

# Ambassador Times





## Connecting Hearts.....Connecting Minds...

From the Principal

“The way we talk to our children becomes their inner voice.”- Peggy O'Mara

It is hard to believe that another school year has passed so quickly, especially since it has been such an unusual one, full of twists and turns. Despite the COVID restrictions, it has been a rewarding year – one filled with unprecedented accomplishments. A few of the things that come to mind are the Iftar, Kindergarten and Senior Graduation Day, Investiture Ceremony, Radio Shows along with virtual Orientation sessions and Parent Teacher Meetings just to name a few. All of these and many others are made possible by the collaborative community of learners, teachers and parents!

New school year is always about new hopes and renewed dreams! It's time to make new promises to ourselves to be more active and attentive in the new academic year. There is excitement in the air about everything – right from the new school bag, new lunchbox, new books, new friends and fresh resolutions!

Dear Students, let that spark in you to accomplish your goals not get extinguished! Let's make a pledge to ourselves to continue the session with the same zeal and end it with the celebrations of having achieved your dreams! Practice to set clear, concrete and achievable goals for yourselves. For example, if you want to achieve excellence in academia you must first understand that you should set high and achievable standards for yourself in each subject area seeking the solid support of your teachers; forming serious study groups with your classmates and drafting your own study timetable to achieve your dream. If your planning is good and practical, you are already on the road to success.



Parents, it all starts with playgroup, followed by school years, university, job and so on! Every time your child steps into the new world with apprehensions, WE need to be strong to set them free with the belief that their wings are strong enough to fly them to newer heights and we just need to be the wind beneath their wings! Lay the foundation of that relationship now. Let's learn to interact with our children sans the doubtful mode. What children think of themselves is significantly influenced by how they think their parents and other adults around view them. Our voice, whether gentle and kind, empathic and warm, or strident and harsh, becomes a big part of their inner voice. They treat themselves the way they have been treated. We need to make them feel respected and loved which in turn will reflect in the way they respect and love others.

We look forward to a rich and rewarding 2022 – 23 school year in which our focus will be on strengthening connections, relationships and well-being, and of course learning, not limited to textbooks but learning from every aspect of life!

Warm regards

**Sheela Menon**  
Principal



# Highlights of the Month



## INVESTITURE CEREMONY

## IFTAR PARTY





HIGHLIGHTS OF THE MONTH

# INVESTITURE CEREMONY

**“Nearly all men can stand diversity but if you want to test a man's character, give him power.” Abraham Lincoln**

The ASD campus adorned a ceremonial look as the Student Council members prepared themselves to accept the mantle of accountability, at the Investiture Ceremony held on the 29th of April 2022. There was an environment of cheer and fervor, amidst the parents and faculty members who were present to celebrate this historic moment.

The formal ‘Election Procedure’ this year involved self- nomination by students on the link provided and the voting was conducted in school. The proceedings for the day began with the National Anthems followed by the Quran Recitation and a melodious hymn. The office bearers were invested with their respective portfolios by our Principal, Associate Vice - Principal and the Senior Leadership Team.

The Principal’s address reiterated the rich legacy of values coupled with the ethos of camaraderie that the Council members need to inculcate, while dispensing their duties and responsibilities. This was followed by speeches by the Head Boy Ojas Shukla and Head Girl Smritti Sridhar. The School song brought the event to a befitting close. It was a solemn gathering which has created memories.



# RAMADAN ACTIVITIES

## ‘ Meals Heal Humanity ’

Ambassador School, Dubai echoes the ‘ One Billion Meal ’ initiative Ramadan, the month of counting our blessings and being grateful, reverberates with the fervor of giving. Ambassador School Dubai feels humbled to be a part of the initiative led by His Highness Sheikh Mohammed bin Rashid Al Maktoum to provide 'One Billion Meals' this Ramadan.

مبادرات محمد بن راشد آل مكتوم العالمية  
Mohammed Bin Rashid  
Al Maktoum Global Initiatives

مليار وجبة  
1 BILLION MEALS

مدرسة امباسادور  
AMBASSADOR SCHOOL  
INSPIRE INQUIRE INNOVATE

مبادرات محمد بن راشد آل مكتوم العالمية  
Mohammed Bin Rashid  
Al Maktoum Global Initiatives

100 MILLION MEALS

100 مليون وجبة

100millionmeals.ae

Ambassador School Dubai echoes the  
One Billion Meals initiative because “Meals Heal Humanity”



# Happy New School Year 2022-23

The morning of 4th April, 2022, opened the door to new expectations and opportunities for the staff and students at Ambassador School, Dubai, as it was the start of the new academic year 2022-23. A lovely 'Welcome Board' set the mood when students walked in with anticipation of another fabulous year filled with fun and learning. Class Teachers and Buddy Teachers set the expectations for the year and familiarized students with the time table and timings. It was fun to be introduced to the new entrants of the Ambassador family in several classes. It was also encouraging to note everyone following protocols and wearing masks. With the Ramadan timings in place, dispersal was smooth as well. All in all, the readiness and enthusiasm ensured the academic year kick started on a great note.



# International Innovation and Creativity Day

Prekindergarten celebrated by indulging in a 'Messy Play' using different materials to ignite their creativity.

KG1 students had a 'Dress Up' on the theme 'It's OK to be different!' using their creativity and innovative ideas!

KG2 students had an innovative 'Global Fair' around the campus to gain an insight of the different countries of the world represented by our classrooms.





## Mosque Visit

During the holy month of Ramadan, KG1 and KG2 students received a first hand observation on a Mosque Visit by the Islamic Department to learn and understand the pious prayer place, the Holy Quran, significant features of the mosque and the religious practices of Islam.





# World Earth Day

Commencement of ECO Club's 'Green Team' with 'ECO warriors' from KG1 and KG2 being conferred with badges by Respected Principal Dr. Sheela Menon and undertaking a pledge to partake in ecofriendly activities to save Mother Earth and educate friends and family to do the same and protect our planet Earth!

KG1 and KG2 students introduced to Recycling waste through a demonstration of 'Waste Segregation' into 3 separate bins namely Plastic, Paper, Can found in our school environment! Prekindergarten students created 'Listening Ears' by used-up paper cutouts and recycled newspapers to understand the concept of 'Reduce Reuse Recycle'!





## World Health Day

An inauguration of 'Health Club' comprising of KG1 and KG2 students receiving badges and responsibilities of bringing awareness to friends and family about having a healthy lifestyle and eating a balanced diet for Good Health! A special assembly was conducted through 'Zumba' session in the outdoor to promote an active routine and physical exercises for flexibility and better health conditions. Prekindergarten students were encouraged to Jog their way around on their School Tour!



## Supply Chain Shortage

A supply chain refers to the circulation of goods in the market. A shortage is a situation when the demand for a product or service exceeds the available supply. The world is currently recovering from the COVID-19 pandemic, as a result of which, there is a supply chain shortage all around the globe. The pandemic has affected the supply chain in every way possible.

So the question is how did all this happen? The disruptions go back to early last year, to the first stages of the pandemic. The trouble began in factories where many of the globe's manufacturing units are located. In places like China, South Korea, Taiwan, Southeast Asian nations like Vietnam, and European industrial giants like Germany were hit hard by the spread of corona-virus cases. Many factories shut down or were forced to reduce production because workers were sick or in lockdown. In response, shipping companies cut their schedules in anticipation of a drop in demand for moving goods around the world.

At the same time, many finished products were piled up in warehouses. The reason being the inability to transport at ports throughout Asia, because of shortage of shipping containers that carry goods. Owing to the scarcity of containers, the price of moving cargo skyrocketed. Many containers were put on hold and had to wait months to put their wares onto ships.





LAUDABLE LEADERS

Meanwhile at ports like Los Angeles and Oakland, tons of ships are still waiting in queue to unload their wares, but are unable to do so, due to the excess of ships lined up off the coast.



Today people are still thinking twice to purchase automobiles. Buying a car has now become a time consuming process owing to shortage of supply. The global automobile industry lost about 210 billion US dollars as of September 2021. Semi-conductors, aluminum, plastic and building materials are predicted to have a tight supply this year. Will the shortages end? No one really knows, but it is predicted to go on till the end of 2022 or maybe even longer. Experts say that it may even get worse in 2022.

**By OJAS SHUKLA**  
Grade 12

## Through The Clouds

A short story about a boy coming to terms with his uniqueness after feeling alienated from the rest of the crowd at his new school. This piece takes us through the journey of his sorrow and joy through the elements of nature he loves the most; clouds. Each phase of his emotional evolution is represented by a type of cloud.

### **Stratus.**

He traced his fingers along the delicate, disappearing outlines of the thin clouds above him. His face transformed into a white serenity as the clouds moved ever so slowly, pulling his attention along lightly. They were light and innocent. He could run his fingertips through the translucent, feathery wonders above him. He always had time to indulge in a tactile interaction with the sky. He was mature enough to pretend he could touch the vast ocean of space above him, he had realized some universal truths too soon. He gracefully jumped off and felt his feet touch the grass, soaking every dew drop the ground had to offer. He began to think he was a cloud.

### **Cumulus.**

“Rain is underrated”, he screamed. He was going crazy over the thought of interaction at his new school. Every student seemed so different from each other, he was surprised at how he was able to maintain a calm face. There was something about his radiance that caused the crowd to distance themselves from him, from which his sense of yearning only grew stronger. He was insane over the fact that his skin broke out for the first time, and even more insane over what he could do to cover it up for school the next day. He was full of life, bubbling with excitement. He felt like everyday was huge, lush and packed like the beautiful cotton buds floating in the sky. “Would be disappointing to taste them, but then, it would still be such a big deal if I could even taste them in the first place. Do you get what I mean?” There was no response. His face remained bright, not an inch of paleness could be found on it. If he ever cried or was sad, there was something awfully lively about the melancholy he emanated. He was bright. He always compared himself to clouds in his essays. That seemed to butter his least favorite teachers up.



### **Alto-Cumulus**

He rushed home. His shirt was torn and his mouth was chipped. He was crying horribly. His presence seemed very big and noticeable, which was unlikely for his small frame. He threw himself on his chair and built up all his angst. His eyes were glaring and his nostrils were flaring up. He was storming on the inside. He'd tried to make one friend, but his insecurities about his uniqueness had led him to shun the only opportunity that came his way. He'd left that one boy hanging, but that seemed like everything else had left him the same way. He was feeling a damp fire in his heart, as though its fury was being weighed down by the moisture of his guilt.

### **Nimbus**

He'd left his fire trying for too long. It had become stale. He wasn't even thinking. Then the thought struck him. The slap. His eyes lit the angriest spark up, he opened his window and screamed. He looked at the floor and felt his chest. He screamed again, even louder this time. He stopped. He banged his knuckles against the wall and felt the blood hit his face. He screamed so loud that he summoned a gray storm from the skies.

### **Cumulo-Nimbus**

He was still feebly screaming. He was upset at himself. The world, the universe, the skies, the clouds. His tears hurt the tender grass blades in his yard as they craved for the Sun's touch again, which was covered by the huge rain clouds majestically pouring their sorrows on the earth. Oh, and on him as well.

### **Cirrus**

"Give me 2 minutes. Just a minute. I'll be there!" He stared at the sky. He walked out of the house and ran to the park. As he was on the swings, he whooshed through the air as light as a leaf and felt thankful. Very free and thankful. He wasn't carefree, oh no, but the wind ran through his hair and slightly tickled him, which made him feel loved, even if nobody else ever seemed to care. He felt translucent and dreamy, like the gentle thin clouds on a sunny spring day

By **SMRITTI SRIDHAR**

Grade 12

## Raising Grounded Children in Today's World

Sudha Murthy, Philanthropist and chairperson of Infosys Foundation says, "Having good Relationships, Compassion and Peace of Mind is much more important than Achievements, Awards, Degrees or Money." In the present age, wherein children are honing their skills through various activities, many a time, the thought as to how to instill this in their tender minds arises. Raising sensible and well balanced kids is quite a challenge but not impossible. Children learn from us. We as parents must inspire them to be grounded. In simple words, practice what you preach.

First of all, the young generation must be adept in life skills such as doing their own laundry, cleaning up, packing their things and waking up independently. From a young age, we could train them by starting off with washing tiny clothes, putting toys away, packing school bag and having their meal on their own along with us at the table. The complexities of the tasks can increase with age like preparing a meal, commuting by public transport, managing pocket money, setting the alarm clock to wake up etc.

Set a routine to be followed fervently. Children need proper sleep for healthy brain development. Let their sleep and wake up time be set.

Let's raise them as empathetic individuals. Empathy makes them caring and react well socially. Let them be a part of good as well as bad events in our lives. I have observed that parents avoid taking their kids for funerals, citing reasons such as, 'too young to handle all this.' However, at times let them face the harsh realities of the real world they will soon step into.

Help them find happiness in the small and ordinary things in life. A trip to the park or beach with home cooked food, a bicycle ride with grandpa, listening to grandma's pearls of wisdom through her many stories, sharing a meal with cousins in the moon lit night, playing in the sun with friends, enacting stories with family ... and the list goes on. Let them appreciate nature and its many gifts. These are of more significance than going to a paid play area with modern amenities. Don't leave it at that. Help them reminisce those days.

Julia Carney's lines from her poem 'Little Things' reads thus- "Little drops of water, little grains of sand, make the mighty ocean and the pleasant land." Small efforts from our end will show significant results in the form of well-groomed young adults.

**By Kalpana Sukumar**

(Parent of Varshith Sukumar -2A  
Akshata Sukumar- KG1A)



## Tips for Becoming a Peaceful and Calm Parent

Anger and frustration are universal human emotions, but that doesn't mean you have to be a victim of negative feelings. As adults, we have an obligation to our family and ourselves to avoid allowing our emotions from getting the best of us. Let's face it. Parenting is tough! One way that many parents express their anger and frustration is by yelling at their kids. It's not because they want to necessarily, but because sometimes they get so overwhelmed, they lose control. Other times it may just be easier to holler than to learn strategies to become a calmer parent. Studies show that yelling makes children more aggressive, physically and verbally. As a parent, raising your voice to the point of screaming scares children and makes them feel insecure. It has been shown to cause long-term effects, such as anxiety, low self-esteem, and increased aggression. A parent who is calm is reassuring, which makes children feel loved and accepted in spite of bad behavior.

There are many responses you can choose when faced with a situation that makes your blood boil. Finding peace is possible! Learn to manage your anger and arrive at a peaceful solution using these strategies:

- 1. Consider the negative consequences of expressing anger.** It's tempting to run with your exasperation in the short-term, but giving in to rage can cause even more challenges. Before lashing out at your kids or taking what you consider to be appropriate actions, consider how things will be when the smoke clears.
- 2. Give yourself a timeout.** Timeouts aren't just for young kids. Adults also need timeouts or short breaks to calm down. Taking deep breaths, give yourself a few minutes to allow a level of reason to return to your mind. You'll be in a better place to make appropriate parenting decisions.
- 3. When appropriate, let your family members be wrong.** It's not your job to prove that someone is wrong; just allow them to be mistaken. If you have a strong desire to show them that they're incorrect, that's your ego barking. Of course, it is your responsibility as a parent to educate your children between right and wrong. At the end of the day, however, you cannot control the choices they make and ultimately they will have to learn from the consequences when they experience errors in judgment.
- 4. Decide which is more important: being happy or being right.** Many arguments are the result of the desire to be right. If you choose to be happy over winning every heated discussion with your kids, your life will be more enjoyable, and you will become a more relaxed parent overall. Which is more important to you?

**4. Decide which is more important:** being happy or being right. Many arguments are the result of the desire to be right. If you choose to be happy over winning every heated discussion with your kids, your life will be more enjoyable, and you will become a more relaxed parent overall. Which is more important to you?

**5. Take a minute to notice your anger.** Instead of mindlessly reacting to your frustration, take a moment to examine it. Pretend you're a third-party witnessing your irritation and annoyance. What does it feel like to you? Where is the emotion coming from in your body? Is the feeling in your head, chest, or stomach? Has your breathing changed? Are your hands shaking or clenching? By disengaging from your anger, you can gain a different perspective and weaken your negative emotions.

**6. Ask yourself why you're upset.** Did someone physically harm you? Did they let you down? Violate one of your values? Figure out why you're frustrated, and you'll be able to take the necessary steps to discover a solution.

Continue reading at

<https://childdevelopmentinfo.com/parenting/11-tips-for-becoming-a-peaceful-and-calm-parent/#gs.yx2txy> | Child Development Institute

**By Taruna Khattar**  
SEN Coordinator



# Kaizen to assist scaffolding in the classroom

The Japanese philosophy of continuous quality improvement called “kaizen,” has been successfully applied to achieve professional and personal development for a long period of time.

Kaizen is the idea that insists not to wait for something to break or fail in order to fix it. Rather, there should be constant look out for opportunities to improve upon current performance, making things incrementally better as time passes, by adopting extremely small steps towards the set goal. This concept and initiative for continuous improvement is worth emulating in our educational system.

While learning, students resort to scaffolding, which is to take new information and process it in a way that relates it to what they already know and thus build on their past learning experiences. The students thus learn to merge their past learning with the present. This phenomenon of learning can be aided by adopting kaizen. Students can aim to adopt a new minor habit every week. Such habits can be as simple as cleaning desk before leaving school, reading two pages of a story book before sleeping or to meditate for a minute in the morning. These new habits help to develop a newer, deeper understanding of their surroundings, learning content and also develops better concentration and helps to set new targets.

The transformation with the help of kaizen will essentially be seamless. It will be integral to the success of each student. Once the concepts associated with Kaizen are adopted, there will be scope for greater progress and overall prosperity of the students. Educators can actively implement Kaizen to Increase student engagement and develop better interaction in the classroom.

**By Jayati Choudhury**  
Senior Economics Teacher

ARTIST ARENA



Bivhan Sahu

Jiya Singh  
-3B





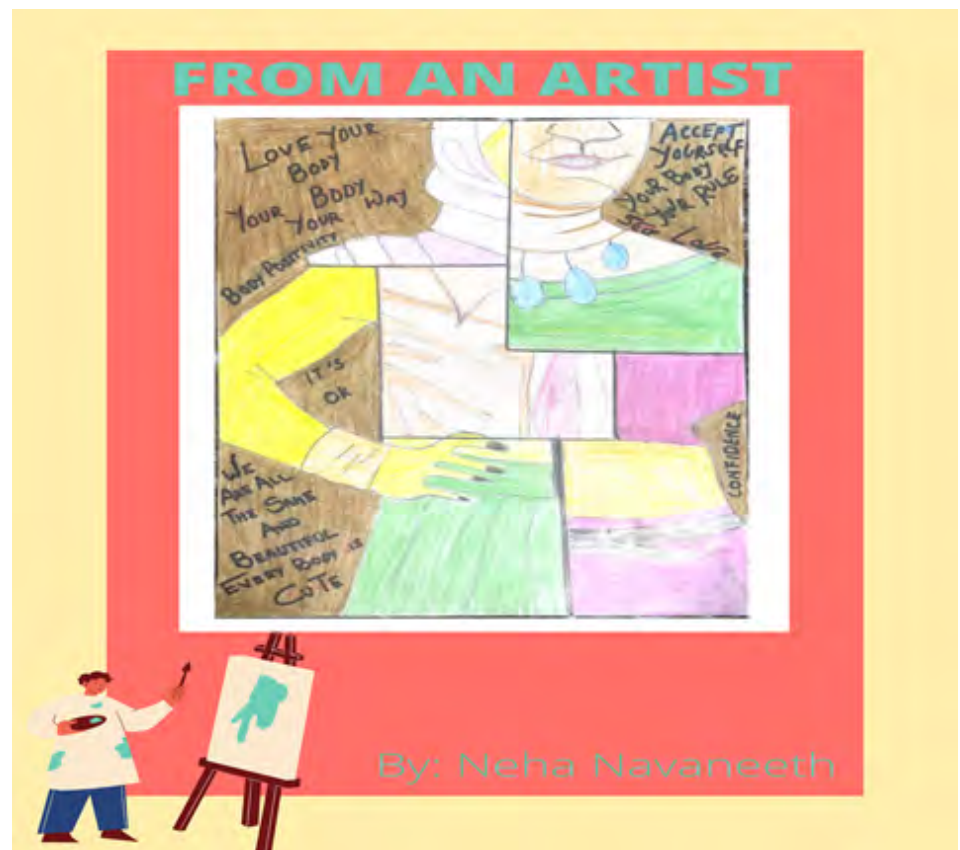
ARTIST ARENA



Sarah Jane Dsouza  
-10B

**GENDER EQUALITY**  
By Sarah Jane Dsouza 10B

Neha Navaneeth  
-12 B



By: Neha Navaneeth

## Happiness

Stop whining, stop whining !!!!

its a new day bright and shinning.

A place to lay by in the night on your bed.

Be happy we have food served on the table not in the stable.

Happiness is like a light

which makes all our sadness bright.

Be happy that we can have a talk

and even happily walk.

Let sadness fade away and may

happiness be a major part of your day.

Be happy you have two hands

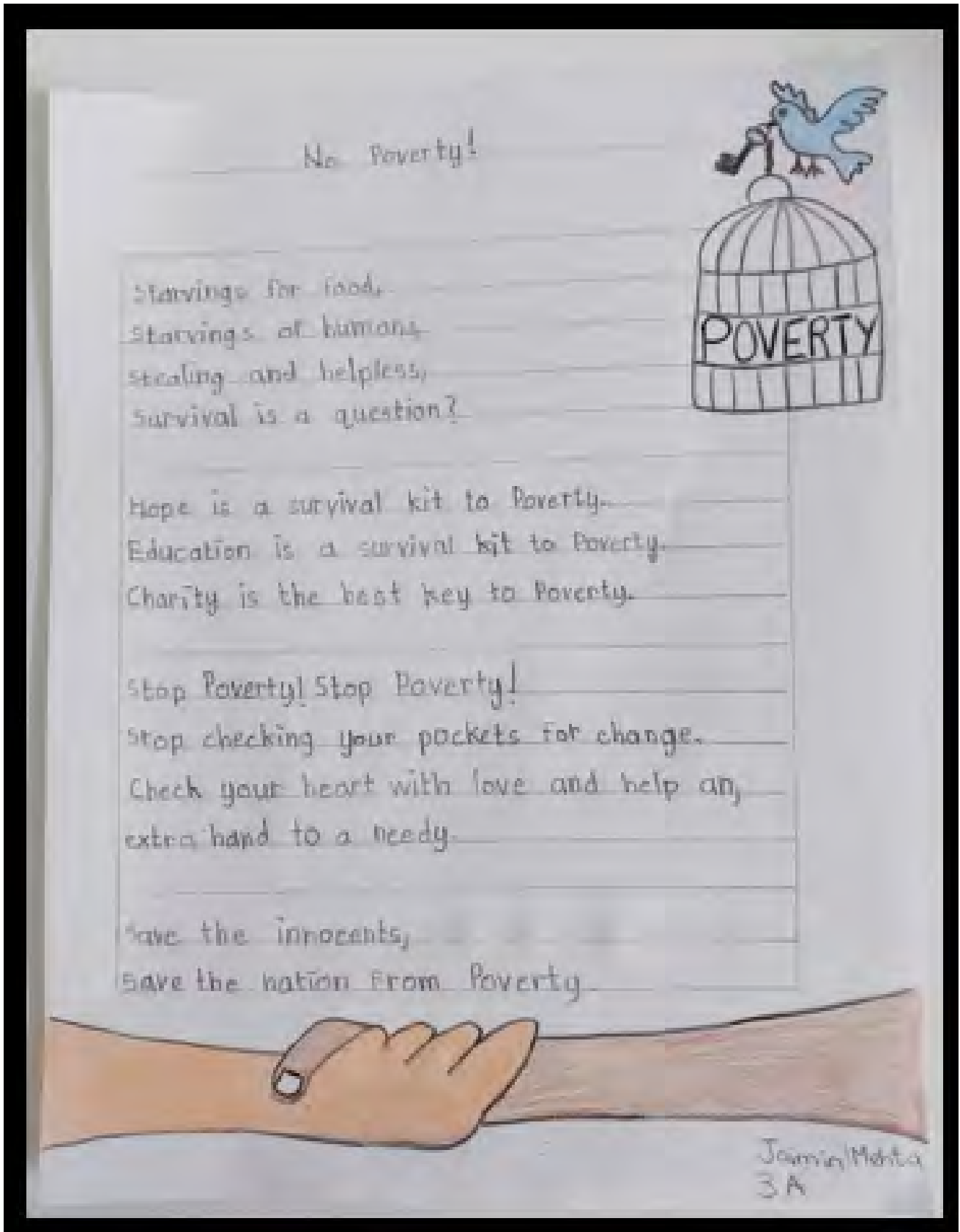
so please lend someone a helping hand.

Most of all be happy that we are healthy and living,  
unlike the unfortunate in the hospitals who are dying.

There are thousands of reasons in the world to be happy  
Keep a cheerful heart and smile, to keep you always happy.

**By Candice Michael**  
Grade 3D





## HAPPINESS INSIDE OUT

Even when the skies are grey  
It just takes a smile to turn things around  
And all hope is found  
And the brightness of happiness  
Is shining on the grey land  
People are rejoicing and  
Laughter is arising.  
No matter how much you have  
Or how good you look  
If you feel good inside  
Your happiness will shine outside.



AVNI JAI MOHAN

5C

**By Avni Jai Mohan**  
Grade 5C



## DUBAI CAN

TO HONOUR THE U.A.E LEADERS WHO  
HAVE TAKEN THE INITIATIVE  
AND STARTED 'DUBAI CAN'  
A MOVEMENT THAT IS HIGHLY  
APPRECIATIVE

FOR THE YEARS AHEAD TO BE SPENT IN  
PEACE  
FOR EVERYTHING WE ACQUIRE  
TODAY WITH EASE

CARRY A REFILLABLE BOTTLE  
MAKE YOUR CHOICE SUSTAINABLE

LETS COME TOGETHER  
AND PROTECT THE LAND AND SEA  
LET'S ALL BECOME PLASTIC FREE

**By Harshit Gupta**  
Grade 12

## My Space

*These are a few steps to conquer your fear....*

1. Face your fears....
2. Imagine the worst...
3. Visualise a happy place....
4. Talk about it.
5. Take a break



*What do you call a  
funny mountain?*



*Hill\_arious!*

**“Fear doesn’t conquer  
you, you conquer fear”**



## My Space

### *OUR EARTH OUR RESPONSIBILITY*

**What is responsibility?**

**Responsibility is when a person is given a task or duty which he or she has to complete. This is the meaning of responsibility.**

**But do we really complete our responsibility?**

**No! We just say we will complete our responsibility but we do not do it actually . Just remember that actions speak louder than words, means people mostly trust you when you are doing your actions or your responsibilities. Beaches are littered, surroundings are dirty! Why? Because we do not complete our responsibilities at home, Our surroundings, and at school. We are polluting the land by not completing our responsibilities. So, from today we all can start a new chapter and volunteer for keeping the land clean by completing our responsibilities for the Earth!**

**By Risha K.Wagh**  
Grade 5B

# Importance Of Physical Activities In Daily Life


Physical activity is defined as any voluntary bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity encompasses all activities, at any intensity, performed during any time of day or night. It includes both exercise and incidental activity integrated into daily routine. There are numerous health advantages to physical fitness. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.

I do gymnastics at home every single day since it promotes my fitness. I also do a little bit of walking every evening. I go down and play with my friends and we challenge each other on our flexibility and see who can do the most splits, the better bridge and the best cartwheel.







# THINK GREEN




# GO GREEN




Buy less plastic and bring a reusable shopping bag



Cut down on what you throw away. Follow the 3Rs to conserve natural resources and landfill space




Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.




When you further your own education, you can help others understand the importance and value of our natural resources.

## PROTECTING OUR PLANET STARTS WITH US 😊




LESS CHEMICALS

Choose nontoxic chemicals in the home and office




Volunteer for cleanups in your community. You can get involved in protecting your watershed too.



The less water you use → the less runoff and wastewater that eventually end up in the ocean

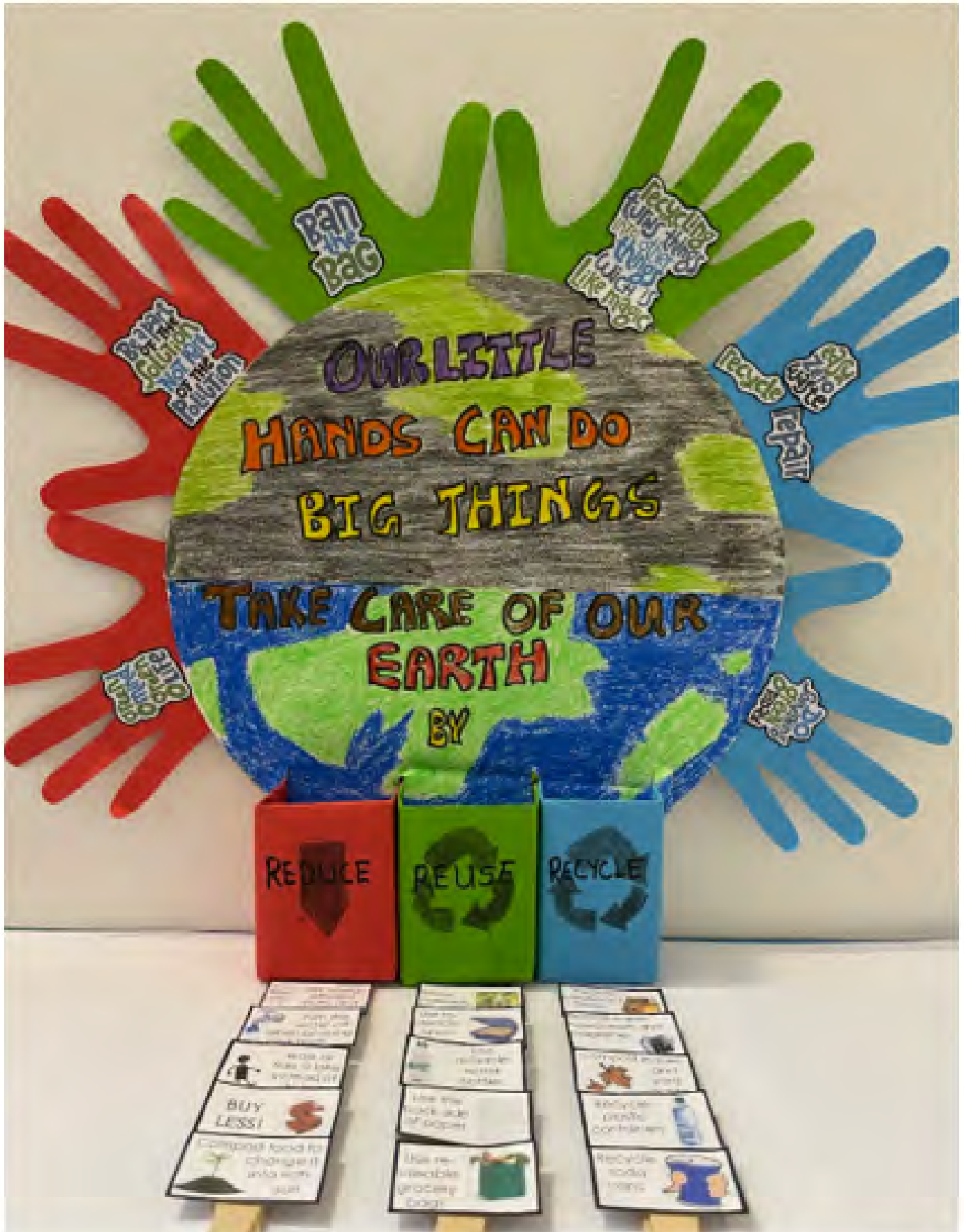
BIKE MORE DRIVE LESS



AANYA-2A

Aanya - 2A

WORDSMITHS' WALL



Vihaan Patel-2D





Mohammed Ibrahim - 2E



## BOOKS VS MOVIES

Books vs movies is a battle that has a clear winner. The question is why are books victorious?

1. Books stimulate imagination, they enhance your creativity skills and help you visualize each and every scenario. Books provide you with a platform of freedom where you picture your own characters and backgrounds, which is something that movies have never been able to achieve.
2. Books are far more personal as compared to movies. You as a reader fill in the minor details, and unravel mysteries from your point of view. However, in movies the story is always dictated from the director's point of view.
3. Books are portable. Whether it's when you're climbing Mt. Everest or merely taking a quick flight a book never needs to leave your side. In addition, a book can be read at one's own place whereas to watch a movie an individual has to give up 2 to 3 hours at a stretch in the theatre.
4. Books are more detailed. In books, each and every matter of bliss and grief is written in great depth, a movie does not have the ability to portray equal detail within its limited couple hours.
5. Books are a ticket for improving one's vocabulary and writing skills.

Anjali Sharat - 9A

# स्थायित्व - एक मुख्य उद्देश्य

सतत विकास का उद्देश्य विकास को सुगम बनाना है जो भविष्य की पीढ़ियों के लिए संसाधनों की उपलब्धता से समझौता किए बिना वर्तमान जरूरतों के अनुरूप हो।

यह तीन मूलभूत स्तंभों पर आधारित है: सामाजिक, आर्थिक और पर्यावरण।

स्थिरता बेहतर भविष्य की कुंजी है।

मनुष्य व्यापार, गतिविधियों और अस्तित्व के लिए प्राकृतिक संसाधनों पर निर्भर है। स्थिरता की अनदेखी करने से प्राकृतिक संसाधनों की कमी हो सकती है। अध्ययन के लिए स्थिरता महत्वपूर्ण है, भले ही आप पर्यावरण विज्ञान के प्रमुख न हों।

स्थिरता के उदाहरण: -

1. हरित क्षेत्र
2. फसल चक्र
3. सतत डिजाइन और निर्माण
4. जल कुशल
5. फिक्सचर
6. अक्षय स्वच्छ ऊर्जा
7. अपशिष्ट से ऊर्जा पुनर्चक्रण
8. जल उपचार

Akaisha Shah - 9A

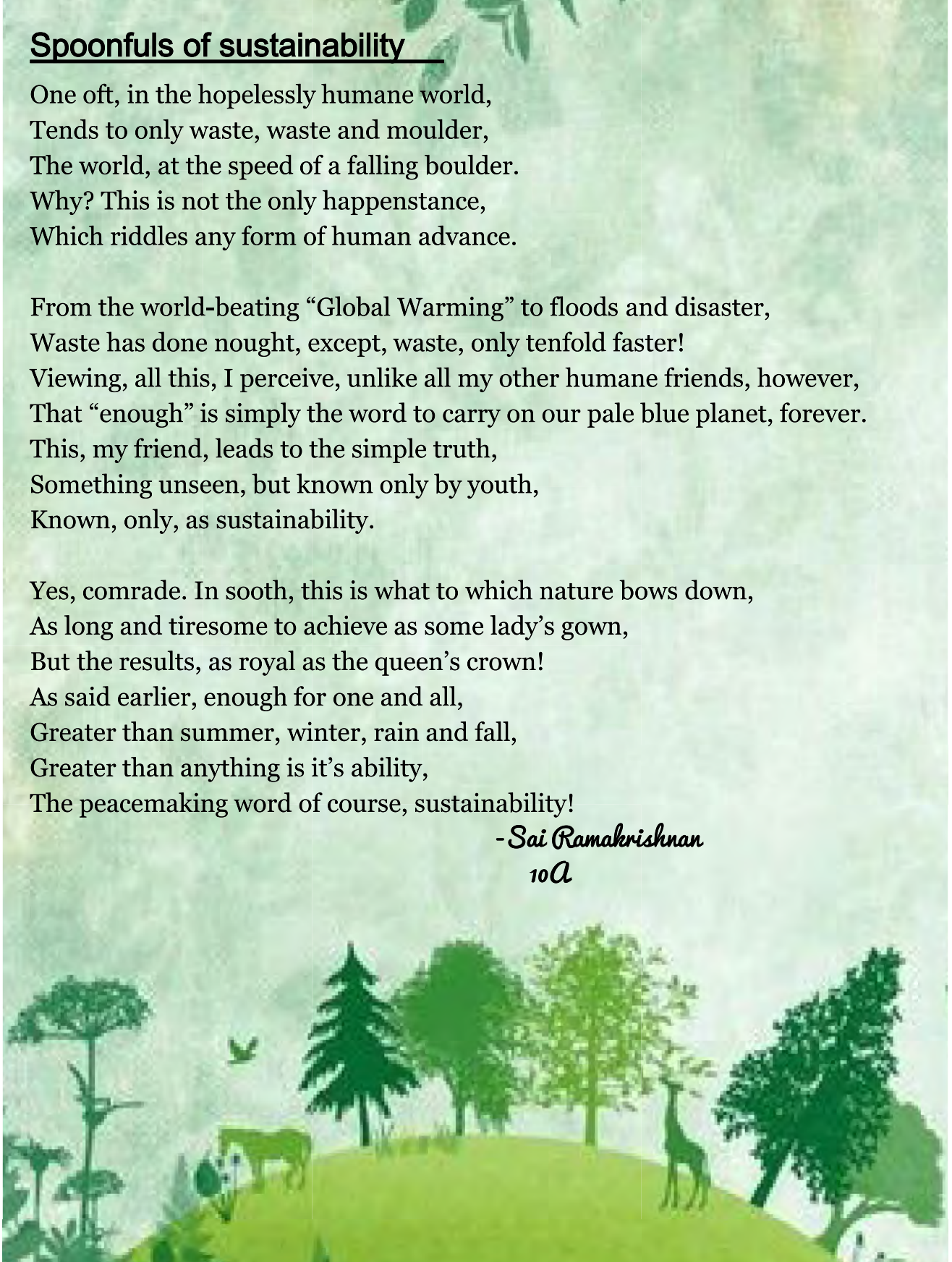
## Spoonfuls of sustainability

One oft, in the hopelessly humane world,  
Tends to only waste, waste and moulder,  
The world, at the speed of a falling boulder.  
Why? This is not the only happenstance,  
Which riddles any form of human advance.

From the world-beating "Global Warming" to floods and disaster,  
Waste has done nought, except, waste, only tenfold faster!  
Viewing, all this, I perceive, unlike all my other humane friends, however,  
That "enough" is simply the word to carry on our pale blue planet, forever.  
This, my friend, leads to the simple truth,  
Something unseen, but known only by youth,  
Known, only, as sustainability.

Yes, comrade. In sooth, this is what to which nature bows down,  
As long and tiresome to achieve as some lady's gown,  
But the results, as royal as the queen's crown!  
As said earlier, enough for one and all,  
Greater than summer, winter, rain and fall,  
Greater than anything is it's ability,  
The peacemaking word of course, sustainability!

*- Sai Ramakrishnan  
10A*



Sai Ramakrishnan - 10A



## My First Attempt at Baking

It was a rather cold winter afternoon. All the errands of the day had either been completed or just put off for another time. I began to feel the pangs of hunger within me, even if I had only had lunch hours prior. I had only recently recovered from a stomach illness, which made my stomach almost perennially empty.

Resolving to prepare something small to tide me over until dinner, I began to dig around, until something scratched my arm, leaving a white streak across my skin as I moved to seize the culprit. It was a tub of readymade cake batter, needing only a cup or two's worth of flour, and a cup of sugar.

Firstly, I made sure that I was allowed to use the oven. I had a decent amount of experience running an oven as I heated up frozen pizzas to eat while my parents ran off to Georgia, or Colchis, as it was known in mythology.

I reached for the first bag of flour. As I flipped it up and down to find the expiry date, I learned a few things. Firstly, the flour expired a half-year or so ago. Secondly, the packet had been left open by whoever used it last, and lastly, said ants had climbed halfway up my arm. In a moment of desperation, I jerked my arm up.

Frankly, it was obvious nothing good would come of this.

Flour stained the floor as I flicked the ants off of my person. I brought out a dustpan and began cleaning up the newly-formed winter wonderland. A few ants managed to climb under the oven and the fridge, meaning removing them would be nigh-impossible. Thankfully, most of them were unlucky enough to remain in the flour as I swept it all up and disposed of the flour.

In the midst of this chaos, I noticed a jar of sugar leaning precariously over the ledge it had been kept over. Right then and there, I decided that this was a problem for future-me.

This was the wrong decision.

Shortly after I had finished cleaning up as I began to stand up from kneeling over to grab all the flour, I turned my head up to find a jar weighing somewhere in the ballpark of 2-3 kilograms of "Demerara Sugar" hurtled down to my head, set to make my head resemble the Arecibo Satellite.

My parents rushed in, hearing my yelp of pain, to see me holding my attacker in one hand and nursing my pained head with the other. At that point, my parents chose to work with me in order to make sure they still have an intact kitchen after this. Thankfully though, half the work was already done since I had wisely chosen to make a cake using readymade batter.

Not to worry though, I rewarded my parents by painting the walls with some cake batter as I mindlessly raised the electric beater to listen to some instructions they were giving me. Thankfully, no one was hit by the dastardly dough, except me. I am happy to say that the rest of the process remained uneventful, and so would be all the other times I endeavored to make anything in the kitchen.

As always, when it comes to anything in the kitchen, the old adage of "No News is Good News" always rings true.

**By Nandakishore Vinayakrishnan**  
Grade 12B

## TECH WEEK CELEBRATION

Ambassador School students celebrated 'Tech Week' from 25th till 28th April, 2022. Tech Week featured classroom activities on a variety of topics like Digital Cards, Robo Garden ART, Robo Garden SCIENCE, Online Presentations, Story board, Artificial Intelligence, Movie Making, Blogging, Digital portfolio and exploration on Data Science using Python along with practically understanding Machine Learning using Python. Tech Week offered experiential engagement to students while also letting them have a lot of fun. This in turn will foster their interest in technology, advance their creativity and innovative acumen!





## INTERNATIONAL BOOK DAY

Get Ready to give Wings to your Imagination!!!!!!!

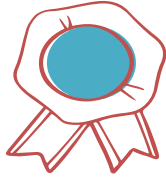
To celebrate International Book Day on 22nd April 2022, students from grades 6 to 9 were assigned thought-provoking activities with amazing ingenuity. Grade 6 students were engrossed in showcasing their triggering presentation of varied 'Book Trailers' and 'Comics' of their favorite stories. They participated and illustrated their creativity well.

Students from grade 7 enthusiastically presented 'Literature Oscar Awards'. The countdown to the event was flagged off last week when the names of the Literature Texts were announced. The students had to cast their votes on a self-designed sheet in the myriad categories. The Presenters and the Compere put up a fascinating show with their speeches.

Grade 9 activity titled 'Tweet Time' had students who were given challenging topics based on current affairs.

All the activities were handled innovatively and the students enjoyed themselves.





# HALL OF FAME

## Congratulations to Mahhika Nasta for bringing home a 'World Title'!

A student of Grade 10, Mahhika recently created a world record in yoga. She has made it to the India Book of Records 2022 at the young age of 14, for 'Maximum Yoga Poses performed on a Table' in one minute by a teen. Mahhika astounded the judges by performing 21 yoga postures like Marjalasana, Sarvangasana, Utthita Padangusthasana, in just a minute!

Mahhika has been performing yoga since the last three years. Her high level of energy and flexibility motivated her to participate in the ICSE national competition where she won a certificate and this recognition spurred her to gain an entry into the India Book of Records. Mahhika recently showcased her yoga prowess at the EXPO 2022.

Here's Mahhika proudly sporting her Gold medal, badge, certificate and gifts.



# Well-being Calendar - May



1

**Watch an uplifting film this weekend-**

Put your pencil down and close your books. No more teachers, no more school, you are free! Go lay down in the sun or watch a movie.

2

**Limit your consumption of the news to reduce stress-**

It's okay to cut off toxic news and people from your life.

3

**Mindfulness is a great practice to develop-**

Brilliant things happen in calm minds. Be calm. You're brilliant.

4

**A long sleep is best cure for anything-**

Mediate for 15 min during the day for a better night's sleep.

5

**Do something today to support your community-**

The greatness of a community is most accurately measured by the compassionate action of its members.

6

**Volunteer for a cause you believe in- it might just make you healthier-**

We make a living by what we get, but we make a life by what we give.

7

**Apply Science of Happiness to life-**

Happiness is not the absence of problem, it's the ability to deal with them.

8

**Clear your clutter to Calm your Mind-**

The mind is like water. When it's turbulent, it's difficult to see. When it's calm everything becomes clear.

9

**Talk with young people about current events-**

The beginning of every government starts with the education of our youth.

10

**Go easy on yourself if you're feeling antisocial these days-**

Instead of worrying about what you cannot control, shift your energy to what you can create.

11

**How well do you bridge differences?**

Differences and similarities are equal as easy to see. It mostly depends on which ones you are seeking.

12

**Get in some exercise today. Your brain will thank you-**

A good work out is a great way to improve blood circulation.

13

**Go out of your way to give someone a hug-**

Sometimes all you need is a hug from the right person and all your stress will melt away.

14

**Take one step toward a more sustainable lifestyle-**

Sustainability is no longer about doing less harm. It's about doing more good.

15

**Cut down on sugar to see if it improves your mood-**

When you cut out sugar, you'll be cutting out a boatload of empty, useless calories, which should help with weight loss.

16

**Try playing a game with others. It could strengthen your relationship-**

Spend sometimes with people who really cares for you, it make your relationship stronger.

17

**Figure out what your strengths are and how to apply them in your daily life-**

Everything you need is within you, the strength, courage and confidence to change your life. You just need to look within yourself and find it

18

**Be kind to yourself when you're struggling-**

Give yourself credit for how far you've come,

19

**When you want to relax, turn out on a soothing song-**

Music has healing power. It has the ability to take people out of themselves for a few hours.

20

**Don't believe everything you hear online about depression-**

Don't believe everything you hear, there are always three sides to a story. Yours, theirs and the truth.

21

**What are your most important values? Use them today-**

Core values are the framework on which we evaluate our choices.

22

**Look at the world through the eyes of a child-**

It is the purest joy that anyone can experience.

23

**Strive to provide a sense of safety and security for your loved ones-**

Safety is not something that can happen on its own by accident. You need to work towards it with the right measures, tools and mindset.

24

**Remind yourself what motivates you to do the work you do-**

It is never too late to be what you might have been.

25

**Find out about the values or traditions of another culture-**

Once you understand and appreciate other people's cultural background, then you can also connect with them more.

26

**Turn off digital devices and really listen to people-**

Listening is often the only thing needed to help someone.

27

**Let someone know how much you appreciate them and why-**

One of the simplest powerful things you can do is to tell someone that you appreciate them.

28

**Plan some new acts of kindness to do today-**

Act of kindness, no matter how small, is never wasted.

29

**Contact an older neighbor and brighten up their day-**

Pay your neighbor a visit that is friendly and useful for him or her, by offering to do things around yard or the house.

30

**Fear never builds the future, but hope does-**

Find three reasons to be hopeful about the future.

31

**Buy an extra item and donate it to a local food bank-**

Giving is not just about making donation. It is about making a difference.