

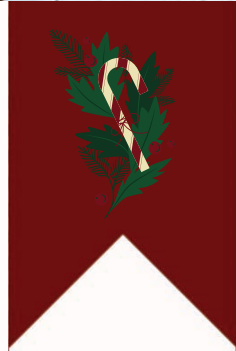
The Winch-being Bulletin

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



Light at the End of the Tunnel

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Event Spotlight:

I Will Movement: A Commitment

As 2020 is drawing its curtains, our compulsion to revamp ourselves unfurls synchronically. Be it your physical health, your skill-set, your mental health, or whatever your heart desires; we all have goals that we yearn to be fulfilled. However for many, these goals wind up being a climax of an annual guilt trip, and simply labeled as a desire that just wasn't the right fit. On the other hand, what if you were so close to translating this desire into an actuality, this pipe dream into a matter of truth, this fallacy into a reality. As barring as this may sound, you probably were, you merely lacked commitment. That's exactly what the, 'I Will Movement' addresses, and actually supplements for those of you who fall short on mental endurance.

Commitment, and actually staying committed, is quite the challenge, but nevertheless, a trait imperative if you have any chance of actually translating your goals into a matter of truth.

How does it Work?

Students & Staff members send in their 'I Will Statements', in accordance with the 'I Will Statement Template' provided, which is then moderated and affirmed by Ms. Debbie. Ensuing the bevy of statements submitted, these statements will be plastered on every uninhabited crevice of the Winchester School's walls, declaring their commitment. Your goal should be to take down your bolstered 'I Will Statements', and that would only be deemed possible when you send in an adequate amount of evidences proving that your goal has been achieved. Of course, you would then earn a noble amount of house points, but importantly, you would have then achieved the honest, tranquilizing feeling of fulfillment, a feeling found nowhere else.

Have you missed the Deadline?

If so, please feel free to email your **I Will Statement**, to Ms. Debbie's email address: **debbiejo.m_win@gemsedu.com**

Hurry! You might still be able to get your boards in before the winter break ends!



Maude O'Brien, 10F
Cultural Awareness Representative

I will practice the drums.

Feedback: Hey Maude! Could you try specifying a time frame?
For example: I will practice the drums 2 hours a week

Student Spotlight

The Brains behind The Arts & Poetry Society



Avin De

Founder of The Arts & Poetry Society

The Arts and Poetry Society is an initiative I started with the aim of making the arts more accessible to students across different areas. I believe art is one of the most beautiful things that man can make, from paintings to poetry. I wanted us all to appreciate and discuss fruitful thoughts may come to mind, all the while encouraging students to express themselves through the arts.

The Arts and Poetry Society's objective is simple: expressing arts together.

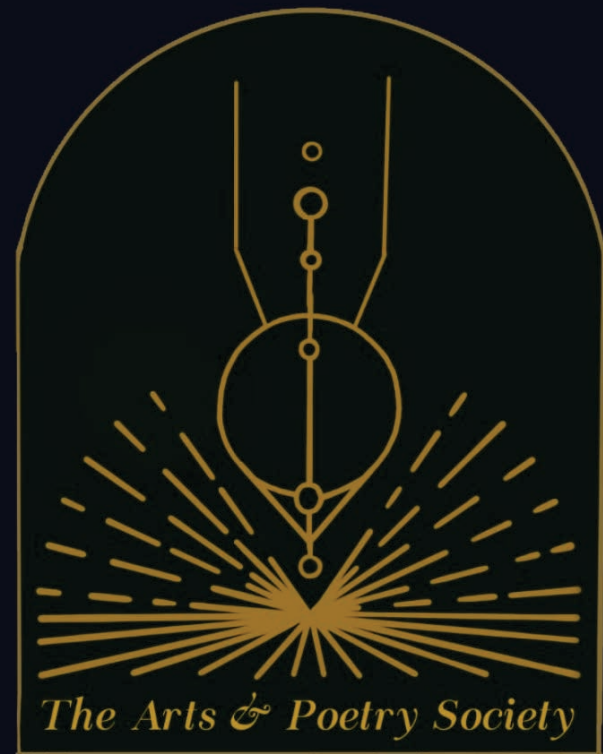
Platform

Criticism and appreciation for the arts is often not present, as many focus on their academics throughout the year leaving less room for creativity.

Expression

Criticism and appreciation for the arts is often not present, as many focus on their academics throughout the year leaving less room for creativity.

- Provides a platform for peer criticism in the arts
- Engages in the quality and enrichments that the arts provide
- Allows there to be a factor of appreciation between the student population
- Increases the want and awareness to participate in the arts



If you have more inquiries, feel free to contact:

avindeys@gmail.com

The Psychology Behind New Year's Resolutions: Why They Don't Work & How to Make them Stick

Shiva Thejas Mukesh, 12A

As the turn of the new year approaches, most of us scramble to plot the mythical new year's resolution. For many, it's the definitive navigator to help discover the best version of ourselves. New Year's resolutions are reminders of who we are, what we are, and what we are supposed to do with our lives. However, for most of us, it ends up being a short, month-long guilt trip, filled with regret; an utter chore. When the clock strikes twelve, for many people, a resolution ends up being nothing but lost time. A potential that seemed bright on new year's day that slowly degraded away.

So, why do our Resolutions fail?

As the initial high of potentially conquering our deepest desires wears off; the all-too-familiar drag of laziness sets in. Slowly, yet surely, eating away at our will to persist with the marathon we set out to conquer. In fact, Clinical Psychologist Joseph J. Luciani, Ph. D, says most resolutions fail due to sabotage caused by **a lack of self-discipline**. The lingering desire to get back to old comfortable, familiar ways is most often the reason why we fail to live up to our resolutions.

Another common reason why the vast majority of us are lost in the sea of our resolutions is the fact that **we do not set specific goals** for us to achieve. Rather than leaning on ambiguous, vague heights that are usually unattainable that confuse us into a life of unfulfillment, try supplementing in deadlines, numerical values, any means of specificity really. For example, wanting to "exercise more", or "lose weight" are easy ways to set yourself up for failure, as they lack ways to mark progress and are unlikely to keep you motivated throughout the year.

A common hiccup that the new year aspirants face is how a worryingly large number of



targets are **not framed with positive language**. When people resolve to stop wasting money or stop eating junk food, it often backfires because it makes them think about the very thing they're trying to avoid. The use of negative vocabulary while setting positive targets has been psychologically proven to demotivate people and ultimately prevent them from being the best version of themselves.

So, how do we make them stick?

Milestone Markers

To start with, one of the best things you can do is create milestone markers, used to re-evaluate your progress or needs for improvement. Setting ambiguous goals is often a detractor for even the most willing.

By setting razor-focused targets and using markers to keep track of achievements; even the smallest hint of progress provides an encouraging outlook into the best version of yourself. In fact, this method is so effective that it is reported as the best, most rewarding procedure used by the successful 8% resolutioneers.

Apps to track your progress (General & Specific):

Strides: Charts of your progress & Step-by-Step Goal setting.

Goals on Track: SMART Goal Creator & Progress Tracking.

Way of Life: Color-coded & Tracks Progress

Rescue Time: Tracks digital productivity, Filters your digital whereabouts in a daily chart.

Traquer: Tracks reading progress, as well as your taste.

Reward Yourself

Similarly, rewarding yourself with small tokens reflective of your hard work and dedication are cornerstones of successful pace setters. However, you do have to tread a fine line between diligent rewarding and overindulgence; with the latter actually brought up as a common detriment while chasing success. Creating a list of rewards will help you stay motivated, especially when you feel close to giving up on your resolutions. Keep your list in a handy place so that you can refer to it occasionally for motivation.





SMART Goals

However, the most important aspect of goal-setting is making specific, measurable, attainable, relevant, and time-bound goals. Your resolution also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible. One must analyze your successes and failures as you think about your future resolutions. For example, if you've constantly set weight-loss goals that you haven't been able to reach, try to change the scope of your goal: instead of focusing on losing a specific number of pounds in a year, change your habits in other measurable and important ways. If you don't exercise currently, make it a goal to run three times a week.

Support Circle

Lastly, when you set your New Year's resolutions, involve the people closest to you.

your loved ones can act as your support network, especially if you ever feel frustrated by slow progress on your resolutions. At home, consider placing your written goals on your fridge, and ask your family members to inquire about your progress regularly.

Reaching the rear of this article, allow me to sum up the essential customs needed for your desired aspirations to undergo the translation of a fallacy to a legitimate fulfillment:

- ***Sustain progress on a routinely basis***; it need not be massive, but progress nonetheless.
- **Track your progress, and reward yourself accordingly.**
- Establish goals that cover the grounds of being '**Specific, Measurable, Attainable, Relevant, and Time-Bound**'.
- **Allow yourself to be prone to setbacks, but learn from them, rather than ultimately giving up.**
- **Involve those closest to you.**



The Lost Art of Gratitude: Gifting during COVID-19

Rania Waleed Ahmad, 61

In a world full of materialism and routine selfishness, gifts are something that excavates our lost empathy, compassion, appreciation, care, and above all our love towards others, right out in the open. Gifts are telling of how valuable others are in our lives, and this need not be determined by a price tag. Gifts have now become an integral part of mutual human relationships. Be it your family members, your relatives, your colleagues at work, or friends, gifts rekindle everyone.

The norm of gifting is not new. It has been a part of our social culture for a very long time. Gifts are usually sent on different occasions like birthdays, anniversaries, religious events, and so forth, but there are times when one sends a gift just to simply express appreciation, reminding that they are worthy of immense gratitude, irrespective of a societal, or cultural compulsion.



Virtual Presents Amazon Gifts + Wrapping

You can send *most* items to your intended by providing their shipping addresses, as well as specifying the name and shipping address of each recipient when you place your order. Find the step-by-step guide on how to do so:

1. Check the This is a gift box on the item you want to purchase.
2. Click Add to Cart.
3. Click Proceed to checkout.
4. Select a shipping address from your

address book or enter a new one.

5. Click Ship to this address.

6. Check the boxes next to Gift-wrap this item and/or Include a free personalized gift message.

7. Click Continue to complete the checkout process.

Note: These options are not available for Amazon Global Store. If these options aren't available for other items, you'll see a note that says We're sorry. This item can't be gift-wrapped or sent with a note.



A Streaming Service Membership

Give the gift of a membership to HBO GO, Disney+, Hulu, or Netflix, and never hear from your loved one again! Ha, I kid. They'll call to say thank you and ask what you recommend for them to binge-watch.

Skillshare Subscription

Whether your friend wants to get into digital illustration, photography, self-care journaling, or has been dabbling in all of the above during the pandemic, gifting them with a subscription to Skillshare can open up new worlds. They'll get their first two weeks free, and the rest will be yours to assure!



COVID-19 Gifting Etiquette

- 1) Remove the gift out of the bag, or box it was wrapped in
- 2) Dispose of the wrapping (bag, or box), immediately.
- 3) Wipe down the surface of the gift with a disinfectant wipe/spray.
- 4) After you've disposed of the packaging, and wiped everything else down, wash your hands. This, by the way, is one of the most effective ways to prevent the spread of the virus anyway—meaning, you should be doing it anyway.

Reconditioning Destiny: Making 2021 a Better Year

Kate Skelly, Journalist

Paul Earle, Entrepreneur

Beyond the shadow of a doubt, for most, "2020" quipped itself as milestone for physical, and economic depression. Fair enough. But as marketers, innovators, venturers, we can flip this mess into a banner 2021 (you read that right). Time to prepare with gusto. Now. What follows this preface is a little bit of history.

Practically all periods of doom inspired exuberance in their wake. The 1918–19 pandemic, for example, contributed to the “Roaring Twenties.” Later, the onset of the Cold War, fears of getting nuked, and other troubles contributed to “Flower Power” and all its groovy adjacencies. The oil crisis and economic stagnation of the mid-1970s caused the outbreak of fever a few years later... the “Saturday Night” variety.



Sketch out Meaningful Goals for Yourself

Perhaps avoid overly optimistic plans, like taking a three-month trip around Europe, and instead focus on things a little closer to home, and the heart. Set achievable goals, but don't flood yourself with desires, otherwise, that's all they're ever going to be. I would recommend that people take some out time to reflect on their



experience this year and what they have learned. Ask yourself questions like:

‘What do you like and dislike about your life right now?’

‘What would you like more of in your life?’

‘What would you like less of in your life?’

Using those answers, create a picture of what you would like life to look like and then think about goals that would help you to attain that vision. I don't think people need to limit



themselves — they just need to be considerate and accepting of circumstances and see what great things they can create within those bounds.

Focus on What You Can Control

We need to let go of how things “should be”, and instead focus on how things are. This shift to acceptance will ultimately help us put our best foot forward in such a situation, rather than mourn lost opportunities. People are spending a whole lot of time and energy worrying about things they cannot influence or change. No-one knows when the lockdowns will end, no-one knows if there will be a vaccine, no-one knows what will happen to the economy. It is a much better idea to focus on the things you can control, and there are two areas that you always have

control over what you are thinking and what you are doing. You could spend your time thinking about all the things that have gone wrong, or you could focus your attention on possibilities and opportunities.

Don't Be Afraid to Let Go

It's not an easy ask for human beings, who have been historically conditioned to emphasize logic over feeling. It's a notion that laughably ignores the fact that we are, by nature, emotional beings—and puts those of us who are more sensitive than others at a serious disadvantage since it primes us for self-resentment. Holding on is a critical way that we stop ourselves from reaching our goals – especially when we are holding on to someone we need to let go. Clinging to a friend who has become toxic, holding on to memories from a relationship – we all do it. Going your separate ways does not have to be an experience filled with anger or judgment. When you recognize that a person, facility, substance, etc, is preventing you from growing or achieving your dreams, you can forgive them and yourself

Remind yourself that to create space for a new, healthy relationship, you must learn how to let go of the old one.

Look to Your Friends

Happiness is best enhanced when we are grateful for what we have and we help people around us. Cultivate a mindset of 'gratitude' as no one can take that from you. Our mental health is strongly influenced by our physical health, so achievable health goals are also helpful. People matter. Our human connections are a significant part of what enhances our mental health so when we can set goals that are people-centered that can also help.



Establishing a Routine

Establish rhythm in your life. A routine both in the mornings & nights proves that you value time and that you are the one in control. Sometimes, you might tend to exert a lot of effort to appeal to the needs of the people around you, by the time you think about yourself--you're depleted. Henceforth, when planning your schedules, be within measure, of others and yourself.



Alas, reaching the rear of this article, may we remind you that there is nothing legally binding you to the notion that you have to wait until December 31 to begin thinking in the ways outlined by our experts above. The work can start right here, right now. Actually, by the looks of it, we can't see why we shouldn't start right now. So go ahead, and begin your own history.

Homesick Holidays: Ways to Cope if You Can't See Your Family this Holiday Season

Lindsay Tigar, Journalist

No matter how the coronavirus pandemic has shaped and changed, to say that everyone has had a lack of celebrations this year ring true--with virtual birthday parties, vow exchanges, and graduations taking the place of in-person gatherings. As we inch closer to a much-anticipated holiday season, many people may feel emotional. After all, what will the holidays be like if we can't see our family face-to-face? While psychologists say those feelings are normal and expected, it's also essential to find coping strategies. We spoke with experts on their best advice for feeling connected and remaining positive during the 2020 holiday season.



Host a cook-along with family members

Putting innovative spins on traditional routines to help you feel closer to your loved ones. There are many ways to go about this: maybe it's a cook-off competition where every household tries to recreate a classic dish and everyone votes on the presentation. Or perhaps it's a cook-along where some of the family secret ingredients are revealed. If you're able to, put together a plan to safely deliver the final goods to the elder members of your family who can't travel. "You could schedule a virtual

your mom or bake your grandparents' goodies and drop them on their doorstep,” Hagar says. “I know, we’re all pretty sick of Zoom calls, but how incredible is it that we have this technology? Don’t give up on it. Get creative together.”

Virtual Gift Exchange

With record unemployment rates, the budget might be top of mind this holiday season. While high-end gifts likely aren’t necessary or appropriate, small meaningful gifts and handwritten cards will go a long way in helping you and your favorite folks feel loved and



valued. If money is extremely tight, it’s still worthwhile to schedule phone calls or events where you can virtually sing songs, talk about funny stories from the past, and stay in touch. “Especially during the pandemic, when people may be experiencing increased levels of anxiety, stress, helplessness, depression, loneliness, and/or grief, having one’s support system to lean on and give emotional support back to can be very comforting and grounding for each other,” says psychologist Yvonne Thomas, Ph.D. “You can create new positive holiday memories can be very empowering and uplifting.”

Practice Thoughtfulness, Hear us Out

You don’t need oversized, expensive gestures to create a chain-reaction of kindness in your community, family, or friend group. In fact, the simple act of being present can help those around you feel supported and heard during a challenging season. And, by giving to others, you give to yourself. As Hagar puts it, feeling loved is vitally essential to one's well-being. So take on the task of practicing a thoughtful gesture weekly from November until January (and beyond, because, why not?). “Call someone you know that has no family, write a letter to your recently widowed family friend, or reach out to someone who was recently divorced or lost their job,” Hagar says. “The holidays are super hard on everyone, especially those in lonely or insecure situations. Make it a weekly practice to reach out to call or FaceTime to make others feel the holiday spirit.”

Savor the Positives

Finding the silver lining during a time period that can only be categorized as chaotic and unprecedented is a tall order. Still, seeking, savoring, and honoring any and all wins—even just getting out of bed or sending a holiday card—is vital to mental and emotional health. In psychology terms, Thomas says this is called reframing, where a person sees something from a different or not solely negative perspective, so the whole picture is accurately viewed and represented.

Take care of your health from the inside out

Every part of our bodies is connected, and if we spend the next three months loading up on junk food, sweets, and treats, our mental state will be cloudy at best. Though many people turn to cravings to process their emotions, Thomas recommends prioritizing your personal health this holiday season, especially if it's already making you anxious or upset. Make a conscious effort to get enough sleep, eat right, exercise, laugh, and get emotional support from your loved ones to keep up your physical and emotional health," she says. "The bottom line is, you may not be able to control this pandemic, but you still can find ways to broaden and add to your life and, as a consequence, grow emotionally stronger even during a pandemic when you cannot be in person with your family and friends during the holidays.



It's normal to feel disenchanting and flat-out sad about Thanksgiving, Hanukkah, Christmas, and New Year's Eve when there's a chance you won't be able to spend it with the larger circle of people near and dear to you. While psychologists say those feelings are normal and expected, it's also essential to find coping strategies, and oh boy did we supply them. Feel free to unearth some of your own, or simply apply the ones above. Happy holidays!

The Continental Broth: Celebrations Across the World During the Festive Season

Kwanzaa

Kwanzaa is not a religious holiday but a celebration of African heritage and culture. It is a seven-day celebration (December 26 to January 1) that features the lighting of the 'kinara' each day, similar to the lighting of the menorah during Hanukkah. Each day is represented by a principle of Kwanzaa:

- 1st – Umoja (unity)
- 2nd – kujichagulia (self-determination)
- 3rd – ujima (collective work and responsibility)
- 4th – ujamaa (cooperative economics)
- 5th – nia (purpose)
- 6th – kuumba (creativity)
- 7th – imani (faith).

If you want to greet a person celebrating this holiday, you say “Habari gani” (Swahili). They would reply with the principle for that day.



Hanukkah

Also known as the Festival of Lights, Hanukkah will be celebrated from the evening of December 10 to 18 in 2020. It commemorates the rededication and purification of the Temple by the Maccabees after the Jews' victory over the Greek Syrians in 165 BC. The most well-known symbol of this celebration is the menorah (see photo above), which is a type of candelabra. One candle is lighted each day during Hanukkah. The menorah represents a miracle for the Jewish people. During the battle, the Temple's candelabrum burned for eight straight days and nights using an amount of oil meant for a single day.

Winter Solstice

Many cultures all over the world celebrated (and continue to celebrate) the winter solstice even before Christmas came to be. In fact, the term Yule was derived from an old European holiday held at the start of the solar year known as the celebration of Light and the Rebirth of the Sun. Other winter solstice celebrations include:

- **Feast of Juul (Scandinavian):** A pre-Christian festival celebrated in December. On this day, a yule log is burned on the hearth in honor of the Scandinavian god, Thor.
- **Yalda (Persia/Iran):** Also called Shab-e-Yalda, it marks the last day of the Persian month of Azar during ancient times. It commemorates the victory of light over dark and the birth of the sun-god Mithra.
- **Gody (Poland):** This is the tradition of showing forgiveness and sharing food. It was part of pre-Christian winter solstice celebrations.



Chinese New Year

Chinese New Year marks the end of winter and the start of spring. It usually falls between January 21 and February 20 based on the lunar calendar (January 25 in 2020 and February 12 in 2021). The first day of celebration starts with the New Moon and ends on the Full Moon 15 days later. People indulge in feasts, watch dragon and lion dances and parades, light fireworks, and distribute luck money in red envelopes to children. The origins of the Chinese New Year are steeped in legend. Celebrations to usher out the old year and bring forth the luck and prosperity of the new one, therefore, often include firecrackers, fireworks, and red clothes and decorations. Many traditions of the season honor relatives who have died.

Diwali

It is a five-day holiday of lights usually celebrated in the fall (exact dates depend on the moon cycle). This year, Diwali starts on November 14. This occasion celebrates the victory of light over darkness or the triumph of good over evil. Hindus also take advantage of this period to contemplate and dispel the darkness of ignorance. As a symbolic gesture, they display diyas which are small clay oil lamps or candle holders, which for some also coincides with harvest and new year celebrations is a festival of new beginnings and the triumph of good over evil, and light over darkness.

Bodhi Day

This commemorates the exact moment of Buddha's awakening (under the peepal tree which is now known as Bodhi). It has since become a celebration of enlightenment and a day for remembrance, meditation, and chanting. The exact date of celebration varies:

Theravada Buddhists depend on the lunar calendar, Mahayana Buddhists go by the Chinese lunar calendar, while Japan Bodhi Day is set at December 8 (Bodhi Day, Thought Co.). At the start of Bodhi day, people decorate a ficus tree with multi-coloured lights strung with beads. This symbolizes the varied paths to Nirvana (their ultimate state/goal) and signifies that all things are united.

Christmas

Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends, and, of course, waiting for Santa Claus to arrive. The legend of Santa Claus can be traced back to a monk named St. Nicholas who was born in Turkey around 280 A.D.. St. Nicholas gave away all of his inherited wealth and traveled the countryside helping the poor and sick, becoming known as the protector of children.



From the Cookbook

Featuring:
Foshua Alcalá's
Cinnamon Roll Recipe



MIXING THE DOUGH!





ROLLING THE DOUGH!



Roll out the dough to a rough but even rectangle shape



Sprinkle generously with Cinnamon Sugar



Coat it with butter first!

Gently but tightly roll all the way



Divide into 12 equal pieces



Ready for baking!





PREPARE THE FILLING!



Hungry for more? Check out Joshua's other mouth-watering dishes on his Instagram at [@al.cala](https://www.instagram.com/al.cala)

Also, keep an eye out for his food blog, *Jay's Table*, which is going live in the near future!

Featuring:

Shekeena Devmi's Oreo Crumble Milkshake Recipe

Ingredients:

- Milk
- Chocolate syrup
- Vanilla and chocolate ice cream
- Oreos (or other cookie sandwiches)
- Vanilla extract
- Whipped cream (optional)
- Instant coffee powder



- 1) First add a cup of milk, 3 tablespoons of vanilla ice cream, and 3 tablespoons of chocolate ice cream into the blender
- 2) Add 5-6 Oreos crushed Oreos into the blender along with a $\frac{1}{2}$ a teaspoon of vanilla extract and 1 teaspoon of coffee powder.
- 3) Blend it all up!
- 4) Grab your glass and pour some chocolate syrup onto the bottom Pour your mixture into the glass
- 5) Top your milkshake with some ice cream, whipped cream, and don't forget oreos! Enjoy!

Featuring:
*Arissa's Traditional
Karak Chai Recipe*

Ingredients:

- 1 cinnamon stick
- 4 cloves
- 8 green cardamom pods lightly smashed
- 3 cups of water
- 1/2 cup sweetened condensed milk
- 1 1/2 tablespoons black tea leaves



- 1) In a small saucepan, combine the cinnamon stick, cloves, green cardamom pods, water, and sweetened condensed milk. Bring to a simmer and cook until the spices are fragrant for about 10 minutes.
- 2) Add the tea leaves and continue to simmer for another 2-4 minutes to the desired strength. Strain the mixture and serve hot.

Children's Seasonal Fable

The Cat on the Dovrefell

Asbjørnsen & Moe

Once on a time there was a man up in Finnmark who had caught a great white bear, which he was going to take to the King of Denmark. Now, it so fell out, that he came to the Dovrefell just about Christmas Eve, and there he turned into a cottage where a man lived, whose name was Halvor, and asked the man if he could get house-room there for his bear and himself. "Heaven never helps me, if what I say isn't true!" said the man; "but we can't give anyone house-room just now, for every Christmas Eve such a pack of Trolls come down upon us, that we are forced to flit, and haven't so much as a house over our own heads, to say nothing of lending one to anyone else."



"Oh?" said the man, "if that's all, you can very well lend me your house; my bear can lie under the stove yonder, and I can sleep in the side-room." Well, he begged so hard, that at last, he got leave to stay there; so the people of the house flitted out, and before they went, everything was got ready for the Trolls; the tables were laid, and there was rice porridge, and fish boiled in lye, and sausages, and all else that was good, just as for any other grand feast.

So, when everything was ready, down came the Trolls. Some were great, and some were small; some had long tails, and some had no tails at all; some, too, had long, long noses; and they ate and drank, and tasted everything. Just then one of the little Trolls caught sight of the white bear, who lay under the stove; so he took a piece of sausage and stuck it on a fork, and went and poked it up against the bear's nose, screaming out: "Kitty cat, will you have some sausage?" Then the white bear rose up and growled, and hunted the whole pack of them out of doors, both great and small. Next year Halvor was out in the wood, on the afternoon of Christmas Eve, cutting wood before the holidays, for he thought the Trolls would come again; and just as he was hard at work, he heard a voice in the woods calling out: "Halvor! Halvor!". "Well," said Halvor, "here I am.", "Have you got your big cat with you still?" "Yes, that I have," said Halvor; "she's lying at home under the stove, and what's more, she has now got seven kittens, far bigger and fiercer than she is herself."

"Oh, then, we'll never come to see you again," bawled out the Troll away in the wood, and he kept his word; for since that time the Trolls have never eaten their Christmas brose with Halvor on the Dovrefell.

Paperback Poetry

Sharing is Caring

Fianne Audrey Kristin C. Manata, 51

Let's us share with all,
Spread the love even small,
Kindness should be install,
To others and to all.
Be good to one another,
Even to your mother,
Sister and brother,
Sometimes we will suffer,
But in the end, love will recover.
Family and friends, You always want to
spend,
We will share and send
The love will not bend,
And has no end.
Share and care,
Together we can prepare,
This world will not be scared,
Peace and harmony will be there,
Love that you cannot compare.

My Quarantine Christmas

Joshua Luke Simpson, 3D

I used to spend my Christmas with
family and friends,
Until Corona came.
Everything changed its way,
We used to have fun with people
around,
But now there will be few who do,
Because we should keep distance too.
I hope Corona disappears,
So there will be no fear,
And I wish on this festive season,
Santa Claus can visit me soon,
And leave my present in my room.



Submissions:

9th January 2021

: winchwellbeingpost@gmail.com

A Life of Poker

Avin De, 12

Shuffled around like a pack of cards,
I was no royal flush.
Faces grew tired of my repeated return
policy,
Ever since the basket of stale produce hid
me under its sapphire foliage,
without so much as an apology.
Coal veils and chalky faces glowered
down at my insolence,
my singular disguise for my cowardice.
Never truly escaping from my adverse
admonishments,
trapped forever in my pathetic palace.
Companions lacked in numbers,
my sole acquaintance the pointless
pressure and my squalid sadness.
Growing pains multiplied,
my title forever the rejected offspring as I
made my descent into madness.
Families smiles grew smaller as I grew
older,
unable to project myself as a child to feel
wanted,
and yet my naivety further misled me,
an evil wolf, convincing and conniving me
to be undaunted.
Sluggishly I realize I am an old toy,
a forgotten belonging,
tossed amongst the strife of the streets,
Mangy dogs share my company,
my presence rejected, reprimanded,
rolled out like candy meats.
Thinking back to the first face I saw,
religious, caring, soft,
I would feel safe in her abject arms,

Wondering why I could not be loved.
A phlegmatic pariah,
an individual with not many charms.
Existential crises,
wishes to be alone on the high seas,
thoughts roamed my head like they
were
Lone strangers lost amongst the
hustle and bustle of the world.
I was no avid art connoisseur,
But when I discern the profane
pulchritude of the planet,
I throw profanity to how it perplexes
me.
Sixteen.
Five thousand,
Eight hundred and forty days.
Only the wind sings and ruffles the
lone tree.
Sprinting. I reach the other side of the
planet and collapse.
A bed of dirt, a pillow of meadow
grass,
I daydreamt about the love and care I
craved my whole life;
my hopes shattered every time like
glass.
The dull sky breaking out,
its dew caressing my hair as I fell
asleep amongst the hands of the
earth.
In pursuit of a different reason to live,
to want to,
with just surreal skepticism and
decreasing mirth.

Paperback Poetry



Festive Season During COVID 19

Naomika, 3C

Cover yourself with masks, face shields,
gloves like an astronaut are highly
protective,
Do not gather up like jewels in a jasper
cup that might be infective,
Maintaining social distancing like a
remote island is intellectual,
Embrace digital communications during
the pandemic perspective,
Put your soul into the pen to write a letter
to a friend could be impressive,
Prepare a Thanksgiving meal that is as
worthy as a small mountain of diamonds
over the festive,
Sending precious presents in the mail to
enjoy the most wonderful time is
suggestive,
Show the depth of your intention by
sharing resolutions on a zoom call is a
liable way to welcome new year's eve.

A Different Christmas

Aidar Akerov, 3A

Look, my friend, how the world has
changed.

The Coronavirus continues to
torment humanity.

But don't be sad. You need to follow
the rules.

Wear a mask and keep your distance.

The holidays are approaching,

Our beloved Christmas and new year.

Let us spend the holidays with our
family.

If we wish each other virtually,

then there is the least risk of
spreading the infection.

Take care of yourself and your loved
ones.

Merry Christmas and New year!

I wish you all health and happiness.

Submissions:

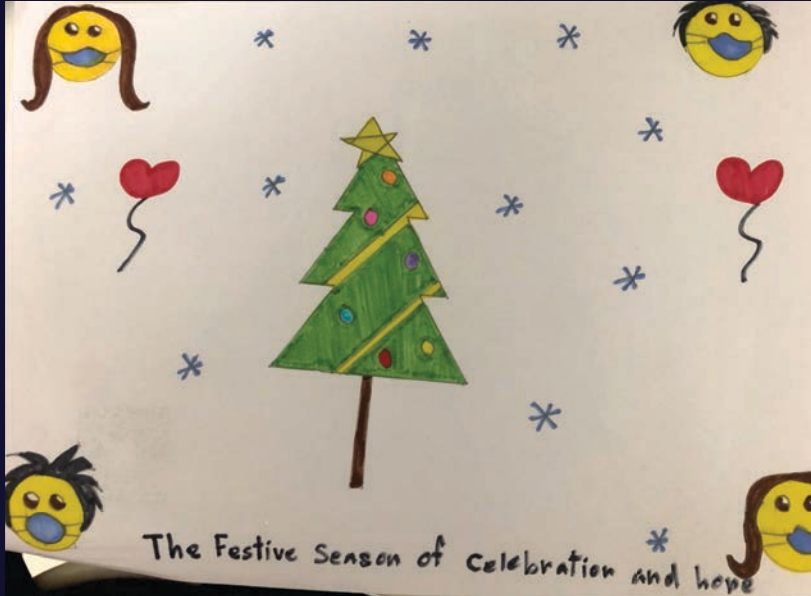
9th January 2021

winchwellbeingpost@gmail.com

Sidewalk Sketches

Celebration & Hope

Calixta Briones, 3B



Munich Mannequins

Shane Mar, 10F



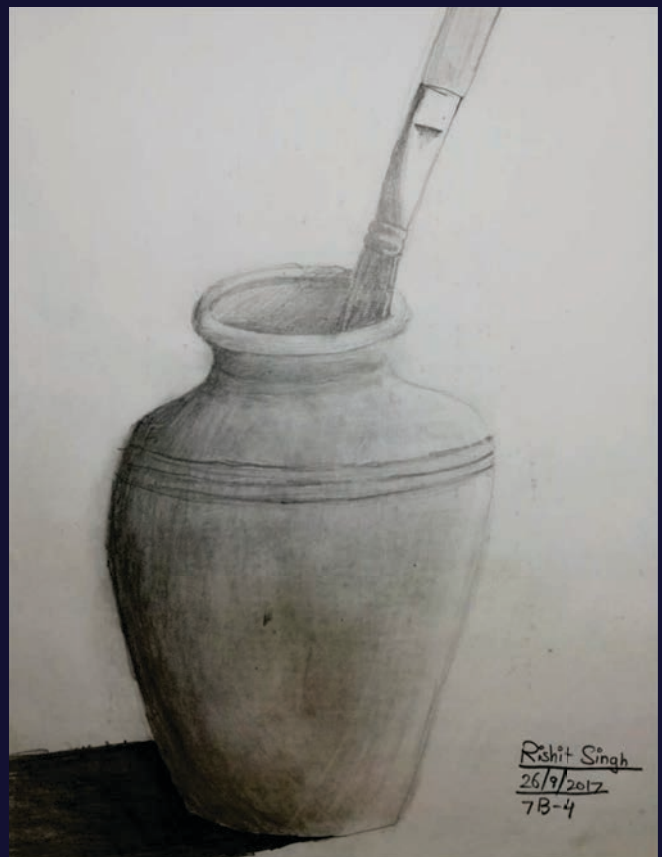
Family Festivity

Rianne Charlotte M Pilao, 9H



Clay & Bristles

Rishit Singh, 10C



Sidewalk Sketches

Home of Christmas

Adeline Antony Jose, 10C



Full Moonlight

Michelle Abraham, 9B



Dragon Fruit

Kanyawee Tongla, 10C



Quarantine Christmas

Isra Ershad, 3H



Submissions:

Email us: winchwellbeingpost@gmail.com

Playlist Digest: Dec Edition

This Month's theme: Spellbound by Celebration & Hope

Dec Playlist: Kinetics of Christmastide



@dribbble

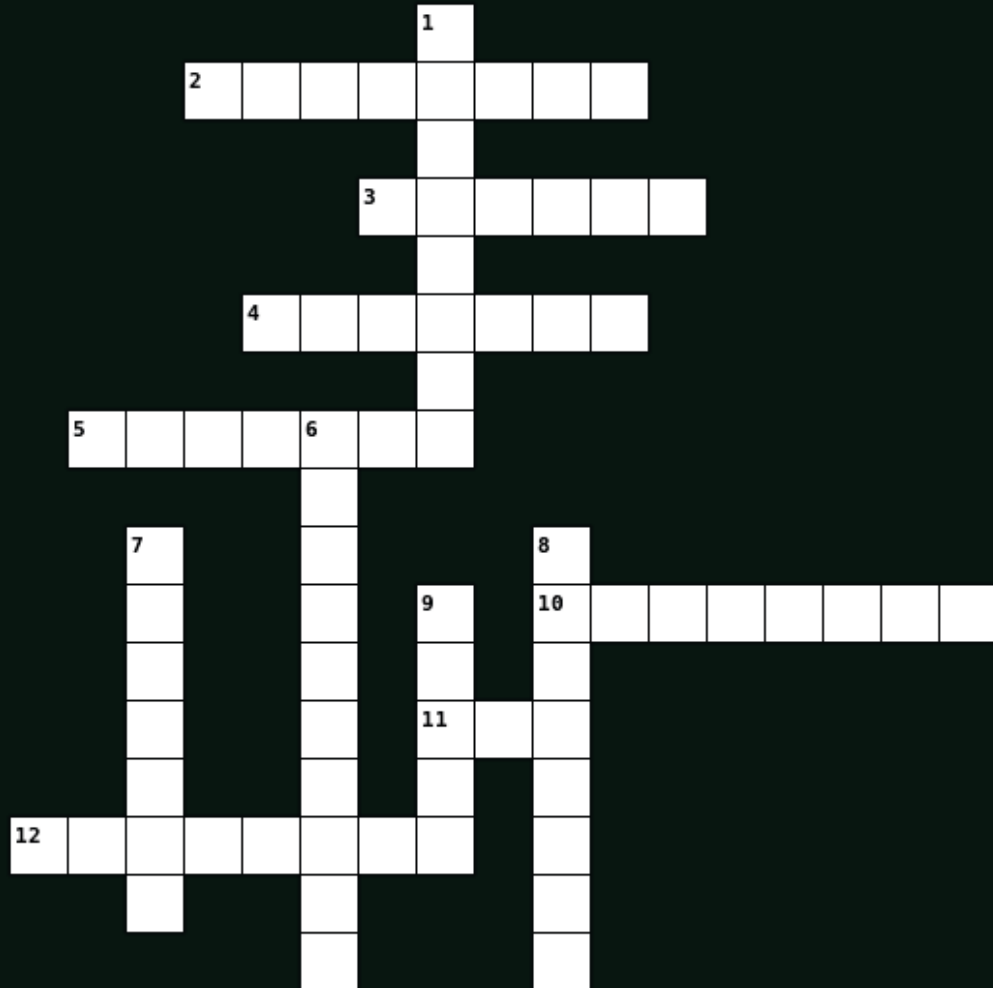
https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?si=kQwYKZINQOCYFse_9dHQ8A

Featured Artists:



The Bulletin Crossword

Manipulate the words given into a series of sentiments that attain more worth than merely being an answer in a crossword.



Across

2. The Chinese New Year is celebrated for _____ days.
3. The number of days Hannukah lasts for.
4. The Chinese New Year marks the end of _____ and the beginning of Spring
5. A five-day-long Hindu holiday celebrating life and the victory of good over evil.
10. The centerpiece of the Hanukkah celebration.
11. ___ Posadas is a celebration commemorated in the Hispanic culture that lasts 9 days before Christmas.
12. An African-American celebration of life.

Down

1. The winter solstice celebrates the _____ of the sun.
6. The date of Diwali is determined off of the Hindu _____ calendar.
7. During Kwanzaa, gifts of _____ are given to loved ones.
8. a Japanese traditional celebration on the last day of the year.
9. _____ can also be referred to, 'The Winter Solstice'.

The Bulletin Labyrinth

Meander through the pockets of the maze below, for a degree of fulfillment found nowhere but below.



@idrawmazes

Editor's Column



Vania Chanelle Gomes
Head Editor & Designer

Dear Readers,

I'm not breaking new ground here by saying that this year has undeniably coined melancholia, to say the least--staining an emotional, social, physical, political & economic debt on an entire race.

Air that was once thick with Christmas lights that stung our eyes with buoyancy, has now resurrected itself as an electric light of Zoom Calls, stinging our eyes with a collective heartache; as news channels, social-distancing, and 5-second lag times have tainted yet another awaited experience.

Be that as it may, if we were to look at this depressant through a different lens, which might take a bit of time, we have been given an opportunity for creativity & solace. An opportunity that has been scarce over the years, until now. Be it translating a family tradition into a virtual medium, to unearthing a new tradition for the following generations to come. Through natural intervention, we have plunged ourselves into the golden age of innovation, and sustaining it starts with you.

From the Winch-being Bulletin family to yours,
Happy Holidays!



Inaya Danish Zaidi
Primary Editor

Dear Readers,

Today, I sat down for a while, and I tried to think about what I would be doing right now if

I were sitting in my home country without having to worry about Covid-19. I would have been sitting in my blanket in my bedroom at 10:00 PM, laughing and playing board games with my grandma, aunts, and uncles, listening to the rain patter on the window-sill outside. We believed in the 'No school, no rule.' thing, sleeping at 1:00 AM and waking at noon.

This festive season is going to be completely different, but we will have to make do and enjoy what we got.

I will bake cakes, play, make crafts, write a diary, or have family time when I play board games, drink my favorite beverage, & share stories. For Christmas, you could buy a tree, water it, and decorate it with your family. We

can hope for next year to be fulfilled and Corona-free. We can hope for meeting our loved ones, but for now, we can enjoy what we got, and try to make the coming year better.

You deserve to sit back and relax! Stay safe, and remember; don't forget to have fun!

Happy Holidays!

Feedback Survey

"Tis the season to be informed & acquainted with your feedback on the Winchbeing Bulletin's Issues so far. Please don't shy away from being candid & honest, as we thrive off of authentic feedback.

Most of these questions are scaled questions, so please bear in mind that 1 is outstanding, and 5 is satisfactory.

Thank you for your time!

Deadline: 31st December, 2020

https://docs.google.com/forms/d/e/1FAIpQLSdgpCct8KO9okCbWgZG1js36eRGeBi3INiPsjkBRFn_j2GDuw/viewform?usp=sf_link

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[@fieldnotesofmentality](#) on Instagram

The articles must environ the theme of,

***'Travel: Local Gem Guidebooks & The Middle Ground
Between Safety & Happiness'.***

STAY TUNED!

**Next Issue:
15th January 2021**