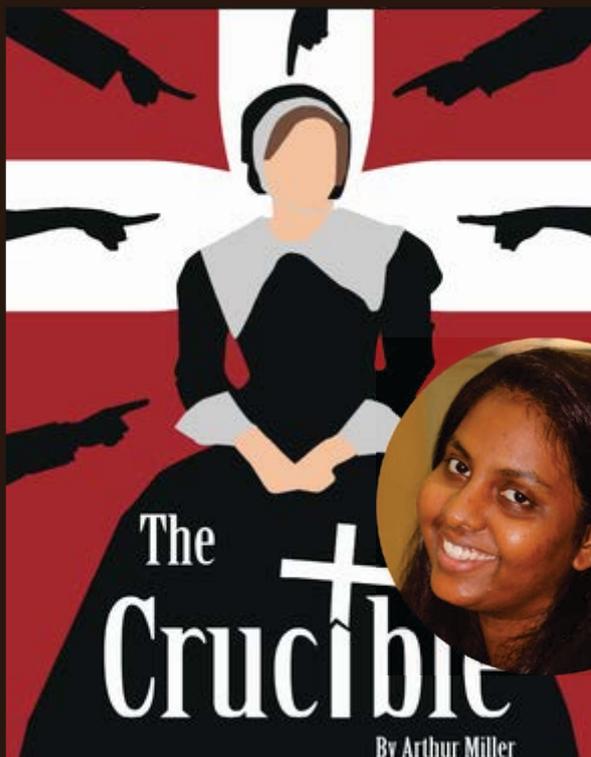
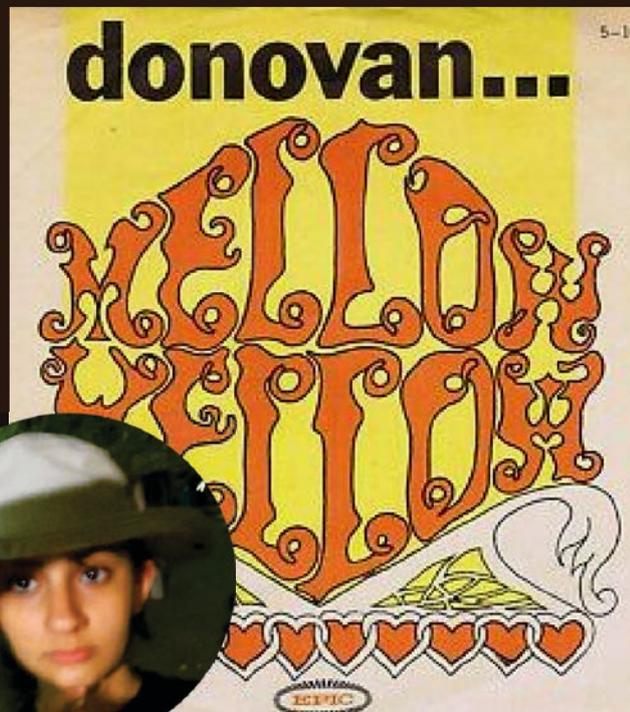
sing along with that chorus, too, particularly as it is immediately rejoined by a responsive knowing, nudge-nudge, whisper of both Donovan and Paul McCartney's affirmations. In

fact, the whole celebratory instrumental resembles a traverse between the Beatles'

"Blackbird" and "Yellow Submarine" ambience, particularly the fade outs.

In tandem with its predecessor "Sunshine Superman", this track established Donovan as the ultimate bearer of good vibes at the dawn of the experimental era; the cadence of

heavy metal for the Aristocrat. Melodious yet smooth. A jiving bop and a true banger.



The Crucible



Ms.Persis, Secondary English Teacher

Genre: Play, Drama

Appropriate Age Range: 14+

Explores the nexus between religion & politics, while unabashedly discussing the politics of religion.

The Crucible was written and staged during the early 1950s, when Cold War was at its peak, and the world saw USA and USSR as being polar opposites. During this geopolitical period of turmoil, Miller carried his audience into a bygone and infamous era of the late 17th century, to the time of the Salem Witch Trials, that took place in

Massachusetts. Although this was supposed to be a fictional account of all that took

place in Salem, he researched extensively and turned it into a docudrama of sorts.

The play opens in the household of Reverend Parris whose daughter lies unconscious at home. The following dialogues reveal that Tituba, the slave woman in the Parris household had tried to cast a spell at the behest of the young girls of the household including Parris' daughter Betty and niece, Abigail along with other young girls of the parish. The law of the land dictated that anyone who was accused of witchcraft could be tried and if proven guilty could be hanged. Since the priest of a religion-centric society's child has been accused of witchcraft, the parishioners are baying for Reverend Parris. Through the following pages, we are introduced to the Putnams, the Nurses, the Coreys, the Proctors, and other families who belong to this parish.

As the play and plot progresses, Miller plunges headlong to recklessly crash through the superficial and idyllic image of a peaceful, faithful, church-going people and unmask the bitter truths and realities that lie beneath it all. I realized the politics of religion and the religion of politics around me had not changed. I realized the subversion and subsequent dilution of truth was even more apparent and prevalent in this digital age. It becomes extremely difficult to summarize the plot, as there is no one central character or one central and defining event. The plot continues to expose the web of lies, deceit, revenge, and hypocrisy that the characters are caught or engaged in whilst they accuse each other of witchcraft to settle personal scores and to simply enhance their 'religious ratings' in society. He shows how widespread paranoia and fear tactics employed by the powers that be had altered the very face and nature of society.

Reading *The Crucible* made me realise how timeless and relevant the book was even in the 21st century. It is not meant to be a relaxing and beautiful read--Miller yanks you by the throat and forces you to question your own Absolutes of Faith, Truth, Justice, and the like. One is exposed to one's own double standards and hypocrisy while engaging with the same in society. The book is a testament of the greatness of Miller because it evidences his ability to understand the common threads and motifs through varied events during various times and ages. He neither falters nor lets you blink even once during the text. Watching Miller show the fallacies and fallibilities, the differences and similarities between isms that are considered to be either idealistic or contradictory to each other (e.g. Capitalism Vs Communism) alone makes it a must-read. If you have read every other book in the world and not read *The Crucible*, trust me you have missed out on something *really* big.

Want to Submit a Review?

Refer to the Entry Form below for further details:

https://docs.google.com/forms/d/e/1FAIpQLSfx7tpmfKFfRfGuGrVvkqXLLZSsir3U5f7WNkVpVukZS6_bpug/viewform?usp=sf_link



Humor Section Cartoon Caption Contest

Last Month's Cartoon



1st Place

“No, we do not serve breakfast at 11:01. Get out!”

- Rithik Avinash, 7c

2nd Place

“My eyes are up here.”

- Anonymous

3rd Place

“Does my tie deem so funny to you that your eyes are popping out?”

- Anonymous



This Month's Cartoon

- Win 40 house points, a certificate & a feature on the Winch-being Bulletin!
- Rules can be found on the 'Caption Entry link' form.
- **Deadline:** 7th May 2021
- **Voting Poll Open:** 9th May 2021
- Contact us if you have further inquiries.

Caption Entry Link:

https://docs.google.com/forms/d/e/1FAIpQLSe9XsJSkWerYHAW12M1E7aNwZKhVx--qviAMK_ImbYEPC46tw/viewform?usp=sf_link

Voting Poll:

https://docs.google.com/forms/d/1T61sbEVSJxyH3-j_R8P23lwtZDX12ZUp7qEkIkX1Zy4/edit#responses



Art Competition

Draw this in Your Own Style

Deadline: 11th May, 2020

Recreate the below piece and adapt it to your own artistic style.

Either upload it on Instagram with the hashtag #dtiysRabidRabbit, and tag @fieldnotesofmentality



Created by: Aaron Mercado

Or email us your piece:

winchwellbeingpost@gmail.com

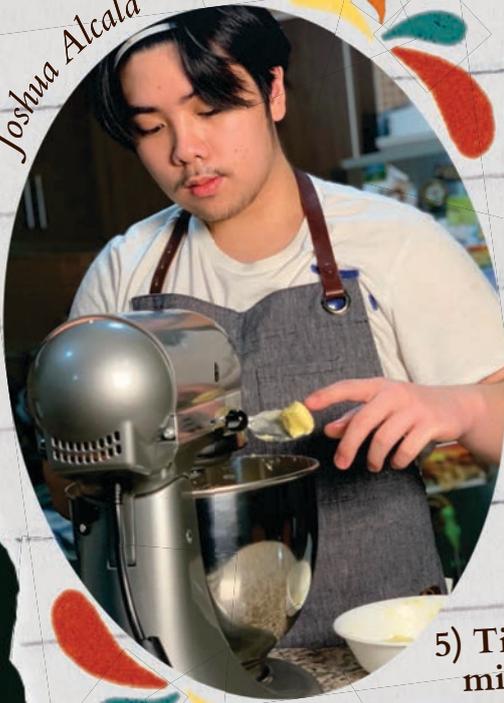
Criteria that will be judged:

- Colour Scheme*
- Composition*
- Innovation in Style*
- Techniques & Mediums*

From the Cookbook

An Iftar Formula

Joshua Alcala



Wagyu Strip Steak

- 1) Sprinkle salt and pepper evenly over both sides of the steak.
- 2) Heat a heavy-bottomed skillet (preferably stainless steel or cast-iron) over medium-high heat.
- 3) Add oil to pan; swirl to coat. Add steak onto the pan and cook 3 minutes on each side or until a evenly browned
- 4) Reduce heat to medium-low and add butter, thyme, garlic to pan.
- 5) Tilt pan towards you so butter pools; cook 1½ minutes, basting steaks with butter constantly
- 6) Remove steaks from pan and allow to rest for 10 mins.
- 7) Add more olive oil to the pan and preheat over medium heat. Season the asparagus & corn with salt and pepper, and sautee for 2 minutes.
- 8) Reduce the heat to medium-low and add a splash of water. Put a lid over the pan and allow the vegetables to finish cooking for another 1 ½ minutes.

Dynamite Chicken

- 1) First off, fry your ready-made popcorn chicken.
- 2) Whilst frying, prepare the dynamite sauce by mixing in:
 - ¾ cup of Mayonnaise
 - 3-4 tbsps of Sweet Chilli Sauce
 - 3-4 tbsps of Sriracha Sauce
 - Lemon (the measurement is up to your preference)
 - Honey (the measurement is up to your preference)
- 3) Finally, pour your Dynamite Sauce onto your chicken, and top it off with a dash of Green Onions.

Amalyn Ashhab



From the Cookbook

An Iftar Formula

Apple Pie Bread Pudding

- 1) Preheat oven to 375 degrees and spray a 9x13 pan with non-stick cooking spray.
- 2) Cut your bread into chunky cubes of around 1 inches and place half of them in the pan.
- 3) Spoon the apple pie filling over the bread in the pan then put in the the remaining bread pieces.
- 4) Whisk together the eggs, milk, vanilla, cinnamon powder, apple pie spice, and brown sugar.
- 5) Pour the mixture over the bread.
- 6) Use your hands to press down the bread until all the bread is soaked in and not dry.
- 7) Bake for 35-40 minutes.
- 8) Remove from oven and serve with a scoop of ice cream and caramel sauce, if you'd like.



Chapati Ladoos

- 1) If you are using a day-old chapati, toast them on low heat in a Tawa until it crisps up. Remove and set aside as they cool down.
- 2) Now break them into small pieces and take it in a blender. Pulse them a few times until it's crushed.
- 3) Blend them until it resembles coarse breadcrumbs.
- 4) Add in your preferred amount of jaggery, and pulse it until it is mixed well.
- 4) Pour the mixture into a bowl, add 1 tbsp of ghee, 1 cup of freshly grated coconut, 1tsp cardomom, and nuts.
- 6) Mix well, shape it into balls, and enjoy!

Tamshika Swaroop Kishan



~ Hamza Imtiaz

From the Cookbook

An Iftar Formula

Kunafeh

1) In a large bowl, add 1 cup of water, 1/2 cup of sugar, 1/2 cup of rose water, and 1 tsp of lemon juice.

2) Mix the ingredients and bring the mixture to a boil until the sugar is dissolved

3) Then, cool the mixture to room temp. Meanwhile, in a saucepan, add 1/4 cup of pistachios, and roast them for 2 minutes over a low heat.

4) Dice the pistachios.

5) Later on, separate 340g of kadayif. When done, pour 1 1/2 sticks of melted butter onto the kadayif, and mix until all is combined.

6) Consequently, on a saucepan over a low heat, add 1tbsp of butter, half of the prepared kadayif, and shape it to that of a circle.

7) Add a layer of ricotta cheese, and cover it with the rest of the kadayif. Flip the kunafeh, whilst adding another tbsp of butter. Finally, drizzle the syrup & pistachios.

4. rice cooker and arrange your stuffed veggies and top with lemon slices and pomegranate molasses.

1. Wash coriander, parsley and Dill thoroughly and clean them well then chop them leaving out the stems and set them aside.
2. Core the veggies. Leave about 1 of the top of your vegetables for the rice to cook
3. Arrange the stems along with potato slices and onions at the bottom of your



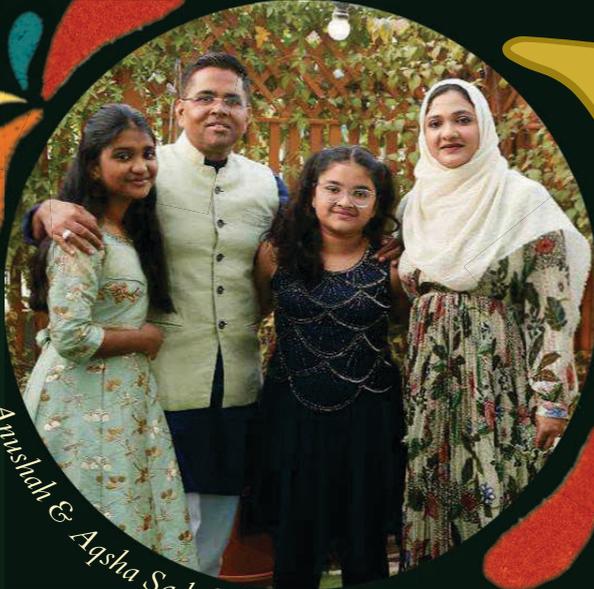
Mahshi Salsa:

1. In a pot over medium heat, add oil and saute onions until translucent for about 2-3 minutes.

2. Add the fresh tomato juice and paste and stir to dissolve tomato paste.

3. When it starts bubbling, turn heat off and set aside to cool down.

Judi Ali



Amshah & Aqsha Sadaf

During Ramadan my family and I pray together more often, with the Sunnah and the Taraweeh prayers, we read Quran and attempt to complete a juz everyday. We find a lot of pleasure in eating and cooking for iftar and suhoor together, coming up with new dishes every other day. Another thing we enjoy doing is decorating the house with lights and candles, which is a nice way to spend our time while we're fasting.



Aaliyah Shaikh

During this prestigious month, my family and I use it to repent sincerely on our past sins & and to pray for upcoming blessings. We end the day by breaking our fasts with dates & a cup of water. The platter of food can vary from kebabs, fruits as well as stew! This routine, helps us to realize the importance of giving as well as the idea of not to be greedy!



Arisa & Mohamad Zhariff

We dedicate this holy month to improve our relationship with god and the people around us, and improve ourselves spiritually. We do extra prayers than normal and try to read the Quran as much as we can together. During iftar, we break our fast with dates, water and fruits. Sometimes we go pray then continue the rest of our dinner or pray after our dinner, and of course, we decorate our house!

Paperback Poetry

Ramadan; A Guide to Happiness & Health

Aima Sajid, 6H

The month of Ramadan,
Which gives us a gift that is Quran
In its all the guidance everyone needs
Which influence us to do good deeds

This month is truly special because of its guide to
happiness,
It also adds up to your health issues so it's not so
serious.

Fast Muslims fast,
To give you chance to get your Jannah at last.

When you fast the happiness and mercy of Allah is
with you,
You will have great health by Allah's light and care
too.

Ramadan can have an effect,
That everyone can easily detect.

Ramadan is when the Shaytan is trapped away,
Which gives us a chance to redeem ourselves in
anyway,

We feel happy for the time we have with our
family,
We will have great health and live the beautiful
month happily.

Ramadan; a guide to happiness and health,
You will lose your evil ways of stealth.
Relax and you can have a great time,
With that I finish this rhyme.



Holy Month of Ramadan

Xainab Usman, 6I

There is a month that is certainly blessed
Ramadan is surely the best

Muslims around the world cheer,
Alhamdulillah, Ramadan is here!

We saw the moon so Ramadan starts today,
Muslims now will fast all day.

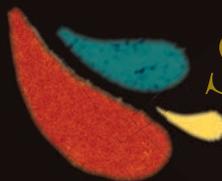
For one month we will not eat or drink from
sun up till sun set

This teaches us patience, to be thankful for
God's Blessings and to be our best,

We go to the masjid for prayer of Taraweeh,
Knowing that masjids of Allah are the best
place to be.

And then the month is over and we are oh so
sad,

But when we think of the next Ramadan, it
makes us glad.



Submissions
Email us:

winchwellbeingpost@gmail.com



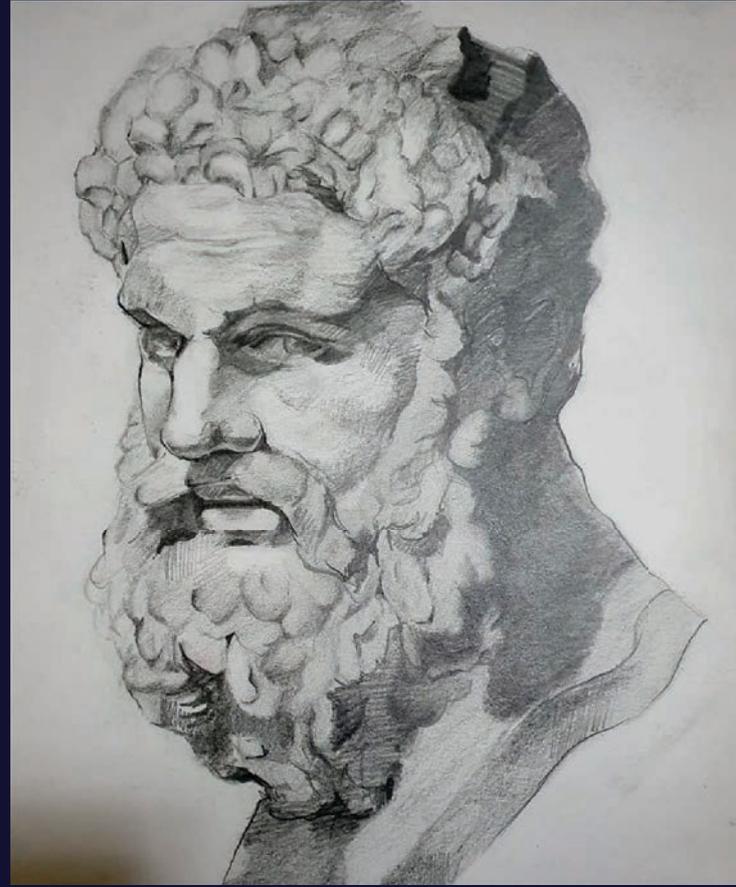
Sidewalk Sketches



A Sketch
Medhavi Mahesh, 11A



Anatomy of a God
Adeline Antony Jose, 10C



Feral Echoes
Hannah Erica C. Tan; 10B



Time Cocoon

Hannah Erica C. Tan; 10B



Sidewalk Sketches



Megan Fox

Midusha Punithanathan; 13D



Ramadan

Twinkle Twinkle Ramadan Ali Usman, 2C

Ayaan Adeel, 6J

Ayat e Kareema
Soobika Fawad, Parent

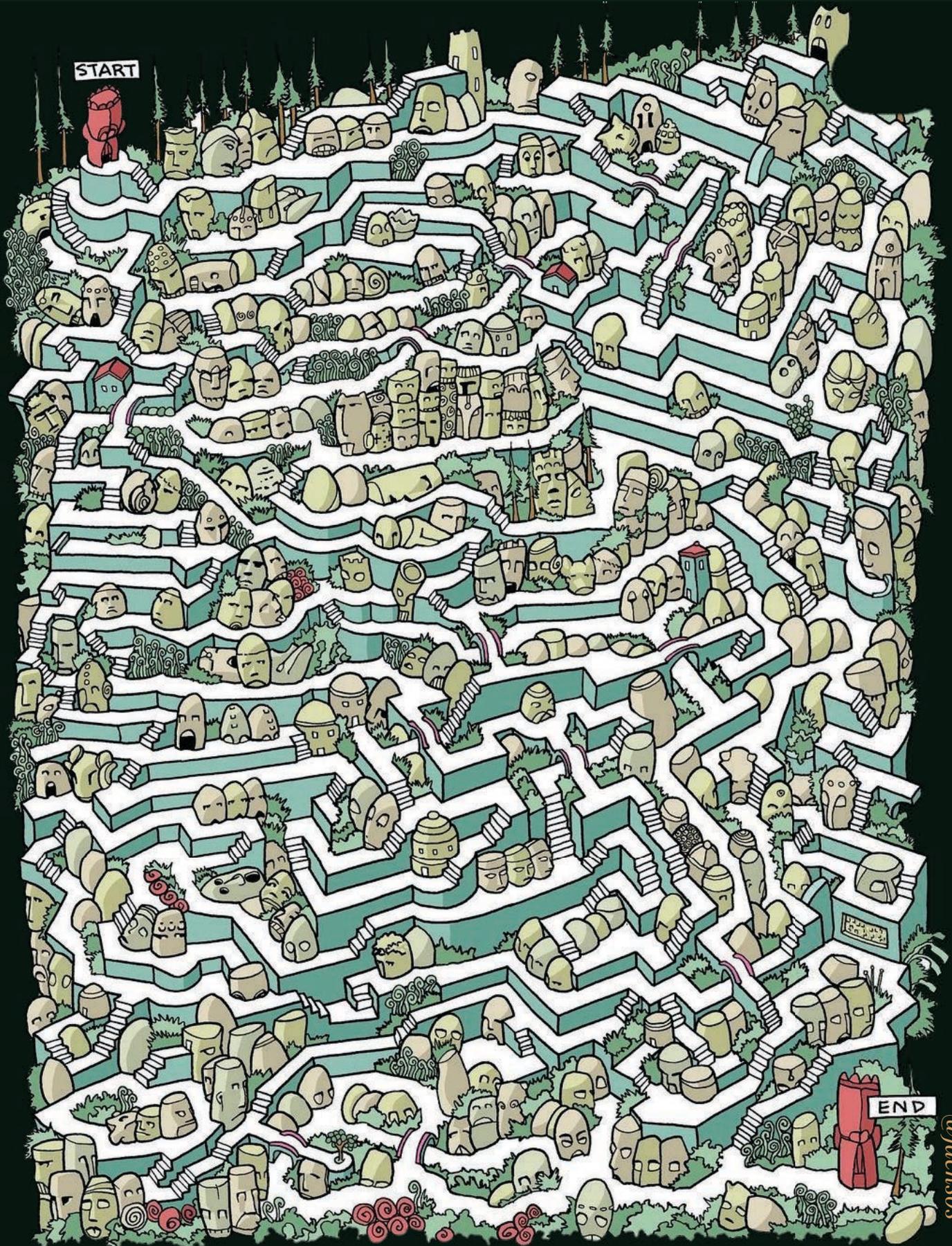


Submissions:

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The Bulletin Labyrinth

Meander through the deceptive pockets of the labyrinth below in order to seize the rewarding relief of being one with the Moai king.





Vania Chanelle Gomes
Head Editor & Designer

Dear Readers,

Poverty is a stain left unwashed ever since the detonation of mankind; and it remains unwashed for the years to come.

Greed and self-entitlement perverts humanity to the extent that it has become everything humanity epitomizes. Alas, it is through sacrifice and donation where we could lift this sworn jinx upon ourselves.

The course of COVID-19 is both a deterrent and lubricant towards this holy month. For individuals peppered all over the globe are casted towering rates of unemployment, prejudice, and socio-economic gaps; as a reaction towards COVID-19.

For the past year, families have already been stripped of an abundance of necessities, and are expected to sacrifice themselves further. For this reason, this Ramadan should remain a testimonial towards humanity's stamina, and our bond with Allah.

Signing off,
Vania Chanelle Gomes
Head Editor & Designer of TWB



Inaya Danish Zaidi
Primary Editor

Dear Readers,

Ramadan Kareem! These days, Muslims around the world are preparing to fast from sunrise to sunset, and experience the sleepiness of waking for suhoor, the hungriness of iftar, and the togetherness of Taraweeh. Yes, we love the blessed and holy month of Ramadan dearly, but the question is, do we know *why* we celebrate it?

Ramadan is an enlightening month by Allah (SWT) in the year out of 12 months to learn about patience, kindness, empathy, worship, the Holy Quran, and compassion towards the needy and poor. I'm sure many of us can relate to the extravagant iftars that most of us wait for, but we forget that we are fasting mainly to feel for the poor.

So this month's advice from me to you is to celebrate Ramadan in the simplest form and take your time to connect with Allah.

Ramadan Mubarak!

Regards,
Inaya Danish
Primary Editor of TWB

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» The Wellbeing Tab on The
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The articles must environ the theme of,

'Celebrating Languages'

Send in an article of any topic you wish, but in a language other than English.

STAY TUNED!

Next Issue:
15th May 2021