

CAMPUS CHRONICLES

November 2023

"Empowering thinkers, engaging innovators"

Issue No. 04



Address from the Head of School

🌟 Dive into the World of Sports: Sparking Passion, Ensuring Safety! 🏆

Unleashing the Magic of Sports in Your Child's World:

🌈 Physical Marvels:

Picture your child bounding into a world of boundless energy! Sports aren't just about scoring goals; they're a thrilling symphony of physical health, fine-tuned motor skills, and an ever-ready sense of adventure.

💜 Social Soirees:

Team sports, the carnival of camaraderie! These fantastic arenas sculpt friendships, teamwork, and leadership skills. Think of it as a lively theater production where your child is the star of a show that lasts a lifetime.

🚀 Mental Odyssey:

The launchpad for mental well-being! Sports are the cosmic playgrounds where endorphins dance and stress takes a backseat. Your child will not only gain discipline and resilience but also discover the constellations of their capabilities.

📚 Academic Adventure:


A thrilling quest for academic excellence! Studies tell tales of sports contributing to enhanced concentration, time management, and supercharged cognitive abilities. It's the secret sauce for academic wizardry!

Ensuring Safety on This Epic Adventure:

👠 Fashion Forward Feet:

Enter the sports runway with flair! Equip your child with shoes that aren't just footwear - they're style statements.


Opt for non-slip soles and studs that are functional and fabulously safe.

 **Fit Like a Glove:**


Cinderella had the right idea - shoes should fit perfectly! Ensure your child's sports shoes are the right size and fit snugly for a comfortable journey on their athletic magic carpet.

 **Studs Spotlight:**

Shine a spotlight on those studs! Please regularly look over and pamper your child's sports equipment. If any studs seem tired or worn out, treat them to a dazzling replacement - after all, our young athletes deserve the best!

 **Technique Tango:**

Teach your child the dance of correct techniques! Understanding the rhythm of weight distribution and movement on different surfaces is key. It's not just a game; it's a choreographed masterpiece!

 **Health Havens:**

Regular check-ups - the wellness retreats for little champions! Ensure your child is in peak physical condition, promptly addressing any health concerns or injuries. A healthy body is the ultimate playground.

In this grand spectacle of sports, we believe your child is not just a participant but a star illuminating the cosmos of possibility. Thank you for being the guiding constellation in their journey.

Wishing your family a kaleidoscope of joy and laughter as you embark on this exhilarating adventure into the world of sports!

Cheers to sporting dreams and safe escapades!

Warmly,

Director
Ankur Upadhyay

MONTHLY ARTICLES

Diploma Program

In the past month, the student team of Campus Chronicles has come together to participate in a health and well-being challenge. As the stress of exams increases, the time students spend at their study table also increases. To beat this, we came together for a walking challenge where each month, we had a goal of steps to hit each day. For the month of September, we had goal to complete 2500 steps a day. It was simple but not everyone could complete it daily, this brought to light how much time we spend sitting, both in class and at home. We have planned to increase the number of steps each day for the upcoming month as a way to incorporate moderate physical activity along with balancing academics. Many people from our class were avid athletes (I am using the term loosely) and had to leave their sports in order to keep up with the rigour of the Diploma Programme. The goal of such a small step number was a way to kickstart their motivation towards a healthier day and kept them in a happier state of mind about achieving their daily goal.

For the month of September, we are proud of ourselves for hitting our step goal for a majority of the days and it has actually helped us track how much time we spent sitting at our desks, either studying or binge-watching Netflix. Some of us even went above and beyond to achieve the goal of 10k steps and that adds an additional dose of dopamine. We would like to call you in on this challenge towards a better day, week, month and ultimately a better lifestyle. Walking is the simplest form of exercise and we urge you to incorporate it into your day by either going on fresh morning walks for relaxed evening walks. A little bit of exercise goes a long way in keeping yourself happy.

-Jossita Sharma, Dp-2

Middle Year Program

Growing up, from roots to wings, was a transformational journey! From PYP 4 to MYP 5, I witnessed the heart and very core of COIS. When I say this, I speak on behalf of all the students, saying that "COIS as an IB school is an agora with a plethora of knowledge just waiting to be passed on, acquired, and applied.". The real beauty of COIS lies in its teaching methods. Even if we aren't sitting in classrooms with our books open, pens scattered on the desk, or devices in use, we still learn. Just the other day, while returning to my class, I saw some students in the corridors learning about angles. The joy on their faces showcased learner profile being put to use, and this is all thanks to the variety of interactive learning techniques. COIS is not just a school where students come five days a week to complete classwork and assignments; it is a haven of knowledge that doesn't just teach us to be booksmart but also street smart. It encourages us to maintain and foster principles of integrity, leadership, teamwork, openness, respect, and accountability. Mostly, the highlights of my day (besides meeting my friends) are being able to pen down all my thoughts and ideas and utilise them in all my subjects. For an Individuals & Societies' class presentation, I drew a meaningful connection and shared a point from the Language & Literature class about technology being a double edged sword and linked it with the topic of family size and population dynamics. My creativity has skyrocketed and has gotten a massive boost ever since the last annual day. Writing drafts for the scripts and corresponding with all the teachers who were in charge of the music sequences, dances, theatre performances, and overall flow of events encouraged me to enhance my leadership skills and put on an amazing show to the best of my abilities. The journey at COIS has always been on, transforming from vice captain of the United Nation's Sustainable Development Goals 4 (Quality Education) to class representative and currently being the leader of SDG 1 (No Poverty).

These roles aren't just "shiny titles," but with them comes great responsibility, which I shall always uphold!

I would like to end on a note that COIS is a powerhouse of inspiration.

Aashan Postwalla, MYP-5

Primary Year Program

I always think that India is an exciting country. When my dad's job was assigned to India, I got more excited. But when I heard that we were going to leave our homeland-Turkey, I felt anxious, because I didn't know if my English was good enough or not. During my first days at school in India, I didn't want to speak because I was afraid of making mistakes. This was the reason I didn't talk much. But, then, my friends encouraged me to speak and they spoke clearly and slowly. And they corrected my grammar mistakes kindly. And my teachers also communicated with me slowly and clearly. When I can't speak and when I can't translate, they allowed me to use Google Translate. From the Dictation practices, I learned new words. With the help of home assignments and presentations, I became more self-confident. Now I am not afraid of living in another country. I am thankful to my classmates and my teachers for their patience and kindness. Living in India has turned out to be an incredible journey filled with personal growth and cultural exploration. The initial apprehension I felt about leaving Turkey gradually transformed into a sense of excitement and gratitude. The challenges of adapting to a new country, especially in terms of language, were daunting at first. As I overcame the fear of making mistakes in English, I started to engage more actively in conversations. My friends not only patiently listened but also spoke slowly and clearly, providing constructive feedback to improve my grammar. Their kindness and willingness to help made me feel more at ease, fostering a positive learning environment. The understanding attitude extended to the classroom as well. Teachers, recognizing the language barrier, communicated with me in a way that was easy to comprehend. The allowance to use tools like Google Translate during challenging moments became a lifeline, aiding me in expressing myself when words failed. Now, as I reflect on this transformative period, I can confidently say that my time in India has not only enriched my language skills but also broadened my perspective on life.

- Deniz Demiray, PYP-5



ALUMNI COLUMN

Hello, my people! It's been a while since I have been to COIS and there is a lot that I might've forgotten along the way. One thing that I haven't forgotten tho is the kindness I have received throughout the years of my school life in COIS. May it be the faculty or my juniors and seniors, every person was so kind and welcoming that it made me want to pass the kindness along. I have had a lot of positive days just because of the positivity the school radiates. So, a word of advice, always be kind to your peers. It may just make their day.

-Krisha

STUDENT LIFE

Hello, my people, I hope November treated you well. Can't say the same for me, I know I have been burnt out of my mind. which is what I am going to talk about today, the one thing I hate as a student, something that drains me of my productivity. Burnouts are the worst thing ever, you don't feel like studying, you can't focus, and you can't do even the remotely easier tasks. What do you do when dealing with burnout? Take it easy on yourself! It might seem counterintuitive but you are burnt out because you have pushed yourself too far. You are in luck because it's the festive season, meaning you can recharge yourself by meeting up with friends and family, watching movies, or even doing retail therapy. Whatever suits your overworking, tired, but sweet mind. I have dealt with my fair share of burnout and All I can say is, that it's a bad week, not a bad life (it will never be) so go easy on yourself and treat yourself with love

-xoxo, student life :p



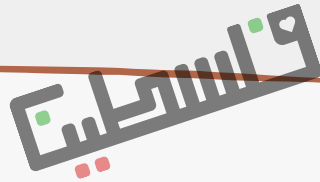
ANECDOTES FROM around the world



Global News



- The UN Security Council passed a resolution appointing a security force from Kenya and is given one year to tackle gang-related violence in Haiti.
- Hamas launched over 3500 rockets from the Gaza Strip to Israel and conducted a surprise invasion of at least 22 different locations in Southern Israel.
- A 5.6 magnitude earthquake strikes Nepal killing at least 157 individuals and injuring over 300.



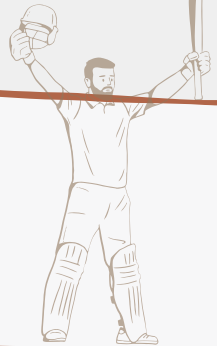
Educational News

- World Bank commits US\$1 billion to support education in Ukraine: Funding will be used to support the reconstruction of schools, provide educational materials, and train teachers.



Sports News

- Australia defeated India by 6 wickets in front of a record-breaking crowd of 93,000 fans in Ahmedabad, claiming their sixth 50-overs World Cup title.
- Max Verstappen won the season-ending Abu Dhabi Grand Prix, edging out title rival Charles Leclerc by just eight points.
- Puma to end sponsorship of Israel's national football team next year



Health and Well-Being

- WHO calls for protection of humanitarian space in Gaza following serious incidents in high-risk mission to transfer patients, deliver health supplies
- New Technical Advisory Group on Embedding Ethics in Health and Climate Change Policy (TAG-Ethics & Climate Health)
- Uganda takes the lead: piloting the Global guidance framework for the responsible use of the life sciences: mitigating biorisks and governing dual-use research



THE IB FORUM

Creativity, Activity, Service

CAS stands for Creativity, Activity, Service, and it is a core component of the International Baccalaureate (IB) Diploma Programme. CAS is designed to provide students with a holistic and experiential learning opportunity that goes beyond traditional academic studies. It allows students to apply the skills they learn in school to make the community a better place for current generations and future generations to live in. The three components of CAS are as follows:

- Creativity: This involves engaging in a wide range of arts and other creative activities. Students are encouraged to explore their own creativity and develop their artistic skills.
- Activity: This component emphasises the importance of physical well-being and a healthy lifestyle.
- Service: CAS promotes the idea of community service and contributing to the well-being of others. Students are encouraged to take part in service projects that address local and global needs, fostering a sense of responsibility and empathy.

CAS is designed to help students achieve a set of 7 learning outcomes, including:

1. Strength and growth: Students develop a deeper understanding of themselves, their strengths, weaknesses, and their role in the community.
2. Challenge & skills: CAS aims to foster personal growth, self-confidence, and the ability to work effectively with others.
3. Initiative & planning
4. Working collaboratively with others
5. Commitment and Perseverance: Through engagement in CAS activities, students learn the value of commitment and perseverance, developing resilience in the face of challenges.
6. Global Citizenship: CAS encourages students to think globally and act locally, promoting an awareness of and concern for global issues.
7. Ethics of choices and actions: This allows students to reflect on their actions and consider the repercussions of their actions to themselves and third parties.

Reflection is a crucial aspect of the CAS program to demonstrate their engagement in CAS, students are required to provide evidence of their activities and achievements. Students are required to regularly reflect on their experiences, documenting their thoughts and insights. These reflections can take various forms, including written reflections, discussions, and multimedia presentations. Reflections allow students to articulate learning, connect theory and practice, and set goals.

Voice of COIS

CAS Highlights

Among the Indian holidays that I love the most is Diwali. Diwali simply represents the triumph of virtue and wisdom over ignorance. Its initial intent was to commemorate the homecoming of Ram, Laxman, and Sita from exile in Hindu mythology. But in my opinion, it's time to abandon your boring daily routine and truly enjoy some fun with the individuals you enjoy spending time with. I have just been in India for two years, and I have never before encountered a diwali like this. We did have two days off when I was living in the United States, but it wasn't a huge event. Things are busy over here, but in a good way. During these two weeks, people genuinely enjoy their life. For my part, I thoroughly enjoyed my two weeks off. We traveled to Goa during the second week of the festival to see how Diwali is observed by other cultures. Additionally, from what I could see, Diwali was not very important to them. In connecting learner profiles to my Diwali experience, I began to be open minded to diverse cultural perspectives. Having spent 12 years following a particular Diwali routine, India's celebration offered unique insights. Goa's less prominent Diwali, influenced by its Christian majority compared to Gujarat's enthusiastic observance due to its Hindu population, intrigued me. Curiosity drove me to inquire deeply. I couldn't ignore my questions about the significance of Diwali and Goa's customs. This quest epitomizes learning's essence. Questioning not only enriches education but also daily life.



-Siya Amin, MYP-3

Amplify Your Voice, Champion the World!

For language and Literature and Service as Action, students of MYP-3 embarked on a thrilling journey through the world of SDG and social awareness posters. Pick a cause that ignites their soul, from climate change to gender equality, and let their creativity take flight. Your canvas? A vibrant poster, your tools? Research, powerful messaging, and a dash of artistic flair.

This isn't just about crafting visuals; it's about igniting international-mindedness. Through their posters, they explored global issues, embraced different languages, and bridged cultural divides. Imagining artwork sparking conversations across borders, inspiring others to join the fight for a better world.

But remember, with great power comes great responsibility. As they delve into these impactful topics, consider the ethical implications of their message.

This activity isn't just a solo act; it's a chance to hone their self-management skills. Organize their research, brainstorm ideas, and bring vision to life. They will also become a master communicator, using visuals and words to tell a compelling story.

-MYP-3

Disguise- A Poem

Like the sun warms the cold of the night
You're enough, and so is your fight
Like the rain washes away the heat of the day
You're valid, and so is your pain
Like the trees let go of leaves autumn red
You can let go of things that no longer serve
you
And appreciate the human they made
You can hide behind jokes or the fakest of
smiles
I can see you, I always will
Because you and I, wear the same disguise

-Jossita Sharma, DP2



Art of the Month



Ram Prajapati, PYP-5

Brain Ticklers

Name: _____ Date: _____

DIWALI
Festival of Lights

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

ABUNDANCE
BEAUTY
CLAY LAMPS
CLEAN
DECORATE
DIWALI
DIYAS
FAMILY
FEASTS

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

FESTIVAL
FIREWORKS
FIVE DAYS
GIFTS
HINDUISM
INDIA
KARTIKA
LAKSHMI
LIGHTS

NEW MOON
NEW YEAR
NOVEMBER
OCTOBER
PROSPERITY
RAMA
RANGOLIS
RITUAL
SWEETS

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