

# The Winch-being Bulletin

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



## *Compass Borne*

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# Event Spotlight

## *Trip through Time: Upcoming Projects*

**S**hifting our lens to a time of uncertainty, whilst vigor, Term 1 was imbrued with unparalleled levels of activity within the Well-being sector, and beyond. This term is no different; the Student Government befriended with an inexhaustible drive towards the amplification of our Winchester community, have mounted many upcoming projects approaching term. Without further ado, let's take a trip through time to just a few of our forthcoming projects!

### *WINGrows*

Simply being conscious of the unparalleled havoc we're wreaking in the form of pollution, climate change, food waste, and so forth, is simply not enough. WINGrows is a local farmer's market, where we, the students, parents & faculty, are in the thick of not only saving ourselves, but the generations to come. Students, Parents & Staff now have the opportunity to share their freshly grown fruits & vegetables, for its true environmental & social value.

### *Digital Yearbook*

The School Yearbook is meant to be a memoir of our uniquely wonderful academic year of 2020-2021. It is a beautiful collation of messages, photos, videos and more from students, teachers and parents alike! It is our legacy, and we wish for everyone to be included in this communal effort.

### *The Arts & Poetry Society*

The Arts & Poetry Society is driven by the stimulus of innovation, & creativity, within a time where creative fertility is at the rear of its extinction. With its prime motive of making the Arts more accessible to students who yearn for a platform for expression, hence putting youth collaboration on a pedestal.



# *Student Government Body Website*

A medium of effective communication, acknowledging the digital age holds. An amalgamation of the projects, events, & announcements, keeping you up to speed on everything Student Government. Plus, the website will also feature academic revision links, details on booking counseling sessions, WIN Social Cares, and a bevy of more tips & references to scale yourself to your highest altitude of academic, social & mental wellness.



## *Plant a Tree*

A project fed off of the motive of Winchester students, staff & parents doing their part to curb deforestation & climate change. Through the means of planting trees; a seed of hope.

## *Mindfulness*

Being mindful, among other things, has definitely surfaced itself to be a disregarded priority in our lives.

Mindfulness Week in hopes of establishing just that, through a spectrum of activities, integrating itself into every week over the course of the academic year. In hopes of enriching students, staff & parents through enlightening activities & a myriad of more resuscitating enterprises.

## *Win Shine Series*

A video series in virtue of sharing ideas, stories, opinions, insights & tips, all through the dynamic medium of audio & visual, and within the primary.

## *Minds Over Matter*

An immersing compilation of videos, taking advantage of the visual & creative outlets to address the compelling issues aching an entire youth. From body positivity to seeking counseling--and everything in between; Minds Over Matter is a project hand in hand with the sunken alleviation of our youth.



# Student Spotlight

## *The Willpower Behind the House System*



***Abigail Martina Fernandes***  
***House Captain of Water***

Hello everyone, I'm Abigail, and I'm a passionate football player, and occasionally enjoy the spotlight on the dance floor. Being able to have the opportunity to be water's house allowed me to share my passion, motivation, and respect for the sports world whilst also carrying it on a regular. I believe being calm during hard times and going with the flow. Water, we're the spirit of renewal and it means getting up when falling down!

***Krtajna Prem***  
***House Captain of Wind***

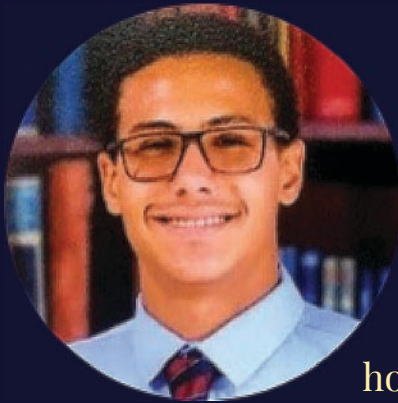
Hello everyone, I'm Krtajna Prem and I pursue Track and Field. My enthusiasm towards sport and teamwork is what influence me into taking on the responsibilities of the Wind house captain.

I truly want to imbibe the talented Wind house with traits such as sportsmanship, Integrity and endurance. Wind, we are all about perseverance, and symbolsies strength amidst uncertainty.



***Youssef Darwish***  
***House Captain of Fire***

Hello everyone, I'm Youssef, and I'm a track athlete and a swimmer. I want to put my excellent sportsmanship and his leadership skills into action by working hard to be this year's Fire house captain aiming to lead the students in fire house to be able to strive hard for success, tolerate failure, and be honest with themselves. Fire is the strongest force of nature, and its significance in our world is to provide energy and life.



***Shanaya Dean***  
***House Captain of Earth***

Hello everyone! I'm Shanaya Dean, an athlete both inside and out of school. been a part of the school's athletics team for four consecutive years which is where I've learned the importance of leadership, teamwork and individual effort. My wish for my fellow Earth house, is to empower each individual and help them realise their own potential. Earth is timeless; it has been here long before us and it will be here long after us.



# Student Spotlight

## *The Willpower Behind the House System*



### ***Sabih Ahmed***

#### ***House Captain of Water***

Hello everyone, I'm Sabih Ahmed, a fellow student who loves sports, especially Cricket. I believe sportsmanship and teamwork is important in every part of life. Like in sports, being a team player and being fair will help you gain huge achievements. We, the Water House, too, represents many accomplishments. I know that Water believes in working hard and never giving up. Winners never quit, and quitters never win!

### ***Emaan Maqsooda Ellahi***

#### ***House Captain of Wind***

Hello everyone, I'm Emaan Ellahi is the captain of the dynamic Wind House. Thanks to her peers, I have a passion and interest in sportsmanship and teamwork: two important things in our house.

I believe that the wind house represents balance and stability. The house has taught me to not be ashamed of asking for help, to see things from different perspectives, and learn take opportunities.



### ***Rahil Rizvie***

#### ***House Captain of Fire***

Hello, I'm Rahil, and I've been playing tennis since I was 6 and am now a competitive player taking part in UAE ranking and UTR tournaments regularly. I believe that there is no easy way out and hard work, dedication and passion is what will fuel Fire to succeed.

Fire represents the fire within each of us needed to achieve our highest potential. It is the house of go-getters!

### ***Hanethra Gopinathrajalakshmi***

#### ***House Captain of Earth***

Hello everyone! I am Hanethra, and I have a has a great passion for sprinting and athletics. I believe that the Earth house should be a team full of energy and positivity. I am happy and proud to be the captain of the Earth house, as great team spirit requires sportsmanship and confidence, and to stand strong like Mother Nature.



# Student Spotlight

## *The Willpower Behind the House System*



***Isaac Sam Abraham***  
***House Vice-Captain of Water***

Hello, I'm Isaac, and my interest in sports began during my early years with great interest in football. I was part of the school's football team in primary and in secondary. I have undergone external training with Liverpool academy for football and Hoop Mountain for basketball. This interest is what led me to apply for the house vice captain position for water. Isaac looks forward to imbibing the culture of sportsmanship, respect and physical fitness in each of his house members.

***Tisha Lasrado***

***House Vice-Captain of Wind***

Hello everyone! I'm Tisha Lasrado, a member of the Winchester school's basketball team, and I strive to follow my passion and inspire minds. My admiration for team spirit, enthusiasm and commitment inspired me to take up the role of the Wind house vice vice sports captain. Be a model of courage and dedication, success



comes your way!

***Leah George***

***House Vice-Captain of Fire***

Hello everybody! I am Leah, a track athlete and a tennis player. My immense passion for sports lead her into being this year's Fire Vice Captain. Respect, tolerance, good sportsmanship and team spirit the values that I wants The Fire house to represent!



***Tathya Tapan Shah***

***House Vice-Captain of Earth***

Hello everyone, I'm Tathya Shah, a cricket and volleyball player who desires to lead by example. I have set out as the Vice Captain of Earth to instill a sense of bonding with other students and motivate them to reach their full potential. Sportsmanship, dignity and responsibilities are the core values he wants to integrate within every student



# Student Spotlight

## *The Willpower Behind the House System*



***Raniya Hanin***

*House Vice-Captain of Water*

Hello everyone, I am Raniya Hanin and I represent the primary Captain of the Water house. My passion in sports is what led me to learn and have fun at the same time. also believes in cooperating with her fellow house members to create a united outcome! I wish for our house to flow like water and hit the sky!

***Rudr Sharma***

*House Vice-Captain of Wind*

Hello everyone, I'm Rudr Sharma, and it brings me great honour to introduce myself as the vice-captain of Wind House. The leadership is more than a badge, or a title to me. I will always be there to provide support & never withdraw my accountability of the overall outcome

Finally, Wind symbolises speed & continuous motion. Similarly, we, the Wind house, will always strive hard, until the goal is achieved.



***Harswitha Gopinathrajalakshmi***

*House Vice-Captain of Fire*

Hello everybody! I'm Harswitha, and I'm proud to be the vice I have a passion for sprinting and basketball. I believe that the Fire house always has a plan & collaborates with one another. Fire house spirited and talented and filled with positive energy. Being an athlete means never giving up, and to be energetic and determined is her definition of success. The colour red is vibrant, so let Fire be the most vibrant house!

***Zanaid Farhad***

*House Vice-Captain of Earth*

Hello everyone I'm Zanaida. "Talent wins games, but teamwork and intelligence wins championships." It is the place to put our aside and join as a team to achieve goals. In sports, we are able to learn and put into practice values that will stay with us for the rest of our lives. My house represents Mother Earth which connects all elements together and it's the only home for all of us. Signing off as the Vice captain of Earth!



# A Beacon Against Borders: Bringing the World to You

*Victoria Nedyalkova, 67*

Entire populations have been forcibly suffocated within the constraints of their own homes. With traveling significantly restricted, life has changed immensely. Missing things like playdates, school trips, and traveling abroad, we tend to lose all hope, but it won't be forever. I love traveling, and I really miss it. I miss preparing our luggage, to be in the thick of a new culture, a different language, their food, and even the long airplane hours. I bet you miss it too. One day though, we will all be exploring again. Be it near or far, today or tomorrow; there are so many things we can do now and without the absence essence of traveling abroad whilst stuck at home.

## *The Globe at the tip of your fingers*

The easiest way to immerse yourself in the ambiance & saturation of another world is through a book. There are many engrossing books absorbing the true ignition of a culture, translating it into an experience we can all share. Fueling the explorers of the world. There are first-hand travel stories, biographies, fiction, historical texts, guidebooks too. Reading them will make you discover many unknown places without ever having to leave your house.

## *Films, Blogs & Documentaries*

If you are not keen on long reading, then try reading travel blogs, or perhaps, watch films from in another language, or especially good documentaries--there is always something more transporting about documentaries. I find that they always offer journeys of discovery that are powerful and intense. It is truly one of the rare mediums of entertainment that could actually end up teaching you something. A few acclaimed films & documentaries appreciated worldwide are; *Minari*, *Menashe*, *Black Panthers* (Agnès Varda).





# *An Appetite for Origin*

We are in the golden age of content, and recipes is a field that is currently thriving right now. With the click of a button, you can be divulged into the other half of the world. Try a span of different cuisines: Italian, Chinese, Thai, Indian, Mexican, French, Russian, whatever your hunger desires! Here are a few recipes that might quench your hunger:

- **Bulgogi:** <https://kimchimari.com/bulgogi-korean-beef-bbq/>

- **Empanadas:** <https://www.delish.com/cooking/recipe-ideas/a52606/beef-empanadas-recipe/>

- **Tofu Cauliflower Korma:** <https://vegamelon.com/tofu-cauliflower-korma/>



## *Setting the Tone*

To start with, one of the best things you can do is create an atmosphere enriched with the ringing tones of the everyday lifestyles all over the globe. A quick search on your favorite music-centered app should do just fine!

## *Planning a Travel Bucket List*

A bucket list is an attempt to make life memorable, and if this time alone has taught us anything, the only thing life is assured of is a time limit. Sequester the time to plan a bucket list, and try making it fun for you by adding visuals, themes; sky's the limit! Here are a few links to refer to when making your bucket lists:

- <https://www.bucketlistly.blog/>

- <https://www.indietraveller.co/top-cheap-places-to-travel/>

Reaching the rear of this article, remind yourself why you love traveling. Is it the food, the different culture, and music, is it the weather or sense of adventure, is it capturing this moment in a memorable picture or seeing the unknown? Now is the time to discover every story of every crevice of the globe, all while sitting at home. This time has shown us that if all else fails, you would have to bring the world to you. Revel in the world with your activities and enrich your life when you can't travel. Stay safe, smile, and enjoy your journey!

# Bringing a Light to Hidden Depths: A Guide on Local Gems

*Madiha Faved, 4-D*

The outbreak of coronavirus has not created a global health crisis but a one at that. The precautionary measure of staying & social distancing has transcended. Many of us are not comfortable going out but for most, isolation leads to depression, anxiety, and possibly depression. Hence, if you regard yourselves as an explorer with health concerns, continue on to the list of the hidden gems of Dubai:

## *Secret Garden Café* *@lovesecretgarden.ae*

To get over the hangover of dinner leftovers, Secret Garden is the perfect place to ease yourself into a routine of socializing. A quaint little café amongst the hustle & bustle of City Walk, with a myriad of beautiful flowers among a soft pink gradient. and the best food!



## *Courtyard Playhouse*

*@courtyardplayhouse*

The courtyard playhouse hosts several plays with the utmost transgressing performances done by locals and international actors, at its highest altitude. The courtyard is the KHDA licensed Performing Arts and Training center in Dubai located in Al Quoz 1. The Courtyard Playhouse Performing Arts Training Center is the first and only dedicated improv' theatre and KHDA licensed training center in UAE.

## ***Banan Beach***

***@bananbeach***

This beautiful beach is amazing with colorful tents to Cozy chalets, amusing sea swings, and poignant water hammocks. The place offered 47 cheerfully colored pitched tents up for rent, delightedly at a reasonable charge.

## ***VOX Outdoor Cinema***

***@voxcinemas***

A concept forged on the grounds of leisure whilst safety. Vox Outdoor cinema located in Galleria Mall. The cinema is ideal for those looking for a unique leisure destination in the Emirates, whilst staying true to a familiar experience.

## ***Ripe Market***

***@ripemarket***

Quite unconventional to the traditional markets, this Farmer's market is an air-conditioned community that sells locally-grown fresh vegetables and fruits. This warm hamlet is popular among the locales; you can indulge in a delicious breakfast with this organic produce from the market.

## ***Green Planet*** ***@thegreenplanetdubai***

The Green Planet Dubai is an indoor oasis; home to 3000 exotic species of flora and fauna set over four different altitudes of a tropical rainforest. A giant tree dominates the enclosed ecosystem, while a circular ramp then gently descends around the tree for you to explore the Canopy, the Mid Story, the Forest Floor, and the Flooded Rainforest.



# The Middle Ground Between Safety & Sanity: Reality, or Fallacy?

*Urvi Kirodiwal, 10G*

With the pandemic situation at hand word 'safety' has altered its narrative. From safety being a situation of not getting a cut infected. to one where you touch with precaution, walk with precaution, talk, and breathe with precaution. Despite substantially taming the panic, conditions are still risky, and so is leaving the safe proximity of our homes. You could consider it having freedom, but guarded. Despite substantially taming the panic, conditions are still risky, and so is leaving the safe proximity of our homes. You could consider it having freedom, but guarded. However, if there's one thing that this past year has taught us, it is that life is an obstacle course, and covid-19, yet another pesky hindrance.



## *Go Out When You Really Want To*

There is a division of labor between those who thrive under social conditions & those who are most at peace when alone. However, strategizing when, where, and most notably, why you want to go out/travel, should be kept on a pedestal over safety practices. This does not mean abandoning safety practices altogether, it simply means that if you were to travel, be it locally or internationally, take into account your wants, and needs, as opposed to singling them out. When you do decide to go out and venture, mark it as important to equip yourselves with a mask & sanitizer.

## *Herd Mentality & Peer Pressure*

Do not, and I repeat, do not succumb to herd mentality & peer pressure during these times. Due to our new-grown vulnerability for social interaction, we tend to justify our travelling decisions because other people are doing it, as opposed to recognizing your

wants, needs, and situation. Don't feel pressured to go out & about, if the sole footing of the decision is the fear of missing out; a concept that has been so embedded in our civilization due to social media, and so forth. We've been given an opportunity to reset, make use of it.

## *Support Local, Struggling Businesses*



During this difficult time of the COVID 19 Pandemic as many as 70% of tourism businesses have not been able to re-open. Whether that is from a lack of customers, financial problems, or staffing problems, it doesn't matter, what matters is that this means a lot of people are without work; and a lot of happiness is sacrificed. Also, these businesses usually carry a greater portion of locally-produced goods coming from smaller-scale producers and farms. Therefore, their products may be more eco-friendly since smaller quantities are produced (maybe less exhaustive) and there's more awareness of the need to take good care of the land.

These products, at least the fresh ones, will likely cover short distances too and spend less CO<sub>2</sub>. Nonetheless, it's important to keep in mind that in general, and despite what's commonly heard, the way food is produced is

more important (environmentally-speaking) than its transportation

Although the ride hasn't been all sunshine and rainbows, our undying will to live and fight the crisis will prevail. So, this one's for the travelers. If you live and breathe traveling, don't let these unfortunate circumstances get the best of you. Rather, I say take advantage of the opportunities they lay out for you. Taking into consideration the corona rulebook, steering clear of the hotspots would be the way to go. Instead, go for a drive and explore the obscure routes hidden in plain sight. Feel the wind in your hair. Who says travel is only legitimate if it's international?



# *Cliffhanger Interludes*

*12:00pm*

*By: Mehak Reji, Vania Gomes, Zainab Ali, Advika Daryani & Mir Faraz*

## *Previously on Cliffhanger Interludes:*

A flash of a memory begins to suffocate him--surrounded by a forest where trees embodied age by wisdom. Leaves sought the company of the gutted ground, where mud kindles with its old friends. The branches, by their lonesome, hung threateningly low towards the water. They were surrounded by history, which disguised itself into the scenery, projecting a mystical aura.

The boat rocked its way through the overcast water, faces traced with years of anguish and hatred sat beside him yearning for a glimpse of the prohibited. Every facade of the busted voyage was fresh, like salt on the wound, yet his own feelings feigned paradoxes. However, invigorated by the mere thought of a better life. Gus saw the start of a world, and didn't look back to see the one he's left behind.

## *Chapter 2 ~ 12:00pm*

Two shadows meet in dense darkness, reaching through a heavy dusk. A click charges an electric light to spill in a flood. Almost like a hundred golden urns pouring out the sun. Every nook & cranny of Constance's house began to sharpen. Their faces became conscious of one another. Gazing into him, into his depths and intricacies, she felt a strange peace. She senses his starved eyes trailing to a ruptured portal, a portal where her reality ended and his prominently began. A portal of the past, and liminal present. Hunger to her was a familiar concept, in more ways than one. "Alright then, we deserve a good night's rest after the past few days, I guess I'll show you to your room then.", Constance mutters.

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"Your 12 o'clock is here" sang Constance, Gus' secretary's voice. To which Ezra mechanically lifts from his seat, ominous to dismiss himself from the incoming patient. Catching the eye of a prospective Gustavo, a silent plea of farewell is conveyed. He sauntered back to his original towering height, dwarfing the rest present in the room. The once black strands, have now irradiated themselves as bright rays fall, eased sight to icy pupils, now blinking clearer. Whilst saluting Cons, he walks past the 12 o'clock, as the two patients' converge paths, alloyed with the crisp sunlight, two realities reflect off each other. Nature and time distraught, the forgotten ways of men, weakened reminiscence stops both in their tracks. With the glimpse of two stories, intertwined through

At length, the hand 12 o'clock ventures Gus, Ezra's session enveloped him with the facade of redemption. "When I thought of the ferocity and strength of the vampire race and the fact that it took all I had to open the blister pack and extricate the water pistols, my chosen method of defense seemed ludicrous." Renn says whilst glancing at Ezra's tall frame sauntering away, she later elucidates, "I would say nice to meet you, but I've been quite put out of temper this morning and someone oughta die for it. The name's Renn. Nice to finally make your acquaintance, doctor" Pulsating a curve of her mouth, proceeding to stare into Gus's granite gaze. This was going to be a long day.

With time, Constance entwined with the undertones of mahogany pillars, that now radiated an atmosphere of ineptness. Her double knocks on Gus' door, ensued steady rhythms from humble heels crossing the room to deliver the patient's identifications. Inviting herself onto the chair, Renn sits down with an inspecting look, as though trying to unravel Gus, like many before her, the glimpse of fantasy and melancholy is portrayed. caught in the act, something in the air changes. Everything stops. A puzzle laid bare, still, all the crevices veiled, flaws and perfections improvised. That is what Renn saw looking into Gus. Into all that constitutes him, a weakened ecstasy.

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Shackles of pots & pans rumble within the undergrowth of the kitchen, striking Constance up akin to a pin. Constance lures down the spiraled steps, to be met with a flustered Gus, "Is everything alright?", she coughs from her midnight breath. "Oh it's just that--well, I just need some air.", Gus synchronically coughs back. "Here, follow me, I might know of such a place."

The sky grew darker, painted blue on blue, strokes habitually grew into deeper and darker shades of the night. The nature of the night urged Constance to evoke a conversation. "So what brings you to Eden?", Constance chokes. With enough silence, Gus chokes back, "A heterogeneous mix of things. Poverty, Hunger, Family, the list never ends.". "Especially when family is in question.", she mutters, possibly for a call for attention. "How so?", Gus inquires with a need for clarification. "Mother, at least that's what I think her name is. She was the kind of person who took care of things by herself. She'd never ask anybody for advice or help. It wasn't a matter of pride, I think. She just did what seemed natural to her. She was a part of me after all, which makes accepting faults despondent.", not that far after, Constance throttles consequently, swearing at the nature of the night, for years of suppression are now in the wake. The sky seemed to lean in and hear the coveted conversation, a quiet disposal of confidential nuance. The air grew still. It seemed as though the universe needed to know this reckoning of emotions, of pasts sour with fond expulsion. The scene somehow divorced from reality, although reality, they knew, could at times be unreal. Constance continues the chain of conversation, "It feels paradoxical when a piece of you is ripped from its root forcibly. I didn't truly understand her--or at least some crucial part of her. It may end well now that she's away from me, as the ideas and curiosities may not live up to its reality. A part of

of me, a part now lost is a locked safe, lying at the bottom of the ocean. Suffocated, with no desire to be unleashed?" Gus looked into the abstract lobes around them, watching them before returning to her physical ones.

"Can any of us ever perfectly understand another person? However much we may love them?", Constance finalizes. Perhaps, a dialogue struck the chord of pity, but time, who chided so persistently upon pertinence, decided to slow briefly.

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Fracturing the stare, sentiment of the victor. Gus smoothly catches the credential file from Cons. Reflecting a supplicating grin, he quickly skims over the character simpering before him, simultaneously providing dialogue he replies "Contradictory. Ezra's quite the fellow, the honest truth is: you can hate a species, whilst being it."

"You can blame it and resent it, still, nothing changes. In the end, you're but distinct, you're just another part of it.". The notorious steady rhythm crosses the room again, excusing herself as she departs, subtly deviating the lockset from its jamb, admitting filtered gleam to bestow on her desk. Constance sought convenience, hence her desk's placement being right by the door. "A yokai. You'd be my first. I've picked up the interest in them some time back so please do correct me. Residing creatures I hear, dwelling in the phenomenons of nature. Whilst of the same species, two incongruent spirits, accruing status as protective spirits who kindle fortune to the dawn of ill-fortune.

"Yokai, yokai. I believe spirits who founder to achieve deification as benevolent spirits, through a lack of sufficient veneration thus losing their divinity, became yōkai. Tell me, Renn, have I misspoken?" Gus pondered. "I am part of a whole that does not resonate to me, the bony spirited yokai, indeed, did not always distinguish between the good and bad. Nor living nor dead. They called us the "the silent faction" wreaking havoc by infiltrating into the deepest compasses of a character's mind, dissecting the brilliant and blemishes."

Glancing at Gus again, as though intolerable to infiltrate his moony star flecked irises she continued "I would know him blind, by the way, his breaths came and his feet struck the earth. I would know him in death, at the end of the world. My father and I were distinctive, sharing not an ideal in common except the paternal bond, the comfort in belonging. Tell me, Gus, how do you kill a god?"

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Everything ended in silence. The beasts and spirits heaved a deep breath, broke up their encirclement, and returned to the depths of a forest that had lost its heart. "No matter what we said, people would believe what they want to believe. The constant struggle is just a window to vulnerability, is it not?" Constance effused.

Catching the trail Gus confided "There is strength in vulnerability, in running through twilight unveiling her cracks and distortions.



In deserting convention. There is beauty in it, is there not?" A sinister smile spreading through his once intangible facade, like the last express train of the night, the words fade into the distance, gradually speeding up, growing smaller until it was, finally, sucked into the depths of night, where it disappeared. All that remained was the sound of the wind slipping through a stand of white birch trees

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The sunlight pouring in Gus' office caught Renn's eyes making her already impactful lobes seem like thundering hurricanes in search of prey. curtains fluttering, sensing the abate rush of power in the horizon. the scene reminiscent of a renaissance painting. "With another god. An immortal for an immortal. An era for an era. A celestial being to strip another's soul." He pauses, and the walls are silent. "A God for a God."

The atmosphere is morose, a reflection of the true creature that is Renn. Yet, emotion does not flow like a convoluted stream, the notes of audible trails are set, of distinct antiquities and bitterness. Personified hitherto existing, Gustavo truly looks and sees. a shackle around her neck, a silver snake, a mock of power and life. the mock of death, engraved into a slender throat, holding the survey of the goddess, he speaks "The gods envy us. They envy us because we're mortal. After all, any moment may be our last. Everything is more beautiful because we're doomed. You will never be lovelier than you are now. We will never be here again."

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The fervor conveyed. They run. Out of the intricate comfort of Constance's home and into the insubstantial forest making up her backyard. "Are you ready?" she whispered, the faerie in her riding the wave of chaotic euphoria. "Ready" he whispered back, intrigued, ready to be relentless, in a sense, give in to the primal desire making up every creature. Hair bristled, she ran into the ever-deepening depths, hair dancing in the winds, tears strewn away from its horrible wail. The only thing guiding them was the glowing light from the full moon, endless trees cast shadows over the pure ground of earth, yet she felt safer than she ever did. She loved the serene brutality of the unknown, loved the electric power she felt with each breath of wet, moonlit air. Soaked in the rain, trickling down their backs. They don't know where the destination was, only that the journey was a search for freedom. Little did the beasts watching know, they were the eclipse.

*Stay tuned for Chapter 3:*

15th March, 2021

If you have any feedback or suggestions, email us at

*[winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)*

# *Photography Competition*

*Theme: Beauty is in the Eye of the Beholder*



This month, you are the judge of beauty. Not society, not the media, you. Seize this moment to capture moments of your depiction of versatile beauty; be it a person, setting or something beyond the eye could usually relish.

**Submission Deadline: 9th February, 2021**  
(At least 3 pictures are required)



*Submissions*  
*9th February, 2021*  
winchwellbeingpost@gmail.com

# *Humor Section*

## *Cartoon Caption Contest*



- In each issue, we provide a cartoon in dear need of a caption.
- You, the reader, submit your caption in the Caption Contest Entry found below.

**The deadline is 7th February 2021.**

- By **8th February**, The Student Govt chooses three finalists.
- On **9th February**, a voting poll will be sent out during registration, where the entire secondary student body will vote on the funniest caption.

The top 3 'Comedy Caption Maestros' will be awarded a **certificate, 50 house points, and a feature on the Winchbeing Bulletin.**

**Find Caption Contest Entry link below:**

[https://docs.google.com/forms/d/e/1FAIpQLSciTQuqLCNfaxHSNDFy mCbgRGrhhEsJRL8RytkNN6lzUnjYgg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSciTQuqLCNfaxHSNDFy mCbgRGrhhEsJRL8RytkNN6lzUnjYgg/viewform?usp=sf_link)

# *The Literary Palate*

Share your review on your favorite literary pieces. They can be of an origin of any desired medium (**Films, Books, Poetry, Music, etc**).

Clutching back that omitted sense of control between opinions, abstractions & culture.

For further details & submissions, refer to the provided link below:

[https://docs.google.com/forms/d/e/1FAIpQLSfx7tpmfKFsRfGuGrVkqXLLZSsir3U5f7WNkVpVukZS6\\_bpug/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfx7tpmfKFsRfGuGrVkqXLLZSsir3U5f7WNkVpVukZS6_bpug/viewform?usp=sf_link)



*Submissions:*  
**9th February, 2021**  
[winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)

# Paperback Poetry

## *In the Time of Dreams*

*Tanishi Harikrishna Joshi, 7B*

Gold is woven into velvet black  
Beauty, night has such, to make people sway  
In the time of dreams, the Pisces zodiac

Although warmth Night can lack  
Beauty fills the heart and senses go array as  
Gold is woven into velvet black

Blinding day goes into wrack  
Mystery and silence wrapping while stillness  
straight lay  
In the time of dreams, the Pisces zodiac

The North Star shines wherein day it lacks  
The  
silver moon shines for Aurophobic dismay as  
Gold is woven into velvet black

Sleeping, are people in mansions and shacks  
With dreams and all they convey  
In the time of dreams, the Pisces zodiac

Beauty to rival the hwit\* lilac  
Bright day's tiredness, mysteriousness flays  
as  
Gold is woven into velvet black  
In the time of dreams, the Pisces zodiac

## *Down by the Shore*

*Ashaz Hussain, 5E*

You're not a tree, neither a boulder,  
You can move around with a heart  
full of wonder,  
Pick up your feet and get ready to  
move,  
Wear your best attire and put on  
your top shoe,  
It's been so much time, I'm so  
thrilled,  
To travel once again, to a  
destination fun-filled,  
Travel is exciting, be a little rough,  
Luggage to handle, you need to be  
tough,  
What should I carry, things I might  
need?  
Few books together, if I want to  
read,  
I would love to route myself to a  
quiet seashore,  
Amidst the silent water, there is a  
lot to explore,  
Walking at the shore, my legs  
getting wet,  
Leave the shoe behind, mood is all  
set, Once I kill the scare, the  
exhaustion is out,  
Fulfilled, exciting, hardships  
holidays are all about,  
At the end of the journey, you would  
realize,  
Taking a time off is a lovely prize.

## *Travel*

*Hamza Imtiaz, 4D*

I would like to travel and see  
The wonderful world waiting for me  
Lakes, oceans, rivers, and seas  
Hills, mountains, deserts, and valleys

I hope to go and feel free  
The excitement of airports is a spree  
The tiredness, the luggage, and the meal  
If you ask me that's a great deal

To visit and see new places  
Cities, towns, and new faces  
Islands of Hawaii, Kauai, and Japan  
To visit Serengeti and Amazon is my plan

How I miss the travel these days  
Still, I hope to see better days  
When we all feel safe and travel  
And win at last this COVID battle

## *Notion of Every Action*

*Sammit Ramanan, 10C*

Connecting all humans is that search  
for joy,  
Be it a lady, gentle man, girl or boy,  
The scientist, the artist, the pauper, the  
King,  
The grandparent who plays chess, and  
the youth who sing.

The search for happiness never ends,  
To anything that gives sorrow we make  
amends,  
Want for change is action's only cause,  
From sorrow to happiness, gain from  
loss.

To gain the joy of the action itself, I  
write,  
He draws, she dances, and that lad flies  
a kite,  
And for the consequences, he invests,  
She buys, while I go on quests.

Happiness is always the goal;  
And only for that, hunts every soul.  
Either through the action itself, or the  
outcomes,  
To the door of happiness is where  
everyone comes.

So is happiness our only motive?  
For which we die, for which we live.  
So if all motives are the same, what is  
cruelty?  
And thus I question morality.

# *Submissions:*

9th February 2021  
winchwellbeingpost@gmail.com

# Sidewalk Sketches

**Min Suga**

Hannah Erica C. Tan, 10B



**Leap of Hope**

Ameera Abdulfatah, 5E

**Fun & Safe Travel**

Armin Thahara, 1D

**Mortal Coil**

Aaron Mercado, 10A



**Bubbline**

Riana Cordova, 12D

# Sidewalk Sketches

## Singapore

Huma Jameel 5I



## Panda Art

Tanushka, 3F



## Girl Power

Keiah Kodape, 7E



## The Beach

Mawada Serag, 1A



## Submissions:

Email us: [winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)



# *Playlist Digest: Fan Edition*

This Month's theme: Borne out of a Compass

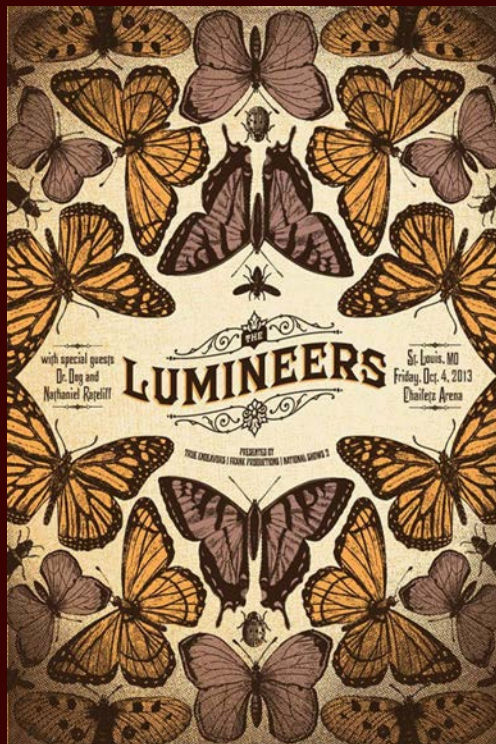
## *Jan Playlist: The Road Not Taken*



@cam.estela

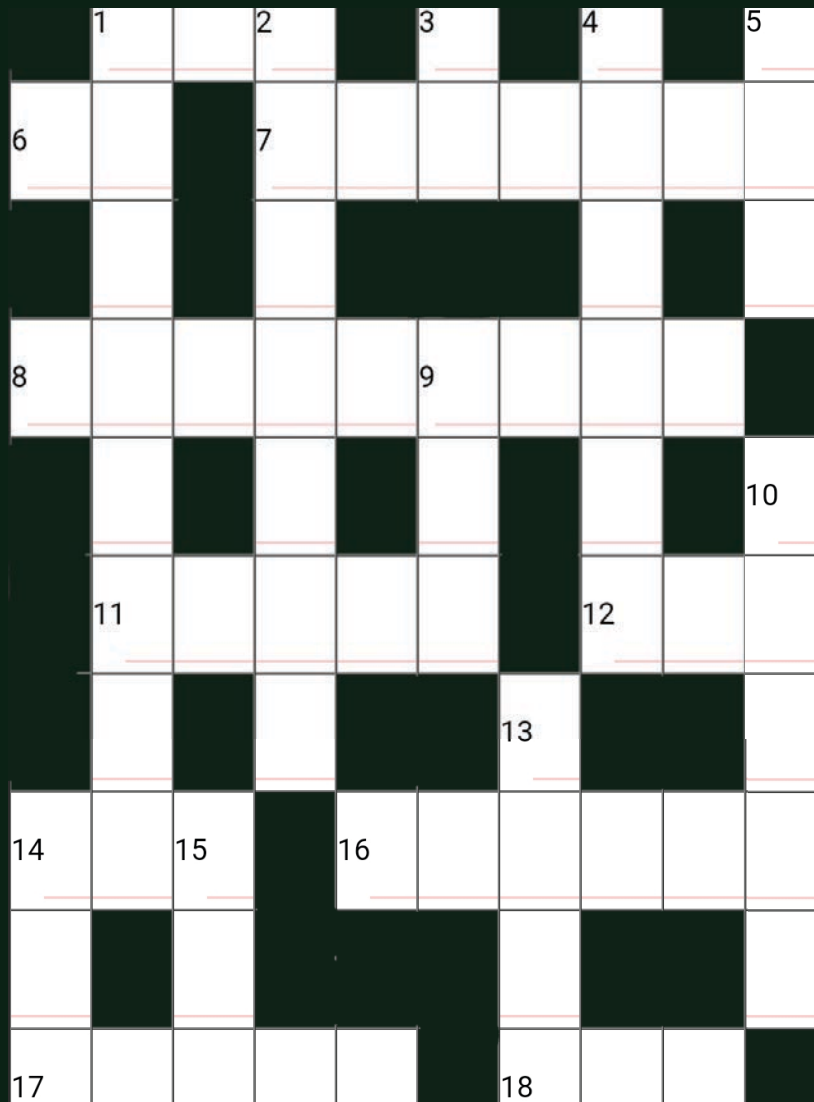
[https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?si=kQwYKZINQOCYFse\\_9dHQ8A](https://open.spotify.com/playlist/4wvjqXRzoz8V6uVarvZoWe?si=kQwYKZINQOCYFse_9dHQ8A)

### *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

1. A plan of the land or of your route.
6. You \_\_\_ from one place to another.
7. A company that operates airplanes.
8. Obstructions on the highway, usually for repairs or improvements.
11. It goes round and round as you travel.
12. How many seats are there in front of a normal car?
14. Before you travel, you say good\_\_\_\_\_
16. Someone who works on a ship.
17. Country in southern Europe which is a popular travel destination.
18. Travel across this by ship.

## Down

1. Large divided highway (US) or dual-carriageway (GB): a word used in British English.
2. You need these if you travel by kayak or canoe
3. Country code for the country whose capital is Athens.
4. You'll need to buy one before you take the plane or train.
5. Most large passenger aircraft are \_\_\_\_\_ planes.
9. Most vehicle or aircraft fuel is made from this.
10. A heavy goods vehicle in Britain; in the USA it's called a truck
13. If you're late at the airport, you may \_\_\_\_\_ your flight.
14. Public transport in most cities.
15. Estimated Time of Arrival

# Editor's Column



*Vania Chanelle Gomes*  
*Head Editor & Designer*

Dear Readers,  
From a culture where our every waking decision was fueled by the narrative of having experiences, the human race has been posed with a safety & moral dilemma. It is hard to define the silver lining between safety and happiness, especially considering the demeaning nature of our formative situation. One where we are forced to entertain ourselves by our 4 bedroom walls. It seems almost irrelevant to even fathom the pursuit of happiness--almost guilty.

Sickness, just like happiness, is spread through the hands and the skin of travelers--between the small human contact between the known and the unknown. There is no reality in our pandemic that we haven't experienced before. However, was it not only our human hands that made this worse?

Be that as it may, it is in our survival instinct to crave a release that defies even suffocation. For we are born to live in life's entirety, in an attempt to curb the substance of truth. To be brave-borne & of noble of spirit, almost comes as naturally to us, but is it worth it? Hence with the aid of unearthing the grey area between safety & happiness, all else will coincide.

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



*Inaya Danish Zaidi*  
*Primary Editor*

Dear Readers,  
If you too are the sort of person who loves traveling, this pandemic would have probably left you yearning for an escape out into the world. Me, as a very travel-y sort of person, the packing of bags, hastening into the car, the rush at the airport and then the joyful hours of browsing the shops and a few snacks, all of this is a refreshing and exciting experience. Whether I'm going to the Insta-worthy waterfalls of India or the snowy peaks of Switzerland, the beautiful places in the world never fail to surprise me.

One memorable time was when I visited Switzerland. We went for ten days, and honestly, I couldn't tell you how incredible it was. We went to Jungfrauoch, the highest accessible peak in Switzerland also called the top of Europe. From the top, it looked like a set of Frozen, and being a Frozen fan I started singing Let it go, much to the cringe of the others. Wherever my eyes went, I could see only white snow. I thought that my Great-great Grandpa's beard was white, but this kicked off my poor grandpa's back!

Each country you go to, every culture you explore, all remain a memory in your mind. So keep that camera flashing, but not manually; keep happy memories in your mind.

# *Our Platforms*

- » Your Primary Contact's Email  
Inbox
- » Links in Instagram Bio  
*@fieldnotesofmentality*
- » Phoenix--School Community--  
Circulars & Announcements
  - » The Wellbeing Tab on The  
Winchester School's Website

# *Credits*

## *Head Editor & Designer:*

Vania Chanelle Gomes, 10F  
*vanichanellego@gmail.com*

## *Primary Editor:*

Inaya Danish Zaidi, 6I  
*wecarenewsletter@gmail.com*

## *Playlist Digest Coordinator:*

Shane M., 10F

# *Article Submissions:*

Email us on:

[winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)

[@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality) on Instagram

The articles must environ the theme of,  
**'Body Positivity'**

STAY TUNED!

Next Issue:  
15th February 2021