



# E.S LORDS INTERNATIONAL SCHOOL

Affiliated to CBSE 1930960 - SENIOR SECONDARY SCHOOL

# JOURNAL LORDS



# DECEMBER JOURNALORDS

## SECRETARY VISTA



Experience the future of education with our Integrated Coaching (IG) program. We go beyond traditional teaching, igniting a passion for learning and shaping the leaders of tomorrow. At E.S. Lords International School, we inspire and prepare students for a world of scientific possibilities. Join us on this exciting journey of discovery and growth in our IG program!

### Our IG Program Highlights:

1. Collaborative Group Discussions: Students develop communication and teamwork skills through scientific debates.
2. Role Play for Empathy: Role-playing fosters empathy and a deeper understanding of scientific concepts.
3. Real-World Case Studies: Students solve practical challenges, applying math and science principles.
4. Seminars for Future Leaders: Delve deep into research, present findings, and engage in discussions.
5. Interactive Quizzes: Engaging quizzes keep minds sharp and absorb scientific knowledge.
6. Hands-On Lab Activities: Labs bring scientific theory to life, nurturing a love for discovery.
7. Guest Speakers and Experts: Students gain valuable insights beyond the classroom.
8. Debate Skills: Sharpen persuasion and critical thinking while advocating scientific viewpoints.
9. Dynamic Idea Exchange: Encouraging independent thinking and collaboration.
10. Artistic Concept Drawing: Visualizing scientific ideas through creativity.

Enroll in our IG program at E.S. Lords International School for an inspiring journey of scientific discovery and growth.

## STUDENTS EDITORIAL BOARD

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**E.S LORDS INTERNATIONAL SCHOOL**

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# Medical Camp

**Health Checkup for the Students in Grades 1–5. A recent proactive health check-up was taken place for the students in Grades 1–5 by the disputed doctor team of Dr.Saravanaraja, Dr. Deva, Dr.Sunil, and Dr.Lakshmi Narayanan, who prioritized the students' holistic well-being. The assessment, including height, weight, and cardiovascular checks with a stethoscope, was meticulously conducted by school authorities and healthcare professionals. Monitoring growth and physical development aids in early concern detection, enabling tailored support. Cardiovascular evaluations serve as baseline health indicators for ongoing care. This initiative underscores our commitment to a safe educational environment and parental involvement. Periodic health evaluations.**

**But wait, there's more! The fun didn't stop there. The height measuring contest was on, with everyone stretching to their full potential. Weight checks felt like stepping onto a mysterious scale from a wizard's chamber. And the BP check? It was like being wrapped in a hug from a friendly robot. The best part? It wasn't just us, the students, who got to revel in this health extravaganza.**

**Our amazing staff joined in the fun too! It was a day of well-being, where everyone left feeling taller (figuratively, if not literally), healthier, and happier!**



# Sanitary awareness

**In an effort to promote health and hygiene among girls from Grades VI to XII, an informative session conducted by Dr. Sudha, a renowned Gynecologist, proved to be a pivotal event.**

**The session focused on fostering awareness and understanding regarding menstrual hygiene, encompassing crucial aspects to ensure optimal health during periods. Dr. Sudha meticulously elucidated the significance of maintaining hygiene during menstruation, emphasizing proper washing techniques and the importance of using hygienic sanitary products.**

**She provided comprehensive guidance on choosing the safest and most suitable menstrual pads and tampons, stressing the significance of comfort and absorbency. Furthermore, the session delved into the dietary aspect, enlightening attendees about nutritious foods beneficial during menstruation.**

**Dr. Sudha's expertise shed light on food choices that can alleviate discomfort and maintain energy levels during this time. Overall, the session offered a holistic comprehension of menstrual hygiene, equipping young girls with valuable knowledge to navigate this natural phase of life with confidence and hygiene at the forefront.**





# Christmas & New year Celebration

★ Get ready for the most festive fiesta of the year at our school!

The air is buzzing with excitement as we deck the halls with tinsel, sparkle, and cheer for our grand Christmas and New Year celebration. First things first—decorations! Imagine a whirlwind of glitter, DIY masterpieces, and creativity galore as we transform every corner into a winter wonderland. The piece de resistance? Our majestic Christmas tree and the heartwarming Jesus Crib stealing the spotlight! But wait, there's more! Get ready to sway to the rhythm of the coir song, filling the air with melodious harmonies. And the skit performances? Brace yourselves for belly laughs and heart-touching moments brought to life by our talented stars. Let's groove! The dance floor is calling, with moves ranging from classic jingles to hip-shaking beats, making sure everyone's tapping their toes and spreading holiday joy.

Ho ho ho! Guess who's coming to town? Santa Claus himself, loaded with sacks of joy and laughter, ready to spread smiles and maybe a surprise or two! And what's Christmas without sweets? Chocolate galore!

We're sharing the sweetness with every student, because nothing says celebration like indulging in some delicious treats. It's not just a celebration; it's a whirlwind of joy, laughter, and unforgettable moments as we bid adieu to the old and welcome the new with open arms at our school!



# Awareness for Children

## **1. What should you do if you get lost in a public place?**

Answer: Look for someone in a uniform, like a security guard or a store employee, and ask for help. Stay where you are if you feel safe.

## **2. What's the best way to cross the road safely?**

Answer: Stop at the curb, look left-right-left for cars, and only cross when it's clear. Always use crosswalks if available.

## **3. What should you do if someone is being bullied?**

Answer: Tell a trusted adult—a teacher, parent, or school counselor. Support the person being bullied and be a friend.

## **4. How can you help the environment at home?**

Answer: Recycle paper, plastic, and cans. Turn off lights when leaving a room. Use less water when brushing teeth or taking a shower.

## **5. Why is it essential to wear a helmet when riding a bike or skating?**

Answer: Helmets protect your head from injury if you fall. They keep you safe!

## **6. What's the importance of eating fruits and vegetables every day?**

Answer: Fruits and veggies have vitamins that keep you strong and healthy. They help you grow!

## **7. How can you be a good friend to someone who feels sad or upset?**

Answer: Listen to them without judging, offer a hug or kind words, and try to cheer them up by doing something they like.

## **8. What's the first thing to do in case of an emergency at home when alone?**

Answer: Call 100 or the emergency number for your area and then call a trusted adult—like a parent or neighbor—for help.

These questions and answers are geared to empower children with practical knowledge, helping them stay safe, healthy, and thoughtful in various situations.

**Teaching children life skills is essential for their overall development and preparedness for the future. Besides the basics, here are some vital life skills to impart:**

**Critical Thinking:** Encourage them to question, analyze, and evaluate situations. Teach problem-solving by allowing them to tackle challenges independently.

**Emotional Intelligence:** Help them recognize and manage their emotions. Teach empathy, understanding others' feelings, and effective communication.

**Resilience:** Show them how to bounce back from setbacks. Encourage perseverance, optimism, and the ability to adapt to change.

**Financial Literacy:** Teach the value of money, saving, budgeting, and distinguishing between needs and wants.

**Time Management:** Show them how to prioritize tasks, manage time effectively, and balance responsibilities with leisure.

**Digital Literacy:** Educate them on online safety, responsible internet use, and critical evaluation of online information

**Decision Making:** Teach them to make informed decisions by weighing options, considering consequences, and understanding personal values.

**Conflict Resolution:** Guide them in resolving conflicts peacefully, through negotiation, compromise, and communication.

**Self-care:** Instill healthy habits like proper nutrition, regular exercise, good hygiene, and sufficient sleep.

**Social Skills:** Encourage teamwork, cooperation, leadership, and effective communication in various social settings.

These skills empower children to navigate life's complexities, fostering independence, confidence, and a strong foundation for future success and well-being.



# Addiction to cyberspace

The advent of social media has changed the way we interact with each other. It has affected teenage lifestyles the most.

- **Your teen may seem to spend hours on phone, texting, talking or simply playing.**
- **Adolescents addicted to the internet tend to have fewer friends and a less active social life. They lead solitary lives and are happy browsing the internet for hours.**
- **Addiction to cyberspace also cuts short their physical activities, resulting in an unhealthy and sedentary lifestyle.**
- **Internet addiction adversely impacts academic performance.**

## Solution

- Do not assume that your child is addicted to the internet just because he or she spends a lot of time in front of the computer. They could be doing more productive things on the system other than surfing the net.
- **Do not say 'no' to the Internet. That will only make them adamant. Instead, talk about your concerns and help them work on other things that do not require a computer.**
- You could use parental controls, but that may not be taken well by your teen – remember that they are not kids anymore. At the same time, they may also not have the judgment to make the right choices. So guide them as a parent, but never decide for them.
- Enroll them in activities that encourage them to interact with others. Have family activities that will make them want to spend less time at the computer.
- Have some cyber rules and boundaries for everybody at home. Limit the use of the mobile phone to a few hours in a day, and avoid bringing the phone to the bedroom as it is likely to affect a person's sleep.



# Student's Corner



**Kapil- IV -A2**



**NETHRA - IV- A1**



**Sarahelan-IV - A1**



**Keerthi - IV -A1**



**Lakchathra - IX-A1**



**Muhasina Farah - IX-A1**



**Vijay Chandra siva  
IX - A1**

## **Nature Photography**



**Vanisree - IX A2**



# Students Article

பஞ்சபூதங்கள்

தூய் மழையான நிலமாம்!

கூலடிமீ காற்றாம்!

தூய்ப் பாலான தண்ணீராம்!

தூய்மனம் போல் வானமாம்!

தன்மானம் கூடமீ தணல் பொதியாம்!

தண்ணலம் இல்லா தேவியாம் - அகநா

தூயும், தூய்நூலொம்!

-ச.ப.பாரதி

## The Rife Monsoon Rests

The incessant sound of the deafening rain,  
Each drop dripping down the drain,  
Chirping birds and teeming greenery,  
A tinge of algae smeared over rocks you see.  
The gusting wind danced between the hewed  
trees,  
The short-lived dragonflies swarmed over me  
And eloped with the breeze.  
While it poured and poured till it muffled the  
worlds,  
I lent my arm out to the raindrops trickling  
down the roofs,  
A puddled joy in the palm of my hands,  
The hailstorm waned in my eyes as the sun  
rays hit the damp skies,  
I swayed and swayed till the wetness  
parched,  
A rife monsoon that I've only dreamt of said  
its goodbyes.

— Mathivadhani Venkatesvaran





# National Mathematics Day

**Get ready to celebrate the math party of the year—it's National Mathematics Day on December 22nd! Why all the excitement? Because it's the birthday bash for the legendary mathematician Srinivasa Ramanujan! Born in 1887 in the vibrant city of Erode, Tamil Nadu, this math wizard changed the game in more ways than one.**



**Srinivasa Ramanujan FRS  
(22 Dec 1887 - 26 Apr 1920)**

**Ramanujan didn't just sprinkle some numbers around; he unleashed mind-bending equations, dazzling formulas, and mind-boggling theories that still leave mathematicians in awe today.**

**Imagine equations throwing a surprise party for unknown variables or graphs doing the cha-cha-cha to celebrate his brilliance! National Mathematics Day isn't just about numbers it's about honoring Ramanujan's legacy, inspiring math lovers everywhere to dive into the magical world of numbers and formulas. So grab your calculators, put on your thinking caps, and join the math fiesta!**

**From the mysteries of number theory to mind-blowing infinite series, his contributions remain the gold standard in math.**

# **Kisan Diwas, or The Farmer's Day in India**

**Let's roll out the green carpet because it's time to celebrate the unsung heroes of our plates—the farmers! December 23rd marks Kisan Diwas, or Farmer's Day in India, a day dedicated to honoring the remarkable contributions of those who sow the seeds and nurture our fields.**



**Picture this: a celebration where tractors are decked out in streamers, and scarecrows are the guests of honor! It's a day when we tip our hats to Chaudhary Charan Singh, the former Prime Minister, whose birthday we commemorate while recognizing the tireless efforts of farmers nationwide.**

**This isn't just any celebration; it's a heartfelt thank you note to those whose hard work feeds our nation. From seminars on groundbreaking farming techniques to fun-filled competitions.**





## **Winter Holiday Activities:**

**Treasure Hunt:** Hide treasures, draw maps, and let the hunt begin!

A thrilling adventure with friends within the gates of your house.

**Board Game Bonanza:** Play endless board games! Make one or find DIY versions online.

**Speedy Clean-Up:** Take a timer and time the kids for specific cleaning or organizing tasks. Race against time! Can toys find their place in 5 minutes? Shoes on the rack in 2? Rewards await!

**Family Chronicle:** Discover your roots! Get to know your great grand parents, Interview your family elderly members, learn to ask, listen, and jot down stories. It's history in the making!



# Staff Tour



Embarking on an escapade beyond the classroom walls, our staff journeyed to the vibrant city of Tiruvananthapuram, a place of cultural richness and natural allure. The day unfolded as a kaleidoscope of experiences, weaving together history, spirituality, and the exuberance of nature.

Our first stop was the revered Padmanabhaswamy Temple, a testament to architectural grandeur and spiritual sanctity. The ornate carvings and majestic architecture whispered tales of bygone eras, captivating our senses and evoking a sense of awe.

The next chapter of our expedition unfolded at the Museum, a treasure trove of artifacts and stories encapsulating the region's heritage. Each exhibit was a window to the past, narrating tales of valor and innovation, sparking curiosity among us.

Venturing forth, we found ourselves amidst the lively inhabitants of the Zoo, where exotic fauna stole the spotlight. From majestic tigers to playful primates, every creature seemed to have a story to share, enchanting us with their charm.

The day culminated in an enchanting boating escapade through the backwaters, a tranquil journey amidst serene waters and picturesque landscapes. The camaraderie among the staff soared as we navigated these scenic waters, sharing laughter and creating indelible memories.

This staff tour was not merely a journey through places, but a tapestry of shared moments, fostering bonds and rejuvenating spirits, etching a chapter of merriment of our collective experiences.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# SANTA CLAUS

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



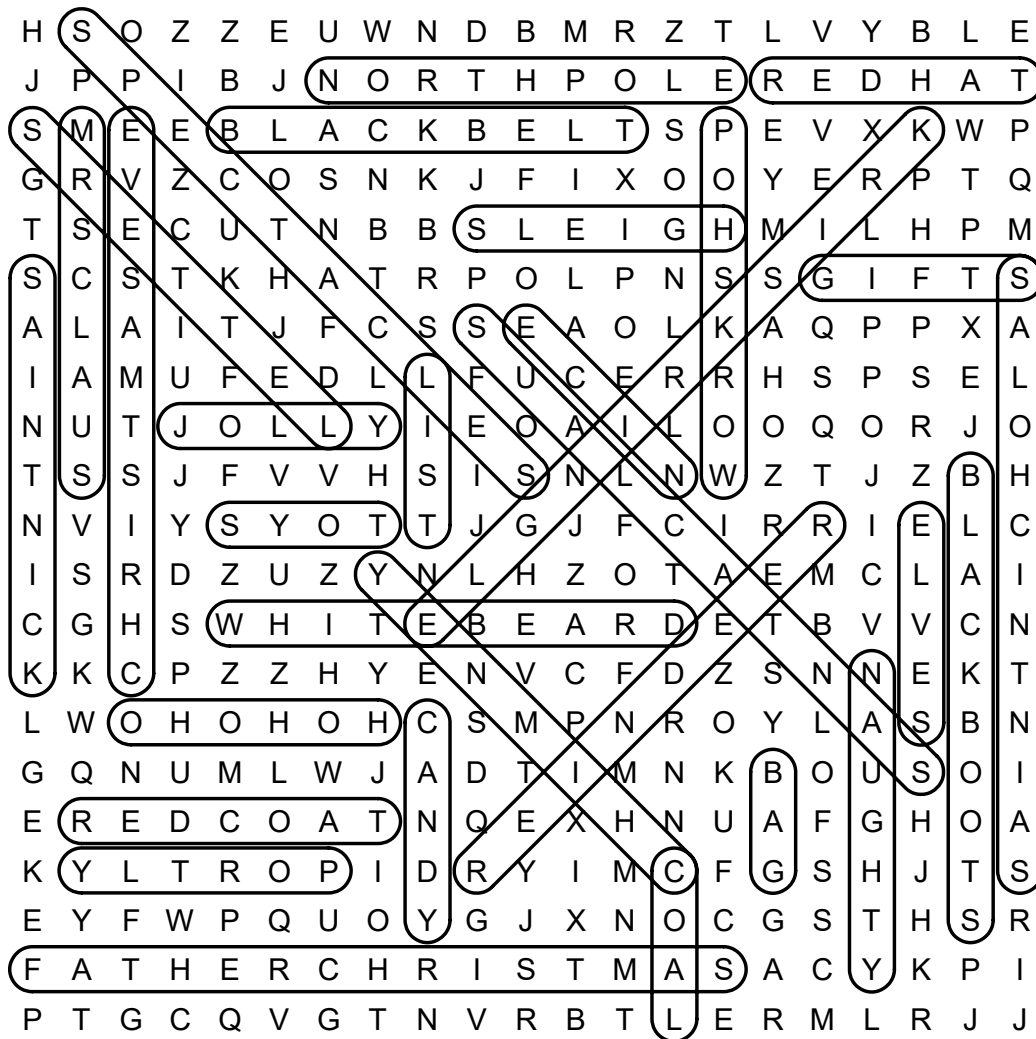
BAG  
BLACK BELT  
BLACK BOOTS  
CANDY  
CHIMNEY  
CHRISTMAS EVE  
COAL  
ELVES  
FATHER CHRISTMAS

GIFTS	RED COAT
HO HO HO	RED HAT
JOLLY	REINDEER
KRIS KRINGLE	SAINT NICHOLAS
LIST	SAINT NICK
LETTERS	SANTA CLAUS
MRS. CLAUS	SLEIGH
NAUGHTY	SPECTACLES
NICE	TOYS
NORTH POLE	WHITE BEARD
PORTLY	WORKSHOP

SaNTa CLaUS

# Word Search

## SOLUTION





Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Scrambled Presents



1. \_ \_ \_ \_ \_ O O \_ \_ \_

4. O \_ \_ O \_ \_

2. O O \_ \_ \_

5. \_ \_ \_ \_ \_ O O \_ \_ \_

3. \_ O \_ \_ \_ O \_

6. \_ \_ \_ O \_

Unscramble the words, then use the circled letters to answer the riddle:

What nationality is Santa Claus?

# Scrambled Presents

## SOLUTION

1. DOLLHOUSE
2. TRAIN
3. BICYCLE
4. SLINKY
5. TELEPHONE
6. WAGON

Scrambled Letters: H O T R I L S N P H O

Answer: North Polish

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# CHRISTMAS DECORATING

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

ADVENT CALENDAR

ANGEL

BALLS

CANDLE

CHRISTMAS TREE

FAKE SNOW

FIGURINES

GARLAND

HOLIDAY LINENS

LIGHTS

MINI TREE

MISTLETOE

NATIVITY SCENE

NUTCRACKER

ORNAMENT

PINECONE

POINSETTIA

RED BOW

REINDEER

SNOWFLAKE

STAR

STOCKINGS

TINSEL

TREE SKIRT

TREE STAND

WREATH





Name: \_\_\_\_\_ Date: \_\_\_\_\_

# CHRISTMAS DECORATING

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

ADVENT CALENDAR

ANGEL

BALLS

CANDLE

CHRISTMAS TREE

FAKE SNOW

FIGURINES

GARLAND

HOLIDAY LINENS

LIGHTS

MINI TREE

MISTLETOE

NATIVITY SCENE

NUTCRACKER

ORNAMENT

PINECONE

POINSETTIA

RED BOW

REINDEER

SNOWFLAKE

STAR

STOCKINGS

TINSEL

TREE SKIRT

TREE STAND

WREATH



# CHRISTMAS DECORATING

## Word Search

### SOLUTION

