



ST. MARY'S *Catholic High School, Dubai*

Saints

Times

YEAR 2024-2025
VOLUME 2 - SPRING

Saintz Times

ACADEMIC YEAR 2024-2025
SPRING ISSUE

Dear Readers,

As we journey through the school year, we pause for a moment to reflect on one of the most powerful virtues we can carry with us – empathy.

In our classrooms, corridors, and communities, empathy is more than a word – it's an action. It means listening when someone needs to talk, offering a helping hand when others struggle, and being kind, especially when it's not the easiest choice. At St. Mary's Catholic High School, where our values are rooted in faith, compassion, and service, empathy helps us live out our mission in real, everyday ways.

We see it when students include someone sitting alone. We hear it when voices speak up for those who feel unheard. We feel it when teachers go the extra mile to support, encourage, and uplift. These small acts of understanding make a big difference – and create a school where everyone feels seen, valued, and supported.

Empathy doesn't require us to have all the answers, just the heart to understand that everyone is facing a battle we may not see. In a world that can often feel divided or rushed, choosing empathy slows us down and brings us together.

Let this term be a reminder: be quick to listen, slow to judge, and always ready to care. Empathy transforms not just others – but also ourselves.

Here's to continuing the year with open hearts and open minds.

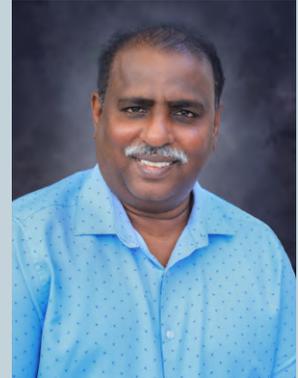
Sincerely



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A Message From Our Principal



My dear Marian Family,

The theme of the third newsletter is empathy, a key value that is truly necessary to move communities forward in a positive direction. While the rise of technology has brought us many benefits, it has also contributed to a decline in empathetic behaviour, particularly among children who live in the current digital generation. It is therefore essential that parents and educators work even harder to teach children to be more empathetic. In an increasingly divided world, the effort to build empathy in young people must be a priority.

I hope that you will enjoy going through this newsletter, as we celebrate the many achievements and learning experiences of our children. "Learning takes patience and time," let us remember that learning is a lifelong process, not only for children but for us adults as well.

Our continued wishes to all of our students in Year 13 who are busy with their Pearson Edexcel examinations.

Wishing the rest of our students all the very best for the upcoming talent show.

Our blessings and prayers are always with each and every family of our larger Marian family.

Sincerely and with warm wishes,

A handwritten signature in blue ink, appearing to read 'Paul Asir Joseph'. The signature is fluid and cursive.

Mr. Paul Asir Joseph
(Principal)

A CELEBRATION OF STORIES: BOOK FAIR

... Gerleeza Rodrigo, Year 12

For three unforgettable days in November, our school library was buzzing with excitement as it was transformed for our much anticipated Book Fair - and it certainly didn't disappoint.

For three unforgettable days in November, our school library was buzzing with excitement as it was transformed for our much anticipated Book Fair - and it certainly didn't disappoint.

Organized in collaboration with DC Books, the book fair brought a vibrant and diverse selection of books right to our doorstep, giving students the perfect opportunity to explore and discover a wide range of books and novels and to fall in love with reading all over again.



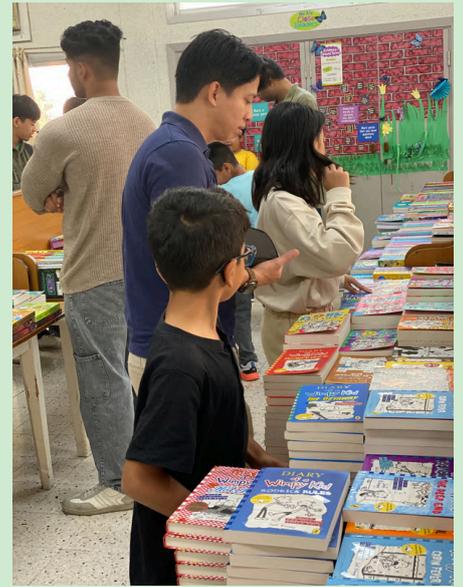
On these days our primary students visited the library during scheduled periods with their respective teachers, while senior students were able to visit the fair during their free lessons. The library itself was beautifully arranged, split into inviting sections; one side was bursting with colourfully illustrated picture books and adventure tales for young readers, while the other featured novels, plays and non-fiction books tailored for our older students from mysteries and fantasies to historical and scientific reads. But what truly made it special was the atmosphere. The library was constantly filled with a buzz of excitement. Students chatted enthusiastically, flipped through pages and eagerly recommended their favourite books to friends. It felt like more than a book fair- it was a genuine celebration of stories and the joy they bring.



On the last day, November 23rd, the book fair coincided with the Parent Teacher meeting . This gave families the opportunity to explore the books together. Seeing parents and children browsing the shelves, sharing book recommendations, and getting equally excited about the selections available was heartwarming and unforgettable.

More than anything, the fair reminded us that reading isn't just about buying books - it's about rediscovering the magic within them. Whether diving into a thrilling mystery or learning something new from a biography, there was truly something for everyone. It was amazing to see students of all ages, teachers of all departments, admin staff and even parents find joy in this endeavor. And judging by the smiles and the stacks of books students and adults carried away, it's safe to say the event was a huge success.

As the week came to a close , the excitement still lingered in the air. There's something truly special about how a good story can bring people together - and this year's Book Fair reminded us of just that. It wasn't just another school event; it was an experience we'll carry with us , one page at a time.





Alana, 7A

Hey, it's everyone's favourite spring, Sammy!



A WORLD OF WORDS: EMIRATES LITFEST 2025



... Tanuja Kumarasiri, Year 12

Touted as “The Arab World’s largest celebration of the written and spoken word”, Emirates Litfest is a week-long annual event featuring an eclectic mix of author sessions, competitions and more. It has been an avenue for people to share their ideas and passions and leave every year having learned something new.

This year, our school participated in a variety of competitions with our hard working students giving it their all and representing the school with pride.

Chevron Readers Cup

This competition was a team event with participation from schools all across the GCC nations with hundreds of schools taking part in both the Arabic and English versions. Here’s how it works: students, in teams of four, (from primary and secondary categories) are assigned a set of books, and then given time to prepare for quizzes based on the content of these. This event usually spans a period of 3-5 months, starting with a preliminary round and culminating in the finals in which only the best 20 teams take part in.

This year, with Mr. Ahmed and Ms. Rama training the Arabic teams and Ms. Renithi helping the English teams, our school did really well in the semi finals. After a tremendous struggle and an earnest effort, all our primary teams, both English and Arabic, secured spots in the finals! Our secondary teams are not to be forgotten either, one of the Arabic teams made it to the finals, while both the English teams just barely fell short and received honorable mentions for their incredible efforts.



According to the participants, the toughest part of the competition was learning as many details as they could from the books, no matter how seemingly insignificant they were. With each team having 4 people and 4 books between them, it was a challenge having to answer a slew of questions from all the books. In the end, our teams overcame this hurdle through teamwork.



On January 30th, the finals took place in the Intercontinental hotel, Dubai. In a display of our academic prowess, our primary teams for English secured 2nd and 3rd place while in Arabic, one of our primary teams took 2nd place.

“When it came to winning second place, against all the other teams? It felt really great. I felt very accomplished. It felt like I had won against the world or something” – said Shaun from 7C.



English Second Place

Justaf - 7F
Shaun - 7C
Ava - 7E
Jamie - 6E



Arabic Second Place

Amy - 4D
Armia - 6F
Mohamed - 6F
Karas - 6B



English Third Place

Aashna - 8E
Lemuel - 7C
Gilien - 7D
Rashmika - 7E

Emirates NBD Poetry

In this competition, students recite famous poetry with elegance and emotion, striving to be the best on stage. Six students were chosen from our school to take part in this. After a semifinal round, three of our students emerged as finalists: Marilyn (10D), Antonio Luigie (9C) and Gagana (5F)

The finals took place in the Intercontinental hotel, Dubai. Our finalists gave it their all, delivering Shakespeare-worthy recitations that stunned the crowd! And out of them, Marilyn from 10D secured 3rd place in the secondary category for her poignant rendition of the poem, Malala.



When asked about the inspiration behind her choice poem, she told us that she felt she could relate to the difficulties that Malala Yousafzai struggled through to get to where she was and admired how she "stood up for what is right."

Emirates Litfest also featured a series of individual competitions such as the Letter and Story writing competitions which were based on individual literary skill and talent.

For the letter writing competition, students were asked to write a letter to their favourite author and Jamie from 6E, through her masterful penmanship won second place in the junior category.

For Jamie, her choice was Efuia Traoré, author of the book *One Chance Dance*. Her inspiration? She loved the book, she liked the author, so she decided to write about it. In her letter, she wrote her own extract based on the story of the book, impressing the judges securing her a podium position in the competition.



But the competitions are not all, this year our school was given the chance to host two esteemed Litfest authors: Mr. Joe Roman, a marine ecologist and author of *Eat, Poop, Die: How Animals Make Our World* and Ms. Helen Czerski, a physicist, former television presenter, oceanographer and author of *Blue Machine: How the Ocean Shapes Our World*.



The author visit proved to be an engaging experience for the senior students, with our guests taking the time to answer questions from the audience (we now know what causes whale poop colours), displaying their passion for their respective fields and leaving the students with a deeper appreciation for the ocean and the natural world.



“Cliche’d as it may sound, Litfest really does help foster a love for reading in children. Through author sessions and competitions like Reader’s cup, it encourages children to become avid readers. This is important because unlike visual arts, books encourage creativity and imagination, enabling us to visualize entire worlds as we read. And as we all know, imagination is definitely the key to human progress.” - said Mrs Renthi, our librarian, who has been coaching students for competitions, arranging author visits etc. as part of Emirates Litfest for a few years now.

Litfest has always been an integral part of the academic calendar of St. Mary’s, and this year was no different; a truly riveting showcase of our school’s talent and love for learning and literature.

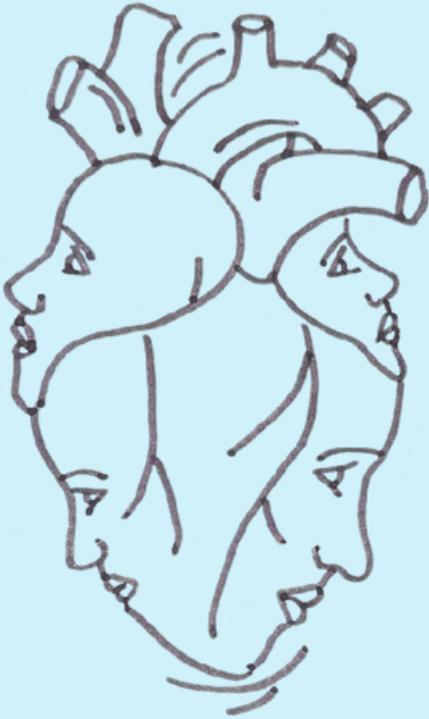
♥ EMPATHY ♥



The ability to understand
and share the feelings of
another.



Empathy



To walk a mile in someone else's shoes
To feel the weight of burdens and their hues
To know their joys, their sorrows and their fears,
To wipe away their silently shared tears.

To understand their struggles, big and small,
To hear their unspoken words and heed their call,
To offer comfort, kindness and a hand,
A helping presence always close at hand.

Its not about agreement,
On seeing eye to eye,
But feeling deeply,
With a heart full nigh.

A bridge of understanding,
Built with care,
Empathy's embrace,
Beyond compare.

It's seeing the world
Through another's gaze.
Walking in their footsteps,
Through life's maze.

A gift spirit,
A powerful art,
That mend the heart!



AL DIYAFAH SCIENCE COMPETITION

THE SHOWCASE OF INTELLECT AND CREATIVITY

... Eoine Monteagudo, Year 10D

Science shapes our universe. Imagination paves the way for science to blossom. We experience both in our day to day lives, outlining our limits and laws; but what if you could defy those limits? That is what the Al Diyafah Science Competition aimed for – challenging students' innovation and wits.

Talented students representing Saintz were invited to display their ingenious prowess in the competition. Under the guidance of Ms. Susanna, our Head of the Department for Science and Ms. Lovey, Head of Primary Science, our students set about the task of designing a project that exhibits sustainability and innovation. Sitting in the boys science room brainstorming, their minds flowing with ideas, the students had to come up with something under a time constraint.

The senior students (Hayden, Rashmika, Sandil and Sofia) opted for a water desalination project, a process that produces clean potable water from saline water that is safe for human consumption, industrial uses, and even irrigation by removing salt and various other minerals and contaminants.

However, the question remained: how exactly are they going to portray desalination in a new light while simultaneously utilising material readily available to them? The answer: by demonstrating water purification through its humble beginnings, a water desalination treatment plant, and also through arts and crafts!

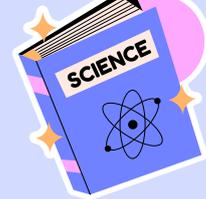
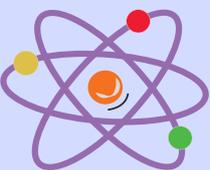
Our students made varied water purification processes, such as a few sedimentation tanks, used to remove suspended contaminants and particles in the water, and water treatment systems, used to get rid of any harmful chemicals or microorganisms left in the water. Not just the processes were displayed though; the group had even included the final destinations of the clean water! This includes a house (much like yours and mine, only the roof is made of popsicle sticks!), and a factory made of cardboard to represent industrial usage, complete with a wind turbine whose blades are old plastic utensils!



While the task may sound easy, it was certainly no walk in the park. Our students faced difficulties, as many group projects do. When they encountered these obstacles, they turned to their teachers as well as science competition veteran Zoya Kakhu of Year 13, who acted as a beacon of inspiration to the young minds, guiding them with her input.



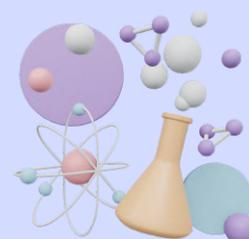
Rashmika, Sandil, Hayden & Sofia explaining the desalination project



The junior team (Chiara, Jamie, Joshua and Liam) also put on their thinking caps and set about finding an eco-friendly idea that could help make the world a better place. And our little ones came up with a brilliant idea of their own. They decided to make a project called Hydro Spin, an ingenious desalination device that harnesses wind energy to produce fresh water from seawater. This eco-friendly solution combines simplicity with effectiveness, making it ideal for coastal areas with limited access to clean water and electricity. The children spent a lot of time making their ideas into reality. Each team member worked on different parts of the project, but they also had fun putting everything together and making sure it worked well. Their project, when finished, was nothing short of impressive.



Jamie, Chiara, Joshua & Liam with the “Hydrospin” model



The teams were required to submit their entries in the form of short videos with the students explaining their projects. Mr. Trevor lent his expertise in the field of filming and editing and helped the teams come up with stellar short videos. When asked about how she felt participating in the competition, Chiara from our junior team said, “Being part of this competition made me realize that even small ideas can make a big difference. We all hope that we can keep coming up with more ways to help the Earth in the future!”

Our teams realised that the competition was undoubtedly fierce when they got a chance to view the other teams’ projects in an online presentation conducted by the hosts. But at last, the end did crown their work! In the final tally, our juniors unfortunately did not win a top spot, but our senior team with their project designed to impress and to educate, achieved the proud title of First Runners Up!

We congratulate both our teams and their guides for the brilliant efforts, and hope that they get many chances to represent our school and make us proud in the future. And we fully agree with the words of Sofia Bisco from our senior team, “The worst feeling you can feel is never embarrassment, but regret.” We hope her words encourage others to put themselves out there and seize opportunities – because you will never know what great things you could accomplish if you don’t try at all.

You can call me **CAPTIAN EMPATHY**

A MOTHER OH DEAR!!

I am unwell and I feelsick I need to get some rest.

Call me
CAPTAIN EMPATHY!!!

I see you are sick today, I understand how you feel. Sometimes when I am sick, I just need a hug and thats for real. So now I'll share some love and give you a hug and you will feel like a healthy dove.

A BROTHER OUCH!!

I tripped and fell. My knee hurts and I can't stop crying...

Call me
CAPTAIN EMPATHY!!!

I see you hurt yourself. I understand how you feel. Here, come take this chair and rub off all the dirt. I too fall and get hurt but that's OK. Its part of growing up is what I have to say.

Call me ...
CAPTAIN EMPATHY

A FRIEND SIGH!!

I see you are unhappy and sad. I understand how you feel. Even I don't get invited sometimes to have fun. So come, lets play football together and go on a run.

Nobody wants to play football with me. I feel so sad. I feel dejected and bad.

A TEACHER PHEW!!

OH! I am so worked up and overwhelmed with all the noise in class. Its giving me a headache, I hope it wont last.

Call me
CAPTAIN EMPATHY!!!

This must have been tough for you. Your job is not easy. I understand how you feel, coz even I sometimes get weary. I know when I am not at my best, especially when my little brother puts my patience to the test. So get some rest and breathe a bit. This too shall pass. They shall all understand and lend you a helping hand.

Call me
CAPTAIN EMPATHY

A CAT MEOW!!!

I see you are scared, but give it a try. Coz I understand how you feel. Even I was terrified of heights when I was small, until I tried and realised its nothing after all.

I'm stuck on a tree. I am so scared to jump down. Help me!!

- ① PEOPLE AROUND US ARE SPECIAL
- ③ WE SHOULD UNDERSTAND EACH OTHERS FEELINGS

- ② WE ALL NEED TO TAKE CARE
 - ④ AND LOVE WE MUST SHARE
-

JOSHUA LOBO
5C



DRENCHED IN ADVENTURE

SAINTZ BOYS CONQUER AQUAVENTURE

... Shourya Salian, Year 10F

A Thrilling Day Begins

On February 23rd, the Year 7-11 boys set off for an exciting trip to Aquaventure, Atlantis The Palm, one of the biggest and most exciting water parks in the world. Known for its massive slides, winding rivers, and private beach, the park promised a day filled with adventure, fun, and plenty of splashes.



The excitement began even before reaching the park, as the bus ride from school was filled with laughter, music, and chatter about which rides to try first. Students shared their excitement, planned their day, and made the journey itself an enjoyable part of the experience.

As soon as they arrived, the boys had one goal: to explore all three major towers—Poseidon, Neptune, and Trident. With excitement in the air, they rushed towards the towering slides, ready to take on the challenge.

Taking on the Towers

The fun started with Poseidon's Revenge, a ride meant only for the bravest. Riders stepped into a glass capsule, and after a countdown, the floor suddenly disappeared beneath them, sending them down a steep, twisting tube at high speed. Screams and laughter filled the air as each student took their turn, with many running back for a second go.

Another favourite was the Hydra Racer, a four-lane slide where friends raced side by side to see who was the fastest. The friendly competition made the ride even more exciting, with students celebrating their wins and demanding rematches.

After enjoying the excitement of Poseidon Tower, Students eagerly moved on to Trident Tower, which featured thrilling rides like the Odyssey of Terror, known as the world's tallest group waterslide. The fun continued with the Blackout slide, Which is, infamously, the tallest vertical drop in the Middle East with a thrilling plunge into complete darkness that left riders breathless and wanting to go again. Another hot favorite was Shockwave. This ride blends the thrilling features of a traditional rollercoaster with the refreshing excitement of a waterslide. Shockwave ensures that as riders glide through the curves, they also experience a series of unexpected water jets, enhancing the sensation of speed and adding an element of surprise. With thrilling elements such as sudden drops, steep climbs, and unexpected spins



Next up was Trident Tower, where the legendary Leap of Faith awaited our boys. One of the iconic attractions of Aquaventure, this is designed to deliver an exhilarating experience for adrenaline junkies. This ride is so steep that it sends riders down an almost vertical drop before they experience a brief moment of weightlessness. But this was obviously not a deterrent to our boys, as evidenced by everyone who trudged up the Mayan temple-like structure that houses the slide, more than once, seeking that ultimate adrenaline rush!



The Struggle with Long Queues

With so many people at the park, long lines became a challenge. By midday, wait times for the most popular rides stretched to over an hour, testing the patience of even the most eager riders. One of the longest lines was for Aquaconda, a huge raft ride that twists through tunnels before dropping into a swirling funnel. Waiting in line felt like forever, but the thrilling ride made it worth it.

Mihin Perera (9F) shared his thoughts:

"It was so much fun, and Poseidon's Revenge was definitely worth the 45-minute wait! But I couldn't try all the rides because of the long queues."

More Than Just Rides

But the fun didn't stop at the water slides! Many students took a break from the rides to play volleyball on the sand court, showing off their skills and enjoying some friendly competition. Whether diving for the ball or cheering from the sidelines, it was another highlight of the trip that brought everyone together.



Day Well Spent

Even with the long waits, the students made the most of the day. Some faced their fears on the tallest slides, others raced down water tracks, and many enjoyed relaxing on the beach. The day was filled with laughter, excitement, and great memories.

As the trip came to an end, the bus ride back was just as lively as the morning journey. Students shared stories, laughed about their experiences, and discussed their favorite rides, already planning for the next adventure. Tired but happy, they returned to school with memories to last a lifetime.

EMPATHY IN...

Progress

What does empathy mean?

Empathy is the ability to recognise feelings of others and understand their situation.

~~SIX~~ **FOUR**

ways to practice empathy:

Listen actively



Withhold judgement:



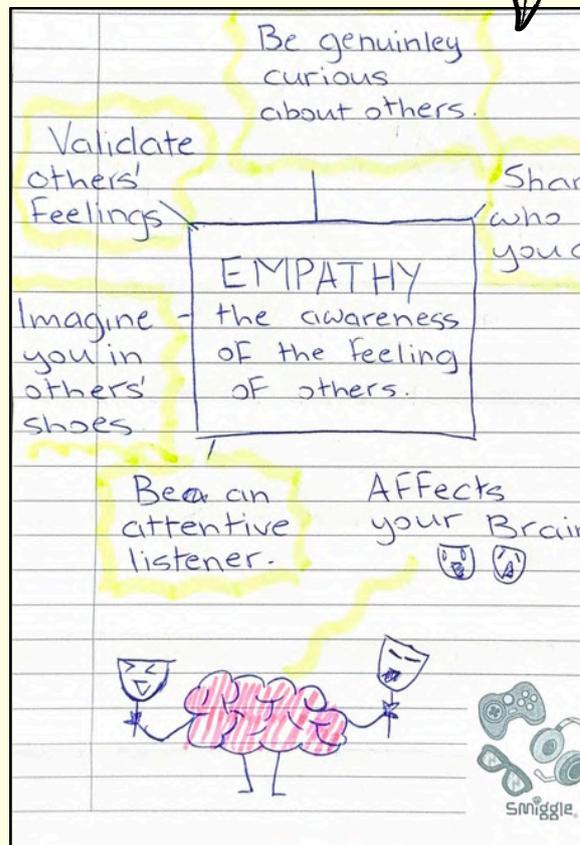
Ask open-ended questions.



Practice mindfulness



FUN FACTS





Waruni Stella Fernando, 7E

For a Tree can shelter
it can be cut down
for a person can be Happy
they can be Sad
for they live
like you & me, show empathy
for it is free, this action
does not cost
anything but your
personality who will never be lost.



UNDER THE SEA

EXPLORING HOW MARINE LIFE AND THE OCEANS SHAPE OUR WORLD

... Jane Miracline, Year. 12

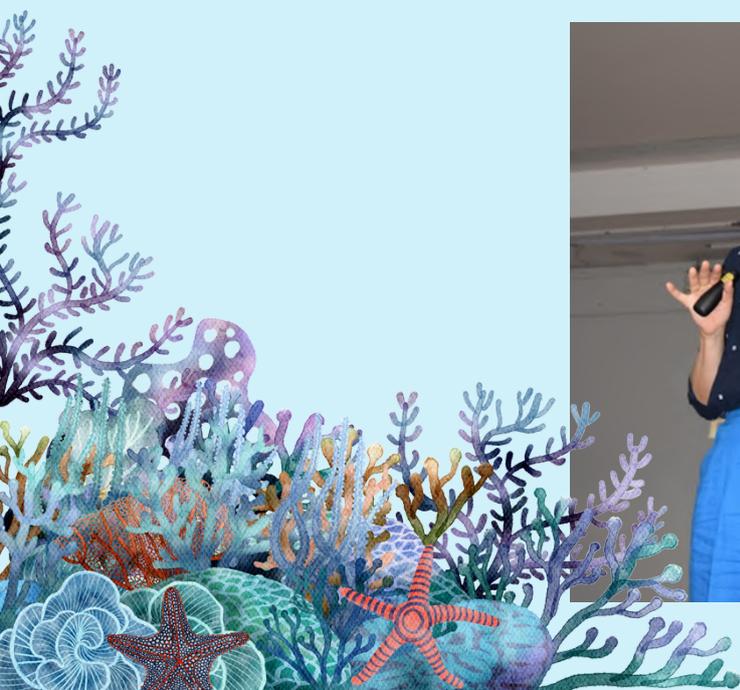
On Thursday, the 30th of January 2025, our senior students eagerly piled into the auditorium taking any chance they possibly could to miss class, completely unaware that, within the next hour, their perspective of the world around them was about to shift.

We walked in ignorant and uneducated on the importance of marine life and the oceans to our world, but we left with our eyes opened to the mystical universe underwater.

The session featured brief lectures by two erudite authors: Helen Czerski, a physicist and oceanographer, and Joe Roman, a conservation biologist and marine ecologist. Each speaker introduced their areas of expertise, of course, not forgetting to include a couple of quirky anecdotes. Helen spoke about her experience with whale earwax while Joe recounted his visit to Surtsey, the world's youngest island (formed in 1963), which began life as a barren, sterile rock, but due to the impact of migrating birds eventually transformed into a lush green paradise, home to a plethora of species.

They also made sure not to exclude any stomach-turning details. Joe revealed pictures showing the poop of various whale species, which had the audience gagging. He concluded with a nauseating fun fact; a lot of beach sand is actually parrotfish poop. This definitely made many beach lovers rethink their past decisions.

Although their lectures were thought-provoking and intriguing, they barely scratched the surface, but providing an all-encompassing lecture was never their goal. Instead, they aimed to ignite a spark, hoping that the curious flame lit in the eager listeners' hearts would inspire them to pursue careers related to the ocean; allowing us to finally uncover the mysteries of the ocean.



An educational session on ocean life and the various careers connected to it are rare, which is exactly why so many of us were thrilled to be given the chance to attend. With the intimidating decision of choosing a future career drawing closer, many sat engrossed; hopeful that a new passion might ignite within them, finally giving them a dream to pursue.

Meanwhile, in the very same hall, I'm certain that many sat down with zero hopes of finding any interest in the topics being discussed. I mean, having to listen to the equivalent of an in-person TED talk on a school day? BORING. Sitting down to listen to random people talk about fish and what not is not the ideal activity, when all you want to do is go home and take a long nap?

But contrary to what we imagined would happen, the speakers managed to defy our expectations by making the session as engaging and intriguing as possible.

The question and answer session held by the speakers proved that everyone who thought they'd leave yawning instead left hungry for more information. There seemed to be no end to the number of raised hands and equally raised curiosity.



The author's visit happened in relation to the annual Emirates Literature Festival, specifically, Helen and Joe were festival authors and our school was offered this opportunity to host them because we enthusiastically take part in many of the festival events, every year.

When asked about this, Ms. Renthii commented, "I believed it would be a great opportunity, especially for the senior science students. It would introduce them to fields of work they probably had no idea even existed, and it would definitely prove to be useful when deciding on their future career".

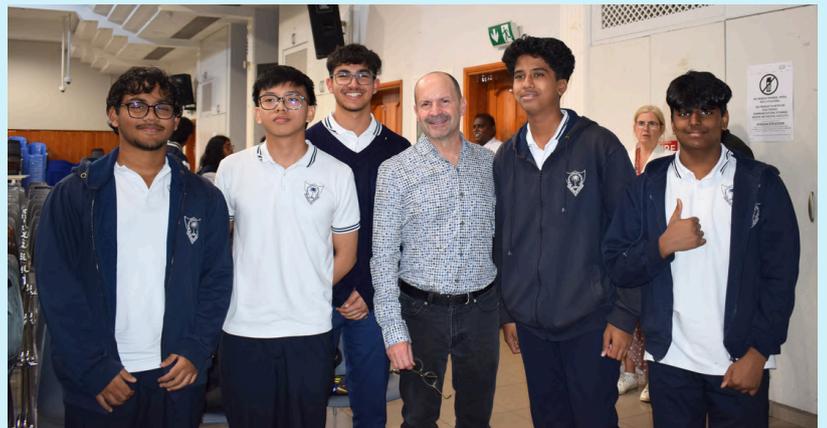
She also related that Ms. Susanna, our Head of Science was very enthusiastic about this, because “Physics in nature isn’t something you get to experience everyday”.

Ms. Mary Augustine, our subject leader for Biology shared similar views “I believed it would promote creativity in the students,” she stated, “It demonstrates some of the real world writing careers available to them. It would prove particularly useful if they plan on choosing a research related field”.

But that doesn’t mean the event was reserved for just the science students. “It really piqued my interest, I greatly enjoyed listening and learning more about things I didn’t even know existed. It made me want to look at the little things in the world around us,” said Sushenya, a commerce student, when asked about her thoughts. “In the end I even regretted not choosing a science subject,” she concluded.

This session left us all with one stark realization: there’s so much left unexplored on this planet we call ‘home’. Our eyes are set on the stars above, instead of on the arcane nature of the world around us. It was a collective wake- up call, reminding us that there is still so much left to discover and learn about our own world.

Undoubtedly, it succeeded in inspiring countless future scientists, researchers, authors and speakers willing to dedicate their life to hopefully unpacking the mystery that is the marine world.





Oshadi, 5E



SAMSON MACHERLA
6F

Samson Macherla, 6F

Tannah Mathew

7D

14/3/2025 The Sketchbook of Kindness

In a small school above a mountain, was a boy named Sam, he was 12 and always wore baggy pants with a loose t-shirt, he was kind but shy and didn't really have that many friends and people thought he was abnormal because he loved drawing and didn't prefer games that were rough or hard like the ones his classmates always played. Everyday he brought his sketchbook and drew animals, trees and blue skies. Some of the other children found him hard to understand and bullied him because of his calm personality, calling him "too soft" or "weird".

During one of his lunch breaks, while Sam was alone sketching, a group of children walked towards him and one of the bullies, Jake snatched his sketchbook. Jake was mean and had always been rude to Sam. Sam never wanted to play games with them, and sat alone and did something alone.

Jake started to bully Sam and flipped through the book harshly while he said, "This book is filled with stupid drawings! Who would care about this stuff?" Sam's face turned red with embarrassment. He reached up to grab his book, but Jake pulled it further out of reach. The other kids laughed, Sam's heart sank.

Just then, a girl named Lily, who had been sitting by the window, she noticed what was happening. She didn't laugh like the others. Instead, she walked up to Jake and said, "Give it ^{back} ~~back~~, Jake. It's not nice to make fun of someone for what they love." Jake stopped, surprised by her tone, it was calm but stern. He looked at Lily for a moment before shrugging and giving the sketchbook back to Sam.

Harry stared down at him, his chest heaving.
"I... don't know." He whispered back softly.
They both gazed into each other's eyes.
Harry stood up, holding out his hand for Jake.
Jake takes his hand, and ~~he~~ as he stands up,
they embrace each other, in a silent vow to
keep the past behind them and become best
friends.

And as the days pass, Jake realizes how badly
his bullying had affected Harry. He finds
himself putting himself in Harry's shoes, and
~~emph~~ empathizes with ~~h~~ him. Harry doesn't
seem to mind anymore. The two boys become
best friends and stay best friends forever. And
they still haven't come up with a cool hand-
-shake. Or a perfect dab up. Jake tries to
teach the energetic Harry, or even try and calm
him down, but Harry is too goofy and ~~cute~~
cute to handle. Nevertheless, they live the
~~rest~~ rest of their days peacefully.

The End.

BUILDING THE NEXT GEN OF ATHLETES

... Jaden Kotian, Year 12

The morning of 21st February dawned bright and early at St Mary's Catholic High School, bringing with it all the excitement of our very own Primary Sports Day. The array of various events like running race, hurdle race, novelty race and fun relay ensured the participation and the exhibition of our next gen's talents and were witnessed by the children's parents and teachers.

The opening ceremony started off with a march past on the football pitch led by the House Captains and Vice Captains from Phoenix, Gryffon, Pegasus and Unicorn along with our Head Boy, Head Girl and Assistant Heads. This was followed by the oath taking led by our Head Girl, Jane Rego, formally kickstarting the sports competitions as well as the performances of the Years 1 to 4 children in their drill displays.

The children exhibited their skill, strength, perseverance and determination both in the individual and team events. They all put up such strong performances, everyone aiming for a win. Finally, the UNICORN House emerged victorious in what was a close-fought battle among the houses and their respective competitors.

It was indeed a magnificent day! A day introducing a host of new winners; a day for all parents to be proud of their little champions; a day full of joy, lightheartedness and bliss and most of all, a day for everyone present to remember forever. That Friday gave us a glimpse of our future athletes and allowed us to bear testimony to the strengths of every child in a warm and cordial environment. Many thanks to the PE Department teachers, all the Primary school teachers as well as to all the student volunteers for facilitating the different sports events. What was amazing to see was that while the day undoubtedly helped the children appreciate the value of sportsmanship, it also reinforced the importance of tolerance, respect and honesty as the children happily immersed themselves in these friendly competitions.

"I feel so proud and happy to have been a part in organizing the Primary Sports Day. Watching the children showcase their raw talent and display so much enthusiasm always makes me excited about the future athletes they might become," Ms. Aevelyn, one of our PE teachers affirmed, when asked about that remarkable day for our little ones. Her well chosen words accurately describe how our Primary Sports Days are always a foretelling of the rise of a new generation of athletes.



Listen
Encourage

DO NOT
JUDGE
Be Kind

-empathy

Be
Understanding

Be
Helpful

MIKAYLA

5-A



Mikayla, 5A

Tracey
5A

The Heart That Listens.



To walk a mile in another's shoes,
To feel the ache, to bear the bruise.
To hear the words left untold,
To mend the hearts that quietly bleed.

A silent tear, a knowing glance,
A hand held firm in happenstance.
Not to fix, nor to deny,
But simply sit and stand nearby.

For pain is less when shared with grace,
A kindness felt, a warm embrace.
No judgement cast, no need to mend,
Just understanding, from a soul to friend.

Let's Play!

EMPATHY WORDSEARCH

BY CHIARA 6E :)

Y T I R B V T V C L H G U A I
T N R E C N O C O H L H U Y M
S H A R I N G D N A T M O B Z
T R O P P U S W S R X F B R S
N O I T A R E S I M M O C R E
U T R S X Q F C D O P N B T N
N O S S N F X Y E N N X G R S
D L S E C P U K R Y E K A O I
E E E N O I S S A P M O C P T
R R N R G U C O T Q P E L P I
S A D E N Z S T I J A J K A V
T N N D I G D R O E T B S R I
A C I N R D Q H N X H B J X T
N E K E A Q L U G F Y P Q F Y
D H R T C N Y A F F I N I T Y

- HARMONY
- SENSITIVITY
- CONSIDERATION
- TENDERNESS
- RAPPORT
- AFFINITY
- PITY
- CONCERN
- COMMISERATION
- EMPATHY
- SUPPORT
- SHARING
- KINDNESS
- TOLERANCE
- LAUGH
- COMPASSION
- UNDERSTAND
- CARING

EMPATHY WORDSEARCH -ANSWERS-

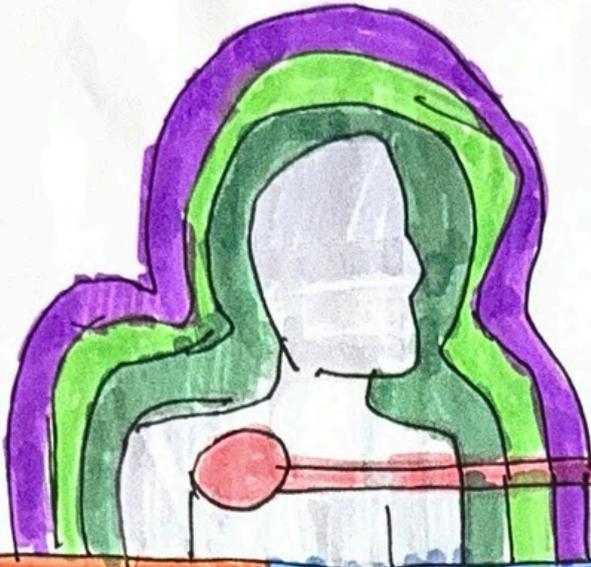
BY CHIARA 6E :)

Y T I R B V T V C L H G U A I
T N R E C N O C O H L H U Y M
S H A R I N G D N A T M O B Z
T R O P P U S W S R X F B R S
N O I T A R E S I M M O C R E
U T R S X Q F C D O P N B T N
N O S S N F X Y E N N X G R S
D L S E C P U K R Y E K A O I
E E E N O I S S A P M O C P T
R R N R G U C O T Q P E L P I
S A D E N Z S T I J A J K A V
T N N D I G D R O E T B S R I
A C I N R D Q H N X H B J X T
N E K E A Q L U G F Y P Q F Y
D H R T C N Y A F F I N I T Y

- HARMONY
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- SUPPORT
- SHARING
- KINDNESS
- TOLERANCE
- LAUGH
- COMPASSION
- UNDERSTAND
- CARING

... Chiara Thomas, 6E

EMPATHY



"IF YOU SEE SOMEONE WITHOUT A SMILE, GIVE THEM ONE OF YOURS."



make kindness the norm



WOW!



MAKE

Empathy

One Thousand and One Arabian Nights: AN UNFORGETTABLE DESERT SAFARI

... Jane Miracline, Yr. 12

Desert Safaris are one of the UAE's most prominent tourist attractions.

It's no wonder they're acknowledged as being one of the most sought after activities, with the experience covering all bases providing thrill-seekers with the exhilarating adrenaline rush of dune bashing, the aspiring photographers having a go at the soothing sunset that is a sight to behold and plethora of authentic Arab experiences for those curious to learn more about Emarati culture. Sounds too good to be true? Thankfully it's not. The only thing that could enhance this already exciting experience is being able to enjoy it with your friends, and that's exactly what this Desert Safari allowed us to do, as we set out to conquer the desert with our Ms. Shirley accompanying us.

Kicking off with a direct trip to the desert in SUVs, no time was wasted with everyone trying to make the most of the experience - some engaged in carpool karaoke while others opted to enjoy the scenery and crack jokes with friends.

Arriving at the site and finally getting to feel the soft sand under our feet was definitely one of the most memorable moments of this journey.

Then began what we had all been waiting for, what had been unanimously agreed upon as the best part of the desert safari as a whole: Dune Bashing. And the long-awaited one hour adventure did not disappoint us. Thinking of dune bashing as any old bumpy car ride is an understatement and frankly an insult to the novelty that is dune bashing.

Picture this: You're in an SUV cruising the immense sandy plains, riding up the towering sand mountains with the golden glow of the sun reflecting off the glistening sand enhancing this unforgettable moment. You've got your seatbelt unbuckled (like the daredevil you are) shivers run up your spine with each twist and turn, you're on the edge of your seat anxiously awaiting the next dune drop; the next unforeseen surprise. You're having the time of your life and then in an instant, you fear you're about to lose it. The car is now completely tilted to one side as it surfs the dunes. In that moment you feel you can do nothing but scream and hold on for your dear life until you return to seemingly safe grounds.

Terrifying, but also so very exciting.

It takes your breath away, acting as undeniable evidence that 'Fear is excitement without the breath.'

"I had an adrenaline rush the entire time", Dinaj recalled, "definitely my favourite part of the trip," he concluded, reminiscing the thrilling experience.

Once the dune bashing had concluded, we made sure to not miss our chance to take pictures with the mesmerizing sand dunes.



“Walking up the sand dunes to watch the beautiful sunset was unbelievably calming,” Nessa recollected when asked about her most memorable parts of the experience.

But the fun didn’t end there! Once the photoshoot session had concluded, we got back on track and made our way to the camp where a host of unforgettable memories awaited us.

Camel riding was a popular activity with most people putting aside their fear of the large desert mammal before them in order to have a go at this uncommon experience, “The rush that you get when the camel stands up and then sits down is incredible,” Alice described looking back on her brave encounter.

A courageous few even attempted sand boarding, but this elusive sport proved to be no challenge for them. “It was a completely new experience for me,” Tasia looks back on her triumph over the hard to come by sport, “as someone who’s only ever watched it on youtube videos, I found it a bit difficult at first since there wasn’t anyone guiding us. But with the help of my friends I actually managed to go a few meters down the slope!”

A small achievement that took a large amount of determination and effort to get to.

Of course, they didn’t forget to account for the less adventurous who were hoping to finally be able to relax after the tumultuous experience of dune bashing; offering them the opportunity to decorate their hands with eye-catching henna designs and browse a souvenir shop to look back on and cherish their visit.



As the sun began to set, our hunger pangs shot up. It was time to take a break from all the exploring and sit down to enjoy a traditional Arabian BBQ dinner under the starry desert sky. There wasn't a moment without entertainment as dancers and performers came on stage showcasing a number of spectacular displays. Some of the most exciting moments of the night would definitely include the belly dancer with her intricate dance moves immensely hyping up the crowd and the don't-blink-or-you'll-miss-it fire show.

At last, the day had come to an end. We packed up and made our way back to school. It might've lasted for just a few hours, but it's something that'll definitely never leave our hearts. While the experience itself would've been undeniably enjoyable on its own, it was the people we were with that truly made it a day worth looking back at. It was the silly jokes we'd make and uncontrollable laughter around one another that truly crowned this day as one to remember. After all, it's always the candid moments that really stick with you in the end.

5D

Y

Don't judge

H

Respect everyone

T

Listening and communicating

A

Be humble

P

Practise compassion

M

Help in need

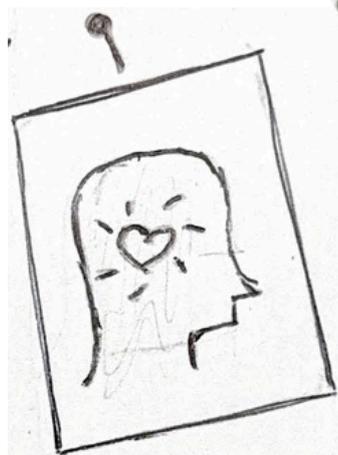
E

Be kind

Rebecca
Blossom
D'Mello

RAINBOW

EMPATHY



EMPOWERING YOUNG MINDS

... Karis Glenna Sam Kingston, 10A

For six unforgettable days in November 2024, a group of passionate students from all around the world gathered in Abu Dhabi for the **Global Network of Religion for Children (GNRC)** Conference themed **"The Child is Calling"**. From our school, we had two students participate, Maria Theres Kizhakkudem of 11D and Mark John Correia of 10C

From the moment the conference began, the air buzzed with energy. Students eagerly stepped up to the podium, discussing global issues, debating policies, and sharing their personal insights. What set this event apart was the freedom it offered—opinions were not just tolerated but welcomed. Too often, young voices are dismissed in formal settings, but here, every idea was met with curiosity rather than criticism. Whether discussing climate change, education reform, or international relations, students felt empowered to contribute in ways they never had before.



The conference was helmed by the GNRC, but it became evident as it progressed that in spite of so many religious leaders collaborating for this, their aim truly was not furthering the agenda of their own particular religion, but rather developing a solid framework for figuring out what the world religions can do for the safety and development of children on a collective and global basis.

As the days unfolded, debates grew more intense, friendships formed, and perspectives expanded. The event wasn't just about a discussion of what religion means to children; in fact religion had very little to do with it. It was about learning to listen, to challenge, and to refine one's own thoughts, and work towards a common goal, that of making the world a better place for our children. By the final day, there was a shared sense of accomplishment. Many students walked away not just with new knowledge, but with a newfound confidence in their ability to express themselves.

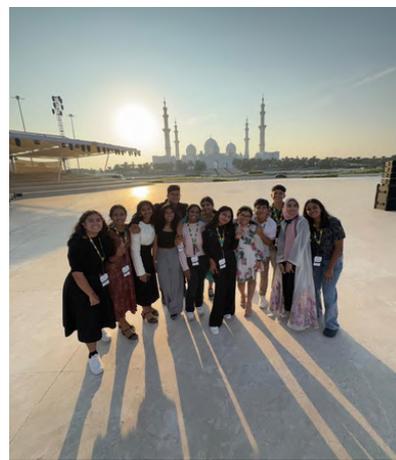
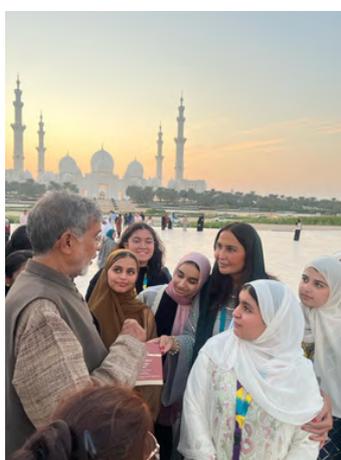


Eminent personalities from different walks of life who firmly believe that "In the child lies our future" attended the conference and interacted with these young minds. Most notable among them was Nobel Laureate Mr. Kailash Satyarthi, who won the Nobel Peace Prize in 2014 for his contribution towards the upliftment of children in India.

The delegates also got incredible opportunities as part of this, like going on a desert safari and visiting the Sheikh Zayed Grand Mosque, both of which were novel experiences for the majority of the delegation who had come from different parts of the world. But perhaps the most impressive one was visiting the backroom operations at the Yas Seaworld, where away from the glitz and glamour, marine biologists and zoologists tirelessly care for and rehabilitate marine life. This behind-the-scenes activity is not usually open to public.



The participants of the conference, including the two students from our school and the seven others from the other St. Mary's group of schools all said that they feel enriched and enlightened after interacting with children from other countries. Their hearts opened listening to stories of children who come from places that do not have basic amenities, countries that are war torn, children who struggle to have access to things that are taken for granted by the rest of the world, like education, food and clean water.



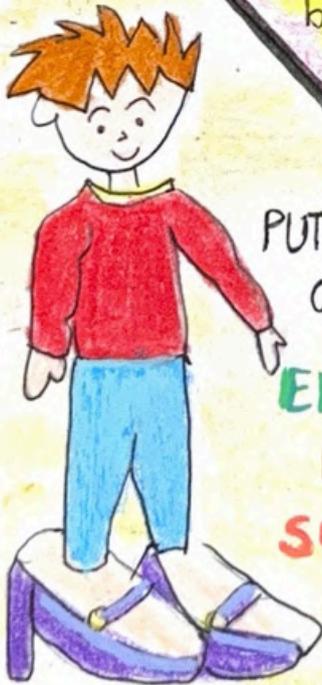
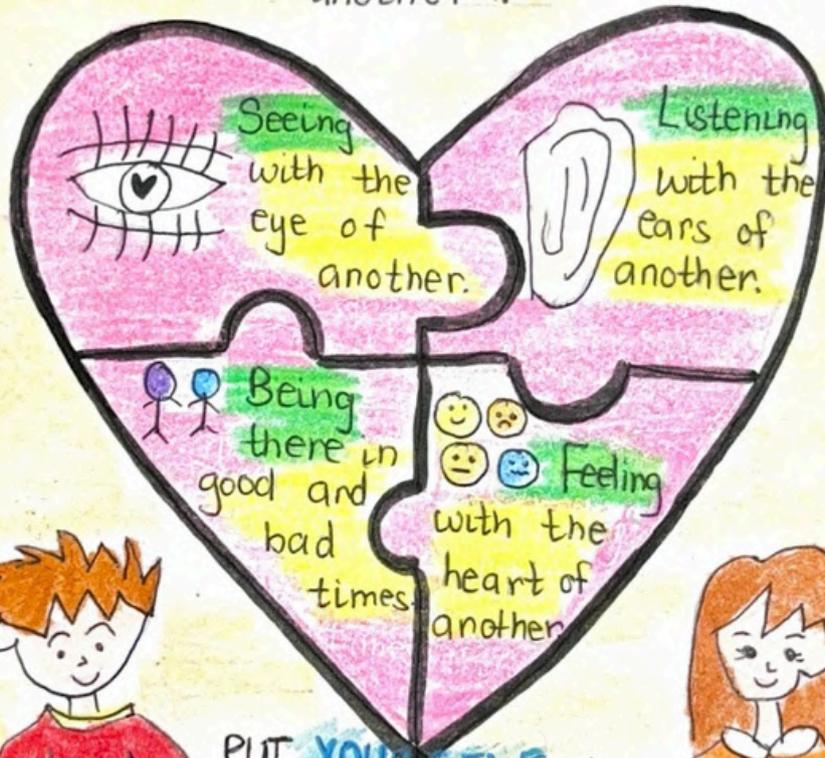
One of the most beautiful things that happened along the way is that children truly started empathizing with their peers. And as they all contributed in carefully wording **"The Abu Dhabi Declaration on Building a Hopeful World for Children"** it was truly with hearts full of caring for their fellow children. Interacting with them, participating in panel discussions with adults, who were actually actively listening to the young voices, and who wanted to hear what they had to say, was new to most of these children. In short, this was not just another extracurricular activity for the attendees – it was a platform where they truly listened and felt heard. And in a world where young voices often struggle to break through, that made all the difference.



EMPATHY

is & Share

The ability to understand the feelings of another.



PUT YOURSELF IN OTHER'S SHOES.

EMPATHY IS A SUPERPOWER



EMPATHY'S JOURNEY

... Jenilin, 6D

“DRING...RING !!!” The school bell rang, as the school was filled with children who had plastered smiles in their faces and were rushing to their classrooms after a long, warm and cozy summer break.

“Hi Maya! How are you?” Yelled Joy as she was heading towards Maya.

“I’m great. What about you?” Asked Maya.

“I’m not great I’m excellent!” Said Joy, as they were heading to class.

“Good morning students.” Wished Miss Leila.

“Good morning miss Leila.” Wished back the students.

“Let us warmly welcome Riya to our classroom. I would want everyone to be nice to her because she is a child with special needs.” Informed miss Leila.



“Hi Riya! Welcome to Saint Mary’s, hope you will enjoy your first day here.” Said the children as politely as they could.

After a few hours it was the kids break time. The teachers helped Riya to come out and have her break with the others.

During break Maya had noticed Riya sitting alone and crying.

“What happened?” Asked Maya.

“Some boys called me leg-less girl and stole my food.” Replied Riya crying out of hunger.

I know how it feels to be bullied! Especially when you are a child with special needs.” Said Maya. “I used to have a fractured arm and was also bullied.” Maya added.



Maya could feel tears rolling down from her eyes when she thought about herself being in Riya’s place.

“I will share you my food Riya, after all I cannot let you go hungry.” Said Maya.

“You will do that for me?” asked Riya.

“Yes, of course I will.” Replied Maya.

Maya and Riya could feel empathy travelling through them and Riya was sure she had made a new friend.

Explore, Conquer, motiongate!¹ DUBAI

... Danielyn Lopez 10E

In February 2025, the students of years 5 & 6 enjoyed an unforgettable trip to Motiongate Dubai, one of the best theme parks in the Middle East. The park features themed rides based on popular movies, delicious food, and attractions with their favourite characters. It was a day filled with excitement, thrills, and adventure.



Once they stepped foot into this magical place, the students were amazed by the incredibly vibrant atmosphere, complete with large movie posters and striking structures that made them feel as though they were stepping into a movie set.

The first stop for most was DreamWorks, which featured one of the fastest rollercoasters in Motiongate – Madagascar Mad Pursuit! The ride was a big hit with the braver and more daring students, while others opted for less adrenaline-pumping attractions. Another favourite was Dragon Gliders, where kids soared above the park as though they were flying on a dragon. The KungFu Panda area, with its immersive 4D experience, was also a crowd-pleaser, allowing students to feel like they were part of Po's adventures.



But the excitement didn't stop there! Their next stop was Columbia Pictures, which features incredible rides such as Cloudy with a Chance of Meatballs and The Green Hornet, keeping everyone on the edge of their seats. A more tame, yet exciting, ride was Hotel Transylvania, where they encountered their favourite friendly monsters. The combination of high-speed thrills and interactive experiences offered something for everyone, making this area another favourite.

And finally, they arrived at Lion's Gate, where the park's most intense ride – The Hunger Games: Capitol Bullet Train – awaited them. This speedy roller coaster took the bravest on a heart-pounding journey with steep drops and sharp turns, making for an unforgettable experience! The adrenaline was high, and some even wanted to go on the ride again! Those who didn't go on the ride enjoyed exploring the area and bonding with their friends, experiencing the attractions and the rush together.



The teachers who accompanied these boys and girls had fun too, trying out the rides, exploring the park. This was their day to keep the stress of lesson plans and corrections aside, letting their inner child roam free and enjoy all that Motiongate had to offer, while keeping a watchful eye on their charges, of course!

Mid way through all this excitement came the hunger pangs. But never fear, Motiongate had more to offer than just rides, with incredible dining options ranging from Mr. Ping's Noodle Shop – known for its original noodle bowls – to the Dragon Flame Grill, offering dragon fire-broiled burgers and spicy fries. The students happily refueled for yet another round of rides and went back to conquering more rollercoasters and thrilling adventures.



Time truly flies when you are having fun, so of course when it was time to go back to school, none of them wanted to leave. But all good things must come to an end and this was no different. The teachers made sure everyone was in the bus on time for a tired but happy ride back.

Whether the students had braved the fastest rides or simply hung out, it was clear that they were growing closer throughout the day – a feeling that would last long after the end of the trip.

Beyond the rides and food, what made the trip truly special were the friendships and the waves of laughter shared between students and teachers alike. From cheering each other on to supporting one another throughout the day, the experience brought them closer together. As the sun set and the day ended, it was as if their adventure finally came to an abrupt stop, but they knew that the memories would last a lifetime.



Viran, 5C

A Little Bit of Empathy

... Chiara Thomas 6E :)

At lunch, I saw her sitting there,
A lonely girl with a distant stare.
Her tray untouched, her head hung low,
I thought, "She needs a friend to show."

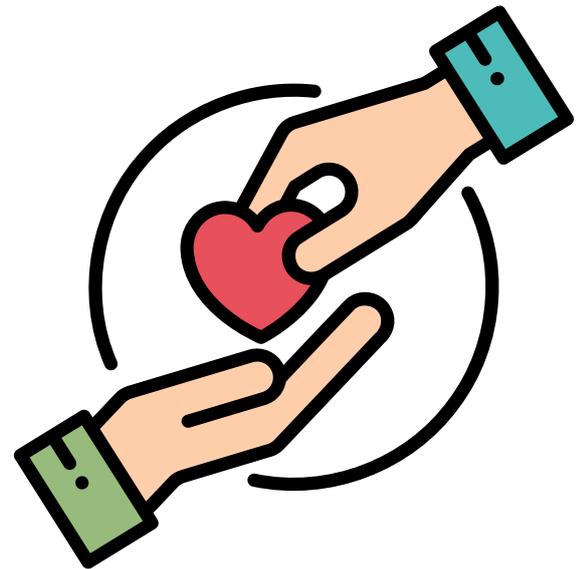
I grabbed my tray and walked her way,
"Hi, I'm Chiara—mind if I stay?"
Her eyes lit up, she gave a grin,
And that's how our friendship did begin.

Then came the new girl, shy and small,
Lost in the crowd by the big gym hall.
"Want me to show you around the school?
It's scary at first—but it's pretty cool!"

She laughed a bit and said, "Okay,"
And I showed her where to go that day.
By the end of class, she felt at home,
No longer lost or all alone.

Empathy isn't hard to do
It starts with seeing someone new.
It's lending a hand or sharing your time,
It's simple acts that feel sublime.

So hold the door or share your smile,
Sit with someone for a little while.
Because kindness grows, it starts with you,
And spreads like sunshine breaking through.



Goodwill
Lentily
Compassion
Worship
Sympathy
Affinity
Love
Worship
Sympathy
Affinity
Love
Warmth
Favor
Compassion
Kindness
Sympathy
Affinity
Love
Care
Grace
Understanding
Kindness
Sympathy
Affinity
Love
I'm your soul
Phy
Resonance

EMPATHY

Show with

What's it like in your shoes

What's it like in your shoes?
Are you sad or loose?
Is there anything to change your mood?
Please tell me!
Why are you so dully!?
I'm in all ears
I'm going to make you cheers
to shed away your tears.

What's it like in your shoes?
What's wrong?
Should I sing a song?
I need to brighten up your mood
Because I need a happy attitude.
Was someone rude to you?
What a crook!!!
Should we be friends?
Cool! We shall never end.

So you see,
Empathy makes you friends that never end
All you have to do is ask:
What's it like in your shoes?

Silent Healing

... Precious Kirsteen Domingo Fule, 6A

In a small town nestled between rolling hills, there lived a young woman named Clara. She worked as a nurse in a local hospital, known for her compassionate heart and gentle touch. One rainy afternoon, as the hospital buzzed with activity, A new patient arrived, a man in his early 40s named Tom who had been in a car accident recently.

Clara noticed his tense expression as she approached his bed. His eyes were distant and his body language screamed discomfort. She tried to comfort him with her usual warmth, but he merely nodded, not meeting her gaze.

As days passed Clara tried everything-offering him soft words, adjusting his pillows and bringing him his favourite tea. But Tom didn't care.

The next day onwards Clara went into Tom's room seeing him staring out the window.

After so many days of silence Tom finally talked. "Throughout the years...I've shown so many people empathy and compassion...but, I never realized I would need that empathy more now".

As Clara listened to what he says, she spoke up "Don't worry, I can feel what your going through" she said, "But you also have to always remember to let the pain out, you have to express how much you feel...or else if you hold the pain more it won't help you, instead it will hurt you more". Clara says.

After hearing what Clara says Tom felt touched by her words and decided to finally let out the tears he had been holding for so long finally able to express the pain he has gone through.

As days pass on Tom's health has been healing silently through Clara's words of empathy and compassion, making Tom go back to his old self.



"The great gift of human beings is that we have the power of Empathy, we can call sense a mysterious connection to each other"

– Meryl Streep

"Looking at various meanings of developing compassion, I think Empathy is an important factor: The ability to appreciate others' suffering " – Dalai Lama

FERRARI WORLD

A PLACE OF SWEEP, WHIZZ AND ZOOM !!!

... Hani Vezhappilly, 10F



This year was perhaps one of the most exciting academic years for many students. With many days dedicated to having an enjoyable time such as National Day and Ethnic Day, there was not a lack of memorable experiences. But the first thing that comes to mind for most students when they think about exciting experiences, are the yearly school outings. This year some of the boys from years 7-11 opted to go to Ferrari World, located in Yas Island, Abu Dhabi, which is known globally for its high-speed rides and exhilarating thrills.

Here's what they had to say: Aric (8C) enjoyed how the theme park had shed light on some interesting facts about cars and history: "I explored a mini-Italy leisurely in a small-scale Ferrari 250 California, circa 1958. Toured the coastline, famous landmarks and iconic race tracks. I witnessed breathtaking cityscapes, famous landmarks and racing venues, touring the picturesque Portofino and the Amalfi Coast, Monza Racetrack, the Colosseum di Roma, Venezia, and of course, Maranello." But then he added quite honestly, "However, I must say I did not like the vibes of the gaming room." So, that is something future explorers of Ferrari world may want to keep in mind.

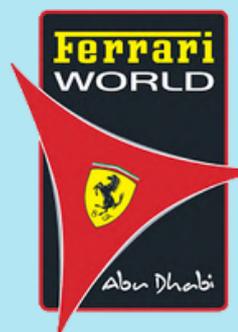


Many others loved how fast the rides were: "Strapping in, they told me to put my goggles on and prepare to be blasted 240 km/h in 4.9 seconds on the world's fastest rollercoaster. It was so scary, but my heart was pumping. After scaling heart-racing heights of 52 metres and with the adrenalin rush of 4.8Gs riding high, I crossed the finish feeling like a true Scuderia Ferrari champion. A ride on Formula Rossa was a life changing experience!" exclaimed Nashon (11C).



And of course, you cannot forget about the food. Johann (9B) shares his thoughts with us: "I really loved the food. The big juicy burgers and the fries and drink were so good I can still taste it. Fabulous! I even took a bite of my friends' food. However, the rides were a bit too fast for me. I almost puked after each one!"

It is clear our school had a very enjoyable time at Ferrari World, with great food, fun rides and a really fun-packed theme park experience it was truly a day to remember!





WORD SEARCH



EMPATHY

"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another." - Alfred Adler

Z	F	A	T	H	O	U	G	H	T	F	U	L	C	B	A	G	L	U	I
P	I	T	O	X	M	N	L	L	P	G	N	I	R	U	T	R	U	N	K
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K	O	Q	R	I	R	C	O	N	S	I	D	E	R	A	T	I	O	N	D
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H	A	R	M	O	N	Y	L	Z	X	C	V	B	N	G	M	Q	W	E	R

1. ACCEPTANCE
2. APPRECIATION
3. CARING
4. COMPASSION
5. CONNECTION
6. CONSIDERATION
7. GENTLE
8. HARMONY
9. HEARTFELT
10. KINDNESS
11. LISTENING
12. NURTURING
13. PATIENCE
14. RESPONSIVE
15. SUPPORT
16. SYMPATHY
17. THOUGHTFUL
18. TOLERANCE
19. UNDERSTANDING
20. WARMTH

Sometimes, we just
need someone who
UNDERSTANDS



Sara Mammit, 7A



Jamie Fernando, 6E



NATIONAL DAY EXUBERANCE

... Justin Gapuz, 10B

It is hard to imagine that our beloved United Arab Emirates had been formed a mere 53 years ago; so young as far as countries go, and yet, so much progress in such a short span of time! For us Marians, a way to show our admiration and appreciation for our adopted homeland is when we celebrate the UAE National Day every year and our school has consistently produced a slew of National Days to remember; this academic year was no exception. It was truly a celebration of all things Emirati and all that UAE stands for.



Our Emirati teachers and staff had a big hand in making this year's festivities exceptional. In an effort to share their culture and traditions with the rest of the school, they came up with the idea of creating a mini majlis inside the school. They decorated the space with traditional furniture, antique utensils and appliances, even the replica of a dhow!!

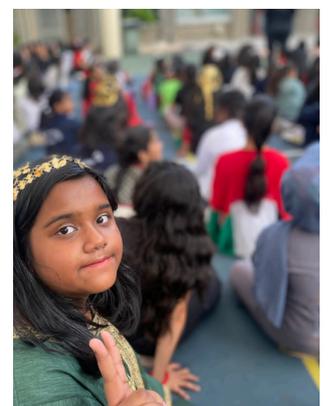


The school was decorated in the colors of the Emirates, red, green, black and white, with buntings, garlands and balloons. The machinations of art students such as Kyle Velasquez collaborating with Mr. Ahmed Mohammed also became an inspiring poster uniting every Emirate in the shape of a heart, illustrating the love that comes from the Emirate citizens and the unity of the country itself.

The day started off with an assembly and the flag hoisting ceremony carried out by our Principal, Mr. Paul. Everyone congregated in the quadrangles, each and every student and teacher dressed in the colors of the national flag, becoming symbols of what the UAE stands for; strength, hope, prosperity, and the academic year motif of resilience.



There were many students and teachers sporting Emirati traditional garbs as well. But our dedication to this country that we all call home didn't just end there, as activities spanning across every grade was arranged to commemorate this blessed day.





Our Arabic teachers, especially our Emirati teachers, had organised quite the cultural extravaganza this year. In an absolutely prolific display of national pride, students performed dances choreographed under the well-organized guidance of our teachers. In a colorful display of camaraderie, boys performed the Ayyalah and other traditional art forms, while the girls danced to the fast beats of Emirati songs in their rendition of the Nasha'at and other dances.



Now, as we all know, UAE has a truly multicultural society, and in a display of the varied diaspora of people who call this country home, and as an ode to the virtue of tolerance, which UAE has accorded the utmost importance to, some of our students also performed traditional dance forms from their native places.

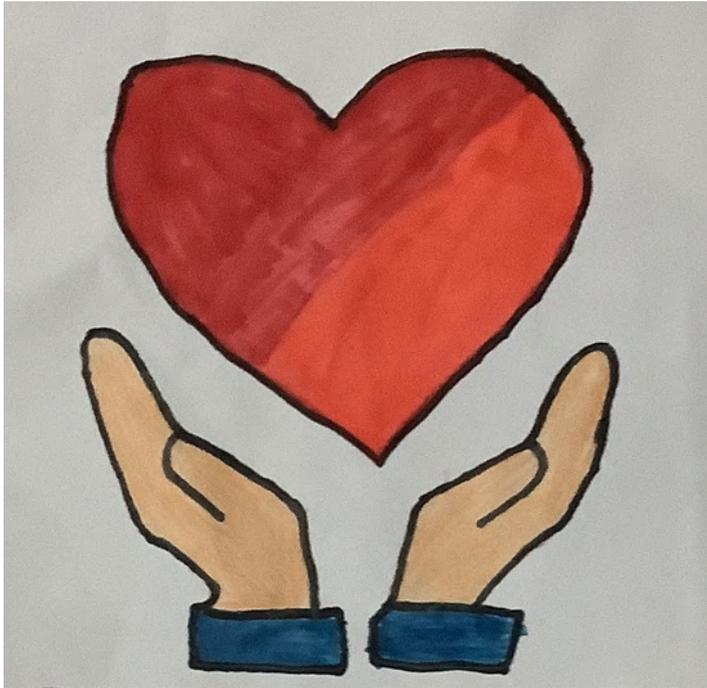


The festivities did not end with these cultural events, for in the corners of the school thrived a series of food sales, selling a variety of delectable Emirati and not so local treats, from sweet luqaimat and biryani to cookies and waffles. It felt like our hallways were transformed into a whole hypermarket with students relishing in the diverse treats on offer for National Day.

"It was truly inspiring seeing it all come together," said one student, recalling the events of the day which signified the influence and invigorating spirit the UAE breathes into each and every one of us.

Empathy

... Ryan Tarcisius Paul, 7B



“Seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.”

- Alfred Adler

The Heart's True Light

... Ronen Xavier, 7B

I see the world through your two eyes,
I hear the sound of all your cries.
When you feel lost, when things go WRONG
I'll stand beside you, keep you strong.

Your pain is not just yours alone,
Your fears, your hopes - I make my own.
Helping hand, a kind hello,
Can make a heart begin to glow.

So when the world feels dark and cold,
And heavy burdens take their hold,
Remember this - you're not alone,
With EMPATHY love is always shown.

Even the smallest words...

HEAL WONDERFUL SUPPORT SPLENDID KINDNESS COOL SUPER PRETTY STAR
POSITIVE ELEGANT CAREFUL SYMPATHY BOLD ADORABLE LISTENING
TRUST AWESOME CORRECT EMPATHY CALM LOVE DARING FEELINGS
BRILLIANT BRIGHT UNDERSTANDING CARE APPROACHABLE NEEDS BEAUTY
PRETTY ENTHUSIASTIC HOPE HEART HELPING SOCIAL APPRECIATIVE
FUN BEAUTIFUL DARING DAZZLING
COMPASSIONATE FREE FEEDBACK ADORABLE DANCER
FUNNY GIVING DECENT SWEET
SMILE HAPPY APPEALING CONNECT
BRAVE COLORFUL GENEROUS HEART
FANTASTIC PATENT CHARMED EMOTION ARTY
GOLD FRIENDLY ARTISTIC POLITE GORGEOUS SYMPATHY
CHEERFUL POWERFUL SUPER CONFIDENT EASY-GROWING GREAT
FABULOUS CUTE AMAZING COMPAION COOPERATIVE
GOOD-JOB DETERMINED LOYAL PROUD CLEVER SHARE CIVIL FINE
SUPPORTIVE LOVELY CONSIDERATED HONEST TRUSTWORTHY CHEERY ATTRACTIVE
WISE WELCOME TERRIFIC EXCELLENT BETTER IMPRESSIVE



---- can heal a heart



THE SPIRIT OF CHRISTMAS AMONG US ALL

... By Olivia Ann Roy, Year 12

The festivity of Christmas will forever be filled with jubilation, good tidings and the exultation of salvation. The hallways will never be complete without the lights, streamers, and stockings hanging down from them. The school entrance will always look incomplete without the Christmas tree and gift boxes welcoming the staff and students into its warm galore. Yet, I forget to add one thing. The Christmas Spirit at Saintz will never fail to be inclusive of the multi-faith and multicultural crowd present here, forming in its diverse unity, a dimension of tolerance persistent amongst those of all ages.

This was especially witnessed during the last week of school before the start of the annual winter break, where our primary students, under the guidance of the Primary School Section Head, Ms. Rose and their class teachers prepared a meaningful, yet enlivening program to remind us of the true significance of the Christmas season, as well as to showcase the capability of our rising stars and their teachers, in coming together and presenting their talents to the rest of the school.

The excitement and anticipation of it all began way before the start of the program, when the children were asked to gather in the main hall. As they walked in, their temperaments were comprised of surprised faces and hearts full of glee, considering that this was the first time the children got to hold their special celebrations in the big auditorium.

The program began with a sensational depiction of the nativity scene, one familiarly related to the beginning of the Christmas tradition. The story of the Birth of Jesus Christ was eloquently narrated by teachers from the Values Education Department, Ms. Judith and Sir Asterio, conveying the relevance of the divine occurrence through a riveting slideshow.

This was readily followed by the Christmas program dances that the junior students worked on tirelessly for 2-3 weeks, sacrificing their registration and activity classes, in order to execute the fruits of their practice impeccably.

Being careful not to interrupt their efforts, some of the newsletter reporters were able to gain intrinsic insights into the process, leadership, and thought that went into the preparations leading up to the program. The class teachers of years 1-4 cleared through a whole laundry-list of things, making sure to accomplish their tasks successfully. What might these gruelling missions include, you may ask? Well, there was choosing the background soundtracks for the dances, coming up with engaging choreography at the stroke of midnight, and most importantly - ensuring that mini Santa did not forget his costume at home!





Do you guys want to be let in on another amusing secret? The teachers chose songs for their respective classes by drawing from a lottery!

The joyful nature of the holiday season was seamlessly reflected by the students' enthusiasm to participate in the organized activities, along with the "exuberant cheering" and pride that mirrored off of the audience seated in the hall that day. As well-known songs such as "Santa Claus is coming to Town" and "All I want for Christmas is You" blared from the speakers, with happy feet tapping along to the rhythm of the tunes, the ebullience in the air was immeasurable.

As pleasant as it was to prepare the children for their special day, all of this would not have been possible without the positive response and cooperation of the parents, who willfully encouraged their children to partake in the dances and class activities. As revealed by Miss Zartashia, class teacher of 2D, with the help of their parents, the young celebrants viewed this program as less of a religious obligation, and more of a compelling school activity, which offered them the opportunity to grow amongst a diverse crowd as well as learn more about other festivals.

I also find the amount of assistance, effort, and time spent on organising the program quite remarkable, guaranteeing an almost flawless succession of events. An exceptional round of applause goes out to the class and other primary teachers for putting together an outstanding performance. We also appreciate the IT department for being dedicated photographers and videographers throughout the event, standing tall and ready to capture these noteworthy moments that will eventually turn into long-lasting memories in the passage of time at Saintz. Last but definitely not the least, the quiet, yet determined support from our senior prefects from years 9, 10, and 12, made the program transpire smoothly and efficiently.



In clear display to everyone, the highlight of the day was the overwhelming feeling of elation and merriment which followed the culmination of the Christmas program, flowing from the young ones all the way to the teachers and staff. The undeniable happiness of the kids and the contentment of all the teachers, was evident to each and every individual, with our vice-principal, Miss Lise-Ann, expressing how she “really missed this” unitive celebration within the school. The lasting effect of the program was so strong, that it left Miss Mary Ann teary-eyed, exclaiming “This is something we haven’t had in a long time,” referring to the 3 years that passed without the joyous resonating of the children’s celebrations in such grandeur.

The energy in the air was, without a doubt, electric. “They learned, they put effort, they performed well,” was the most common declaration of the day. The young talents’ eagerness to perform in front of their peers overtook any chances of discrimination between the students, with their excitement levels intermingling with the beautiful stage and hall decor, embellishing the beautiful day in a manner unlike any other seen before.

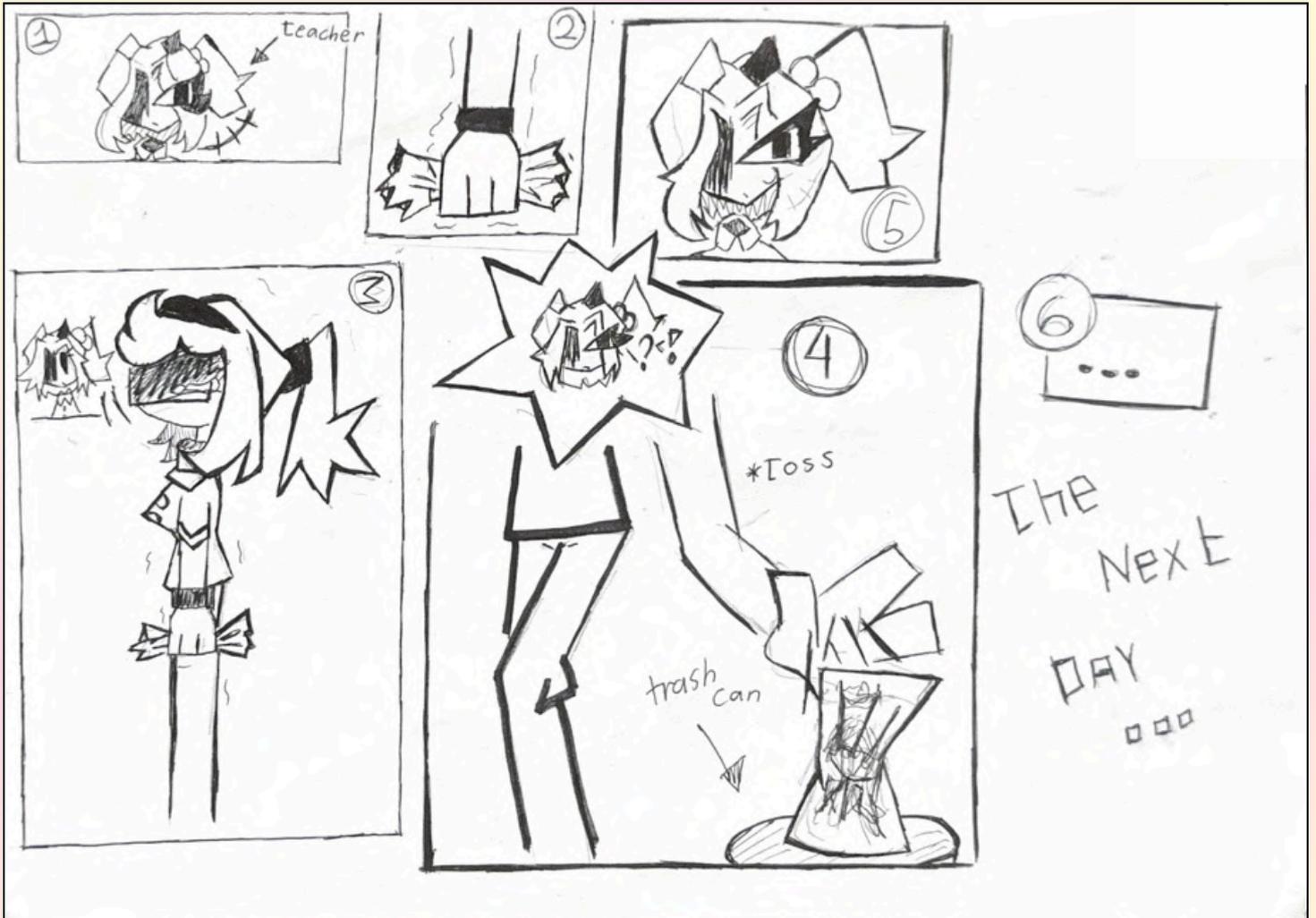


inspo:- The Edgyverse

! SOUL OF THE ARTIST !



... Martini, 6D



Miss. Lavenpetal

Maria I want to talk to you in my office

!?

7

Miss. Lavenpetal

I called because I have something to give you

11

8

9

13

14

10

Miss. Lavenpetal / Maria-

15

ooo

Miss. Lavenpetal (16)

your friends told me how you were working hard on a drawing... is it this one?

17

Miss. Lavenpetal

I felt sad you were throwing away your cherished work.

18

*Nods

Miss. Lavenpetal you wanted to be an artist right?

Don't give up on what you dream of!

20

19

*Pat

EMPATHY★

★Comic!

By Hailey Blaze Lobo



AFTER
Class
★



THE
NEXT
DAY





Reading Bingo

Read It. Check It. Win It!

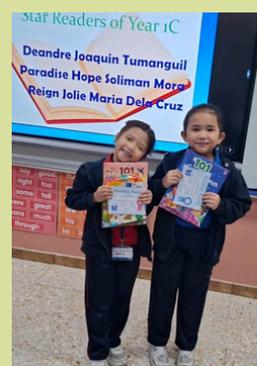
... Jane Jerushlin 10A

Nowadays when you think of a 'book', the images that come to mind may include various science and math textbooks – and perhaps the occasional literature book which is also a textbook. Because reading books as a pastime seems to have become a thing of the past, while TV shows, movies, and in rare cases, e-books have taken their place.

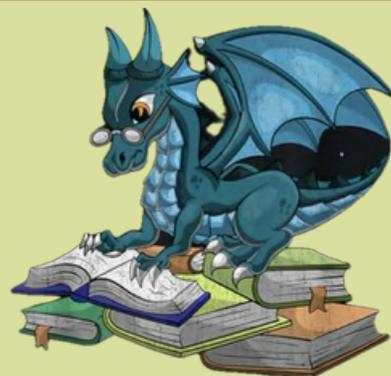
To reintroduce this diminishing love for books, St. Mary's presented its students with the best challenge yet – Reading Bingo! A result of the efforts of Ms. Kankanika, our Head of the Department for English and Ms. Renthi, our Senior School librarian, this challenge was an innovative way to encourage children to read.

Using the format of the familiar luck-based game, Bingo, each square was filled with a specific prompt related to reading rather than the typical numbers. Prompts ranged from extremely general – such as simply reading a book written by a male author – to oddly specific, like reading a book with a blue cover. In typical Bingo fashion, students had to complete an entire row of prompts to gain entry into the leaderboard. From there, the students with the highest total number of squares filled would be crowned the winners.

With heartfelt encouragement from our English teachers, the students tackled the competition head on, spending the month finding books to satisfy each criteria. Desperate to beat the challenge, students of all ages curled up on their couches and cracked open their favourite books, only to be transported to worlds of fiction and excitement far beyond anything a screen could offer. We can confidently say that this challenge helped inspire new readers and reignited their love of reading in others.



As the competition drew to a close, our English teachers had a tough time selecting the winners. There were so many entries, some, who their teachers expected to be in the leaderboard, while some were serendipitous. The organisers were also pleasantly surprised to find that many of our students literally devour books! In any case, the realisation that they were not dealing with timid bookworms, but rather fierce book dragons, was a welcome one!



“The reading challenge was like a scavenger hunt, but for books; I honestly found it to be such a fun experience. From spooky stories (that I realised I really enjoyed) to books with yellow covers and books on history, every task was a perfect excuse to dive into something new. If I was awake, I was probably reading – between classes, before bed, maybe even when I was supposed to be doing something else. Each task I crossed off the list felt like clearing a level in the best game ever – because really, is there such a thing as too many books?” said Leanne, one of the overall champions of the Reading Bingo challenge, having ticked off every box in the game!



Reading Bingo Overall Champions
Ethan, Varghese, Hannelore & Leanne

The various prompts helped students to broaden their interest in different genres and perhaps even helped them to discover a new favourite book they might never have considered reading before. This challenge also helped highlight many talented authors from different countries and cultures. But the best part was that since the competition was open to all year groups, the tiny ones as well as the older ones got a chance to compete in the same event, and win!

Once the final tally was in, the winners were felicitated a special assembly. Some girls, some boys, some small, some big, some who read just enough to get entry into the leaderboard, while there were some who checked every single box in their bingo card, all wins were equally celebrated! We congratulate the voracious readers who won this year, and look forward to many more participants in the years to come. After all, as George R.R. Martin once said, “A reader lives a thousand lives before he dies. The man who never reads only lives one.”



Reading Bingo Winners from each year group

WAR AND TEARS

... ANJELICA QUADROS, 7A

As a girl looks out of the window,
Instead of seeing flowers blooming in the willow.
She sees the plants burned black,
And at a store she sees a line of sacks.

Instead of hearing the pitter - patter of rain,
She hears the loud cries of pain.
Her parents were killed in a tragedy,
And to her they are a fleeting memory.

Instead of celebrating her birthday,
She is at a funeral day
All she does is mourn and weep,
Has she ever not had a disturbed sleep?

As the bombs keep falling,
Our young lass continues crying.
But she has a hope that one day,
The world will return to a peaceful way.



EMPATHY



Empathy is the Bridge that connects hearts & Minds. 



SAINTZ MUN JOURNEYS

FUTURE DIPLOMATS IN ACTION!

... Elizaveta Babicenco 10E

The beginning of a new year also marked the start of even more fantastic Saintz MUN journeys!

In the past few months, our students attended some of the most exciting Model UNs across the UAE, including AMPS-MUN, DS-MUN, and FWW-MUN. At each of these events, our students' enthusiasm and talent for debating and collaboration shone through as they took on challenges and discussed global issues, experiencing the true meaning of diplomacy.

On February 14th, our students attended the very popular AMPS-MUN. Delegates got to meet new people, debate agendas, and represent their countries, all in a fun and delightful manner. The three days of AMPS-MUN were unimaginably entertaining! With each committee having its own spark, whether you were debating the threat of nuclear weapons or the future of Wakanda, each delegate was fully immersed in the topics as they fought to present their points of view.

The unexpected crises our delegates experienced made AMPS-MUN even more interesting. They shared plot-twisting events during their crises, where the urgency of the situation really brought people together. It is not an exaggeration to say that the Committee of Marvels, where Thanos and Beyoncé fought each other in a sing-off as other delegates cheered them on, perfectly summarises the chaos of a Model UN!

In the words of our SaintzMUN Secretary General Mena Admassu who also co-chaired the Committee of Marvels, "Seeing our delegates embody diplomacy as they presented some of the most comical yet incredible ideas to solve the issue at hand can truly change any delegate, chair, or secretariat member's perspective on Model UN."



And, of course, the highlight of every Model UN - the social night - was an absolute hit. Students performed live songs on stage, one AMPS student performed an electric guitar solo, some sang their hearts out into the microphone as others danced to hit songs.

Finally, the closing ceremony was a truly celebratory ending to AMPS-MUN, with many Saintz students receiving awards for their brilliant efforts and dedication during the event. The hall burst into cheers and applause as our students received their awards, we could not be prouder of them for their achievements!



“The unexpected becomes reality, as facing my fears and realising my true potential is what drives me to keep winning and pushing myself beyond my limits.” said Veronica Malubay, Deputy Secretary General and Best Delegate of DISEC about her win.

We extend a big congratulations to the following winners from AMPS-MUN, as our delegates left the event with an astounding 10 awards and 2 verbal mentions!

- **Veronica - Best Delegate, DISEC**
- **Hannah - Best Delegate, HSC**
- **Kyle - Best Delegate, FCC**
- **Karen - Verbal Mention, FCC**
- **Shelin - Best Delegate, UNESCO**
- **Sofia - Runner-up Best Delegate, UNESCO**
- **Bhadresh - Best Research, UNESCO**
- **Ali Mehdi - Honourable Mention, UNESCO**
- **Ethan Jacob - Runner-up Best Delegate, SOCHUM**
- **Tahera - Verbal Mention, SOCHUM**
- **Ivan - Best Research, UNHCR**
- **Aashika - Honourable Mention, MARVEL**

As yet another edition of AMPS-MUN came to a close, it remains a favourite among our students, as the atmosphere of innovation, debate, and teamwork cannot easily be replicated elsewhere. It is safe to say that AMPS-MUN had it all.

Following this success, on February 23rd the students of SMCHS attended the Dubai Scholars Private School Model UN, where they experienced one of the most exciting, mind-bending, and exhilarating events!



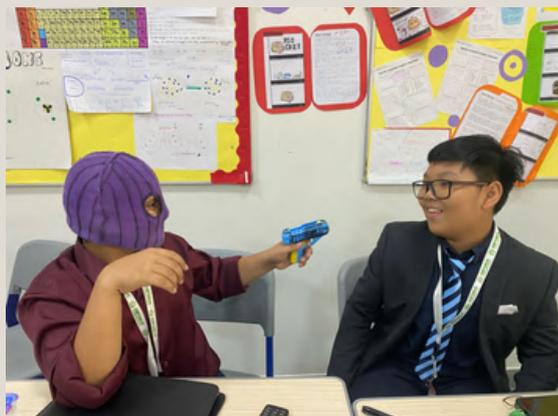
Going in with open minds, our students found Dubai Scholars School to be large and diverse, where meeting new people was a central part of the experience. With a wide variety of committees, each student was able to participate in the committee that suited them best, displaying their debating skills as they delivered compelling speeches, engaged in intense negotiations, and formed strategic alliances with fellow delegates. The committees were not only fun and intense, but also presented opportunities to meet new people and learn from experienced Model UN veterans.

“UNSC was definitely an enjoyable committee, as I gained a lot of knowledge from experienced people, which will definitely help me in my MUN journey.” – Aashika Sheela Mohandhas.



The secretariat of DS-MUN was also extremely engaged with other delegates and was frequently involved in challenges during the committee, which opened more exciting opportunities to learn about diplomacy.

“It was a challenging experience, navigating the Olympics committee, but definitely a worthwhile experience.” – Shireen Abbas Kazmi, Best Delegate of the Olympics Committee, who was extremely active, even taking on challenges against the Secretary General of the MUN!



At the closing ceremony, the hard work and dedication of our delegates paid off, with several of them taking home prestigious awards, which is a testament to all the diligence and effort they put into their committees.

A big congratulations to the following delegates, whose skills shone during DS-MUN!

- **Tahera - Honourable Judge in ICJ**
- **Taher - Runner-up Best Judge in ICJ**
- **Prem - Runner-up Best Delegate in CSW**
- **Rashmika - Verbal Mention in UNODC**
- **Marilyn - Runner-up Best Delegate in UNODC**
- **Shireen - Best Delegate in ICOA**

A few of our students had also attended FWW-MUN, an international MUN endorsed by the UN and having yearly conferences in many parts of the world.

FWW was a stark contrast to any of the MUNs conducted by schools and universities in UAE, with committees as big as entire conferences, delegates from different parts of the world and from diverse backgrounds. FWW served as an educational experience for our students, as communicating with different people and learning many new ways in which diplomacy is practiced was a major factor in this MUN.

All of these accomplishments, from AMPS-MUN, DS-MUN, and FWW-MUN, prove exactly how talented and enthusiastic our students are. As they develop into more capable individuals with a promising future in the real world, they learn to be diplomatic, express their thoughts, and back up their claims. The challenges they faced are just small stepping stones in a long journey to be the framework of the future ahead!



Is empathy really so burdensome?

by Rebha Agnihotri :)

Is empathy really so burdensome?

Being good to someone wouldn't ruin you,

Showing empathy would make you feel awesome,

Although I'm sure some people wouldn't have any clue.

If you want to be empathetic,

all you have to do is be true,

Don't create false accusations for charity,

Just be honest and not a deceiver.

Being empathetic towards someone is like a remedy,

It completely fixes their feelings,

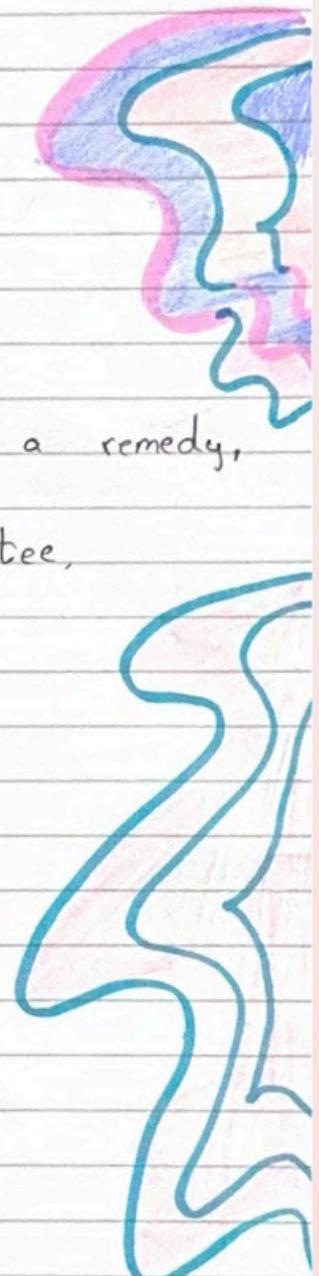
This will definitely help I can guarantee,

It also helps a person by healing.

By : Rebha Agnihotri

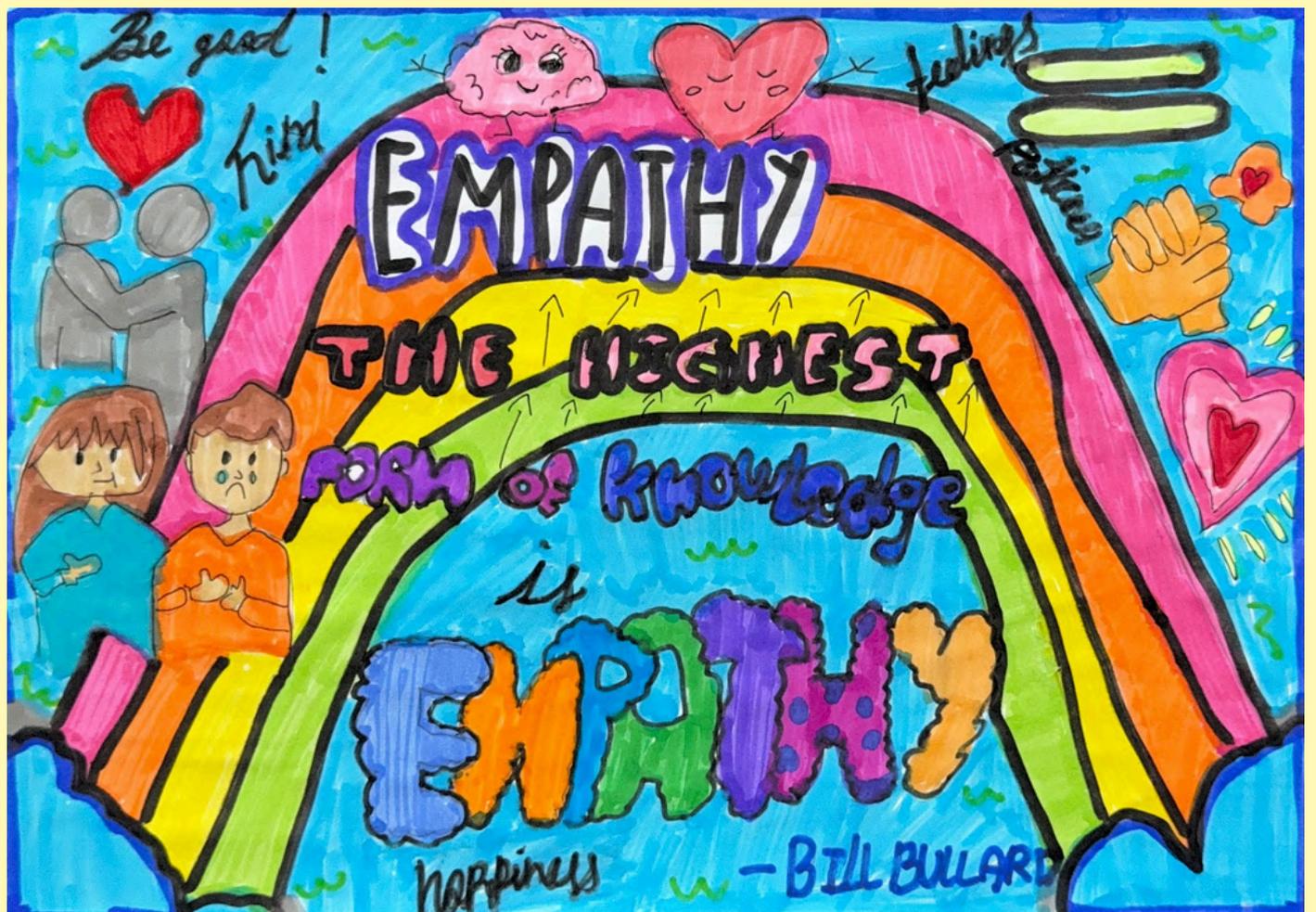
From : 7A 😊

Remember : Always stay empathetic,
you never know what a person
is going through!





... Keziah Norbe, 5A



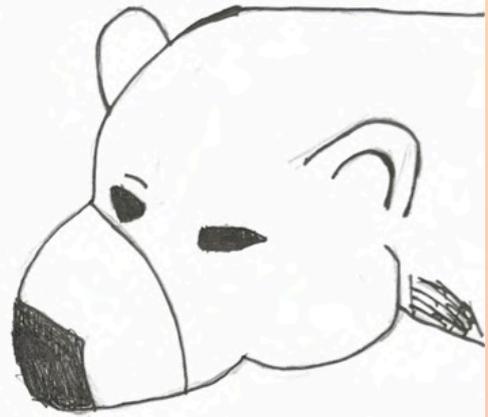
... Adiya Dinu, 6E

Empathy

"What's empathy?" asked Rabbit.

"It's the ability to meet
someone - anyone - at a
point in their journey,
with understanding."

Said Bear...



"All the while keeping in mind
that we can never really know
what it's like to be someone else."

By Sean-6B

Sean, 6B

Empathy

The **E** in empathy is for **EVERYONE**,
every little understanding, realising we're all one.

The **M** in empathy is for **MAKING** something new,
moulding a new future where we can shine anew.

The **P** in empathy is for the **PRACTICE** of being kind.
Let's be nice to one another, what new treasures might we find?

The **A** in empathy is for a little **ANARCHY** -
let's switch up this poem, let's change the key.

The **T** is for the **TINY**, the teeny little tiddlers, the tottering tots.
It's you, you little tigers, that will take us to the top.

The **H** is for the **HOW** you will heal our hopes,
by holding hard to humanity, by keeping cruelty on the ropes.

The **Y** is for **YOU** and your yearning to say yes,
yes to us coming together, yes to being our best.

Wayde Lasrado, 7B



SAINTZ's Winter Wonderland

FROM TWINKLING LIGHTS TO FESTIVE DELIGHTS

... Althea Fernandes, Year 12

Saintz has always gone all out for every event of the year – and the most wonderful time of the year was no exception.

The whole week leading up to the Christmas party was filled with anticipation. The entire school seemed to fall into that sweet, holly-jolly zone, with Christmas music drifting through the cool winter breeze in the mornings and during break time. The school transformed into a true Winter Wonderland.



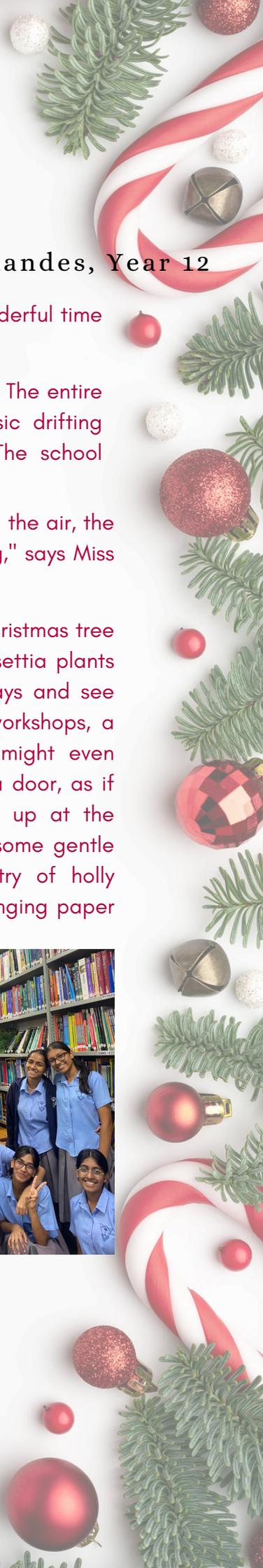
"To me, the spirit of Christmas is the magic in the air, the glow of twinkling lights, and the joy of giving," says Miss Kankanika – and how right she is!

Stroll around the school to admire the big Christmas tree standing tall in the foyer and the little poinsettia plants adorning the office. Roam down the hallways and see classroom doors transformed into Santa's workshops, a gingerbread house, or a nutcracker. You might even catch a glimpse of Santa halfway through a door, as if he's trying to sneak away unnoticed! Look up at the building and catch the Grinch climbing up some gentle fairy lights. The school becomes a tapestry of holly wreaths, pinecones, berries, ribbons, and hanging paper snowflakes.

Many students from Years 10-13 volunteered to help decorate the library too! Miss Renthi's elves spent weeks giddily hanging up shimmering stars and glimmering garlands. There was also a small Nativity display beside an adorable mini Christmas tree. "The library gets decked out every year," said Miss Renthi. "It truly is the most wonderful time of the year!"

Students busied themselves for weeks in preparation for the upcoming Christmas season. But if you think cutting up chart paper and working like little elves is the best we can do – think again!

The seniors decided to put on a show for the merry Marians. For the Year 12 students, this involved a group of 20 people combining popular Christmas songs and performing them on the 10th of December. They sang with a violin, a guitar, and a keyboard – interspersed with dances and adorable mini skits that thrilled us all! Some iconic moments included breathtaking solo parts, a funny marriage proposal under the mistletoe (which was rejected!), and a hit-and-miss candy toss into the cheering crowd.





Two days later, some of these carollers went on to spread the joy themselves. From morning until break time, they visited classrooms, staff rooms, and the IT department, delivering chocolates after delightful rounds of carols.



On the 11th of December, the Christmas Programme for the juniors took place. For kids who hadn't had such a programme in many years, this was perhaps the most memorable and exciting time of their lives! They spent many weeks working with their teachers to astound both us and themselves with marvelous displays of dancing and storytelling.

The assembly on the 12th of December was followed by a warmer, cozier performance. Twelve students from Year 13 gathered in the center of the stage, singing sweet Christmas songs (like "Snowman" and "All I Want for Christmas"), accompanied by the gentle strumming of a guitar. The quadrangle was filled with beautiful chorale singing. The morning was then wrapped up with snow sprayed on all our uniforms!



All these fantastic events led up to the final day of the week: the 13th of December – the Christmas party. After Mass, the school was filled with Santa hats and reindeer headbands. The day consisted of long rounds of Just Dance, karaoke until your voice gave out, and, for those who really know how to have fun, epic battles in gingerbread-man contests! The Year 12s and 13s were ushered into the main hall, where they were free to take the stage for a mini talent show. Santa Claus (Reuben Almeida) even made a guest appearance!

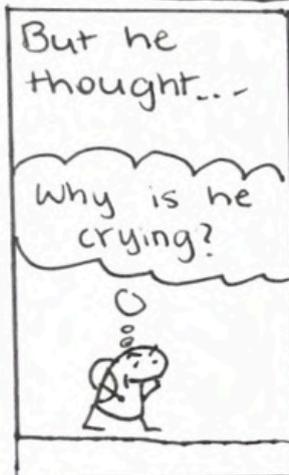
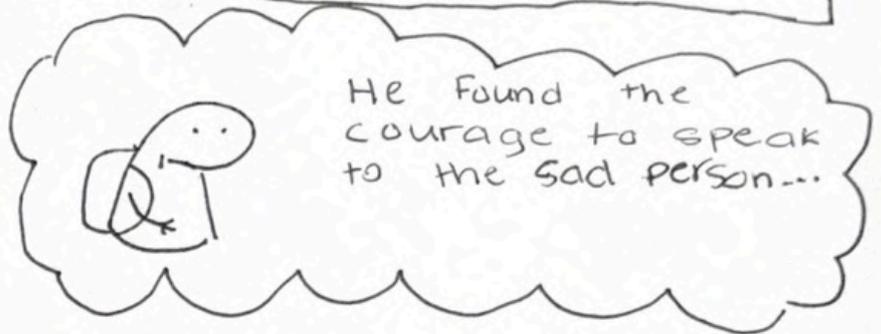
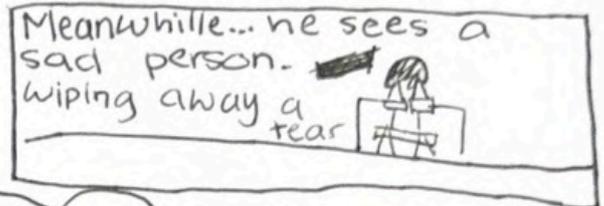
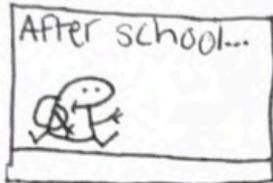
After stuffing ourselves with food and exchanging our Secret Santa gifts, the Winter Wonderland week came to an end. The day wrapped up with warm greetings of "Merry Christmas – in advance – and a Happy New Year!" as we embraced the long-awaited arrival of the Winter holidays.

"Christmas is a celebration, a time for giving, and not simply a day we exchange gifts. The spirit of Christmas is in the 'togetherness'; it's in the thought you put into thinking about others. It's a selfless time, where we forgive, take stock of what's important, and become 'better' versions of ourselves." - Mr. Haroon

Ho Ho Ho!

PAPER BOY

And An unexpected Friend



WHEN POSSIBLE, SHOW EMPATHY!



How 2 Draw Paper Boy!

①



②



③



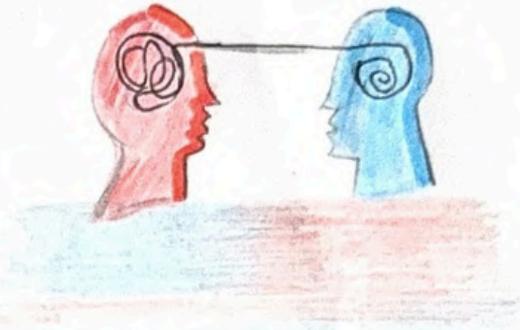
④



Elise Francesca 5A

WHAT IS Empathy?

- The ability to share someone else's
- feelings of experiences by
- imagining what it would be like to
- be in their situation.



How can YOU
Be
Empathetic?

I can ask my brother
how his day was
+ listen

I can be kind when
someone is having
a bad day.

I can show compassion
when a friend loses
a game.

Be Kind

It costs ...

Nothing





SENIOR ATHLETIC MEET

Capturing the athletic excellence at our school

... Alrick D'souza, Year 12

On the 15th of February 2025, our aspiring athletes gathered at Gems World Academy grounds for what turned out to be a truly memorable Saintz Senior Athletic Meet. With the students lined up on the field, the day began with an opening prayer led by our Directoress Sr. Jacinta. Following that, our school principal, Mr. Paul, officially declared the event "open."

We started off with the races, 400m - first the boys, then the girls - followed by the 200m, 100m and the relays. Throughout the day, we witnessed a mix of joy, disappointment, and determination in our athletes. But what stood out most was the confidence and courage displayed by the participants, which made all of us incredibly proud. In a true show of sportsmanship, as the athletes raced to the finish line, their friends invariably cheered them on, whether they made it to the top 3 or not was beside the point. The races ended with winners of each race being announced and ascending the podium to receive their medals.

Of course, the day wasn't without its setbacks. A few promising athletes couldn't participate, which caused their houses to lag behind in points. However, despite these few obstacles, everyone was able to enjoy the track and field events, school facilities, and most importantly - support their peers.

For many, it wasn't just about winning. Meredith, Schantelle, and Bethany summed it up beautifully: "We win as a team and fall as a team—Unicorn power!" nicely encapsulating the sense of team spirit and adventure. Nathanya described it as "an exhilarating experience, filled with teamwork, excitement, and the thrill of competition," a sentiment echoed by many others.

Phoenix girls' captain (Kylie) and vice captain (Inara) shared, "We may not have brought home the trophy, but just as the immortal phoenix we are not discouraged."

At the end of it all, for the boys, there was a tie for first place between Gryffon and Unicorn with 88 points each, Phoenix finished third and Pegasus was in fourth position. For the girls' houses, Pegasus placed fourth, Unicorn third, Phoenix second with 58 points, and Gryffon earned a well deserved first place, with an astounding 118 points!

Along with that, we have the overall winners for each year group.





	Boys	Girls
Year 5 and 6	Iii, Alfredo A. 5C	Arakattu P., Zibiah 6A
Year 7 and 8	Mampilly, Mac A. 7C	Gunasekara N., Amelia 8A
Year 9 and 10	Dsouza, Joyston 10C	Wijeyesinghe, Gabriella 9D
Year 11, 12 and 13	Thapar, Joshua C. 12	Furtado, Meredith C. 11D

As the day ended, all the students boarded the buses, cheering for one another's victories. The ride back to school was filled with laughter, excitement, and a sense of shared accomplishment—a memory to cherish. This day will always be remembered as one of pride for the winners and a testament to the resilience of those determined to come back even stronger next year.

	Year 5 and 6	Year 7 and 8	Year 9 and 10	Year 11, 12 and 13	Year 5 and 6	Year 7 and 8	Year 9 and 10	Year 11, 12 and 13	
100m	I) Arakattu P., Zibiah 6A II) Noronha, Nicole A. 5D III) Dinu, Adiya 6E	I) Gunasekara, Amelia 8A II) Dcruz, Pearl 8D III) Pinto, Rachel 8A	I) Wijeyesinghe, Gabriella 9D II) Rajasekaran, Tamilini 9E III) Lanney, Adalia B. 9A	I) Furtado, Meredith C. 11D II) Fonseka C., Nathanya 11D III) Amjad, Abiha 12	I) Jimma, Sifen D. 5B II) D Souza, Jayden M. 5C III) Camero, Jayson J. 5F	I) Arazo, Skye S. 8B II) Malawara A., Sasindhu 8F III) Fernandes, Adriel F. 8B	I) D Souza, Donovan S. 10B II) Rodrigues, Aaron B. 10B III) Dsouza, Joyston 10C	I) Thapar, Joshua C. 12 II) Rodrigues, Shane D. 13 III) Pais, Vian J. 12	
200m	I) Custodio, Shante N. 6D II) Fernandes, Mackayia 5D III) Tolentino, Serene A. 6D	I) Gunasekara, Amelia 8A II) Pinto, Rachel 8A III) Rodrigues, Nicole M. 7A	I) Wijeyesinghe, Gabriella 9D II) Rajasekaran, Tamilini 9E III) Lanney, Adalia B. 9A	I) Machado, Sanchia M. 11D II) Sequeira, Schantelle F. 11D III) Fuentes, Caitlyn M. 11D	I) Ii, Alfredo A. 5C II) Fernandes, Zelen N. 6B III) Joseph Anish T. 6B	I) Arazo, Skye S. 8B II) Malawara A., Sasindhu 8F III) Habib, Mohammed 8F	I) Donpavularachhige, Thanuka 10F II) Dsouza, Joyston 10C III) Fernando, Harith A. 9C	I) Rodrigues, Shane M. 13 II) Pais, Vian J. 12 III) Farrow, Qazi U. 11F	
400m	I) Dinu, Adiya 6E II) Tolentino, Serene A. 6D III) Woideselasie, Miriam M. 6A	I) D'souza, Alicia 8A II) Saleh, Pearly 7A III) Presquito, Katherine 7A	I) Fernandes, Eden 9A II) Rodrigues, Danica T. 9E III) Dela Cruz, Ysobel A. 9D	I) Prabhu, Anika P. 11A II) Machado, Sanchia M. 11D III) Alvarez, Alene S. 11A	I) Fernandes, Zelen N. 6B II) Joseph Anish T. 6B III) Varghese, Jordan R. 6B	I) Zaveri, Krish 8F II) Mampilly, Mac 7C III) Zarak, Zaad M. 8F	I) Acquaye, Yaw A. 10F II) Vezhappilly A., Hani 10F III) Anor Mendonsa 10B	I) Sequeira, Seon M. 12 II) Qazi Umer 11F III) Fernandez, Nash A. 11B	
800m		I) Gupta, Ayanna 8D II) Fernandes, Ashley M. 8A III) Puvanenthirarajah, Akshayajiny 8A	I) Fernandes, Eden 9A II) D'Silva, Kaira T. 9A III) Essa, Nour 10E	I) Furtado, Meredith C. 11D II) Alvares, Alene S. 11A III) Thameem, Tanisha M. 13		I) Mampilly, Mac 7C II) Louis, Andrew C. 8B III) Saldanha, Darryn 8B	I) Thameem, Taha 9F II) Dsouza, Reuben 9B III) Jagodage, Dilusha N. 10F	I) Thapar, Joshua C. 12 II) Miranda, Jayden A. 12 III) Trinitade, Zalon A. 11C	
Shot put	I) Arakattu P., Zibiah 6A II) Thomas, Aanya R. 6D III) Fernando M., Neth 6E	I) Ndumechi, Lili N. 7D II) Dsouza, Raizel 7A III) Mustafa, Nourseen M. 8E	I) Lopez, Danielyn E. 10E II) Kurukulath A., Imasha A. 9E III) Matta, Cecelia A. 10E	I) Madronero, J. Sevilla 13 II) Rodrigues, Melinda F. 11D III) Paran, Mardanielle K. 11D		I) Gill, Adam S. 7B II) De Silva, Vethuja 8F III) Castelino, Anvay O. 8B	I) Dsouza, Joyston 10C II) Dsouza, Ethan 10B III) Correla, Mark J. 10C	I) Liston, Ronith 11C II) Pathirage, Minuka 13 III) Imran, Ali 13	
Long Jump	I) Porwal, Ranika K. 5A II) Sequeira, Nicole J. 6D III) Rathor, Aahna 6E	I) Mustafa, Nourseen M. 8E II) Saleh, Pearly 7A III) Appuhamilage, Nevindi 7E	I) Wijeyesinghe, Gabriella 9D II) Rodrigues, Anabelle C. 10D III) Menaya Anne M. 10D	I) Sequeira, Schantelle F. 11D II) Machado, Sanchia M. 11D III) Fernandes, Bethany 11D		I) Ii, Alfredo A. 5C II) Dinu, Abishai 6F III) D Souza, Jayden M. 5C	I) Mampilly, Mac A. 7C II) Malawara A., Sasindhu 8F III) Jayas, Hayyan 8F	I) Nazareth, Sheldon G. 9F II) Charles, Alden M. 10C III) Fernando, Harith A. 9C	I) Thapar, Joshua C. 12 II) Kofian, Jaden V. 12 III) Rodrigues, Shane M. 13
4x100 relay	I) Griffon (Adiya, Bulathsinhalage, Yenuli, Vrien) II) Phoenix (Zibiah, Anish, Shante, Shanaya) III) Unicorn (Adhilakshmi, Joanne, Alaina, Mackayia)	I) Griffon (Amelia, Irene, Lily, Pearly) II) Pegasus (Pearl, Rhea, Christianne, Leona) III) Unicorn (Rachel, Abeyweera, Andrea, Nevindi)	I) Griffon (Tamilini, Dancia, Shelisa, Zenaida) II) Pegasus (Dulithi, Makayia, Ameya, Lenora) III) Unicorn (Nour, Adalia, Aaliyah, Dimanthi)	I) Unicorn (Meredith, Schantelle, Mia, Bethany) II) Griffon (Nathanya, Megan, Rianna, Sanchia) III) Pegasus (Abiha, Caitlyn, Jinelle, Anika)	I) Pegasus (Abishai, Alfredo, Jordan, Leamar) II) Unicorn (Jayden, Sharon, Bushra, Anish) III) Griffon (Sifen, Jordan, Olin, Audric)	I) Griffon (Sasindhu, Valen, Antonio, David) II) Unicorn (Skye, Sasvidu, Tim, Mac) III) Pegasus (Adriel, Zarak, Aashan, Shane)	I) Griffon (Aaron, Alden, Ebrahim, Ethan) II) Phoenix (Joyston, Joshua, Ian, Yaw) III) Unicorn (Donovan, Thanuka, Anor, Ayden)	I) Phoenix (Joshua, Shanon, Spendian, Qazi) II) Griffon (Shane, Benjamin, Dwayne, Nash) III) Unicorn (Christiano, Lionel, Anthony, Seon)	





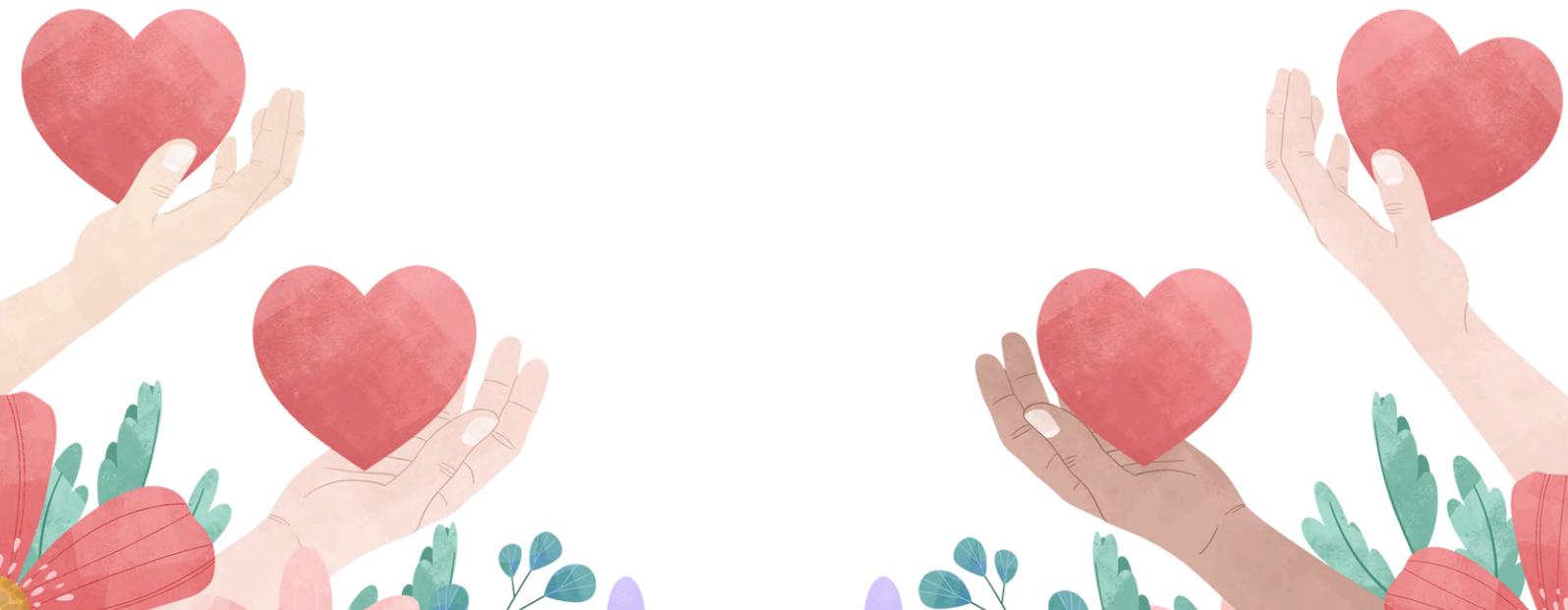
EMPATHY

... Angel Menezes, 7E

‘What is Empathy?’ you may ask,
Well it’s an act and it’s results last.
A mirror reflecting anothers pain,
It washes away worries just like rain.
It is to walk a mile in another’s shoe,
To care for another no matter who.

Empathy speaks the language of the heart,
In helping people feel better it plays a vital part.
When you give up and hope seems thin,
Empathy shines from deep within.
A beacon of light in the darkest night,
Watching as peoples burden get light.

So let us hold each other near,
With our hearts open wide,without fear.
For in the value of empathy,
lies the key to united humanity.



BOTTLE BATTLE CHAMPIONS SCORES A PICNIC!

... YKathlin Celestine – 10D

During the 2023-24 academic year, our school took on a challenge that pushed the limits of competition, teamwork, and determination—and guess what... it all revolved around plastic bottles! When Mai Dubai, in partnership with DGrade, launched the “**Simply Bottles Recycling Challenge**,” we decided to raise the stakes with our own unique twist. Instead of just participating, we turned it into an all-school showdown, with each class racing to collect and recycle the highest number of plastic bottles.

Everyone got involved—just as I’m sure you remember from last year—and our collective efforts paid off. With an incredible display of enthusiasm, we didn’t just take part; we dominated, out-collecting the competition and securing a well-earned victory in this Dubai-wide challenge! Overall, the Simply Bottles initiative led to the recycling of a whopping **1.72 million plastic bottles** across all participating schools and businesses. With our school contributing over 180,000 (3470 Kg) bottles.

In terms of the in-school face-off. We have the “**Fab Five Finalists**” which include the classes 4B, 3F, 8A, 6D and 10D. Victory tasted even sweeter for the champions with a well-earned and fun-filled picnic as their prize! Soon the day came. On the 4th of February the winners spent a day out in the fresh and vibrant Creek park away from school and studies, under the supervision of Miss Bindu Harikumar and their class teachers.

After a short but fun bus ride, encased in music and beats, they arrived at their destination, ready and set for a day of fun and relaxation under the radiant sun and cool breeze.

The older students jumped straight into a game of badminton and chose a spot with the least trees after having learnt their lesson the hard way last year, only to face an unexpected challenge—of their shuttlecock once again getting stuck high in a tree! Meanwhile, the younger students had their own share of excitement, tossing a ball back and forth until, unfortunately, it met the same fate.

Despite these minor setbacks, the students didn’t let anything dampen their spirits. They embraced each moment with laughter, energy, and a great sense of sportsmanship, turning mishaps into memories.





In between, students were provided small snack boxes and refreshments in addition to the various sweet and sour treats they brought. The classes enjoyed the picnic to their fullest. Soon as the day came to an end the students finished off their trip with cold and flavorful ice creams. That day the students went back home carrying shedloads of memories after an energetic and well-deserved day out.

Caitlyn from class 10D loved the time spent, stating “although I left with itchy arms, I re-experienced a childhood moment of being able to roll down the grassy hills with my best friends.” And Rachel commented “I loved being able to sit with my friends on the round swing.” Silvia, another student from 8A, mentioned, “Playing twister with my best friends was hilarious and brought many smiles.” Ms. Bindu, who played a pivotal role in the competitions shared her remarks:

“By collecting bottles, we are creating an awareness amongst our students about recycling and reducing waste and also encouraging students to take up sustainable initiatives. This brings in a practical way of learning about sustainability while protecting our environment.”

As the day drew to a close, the students left with a sense of accomplishment, excitement, and a renewed commitment to sustainability. The Bottle Battle may have ended, but the spirit of environmental responsibility continues to thrive within each one of us. After all, every small effort counts in creating a lasting change.

As the renowned environmentalist, Howard Zinn once said “**Small acts, when multiplied by millions of people, can transform the world.**” We do it one bottle at a time!



Stepping into Someone else's Shoes.

... Shanaya Moraes, 5A

Once, far-away in a big but quiet city, lived a girl named Karina. Karina lived in a huge house she had many toys, devices, etc, still, Karina felt lonely. She had friends in the village who would come to visit her, but that was rare, as rare as finding a ~~the~~ diamond under your pillow, but that changed after she met Noori and that very day, Noori visited Karina's house.

Noori, a mannerful girl entered the house deghlightfully. "Hey Noori! Come! lets ~~let~~ play together!" Shouted Karina. As they played, it reached noon, so they went to eat some ~~snaks~~ snacks downstairs. "Noori, I have a question, who was that lady who dropped you off? because if she was your mom, then, she looks nothing like you!" said Karina. "oh, that was my, um, uh... babysitter! Yeah!" Noori replied. ~~sh. seeing Noo~~ Karina saw that Noori was uncomfortable, so she left the topic.

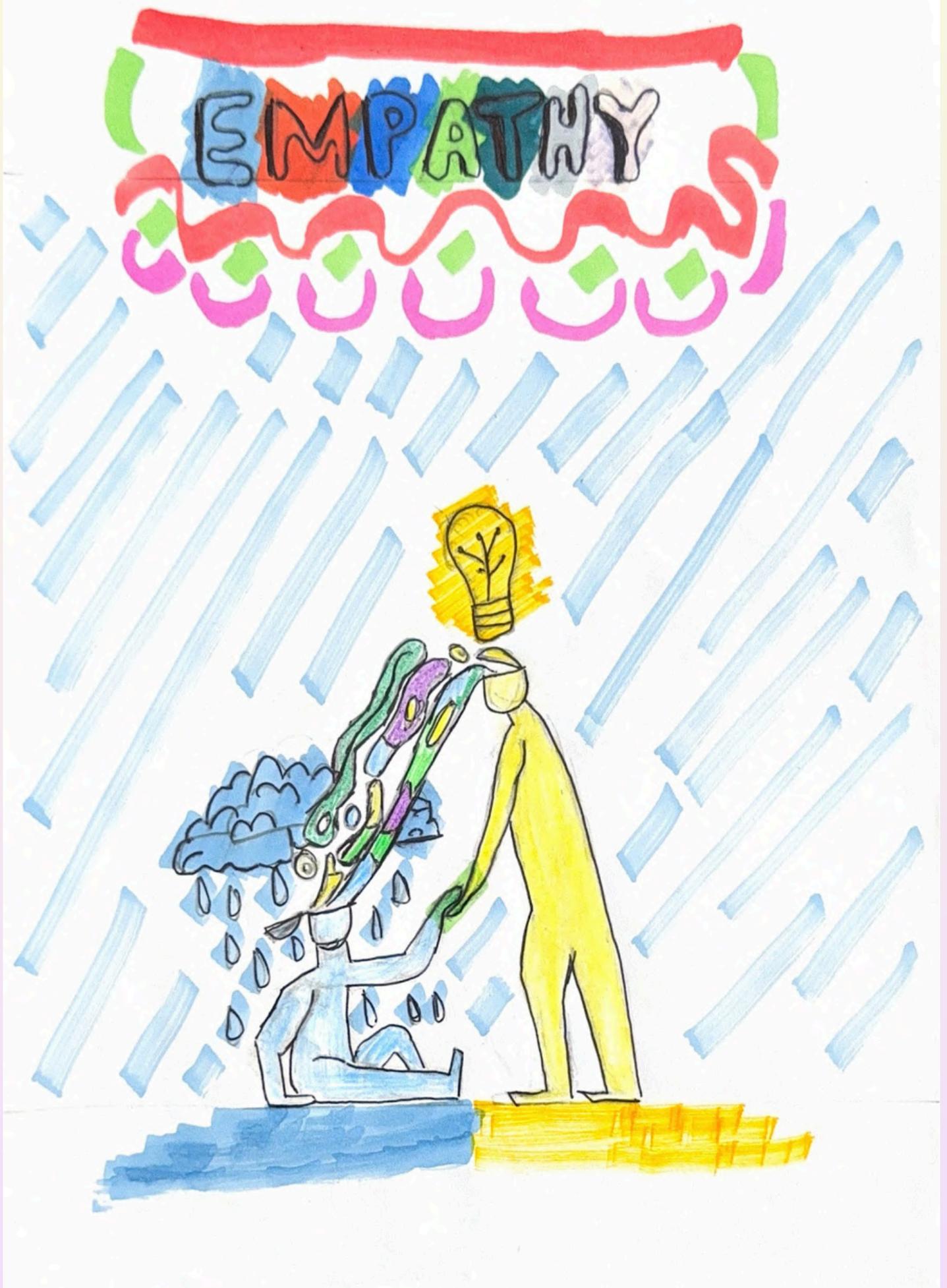
"Uh, ~~excuse me~~ excuse me please Karina, I wouldn't like to eat anymore. May I sit on my little table in your room?" said Noori. "Yep, you can do that, just don't touch my stuff please!" replied Karina. Noori nodded and quickly went. Karina thought something was wrong so she quietly followed Noori, and heard, "I miss you mother" Karina stepped in the room and ran to hug Noori. Karina realized that Noori had lost her mother. 'No wonder she felt so uncomfy!' thought Karina. "I..I los..t her yest... yesterday morni...ng." sniffed Noori.

"If I were you... I would be looking all around for my mother, in disbelief that I had actually lost her!!" said Karina, trying to make Noori feel better.

"I know your ~~tryng~~ trying to make me feel better, but... it's not working." said Noori. "But, Nevermind that, you showed me empathy, and it might not have heald me fully but... it made an effect... you gave me an example where it showed me that I'm ~~tryng~~ trying to do my best! And that i moved on, in a day! haha!" said Noori. "I'm glad!, I'm only glad that my trial ~~to~~ went well!" said Karina with a ~~sm~~ smile. From that day they never left each others side.

! The end





Reign Krysztoff, 7B

Sports Day 2025

A Morning of Electrifying Energy, Team Spirit, and Unforgettable Moments

... Abiha Amjad - Year 12

On the morning of February 13th, St. Mary's Catholic High School erupted in a spectacular celebration of spirit and athleticism. Sports Day was not just an event—it was a full-blown festival, where students from Years 5 to 13 gathered to compete for their house pride. The competition was fierce, and the atmosphere was charged with excitement as four houses—Pegasus, Phoenix, Gryffon, and Unicorn—battled for supremacy.

With students draped in house colors and faces painted in vibrant designs, the school transformed into a buzzing arena of energy. The roar of the crowd, the sound of sneakers on the court, and the rhythmic beat of clapping hands made it clear that this was going to be a day to remember.

Each house brought something unique to the field. Pegasus soared with unrelenting energy, giving their all in every event. Phoenix blazed with intensity, fueling the competition with their fierce determination. Gryffon, ever sharp and strategic, played with precision and focus, while Unicorn injected the event with an infectious sense of fun and spirited energy, lighting up the day.

The true magic of the day was not just the perseverance but the unity each house displayed. With the cheering of house supporters and dynamic colors everywhere, the air was filled with pride, competition, and a sense of community that made this Sports Day unforgettable.

The Events: A Spectacle of Power, Precision, and Passion

The day kicked off with the tug-of-war competition for Years 5 through 10. The football court became a battleground, as each team dug in, pulling with all their might. The tension was as thick as the rope stretched taut, and the cheers from the crowd rose with every tug, House captains and house masters/mistresses shouting words of encouragement, pushing their teams to new heights of determination. Every pull was met with the deafening roar from enthusiasts, urging their teams forward, and when the moment the victory was clinched, the crowd erupted in triumph



Meanwhile, Year 11 athletes took to the volleyball and basketball courts. The volleyball matches were filled with powerful spikes, quick reflexes, and lightning-fast serves. The ball flew through the air like a comet, and each team tried to outdo the other. Every point scored was met with cheers that echoed across the courts, and players dove and leaped in a dance of ambition and teamwork.

The basketball games were equally intense, with players racing down the court, weaving between defenders, and launching shots with precision. The fast breaks, the blocks, and the slam dunks had everyone on the edge of their seats, fully immersed in the fast-paced action.

As the day wore on, the excitement only grew. The Years 12 and 13 volleyball matches were thrilling to watch. These seasoned athletes gave their all, each set was played with strategic intensity. The rallies were longer, the spikes harder, and the crowd more invested than ever before. Every rally felt like a mini showdown, and the energy was contagious, drawing in everyone who watched.

The most awaited event came in the form of the Year 13 football matches against the teachers. The crowd gathered in full force, and the energy was electric as the two teams faced off. The Year 13 students, full of youthful vigor and desire, went head-to-head with the experienced teachers, each pass and play creating waves of excitement throughout the court. The teachers, strategic and steady, faced off against the unstoppable energy of the seniors, who were determined to win at all costs. The final whistle blew, and while the outcome was uncertain until the very end, the true victory was in the unrelenting passion each side displayed. The roar of the crowd was deafening, filling the air with the sweet taste of competition.

Finally, the day culminated in the basketball house matches between the Year 12 and 13. The pace was blistering as players darted up and down the court, each move fluid and fast. The crowd's energy surged with every steal and every shot, creating an atmosphere that was nothing short of electric. The players gave everything they had, and the final moments of the game were a testament to the spirit of competition that defined the day. We spoke to some of our athletes, all of whom were in high spirits after an exhilarating day of sportsmanship, friendly competition, and house pride.

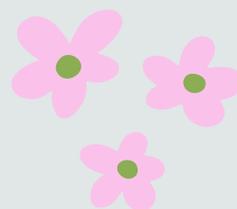
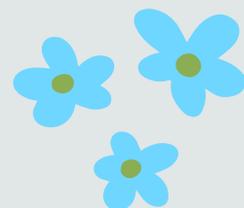


"Sports Day isn't just about the games—it's the adrenaline before a match, the high-fives after a tough play, the lessons in every win and loss, and the memories that last long after the final whistle. Overall, it was a 10/10 experience," said Jerden of Year 12 about the experience.

At the end of the day, the victories won were sweet, but the true triumph lay in the teamwork, the spirit, and the unforgettable moments shared by everyone involved. It was clear that every house had earned something far more valuable than a trophy or a medal - a shared experience that bonded them for life. The cheers, the laughs, the tense moments, and the epic victories were the real prizes of the day. As wonderfully summarized by Inara in Year 12, "This year's Senior Sports Day was spectacular as we really got to see the perseverance and commitment all houses had from Tug Of War to the Students VS Teachers matches. It was lots of fun cheering for each house. And I truly felt the spirit of sportsmanship and the competitive banter between each house being something to cherish forever. Hope this continues for years to come."

St. Mary's Sports Day was a celebration of teamwork, camaraderie, and school pride. The vibrant face paints, the cheers that filled the air, and the fierce competition all came together to create a day that will live on in the memories of all who participated. It was more than just a series of games—it was a chance to come together, compete with passion, and celebrate what makes our school so special. As witnessed by our fellow student who narrated how "I want to thank all the Prefects who made the day such a wonderful experience, along with the positive encouragement throughout the games. And although it was a hot, sunny day, our spirits were high, excited to battle it out with our peers," said Ayaan of Year 10.

As we look forward to next year's Sports Day, there's no doubt that the energy will be even greater, the competition fiercer, and the spirit of St. Mary's shining brighter than ever before. Congratulations to all participants, and a heartfelt thank you to everyone who made the day such a success.



More pictures:

- https://photos.google.com/share/AF1QipNcWAXjNylIGb_BIJvEkN7-1AllrT3rpBOS5r-VXly9cwTQSdyaFj_cMH-214Ulgw/photo/AF1QipORmJwBJdyHfbcgoyHyfSt8_5_xaxw871Y3DBIQ?key=ek9FeTBJUjBYRG1TcDFXZ0xSRjVka05ychFtSnVB
- https://photos.google.com/share/AF1QipNcWAXjNylIGb_BIJvEkN7-1AllrT3rpBOS5r-VXly9cwTQSdyaFj_cMH-214Ulgw/photo/AF1QipMwmtjnogycRT0nnB5Mvl0-daQeXbnTlw8lgMdC?key=ek9FeTBJUjBYRG1TcDFXZ0xSRjVka05ychFtSnVB
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- https://photos.google.com/share/AF1QipNcWAXjNylIGb_BIJvEkN7-1AllrT3rpBOS5r-VXly9cwTQSdyaFj_cMH-214Ulgw/photo/AF1QipMM00lhS23jtfuFLFo2lPnXaY8-BFTiPgMYKIEC?key=ek9FeTBJUjBYRG1TcDFXZ0xSRjVka05ychFtSnVB



The problem with Leila

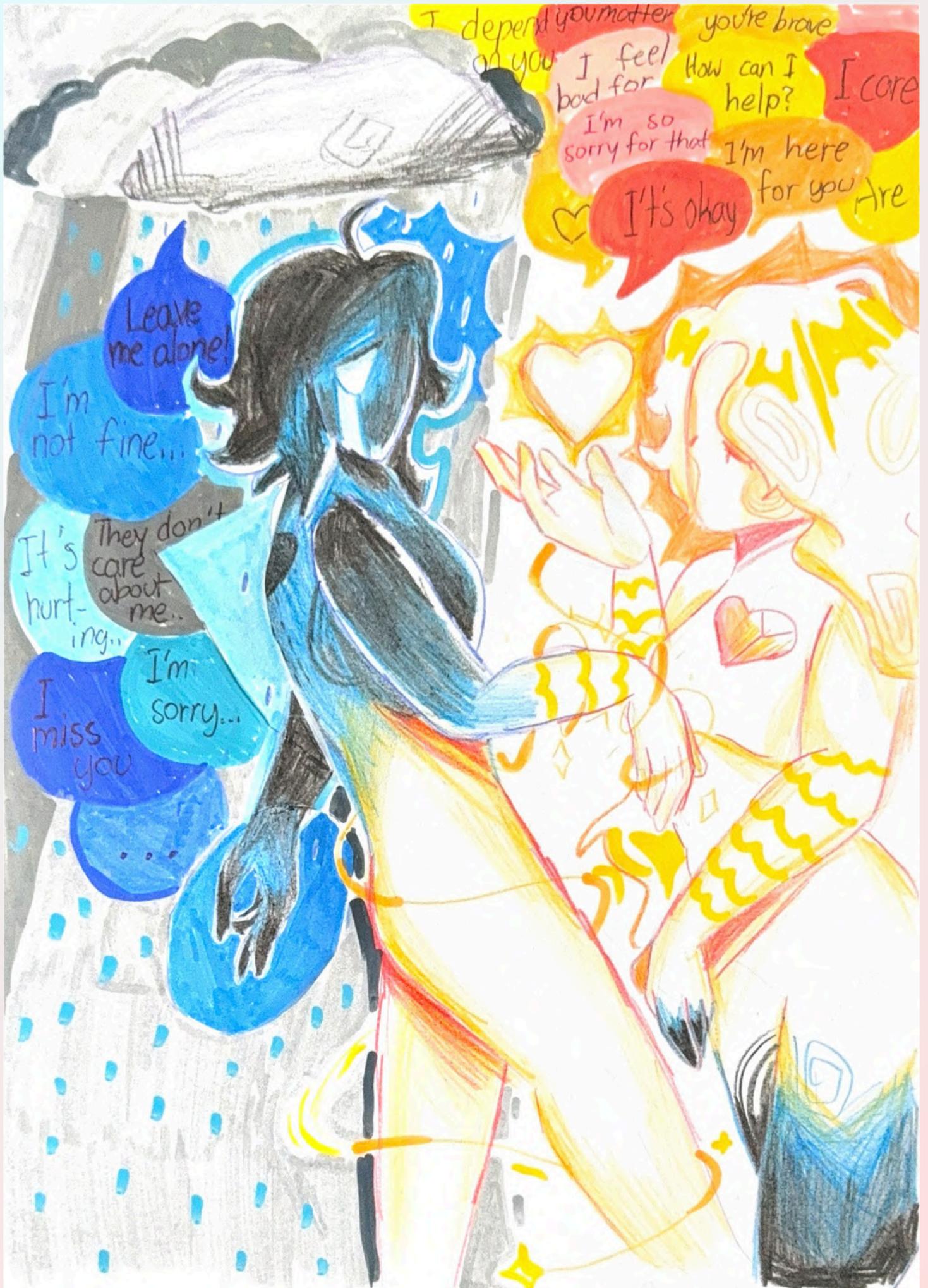
... Amyra, 5E

Lelia was my friend from childhood, she always had
A smile on her face until one day she was sadder
Than ever, she stopped listening in class, also she
didn't join in group projects, and teachers were mad
Kids bully her, but she doesn't care at all. I thought she
wasn't ok, so at lunch I pushed her and said Why are
you acting weird She sighed.

So a while ago her brother had been deeply
Sick and her parents were working very hard
And she had no time for her, she said. I had the same
Problem, Sister had cancer and my parents had
To earn money, we looked at each other
knew that we had the same problem, Lelia
Said Katie, You always find a way to make me smile.

The next week she changed, she did group projects and
Teachers would give her an A on her test, kids would
stop making fun of her, at the end
Of the day we walked home together.





Alicia Erin S. Valenciano, 7D

Empathy

What is empathy?

Empathy is the ability to understand and share the feelings of another. Empathy is generally described as the ability to take on another person's perspective, to understand and possibly share and respond to their experiences.

The 3 types of Empathy.

The need to react and provide help in any way you can.

1:-
Compassionate
Empathy.

The ability to rationally understand a person's feelings and thoughts.



The ability to experience the feelings of other people.

Empathy is really important in our everyday lives because without it we could upset other people and our world wouldn't be the one that we know on today.

Quotes for Empathy.

"I understand what you feel and want to help."

"I feel with you."

"I put myself in your shoes."

Always remember that without EMPATHY we wouldn't be called humans instead we would be emotionless creatures.

Spring into Action

Taking School Spirit Beyond the Campus and Into the Competition!

... Shen Rodrigues 10B

During the spring season, students of St. Mary's Catholic High School embarked on their paths to glory, facing tough opponents and challenges, experiencing both victory and loss, all the while being guided by their captains and coaches. These performances showcased our teams' skill, determination, and school spirit on a bigger stage.

The St. Mary's Catholic High School U14 boys' and girls' basketball teams showcased their talent and determination in recent competitions at GEMS Modern Academy and Winchester Jebel Ali schools. Both teams put on stellar performances, battling fiercely against tough opponents. Their teamwork, resilience, and skill were on full display as they fought hard in every game, making our school proud. In both tournaments, the boys decisively clinched 2nd and 3rd places respectively. These young athletes have proven that our spirit is unbreakable, and their success is just the beginning of greater achievements to come.



Meanwhile, on the football field, the St. Mary's Catholic High School U14 and U12 football teams showed tremendous spirit and determination as they competed in these recent tournaments at GEMS Modern Academy and Winchester Jebel Ali schools for football too. The U14 squad put up a strong fight, displaying impressive teamwork and resilience against tough opponents. Likewise, the U12 team gave it their all at Winchester Jebel Ali, showing great skill and passion on the field. Though neither team managed to secure a podium finish this time, their hard work and dedication did not go unnoticed. These young athletes gained valuable experience, and with their commitment, they are sure to come back stronger in future competitions.

As our spring season concludes, St. Mary's Catholic High School sports teams continue to make their mark. While some celebrated podium finishes and others gained valuable experience, every athlete showcased the true spirit of perseverance, teamwork, and sportsmanship. These competitions are about growth, learning, and representing St. Mary's Catholic High School with pride. With more events to come, our athletes remain motivated and ready to take on new challenges, striving for even greater success in the years ahead.



Methumsa Methsuki, 7E

A very cool empathy story

... Jyaneia 7D

Luke had no time to turn before he heard the crash—the sharp clatter of metal, the thud of something hitting the pavement, and then the sobs that could only belong to his little sister. He sprinted over, heart pounding.



Avery sat on the sidewalk, her bike on its side, one wheel still spinning. Her hands clutched her knee, where a fresh scrape had started to redden.

“It hurts,” she choked out, her face scrunched in pain.

Luke crouched beside her. “Yeah, I know,” he said gently, his voice full of understanding.

He pushed up the leg of his baggy jeans, showing an old scar on his skin. “See this? I crashed right here when I was your age. Thought I’d never get back on my bike again.”

Avery sniffled, peeking up at him. “Really?”

“Yup,” he nodded. “I bawled like a baby.”

A small, shaky giggle escaped her lips.

Luke reached into his pocket, pulling out a crumpled bandage. “I could’ve sworn something like this would happen, so I brought these.”

She watched as her brother pressed the bandage on to her knee. It still hurt, but the reassurance of his smile made her realize everything would be alright.

“You wanna try again?” Luke asked, righting her bike.

Avery hesitated, then wiped her nose on her sleeve. “Only if you watch me.”

“Oh no, I won’t,” he said sarcastically, grinning warmly. “Okay, let’s go.”

As she wobbled forward, her hands tight on the grips, Luke jogged beside her, steadying her balance. She still had that unsure look on her face, but with her brother’s presence, it felt safe.



THE NIGHT

Saintz DIDN'T SLEEP



... Mehek Punjabi, Yr 12

In the 57 years since our school first opened its gates, thousands of students have walked these halls. But never - until February 20th, 2025 - had anyone spent the night here, running wild through the corridors, battling it out in a midnight water balloon war, or playing eerie hide-and-seek at 3 AM.

The first-ever Saintz Overnight Sleepover wasn't just an event; it was a moment in history, a rite of passage that will be talked about long after these seniors have traded their uniforms for university sweatshirts.

As a junior, I wasn't there (sadly). However, I got to live it vicariously through the stories, the excitement, and the wistful sighs of the seniors who were. I interviewed Rishona and Shanice, both Year 13 students who were part of the madness, and they painted a picture of a night that felt almost magical—like time itself paused just for them.

"The water balloon fight. It was pure chaos, but in the best way," Rishona recalled, eyes lighting up at the memory. "Everyone was running around, getting absolutely soaked, just having the best time. I don't think any of us will forget how fun it was." And how could they? A school quadrangle turned into a battlefield, laughter echoing through the night as drenched students zig-zagged through the shadows, momentarily forgetting about the A-Levels lurking just around the corner.

It wasn't just about the adrenaline rush, though. There were those quieter, almost cinematic moments—the kind that hit you only when you realize they'll never happen again. "I think at that moment, everyone just let go of all the worries and stress we had and just lived in the moment," Shanice shared.





And what a moment it was.

Picture this: sprinting down the hallways you've walked a thousand times, but this time, under the cover of darkness, feeling like you own the place. Playing badminton in the quadrangle – except the only lighting was the moon and the occasional flash of someone's phone. Hiding behind classroom doors at 3 AM, trying not to laugh (or scream) as footsteps got closer. "Whether it was teaming up for the scavenger hunt or screaming together during hide-and-seek, we all got to know each other a little better," Rishona said, "I think it made our year group feel a lot more like one big team instead of just separate friend circles."

And isn't that the beauty of nights like these? It's not just the games or the thrill of breaking the usual rules—it's the friendships forged in the weirdest, most unexpected moments. It's catching up with people you hadn't spoken to in months, making new inside jokes, and realizing that even with graduation looming, you still have a little more time to just be kids together.

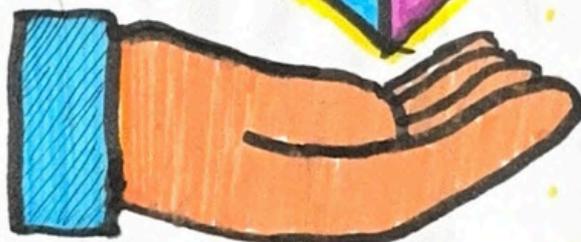
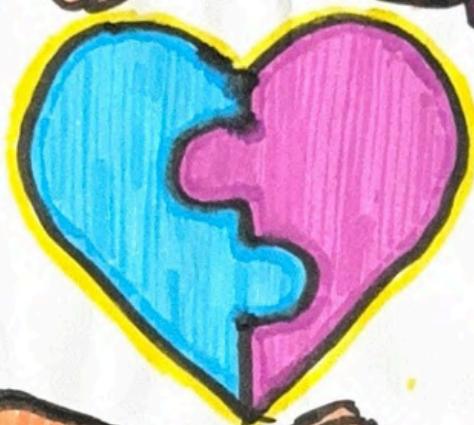
Both Rishona and Shanice hope this becomes a tradition, something future A-Level students get to experience. Because while it may have been the first Saintz Overnight, it definitely shouldn't be the last. "Legendary," Rishona called it, "because honestly, when else do you get to run around school at night or throw water balloons at your friends at 3 AM?"

Bonding. Chaos. Nostalgia in the making.

The Class of 2025 may be moving on soon, but for one night, they were just a bunch of teenagers making memories they'll never forget. And honestly? That is Legendary.



by Michal
6A



EMPATHY

Sometimes it only takes
one act of kindness to
change someone's life.

Empathy

The ability to understand
And share feelings of another

The power to put an arm around
A sister or a Brother

The act of being able to
Be aware and sympathise

Being able to view the world anew
Through another eyes

The chance to taste, to feel, to know.

What strangers are thinking & seeing
To walk in someone else shoes
To be a Human Being -

... Jordan Rijo, 6B



TINSEL, TREATS & MERRYMAKING!

... - Mehek Punjabi, Year 12

There's something about seeing your teachers outside of the classroom that feels borderline surreal—like spotting a celebrity at the grocery store. But this wasn't just any sighting; this was THE Saintz Staff Christmas Party, an exclusive, teachers-only bash where the people who grade our papers let their hair down, swapped their whiteboards for dance floors, and (outstandingly) revealed their hidden talents.

The dress code - green, white, red. No exceptions. From Biology to PE, every teacher arrived perfectly coordinated, looking like an elite team of holiday superheroes. Who knew the Science Department could match outfits better than they match chemical equations?

The energy was infectious. The teachers—yes, the same ones who assign piles of coursework—were in full holiday mode, proving that even the strictest among them know how to let loose. The Main Hall buzzed with conversations, music, and the occasional outburst of uncontrollable laughter.

And then came the performances.

If you thought Sir Trevor was only good at memorising timelines, think again. Many of our teachers took to the stage, dazzling with high-energy dance numbers that ranged from graceful to outright chaotic (but in the best way possible). Miss Renita, Miss Aevelyn, and Miss Avita brought the house down with their moves, our Filipino teachers energetically danced to the viral APT song in matching tees, and while some teachers literally defied gravity with the dance moves, some of them delivered a lyrical masterpiece.

And our PE department, well, they obviously led the charge, because, the highlight of the party was, without a doubt—Sir Chandra as Santa!



Now, our beloved sports teacher is usually associated with whistle-blowing and drills, not gift-giving and belly laughs. But oh, did he commit to the role. The beard, the booming 'Ho Ho Ho,' the way he dramatically handed out Secret Santa presents like they were golden tickets—it was Oscar-worthy. (We suspect he had way too much fun telling the teachers they were on the naughty list.)

Of course, what's a Christmas party without games? Teachers turned into students for a while, racing with balloons held between their foreheads, breaking into playful banter, and competing for spot prizes—"tallest heels," "most number of finger rings"—Saintz truly leaves no detail unchecked.

And then, tradition took center stage. The carol singing was as grand as ever, but the true showstopper was "O Come All Ye Faithful" sung in Malayalam, Tamil, French, Tagalog, Arabic, Konkani, and English—a heartwarming nod to SMCHS's rich diversity. As Miss Seena put it, "the highlight being 'O Come All Ye Faithful' sung in different languages!"

And finally, came the food—plates stacked high with everything from classic Christmas desserts to samosas (Saintz never disappoints with a fusion feast). The lunch, held outside the Main Hall, was the perfect way to wind down the whirlwind afternoon of laughter, music and seriously competitive games.

As the fairy lights flickered just a little softer, there was a collective sense of warmth. Not just from the Christmas sweaters, but from the sheer joy of being part of a community that feels like family.

So here's to another year for Saintz and for the teachers who make learning an adventure beyond the classroom walls!



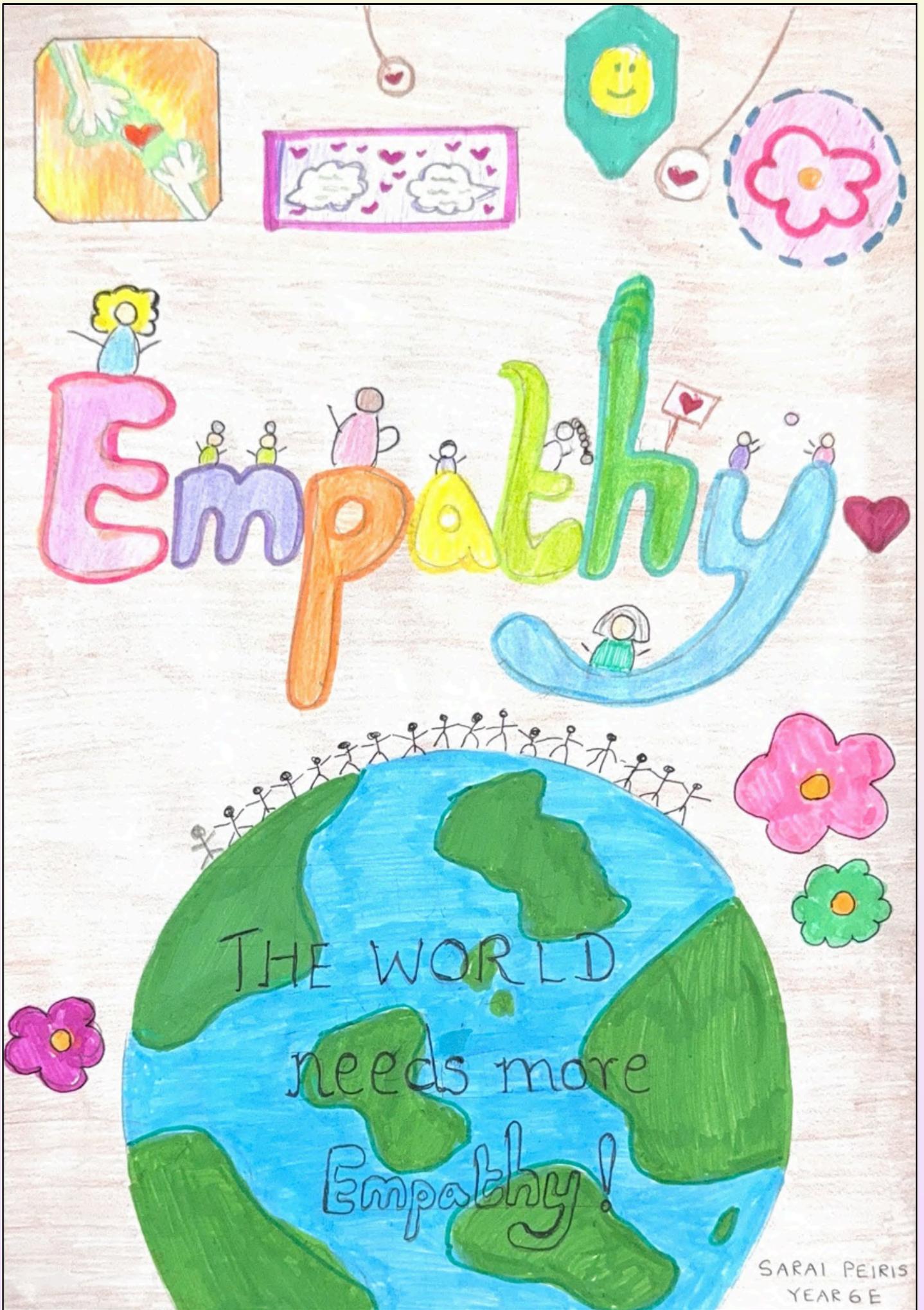
In Someone Else's Shoes

In a world so big, we often forget,
To think of others, to care, not fret.
Empathy helps us see, & feel,
Understanding others makes the heart heal.
When a friend is sad with a heavy heart,
We lend our ear, we play our part.
Let's spread kindness, and love all around,
With little empathy, the joy is found.

... Mehreen Imran, 7E



Marian Sophia B Garcia, 6E



Sarai Peiris, 6E

TINY ADVENTURES



... Karis Glenna, Year 10A

The Year 1 students were buzzing with excitement as they boarded the school bus for their much-anticipated field trip. Their teachers had thoughtfully planned a day brimming with adventure, learning, and fun.

Their first stop was the Sharjah Aquarium, where wide-eyed children pressed their faces against the glass, mesmerized by the vibrant fish, elegant stingrays, and a massive shark gliding effortlessly through the water. A guide shared fascinating insights about the marine creatures and their natural habitats, and the students listened intently, captivated by the wonders of the underwater world.



Next, they headed to Koala Kids, a colorful indoor play zone tailored just for them. The moment they entered, the children scattered with joy with some diving into ball pits, others climbing through tunnels like tiny explorers, and many bouncing gleefully on trampolines. The space echoed with laughter and energy.





Later, the group visited Zabeel Park, a lush green oasis perfect for winding down. They laid out picnic mats under the shade of tall trees, enjoying their lunch together. Afterward, they raced to the playground swinging, sliding, and kicking footballs across the grass. A few wandered through the park's attractions, soaking in the beauty of the outdoors.

As the sun dipped lower in the sky, the teachers gathered the students and led them back to the bus. Though tired, the children were all smiling. On the ride home, they chatted excitedly about their favorite moments; some couldn't stop talking about the sharks, while others raved about the play area or the fun picnic.



Overall, it had been a perfectly joyous day which was filled with joy, discovery, and shared memories. The children knew this was a trip they would cherish for a long time, already dreaming about the next adventure waiting just around the corner.



EMPATHY

... Sesandi Dulanya, 7A

Empathy is the ability to be in other's shoes

The feel to help another sister or brother out compassion

Empathy the power the power to imagine and see,

To think what if it was like that for me?

To sympathize, something not everyone can do

Empathy a great view,

To understand and help another person,

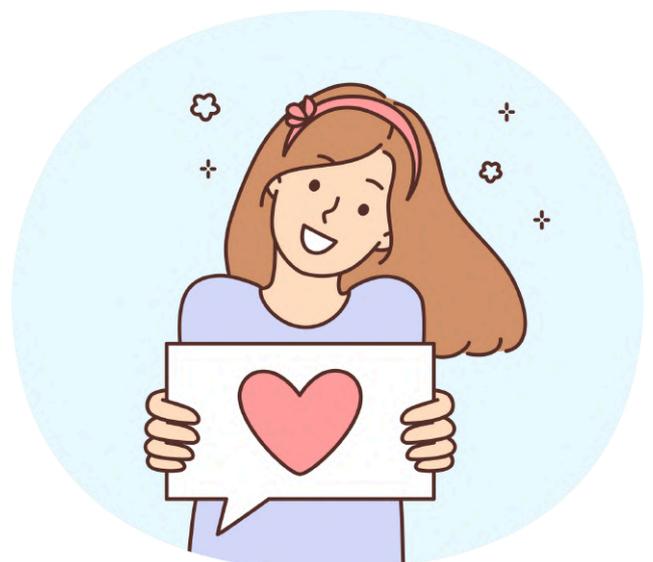
To understand you are human being too.

Think about all those who need you

Sympathise be humble and realise you are here to help those who need it.

Think about it, understand and feel it,

EMPATHY





Bearla Ashraf, 7E



Binguni, 7E

A Bridge Of Understanding

... Zaraa Busrah, 6E

If someone's down, don't walk away,
A little bit of kindness will make their day.
Listen closely, just take your time,
You don't need magic—you just have to be kind.

When someone's blue, don't dismiss,
A hug or smile, it's not hard to miss.
Try to see what they've been through,
Walk in their shoes a step or two.

No one's perfect, we all fall,
But love and kindness can fix it all.
So be the friend who truly cares,
The world gets a bit better when we share.

WARNER BROS FIELD TRIP



Where fiction turns reality

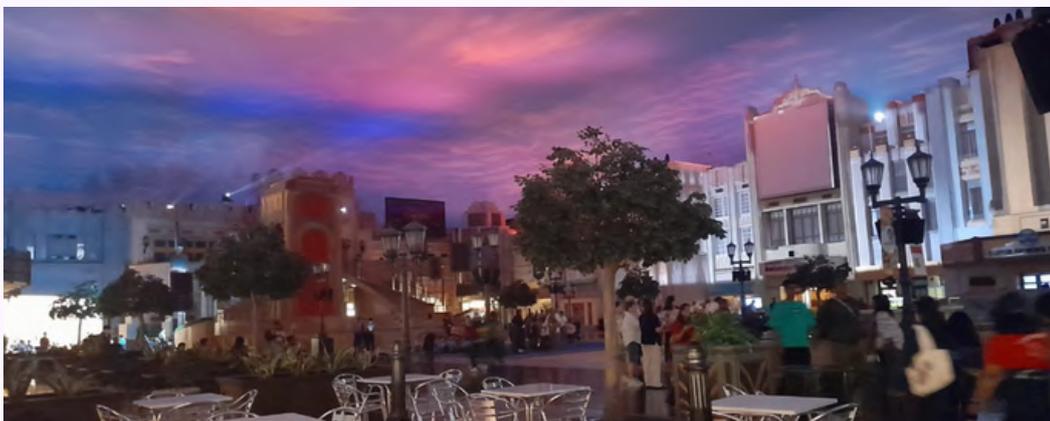
... Jane Jerushlin Year 10A

Being able to re-experience the early stages of our childhood bounding through perfectly recreated movie sets and cities, and meeting our favourite fictional heroes sounds like a far-fetched daydream we might have while dozing off during a particularly boring class.

But, the students of Years 7 to 12 did just that as they entered a world of fiction-turned-reality in their latest field-trip to Warner Bros. World. Despite having gone only till Abu Dhabi, they found themselves in Gotham City, Tom and Jerry's house, and various alternate universes. The sets were startlingly realistic, to the point where they made you pause, stare in awe, and wonder if you were dreaming.



Students were free to roam the cracked streets of Road Runner and the crime-ridden alleys of Gotham, all the while witnessing childhood heroes like Batman casually walk down the side-walk and offer you a photo, or Superman offer to defeat any 'bad guys' who were especially annoying you. And within these perfectly crafted sets stood the real show-stoppers: the roller-coasters. Fast and slow, wet and dry, some that make you nauseous and others that make you laugh - they had it all!





The 'Scarecrow Scare Raid' was widely considered one of the scariest rides the students experienced, and rightfully so. They willingly subjected themselves to a psychological experiment run by the 'Scarecrow' (a villain from 'Batman') designed to make you live your deepest, darkest fears through multiple 360 degrees spin and the recurring feeling that your soul was about to depart your body. Meanwhile, 'Batman: Knight Flight' made you the accomplice of our favourite night-time hero, Batman! Rather than using VR, the roller coaster relied on large curved screens to make you feel as if you were truly aiding Batman in his fight against the Joker.



No cartoon-based theme park is complete without 3D movies. In one such film, you were chosen by Green Lantern for your strong willpower to fight against other terrifying factions. Naturally, this came with the unforgettable experience of travelling through portals and getting hit by a spray of spit from a large, terrifying monster.



Of course, there were many other rides, some rides made you feel like a superhero while others made you into a block of cheese - quite literally. Gathering together after the long day led to frenzied discussions about the vast array of rides each student had been on, along with grumbles about having missed a few rides they didn't have the time to visit.



To conclude, Warner Bros. allowed students to momentarily escape the routine life and experience what it would be like to live out their childhood dreams. It isn't hyperbolic to say that Warner Bros. is a portal to another reality; stepping out of its doors onto the familiar, yet somewhat bland, pavement made you ache to return to a world where superheroes could take care of all of your problems. Sometimes, revisiting our childhood can be the biggest motivator to help us grow up and mature.



The Painted Rock

... Rashmika Mukherjee, 7 E

The town of Maplewood hadn't felt the same in a long time. Ever since the old toy store on main street shut down, people just seem... quieter. It wasn't just a store – it had been a place full of colour, laughter and memories. Kids used to gather outside, showing off their latest finds. Parents used to stop and chat while picking out birthday gifts. But now, the building stood empty, its windows dark and dusty.

Maybe that's why everything felt dull. People walked with their heads down. Sidewalk chalk drawings faded without being replaced. Even the air felt heavier, like the town had forgotten how to be happy.

That's when the first rock appeared. A small, smooth stone, left on the bench outside the toy store. It had a bright yellow face and the words: 'Good things are still here.'

No one knows who put it there, but something strange happened. People noticed it. And, it made them happy, their eyes glowing.

Then another one showed up by the bakery: 'You make the world better!'

And another near the bus stop. 'Keep going. You're doing great!'

A little boy named Alex was the first to really wonder about them. They found one near their school, painted like a rainbow, and decided to leave one in return. A simple, red heart with the words, 'You're not alone.'

Then, something even stranger happened. The next day, their rock was gone – but in its place was a new one. This one said: 'Thank you.'

That's when Alex knew – someone else was out there too.

So, they kept going. Painting rocks, leaving them around town, watching as they disappeared and new ones took their place. And soon, other people started joining in. A quiet ripple of kindness and empathy began to spread.

One morning, while Alex was sitting on a bench when he saw a girl, about his age. She's from his school. He's seen her countless number of times before, just never spoken to her. She paced for a while, right next to an ice-cream shop while Alex watched her. She was painting a rock. It was a bright shade of green. On it was written, 'The world loves you!' with a heart next to it. Alex pulls out a rock of his own too. Blue, with, 'You're awesome!' written on it in bold, black letters. He goes up to inspect the girl's rock, which she had left on the counter.

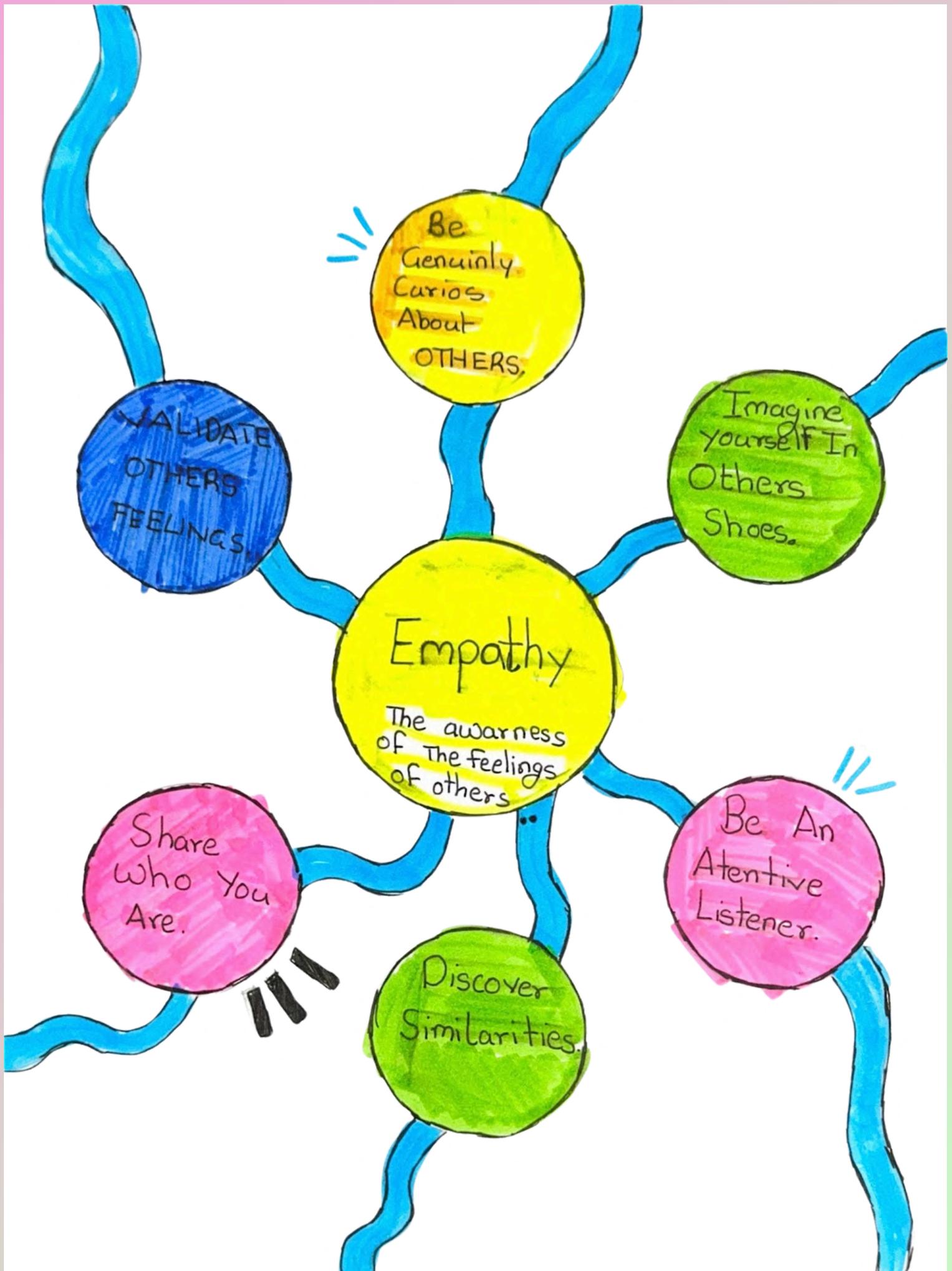
The handwriting.

It was identical to the handwriting on the first rock that had been found. She started it. She started painting rocks!

'You started painting rocks?' Alex asked the girl.

'Yeah, I did!' the girl replied, smiling widely. They laughed, and as they sat there, something amazing happened. Other people started noticing. For once, the town didn't feel so sad, disconcerting anymore. Because, kindness, no matter how small, always has a way of spreading. And all it took was a handful of painted rocks.





MAKING A SPLASH

An Unforgettable Field Trip to Yas Waterworld



... JAashika Mohandas, Year 10E

The 21st of February was a bright and sunny day, with hopeful and excited students setting off on a field trip to Yas Waterworld. The drive to Yas flashed through like a dream; students being exhilarated as they sat in their bus while pondering over the gripping waterslides seen in videos and websites.

"If there's one place that guarantees fun, chaos and a whole lot of water up your nose, it's Yas Waterworld. From the moment I stepped in, I knew I was in for a wild ride- literally," said Janeesha Nimeshika, 10E.

There wasn't a single dull moment as students immersed themselves in everything the waterpark had to offer. Yas Waterworld truly stole the hearts of many, delivering one of the most hair-raising yet fun experiences of their school years. From the mind-boggling Liwa Loop and the action-packed Bandit Bomber to the dizzying Slithers Slides and the heart stopping Dawwama - an absolute masterpiece where spinning, screaming, and second-guessing life choices happened all at once - every ride delivered a rush of pure adrenaline.



The students ate their lunch from Chubby's Kitchen and it was pretty 'chef's kiss' especially since everyone was ravenous after hours of climbing, walking, sliding and splashing. The blissful taste of the well cooked meals restored students' energy for the remainder of the day.

The trip was not without its hilarious moments either, like some of them getting stuck in a "water traffic jam" in the middle of a ride, or ending up in a queue for the wrong ride after climbing an awful lot of stairs. It was all taken in stride though, and many of the girls and some teachers were seen lazily floating in the aptly named lazy river towards the end of the day.

As the day came to a close, like every year, students were desperate for '10 more minutes please!!' which sadly was not to be, as we were on a schedule and had to get back to Dubai. It was a day of non stop excitement, with each attraction more spectacular than the last. Understandably, our students did not want the fun to end and part ways with this place of amazing experiences.

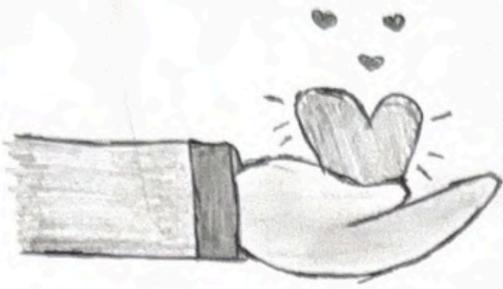
However, all good things must come to an end and this was no exception. So after a tiring but very fulfilling day spent at Yas Water world, our students boarded their buses for a happily sleepy return journey. It's safe to say that students of St Mary's Catholic High School couldn't have had a better time.



Pauline
7D



Pauline, 7D



Empathy

Empathy is where we can help others and be in their shoes.

So let's see what we can do to be in others shoes.

We can help by giving love and care to everyone

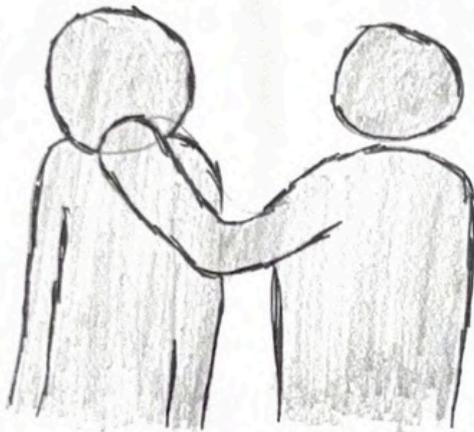
even if they are your enemies,

No matter what,

We have to be fair.

So let's spread the message

and make the world a better place.



YEAR 2 meets LEO & LOONA

You may have heard of the famous proverb, 'All work and no play makes Jack a dull boy.' This saying was taken to heart by Year 2 children on their trip to Leo and Loona Kids Park at the Festival City mall.

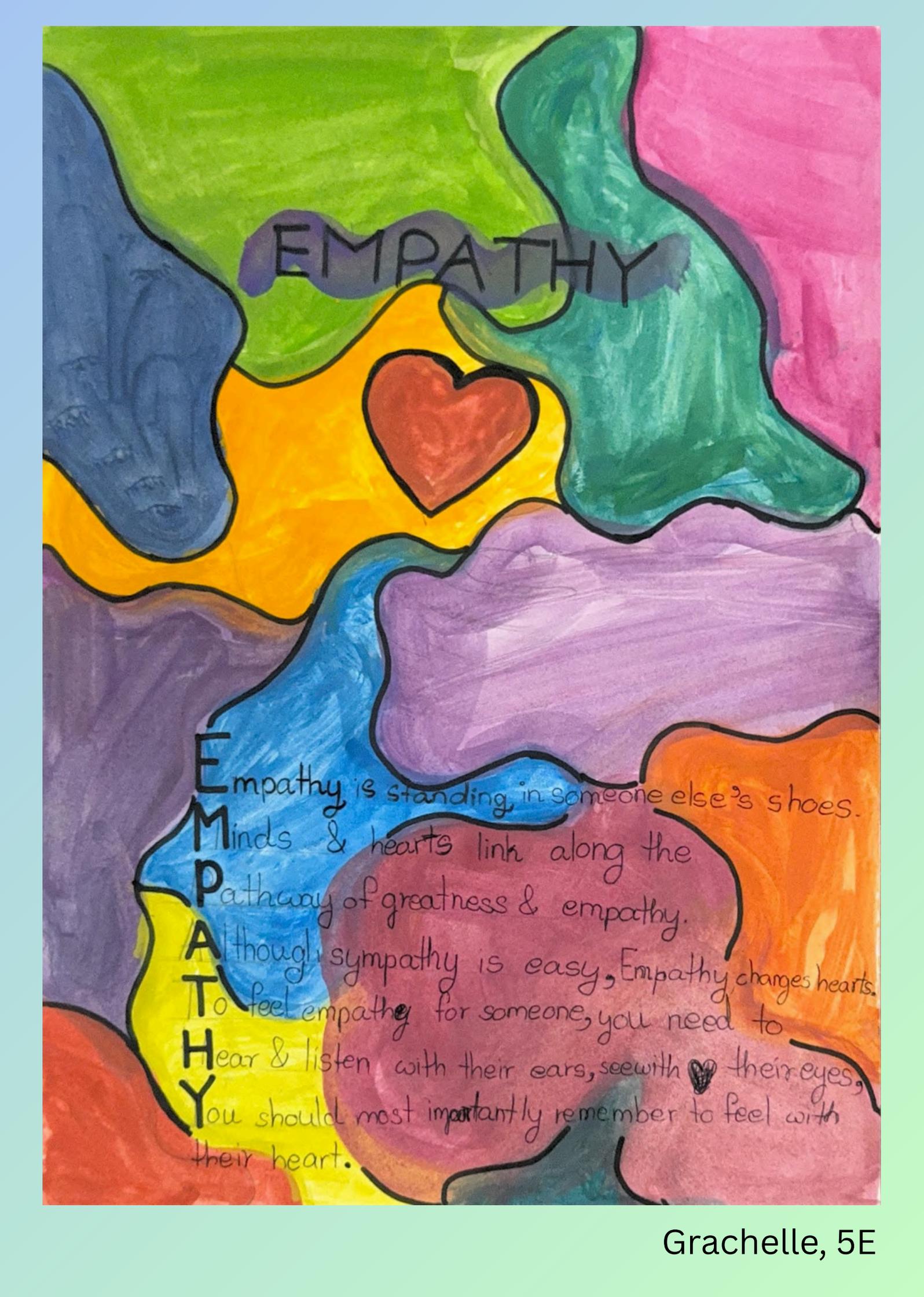
The place boasts an amazing futuristic theme along with several attractions and games keeping the children entertained.

The kids park covers 2200 square meters with over 20 unique attractions like slides, ball pits, climbing frames etc. and about 10 creative workshops, like working with clay, or making crafts from fabric. The park does a good job of ensuring that their tiny customers never get bored.

It was a day filled with fun and discovery, with many attempting a little bit of rock climbing or whizzing past their friends on the bumper cars or hiding in the ball pits. Some even climbed up and observed from the "watch tower" as some of their friends played pretend in the "supermarket." Needless to say, the kids had a blast at the park which was confirmed by their teachers.

Miss Maita , class teacher of 2E said, "They give children the opportunity to play and learn beyond the four walls of their classrooms, thereby, discovering more to develop their intelligence and enhance their learning experience." While Miss Sushma, the class teacher of 2D affirmed that it was quite an exciting trip for the children. "They had a lot of fun being free and safe under one roof with their school friends, a moment for them to cherish forever," she noted





EMPATHY

Empathy is standing in someone else's shoes.
Minds & hearts link along the
Pathway of greatness & empathy.
Although sympathy is easy, Empathy changes hearts.
To feel empathy for someone, you need to
Hear & listen with their ears, see with  their eyes,
You should most importantly remember to feel with
their heart.

The Two Friends

... Marian Sophia B. Garcia, 6E

There were two best friends. Chara and Jenn. They were both childhood friends and they knew each other very well. They go to the same school, they live in the same Neighbourhood and, well, they hang out in the same place!

They're just like the typical and average friends whom you see around. Walking around areas together, goof and joke around and also comfort each other when either one of them doesn't feel well.

Chara had just arrived in school one normal day, or so she thought, and the first person who she tried finding was Jenn, for obvious reasons. When she arrived at the school gates she wasn't able to find her.

“Jenn??”

Chara looked around just to see no one familiar to her except her teachers and a few of her friends. Worried, she entered her first class. To her surprise, she saw Jenn, but not in the usual mood around her, which suddenly made Chara concerned.

Throughout almost half of the day Jenn wasn't in her usual mood, which made other people talk badly about her, not even a spark of concern.

‘What happened to Jenn??’

‘She's acting weird nowadays..’

‘She's starting to finally become mature!’

During break Chara found Jenn eating all alone in the last bench in the cafeteria all alone with her head down. She approached her and sat down beside her.

‘Hey, Jenn,’

Jenn looked up to see her best friend looking up with an expression with a mix of concern and worry. ‘Are you okay? What happened?’

So Jenn explained that she failed her Chinese tuition, and her parents shamed her for it.

Chara looked at her with a look of shock and surprise. She never expected the reason behind the sudden mood. And just when Jenn was about to turn away, Chara gave her a big hug. It was the glint of empathy in her eyes that comforted Jenn. From that day, Jenn knew that even in the smallest situations, there's always someone with empathy to accompany the sorrowful.



DUBAI'S **hello** park

WAVES “HELLO!”

... By Olivia Ann Roy, Year 12

Fred Rogers, an American author and television host, once said, “Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.”

The month of February truly brought this statement to life here at St. Mary’s. February was a month of rejuvenation. A time to pretermit the harshness of exam stress, granting the primary students an opportunity to enjoy new experiences with friends close to their hearts.

On the 18th of February, the students of Year 3 embarked on a thrilling journey to the Hello Park Game Zone, located in Festival City Mall, Dubai. The indoor playground was not as crowded as expected, giving each and every child the chance to explore the various activities included in the trip, such as playing on the trampolines, discovering nature trails, and hiding in the plastic ball pit when it was time to leave. Prompted by the presence of their dearest friends and the joy of being excused from their studies, many of our little pioneers relished the taste of free will and the exposure to enhance their learning experiences outside the classroom



It goes without saying that the children were thoroughly delighted with their journey to Hello Park. However, while interviewing the class teachers, I noticed that there were also some ‘kids at heart’ who seemed to have enjoyed the entire experience more than the students; the teachers themselves!

The playground’s arrangement enabled the teachers to join in on the kids’ entertainment while keeping a close eye on them for their safety and protection. The Hello Park staff cooperated extremely well with the teachers, assisting them wherever needed, as well as letting the teachers additionally help in managing waiting lines and preventing students from finding themselves in difficult situations of getting or causing others accidental hurt.

Many teachers commented on how observing the children implement their social skills and knowledge in making new memories with their friends evoked in them a sense of nostalgia, causing them to reminisce about their own childhood feats and horseplay.

Mrs. Susan Aby Abraham, class teacher of Year 3D, conveyed a sentimental message about her experience with the students on their field trip, touchingly expressing, "One of the most heartwarming aspects of the day was watching the children interact with their friends. Whether they were playing catch with each other, working together to solve a scavenger hunt, or simply sitting and chatting, their social skills were clearly evident. It was a beautiful reminder of how these shared experiences help build lasting friendships and create cherished memories. The trip was not just a day out—it was a celebration of childhood, friendship, and the simple joys of life."

A common remark from teachers and students alike suggested that the introduction of a new field trip destination made the learning experience for the children all the more exhilarating, leaving most of them completely "overjoyed" from the point of arrival, and hoping to be visitors at the park once again.



EMPATHY



Empathy: The Heart of Understanding Others

... Anonymous, 7B

Empathy is something we all need, but not everyone fully understands it. It's when you can imagine how someone else is feeling and connect with their emotions. It's not just about feeling sorry for someone, it's about trying to understand them, even if you're not going through the same thing. It's like putting yourself in their shoes and seeing the world from their point of view.

Why Empathy is Important

Empathy is super important because it helps us connect with other people. It's what makes us feel close to our friends and family, and it's what helps us understand what someone else is going through. When we show empathy, it can really make a difference in someone's day. It shows them that you care and that their feelings matter. Without empathy, it would be harder to understand each other or work together.

In today's world, when there's so much division and arguing, empathy can help bring us together. It helps us listen to people we don't agree with, see where they're coming from, and talk to each other in a nicer way. Whether it's in your school, at home, or even online, empathy helps us build better relationships and make the world a little kinder.

Different Types of Empathy

Empathy can show up in different ways. Here are three kinds of empathy:

1. *Cognitive Empathy:* This is when you understand how someone else is thinking. It's like when you can tell why your friend is upset or why someone feels a certain way. You can see things from their point of view, even if you don't feel the same way.
2. *Emotional Empathy:* This one is more about feeling what someone else feels. When you see your friend sad and you feel sad too, that's emotional empathy. You're not just understanding their feelings—you're actually feeling them with them.
3. *Compassionate Empathy:* This is when you not only understand and feel someone's emotions, but you also want to help them. You don't just feel bad for them, you try to do something about it. Whether it's giving them advice, offering to help, or just being there for them, compassionate empathy makes you take action.

Why Empathy is Good for Us

Empathy doesn't just help other people—it's good for us too. Scientists say that when we show empathy, our brains release something called oxytocin. It's often called the "love hormone" because it makes us feel closer to others. It helps us build trust and feel more connected.

Also, practicing empathy can make us feel happier. When we understand other people's feelings and respond with kindness, it makes us feel good inside. It's like spreading positive energy, and the more empathy we show, the more we help ourselves too!

How Empathy Helps Us in Everyday Life

Empathy is helpful in all parts of life. Here's how it can make a difference:

- It Makes Relationships Stronger: When you show empathy, people feel understood and supported. It helps you connect better with your family, friends, and even strangers. It builds trust and makes your relationships stronger.*
-
- It Helps Us Communicate Better: Empathy makes us better listeners. Instead of just hearing what someone says, we pay attention to how they feel and what they need. This makes it easier to talk and understand each other.*
-
- It Solves Problems: When we're in an argument or disagreement, empathy helps us understand why the other person feels the way they do. Instead of fighting, we're more likely to find a way to solve the problem together.*
-

It Makes Schools and Workplaces Better: If everyone practiced empathy, schools and workplaces would be a lot nicer. Empathy makes people feel respected and valued, which makes it easier to work as a team.

How to Practice Empathy

Empathy isn't something you're born with—it's something you can get better at with practice. Here are some ways to practice empathy every day:

1. *Listen Carefully:* When someone is talking to you, don't just wait for your turn to speak. Really listen to what they're saying and try to understand how they feel.
2. *Be Present:* Give people your full attention when they talk to you. Put away distractions like your phone and focus on the conversation. It shows that you care.
3. *Ask Questions:* Asking questions like "How are you feeling?" or "What's going on?" helps people open up and share more about their emotions.
4. *Imagine Their Feelings:* Try to think about what someone else might be feeling. If your friend is upset, think about how you would feel in their shoes. This will help you understand them better.
5. *Do Something Kind:* Empathy isn't just about understanding someone—it's also about helping them. If someone is going through a tough time, offer a kind word or help in any way you can.

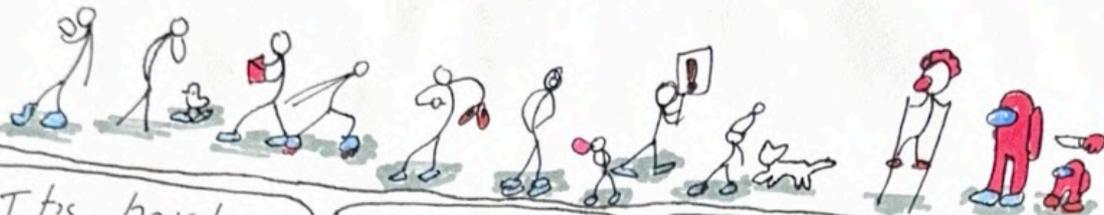
Conclusion

Empathy is important because it helps us understand and connect with other people. It makes our relationships stronger, helps us communicate better, and allows us to be kinder and more supportive. Practicing empathy every day can make the world a better place—one small act of kindness at a time. So, the next time someone needs a friend, remember to listen and show you care. Empathy can change the world, and it all starts with you!



The path to EMpAtHy

It's hard to imagine what it's like to be someone else.



It's hard
Enough...



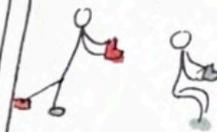
to be oneself.



But if we all
made couple
small changes



Imagine...



WHAT INCREDIBLE Things Could
Happen!





TR88HOUSE

A Day of Fun, Food, and Friendship

... Qazi Ali, Year 10F

This year, our little Saints kids from year 4 visited the "Tr88house" for their field trip and let's just say they had the adventure of a lifetime. The attraction boasted of an enormous indoor playground, laser tag, mini-golf, and much more for the students to enjoy, promising a day full of adventure, excitement and endless entertainment. Tr88house claims to be "65000 sqft of fun and food in the middle of Dubai." And if our kids' experience is anything to go by, they are living up to their claim!

The second the bus pulled into the park, the students gushed forth like an unstoppable wave, each one unable to contain themselves. Once the chaos settled down they were given instructions before they ventured out to explore the place. They all flocked up with their dearest friends and lost themselves to the adventure awaiting them. Some went to the laser tag arena to battle it out, while others took a trip to the indoor jungle playground, yet others made their way to the golf park to test out their shot accuracy.



"It was so much fun, my friends and I couldn't stop laughing as we all kept targeting each other in the laser tag arena. We played games from some TV series in the jungle playground and had a blast! The food was quite good too," said Rayan from 4D. With Skyfall, Munchkin Monsters, Laser Rush, Mystic Golf and the Hive the food hall, Tr88house seems to have it all!

"It was a wonderful experience, to say the least, as we saw all our students wandering curiously in the premises, marvelling at the outstanding attractions. I am glad our children had a good time," said Ms. Arya who accompanied the children on this adventure. It looks like it is not only the kids who had fun though, if this photo of Ms. Seena and Ms. Purnima is any indication.





TR88HOUSE

A Day of Fun, Food, and Friendship

... Qazi Ali, Year 10F

A 65000 squarefoot play area means there is quite a lot to explore, so it is a good thing our children showed no signs of tiring. After a filling lunch at the Hive food hall, back to the adventure they went. Some got busy shooting hoops, while balancing on a trampoline! Others went back to the assorted attractions they had yet to experience.



And they all had a ton of fun watching the marvels in Oscar's Lab as well. Some students got a chance to take part in the many science experiments. It was a unique experience that mixed learning with fun. We don't think our young explorers realised that they are actually learning science when they were jumping after smoke rings, or running after the snow machine, but there is no question that they will ever forget what they learned, whether they know it or not.



As the day wound down, in spite of the wails, and protests and groans, the students were guided back onto the bus. The journey back was quite peaceful as students were pleasantly tired after a fun-filled day full of memories. They are sure to remember and cherish the moments that they had at the TR88HOUSE.

Behind these pages



Student Team

Alrick, Jaden, Aashika, Gerleeza, Mehek, Karis, Abiha,
Justin, Althea, Olivia, Jane Miracline & Jane Jerushlin.

Not in frame: Ali, Daneilyn, Elizaveta, Eoine, Hani, Jewindu, Kathlin, Shen, Shourya



Faculty Panel

Bindhu, Jessie, Sunitha, Seena, Ashfaq, Rose, Anitha, Sreeparna, Jillian, Priya,
Kankanika, Lise Ann, Carol, Juliet & Renthi



Thank You