

SNAPSHOT

APL's
premier Model
United Nations
conference took place
on 12th and 13th
December.

Make your dreams
come true...

Sheela Sundaresan shares her
thoughts.

OPEN BOAT

Poems to brighten your day!

Healthy Children, Healthy Nation

Despite what you may have been told, fat isn't
always the bad guy in the waistline wars.

Junior Corner

*Read about how our kids enjoyed
their cultural evening . . .*

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Make Your Dreams Come True

EDITORIAL

GREETINGS!

So here we are again with the next issue of SnapShot, updating you on the hottest news of all that has been happening in these couple of months. 9C are proud to present this latest issue, which we hope all of you have been looking forward to read.

Voice, a section that presents individual perspectives, gives you an insight into the outlook of authentic leaders, highlighting our SPL, Sai Praveen. Among our regulars, Open Boat displays our students' literary and artistic skills through fascinating poems and artwork.

Junior Corner offers you a peek into the events and activities of our primary students. Ms Neelima Sriram shares her thoughts on healthy diets in ParentSpeak. In TeacherSpeak, Ms Sheela Sunderasan motivates students to pursue their dreams.

We would love your responses on this issue and who knows, your response may be featured in Reader's Response! So grab a cup of coffee, relax, read on and enjoy!

Poojaa Srinivasan, Grade 9C

Readers' Response

The latest issue of SnapShot was good. But it was cluttered. You could have reduced the amount of news or subjects in a page. The background could have been better and the font too. The theme could have been maintained throughout instead of changing it with every page. The writing was generally good and I found this issue better than the previous one. I really liked the section Hot News.

Abhishek Ram, Student

I quite liked the July issue of SnapShot. My favourite sections were Voice, Junior Corner, ParentSpeak, and APL Zest.

Kalyan, Student

The latest issue of SnapShot is amazing! I really liked Hot News and Potpourri. The writings were generally good and fun to read. The magazine's design is quite cute but the colours don't look so good together.

Hah Yeon, Student

The latest issue of SnapShot was good, especially the sections Voice, ParentSpeak, and Readers' Response. The writing was great, but you should carry fewer poems, maybe one per magazine. More news can be used. The magazine's design can be brighter, with more attractive designs.

Vidya Akshaya, Reader

WINNING LAURELS

The 1st level of Teddy Shades Art Competition 2014 had 12 winners who moved to the 2nd level of the competition. In all, 26 of our students qualified for the 2nd level.

Mishel Mani of Grade 10, Pranav S of Grade 11 and Amirtha Sridharan of Grade 6 won the First stage of FIITJEE Science Quiz competition and qualified for Stage 2 - District level.



Aadithyan, Kushal Bohra, Sai Ajeeth Kumar and Aanya of Grade 10 participated in a Short Film competition conducted by Nehru Bal Sang and their film was shortlisted for the final screening from among 20 entries. The theme was Colours of Freedom and our school is the one and only selected from Chennai.

Keshav Dixit of Grade 10 won the 'Best Foreign Policy Statement' award in the SANMUN 2014.

Rahul P. G of Grade 10, won 2nd prize in Agatha Christie Detective story writing competition conducted by British Council.

Pranaya Pillai of Grade 9 recently featured in the media as she bagged a gold medal in the Elementary Class and stood 4th in Preliminary Class in The Federation Equestre Internationale (FEI) World Challenge Dressage Competition, held in Bangalore on Oct 25th 2014.



SCHOOL EVENTS

Inter-house competitions were conducted to celebrate Children's Day.
As always, teachers presented a variety entertainment programme for the students.



SCHOOL EVENTS

APL's premier Model United Nations conference took place on 12th and 13th December. This initiative gave our students a good experience as participants, and also an exposure in conducting an event of this nature. A few students from other schools participated too, taking the total number of participants to 40.



**DETERMINED ACTION TODAY,
POSITIVE CHANGE TOMORROW**



Revictimised

Rape. One of the most horrible, brutal crimes on the face of earth. Ironically it's also one of the most common. But I'm not writing to reinform you about how every 7 minutes a woman is raped or how a criminal should be put in jail. You see, we have the story from everyone's point of view. From the judge to the jury. From the media to the criminals. And it's so sad that throughout the (rare) protests or the (long) trial or even during the judgment day there's one person who's sidelined. The most important one. Can you guess who it is? The rape victim.

I think before we begin to dig deeper so we can understand how deeply rape implements itself into our society, let's look at pop culture. How a woman dances seductively to an item number singing vulgar and crude words. All of three minutes in the middle of a film to add 'spice' to it. Even in music, women are put down and objectified. Pathetic, isn't it?

To get my point, let's play a game. Imagine you are a woman coming home from school, college, work or even the market. Imagine a man viciously attacking you. Imagine the trauma.

Dealing with the injuries you've obtained. Dealing with the police who often harasses victims. Dealing with the long trial. Dealing with the noisy media, who admittedly do their job well by drawing attention to the case. But would you want to deal with people shoving microphones in your face in the midst of all that? Would you be able to deal with all that?

Psychologists say that rape causes long term trauma. The victim would be scared to engage in a relationship. She may be terrified to step onto public transport or even a public area. Rape also causes obsessive-compulsive disorder, anxiety, panic attacks, night terrors etc. Top psychologists say that ALL rape victims need therapy. But it's never even recommended, let alone provided, by the government.

After the criminal is sentenced that's it, right?! The government, media and people's job is over. Justice has been served. But has it? The victim's mental state is already shaken and she's probably desperate to leave the incident behind her and move on with her life. But of course, the poor girl hasn't suffered enough because society has a few things to say about the matter.

I heard she asked for it.
She was wearing short clothes.
The man was provoked.
IT WAS HER FAULT.

I guess people, though they may be educated, aren't smart. Why would anyone ask for rape? It's non-consensual. That's why there's a case going on. No one would ask for it. Rape is horrible and grotesque. And so what even if she is wearing short clothes? Hasn't anyone heard of the right of expression and speech? Article 19 in our Indian Constitution clearly states that every citizen has the right to express themselves in any way or form as long as he/she is doing it non-violently. It's weird how everyone seems to overlook that fact. So just because she was wearing short clothes in no way does it mean that she is asking for rape. The man was provoked? This statement makes me lose all faith in humanity. Just in case we are not careful with our property or our belongings, does that give anyone a right to rob us? Is a man just a beast with no self control? Should there not be some shift of onus to him instead of putting the blame entirely on the woman? Lastly, in NO way is it the girl's fault. How can it be? Grow up and get over your pettiness. The poor girl has enough to deal with besides stupid people spreading rumours about her.

To continue with the last sentence of the previous paragraph, do you know that in a year, so many victims commit suicide? They say when a lie is repeated too many times, one begins to believe it. That's what happens. Girls believe it is their fault. Maybe they'd had enough of the lies which spread like wildfire. Maybe they are fed up of getting beaten down by society. In some cases the victim receives death threats addressed to her or her family or friends. It's so sad that because of an idiotic man, who couldn't control himself, the lives of so many beautiful girls are ruined.

As I write this, I feel Nirbhaya, the Bandaun cousins, Nayana Pujari and thousands of other unfortunate souls, guiding my hand, urging me to fight for them and many others whose tales have never been told.

Devika Dixit
Grade 8C

A Passionate Leader

As the School Pupil Leader, many responsibilities and difficulties lie ahead. But one who excels in this role by upholding complete decorum is a great leader. As we interviewed Sai Praveen today, he talked of the various aspects of his SPL endeavours.

What's it like to be an SPL?

Leadership is my passion! Even if there are times when the responsibilities are great, I manage to get through it as I feel that it's my obligation to do so and it's easier with compassionate people around me who help me achieve my goals. I feel proud of the fact that I have accomplished such aims which I never thought was conceivable.

Is there any rule you would like to implement as the SPL?

I suggest that we be given additional time aside from breaks to relate with students of other grades. We haven't been interacting with other grades much recently and I believe that this is a great opportunity for us to understand and spend more time with each other.

What was your ambition as a kid? Has it changed over the years? What/Who was your inspiration?

From a young age, I have always wanted to become a politician. I admired the way people dealt with problems in the community. I wasn't inspired by anyone in particular but I have the desire to give back to society in any way I can.

What do you enjoy about being the SPL?

I love the fact that all the council members are serious about their positions and we work together as a team. No matter how many disputes there are, whether it be within ourselves or among the students, we manage to collaborate and work together, putting forward our problem solving skills. I have enjoyed every experience and I look forward to more opportunities.

Evidently, with confidence and perseverance, nothing is impossible!

Interview by Poojaa Srinivasan, Grade 9C

Keep Smiling

Open Boat

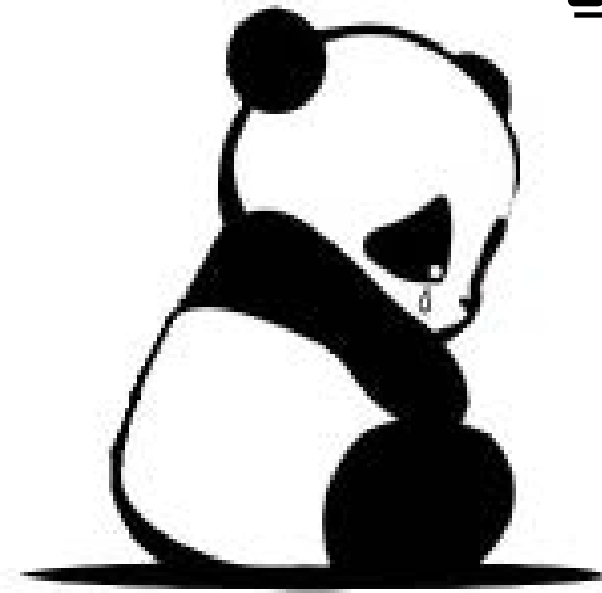
There was a panda
who roamed here and there.
He didn't have any friends
and he thought it was unfair.

Every day he trudged on,
paw by paw.
And he was sure to argue with
any panda he saw.

At last, one day, he could bear no more
this loneliness he himself had sown.
He went to seek advice
from an elder he had known.

"Why am I lonely, father?
Why don't I have any friends?
Is it because of my nose,
Or have I not kept up with the latest fashion
trends?"

Then the father spoke
and his voice boomed
in this cave
where tranquility ruled.



"Son, this is my advice
and you must not look down.
There is no need for magic.
Just take off that frown!"

He did just that
and was spellbound
to see the simple trick
and all the friends it found.

Now he is the happiest
and he never takes off the smile.
And he has learnt his lesson--
Smiles can carry you miles!!!

Nishka Srivastava
Grade 6C

My Nose is Hollow

My nose is hollow,
I swear it's true.
If I'm lying, I swear,
You can beat me blue.

You touch the point,
To your fingertips,
And it'll fall away,
With a slight dip.

My nose is hollow,
Like a switch.
In my genetic programming,
There is obviously a glitch.

You can press it and poke it,
And it goes right in.
My nose wonders,
If it has any kin.

My nose is hollow,
Which is all swell,
But if you don't believe me,
See for yourself.

*Sanjana Ramesh
Grade 11*



The Storm

A storm is brewing at the edge of the horizon, barely visible to the eyes of mortals. The mighty storm colours the sky grey in anticipation of what is to come. This force of nature's rage lets out roars of thunder. The wind howls in laughter at the petty humans with no shelter from this storm to end all storms. Lightning cracks across the sky, illuminating everything in a brilliant white light. Birds scatter, hoping to avoid the impending doom. There is a pause where time itself seems to stop, the calm before the storm some call it, and then the one sided war begins.

The rain pours down in torrents drenching everything in sight in an instant, purging it of sin. It floods the streets carrying everything and everyone foolish or brave enough to walk them. Birds are struck down from the sky mercilessly, each droplet of rain like a harsh slap on the face. The winds howl louder if possible, cutting skin with the ease of a blade. The water turns to glistening ice as the temperature drops yet again. The storm rages for hours, unleashing all of nature's pent up fury and then it stops as suddenly as it began.

An eerie quiet settles on the streets. Animals and humans alike convulse on the barren roads, clinging onto life desperately while some let go, hoping the afterlife treats them better than this cruel world. Destruction lies everywhere, reminding them of nature's revenge. No one moves for what feels like hours but in all actuality is only a few seconds, and then like a practised ritual, everyone wails for their homes, loved ones and so much more and yet they will not learn from their mistakes. No, they are doomed to repeat them until the world is nothing but ash.

Divya Damodaran
Grade 8 B

Endless Night

a book review

Author: Agatha Christie

Genre: Crime Fiction, Fiction, Suspense, Mystery

Characters: Michael Rogers, Fenella Ellie, Greta Anderson, Esther Lee, Major Phillpot, Claudia Hardcastle

Rating: 4/5

Target Audience: 13-30 year olds



“Some are born to sweet delight, Some are born to endless night.” Michael Rogers, a footloose and nonchalant worker has only one dream - to build a big house (as huge as a palace) and to marry a rich kind-hearted girl and for the couple to live in the house happily ever after.

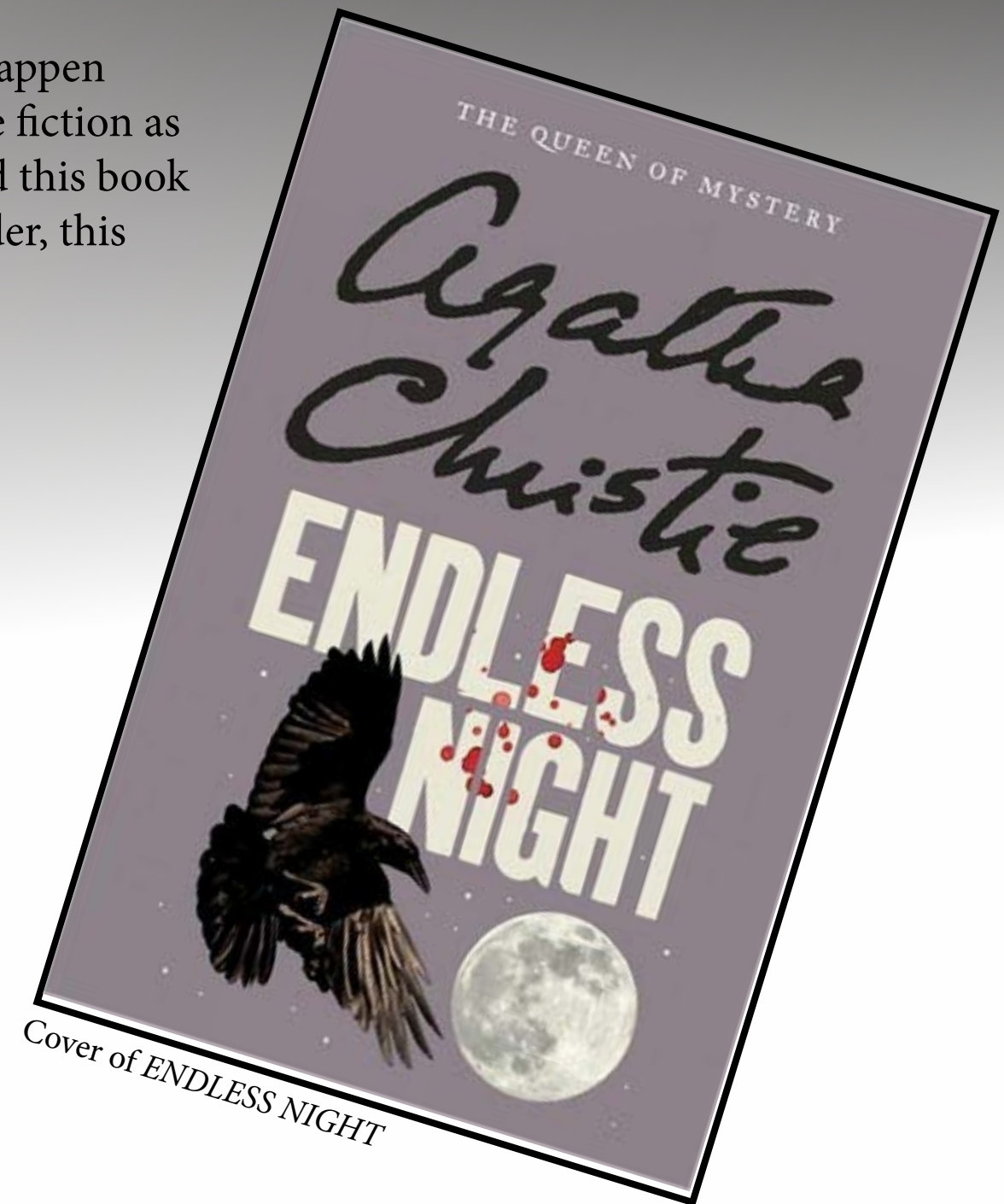
He decides to visit a place known as Gipsy Acre as he considers himself as a gypsy. He meets Fenella Ellie, an American heiress in Gipsy Acre, and soon they fall in love with each other. They decide to get married secretly as Ellie's family would not accept a man like Michael. The newly-married couple draws plans to build their house in Gipsy Acre. When they visit the place again, Mrs Lee (an old, spine-chilling woman) tells the couple to go back; warns them about the curse of the area and narrates stories of what happened to the previous owners of this area. This disturbs Ellie and she is a little unsure about their life in Gipsy Acre.

Ellie introduces to Michael her secretary Greta Anderson, Ellie brags about Greta so much that Michael feels jealous that Ellie loves someone more than him. Greta and Michael end up fighting most of the time because of their possessiveness over Ellie. The twosome become very popular in the city and become friends with Major Phillpot, who is considered a village god, and Claudia Anderson, who shares Ellie's love of horseriding.

Michael and Ellie make plans for their significant meeting with Major Phillipot. Ellie is to spend her morning in the open, horseriding and Michael is to attend an auction. It is decided that the couple will meet at a restaurant at one o'clock. It is one o'clock-- Major Phillipot and Michael wait.....wait.....and wait. Ellie doesn't show up! Major Phillipot and Michael get back to Gipsy Acre, do a little investigation and find out that Ellie has been murdered!

As the investigations begin, the story takes incredible twists and turns and it is impossible to keep the book down!

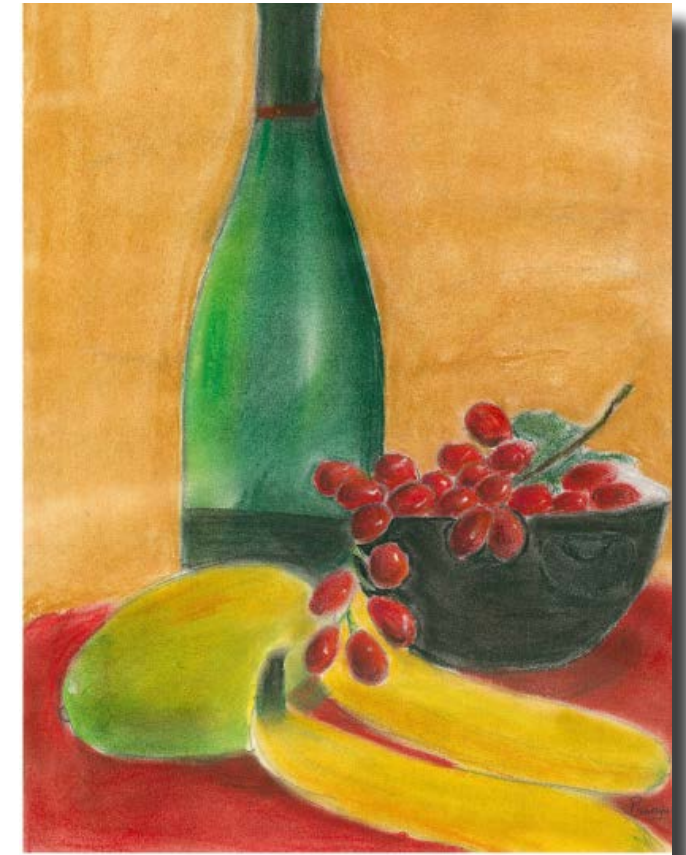
I love the unbelievable and the most extraordinary things which happen towards the end of the tale. This is not the most entertaining crime fiction as a major part of the book is a love story. I would highly recommend this book to people who like romance and crime. But if you're an action reader, this may not be the best book you'll read.



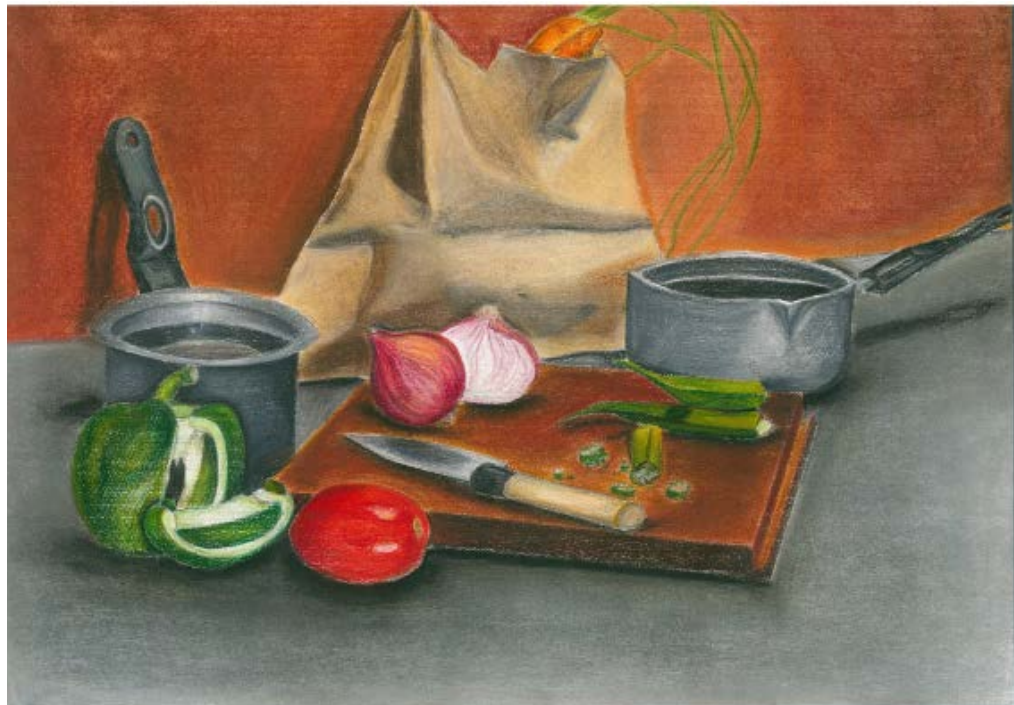
Cover of *ENDLESS NIGHT*

Artwork

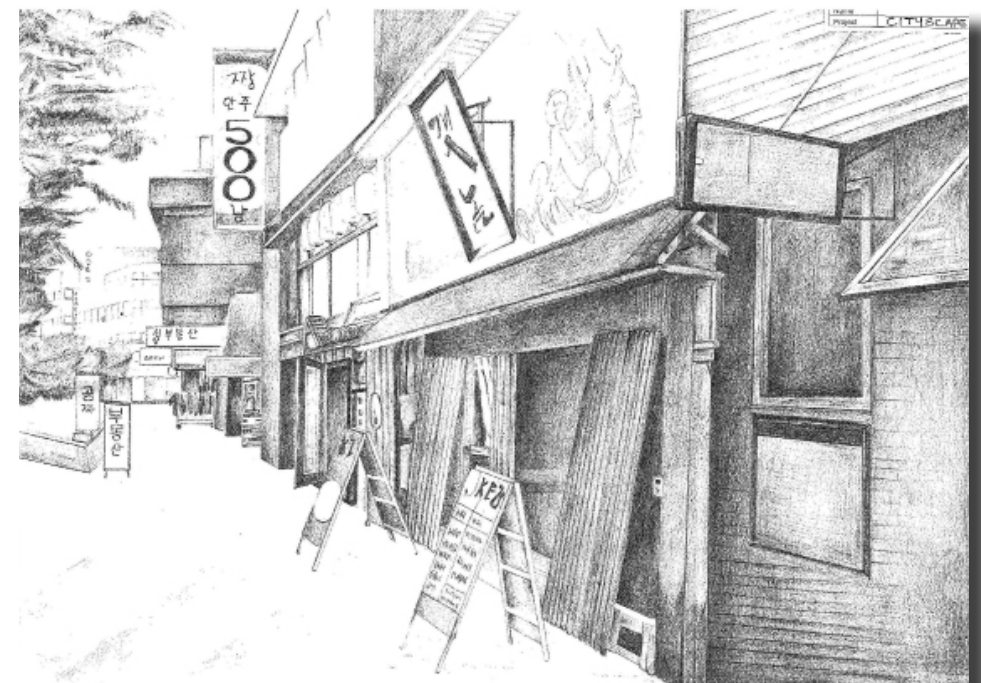
Pranaya Pillai



Hannarae Kim



Rakshita Aravind



Hannarae Kim

Expressions Unlimited

Isebellah of Grade 6 shares her experience in the Enterprise Club.

In the Spirit of Enterprise

For me, a sixth grader, Enterprise Club at APL is really fun. We do different kinds of things and all of it requires skill and patience. In the first class, we made earrings and bracelets with quilling paper. We made these really well, so much so that we even sold them! We did quilling for a few more classes and then started on clay modelling. We made models of ice-cream, doughnuts and many other objects. The next few classes were very fun as we tried making new models and seeing how well they turned out.

After this we did stitching. We started by taking a piece of cloth, placing a big ring on top of it and a small one below it so the small one fits into the bigger one. This is for stitching steadily. We then drew designs on it. Stitching was not as easy as it looked. We did many types of stitches such as chain stitch, satin stitch, running stitch and plenty more stitches. Our teacher, Ms. Jayasri, taught us a different stitch every time we finished one. We even stitched our name! It seems the year is ending too soon because Enterprise Club was really fun this year!



#Quilling Paper
#Clay Modelling

Primary Cultural Evening was a great hit with the audience. But how did the students feel? Some of them share their experiences:

"I was scared that I might forget my lines and it might be a disaster. But when the time came I wasn't all that scared. I was very excited and I had a lot of energy. When it was time for my part I felt very brave and I didn't feel shy any more. The experience of acting as Willy Wonka was very cool."

Rohan, 2C

"I felt very delighted and shy when I was dancing on stage, but I loved it. I felt very happy that my parents saw my dance and they liked it. It was very fun. I was feeling uncomfortable in my dress. But it was nice."

Divya, 4A

"I was at the Tinman dance and it was so wonderful. That day was exciting. I will never forget that day!"

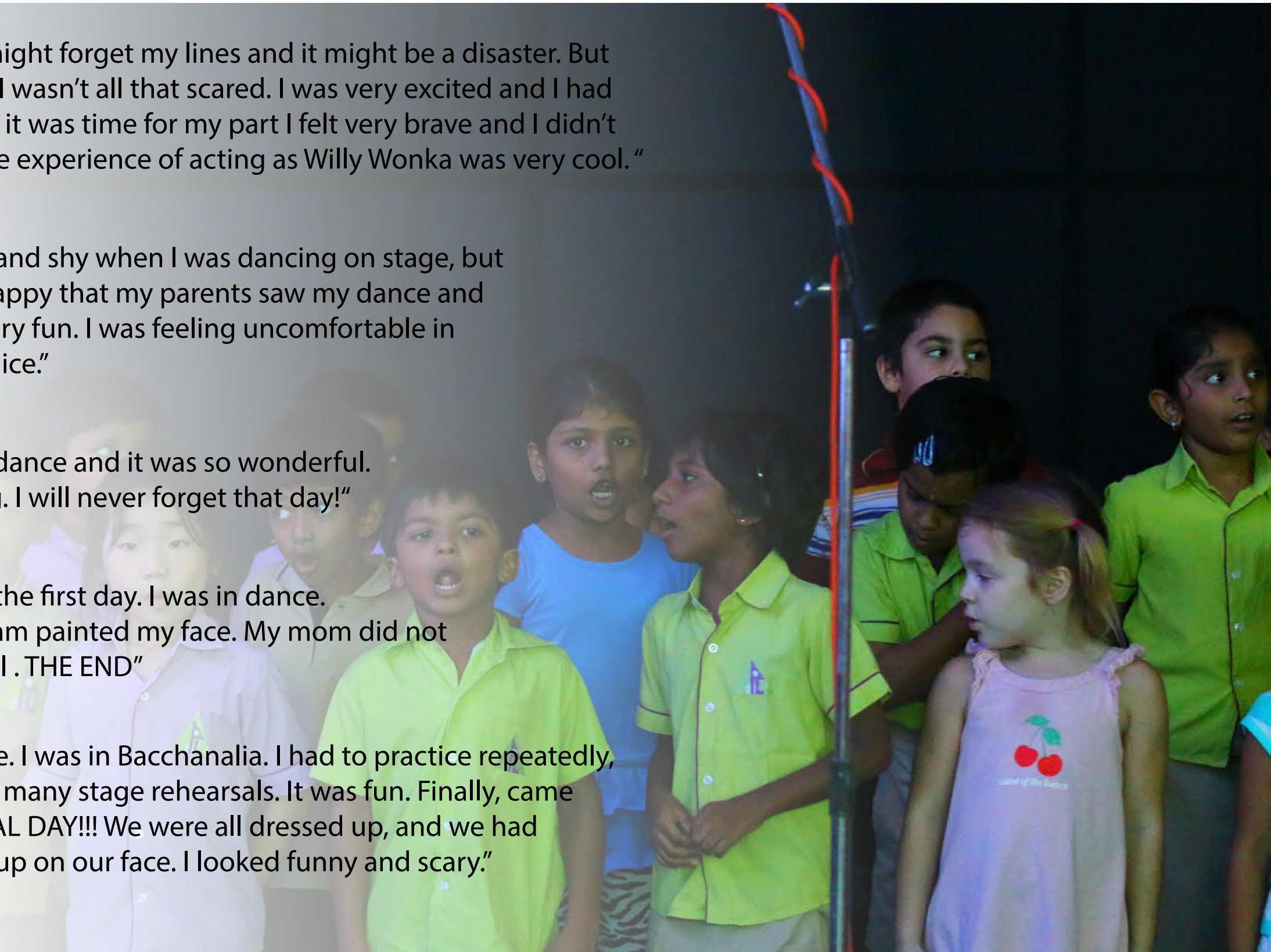
Shradhdha, 3C

"We had practice on the first day. I was in dance. I loved the song. Ma'am painted my face. My mom did not find me. I danced well . THE END"

Bala, 3C

"Oh, I loved the dance. I was in Bacchanalia. I had to practice repeatedly, but I loved it. We had many stage rehearsals. It was fun. Finally, came the last day, CULTURAL DAY!!! We were all dressed up, and we had face paint and make up on our face. I looked funny and scary."

Mira, 5A



“My challenge was to remember all my lines on THE CULTURAL DAY. For me it was hard. Till the last sentence it was hard to remember and I was happy at the end. It was so nice to be out on stage. I am so happy about the play and now I am really happy that I could do it.”

Krishna, 2C

“I had so much fun, but the lines were hard to learn. It was fun to wait for the people to come. I got scared but then I just got it spontaneously. When I finished my play everyone said, “You did a very good job”. My theater teacher took a selfie with me. My mother said that I could have pizza and have fun.”

Nikitha, 5A

“My practice was really hard. we had to recite the songs repeatedly. we had to recite and practice and finally, the Annual Day came

Vishank, 5A

‘When we came to school, I went to 5C and enjoyed with my friends. Then I went for lunch in the cafeteria with my friend Ahana. Sometime later the bell rang and I went to 5C and played quite a lot. It was time to dress up for the cultural evening. Then all the students went for face painting and I came third. It was then my turn to get painted and I looked horrible! I looked like a “wing monkey”. Later we went to LKG-B and it was freezing in there! We played again. The little kids had their annual day and we went on later and the music children sang a bunch of songs. The drama students came on and Annual Day got over.’

Amrita, 4D



#Jr.School Cultural Evening



Primary Sports Day





Comic Strip Daddy Long Legs

BLUE WEDNESDAY

1

ONE DAY.....

2



Huh, I'm so tired, I can't work any more!



Jerusha Mrs. Lipit is calling you. I think you're in trouble

JERUSHA GOES TO Mrs

LIPIT

THEN

4

REALLY?
DMG

A trustee offered you a college education



But Every month you have to write him a letter as a thank you



OK!

In College

5

6



Life is really good here. Thank you

And so on she goes writing letter she even names the trustee Daddy Long Legs.....

THE END

Very good!

LION and the MOUSE

One Day....



I will eat you!

Please no!



How will you?

Why will I?

I promise I will repay you

Many Days later.....



Fine I will let you go

I swear I will



Oh! no! I am Trapped

And the lion and the mouse became best friends

I am the rat you saved

I am repaying you

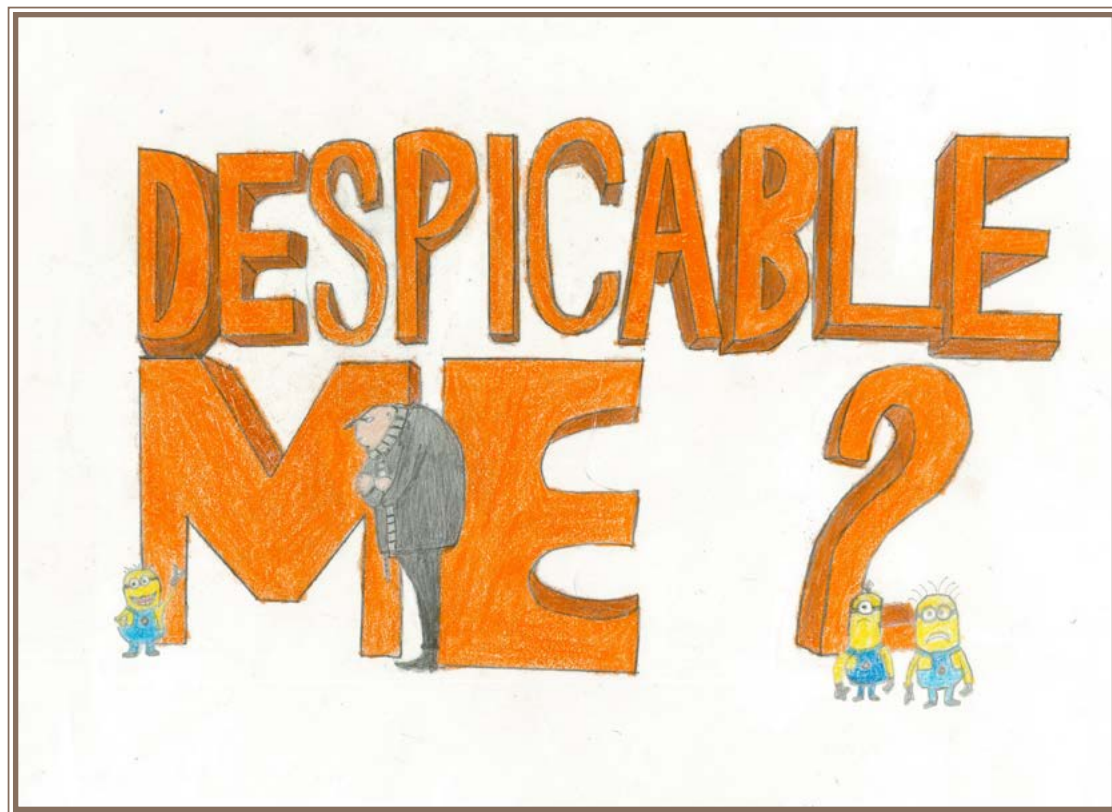
What?



Thank you!

Very nice! Likes

JUNIOR ARTWORK



Make Your Dreams Come True...

TeacherSpeak

Sheela Sundaresan tells us how to make your dreams come true.

What do Karthik Subbaraj (director of Pizza , Jigarthanda), Rowan Atkinson (Mr. Bean) and Scott Adams (creator of Dilbert comics) have in common ? They are all engineers. Did you know that Brian May (guitarist of the band, Queen) has a PhD in astrophysics? Chetan Bhagat gave up a lucrative career as an investment banker to become a hugely popular writer.

They started off in different careers and yet they never lost sight of what they were really passionate about and ultimately achieved recognition for their talent. What sets apart these people? What made them so successful? Was it only their talent? Opportunity? Sheer luck?

Malcolm Gladwell in his book the “Outliers” writes about the 10,000 hour rule. You become perfect only with many hours of practice even if you are talented. The legendary “Beatles” played for more than two years in small clubs in Germany before their first hit. They continued improving and perfecting their skills constantly and remain till today the most popular band of all time.

Messi and Ronaldo did not step onto the field and become stars overnight. Their success came with hard work and persistence. The scientists on the Human Genome Project started in 1990 and completed the sequencing and classification of the genes in human DNA in 2003! Successful people are not “lucky”; they are talented, passionate and hardworking.

Like Billy Joel said, “You can get what you want or you can get old.” So find your passion, focus on your goal, work hard and watch your dreams come true.

*Sheela Sundaresan
Faculty, French and Physics*

Healthy Children, Healthy Nation

ParentSpeak

Aditya Sriram's mother Neelima Sriram, tells us about healthy diet options.

Research shows that childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years and this is actually making me realize that the society we live in today eats too much processed and manufactured food. Taking this into account, when I moved to Canada I told myself that instead of being overly concerned with counting calories or measuring portion sizes I'm going to think of diet in terms of colour, variety and freshness. Trying to make changes to eating habits overnight usually leads to a disastrous outcome, i.e. not being successful in one's efforts. So when I run cooking classes or give a talk on eating healthy and sustainability, I make sure to tell parents to take baby steps. For example, have meat free Mondays if non-vegetarian, and if vegetarian, go dairy free once a week. By doing so, you are not only detoxifying your system once a week but also gradually introducing your children to a variety of other healthy options.

Despite what you may have been told, fat isn't always the bad guy in the waistline wars. In fact, healthy fats play a huge role in helping you manage your moods, stay on top of your mental game (include avocados in your diet) fight fatigue (make walnuts your best friend) and even control weight (eating 5-6 almonds actually can control your hunger pangs). Eat a few sprigs of holy basil (tulsi) to manage stress-- why bother buying expensive tulsi infused tea when we can have fresh tulsi everyday.

Eating too much protein and dairy will actually lead to many health issues. Did you know as per a recent study, milk is considered sweet poison (youtube video available in Hindi by Dr. Agarwal "KhanaBadloJeevanBadlo") for our body (this will be seen as controversial in our society). The idea that cow's milk is the best source of calcium is deeply entrenched in the Indian psyche. Research suggests that physical exercise is the most critical factor for maintaining healthy bones, followed by improving the diet and lifestyle; this means eating plenty of fresh fruit and vegetables. Green leafy vegetables are a great source of protein and calcium.

For most people, grocery shopping is just another chore we need to get done, but as you wander through the aisles of your local supermarket, are you making healthy choices? Actually, supermarkets don't want us to fill our cart with cheap and healthy options, which is why when you enter any grocery store all you see is packaged food - what a perfect marketing strategy! So next time when you go grocery shopping, remember these simple yet useful tips 1. Make a list, 2. Read your label- If you can't pronounce it, don't eat it. 3. Eat real food, 4. Eat organic (if possible), 5. Eat mostly fresh food, 6. Skip the supermarket and visit the farmer's market. 7. Last but not the least, don't shop when you're hungry. Hunger leads to filling your cart with junk food and calorie splurges.

Remember that everything in moderation is fine. Arming yourself with awareness and a strategy - a good understanding of healthy and unhealthy foods - means you'll make a slow but surely a healthy lifestyle choice.

Neelima's passion for cooking started at home and led her to create a variety of tasty and nutritious dishes. She successfully ran her own catering business in Central Asia for over five years, serving diplomats, the UN and large corporations. She began her business "The Mindful Chef" (then known as Spice Namaste). She shares her knack for cooking food from around the world and her practical and thoughtful approach to cooking produces an eclectic variety of vegan and vegetarian fusion dishes that will inspire many! She has generously offered to help our school caterer Valli bring in healthier options into the school menu.

Neelima Sriram, mother of Aditya Sriram, Grade 10





**Students, Teachers, Parents,
Want to share your thoughts and ideas?**

**Send us your articles, stories, poems, jokes, artwork, photographs or
whatever you feel is interesting. (150-300 words)**

**We would love to have your feedback too!
Write to us at editorial@apl.edu.in or
Click on the link below and leave your comments:**

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