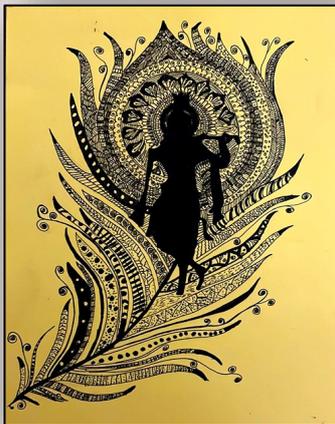


May 2023 : Issue 33

    
**THE BUGGLE**



Cover Page Credit: Students of PYP 3

Editor in Chief - Ms. Alka Sarkar

Editorial Board - Ms. Smriti Sajjanhar Hindi Editor – Ms. Shivani Singh

Designers - Ms. Amleen Kaur and Ms. Ayushi Chandel

## EDITORIAL

As we come to the last issue of the academic session 2022-23, we cannot help but reminisce about Ms. Varduhi Grigoryan, former Principal of GGS. Although she went before anyone of us was ready, the time she spent in our lives was memorable. A life lived with so much dignity and purpose, deserves to be remembered with respect, appreciation and love. Her career with the IB was an illustrious one and she headed schools in various parts of the world.

She had a passion for learning and teaching and led our school successfully. She developed an excellent continuum of the IB curriculum across the school which was unmatched. She was a great advocate of professional development and the teachers benefitted immensely. Her work left an indelible mark all over the school. She supported 'The Bugle' unconditionally and was always quick to address any issue we ran into. She will be dearly missed by all of us at GGS and we shall all strive to take forward her legacy of excellence as a tribute to her.

We must now look forward to a new session with renewed hope and enthusiasm. The cover pages designed by the students of PYP 3, 4 and 5 during the academic session have been beautiful and depict that the children have thinking minds.

Our students, the stars of our school, must continue to develop and display resilience, hard work, compassion and lofty principles. They must continue to learn with vigour. I wish them a very successful new academic session.

Alka Sarkar  
Editor in Chief



**The Cheerful Team Bugle**

Left to Right

Back row - Ayushi Chandel, Amleen Kaur  
Front row - Shivani Singh, Alka Sarkar and Smriti Sajjanhar



Cover Page Credit: Students of PYP 3

## The Bug

There was a bug,  
Sitting on a mug.  
The Bug's colour was blue,  
He hugged his family  
and said, "I Love You".  
He then said to all  
"Let's go out",  
They all got excited  
and gave a loud shout.  
They all flew very high,  
Enjoyed the clear blue sky,  
And said "Ok Tata Bye Bye"

Sayesha Gupta  
1 D



## She

She has eyes but is blind.  
She has a heart but does not care.  
She has eyes, but never cries.  
She has hair, but it never grows.  
She has lips, but never smiles.  
She does whatever she wants,  
She looks like she is the boss  
She tells everyone what to do,  
She gives orders but never bothers  
Somethings seems strange  
how can we help her change?

Kaavya Saini  
2 C  
*'She' is a fictional character.*

## My little Wishes

I am fond of creating things,  
Like robots, airplanes and buildings.  
I play basketball in school,  
I want to learn belly- flopping in the swimming pool.  
I love travelling to new places,  
When I hike, I want to wear shoes with no laces.  
I want to learn cooking tasty dishes,  
These are some of my little wishes.

Amay Oberoi  
2 C



## Bird

Oh, little bird how sweetly you sing  
You fly with your little wings  
You might be little, but you can do big things  
Afraid to fly somewhere new  
It must be a nice view  
But it must be hard for you  
Living without your family  
It's such a big tragedy  
But you'll get through it happily  
You're so cute  
Your chirp is like a flute  
You're so pretty  
Just like a lily

Manima  
4 A



Picture Credit: Manima

## Happiness

Every day you're in a mood like happiness and despair,  
It is just like climbing a flight of stairs.  
Getting in a bad mood is as easy as sitting on a chair,  
But what about a mood that's good?  
Oh well, that's the trickiest part,  
To do so you must have a kind heart.  
Isn't that happiness all about?  
But there's more to that too,  
Listen carefully and I'll tell you.  
When you help someone, it makes you happy,  
When you give someone a fair amount you won't be reduced  
When you are happy you have nothing to fear.  
That's why you should prefer happiness over despair.  
So, listen to me and you will find that happiness should be used all the time.

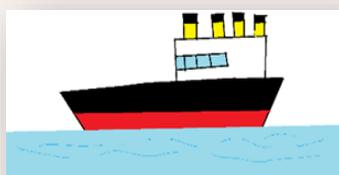
Anaya Jairath  
4 A



## How Did The Titanic Sink?

The Titanic sank because it hit an iceberg in the middle of the ocean.  
It sank in 1912, but some people say it did not hit the iceberg, instead there was a fire blast in the Titanic. How the Titanic sank is still a mystery.

Yuvaan Sharma  
1 C



Picture Credit: Google.com

## Mother

Life without a mother is very difficult,  
She is a caring and an important adult.  
She has many jobs to do,  
But still, she takes good care of you.  
I am so lucky to have a mother,  
I feel a lot for children who don't have one,  
I am so grateful for my mother,  
Wonder how life would be without her?

Nityanshi Pamdey  
4 A



## Strong Me

I want to be the best,  
Who can pass any kind of test.  
I am strong and sweet.  
I can play on life's beat.  
Life is a race, makes us chase  
Sometimes life shows a dead end,  
Still life is the best, with lots of rest.  
Life is fun, with shade and sun.  
Let us run, run and run  
Life goes on, everyone is the best.  
I too am the best,  
Ready for all kind of tests.

Avika Goel  
4 C



## Beach

Ocean is blue and the sky too,  
We always stick to the earth like glue.  
Wind blows and water flows,  
And the clouds look like igloo.  
Ocean water touches the sand,  
And after a while runs back too.

Ayaan Jain  
4 E



Picture Credit: Ayaan

## Mobot, Ben And Their Robot Friend

Mobot was a little boy. He had a big brother named Ben. They were poor and had to work very hard for their living. Mobot and Ben had to lift heavy stack of things. One day Ben was trying his best to lift heavy things but was having trouble doing so.

Seeing his little brother having trouble, Mobot thought of building a robot that could help them do such things. He used a motor, a battery, some wheels for movement, wooden arms, and a mic for building the robot.

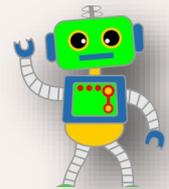
When he completed the robot, he named it after his brother and called it BenRo. BenRo said "Hello Mobot! What can I do for you?"

"I want you to lift all the things that my brother Ben has to lift". The robot went to Ben and said- "Hello Ben! Let me lift it for you."

BenRo took everything and kept it in the shelf. After that, BenRo was very helpful in doing the tasks that Mobot and Ben could not. The brothers took help from their new friend BenRo.

And like this, they lived happily ever after.

Aarav Garg  
2 B



## My Game My Passion

My first visit to a golf course was with my father when I was six years old. I had an intuition that this place would be of some importance to me, and that the association would be long and strong. I started playing golf as an amateur golfer at the age, when the golf stick was longer than me. The association has turned into fondness and now I plan to take up golf as a profession.

Recently, I played a golf tournament in category (D) held in the Noida Golf Course called 'JTP' on Friday, 2<sup>nd</sup> March 2023. In the beginning, I was a bit anxious to meet the members of my team. As I hit my first shot, I hoped it would land in the hole I was aiming for. Every next shot boosted my confidence, I felt I could win this tournament. During the game, as I hit a few more shots my hope changed to optimism that this time I could be a position holder.

I had a few struggles in this tournament, especially when I couldn't find the right angle for my shot. I wasted a lot of time on it but as soon as I saw the hole, I aimed for it, and I found the right angle to make the strike. Nevertheless, after all the struggles and moments of self-doubt, I won the 1<sup>st</sup> prize and went home satisfied with my performance.

My friends, family and teachers have always had a big role to play in my achievements. I would like to thank all of them for their encouragement and support.

Neeva Beniwal  
4 D

Team Bugle wishes you success  
in all your endeavours.



Picture Credit: Google.com

## My Visit To The Indian National Philatelic Exhibition

On 12<sup>th</sup> February 2023, my family visited the Amritpex 2023 National Philatelic Exhibition (11<sup>th</sup>-15<sup>th</sup> February 2023) at Pragati Maidan in New Delhi.

The meaning of the word Philately is the art of collecting and studying postage and other stamps. There are many different types of stamps in the world such as sports, animals, the zodiac, etc. During the inauguration ceremony the Postal Department launched the bridal costumes of India stamp. They were very colourful!

My mother and I went to see all the children's activities. The department had organized many activities for children. There were goody bags lined up for children. I got two of them. One for my good friend and one for myself. These goody bags were also distributed to all the children who came to Amritpex from various schools of New Delhi and nearby cities.

In the activity area, a quiz was conducted for children. There were many other activities too but I couldn't go to all of them. I could only participate in three activities. The first activity I did was writing and posting a postcard to my very good friend, the second one was drawing. My mother too wrote some postcards to her friends. Lastly, I also participated in a quiz about various types and categories of stamps of our country. Most of the winners shared that stamp collection was their hobby. Then we explored the stamp exhibition hall. It was such a huge hall that we could not cover all the sections. I noticed that all the stamps were framed with glass and were displayed based on the categories of stamps. There were different types of stamps which I had never ever seen or heard about. I saw stamps of freedom movement, railways, sports, diverse culture of India, religious and historical monuments, film industry, flora and fauna and many more. My favourite stamps were the ones of butterflies and larva, cricket and basketball.

Later I met the Peacock mascot of AMRITPEX 2023 and got a picture with the mascot.

*Team Bugle is very impressed that you went to such a unique exhibition. Thanks for sharing your experience.*

Leika  
4 B



Picture Credit: Leika

## IB Attributes Given To Us By The Authors

I simply had to say thank you authors,  
for being knowledgeable Lothars.

Sudha Murthy books taught me to be caring,  
teaching me more about the value of sharing.

Mani in Ruskin Bond book was a thinker,  
he lived with his granny and was a brinker.

Harry Potter by JK Rowling was a risk-taker,  
Hagrid, Dumbledore, and McGonagall were communicators.

Matilda and Charlie were the inquirers,  
Roald Dahl characters have many admirers.

I simply had to say thank you authors,  
for being knowledgeable Lothars.

*Note by Aditi:*

*Meaning of Lothar: famous warrior (here the authors are the knowledge warriors)*

*Meaning of Brinker: someone who lives beside a meadow or grassy pasture (Mani, a character from "Granny's Glasses" lived near meadows.)*

*Hagrid, Dumbledore, and McGonagall are characters from the Harry Potter series.*

Aditi Shukla  
4 B



Picture Credit: Google.com

## Tennis

Tennis is a prayer,  
To take care ,  
Sportsmanship is what you need to wear,  
You have to exhibit your flare,  
The sun will glare,  
The winter you have to bear,  
Mentally be aware,  
Victory is rare,  
Sacrifices are far too many  
The character it builds is strong and fair.

Saavi Bhasin  
4 E



## Let's Share a Laugh

1. What's red and smells like blue paint?  
Red paint!
2. Why do hummingbirds hum?  
Because they don't know the words !
3. Why did the pony get sent to his room?  
He wouldn't stop horsing around!

Credit: Google.com

## Saving A Housefly

Once upon a time, I saved a housefly; else it would have drowned in my milk.  
Then I picked it up from my milk. The housefly was happy to be out of the milk and so was I!  
I learnt never to leave anyone in a bad situation.

Arjay Chauhan  
1 C



## Silly Learns A Lesson

Once upon a time, there was a caterpillar named Silly. He used to trouble everyone and feel happy about it. On the other hand, there was a little girl who liked to save the animals in the forest. She fed giraffes, took care of the monkeys and gave carrots to rabbits. She was cute. So then one day, Silly, the caterpillar found the girl eating lollipop behind the bushes. Silly had an idea and thought that he must trouble the girl. He snatched the girl's lollipop and expected the girl to cry. To his surprise, the girl did not cry at all. She did not say any word, and later said that crying was not a good thing. Then Silly, the caterpillar realized that crying for things is not a good idea, so he said sorry. He learnt that we should never bother anyone. He said that he will never repeat his mistake. We should not trouble others. God has made us sensible, thoughtful and mindful and we should remain like this.

Sehar Sharma  
1 C

*Written with parent's help*



Picture Credit: Sehar

## The Inbestigators

We, the 'Inbestigators' are a group which creates useful products from junk in the school premises. That means Inbestigators is an eco-friendly group! We were inspired by a group called Investigators. This group used to collect rocks and use them. When we saw waste material lying in the playground outside the Central Dining Hall (CDH), we thought, "why not make a group which makes waste material into beautiful art pieces?"

We started thinking of a name to represent us and our ideas. The special word INBESTIGATORS popped into our minds and our group was formed! We knew it was the name of a TV show, but we loved it, so we kept the name. The product that we have made upto now is a dustbin out of cardboard, for the playground. We also created posters to inform students of our mission and reason for creating the dustbin.

The waste bin has made the area outside CDH a lot cleaner and tidier than before. The dustbin sadly broke, but we are in the process of making a more durable dustbin that will withstand the seasonal changes and winds. We have been collecting other waste items and recreating something meaningful and useful for our classroom. We also reused the placards and converted them into message boards for our sensory corner in the classroom.

Amara Gupta  
Jasleen Kaur  
Jazlyn Kaur  
Reeva Kaushik  
Sewoo Kim  
Wanika Sarin  
4 D



Picture Credit: Google.com

## Samuel: The Lost Boy

Samuel was roaming in the corridors; he was a mystery to everyone. He was not talkative at all. He spoke only when required. He had no friends at all. There were a lot of rumours about him. He was only great at one thing and that was swimming. Whenever there was a swimming race during the swimming lesson, he always won. He was average in all other subjects. One day he suddenly disappeared. Some people said he went to the wild, others guessed that he may have died. Before he disappeared, he used to hang out with a boy named Ivan. Ivan was pretty much the same as Samuel with only one difference - Ivan was good at math, but not at swimming. For two days nobody saw Samuel.

Next day Ivan went looking for his friend along with some other teachers who were very worried about him. They searched almost all the nooks and corners of the forest. Since it was getting late, they agreed to continue their search the next day. This went on for a whole week. Until they found him huddled in a small corner under a banyan tree.

His clothes were tattered. There were black circles under his eyes and lips. His body was dehydrated and incredibly thin. They all were surprised and horrified at the same time. They took him to Ivan's house, as it was the closest. They took care of him and restored his original health. When they asked him why he was huddled in the corner under the banyan tree, they all were shocked to hear his answer.

Samuel informed that he had been bullied a lot and thus was under stress. He thought it would distress him, if he just went and camped alone. As he was camping, he got chased by a lion, so he started running. He lost his way and wandered hopelessly deep into the forest. Later he thought that the only way to escape was to wait. He survived by eating raw plants and drinking water from the river nearby. But he could not regain courage and thus remained huddled under the banyan tree. After going back to school, Samuel, Ivan and the teachers explained everything to the principal and to the boys who bullied Samuel. All the boys apologized and asked for forgiveness from Samuel. After that they all became friends and lived happily ever after. We all learnt how bullying could be life threatening.

Veerath Sharma  
4 C



## Under The Sea – Attack On The Ocean

Once upon a time there was a boy named Jones. He asked his father, "Dad, can I go for surfing?". "Yes", his father replied. He thanked his father. Just as he was about to leave, his father said, "Be safe and come home by 6 pm sharp". "Ok dad!", Jones replied.

While he was surfing, he decided to go under water to explore the undersea habitat. He saw a lot of marine animals. Suddenly a huge hurricane arose. He shouted "Help, somebody, help me."

All the people on hearing his call rushed towards him.

Somehow, they were able to get him out. Jones was really scared. He said, "I will never go back to the ocean. I will never go underwater".

To calm him down and to get this fear out of him, his father gently laughed, and said, "Don't worry son, it was just the King of the Ocean yawning".

Jones gave his father a confused look, but he was curious to know what his father meant. So, his father told him a story.

Once upon a time there was a king of the ocean. He was a giant shark with special powers. He had a toxic layer on his body. This layer would radiate a beam if anyone tried to harm him or his kingdom. The shark would kill them and suck their power and this would make him even stronger.

Though he protected the ocean, he was lazy and spent most of his time in slumber.

On one such day, as he was sleeping, something happened. He felt the toxic layer pulling him towards something. When he woke up, he saw a huge submarine ahead of him. The submarine was coming towards him to attack him. He stretched and yawned which created a huge wave which went straight towards the submarine.

The submarine lost control and started to go down to the bottom of the sea. The people in the submarine somehow took control and gave additional power to the machine. This made it rise and come in the king's path again. They started shooting lasers on the king. The toxic layer started sucking the lasers. The submarine didn't realize the king's powers and soon there was a big thud. The submarine blew into pieces.

The king had once again protected the ocean. But this time he realized that his yawn also had immense power of creating huge waves, similar to a hurricane. So now anytime something would come in the king's path, he would just yawn.

And that's how the sleepy king protected his kingdom!!

"So, son", said the father, "You don't have to be scared of going into water. The king is just protecting his kingdom, just like I am here to always protect you!"

Jones felt relieved and hugged his father and decided to go back into the water soon!

Ahaan Nair  
4 C



Picture Credit: Google.com

## Surprise Gift

Hello, it's me, Timmy! I am ten and I live in a small and cosy house just like you all do. Every year, I have many wishes to fulfill and eagerly wait for lots of exciting presents. But I have a problem, my parents get me presents only on special occasions, and therefore, it will take me years to fulfill all my wishes. Do you guys also face this same problem? Well, let me tell you about my secret best friend...SANTA! Santa always brings me gifts on Christmas and sometimes fulfills my wishes too, but the problem is that Santa comes only once a year. To my surprise, today on the dinner table my dad told me that if I get 'exceeding' in my UOI Summative assessment, he will get me exciting presents.

Daddy said "Timmy, are you giving your best for your assessment? I know you will give your best and if you do well in the assessment, wait for some interesting surprise for you... but it's time to sleep now. Pack your bag and go to bed. Goodnight!"

I replied "Sure Dad, I will. Goodnight!" It is time to sleep now, and I am trying my best to sign off with this excitement, but it is very difficult.

Next day...

I said to myself, "I am very happy and excited to show dad my summative assessment achievement level. But I have to wait until evening when Dad comes home."

In the evening when daddy came home, he said, "Look what I got for you Timmy, come to my room!" I ran to my dad's room and was excited to share my grades with dad but to my surprise he was already aware of my achievement levels! When I entered, I saw a ... BUNNY! It had cotton soft fur and cute little brown spots on his fur that made this bunny the cutest of all! I tightly hugged dad and thanked him for bringing the best gift ever for me. Then I rushed to get something from my room and got a cute little black bow to tie it around the bunny's neck. I named it Fluffy, what a cute name just like him!

But where would Fluffy stay?

Daddy said "Don't worry Timmy, I have got a solution to this problem in the form of another gift. Let's go to the garden, let me show you your next present." Fluffy followed me back to the garden, and on the way, he found his way to my favourite flower. He glared at the flower as if it had become his favourite too. Well, no one can stop making a rare purple lily their favourite flower, Isn't it? As we reached the garden, we saw daddy standing next to a small hut shaped thing covered with a red cloth. What could it be? Daddy removed the cloth and I saw a small little hut just perfect for my cute little Fluffy.

But wait a second, it's a gift for Fluffy not me... till now I had just got one gift and the problem remained the same, isn't it? Well, it will be fine if dad gives me one last gift. While all these thoughts were crowding my mind, my father was observing me. He said "Timmy, are you not happy? Do you wish to have anything more?" I slowly smiled and shared my thoughts with dad.

"Yes dad, I wish to get a toy too. May be a small one because you have already gifted me the best gift in the form of Fluffy." Dad agreed and took me to the supermarket. There were so many of my dream toys but then I realized I am being too greedy and said to myself "Wait Timmy, next gift after this week." I told dad that I am sorry for troubling him and was being greedy. Dad was very happy to see that I was developing patience and in return he promised to take me to the supermarket again after a week.

Finally, after seven days of waiting patiently, I found the perfect gift for myself in the store. A real big, life size, giant teddy bear. I could hug and cuddle it too. But I didn't miss the opportunity to ask dad a very important question, why did he give me so many wonderful presents in a week's time? He bent down and whispered in my ear... "Because you got 'exceeding' in your UOI Summative Assessment." And then we both started laughing.

Maira Singh

4 E



## Twisha's Fruit Box

Every day, Twisha's mother used to pack delicious fruits for her in a fruit box for school. Twisha never ate them alone and liked to share them. She shared the fruits with her friends during the juice break. One day, she forgot to carry her fruit box to school. That day, everyone shared their fruits and snacks with her. She didn't stay hungry even though she did not have her fruit box.

Twisha Aggarwal

2 C



Picture Credit: Google.com

## The Craft of Weaving Powerful Stories

It is said that “Every story has a design”. This signifies that there is a craft behind every narrative that we tell or is being told to us.

Under the theme ‘How We Express Ourselves’, the students of Nursery learned how to express their emotions in different ways, be it through dance, art, music, mime or stories. Stories create authentic opportunities for students to develop and demonstrate approaches to learning and attributes of the learner profile. They integrate languages to support multilingualism. Expressing emotions alongside is another feather in the cap. Right from their birth, children start identifying and learning the emotion they need to express and how to manage their feelings. They learn how to do this through their social interactions and relationships with important people in their lives such as parents, grandparents and carers.

Stories have the ability to help us learn about others and to find understanding and empathy for them and their situations. Whether we actually know the individual or not, hearing their story evokes feelings within us.

So here is the amazing activity the students did with their teacher and peers called ‘Spin the Yarn’.

A few pictures were displayed for the students and a ball was given to them. As the ball was passed around, each child had to select one picture. The student then created a story in continuation to the previous one, thus contributing to the story and completing it.

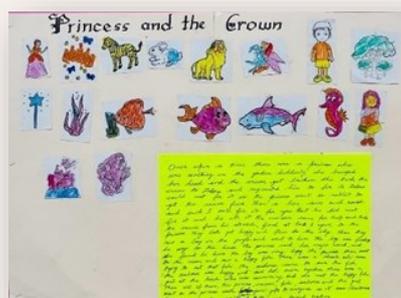
The teacher noted down the story as and when the students wove it. To everyone's surprise this turned into an amazing activity with many elements, expressions and emotions.

All four sections created unique and wonderful stories with creative titles for their stories, The students enjoyed this delightful story weaving activity. It was a treat for the eyes to watch them strengthen their self-confidence.

Bushra Khan  
Teacher



Nursery-A  
The Lost Soldier in the Jungle



Nursery-B  
The Princess and the Crown



Nursery-C  
The Boy and the Magical Adventure



Nursery-D  
The Hunter and the Animal.

# PARENT'S CORNER

## **Avatar: A Universal Movie With Universal Truth**

James Cameron, world's favourite director has won hearts again!

Cameron's outstanding concept of 'Avatar' being derived from Sanskrit language, proves to be a proud moment for all Indians. The movie had much more to offer though.

As a nature lover, and environment conservationist, the movie treated the spectators of what earth would have been if we truly valued our components of nature!

The teachings of connections with each organism, coexistence, and showcasing spirituality in revering the 'sacred tree' are the need of the hour.

Every such depiction in the movie made me proud of the fact that Indian culture does establish connections with each living being, either by connecting some animals or trees, fish or flowers with our deities or mythological stories or maybe, by just treating those as Gods.

The sequel, 'Way of Water', took the story forward and higher in all aspects.

It looked more of an environmentalist vision of Cameron. After addressing the need of a forest in Avatar, it now addressed the necessity of water conservation in its sequel. Maybe that's why he has announced five parts of the movie, clearly decoding the Hindu concept of 'Five elements of earth'. This is yet to be seen though!

The movie was a delight to watch but some elements majorly outshone the others. One of them was regarding the Tulkun whale. Cameron depicted it as the most intelligent and at the same time most sensitive species of all. Wow! We humans always feel that being sensitive isn't good and that one should be more practical. But the Tulkun species gives a different insight. Only someone who is intelligent can practice sensitivity. Sensitivity is an emotion related to high IQ. Tulkun's brain, because of its high IQ and sensitivity, was so exceptional that it produced a golden fluid called 'Amrit'. This fluid served to stop ageing and was termed the single most valuable material in universe.

We, Indians always knew of this 'Amrit' being churned out by the Gods from the oceans. Yes, the same 'Amrit' is used by Cameron to establish this concept. Tulkuns lived in sea. Imagine, Amrit existed in the brains of the most sensitive species!

Another Indian practice since ages was depicted by showing the water tribe practicing 'Pranayam' a Yoga exercise, to increase their lung capacity. There is a lot to learn from Avatar and its sequels: love for nature and its power, empathy towards other beings, respecting our profound culture (Indian). Sensitivity is Amrit and the intelligent, practice it!

Lastly, the message in the movie: no energy is lost in universe. When a child is born, we borrow the energy from universe, and, with the passing away of the human, the energy is returned to universe. The ultimate truth.

**Ms Neeti Parent of Aarvi Verma**

1 D



Picture Credit: Google.com

# DOCTOR SPEAKS

## Water: Essential For Your Body

Drinking water does more than just quench your thirst. It's essential to keep your body functioning properly and feeling healthy.

Ways water works in our body:

- It regulates our body temperature
- Moistens tissues in the eyes, nose and mouth
- Protects body organs and tissues
- Carries nutrients and oxygen to cells
- Lubricates joints
- Lessens burden on the kidneys and liver by flushing out waste products
- Dissolves minerals and nutrients to make them accessible to your body.



How can we stay hydrated?

By practicing some of these tips, we can ensure that our body stays hydrated. If you regularly follow them, they'll soon become a natural part of your day:

- Start the morning by drinking a glass of water as soon as you wake up.
- Carry a water bottle wherever you go.
- Set goals for yourself.
- Cut out sugary beverages to avoid empty calories.
- Consume the minimum recommendation of water. By doing so, you will be helping your body function better and improve your overall health

Water Intake recommendations.

Age in years	Daily Water Intake
1-3	4 cups, or 32 ounces
4-8	5 cups, or 40 ounces
9-13	7-8 cups, or 56-64 ounces
14-18	8-11 cups, or 64-88 ounces
19 Plus Males	13 cups, or 104 ounces
19 plus Females	9 cups, or 72 ounces



Don't like plain water?

If you like the tingle of carbonated soda, try club soda, seltzer or sparkling water with a splash of fruit juice. If you're looking for a little flavour in your water, try adding a slice of lemon or lime or making fruit-infused water.

**'STAY HYDRATED, STAY HEALTHY**

**Dr. Achla Bhatia**

**School Doctor**

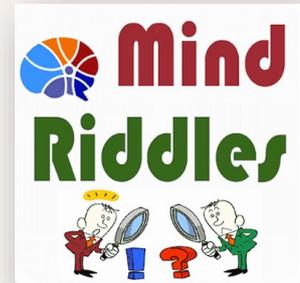
# RIDDLES

A.



You see me in a shop  
Please do not rob,  
I am very sparkly  
And am very costly.  
You wear me for a party.  
Who am I?

Reyaansh Gupta  
1 D



B.

A white rectangular area containing an emoji challenge. On the left, there are five rows of icons: a blue wave, rain, a foot, a flame, and the French flag. To the right of each row is a blue plus sign. Further right are five rows of icons: a brown horse, a pink bow, a soccer ball, a yellow dog, and a pink cup of fries. To the right of these icons, the words "Emoji Challenge" are written in a large, orange, rounded font.



# BRAINFEED



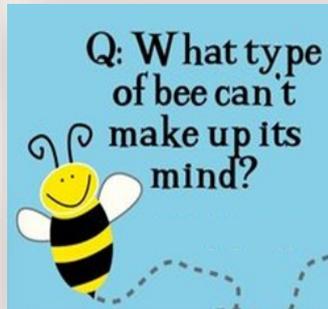
C.



D.



E.



F.



G.



H. Spot the Difference



Answers on page no. 15

Picture Credit: Google.com

## मैदान

यह है बड़ा मैदान,  
इस पर खेलते दो शैतान।  
यह मैदान है बहुत हरा,  
इसके ऊपर है एक घड़ा।  
इसमें हैं छह गोल पोस्ट,  
वहाँ रखे हैं बहुत सारे टोस्ट।  
यह जगह है बहुत सुंदर,  
इसमें हैं बहुत बंदर।

दर्श जिंदल 3 द



## बचपन

पेड़ से गिर रही हैं पत्तियाँ,  
आसमान में चहक रही हैं चिड़ियाँ।  
ठंडी ठंडी हवा है चलती,  
ऊँची-ऊँची इमारतें दिखती।  
हम देखें गरमी में तरण ताल,  
हम जाकर खूब नहाते।  
चौकीदार हम पर खूब चिल्लाते,  
पेड़ों से फल खाते।

तनीषा कौशिक 3 स



## पढ़ाई

पढ़ाई है मेरे साथ,  
मुझे देती है बहुत प्यार।  
सारे जीवन चलूँ मैं तुम्हारे साथ,  
मुझे हमेशा आगे बढ़ने देना,  
कभी न मुझे रुकने देना।  
तुम्हारे साथ मेरी जिंदगी है प्यारी,  
वरना मेरी जिंदगी है अधूरी।  
चलो तुम मेरे साथ,  
पकड़े रहना मेरा हाथ।

रीवा कौशिक 4 द



## हमारा तिरंगा

हमारा प्रिय तिरंगा झंडा,  
नहीं होना चाहिए फटा।  
झंडे को फहराते हैं,  
गंदगी नहीं फैलाते हैं।  
झंडा हमारा है रंगीला,  
बारिश में होता और चमकीला।  
भारत की स्वतंत्रता की है ये पहचान,  
हमेशा बढ़ाएँगे इसका मान।

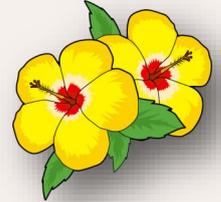
वेदांक सैनी साध 3 द



## फूल

फूल-फूल, प्यारे फूल,  
खिलते और महकते फूल।  
सबको खुशबू देते फूल,  
हवा में लहराते फूल।  
रंग बिरंगे हैं ये फूल,  
सबको अच्छे लगते फूल।

शब्दिता जैन 3 स



## फुटबॉल

फुटबॉल को मारते हैं लात,  
मैच में नहीं होती दोस्ती की बात।  
अच्छा खेलो वरना पड़ेगी डॉट,  
डेढ़ मिनट का है ये खेल,  
फ़र्क नहीं पड़ता चाहे पास हो या फ़ैल।  
इसे खेलने के लिए करना पड़ता है बहुत काम,  
तुम्हें खेलना पड़ेगा सुबह से शाम।

देवराज राणा ओझा 4 द



## डैफ़ी

डैफ़ी है मेरा पिल्ला,  
वह था मुझे मिला।  
वह भूरा, सफ़ेद और काला,  
डैफ़ी पहनता है माला।  
वह कूदता और भागता,  
वह खाने के लिए माँगता।  
डैफ़ी है बहुत मोटा,  
पूरा दिन वह सोता।

देवांशी गगन 4 स



## विद्यालय

देखो यह है मेरा विद्यालय,  
यह है शिक्षा का आलय।  
यहाँ हम सब पढ़ने जाते,  
पढ़-लिख कर कुछ बन जाते।  
अध्यापिका हमें पढ़ाती हैं,  
बहुत कुछ हमें सिखाती हैं।  
अध्यापक हमें मज़े कराते,  
मज़े-मज़े में बहुत कुछ सिखाते।  
मेरे विद्यालय में तुम भी आना,  
पढ़-लिख कर बड़े बन जाना।

अर्णव अग्रवाल 4 ब



## मेरा मन

मेरा मन, मेरा मन मुझे यह कहता,  
चलो-चलो भई, चलो-चलो,  
खाते हैं रसगुल्ले चार।  
मेरा मन, मेरा मन मुझे यह कहता,  
उस साइकिल को चलाते हैं।  
उसे देखो, वह है कितनी बड़ी,  
दिन भर रहती धूप में खड़ी।  
मेरा मन मुझे घुमाता,  
कभी इधर, कभी उधर भगाता।

ज़ाराह अद्वंत 4 ई



## मेरी कोयल

कूह-कूह मेरी कोयल बोली,  
तब मैंने हैं आँखें खोली।  
इसने ही है मुझे जगाया,  
मेरा सुंदर दिन है बनाया।  
डाल-डाल पर जाकर डोली,  
वाहा! क्या मीठे स्वर में है बोली।  
मीठे-मीठे फल ये खाती,  
तभी तो इतना मीठा गाती।  
कूह- कूह मेरी कोयल बोली।

रेयांशी मिश्रा 4 ब



## खुशियाँ

आओ-आओ खुशियाँ मनाएँ,  
मिलकर हम सब गाना गाएँ।  
खुश रहना बहुत ज़रूरी हैं,  
इच्छाएँ होती पूरी हैं।  
ये हमको स्वस्थ बनाती हैं,  
हमको बहुत कुछ सिखाती हैं।  
अपने परिवार में हो ना दूरियाँ,  
यही सिखाती हैं ये खुशियाँ।

शौमिली कंसवाल 4 ब



## तिरंगा

भारत की है शान तिरंगा,  
भारत की पहचान तिरंगा।  
तीन रंगों का प्यारा झंडा,  
हर घर में लहराए तिरंगा।  
नमन उसे सौ बार करें हम,  
सब में प्रेम जगाए तिरंगा।  
शहीद हुए जो देश के लिए,  
उनकी याद दिलाए तिरंगा।  
भेद न कोई जाति-धर्म का,  
सबका मन हर्षाए तिरंगा।

यायिन तायंग 4 ई





# 'The Bugle'- 33

## The Story Behind The Cover Pages

### Art As A Medium To Share About Our Culture

Art is a way to present a ritual content of occasion and festivals without saying a single word about it. The students of PYP 3 inquired into various art forms under the theme 'How we express ourselves'. When they came to know that they had the opportunity to design the cover page for 'The Bugle', they came up with the idea of showcasing their learning about various traditional art forms like Madhubani, Warli, Mandala, Kathputli etc. Students could connect these art forms to various concepts such as symmetry, seasons, space, patterns, and different types of lines.

Let us read what they had to say about their art work for 'The Bugle' -

**Harshal Jain-** I did art work to showcase symmetry because everything is very symmetrical. I tried using cool colours at the borders to make it look like a rainy scene and I used warm colours in the inner part so that it looks like fire.

**Divij Giria-** I wanted to make the background beautiful because it involved a lot of shading.

**Ashwika Nigam-** I like this kind of scenery. I want to go to this type of place. I have never seen a sun setting so I always wanted to see that.

**Aria Tripathi-** This is Madhubani art. It is very detailed and I really liked the borders and the colours.

**Archit Mittal-** I searched on Google and liked art.

**Avi Nandan-** I had the picture in mind about Warli art. Once I saw a picture like this in art class and wanted to make something like this.

**Shreyansh Kashyap-** I really like patterns and learnt in the art class also. I made my art using the sea and land combination. Sea with shades of blue and land with shades of green and brown.

**Reyansh Singh Pundir-** I love Minecraft and this is the best video game for me. I used blocks to make it and there is nothing curved. The colours I chose were all part of the game.

**Neelambari Singh-** I like playing guitar and the things I have made inside it are what I like. I doodled it. For example: Ice cream traveling flowers, math, etc.

**Neyshaa Arora-** My mother taught me how to draw and now it's fun for me. My art work is very detailed that is why I did not use any colours. They are beautiful the way they are.

**Aarika Singh-** I made a Madhubani art.

**Sanav Srivastava-** I used Warli art because it is easy to draw and looks really good. I used mandala art to make the borders. Mandala is only lines and shapes and if we make it in a patterned way it looks very good.

**Siyona Aggarwal-** I like this art. It is easy to draw.

**Manya Ananda -** I did art work to show that if we don't save earth and we don't take care of our earth then the whole earth will become polluted.

**Aahana Rampal-** I really like Warli art and find it fun. I like to make sunset pictures. I chose these colours because they look very attractive.

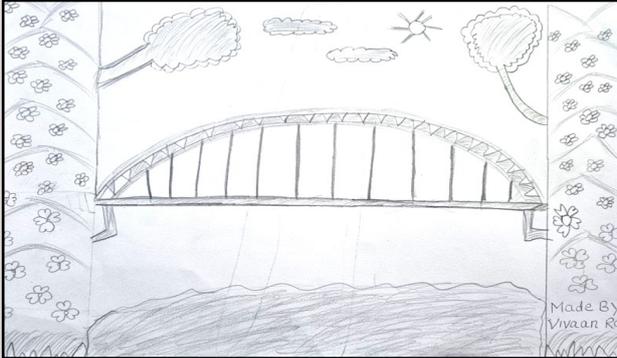
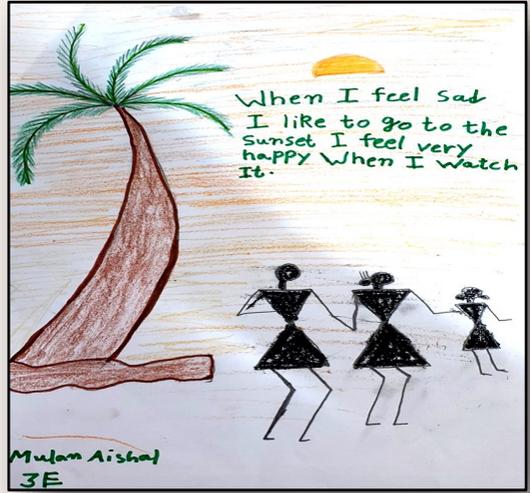
**Anaya Kashif-** I wanted to make something colourful and happy.

**Aradhaya Singh-** I did art work to showcase Madhubani art. I learnt it by myself. My favourite God is Ganeshji so I added this drawing.

**Mishika Gupta-** I did art work to show how colours meet up together. It is very traditional. All the lines are going in a particular direction.

**Team PYP 3: Students and mentors**

*\* Team Bugle appreciates and applauds the efforts put in towards designing the cover page*



Cover Page Credit: Students of PYP 3

