

# Voice

What you don't know about  
Nivasini of Grade 10!



# Open Boat



## Junior Corner

### TeacherSpeak!

Stressed? This is a  
must read article!

### Expressions Unlimited

Music Club  
Shines!

### Readers' Response



### Opinion

Hear what some of our students  
have to say!

# SNAPSHOT

April 2013

Issue 6



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Open Boat

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Hot News

TeacherSpeak

VOICE

Expressions Unlimited

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Parent Speak!

# Editorial

Shwetha Sairam, Grade 11  
(SPL 2012 – 2013)



Once again, a very warm welcome to the wonderful world of SNAPSHOT! We have come to the end of yet another academic year that was packed with activities, events and unfortunately for some... exams. Although the year draws to a quiet end, this edition of Snapshot is by no means quiet!

Take a look at our hot news section which is exploding with the latest news from our students and teachers! Don't miss out on the playlist of the month put together by our passionate music students and why not enjoy the work of our school's avid photographers. Of course, this edition has all of your favourite sections such as 'Open Boat' and 'Potpourri' as well as an interview with our new school counsellor Miss Meera Asrani and much more!

A very big thank you for all of your suggestions! We value all your responses as it is extremely encouraging to receive such helpful feedback. Have a wonderful read and a great summer too!

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#### Editorial Team

Content: Nivasini, Shwetha Sairam  
Layout and Design: Kavya Sridharan

#### Disclaimer

We acknowledge that some of the images used are from the internet, modified to suit our educational magazine, not intended for commercial purposes.

Good! Hot News, Voice, Window, Dazzling Science, Open Boat, Junior Corner, Teacher-Speak, ParentSpeak are the sections I liked the most. Short and brief writing is desirable, font colour and the size should be better and bigger. In the design the background colours should be chosen carefully so that they highlight the text better. You could have a corner where art work can be explained with some tips for practice.

Neha Vasudevan  
Grade 9



# Readers' Response

The magazine makes a very interesting read even for persons not connected to the school, like myself. The concept of MUN and participation of youngsters in such a concept is appreciable and the participants truly deserve a high 5. It teaches the children to think with maturity and act responsibly. Really good stuff. I am inspired to start my own MUN for problem resolutions at my workplace!!

I was very impressed with the kids' paintings - great talent here....especially, Hanna Rae, Grade 10 - I would pay a good price to have such a wonderful piece of art.

The design is great! ....eye-catching, colourful, with big letters and well spaced out for an easy read.

I am no person to suggest any improvements - It's a wonderful magazine - just keep up the good work!! Kudos to the team.

P.S. Just two suggestions: a) It would be great to see children opine about current affairs- it need not be political- it could be their views on any of the ongoing diverse issues that we face every day. b) Students should learn to be critical - so why not a movie review?

Mr. Desaraju, a Reader



Amazing!

The sections I liked the most are Open Boat and Expressions Unlimited. Most of the articles in this edition are very inspiring and extremely diverse. I love how it is inclusive of all students and events in the school. Each student has a different story, and their interests and inspirations are evident through their writing.

I loved the overall layout of the magazine, especially the 'Open Boat' section. The illustrations complement the articles very well. However, I think it would be better if using images from the internet were avoided; and using first-hand images would make it more personal and realistic.

Sanjana Chandrasekhar  
Grade 12

The latest issue of SnapShot is amazing! Hot News, Voice, Dazzling Science, Potpourri, ParentSpeak are the sections I liked the most. The writing is great. The best part is that it is by students. The design is good. In future issues maybe you could include articles on world issues like the progress in the UN etc.

Ruthu  
Grade 8

Kudos to the APL SnapShot Team for the vibrant and colourful February edition. The pictures of school events like the Cultural Evening and the Sports Day were excellent. Good to see pictures of our Harvard MUN team who had a successful trip to Harvard. I personally liked the "Opinion" section and also the artwork of our budding artists.

Fiza  
Faculty, English

The latest issue of SnapShot is ordinary. I liked the sections Open Boat and Potpourri. Good content, can be more brief. The design and layout is good, should watch text colour with background colour to make sure it is visible. For example: the page where the text was dark red over dark blue.

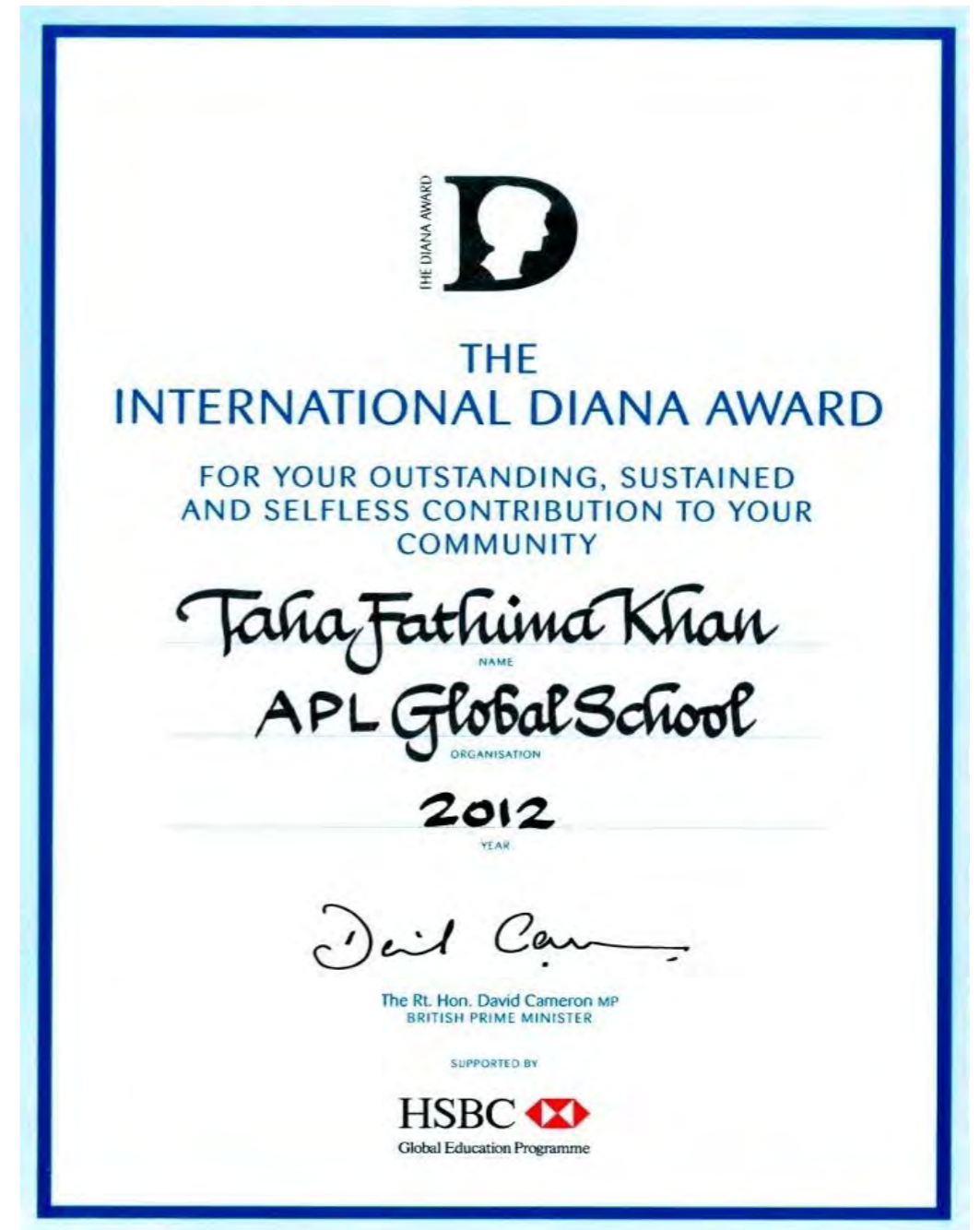
I would suggest that SnapShot add a Mystery Student page. Mystery Student is where the reader would be given a paragraph (4 to 5 lines) about any student in our school. The answers would be given below scrambled. The objective is to guess which student it is. This page was a big success in my old school's newsletter.

Nikitha  
Grade 8





Taha Fathima Khan, grade 12 student, brought us laurels when she was awarded the 'International Diana Award' for her contributions to community work. You may refer to SnapShot April 2012 issue where Taha has shared her experience of working with her project called *Search for Tamana*.



## SPECTRUM OF EDUCATION 2

GEOGRAPHIES, CULTURES AND PEOPLE

FMV ÖZEL AYAZAĞA IŞIK LİSESİ

APRIL 27-28, 2013

Istanbul - TURKEY



Jamuna Murthi ma'am, our Geography and Travel & Tourism Faculty, has got selected to participate in a World Conference on Geographies, Cultures and People being held at Turkey on April 27-28, 2013. What's more, she has been invited to give the inaugural speech. Congratulations, ma'am! We are so proud of you!

# Campus Bound

It's time for the 12th graders to leave their APL nest and venture out in pursuit of higher studies. We are happy to share the news that **Sanjana Chandrashekar and Nomita Saldhana** have got admission into Central St. Martin's, University of Arts, London.

College application can be quite challenging. **Vignesh Balaji Saravanan** shares his experience.

## My College Application Experience

My college application started with a serious discussion with my parents on where I was going to spend the four years of my life after graduating from APL. My parents were supportive of my decision of studying abroad, and I started to plan for college. When I wrote down a list of things to accomplish before December 31st, 2012, the application deadline for most colleges, I was stunned. I had only 6 months to finish the list of pending work, and to simultaneously keep up with my A-Level portions! I promptly started on my application, and was able to get most of the materials ready, such as teacher recommendations, and my school transcripts, but I had yet to finish my SAT exams. With only a few months left, my parents gave me the opportunity to travel to America for a couple of months, to complete my application process.

The trip abroad was filled with work. In America, I found plenty of time to finish my SAT exams, but the final hurdle in my college application proved to be the hardest. I had around 12 essays to write, and only a month to finish it. Each essay was required to be clear, succinct, truthful, and a reflection of my personality, all condensed into 500 words, or less. The topics were simple, like who influenced you the most, or a defining life experience. It was easy to think of such experiences, but to convey that experience, and what you went through, proved to be challenging.

Finally, after three months of arduous work, I was completely finished with my checklist of work. I returned to APL, and the anxiety crept in, as I waited for my results. When they arrived, I was elated with a feeling of joy, satisfaction, and relief. I am happy to say that I will be attending the University of Illinois this fall 2013. The college application is a show; you are the writer, director, and actor, and the piece you're performing, is everything you are, to prove to the colleges that you belong there.



Vignesh Balaji Saravanan  
Grade 12



# PROJECT WEEK AT APL

The last week of February 2013 saw a lot of enthusiasm in school where all the students from grade LKG to 9 were eager to showcase their learning, findings, scrapbooks, presentations, and videos that they had made. Evidently, a lot of hard work was put in by the students and the teachers.

Across grades there were areas where the students had carried out their own investigation by collecting evidence and testing their hypotheses; there were hands on activities and scrapbooks, wherein students had compiled the research they had done. The confidence with which the students were answering the questions asked by the visitors was remarkable. The entire process definitely gave them opportunities to develop higher order thinking, problem solving and enhanced their communication skills.

Kiran Merchant, Principal

This is a story of a couple who have come to Chennai after a very long time. They are looking for a good school for their son. In this video they get an idea about APL Global School- [www.aplglobalschool.com](http://www.aplglobalschool.com). The video was made using Goanimate.com. This was done as part of a computer project for grade 7.

<http://www.youtube.com/watch?v=SPhHJd9rqhI>

Nandika Gupta, Grade 7

Students from LKG to grade 9 participated in Project Week at APL.  
Some of the students share their experience of the Project Day:

It was the most exciting and wonderful day at school. Some of us were early to school to decorate our class, 6A.

We presented charts, experiments, and models on various subjects. There were experiments on chemical reactions of blue & white salts, litmus paper test, on showing friction, mass & weight, and seasons. Also, we had a game based on human anatomy. We displayed a model volcano to explain the neutralization reaction. The explanation for measuring the volume of solid substances was also given to the visitors by one of my classmates. One of the interesting things on display was a model city that we constructed for our math project. We showed all aspects of a city like shopping malls, vehicles, roads, etc. This was done to depict the usage of measurements, angles, parallel lines cut by transversal.

We also had a very interesting experience printing a newspaper of our own. I, along with my classmate Surekha, had designed and written the content for the newspaper. We named the paper "Our Little Earth". It covered various topics like interesting facts, interviews with teachers, riddles and sports. We had a very novel experience interviewing teachers and understanding their thoughts.

We put up charts on various idioms, the Mughal dynasty, the industrial revolution and ancient monuments and explained them to our parents and teachers. We also displayed a model explaining why trees should not be cut down.

The Project Day was certainly a different experience for most of us as each one of us in the class had contributed their best and we thought that every project of ours had a wonderful meaning. We were excited to hear that our parents and teachers enjoyed and appreciated our efforts.

Anniroodh, Grade 6A

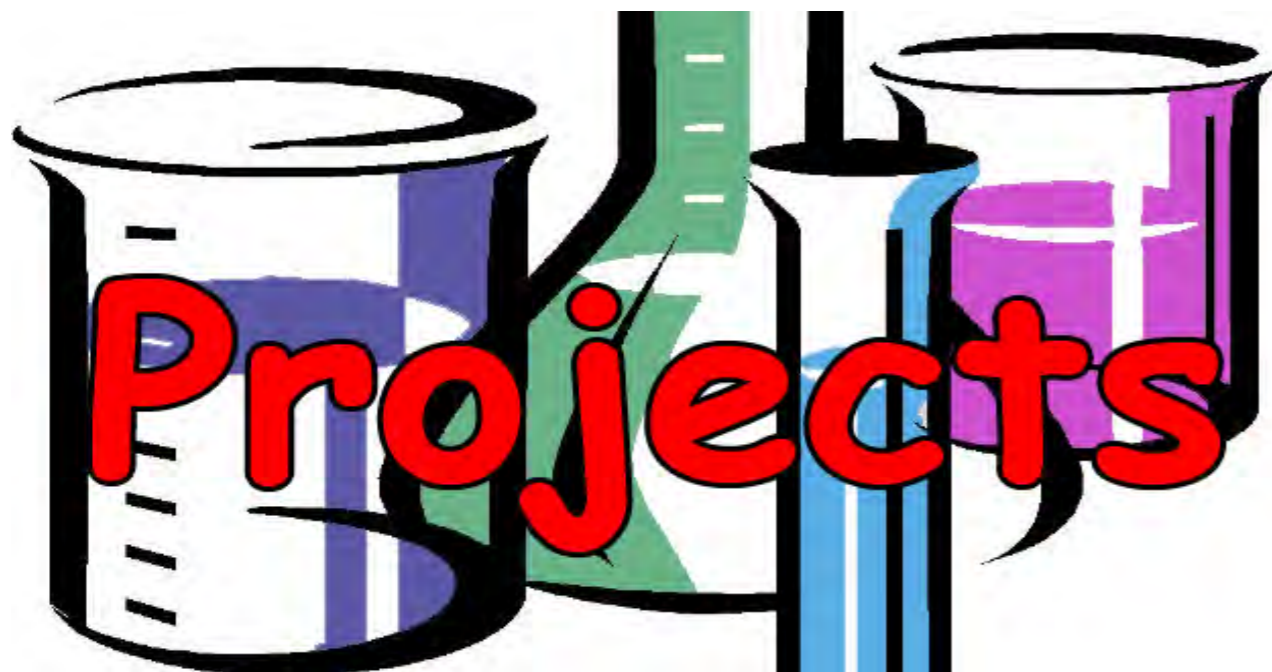


We students of Grade 6B were all set that morning for the most awaited day of the year. It was Project Day and all of us were excited, happy, nervous and tense. Many teachers, students and of course, our dear parents were coming that day to see us. We exhibited many exciting and colourful projects for the visitors to see.

We exhibited projects in all subjects which the visitors found irresistible. The day was so much of fun explaining our projects to all visitors. We kept a feedback chart in which the visitors could write their comments. By the end of the day we had about 50 visitors and when we read the feedback chart we were amazed to see so many encouraging responses.

All of them had left and the big day was over. Our feet aching and our throat hurting, we all looked at our colourful class which made us think about the wonderful day we had.

Manasa Rao, Grade 6B



This year our projects were all based on a scientific investigation which made our projects a cut above simple demonstrations given to our parents and others who visited our Project Day. We had to follow the steps of scientific inquiry which are:

1. Develop a question.
2. Plan a procedure or an investigation.
3. Give a hypothesis or a prediction of what you think will happen.
4. Observe and record data.
5. Analyze the data recorded.
6. Come up with a conclusion which is the answer to the question.

Parents and teachers had come to all the class Project Days and they also asked the students many different questions about their projects. 8th grade had many unique projects to showcase. For their English project, the students of grade 8 had created a film which was a spoof on Mark Twain's classic Prince and the Pauper. The students had done all the work completely by themselves from script writing and shooting to the technical editing. Their movie Princess and the Pauper's trailer was first released on the Project Day.

The students had done many projects for other subjects using various types of mediums such as DVD, PowerPoint, videos, charts, reports, scrapbooks, models, and many more. We caught an audience of all ages. Students from the primary school had come to see what their seniors had come up with as well as our parents and grandparents. I think it's safe to say that everyone was impressed with our work and that good work pays off.

Project Day was interesting for everyone. We had fun and yet learned a lot in one way or another. It was definitely an experience worth congratulating ourselves on although there is scope for improvement. We are all looking forward to the next Project Day and we hope we will have more of an audience to come and admire our works and appreciate our talents.

Nikitha, Grade 8

In the weeks before our much awaited Project Day, we were working continuously on our projects. We had projects in each and every subject. We also practised speaking and answering questions. A lot of research was involved, for me especially in chemistry. We made exhibits using different materials such as thermocol, cardboard etc. Some students gave presentations and came up with interactive activities.

Finally, the day arrived. We displayed our exhibits and made the class look attractive. My exhibits included flowcharts in computers, my physics experiment about bending of light, my English poem about my father, my power point presentation on communication, and my research in chemistry. Soon senior classes and the teachers started coming in and we started explaining our work to them. The parents and teachers asked me tricky questions which required out-of-the-box thinking. It was a good experience for me.

I looked at the other exhibits of my fellow classmates. The Hindi project was an interactive activity where the students would ask the visitor a question about a famous personality. The Tamil project was a model about different places. The French exhibit was a model of a shop and my friend explained about the French market. In chemistry my friends had done an experiment on acids and bases and showed some tricks. It was amazing to see the colours changing to wine red, orange, teal etc. The biology exhibits were also interesting. In physics, since we are learning about light, students displayed kaleidoscopes that they made in their physics class. The patterns seen in the kaleidoscope were cool!

In global studies students had done a great job in researching about different countries and their unique features, the geography, history, the fauna, the agriculture and the most interesting exhibit of all was the famous personalities of respective countries.

To put it in a nutshell, Project Day was an absolute success.

I'm already looking forward to next year's!

Shrinidhi Kannan 7A





# Field Visit to Birla Planetarium

The children of the 6th grade went on a field visit to the Birla Planetarium.

Some of them share their experience:

We, the 6th graders went to the Birla Planetarium. Once we reached there, we first saw the science exhibition. There were many things at the science exhibition like the infinity well, infinity train, airplane models, ship models and many more. There was a place called the 'House of Mirrors'. There were a lot of mirrors and many shapes in that place. In the infinity well there was something like a well and in that there was a mirror at the bottom. If you press the button a light will come and will reflect onto the mirror so it looks like the well goes on and on. The same thing applied with the infinity train. Then we went to the Sky theatre. There we saw a movie on a huge dome like structure. In that video, we learnt about how the telescope was invented, heliocentric and geocentric theory, Newton, Galileo, and Copernicus. Then we went to the 3D theatre. We watched a funnier and evil version of Alice in Wonderland. I liked it a lot.


Amritha Sridharan

At Birla planetarium we learned a lot about space. In the beginning of the sky view show they told us about how the first telescope was invented. In 1609 Galileo built the first one. Next they showed us how he used his telescope to look at Jupiter and its moons- Io, Callisto, Ganymede, and Europa. They are called the Galilean moons because he was the first to study them. The 3D show was pretty boring but it had cool effects. There was actually nothing related to physics in it and so I can't say much about it. Overall it was a good trip.

P.S. We had snacks on the bus.

Gautam





We went to Birla planetarium as part of our physics field trip. In the planetarium we saw a short film on planets and a 3D show that was based on Alice in Wonderland. There was a science museum where we saw the trainer aircraft, Brahma's-missile, the predator-boat, the trading vessel, infinity well, the energy ball and the final thing was the potential energy experiment. The experiment I liked the best was the potential energy experiment. There was a room filled with funny mirrors which was awesome. I thank the school for organizing the field trip to the planetarium.

Bharati. S

My experience in the planetarium was awesome. I had lots of fun and it was also educational. There were exhibitions there and many cool experiments in the exhibitions. My favourites were the marine exhibition and the physics exhibitions; even though we did not spend much time there I still learned a lot. After the exhibitions we went to the sky theatre. The sky theatre was huge. They showed us a movie about telescopes, planets, space and even galaxies. The movie was roughly 40 minutes long and I also learnt that it is possible to educate yourself in a fun way in just 40 minutes. I liked this field trip a lot and hope we have more like this in the future.

Thank you.

Sweatha



# Should software and technology replace traditional books and pens in schools?

V

This was the hot topic of debate by the students of grade 11. Technology, as such, has many pros and cons. But when it comes to school, as part of education?

We shall now present you with a few glimpses of the debate...

O

First, we shall look at the effect of technology on the learning styles of the students. Some students argued that looking only at the textbook is monotonous. However, technology not only makes learning fun, but also gives us access to an unlimited field of knowledge and therefore facilitates research for better learning. But as students we must agree on the fact that it can lead to distraction. Not all students will be willing to study when they have a computer placed in front of them.

I

Next, we shall consider other factors such as cost. Yes, computers cost a pretty penny, especially because the school needs to provide one for each student! But students did argue that "It is a onetime cost!" Because it is durable and it does not need to be bought every year. On the contrary, there will be a necessity to buy one every year in order to provide for the newcomers of the school. Besides, with the world we are living in today, technology will always need updating. Thus, it adds to the budget!

C

Let's consider the security issues. It is likely that portable objects such as a graphics tablet or a laptop could be hacked to access the details of a student. However, if the school has enough security such as its own internet, a firewall, etc, then the students are safe from online security issues.

Global warming was another area of the debate. If technology were to replace books, then it prevents deforestation. On the other hand, if technology was to be updated, then the old computers would be burnt which would result in a greenhouse effect! Too much of electric supply is also harmful for the environment.

E

To conclude, with many pros and cons, we cannot decide if technology should completely replace our traditional books and pens. In fact, our debate couldn't come to an end for it was time for lunch!!!



**APL is all about inclusion and we wanted to hear our students' views on that in their own words.**

**So we asked for their response to the statements: "Every child has the right to a good start in life, has the right to go to school along with everybody, have equal opportunities and full participation. And this is so important for children with special needs."**

**OPINION**



"Yes, children with special needs should get a chance to participate, just like all the other children."  
Sai Vinika, Grade 11

"Yes, every child should be treated equally. They have rights like everyone else."  
Hariti, Grade 11

"Instead of being ostracized by society for being different, children with special needs should be accepted as equals."  
Mathura, Grade 11

"Yes, every human being is the same and hence should be treated the same, too."  
Anjali, Grade 8

"All children are the same and shouldn't be treated differently."  
Gayatri, Grade 9

"Every child is unique in his or her own way and hence should be given a choice."  
Vidya, Grade 10

"Every child needs to go to school because they have rights. They have the right to learn."  
Hanna, Grade 10

"Every single child has a talent, and it is their right to learn and showcase them."  
Rahul, Grade 11

"Yes, it is especially important for those with special needs."  
Surya, Grade 11

**Meet Nivasini,** a Grade 10 student at APL, known for her excellent performance in academics and external events. She has ranked high in various events such as BAIT-12, Debating Society-ISDS, Sankara MUN, FIITJEE-Science Quiz, Math and Science Olympiad, and other Talent Examinations. She has impressed all her subject teachers with her poised manners and compliant nature. She is leaving APL Global School this year and here are a few excerpts from an interview with her. We wish her good luck.



**NIVASINI ANANTHAKRISHNAN**

**What are your strengths?**

I like debating. Thinking argumentatively. Being aware of everything around me and analysing with a different perspective. Dancing is another forte of mine, where I was able to prove my mettle.

**How do you feel about your accomplishments at school?**

They're a major motivating factor, they lift my spirits.

**How did you prepare yourself towards your accomplishments?**

I visualize what I want to do and when I have a clear picture, that helps me get where I want to.

**Who inspired you?**

My Grandma. She's a unique person who has a lot of skills but most importantly, she stands for what she believes in.

**What are your other interests?**

Bharatnatyam, reading, research, debate.

**We heard that you are leaving school this year. How do you feel about that and what would you miss the most?**

The way it runs (APL), how it is centered on the student community. How everything is organized by students. The other thing is that I have had a lot of opportunities to try new things at APL.

**How many years have you been in APL? How was your experience?**

Two. It is different from other schools (in a good way). Positive and nurturing.

**What were your most memorable moments?**

There were a lot of little things...random, crazy moments of laughter in the class, first time when I broke a test tube in the lab...with no consequence...Working with NIE, Times of India for the student edition...

**What qualities do you believe helps a student become an achiever?**

Passion and perseverance.

**What would be your career choice?**

I would like to explore a lot of avenues. Pursue research...in science (do not have anything in particular in mind as yet). I have a strong wish to do a PhD and also intend to pursue higher education abroad.



# DAZZLING SCIENCE

A kaleidoscope works because of reflection.

It was invented in the 19th century by Sir David Brewster. He named it from two Greek words meaning 'beautiful' and 'form', and added the word 'scope' to show that it was something that you look through. It is basically a tube lined with mirrors set at angles to each other. The end of the kaleidoscope should let light through which will lead to a display of patterns.

Okay, now let us see how to make your own colourful and attractive kaleidoscope.

Things you will need:

- 3 big rectangular mirrors, 1 small triangular mirror
- Beads
- Tape
- Newspaper
- Fevicol
- Transparent plastic sheet

Recently we had our project day where we exhibited many projects. One of them was the kaleidoscope which was displayed in the physics corner. I would like to share how a kaleidoscope works and how to make one!!

1. Take one mirror and put it on a table. Tape another mirror to the right side of the mirror on the table and yet another to its left.
2. Tape the three mirrors together to make a triangular tube. Now tape the small triangular mirror to one end of this tube.
3. Apply fevicol on the outside of the mirror case. Stick strips of newspaper to the mirror case.
4. Once the glue is dried, you can decorate the mirror case with beautiful colours.
5. Now put some colourful beads inside the mirror case.
6. Close the open end of the mirror case with a transparent plastic sheet.
7. Make a small see-through hole in it.





# Open Boat



## A MILLION YEARS AGO



Sometimes I sit and wonder about stuff I don't know. Like what the earth was like a million years ago.

Did dinosaurs rule the world?  
Did humans even exist?  
But I still don't know what the earth was like a million years ago.

When I searched the internet about stuff I didn't know  
I came to know there was no internet a million years ago.  
And now I sit and wonder how students did their homework a million years ago...

Zulaikha Abdul, Grade 7B

I could hear people arguing though only faintly. The muffled and angry voices were difficult to comprehend at first but as they got louder I began to grasp what they were arguing about.

Euthanasia. I said to myself, "Why would they be discussing such a topic?" Then it struck me. I was lying on my bed motionless with tubes going in and out of my body, through my wrists. I had on a mask that helped me breathe and complex medical equipment lay by me on a desk. I started to panic. The heartbeat monitor went blasting through the rooftop. Hearing this, a couple of nurses rushed in and helped me sit up straight on the bed. My uncle tried coming in but was stopped by the doctors. I got a glimpse of his face. He seemed unhappy. I knew that at least he was against the plan to put me down. With what little strength I had left I pointed at my sofa and muttered painfully. The nurses saw this and rushed to my aid when they were just about to leave the room. They insisted that I stay on the bed and rest but I was persistent. I figured that if I was going to die I would want it to happen on my sofa.

They put me down on the sofa. The cushion was so soft that I no longer felt any pain in my lower back. The sofa was only a little closer to the door than the bed but I could hear the arguments a lot more clearly. I listened very carefully and the longer I listened, I knew that I was closing in on my final moments. Just before leaving, one of the nurses turned on the television. The noise from the "idiot box" overpowered those from the people outside. I was furious but I had no energy left to express my anger. Just then, my dog came thrashing through the door, pushing aside everyone in its way, just to stand by my side. It licked my face and put its head near mine and just sat there. The silky soft golden fur, the dark innocent eyes and its smile just washed away my anger and brought a smile to my face.

The door shut slowly, leaving only me and him in the room. I no longer cared about the arguments. I just wanted to lie down beside my best friend.

A. Shivaadhith, Grade 12



I was Born,  
sweet and dark  
chubby and petite  
as gay as a lark

A baby I was, one of millions  
Go deeper and you will see that my world was gray  
filled with stark nothingness  
for I could not and never will see the colours of day

Oh how it is,  
To be as deaf as a mule  
I can't hear my own life hammering away in my chest  
my world is black as a rule

How could they?  
the gods, leave me in their meanness  
to endure  
the suffocating darkness

My teacher and I,  
we walk along a path,  
settle down on a bench.  
With his books, he begins to bore me to death

I know it will snow,  
I stretch out my hands to save the flakes from the fall  
My teacher wagers it won't happen  
It does and he is the one who is galled

To me, it seems that the snow is singing to me  
Through word of touch, I am healed  
It is not tasteless and yet I can smell the night  
All the while my mind is aglow, vistas of hope are revealed

I just need to believe that my world is not all black  
I begin to forgive  
all the gods, people and nature herself  
the world is fair in a way. I can still live

Somewhere a princess yells when she sees a knight  
and falls down the stairs, into the arms of happiness  
As it snows, I wonder deep into the night  
of wonders that lie beyond my world of darkness

# Black

(inspired by the movie Black)

Harsha Jayanthi  
Recent Alumnus

# PHOTO GALLERY



Sculpture photography by Prahald Guru, Grade 10  
(sculptures by Sanjana Chandrasekhar, A level)





# Water

Photos by Aadityan, grade 8

Precious Water



Rain



Water Flower



Water Drop





Light Circles



Playground



Mehendi

# Concert Photography

by Amritha J, grade 11



# Junior Corner

## THE TICKLY MOSQUITO

The tickly mosquito landed on the  
bench  
when I was crunching chocolate  
on the bench.  
The mosquito landed on my leg  
when I sat down and dug.  
The mosquito pinched my hand,  
which was big as a band  
My hand swelled like a bee  
when I looked out to see,  
I saw the sky  
and I saw a fly.  
So I ran home as fast as I could  
so I should not get more of a  
wound  
When I reached home I shut the  
door  
Then the rain suddenly started to  
pour  
The mosquito was trapped outside  
Well, I was safe inside!

Pranav Ponnivalavan  
Grade 4 B



## Brain

My favourite part of the body is the brain.  
Helps you think faster than a bullet train.  
In your body it is main.  
Whatever mistake it makes, don't blame the brain.  
I like the brain.

*Pranav Rajasekar, Grade 2 A*



## Kangaroos

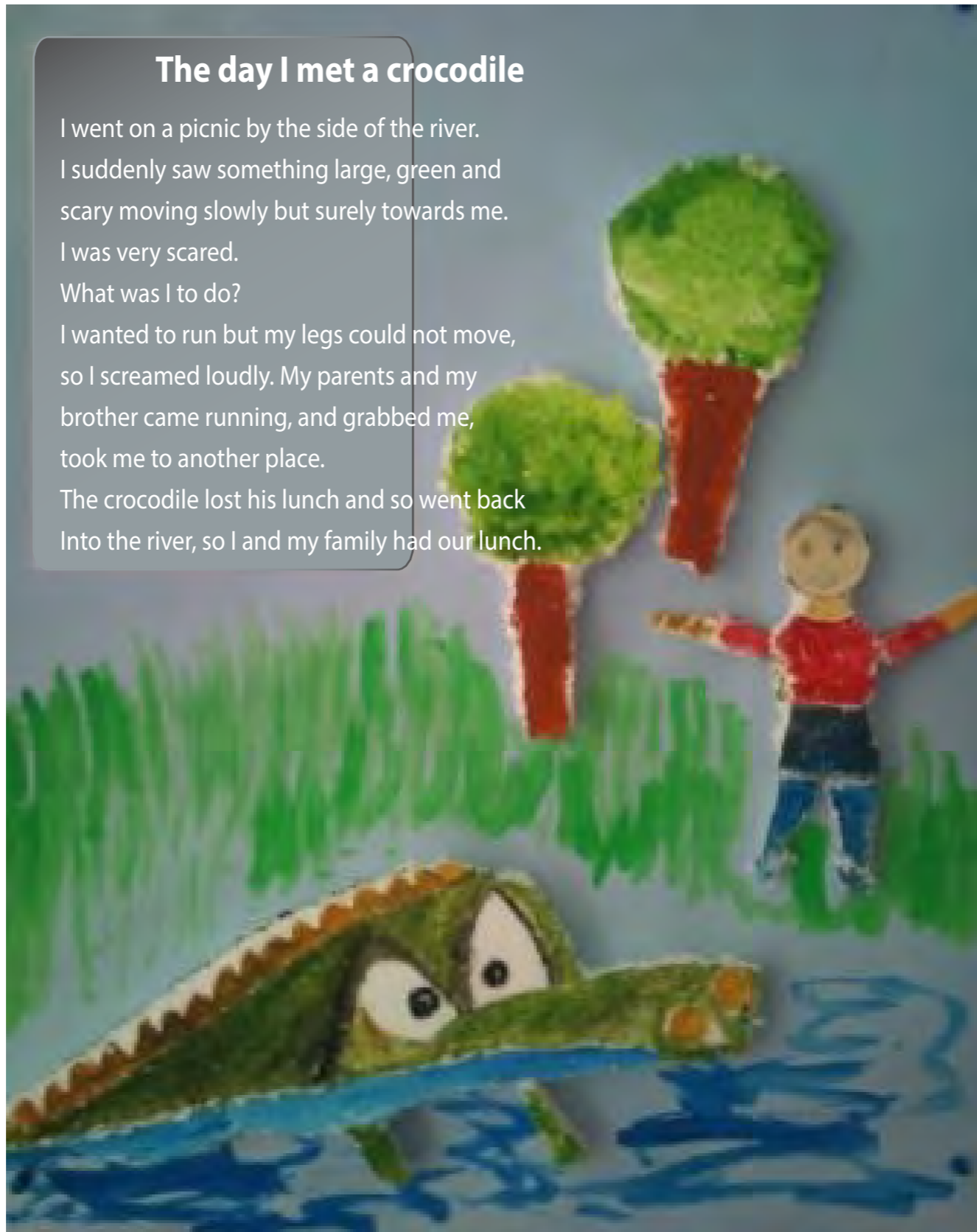
Kangaroos can hop like crazy  
They are certainly not lazy  
They keep their babies in their pocket  
Before the predators can eat them, the kangaroo will say  
"Stop It!"

Charan Muthuraj  
Grade 5



### The day I met a crocodile

I went on a picnic by the side of the river.  
I suddenly saw something large, green and scary moving slowly but surely towards me.  
I was very scared.  
What was I to do?  
I wanted to run but my legs could not move, so I screamed loudly. My parents and my brother came running, and grabbed me, took me to another place.  
The crocodile lost his lunch and so went back into the river, so I and my family had our lunch.



Arjun R, Grade 2 A



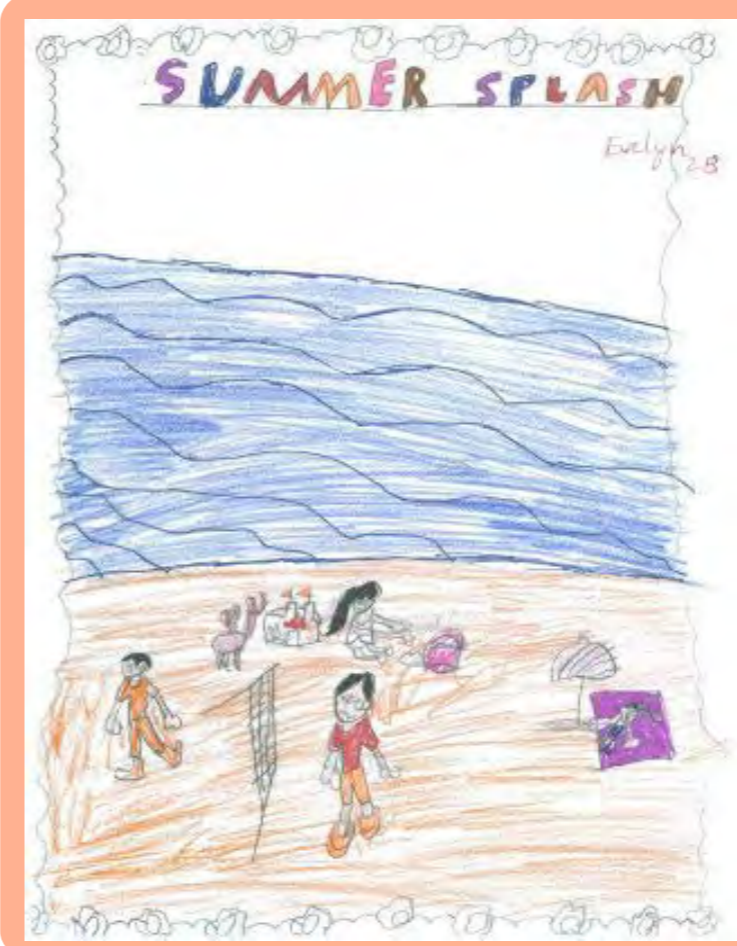
Nakshtra, grade 2B

Abhinav, grade 2B





Evelyn, 2B



Aditya, 2B



Shruthi, 2B

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Recipes for Kids  
Early Morning Cookies

Ingredients:

- 1 cup flour
- 1 cup grated carrot
- ¼ cup butter, melted and cooled
- 2 large eggs
- 1 cup walnuts
- 1 cup oats
- ½ cup honey
- ½ cup dates, chopped
- ½ cup dried apricots, finely chopped
- ½ cup raisins
- 1½ cups oat cereal
- ¾ tsp nutmeg
- ¾ tsp cinnamon
- ½ tsp baking soda

Preparation:

- Preheat the oven to 350 degrees F
- In a small mixing bowl, beat together the eggs, butter and honey, until mixed well.
- Then add the carrot, fruits, oats and nuts.
- In another mixing bowl, combine the flour, oat cereal and baking soda.
- Add the flour and cereal mixture to the fruit mixture. Mix it well to prepare dough.
- Make medium-sized balls of dough and flatten them a bit.
- Place them on the baking sheet and bake for about 15 minutes in the preheated oven.

# Potpourri





# Whole-Wheat Pancakes

## Ingredients:

Non-stick cooking spray  
1 medium apple, cored and diced (about 2 cups)  
2 teaspoons honey  
 $\frac{3}{4}$  cup whole wheat flour  
 $\frac{3}{4}$  cup low fat milk  
 $\frac{3}{4}$  cup all-purpose flour  
1 cup low fat buttermilk  
2 teaspoons baking powder  
2 large eggs  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
**Optional Topping**  
 $\frac{1}{4}$  cup sliced almonds  
 $\frac{1}{4}$  cup real maple syrup, plus more for serving  
 $\frac{1}{4}$  cup hulled (green) pumpkin seeds  
 $\frac{1}{4}$  cup toasted wheat germ  
 $\frac{1}{4}$  cup sunflower seeds  
A pinch of salt  
1 tablespoon sesame seeds

## Directions:

To prepare the pancakes, place the apple in a microwavable bowl, cover it with plastic wrap and microwave for about 2 minutes on high. You will have a soft mushy apple ready.

Whisk the flours, baking powder, baking soda and salt together in a large bowl. In another mixing bowl, whisk together the eggs, buttermilk,  $\frac{1}{2}$  cup of milk and honey. Add the egg mixture to the dry ingredients slowly, and keep whisking, till you have smooth light batter. If the batter gets too thick, add some milk to lighten it.

Spray a large non-stick griddle with cooking spray, keep over medium heat, and pour about  $\frac{1}{4}$  cup batter per pancake into the pan. Place a tablespoon of cooked apple on each pancake. After about 2 minutes, once the pancake tops have small bubbles and the edges seem cooked, flip them over. Remove when they turn golden brown and are completely cooked.

Serve with topping or maple syrup.

To prepare the topping, toast the almonds and pumpkin seeds in a skillet over medium-high heat, for about 1 minute. Add the sunflower seeds and sesame seeds consecutively, leaving a gap of a minute between each addition. Roast all together for about 30 seconds more. Put the toasted nuts and seeds into a bowl, and add the wheat germ and the syrup. Your healthy topping is ready to be served.

Janavi Ahuja, Grade 11



Reading Ms Meera Asrani's resume is a bit overwhelming as her accomplishments and qualifications as a psychotherapist and counsellor are many and varied. But when you meet her you find she is so down-to-earth that she puts you completely at ease. Meera Ma'am joined us recently as School Counsellor. Excerpts from an interview:

How do you feel about being in APL?

Great! I love the open atmosphere. There is a lot of freedom to be yourself and express yourself. There is a very receptive, honest interaction between the staff, a healthy environment.

What brought you to APL?

Same reasons. Basically the philosophy of the school: all inclusive, students from various backgrounds.

What made you choose this profession?

I like looking at a person holistically.

What qualities do you believe a good student should have?

I choose not to answer that question, because there are too many labels, and it is highly subjective.

What are your other interests?

Reading, painting, golf, adventure sports, travelling.

If you were to choose another profession, what would it be?

Psychiatry, because it would let me become more equipped. I'm a psychologist but although it is quite similar to psychiatry, psychiatry would enable me to prescribe medicines to the patient.



# TeacherSpeak

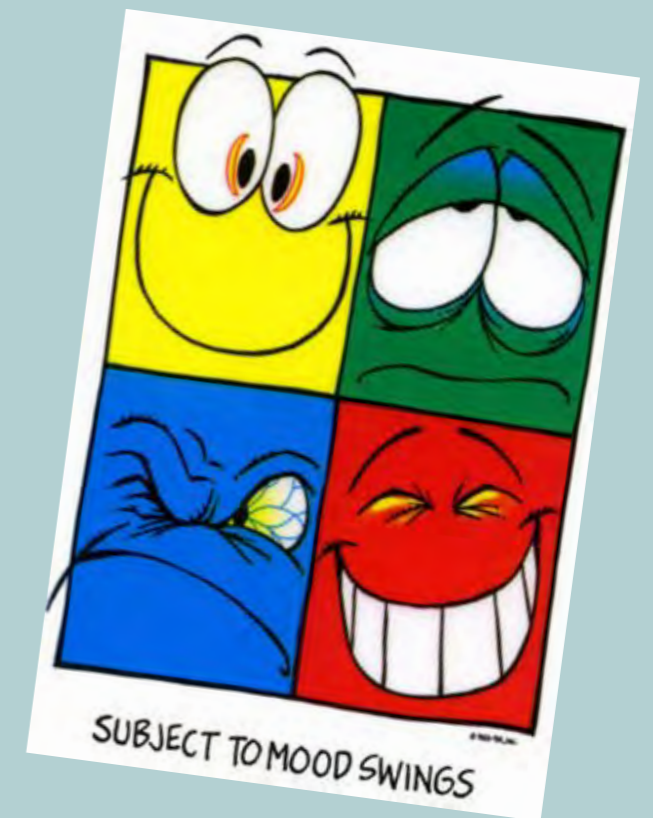


# Academic Pressures on Children

We are witnessing an age where there is too much thrust on the students for academic performance from both family and society. When we think about our childhood and school memories, we can only recollect happy, fun and proud moments. What would be the emotional undertones of the memories of present day children, if they were to recall their childhood later in their adult life? Somehow, I fear that their childhood is being compromised in this mad rush towards academic and occupational goals.

I would like to draw your attention to the kinds of experiences children may be dealing with due to academic pressures:

- Anxiety about things going wrong
- Feelings of inadequacy
- Last minute cramming
- Feeling hopeless
- Overconfidence
- Peer pressure
- Lack of goals/lack of planning
- Lack of interest or motivation
- Being distractible
- Fatigue or low levels of energy
- No concentration
- Poor eating and sleeping habits
- Disoriented or interrupted daily routines
- Emotional disturbances
- Weight loss/gain
- Mood swings



As a teacher and a parent, I think the role that we play in this is very important. Helping children to set realistic goals, planning and achieving in piecemeal, establishing daily routines, providing support and monitoring, and giving positive feedback are critical to reduce their pressures. Please take care that they do not miss out on the fun and happy part of this stage in their life.

# Expressions Unlimited

## *Parampara - The Culture & Heritage Club*

In Culture & Heritage Club we learnt some traditional games during the club hour. Ma'am taught us Hopscotch (Stapu). Most of us had never played this game before and so learning and mastering it was really exciting and fun. A geometrical design containing 2 feet wide boxes was drawn on the floor and the player had to throw a flat stone into the first box and hop on one leg over it and move on to the next box. This continued till he/she finished all the boxes. We had to balance on one leg, bend down and pick up the stone on the way back. This was tough involving physical dexterity. The next game we played was Kabadi. This many of us knew and ma'am acted as the referee. Though this was a rough game we played with a lot of enthusiasm without getting into any fights. What I learnt here was teamwork and how coordination amongst members is very crucial to win the game. Looking forward to more such games.

Aman Gopinath, Grade 8B



## My Experience of the Music Club

The Music Club is one of the most awaited periods in school. Our teachers are very skilled and experienced in music and are also great fun to be with. They always encourage us to try and sing, or play instruments, since music is a creative field. If we think of it, most of us may not be able to imagine life without music. The club has a variety of instruments including Electric, Classic and Bass Guitars. It also has Drums. I love music because I enjoy it, mainly singing and fooling around with guitars or other instruments. I also enjoy expressing myself through such a creative and rich field.

Ruthu, Grade 8





## Blitz – The Music Club

The Music Club is like an escape from our daily classes. It's one of the Expressions that we all wait for. The minute we step into the room...it's a place we never want to leave. We have so much fun just singing and playing instruments, time passes so quickly. I have been part of the music club for a year and we have done many varied and interesting activities. We have had sessions on our vocals and also practised a couple of songs and had a wonderful experience playing it for the assembly. We were also in charge of the music department of the annual day! It was an amazing opportunity for all of us. It's definitely something we would all cherish. Finally, I would like to thank all our music teachers who made the music club so fun and interactive!

*Varsha Vadlamani, Grade 10*



## Black & White – The Art Club



The students of the art club were engaged in Kalamkari painting, the traditional painting of Andhra Pradesh. They drew images and patterns on organic cloth and filled it with organic colours. They enjoyed developing their skills while learning this traditional art.

Here are some amazing works showcased.



# THE UNEDUCATED PHENOMENA



# ParentSpeak

Suresh Krissna

Father of Amritha & Varshini Suresh, Grade 11

One thing that always is a mystery for me is— how come many geniuses and legends from every walk of life aren't academically accomplished? A Sachin Tendulkar, a Rajnikant, a Bill Gates have barely completed school. If they have gone on to become great names and icons, do we need to study at all? It's not that the educated have not become legends and icons... But then it is this particular category of not so academically brilliant people who surprise me with the heights they have achieved. Now how to define this success? If this happens with just one person then we may call it a fluke but then there are so many uneducated people who have reached heights. At the same time there are so many academically bright who have not achieved anything much. Now the question for a student who looks upon these greats and legends for inspiration is—which path to choose?

Well it's a little difficult to understand this phenomenon but I will try to explain it in my own way. Nature earmarks only a few individuals, educated and uneducated, to be a genius. Some, whose works and lives will change the way of living for mankind. In the scientific field an Alexander Bell, a Newton, an Albert Einstein, a Galileo... In cinema a Steven Spielberg, an Alfred Hitchcock, a Satyajit Ray, an MGR... In politics a Nelson Mandela, a Mahatma Gandhi, an Abraham Lincoln...



As these legends are few and rare... it is very important to look into their psyche.

- » THEY NEVER THINK THEY ARE GREAT.
- » THEY NEVER WORK TOWARDS BECOMING GREAT.
- » THEY REALISE THEIR POTENTIAL AND GO ABOUT THEIR LIFE AS IT COMES.
- » THEY TOTALLY ACCEPT THEIR POTENTIAL AND LIVE A LIFE OF TOTAL ACCEPTANCE OF NATURE.
- » THEY QUIETLY AND WITH AMAZING HUMILITY ACHIEVE WHAT THEY HAVE TO AND NEVER ONCE DO THEY SHOUT FROM ROOFTOPS THAT THEY ARE GREAT.

Yet, in my analysis, it's very important to realize that to take the few uneducated greats as examples and avoid education will be a great blunder. So my suggestion to children is— if you are that rare genius then right from childhood you will automatically know it... Or halfway through school the awakening will come and the path will unfold before you. But till that time that awareness happens or someone taps your genius...it is very important to educate yourself. School is the perfect place where teachers spot your talents, develop them, nourish them and guide you. Today the world has shrunk, country to country exchanges and businesses are happening almost every day. It's a very competitive world and to be in par with others in other countries, we have to raise our bar.

My advice is— achieve your full potential, achieve your goal but not with strain but with a smile. You can achieve anything with a smile.







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We would love to have your feedback too!

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