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VOLUME 1, ISSUE 01 2020

HAPPY CIRCLE

The official newsletter of
HOPETOWN GIRLS' SCHOOL

COVID 19 – TRANSFORMING LIVES

BY PRINCIPAL MAYA NORULA

Hello Girls!

In my 60 odd years, I have been through three wars, a major earthquake (in the Andamans in December 2004) and several other, more contained natural and other disasters! But THIS! Is certainly a first! And an experience that is perhaps more transforming than any other.

For one thing – it has given me a chance to grow my hair again! You have no idea – but I look very much like Mowgli, Raffiki and Zazu at the moment! So, we make a pretty foursome when we are out on walks! People say dogs begin to look a bit like their owners after a point – but with us – it is the other way around! For another – I will STRONGLY advocate to all over 60 over-weight women that the ONLY way you can bring your trouser size down by one, is jhadu pauncha! No other exercise is as effective! My cooking skills had died over the years ... but now, I am turning into an expert with pau bhaji, rajma and idli sambhar! Only because I miss school food! Today, my maid sent me some kucha “aam” and I tried kairi ki longi. Have no idea what it will taste like – but I will let you know!

So, my lovely girls! Here is an opportunity for you too, to transform your lives and do things that are fun and wild and experimental! As long as it's safe, it will give you the energy and perspective to look at life differently. Everything is going to be fine! Only because, I am telling you it will be! You are safe in your homes and with your families, eating nicely and doing well. And right now, that is the only thing that matters! And when we all get back to that beautiful home we call Hopetown – what FUN we are going to have! I think that over this vacation – we can dream a little of what we are going to do!

Be good till we meet again! Don't trouble your parents and stay happy and positive! Take each day as it comes and set yourself a lil' goal for the one new thing you are going to do that day. That is the best mantra.

Love you all!

Inshallah we will be together again, soon!

Your Maya Ma'am.



Dr. Mind: Mental Health Assistance

TAKING CARE OF OUR MENTAL HEALTH DURING CORONA

There is no denying the fact that this pandemic has altered our way of living and lives. This drastic change in our living has also impacted our overall lifestyle. For many individuals, this situation is unfamiliar and unfamiliarity is something that are minds are not well equipped to deal with. With countries, institutions, offices and shops shutting down, coping up anxiety, stress and uncertainty has become the “new normal”.

Integrating few positive behavior can go a long way in dealing with this crisis and increasing our overall well-being. From now on, every edition of Happy Circle will be talking about tools and techniques to deal with stress and anxiety for both young and old.

I am going to share a very simple technique of controlling stress. This technique is called Mindfulness Meditation. Mindfulness is the quality of being fully engaged in the present moment, without over-thinking or analyzing the experience. Rather than worrying about the future or dwelling on the past, mindfulness meditation switches the focus on what is happening right now.

Mindfulness Exercise:

- Find a comfortable place to sit. It can be on a chair or on the floor, but do not slump or slouch. Keep your posture straight but relaxed, making sure you are not rigid or stiff.
- Focus on your breathing.
- Concentrate your attention completely on your breathing.



Dr. Mind: Mental Health Assistance

TAKING CARE OF OUR MENTAL HEALTH DURING CORONA

- When thoughts come into your mind, that's o.k. Just examine the thoughts for what they are, as if they were some strange animal that wandered into your sight. When these thoughts come into your mind, allow them to wander off on their own and wish them well on their way. Do not get involved in the thought. Just notice that it is there and return your focus to your breathing.
- Treat each thought as a guest. When a thought or feeling arises, simply observe and acknowledge it. There is no need to interpret it or to use it. You might wonder where it came from, what caused it to surface now, what purpose it serves. Notice it like a precious jewel, turning it this way and that. If you feel yourself drifting away on a thought then just return and refocus on your breathing.

Use your breathing as the anchor for your mindfulness.

- Stay in the moment as long as you can. Continue to focus on your breathing. Aim to clear your mind completely for 5 minutes. With practice you will be able to extend the time to twenty minutes or more.
- Notice the repeating thoughts. As you progress you will come to recognize that the same thoughts are appearing, over and over, even in your calmest moments. Notice them and let them pass by, returning your attention to your breath. This simple technique can not only clam your mind but also helps you to build resilience to confront future stressful or anxiety provoking situations.

Srinjoy Ghosh

STUDENT INITIATIVE



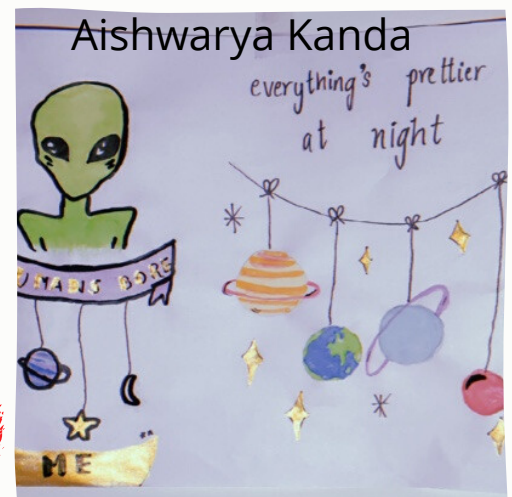
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Where were you when I needed you the most? My feelings left me distraught In a whirlwind of emotions. I was caught hundreds of texts, all unread. Worry and dread no one was there for me. I had no reason to live. was left alone in the dark. Nothing was upto the mark. Thousands of sleepless nights, to survive. I had to fight I still miss you, every single day. I wish I could find a way, to tell you how I felt that day.

Radhika Murarka

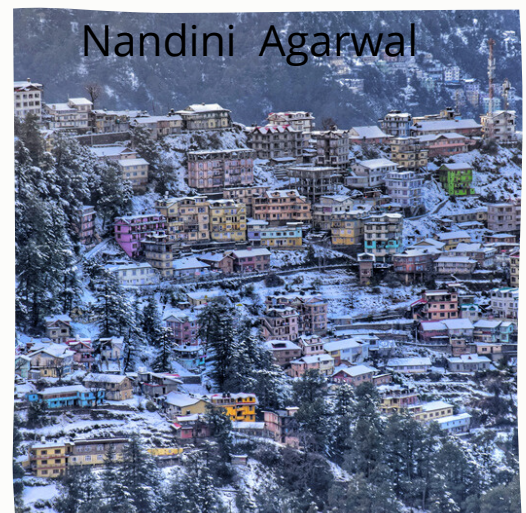
EXPLORING TALENT

LETTING THE STUDENT'S CREATIVITY FLOW



Humanity means caring, compassion and showing respect not only for human beings but to every living being on this earth. This means forgetting our selfish desires and extending love and care. Humanity seems to be vanishing gradually. Firstly we must all learn to treat everyone with equality irrespective of their caste, race or gender. Humanity is still a delusional concept for a lot of us. It is important to understand that till nothing changes in our hearts, there can be no social or political justice. Caring for animals is another lens to look in terms of humanity. We must have all recently read about the tragic story of the elephant in Kerala, triggered outrage all over the world and made me question humanity. Education is not only what is taught in school but it is also your behaviour and mannerisms. At this present time we all have ample time to reflect on our habits and be a little more humane.

Kirtana More





JUNE 2020
ISSUE NO. 1

HOPE IN THE TIMES OF CORONA

Hopetown Student Initiative

EXPLORING TALENT

LETTING THE STUDENT CREATIVITY FLOW

How many more lives
will it take
to end this war
between black and white

Does color really matter ?
After all, they are one of us
Made up of same flesh, blood
and bones
They are black
but beautiful

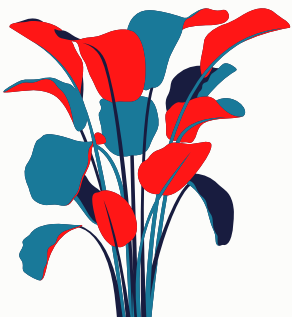
Who says they are different
We are created by God
and so are they
They are black
but flawless.

We are all God's children
But they find it
hard to survive
among their own
brothers and sisters
They are black
but humans .

-Anamaya Saraogi

When life pulls you down into the darkest hole, when you are really down you think and ask yourself, "will I ever come out of this neverending fear of nothingness". You feel that a part of you is missing. However, is this really missing or is it just hidden in a corner and shows up when the time is right. Remember the missing part is not your past. You are not and should not be defined by your past, because no one has it all put into place. We are still struggling to make it right, to take the next right step. To make it worth living for. Everyone has imperfections in their past, but we need to learn to make it better in the present. 'PAST' is the thing which stalks the halls of every high school, that dwells within every acne covered and backpack totting teenagers. It is an epidemic, which has spread through our mind and has made us wait into hesitation. Judging a person does not define who they are, it defines who you are. Never judge anyone because you don't know how many efforts she has put to return back from her past.

Urvi Jain



SCHOOL NOSTALGIA

Photographs by Srinjoy Ghosh



The Hometown sky

Glimpses of a home away from home





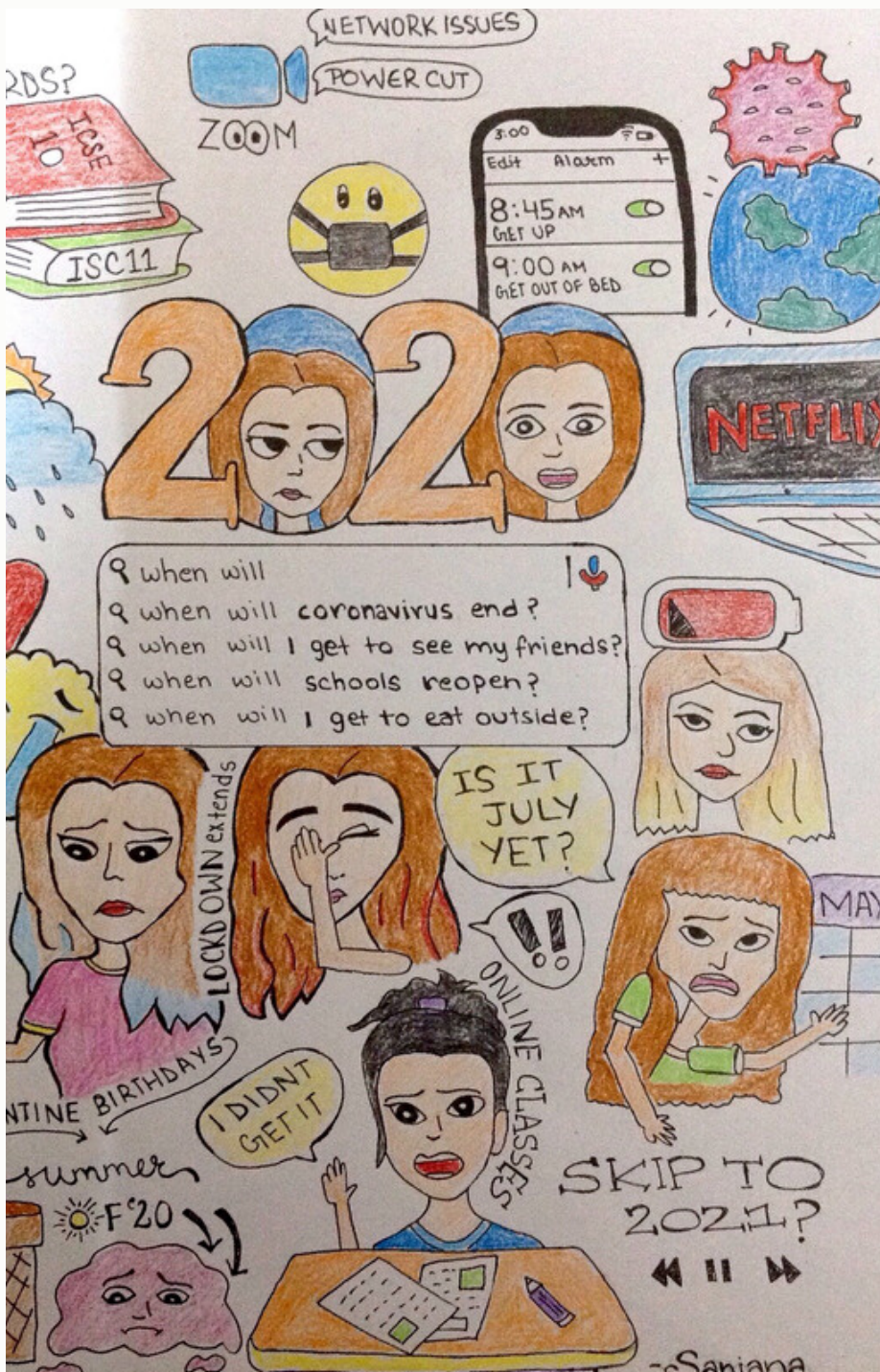
STUDENTS' THOUGHTS

JUNE 2020
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Hopetown Student Initiative

A Comic by Sanjana More

Thoughts by Ishuven



FACING ANXIETY

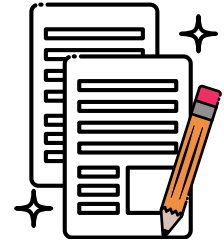
It seems like anxiety has conquered the world right now, amid the life threatening illness. Everyone is anxious and gripped with fear. Being anxious won't help you fight against the virus instead, trying to remain calm and peaceful can make you feel a lot better. Amidst the havoc, we have a lot of spare time on our hands, which we can utilize wisely. Choose a relaxation technique such as listening to soft music, practice yoga, meditation or deep breathing exercises that will help you immensely in reducing your levels of stress and help you unwind and feel revitalized!

Fun facts

A MONTHLY DOSE

FACTS ABOUT HANDWRITING

By Kirtana More



Have you ever thought about what your handwriting says about you ? If not then here are some quick facts which reveal your personality on the basis of your handwriting. If you have a sloppy handwriting it means you are careless and impatient. Straight handwriting indicates you are a calm person. People with small handwriting tend to be shy however, outgoing people will tend to have large handwriting. Bad handwriting is a sign of being highly intelligent so do not worry if you have a messy handwriting!!!

FACTS ABOUT ZODIAC SIGNS

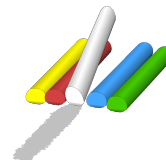
By Japsimran



Some interesting facts about sun signs include: Aquarians give and don't expect much in return because they have their own. They are the most talkative but they only talk to the people they like. Pisceans unknowingly observe many things that others do not notice because their minds are constantly wondering. Pisceans are very broadminded and do not criticize others for their faults. Sagittarians have a well-developed sense of humor. At times they are the last people to fall asleep as their thoughts often keep them awake. Leos are one of the toughest people you will ever come across with a big heart. Leo's greatest pleasure in life is doing what people say they can't do. Virgos like to know the details-who, what, why, where and when. Virgos and music can never be separated. Capricorns can often read a person within a matter of seconds. They do not like depending on other people and do their work on their own.

FACTS ABOUT COLORS

By Saisha



Ever wondered what your favorite color says about you? Here are some unknown facts. Red : strong, ambitious and outgoing. Orange: happy, playful and popular; You love to socialize and be with people. Pink: loving, caring and affectionate; You are easy going, approachable and energetic. Blue: calm, sensitive and patient; you want to find inner peace and look for the absolute truth. Yellow: positive, friendly and adventurous; you enjoy learning and sharing knowledge. Black: cynical, mysterious and intelligent; you strive for power and control in life. White: innocent and naive at times; you are organized and very independent, and you rely on logic to solve every problem.

NEW IDEAS: PINTEREST

BY GURNAAZ KAUR



Pinterest

"PROVIDING YOU A BILLION INTEREST SPECIFIC IDEAS
FOR EACH TIME YOU GET BORED"

-Gurnaaz Kaur

"Pinterest is an American image sharing and social media service designed to enable saving and discovery of information on the World Wide Web using images and, on a smaller scale, GIFs and videos, in the form of pinboards." WHAT MAKES PINTEREST DIFFERENT? It is not only a social site but also has a very useful search engine. On Pinterest, you can search for images, GIFs, etc (generally called pins) and can also save it via making boards in your account suitable for a particular set of images.

The interesting part of these particular pins is that if one wants to study the picture in detail or needs more information regarding the picture, they just need to click on the picture and that specific data will open. It is also better than other social media platforms as it is a very positive and colourful. It is a cyberbully safe app and everyone above the age of 13 is welcome to join the Pinterest community. There are many things one can search on Pinterest, from a "two-minute hairstyle" to "the world's hairiest kitten"! Your search can be based on anything you like, however, you cannot search for anything which is listed as disturbing to other viewers.

If there is any activity that you liked on Pinterest and tried it out, there is an option below the picture which says share feedback and you can share your experience. You also have the option to follow a user and see what they have posted and the pins they have saved. It is a great app for new ideas. Sitting at home and doing nothing makes you question yourself if you are productive enough and gives you the motivation to do something new, but here is where you fall off the first step of "productiveness" that you climbed as you don't know what to do and even if you do - then HOW! That's the fun part! Once you open the app, you will be guided to the home page which has gazillions of pins on Pinterest that will spark the inspiration within you based on your interests and voila you have a new activity for every time you're bored (*sigh* I hope this is of help to everyone reading this article)!



A THOUGHT ON EVERYDAY MISTAKES

After having to stand outside the Biology class for coming late, I learnt to never be late again. Getting late to class, which was tolerable by other teachers, was unacceptable to Rekha Ma'am. And I guess it was then that I understood that making the same mistake everyday can stop being inconsequential like always, some day. Being a daughter, a sister and a Hopetavian, there are mistakes that each one of us make everyday. Sometimes those mistakes are minor and thinking that they are inconsequential, we make them anyway. However some mistakes can be consequential, affecting the life of others around us.

Everyday mistakes for example are hitting the snooze button on the alarm, misplacing your cupboard key, forgetting to get your desk key to class or being late for class. Mistakes like 'Reply All' and shutting down your computer without saving are mistakes that people commonly make. Mistakes like these don't shatter the world because these are trivial. However there comes a time when even these mistakes start bothering people. Making a mistake and learning from it is important otherwise your behaviour starts bordering between irresponsibility and carelessness. It's important to intervene if somebody often makes the same mistake and this starts affecting the lives of people around them. If these mistakes are repeated and start causing annoyance and an unhealthy and unhappy environment it's necessary that they are corrected.

We have all heard ,everything comes back to us on this Earth. Every single action we take rotates back to us. Therefore it is obvious that though some mistakes are common, they are also consequential. Decisions like overspending, reckless driving, procrastination, poor diet and even being late, can lead to difficulties down the line. One way of avoiding this is by writing a mistake down after it's made. After that, you can wait and see how it affected the people around you. The key factor leading to the want of change is guilt. So if you feel guilty about making someone feel a certain way because of the way you acted, it shall motivate you to change. Keep track of your mistakes but don't remain hung up on them. Instead learn from them and move on. It's not always okay to leave your keys behind. It's not always okay to be late. We are humans, one of the most evolved beings on this planet. If we can't learn from our mistakes then who can?

*"We are humans, one of the most evolved beings on this planet.
If we can't learn from our mistakes then who can?"-TASMIA*

ALL YOU NEED TO KNOW ABOUT DESERT LOCUSTS

BY VANI MAHAJAN

While the world is battling against the Coronavirus pandemic India faces another plague, the plague of desert locusts. The desert locust is a kind of grasshopper, which changes its appearance and living habits as it increases in numbers. The desert locust that first bred in Oman soon started to spread in various countries, finally entering Rajasthan in mid April. According to research an adult desert locust can consume food roughly its own size and sometimes even 2 grams per day, while swarms of locusts can consume hundreds or even thousands of hectares of crops in just a short span of time, creating a shortage of food. This is one of the major reasons India should worry about this plague especially during the ongoing pandemic. The swarms of locusts are known to be formed after cyclones cause heavy rainfall, due to the increase in cyclones in India over the last few years, the chances of expansion in the locust population in the region have certainly risen. At present Punjab, Haryana and Madhya Pradesh are the states which are facing major problems with swarms of locusts. These swarms can cover an estimated distance of 150 km per day which makes them a larger threat to the farmers than they already are. Due to their fast growth and fast pace, Uttar Pradesh, Delhi as well as Maharashtra are on high alert. These creatures have a lifespan of about 3 to 5 months and the only method found to control their growth is spraying organophosphate chemicals with the help of planes and drones. It is easier to get rid of the destruction caused due to the desert locusts by getting rid of them as soon as they begin to spread. In order to reduce the population of locusts, locals of Uganda, Israel, Philippines and Cambodia began to eat the locusts, providing them a new dish to add to their menu and at the same time reducing the overall crop destruction.



UNITY DURING THE TIME OF COVID-19

BY PUNEYA SACHDEVA

Time and again humanity has faced pandemics and epidemics, like the Plague of Athens 430 BC or the Black Death 1346-1353. Covid 19 is the most dangerous challenge the world has faced in our lifetime. The virus is unprecedented, we could simply say that we are fighting a war against Covid 19 and a key feature of any successful war would be integration and solidarity among soldiers fighting on all fronts. I believe in the case of Covid 19, each person living through it is a soldier and this war has united people in all walks of life. The Covid 19 virus has taken a huge toll on families, societies, health systems and economies. It has not only united the governments at national level but also people across the globe are making individual efforts to unite. In my perspective following government orders and staying home is an act of unity to save our lives. Doctors risking their lives to save ours is a gesture of unity. All sanitation workers on roads and multiple other people who are making our lives comfortable during the pandemic are doing it as a strong step towards unity. The chain of unity is stronger than ever with each individual fighting the same war against Covid-19. Talking about international relations with the export of PPE kits, online video conferencing and collaborative efforts to make the vaccine the world leaders are handling the pandemic around the globe as one strong family.



IS ONLINE LEARNING MORE EFFICIENT:AN ARGUMENT BETWEEN NANDINI CHAUDHARYAND VANESSA ALAM

Affirmative

Yes, online learning is more efficient. One of its many advantages is not only are the students covering the basic curriculum set for them by the school but due to the pandemic it has forced all students and teachers alike to focus and enhance their technical skills. This is a huge benefit seen in the role of technology in our daily lives. Online learning offers more individual attention, because you have a direct pipeline to the teacher via-email, you can get your questions answered directly. Many students are not comfortable asking questions in class for fear of feeling stupid. The internet eliminates that fear. Another good thing that has come out of this otherwise devastating situation is that students are learning to be self-disciplined. Most of us are constantly putting off things we need to do till the very last moment and when it comes to education the last possible moment I feel is the worst possible moment. I realise online learning leaves a huge window for procrastination, without the physical presence of teachers pushing us and always trying to motivate each one of us. At this stage I feel most of us have lost most of us have almost no motivation but sometimes a lesson learned the hard way is best remembered. Self realization will go a long way. No one is there looking over your shoulder to go online and study, no one is willing you to ask questions, the motivation to study in an online environment comes from within which ultimately should be our goal for self-discipline.

Negative

“TELL ME AND I FORGET,TEACH ME AND I REMEMBER,INVOLVE ME AND I LEARN”

-BENJAMIN FRANKLIN

These were the sagacious words of Benjamin Franklin and these words are so true during these difficult times each one of us is facing. Online education might be our only assistance but is it more efficient? My answer is a resolute no. We gain knowledge not by remembering the facts but by learning them through varying involving ourselves and our thoughts with the matter.As opposed to how tediously uninvolved online learning is. For instance the lack of face-to-face interaction involving the teacher and the class making it even more ineffective to grasp the topic. Pupils are disheartened unable to clear doubts or share ideas. Although, video classes may project a solution to enhance interaction, it is more or less a wearisome dilemma in disguise with inconvenience of network issues further leading to more perplexing doubts. Aside from dismaying lack of interaction, critical thinking is also a plight filled step-back. Students naturally tend to focus on completing the assignment rather than engaging and enlightening themselves of the subject. Extensive requirement of self direction and reliance qualities are needed in a pupil so that they do not procrastinate .This might pass as a good virtue and yet it is com promisingly demanding and onerous. It is an unyielding fact that our brain is more attentive when not at ease. When confined in a room we are compelled to study in the given atmosphere, with a prescribed professional in the subject more or less guarding the room keeps our brain unwavering attentive throughout. On the contrary, the tranquil ease our brain feels at home invades our concentration with unending distractions. Furthermore, a study by NYU and the RAND corp., led them to examine Ohio charter schools. Both studies found evidence that online learning is less effective. With this I would like to conclude that while online learning is the only solution in this pandemic, it is staggeringly ineffective as compared to the intellectual fort that is our school.

NEWS MADE SIMPLE

By: Sukhman Waraich

Racial and ethnic inequalities loom large in American society. People of color face structural barriers when it comes to securing quality housing, healthcare, employment, and education. Racial disparities also permeate the criminal justice system in the United States and undermine its effectiveness. Floyd, a 46-year-old coloured man, was killed during an arrest over an alleged forgery at a grocery store. Cell phone footage shows Floyd was held face-down, with his hands cuffed behind his back and with an officer's knee weighing down on his neck, as he repeated "I can't breathe."



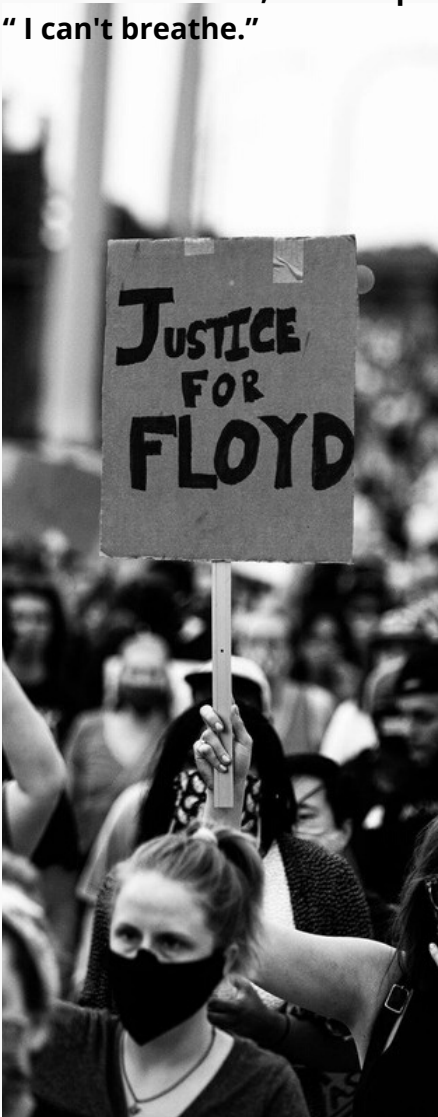
The cops involved were axed and President Trump himself has pledged an expedient investigation by federal law enforcement — but that has done little to quell searing outrage that's lit up social media. The last few weeks have been filled with devastating news stories about the police killing coloured people. At this point, these calamities feel familiar, so familiar, in fact, that their details have begun to echo. Here are some headlines about the protest happening in the U.S.

On Friday afternoon the U.S. Secret Service temporarily locked down the White House, after demonstrators gathered in protest outside the gates. Many knelt while others chanted, "Don't Shoot." More protests broke out in New York, in the lower Manhattan area and then with spurts of violence at the Barclays Center in Brooklyn. Protesters threw water bottles and chanted insults at police.

"This shouldn't be "normal" in 2020 America. It can't be "normal." If we want our children to grow up in a nation that lives up to its highest ideals, we can and must be better." Mr Obama.

Personal Opinion

If you are human, this should deeply trigger and concern you irrespective of your race. It is a dagger to humanity. Ignorance surrounds us. And ignorance is the root to all racist beliefs. It may not affect us right now because it has happened in the United States but what about the daily racism people face at home, at work, with the people we follow or the news we read. Don't let any random bits of diversity sway you from what people really think and how much care and empathy they lack for one particular race.



INTER HOUSE

05/06
FRI

DIGITAL POSTER MAKING COMPETITION

TOPIC: TREE PLANTATION

- The E-poster was judged according to the following criteria: creativity, presentation and relevance to the theme.
- All poster entries included the aforementioned theme or a related creative quotation in English.
- All E-Posters were original work of the participant. Any participant found violating rules and regulation will be disqualified from the competition.
- House marks will be deducted in case of plagiarism.

CATEGORY 1: CLASS-5,6,7 (3 participants from each house)
CATEGORY 2: CLASS-8,9,10 (3 participants from each house)
APPS: NO RESTRICTED SOFTWARE CHOICE.
SUGGESTIONS: (CANVA,PHOTOSHOP,DESYGNER)

CHEAT CODES

A good poster is eye catching,has important and relevant information,is not crammed.

GOOD LUCK!

**We wish all the houses good luck,for the first competition of the term.
MAY THE BEST HOUSE WIN!**

INTER HOUSE

DIGITAL POSTER MAKING COMPETITION: RESULTS

HOUSE	POSITION
EMERALD JUNIOR	I
DIAMOND JUNIOR	II
RUBY JUNIOR	III



DIAMOND SENIOR	I
SAPPHIRE SENIOR	II
EMERALD SENIOR	III



Thank you for all for your support.

None of this could have been
accomplished without your interest
and contribution.



If you have questions, ideas or
comments do write back to us.