

The Winch-being Bulletin

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



New Beginnings

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Summer Spotlight:

The Well-being Summer Series

With the gravity of the current climate right now, it is very easy for us to allow our mental & physical health plummet down into the cracks of our dismissal. To actually translate all the energy we put into keeping up with the overwhelming headlines into productivity, is just as life-changing as it is hard. That is why the release of our 'Well-being Summer Series' was more than just idly following a calendar, or ticking a task off of your to-do list. This series was the rise of a new beginning. A rise from lost, hollowed out minds, into achieving accomplishment, initiative, drive.

Our team was so elated & thrilled with the flooded response from the Winchester students & families. The activities & ventures inflamed within the perimeter & comfort of all of your houses, were truly inspiring! Proving that even with life-altering deterrents like distance, the current

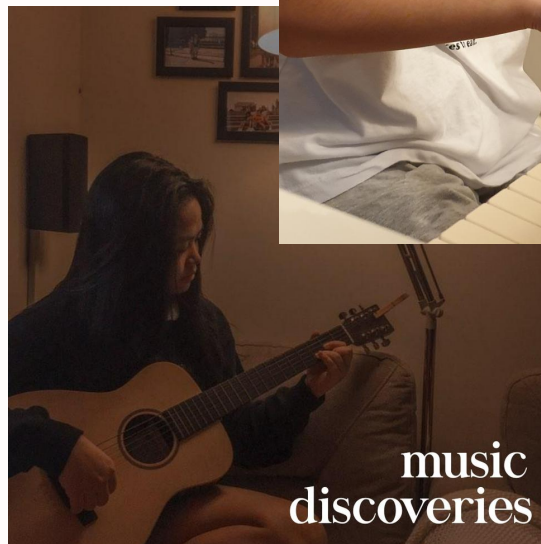
fragile climate & the numbered days of summer, productivity is really only dependent on your own frame of mind.

The bevy of activities accomplished by Winchester families were plastered with creativity & inspiration, here are just a few we from the myriad of ventures submitted:

- Music Discoveries
- Culinary Arts
- Abstract Art
- At-home Photography
- Piano Forte
- Garden Enchanter

If you are interested in viewing the rest, all of the submissions have been uploaded on @fieldnotesofmentality, on Instagram.

You can find the Series through an email labelled, "Letter to Parents & FAQs" or on the above account's bio.



Student Spotlight:

The **Well-being Student Spotlight Award of August** goes to the following students, for avidly contributing their time & endeavour into the envisioned Well-being Summer Calendars, driving our productivity:

Primary



Laiba Yasir

Head of Student Empowerment
Primary



Lisa Abraham

Deputy Head Girl
Primary



Asher Sachin

Head of Pastoral Care
Primary

Secondary



Vania Gomes

Head of Well-being
Secondary



Kanchan Palakode

Head of Well-being
Secondary



Yomna Mohammed

Head of
Student Voice Group



Avin De

Head of
Student Voice Group

Creativity: The Meta-skill needed to thrive in the 21st Century

Marilyn Price-Mitchell



If you carefully observe children before the age of six, you'll notice they are idea-generating enthusiasts! Why? Because humans are uniquely creative beings, born with a gift to create new ideas and innovative outcomes that evolve from their ideas. What happens to creativity when children start school? Research shows that creative thinking scores decrease

significantly from kindergarten through 3rd grade, then remain static or decrease starting in 6th grade.

Parents and educators must unite to reverse creativity's false perceptions and the downward trend of creative thinking perpetrated by traditional classrooms and high-stakes testing. When kids do not learn to freely express themselves, evolve their ideas, and be witnesses to their own creative journeys, the consequences, like boredom, depression, and lack of motivation, can last a lifetime. Creativity is at the epicentre of human exploration and discovery—an ability used to generate and communicate original ideas of value. Inspired by our senses of sight, sound, taste, touch, and smell, creativity is a force that nurtures human development, innovation, and an aesthetic appreciation of the world around us. But creativity is not confined to people of extraordinary intellect or talent—or to big inventions. Everyone has creative capacities that evoke originality;

10 Ways to Boost your Child's Creativity

1. Encourage "possibility thinking." When parents pose the question "What if?" in as many ways as possible, they help children naturally think of creative possibilities. This involves a shift from more traditional approaches that encourage children to ask, "What is this and what does it do?" to "What can I do with this?"

2. Nurture your child's interests. Creativity blossoms when children feel invigorated by activities they enjoy. Allow them to choose their after-school activities. Encourage them to more deeply explore those activities in essays and projects at school. For example, if your child loves playing flute, encourage him to write a paper on the history of flute playing or the mechanics of flute building as a school project.

3. Expand language of imagination. Being able to understand and describe emotions is critical to the creative process. Dr. Brenna Hicks explains how to develop an emotional vocabulary at home so your child can identify and put their feelings into words.

4. Play, play, play! Through imaginative play, children explore their ideas and create meaning about the world around them. Read parenting expert Katie Hurley's excellent article, The Benefits of Play are "Oh, so Big!" where she shares a poignant story of how creative play helped her daughter conquer her fear of the dark.

5. Foster creativity through art. Think of home art projects as mediums to nurture creativity not just as finished products to be admired. Art is an opportunity for children to learn from chaos and disorder, an underlying and often invisible well of creative ideas.

6. Explore the beauty of nature. When children and nature collide, the results are magical! Critical thinking skills are developed as children learn to make inferences and draw conclusions. They learn by tasting, touching, and seeing wildlife and flora in ways they cannot learn from books.

7. Nurture a growth mindset in your teen. To prepare for careers in complex and rapidly changing fields, young people must learn to think and act in new ways. A growth mindset is the belief that one's abilities can be developed.



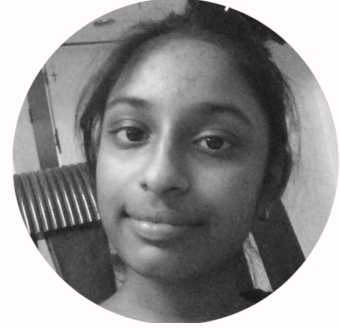
It's a mindset that fuels creativity and innovation, allowing teens to see themselves as creative works in progress.

8. Advocate for the daydreamer! Contrary to conventional thinking, daydreaming has many advantages! When children daydream, they explore associations, make connections, and search for possibilities. Research shows that both daydreaming and the use of solitude for reflection are among the attributes of highly creative people

9. Develop five habits of mind. Nurture the attitudes of mind that generate creativity. Research by Jane Piirto, Distinguished Professor at Ashland University in Ohio, suggests there are five core attitudes of creative people: Self-discipline, Openness to experience, Risk-taking, Tolerance for ambiguity & Group trust.

10. Recognize creativity as a source of joy. When families value and recognize creativity as a source of inner joy, children learn to appreciate their natural, creative gifts as human beings.

Survival Guide: From Isolation to Socialisation



Esther Elizabeth: Year 10

6 Ways to Hack Productivity this Year.

Months and months have swallowed away as we face half of 2020 cooped up at home in fear of contact. How can we possibly welcome this new academic year of social distancing with open arms? How can we welcome this new 'normal' into our school lives?

How to tackle school challenges:

1) Positivity! Keeping a positive mindset is key amidst all things spiraling out of control! "Believe you can and, you're and, you're halfway there," by Theodore Roosevelt. Everything's changing and all we can do is adapt and try to aim to perform our best from implementing the little tips and tricks mentioned in this article. Be positive, stay positive by starting each day with a positive thought, and a grateful heart to keep achieving on being the best version of yourself! Even though "every day may not be good, there's something good in every day." Winchester avidly advocates positivity & growth through the GEMS Jewels of Kindness Program, as well as acquiring a socially aware and accepting staff; an accessible, amicable school counsellor to attend to the emotional needs of its students during this sensitive time.



• Keep a daily log of what your achievements to reflect on

• Channel your creative energy

• Go out of your comfort zone

• Donate to charities or try making an impact

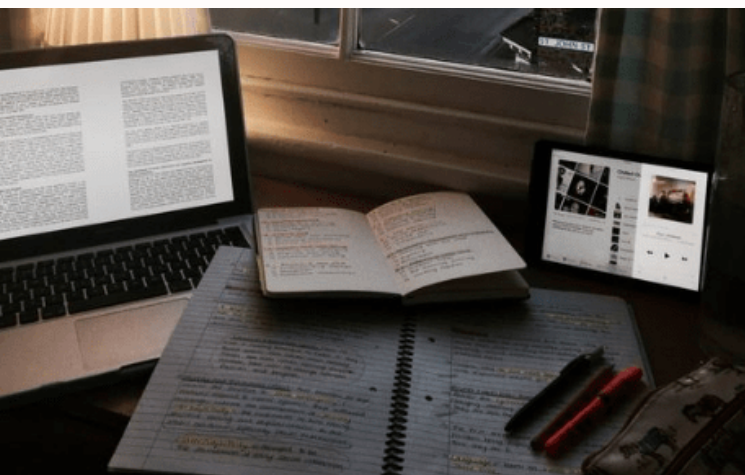
• Foster animals

2. Setting schedules! Organizing your thoughts for the day and planning things out more methodically can effectively help organize your life. Especially if you want that latest Play Station to the game by Christmas you better improve that nasty B on last school year's report card. Setting daily goals tricks you to expecting certain achievements from yourself, ultimately motivating you to keep up to pace with your peers at the competitive scene embedded within the Winchester school classrooms to strive and accomplish your full potential. How and what should I set my schedules on?

In order to, cater to the needs of students in and out of school. The school has taken responsibility in providing functional time-tables, each being a cog within this intricate system.

- Write down all you want to achieve in a notebook
- Whiteboard
- or via any digital platform
- Bullet journaling: This activity enforces the importance of certain priorities that need to be met and is the foundation to meticulously manage time efficiently.
- Sleep schedules- the average child needs around 8-9 hours of sleep
- Studying schedule- keep in check the assignments that are due
- Book packing schedule- Pack the day before to ensure you are sufficiently equipped for the next day and avoid confusion and last minute delays.

3) Fuelling your engine! As typical as it may sound fuelling yourself with the required nutrition is extremely vital especially during the deluging Dubai summer. Studying takes a lot of energy and the right food can sharpen much needed focus and make you feel rejuvenated enough to tackle your next essay or a confusing chemistry class. Your body is an engine. Fuel it, respect it, and treat it right!



Foremost foods to include in your diet:

Veggies- Spinach, Kale, Broccoli, Peas, Beetroot, Carrots, Sweet potatoes.

Carbohydrates- Whole grains: brown rice, quinoa and oats, Nuts, Seeds, etc.

Fruits- Avocado, Blueberries, Oranges, Tomatoes.

4) Study environment! Paying attention to your studying environment can optimize a student's productivity as they

would be keener to study in a clean, safe, and distraction-free environment outside of school. This also means the elimination of your electronics apart for educational purposes, sounds hard I know but by eliminating the use of electronics you're limiting the number of urgent priorities competing for your attention. Doing so will allow you to regain your focus on important priorities and shift your workflow from reactionary to proactive. Having a clean environment also prevents the number of bacteria which is a necessity especially during the middle of a pandemic. The school has taken precautionary injunctions in monitoring the school environment such as, the availability of sanitary products has been advanced, aiding students to stay clean and safe during this pandemic.

How can I keep my environment clean and safe?

- Refuse single-use items and invest in life-time beneficial items
- Properly dispose of waste or trash
- Keep plants close to promote positive and healthy benefits for your environment. Stock up the cleaning supplies at your study area
- Clean off any shared objects in the room like keyboards, writing utensils, and chairs.

5) Back-to-school shopping! Purchase before hand all the required stationery and cleaning supplies for the upcoming school year. Plan ahead and get your list ready while stores are still advertising enticing back-to-school sales. Check for additional student discounts!

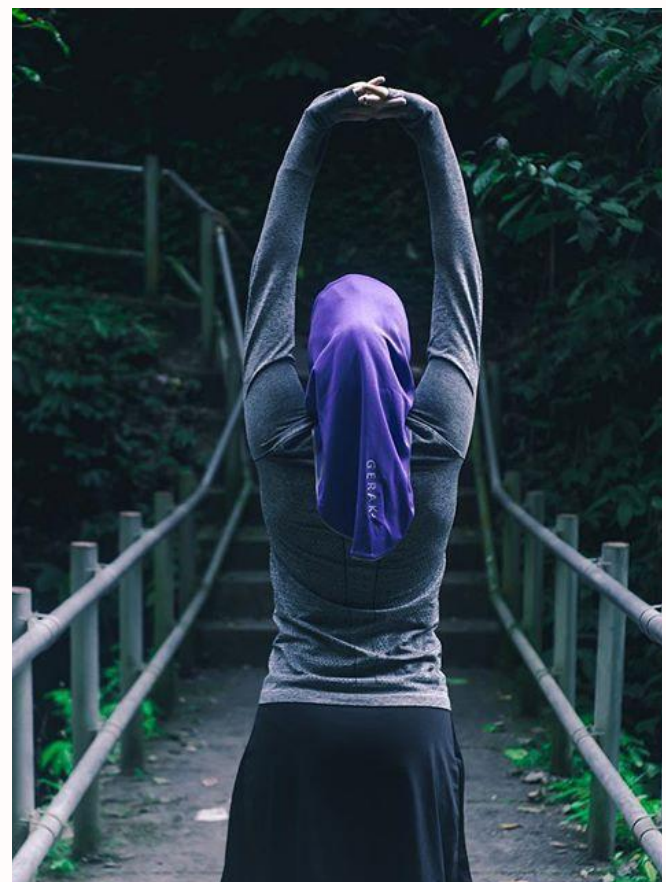
What to buy to be prepared?

- Uniform: Uniforms can be viewed and ordered through their online portal at the Threads website and be delivered to a location of your choice if you prefer to avoid any form of contact beforehand.
- Stationery for your pencil case: pencils, pens, whitener, eraser etc.
- Organization folders
- School books
- Hygienic necessities: Masks, Gloves, sanitizers etc. Bags: School bag, lunch bag, after-school activity bag etc.

6) Revision! Review what you learned last year but that doesn't mean you have to stress and study for long hours. This can be as simple as reviewing the subjects that you have already been well versed in and skimming through summaries of the books that you read last year. A quick refresher will set your mind ready for studying and learning to make your first few weeks back easy as a piece of cake as you can see the information as a continuation of progress that you have already made. Winchester reaps a bundle of after-school sessions, aiding additional intensive learning opportunities.

How to revise effectively?

- Setting schedules! Being positive and eager to study!
- Fueling your body with the necessary foods it acquires!
- Studying in a safe and distraction-free zone!
- Having the essential utensils to aid you along your study journey!



In conclusion, many activities, many challenges, and many changes may come your way but staying true to the tips that you've collected through this article will make a COVID learning experience easy-breezy! Take these words of wisdom as a wake-up call and turn your life around the next academic year. A new year

raises the opportunity of a better you. "If you always do what you've always done, you'll always be where you've always been," by T.D. Jakes!

Join the Team!

In Search of:

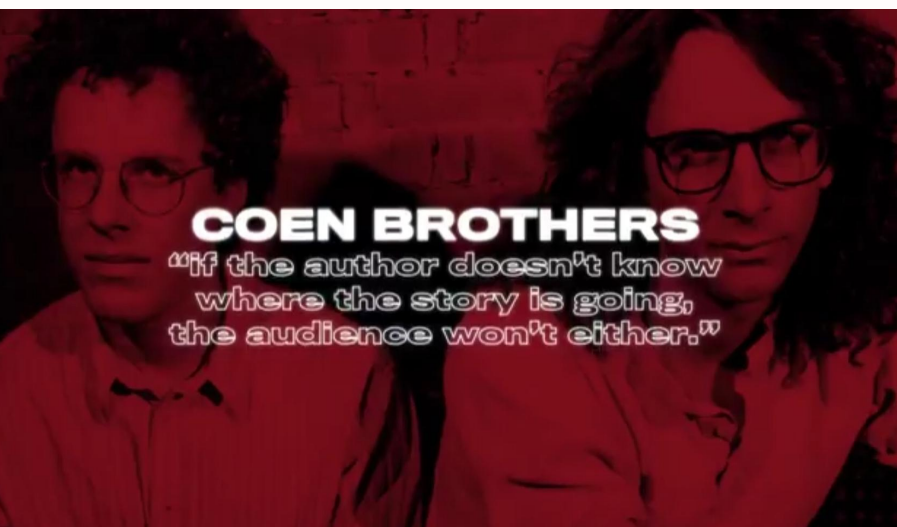
- Prolific, Passion Writers who specialise in Creative Writing.
- Applicable to Students across Primary & Secondary.
- Willing to commit to this column for the rest of the Academic Year.

Cliff-hanger Interludes

With the help of the selected writers' collective creativity & originality, they would get to band together to create a story of 10 chapters, where each chapter would be uploaded every consecutive month, along with the rest of the newsletter.

The story created would delve into a reality of imagination, whilst misdirection. It would be suffused with original characters we'd all end up falling in love with, peculiar settings & themes entranced with marvel, a plot where neither the audience nor the author knows what's going to happen next, an accumulating treasure mounted against Winchester History.

If you are interested, please fill in this application form consisting of the following: Name & Class, Qualifications, Skills, Evidence(s) of your work.



Application Form:

<https://forms.gle/ePNpucTQcaiW>

10qP6

Purpose of Sidewalk Sketches & Playlist Digest

What is the objective of, 'Sidewalk Sketches'? 

Art has concluded that creativity is not limited to one medium. Art has concluded that it could indeed transcend us into realities that were once only real within the perimeter of our minds. Art has concluded that it can, will, and has, bridged mental & physical well-being.

'Sidewalk Sketches' is a platform where we showcase our students' creativity, through any at all artistic medium they specialise in. This could range from painting & sketching, embroidery & pottery, dancing & singing, sky's the limit!

Access to opportunities, or simply shared participation in the arts, has time & time again been proven to genuinely pacify mental & physical concerns, counter inequalities, and advocate social engagement with both our peers & the world around us.

What is the objective of, 'Playlist Digest'? 

Music is the only mechanism known to easily manipulate the most crucial component of mankind- our emotions. A small alteration in its tempo, could drive us to a more productive afternoon, just as a single shift in the pitch, could drive us to insanity. That's simply the power of music, the power it has on us, and our lives.

This year, we have decided to take advantage of this powerful tool, by compiling a monthly playlist featuring all our favourite artists & songs, along with certain themes attached to it. Of course this platform could introduce new forms of genres & songs to students & parents, but more importantly, it introduces a more enlivening, vivifying environment, therefore restoring productivity & initiative within our audience.

Sidewalk Sketches

Once in a Blue Moon

Emaan Ellahi, 6



Komaru & Toku

Analyn Ashhab, 8

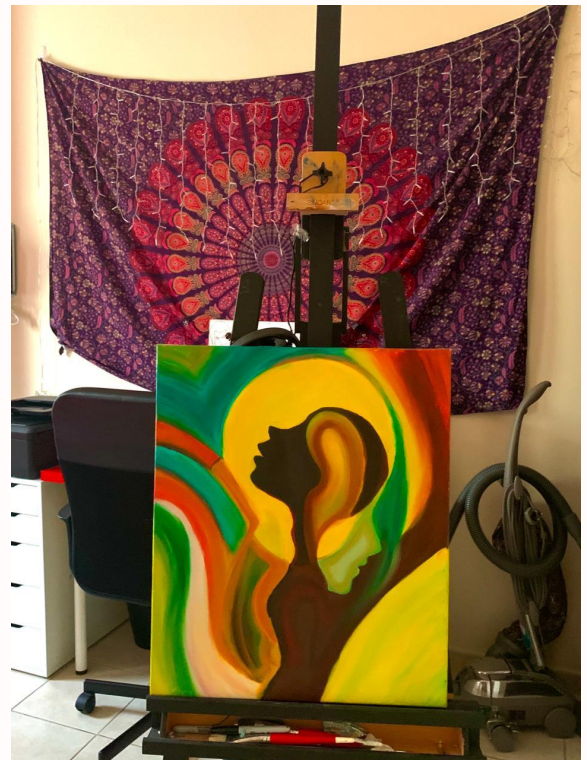
Gradient Envy

Athalia Torculus, 5



Blue Dragon

Aaron Mercado, 10



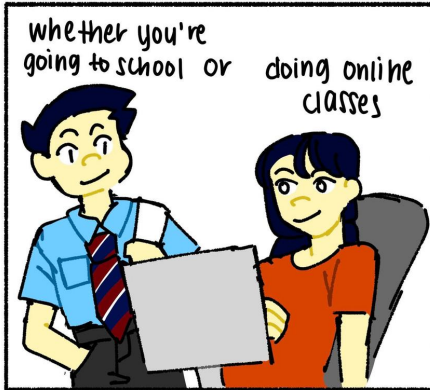
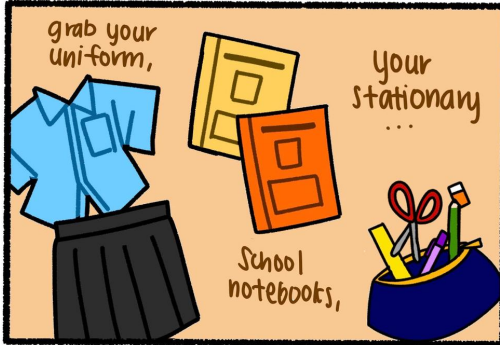
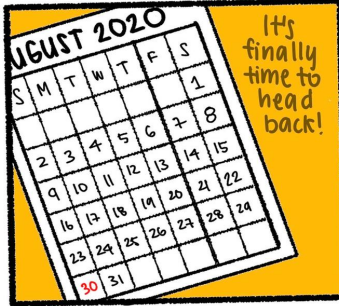
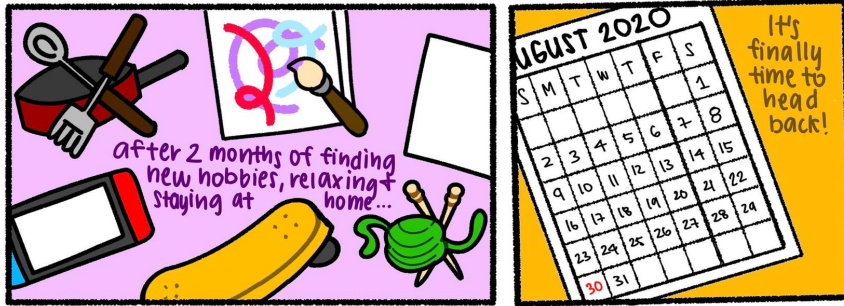
City of Half People

Aaliyah Shaikh, 10

Submissions:

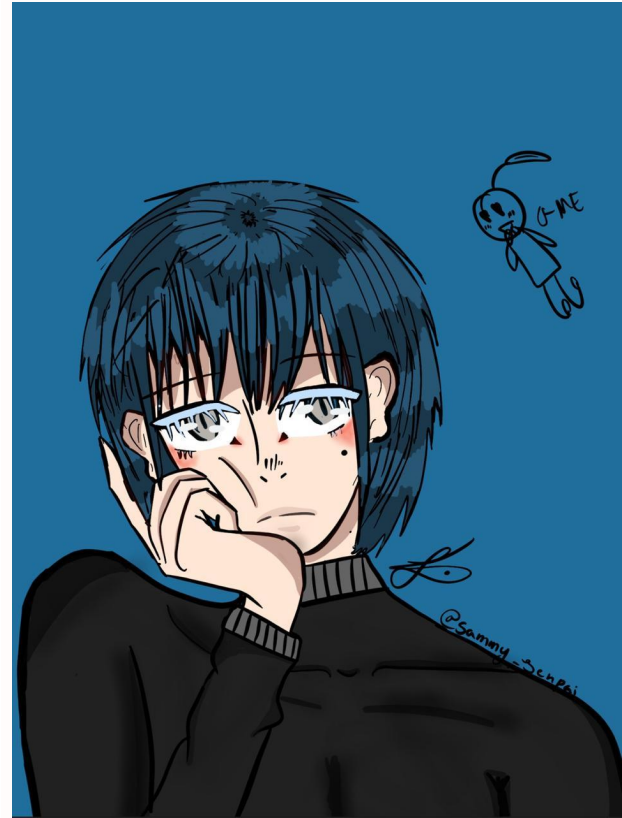
winchwellbeingpost@gmail.com

Sidewalk Sketches



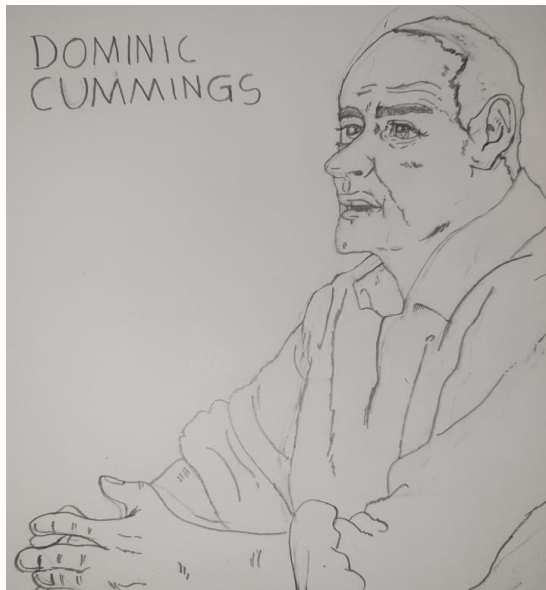
Back 2 School Vibez

Regina abigail, 10



Mizu Tomora

Laila AlQerbi, 7



My Dream House

Kaitlyn Shylle Mar, 6



Paper Clay Island

Arya Jadeja, 2

Dominic Cummings

John Joseph Vadukoot, 7

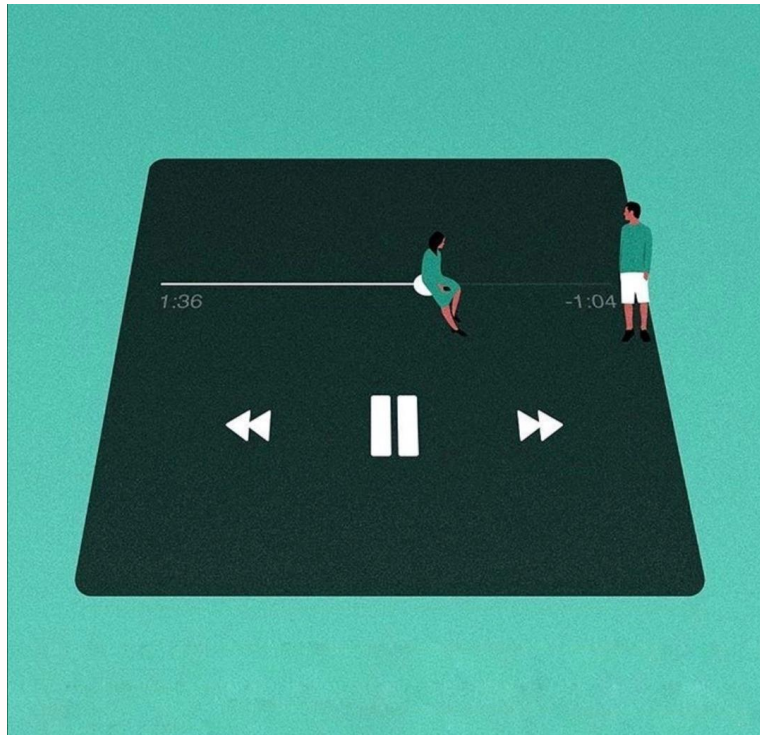
Submissions:

winchwellbeingpost@gmail.com

Playlist Digest: Aug Edition

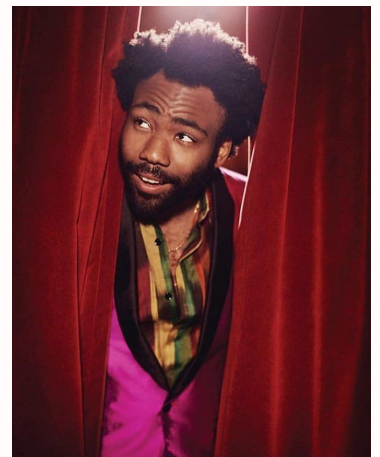
This Month's theme: Motivation & Initiative

August Playlist: *Action Atlas*



https://open.spotify.com/playlist/13YNpXItQyD9zcdB7dcYml?si=yKMik_IFRk-XPtozhGXbOA

Featured Artists:



Word Search

Enzymes - Liver - Bacteria - Sleep - Balance - Healing-
Natural - Vitamins - Lifestyle - Cleanse - Restore -
Vitality - Health - Detox

I	X	O	T	E	D	E	E	L	F	I	B	E	R
B	A	C	T	E	R	I	A	O	R	E	L	L	C
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T	O	H	E	A	L	T	H	Y	V	E	N	I	L
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G	I	I	R	G	T	E	A	F	N	L	M	S	Y
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A	I	E	G	N	I	F	C	C	S	T	Z	U	E
T	N	T	S	U	O	E	E	S	H	Y	N	E	H
E	I	E	Y	E	T	R	E	V	I	L	E	S	N

Article Submissions:

Email us on:
winchwellbeingpost@gmail.com

The articles must environ the theme of, 'Well-being'.

STAY TUNED!

Next Issue:
15th September 2020