

SHENSTONE MAIL

- NEWSLETTER -

The second edition of our school newsletter

October 2022



NOOL - Weave your future

BY URVIL SETHIA, 11-C

Restarting your life all over again is not an easy job; it needs a lot of courage and determination. That's why on August 25th, The International Foundation for Crime Prevention and Victim Care (PCVC) launched 'Nool - Weave your future' to help support women in their shelter as well as those living outside.

It offers easy access to those who have survived domestic violence and who need help at hand. One common issue faced by the survivors of domestic violence (both women and members of the LGBTQ+ community) is that once they leave an unsafe household they are destitute, and hence are unable to make ends meet.



Set up in collaboration with The Madras Seva Sadan and Husky Corporation, Nool provides the survivors with necessary resources.

The vibrant space is filled with clothes, accessories such as bags, home decor items, art, and furniture. When women are denied basic needs, they are offered emergency kits which include essentials and sanitary napkins. These kits are gift-wrapped so they don't feel awkward having to ask for the bare necessities.

Located on the premises of the Madras Seva Sadan, Nool is a place for all: a small space with a beautiful interior which makes the clients feel like they are shopping in a mall and not just accepting charity. The clients make a wish list and are given coupons worth various points depending on their need. The clothes come in through donations and are then sorted: if the clothes are too old, they are discarded. When survivors choose what they can wear and how they can keep their homes, they are in a position of control. This initiative is a step towards making a better future for those who thought they wouldn't have one.

Nool accepts gently used, pre-owned items in good condition. It is open from Monday to Friday, from 10am to 6pm.

BY IMRAN AS, 11-C AND JIYA JAIN, 11-B

We were delighted to have the opportunity to interview Srishti Kucheria of class 12 C, who was the Secretary General for the Sir Mutha Model United Nations conference of the 1st and 2nd of August, 2022.

Q) How was it to be part of the organising committee and what sparked an interest in MUN?

It was an unforgettable and exhilarating experience. The most significant aspect is that students from different backgrounds come together to focus on a problem and work towards a resolution.

Q) What were the difficulties faced by the committee?

We faced a lot of problems from petty miscommunication to big blunders. But no matter what came through our way, the committee and teachers stood as a united front.

Q) What was the turnout of the event?

The turnout was amazing; there were about 200 delegates participating across different committees and it was a pleasure to host them all.

Q) How did you feel when the event concluded?

There was a sense of accomplishment all around. Personally, I must say the highlight was hearing those golden words from Samira ma'am that the committee had done a perfect job.

Look out for:

- ✓ Insightful interview with Srishti Kucheria, Secretary General of SMMUN '22
- ✓ Portraits of Madras
- ✓ "The Mission and the Mangoes"- book by Hena Parveen, class 2



APOLLO SHINE HEALTH SCREENING

BY TREASA VIPIN, 11-B

On Friday, the 12th of August, The Apollo Shine Foundation conducted its annual health screening for students from Junior Montessori to class XII. It takes place every year to monitor growth and development. At the very beginning, the students' heights and weights are determined, succeeded by various visual, hearing and speech tests. An examination of the ears, tongue, and teeth is carried out by an experienced physician. Health screenings are efficacious in identifying diseases in students who have shown no symptoms earlier.

MONTHLY SPORT

BY DEEPTI ASWANI, 11-C



In order to commemorate the celebration of Independence Day, the students of Sir Mutha School and The Madras Seva Sadan marched in unison to bring in the momentous milestone.

Entertainment and festivities included a host of programmes such as a dance performance by the students of Seva Sadan. The air was filled with the sounds of patriotic songs sung passionately by the students of Sir Mutha School and Lady Andal House of Children.

The tricolour was hoisted by Ms. Varsha Menon. The event had a demonstration of a martial art form called Silambam by two students: Jyothsna and Hemanth of class 11 and 9 respectively. They showed their skill in the use of the main weapon (a bamboo stick). Ropes and hooplas were expertly maneuvered by them in their display of this ancient art form.

Our school also inaugurated the Community Fridge as a charitable gesture. It encourages the school community to donate food and supplies for the poor.

A SPORT PASSED DOWN FOR AGES: 'SILAMBAM'

BY JYOTHSNA P, 11-A

Silambam is an Indian martial art, originally from south India. Although fabricated for the sake of defense, it has various benefits. It improves blood circulation, flexibility, relieves mental stress, laziness, and fatigue in the body.

"It all began when I was twelve years old... I started learning silambam for the sake of defense but later being engrossed by the sport, I started working hard and participating in many tournaments. It was hard in the beginning, but I finally won the state championship!

My friends and I participated in a world record program portraying various styles of silambam for 50 hours continuously and also set a record in the Noble book of World records. My goal is to quench the thirst for effectuation."



MADRAS DAY CELEBRATIONS

BY DEEPTI ASWANI, 11-C



Madras Day is celebrated on the 22nd of August every year to mark the establishment of the city. Chennai was formerly a fishing village known as Madraspatnam. Madras Day focuses on the city's history, its past and its present.

In order to commemorate the joyous occasion, the Heritage Club of our school organized various events which encouraged students of all classes to participate in fun activities and experience everything Madras has to offer. The students participated enthusiastically to make the day memorable for all. They were clad in traditional attire and brought a festive feeling to the whole school.

"THE MISSION & THE MANGOES"

book by Hena Parveen of class 7

Interviewed by Ryka Rajkumar, 11-A

An insight to what Hena Parveen has to say!

"I grew up listening to stories my parents told me about the beautiful rivers, hills and the Silent Valley in Kerala but after reading the news of global warming, I wondered if our beautiful planet would survive in the future.

I decided to write a novel based on the captivating combination of global warming, the Silent Valley and a space mission. Seeing the published copy of my book was indeed a magical moment. I hope others students will be able to connect to my story so we can make a difference and create a better world together!"

AROUND THE WORLD...

by Yuvaansh Chowdhari, 11-C

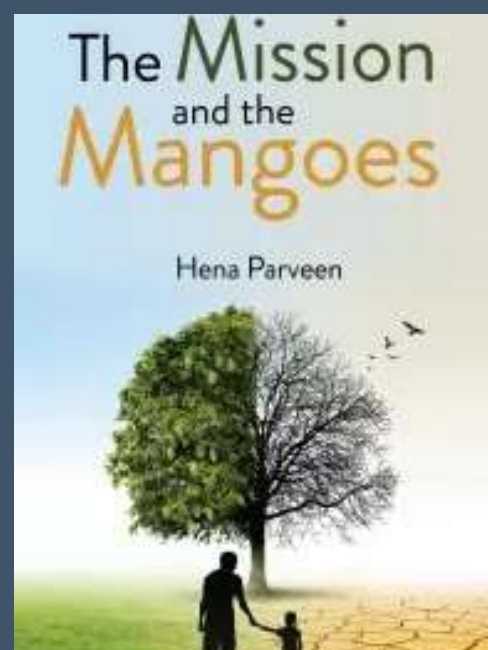
16/08/22: Apple becomes the first tech giant to explicitly ban caste discrimination.

08/09/22: The passing away of Queen Elizabeth II.

15/09/22: Roger Federer announces his retirement from tennis.

16/09/22: Gautam Adani, Chairperson of the Adani Group has now become the world's second-richest person at a net worth of \$155.7 billion.

September 2022: India won the 3-match series against Australia (2-1) in the T20 cricket matches.



Available on Amazon for Rs. 299.

BY JASH AGARWAL, 11-C



*God knows,
Our thirst to learn,
And to have a bright future.
So he created teachers to nurture us all,
With hearts of dedication,
Of kindness and patience,
Who would guide us all in every situation?*

*When I started school,
The day seemed so far away...
Now it's here and I cannot believe
That time has passed so quickly
I came into your class to learn and grow-
But what has touched me most is the love you have shown.*



*It takes a special person
To teach a child in class.
For a child who has lost his way,
and to a child who feels abandoned-
You are a special person
Every child who has your class
Is truly blessed.*

NOTE FROM THE EDITOR-IN-CHIEF

It is my privilege to present to you the second edition of the Shenstone Mail. We have worked arduously to compile the views of the students on the events that took place in August and September, along with providing some context as to what each occasion symbolized.

I thank the correspondents, principals and teachers that took the time to help us out. I am grateful for the wonderful contributions that my peers sent in and urge the rest to participate too. Please send in your suggestions as any opportunity to improve is appreciated.

Happy reading!

-Shloka.

PORTRAITS OF MADRAS



SUNSETS
BY JIYA JAIN, 11-B



NAPIER BRIDGE
BY DEEPTI ASWANI, 11-C



SILHOUETTES
BY GRETHI GADIYA, 11-D



WALL ART
BY URJA SETHIA, 11 A



CITY LIFE
BY URJA SETHIA, 11-A

BY MAYURI YAAZHINI, 10-A

Hot steams billowed out from behind the tea master's station while overlapping chatter filled the air as my father asked me if I had remembered to pack a raincoat for the trip. A few hours later, Cochin greeted sixty half-asleep tenth graders from Sir Mutha School with a bright, clear, sunlit sky. Two long buses waited to facilitate the journeys to the resort; filled with infectious laughter, loud snores, frenetic dance and off-key singing.



I, for one, could barely stand still when we arrived at the resort, bouncing with energy, keen to immerse myself in the captivating scenery before us. A small lake amid tall trees, plantations as far as the eye could see, a grass football field situated almost on the edge of a cliff and wildflowers adding a pop of colour.

Mornings were filled with ziplines, obstacle courses, games and encouragement and the nights with dance, music and enthusiasm, a ritual that marked the end of a day.

And in the blink of an eye, it was time for the green and peace around us to shift into noisy horns and tall buildings, but little did we know that Cochin City would surprise us with memories that would last forever: A cruise from the harbour, filled with song among the ripples and the sky painted gold, orange, and red; a sunset that we would never forget. A quaint part of the city almost waiting to be found, with glimpses of history filled within the palace turned museum, the old church, the walk down Jew town and Fort Kochi.

In a flash, we were sitting on the train, late at night, trying to stay awake, trying to keep those small instances fresh in our memory, for they were already slipping away.

Four days of madness. Four days spent to the fullest.

Those memorable, wonderful days.

KEEP AN EYE OUT FOR :

-> *Padma Bhushan Lady Andal Memorial, Volleyball, Cricket, Football, Kho Kho Tournament !*

-> *Founders Day special!*

-> *"Get to know your teacher" column!*

IN THE DECEMBER EDITION :)

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