



The UCPS Chronicles

VOL. 03 / NO.9 / APRIL 2024

Newsletter of Union Christian Public School



So Long, Farewell!

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An Honest Taylor Swift Album Review

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Battling Mental Health Issues

Jason Varghese shares his views on Page 4



Breaking Badminton

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FROM PLAYER TO PROFESSIONAL

When I was 8 years old, my dad started taking me along with him while he played badminton with his friends on the weekends. It slowly morphed into a habitual occurrence, and I became fascinated with how the players moved lithely, darting across the court. So, I channelled all my energy into practising, honing my body physically and attuning myself to the various movements needed to be swift on court. I entered the field with no big expectations, I simply joined for my love of the sport incited by my father.

After 8 years, I geared up and decided to play competitively. 2023 marked one of the most important years in my professional career, as after all the strenuous training I underwent, I participated in various events and tournaments. I represented my school at school level tournaments. I played for my state at the State Level tournament organised by the Junior State Level Association, in the U-19 category and secured the runner-up position. As I move forward with sheer determination and hard work, I hope my story remains as a testament for my peers to also pursue their dreams and interests with utmost motivation, and victory will be yours



Saakin Mohammed of class XI B is a stellar badminton player who has won numerous accolades in the sport. He represented UCPS in the Smash Tournament 2024. He holds the 3rd rank for the district level tournament conducted by the YMCA. Saakin wishes to represent his nation and continue to be a professional badminton player after high school.

WORLD HEALTH DAY: CATERING TO THE NEED OF CHILDREN

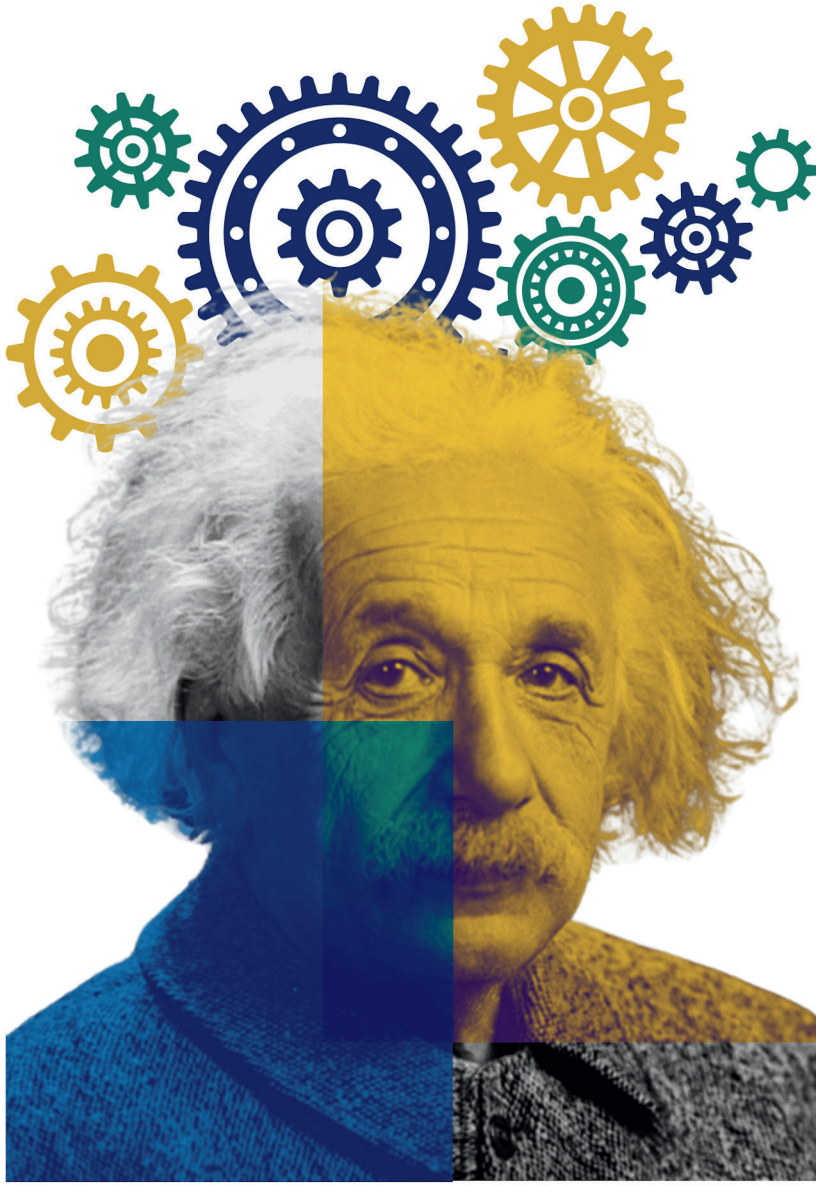
World Health Day is observed annually on April 7th to raise awareness about health issues that affect people around the globe. In the context of children's health, it's crucial for teachers and parents to prioritise their well-being by recognising and catering to their diverse needs; it's essential to promote holistic development which includes nurturing their physical, mental, emotional and social well-being. Teachers and parents should teach children about the importance of personal hygiene,



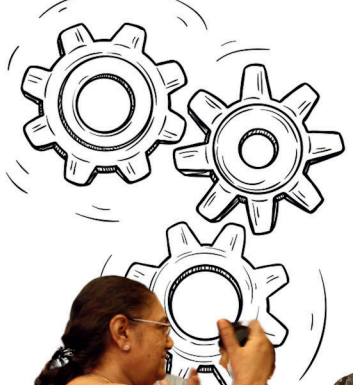
nutrition and preventive health care practices. Children need to have access to nutritious food, regular exercise and adequate sleep. Encouraging outdoor activities promotes physical fitness and also enhances social skills. Children also need emotional support to navigate through challenges and develop confidence

which can be made possible by fostering open communication and showing empathy. Ensuring a safe environment is paramount for children's well-being. Schools and parents must implement measures to protect children from physical harm, abuse and online threats. In conclusion, World Health Day serves as a poignant reminder for teachers and parents to nurture a generation of healthy and resilient individuals who can thrive and contribute positively to society.

Ms. Liza Joseph
EVS Teacher, Primary



Science it Out!



The science exhibition was conducted by the Science department of UCPS. The first event was Debate, then came Elocution, and finally ended with the Model making competition. Overall, it was a fantastic day that brought out the fun rays of the science stream.



Around IIT-M in a Day

The students of UCPS used the opportunity to visit one of the most prestigious institutes in Chennai, IIT Madras. They learned many things across various fields and explored the vast campus. They also had the best experience with a driving simulator. The students took chances to drive a real car but in a virtual simulator.



SUDOKU

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LIGHTNING MC-UCPS

On the morning of 4th February UCA Alumni conducted the UCSAA TSD car Rally. It was a fun-filled car rally which required forbearance and precise noting down of time at each Marshal point. They stated, "It's not a race, it is a precision rally; it's about being at the right place at the right time."



CHAPEL SERVICE

The students of class 10 and 12 sought the Almighty's blessing through a solemn chapel service. The students of class 12 led the prayer service with an opening prayer, prayer of confession, prayers of thanksgiving, intercession and dedication followed by the Bible reading. Rev. Zachariah Alexander delivered a powerful message signifying the importance of hard work and trust in God.

So long, farewell!

February 9th, 2024 marked the day the batch of '24 will experience the last day of school in their entire life. The farewell programme was filled with laughter, nostalgia and music as students celebrated school life and friendship. Ammaar Yacooob, former Editor-in-Chief, delivered the keynote speech and carried the audience through a reminiscing journey of the fun they had as classmates.

Best Teacher Award: Mrs. Nisha Anil John

In September 2023, our principal, Mrs. Nisha Anil John, received the Best Teacher Award from the West Sahodaya Cluster of CBSE schools.





Editorial

THE ART OF MINDFUL LIVING

In our modern world, where it seems like we're always juggling a multitude of tasks and responsibilities, mindfulness becomes not just a practice but a lifeline—a way to navigate the chaos with grace and clarity. It's not just about



sitting on a cushion and meditating; it's about bringing that same awareness and presence into every moment of our lives.

Imagine sitting down to a meal and tasting the food, feeling the textures, and appreciating the nourishment it provides, rather than mindlessly scrolling

through our phones or thinking about the next item on our to-do list. That's the power of mindfulness—it's about being fully present in each moment, no matter how mundane or routine it may seem.

In our interactions with others, mindfulness allows us to truly listen, to connect on a deeper level, and to respond with kindness and compassion. It's about being aware of our own emotions and reactions and choosing how we want to engage with the world around us.

As we navigate the ups and downs of life, mindfulness becomes our anchor—a reminder to pause, to breathe, and to come back to the present moment, no matter what challenges may arise. It's not about escaping reality, but rather about embracing it fully, with all its imperfections and uncertainties.

"Mindfulness isn't about escaping the chaos of life; it's about finding peace and presence within it, one breath at a time."

So, let's embrace mindfulness as a way of living—a path to greater clarity, compassion, and inner peace in our everyday lives.

Rithika Suresh, XI-A
News Editor

BATTLING MENTAL HEALTH ISSUES

Mental health issues among students in schools have always been a pressing concern. It demands urgent attention and support systems. With academic pressure and family expectations, many students struggle with anxiety, depression and other psychological challenges. It is universally felt that the competitive nature of the present education system is causing these issues. Nowadays, academic achievements are given more importance than the mental well-being of students. Students face a lot of pressure to excel in exams, to secure seats in universities and meet society's expectations, leading to high levels of stress. Moreover, the stigma surrounding mental health persists in Indian society, hindering open discussions and access to appropriate support services. Many students suffer in silence, fearing judgement or discrimination if they seek help. To address these challenges, efforts are needed to prioritize mental health in schools. The government should include awareness programs, counselling services and training educators to foster a supportive and empathetic school environment so that students can feel comfortable asking for help without having the fear of being judged. By prioritizing mental health alongside academic success, Indian schools can nurture holistic well-being and empower students to thrive both academically and emotionally.

Jason Varghese, XI-A

We encourage you to send your articles regarding your opinion on any current social issue or current affair. Please mail them to ucpschronicles@gmail.com as a word document, not exceeding 200 words.



Rockin' around MCC

The nightingales of our school had rocked the stage by bagging the third place out of 8 schools on 8th January 2024 at the MCC school auditorium. It was truly a magnificent show as our choir returned with smiling faces of success.



Pongal Thina Siruppugal

The Pongal Celebration brought the spirit of tradition and community to our school. Students participated in various activities, including decorating the school premises with colourful kolams (rangoli). The Celebration served as a platform for students to immerse themselves in the traditions and customs of Pongal, commemorating the rich heritage of Tamil Nadu.



Children's Day Out

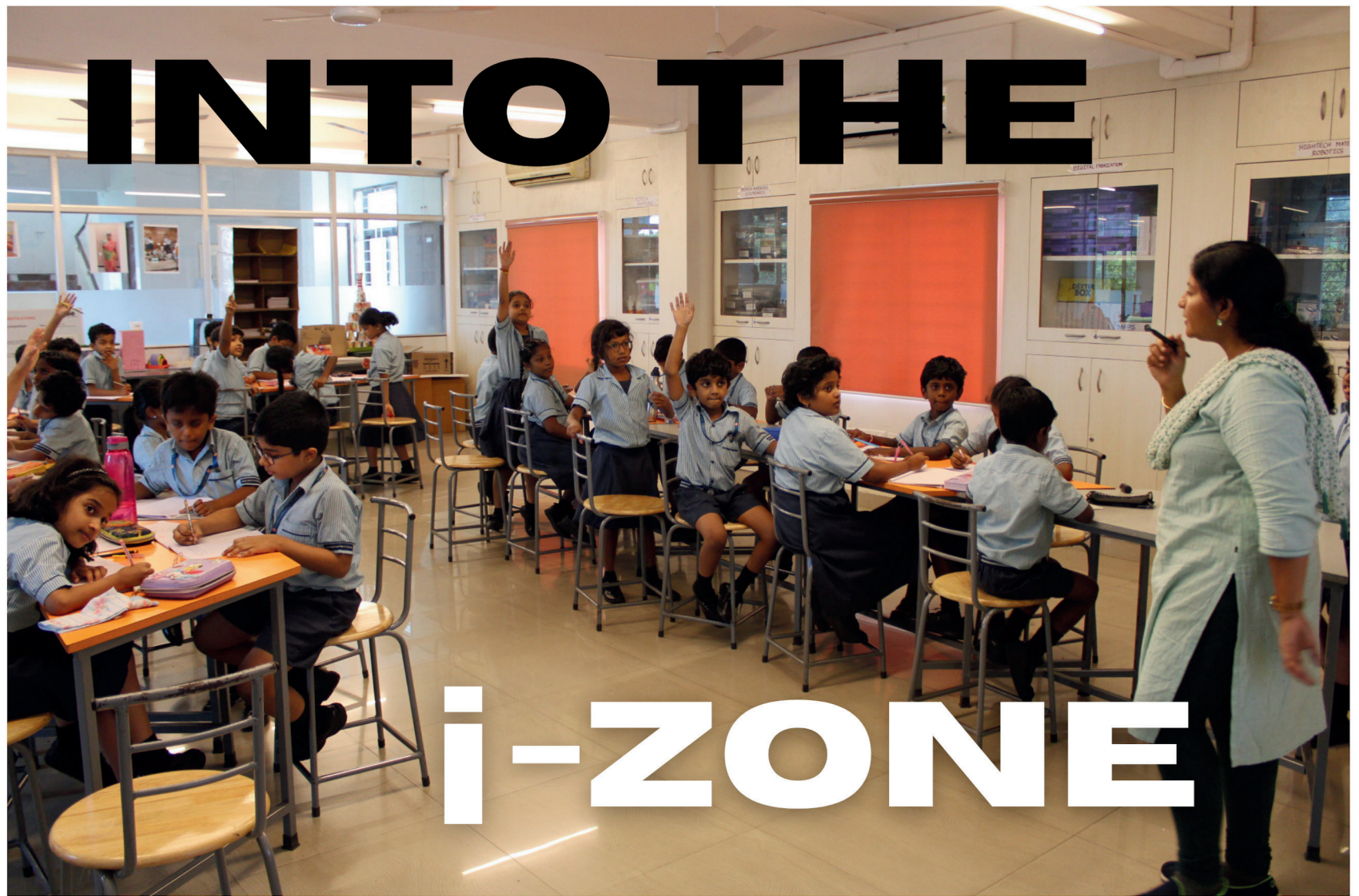
The UKG children of Union Christian Public School were taken on an educational visit to Kola Perumal Chetty Vaishnav Senior Secondary School, Arumbakkam, to view the exhibition 'Zootopia'. The theme of the exhibition was animals and plants. It was indeed a great learning experience for our little ones.



The album 1989 (Taylor's version) is the fifth re-recorded studio album by the American singer-songwriter Taylor Swift, released in 2023, by Republic Records. To begin with, the album is different from Taylor Swift's old music. It's more pop and electronic. Despite its commercial success and numerous accolades, the album has also received some criticism. The lyrics mainly focus on themes of love and relationships but they're not very deep and meaningful. The whole album sounds similar, which may appeal to mainstream audiences but lacks the musical diversity and the much-needed authenticity seen in other contemporary pop albums. This has led to a feeling of repetitiveness throughout the album. Fans who were hoping for fresh reinterpretations of the original tracks may feel let down by the re-recorded version. In conclusion, Taylor Swift's 1989 (Taylor's version) was a hit and enjoyed commercial success and critical acclaim upon its release. But it falls short in several key areas. If you're a die-hard fan, you might appreciate Taylor Swift's re-recording efforts. However, if you're seeking something new or different, it may not satisfy your expectations.

Sairam, XI-A





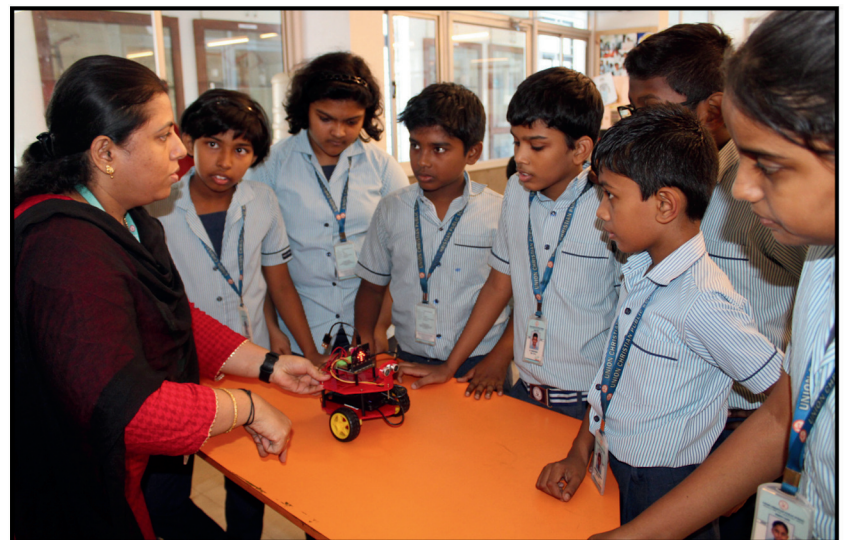
I-Zone is indeed a great exposure for all classes from 3rd – 9th. Our fellow students participated in a number of competitions and events throughout this academic year.

Carbon Zero Challenge at IIT Madras

The first competition was held from the 26th to the 28th July 2023. 16 students participated in this competition and were guided by their mentors, Ms. Shiny and Ms. Ramya. The theme was to “Artify Sustainability”. They have been selected as the top ten groups to participate and even received e- certificates.

YMCA Science Expo

After qualifying for the first round on 3rd August, the smart thinkers of our school created more than 18 models based on the topic ‘Sustainable Development’ in the final round held on 11th August. UCPS built their way as the winners of this prestigious event. As our students lifted the trophy, their sweat of hard work and efforts turned to sweet smiles of success.





Young Environment Scientist (YES)

This research programme was conducted by IWMA in collaboration with IIT Madras on 6th November 2023 to encourage young students across the state to develop scientific innovations in the field of environment. 42 teams participated for the 2nd round, where our school represented 3 teams, and one team got selected for the final round on February 10th in IIT Madras. Awards were given to the students by Former Associate Director of ISRO, Shri. V. Gnana Gandhi.



The INSPIRE-MANAK Scheme

MANAK (Million Minds Augmenting National Aspirations and knowledge) is an autonomous body which aims to motivate students in the age group of 10-15 years. Under this scheme each school can submit 5 best original ideas/ innovations. Jotham Paul of 6A and L. Abilash of 6B were nominated from our school and they will be appearing for the next District Level Exhibition and Project Competition (DPLEC).

Codeavour

It is the biggest international fest hosted annually by STEMPedia. The competition is aligned with the United Nation's Sustainable development goals, fostering an environment where participants can showcase their AI and coding skills. 4 teams from our school got shortlisted for the Regional Level out of 60 schools and was later held on 24th February at Coimbatore. 30 teams participated and 5 teams got shortlisted for the Nationals in which 3 teams from our school got selected for the National Level.



These incredible feats were accomplished by the hard-working students of our school only due to the guidance of Ms. Ramya and Ms. Shiny, who paved the way for these students to become achievers.

CROSSWORD

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61				62		63						64			
65						66						67			
68															
						69						70			

ANSWERS FOUND ON PAGE 12



Kinder-Graduates

The students of the KG batch of 2023- 24 graduated in a grand and celebratory event of their Graduation ceremony. Commencing with heartfelt speeches from all KG teachers congratulating the students for performing wonderfully in this academic year, the children too showed their talents through songs, dances, and plays. As these students step into higher classes, we wish them the best to achieve all their hopes and dreams.



WORD SEARCH

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

In a Magazine, these terms are ubiquitous to denote various segments, sections and parts. Find out these words from the given set of alphabets below.

- ADVERTISEMENT
- COMIC STRIP
- LAYOUT
- ARTICLE
- COVER
- MASTHEAD
- BYLINE
- FEATURE
- OUTLINE
- CAPTION
- FILLER
- PICTURES
- COLUMN
- INTERVIEW
- PUZZLE

SPOT THE DIFFERENCE



ANSWERS FOUND ON PAGE 12

Transportation Day

The Kindergarten Department of UCPS organized a Transport Show 'WHEELS OF WONDER' on February 9th 2024. The objective of the show was to help children understand the different modes of transport. The children brought models of air/water/land transport and spoke confidently about their projects. Parents and teachers participated actively to help make the show a grand success.



KAKURO PUZZLE

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17			12			
			9			7
23						
		14			9	
	5			11		
10			5			
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	4			4		

Kakuro, also known as "Cross Sums" or "Addition Crossword," is a mathematical game. The game is typically played on a grid, much like a crossword, with blank squares that need to be filled in with numbers. The objective is to fill all the blank squares using numbers 1-9 so that the sum of the numbers in each horizontal and vertical run equals the clues provided, all while ensuring no number is repeated within a single run. The clues are given in black squares and provide the sum for the adjacent white squares.



The Smash Tournament was an exhilarating badminton spectacle. Kola Perumal emerged triumphant in the overall girls' category. In the boys' division, MCC Public secured a resounding victory. The tournament was a testament to the relentless training and strategic brilliance of the players. Renee Pushpam and Rithika Suresh of XI-B and XI-A represented UCPS and were the runners up in the girls 9-12 category.

Sports Breaking Badminton

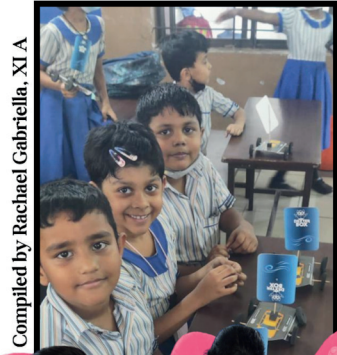


Music Queen: One Of the Greatest Bands of All Time.

'Queen' is a British rock band with Freddie Mercury on the lead vocals, Brian May on the electric guitar, John Deacon on the bass and Roger Taylor on the drums. Queen is known exceptionally for its vocalist: Mercury, who was, and still is, on a whole other level when it comes to technicality and raw vocals. Brian May's guitar tones add to the band's uniqueness and the backing vocals are indeed done both by guitarists and the drummer at times. Each of the band member's music and song-writing creativity contributed to a significant number of hits that are still on the minds of listeners today. You may be familiar with at least any one of their iconic songs such as 'Bohemian Rhapsody,' or 'We Will Rock You', or one of the most played songs during a sporting event, 'We Are the Champions'. Even if you've not heard of the band, you must have listened to the tune of any one of their top songs. The band did not just stick with classic rock but branched out into different variations and even pop and disco at times, which stands as a testament to their creativity. In short, you name it, this band has a song for it. You want a sad and moody song? There's 'Who Wants to Live Forever', or a song which is operatic rock, 'Bohemian Rhapsody' is the one to go. Ditching all this, do you just want a good old classic rock and roll song? 'Crazy Little Thing Called Love' is the one for you. Their relevance today exists, even 32 years after the band split up due to the lead singer's death. This is because of their lyrical and advanced harmonic creativity which is pure bliss that people around the world still relate to. Their songs express the feelings of any human who has felt the ambivalent emotions of happiness and sadness at the same time. To sum it up in a sentence, they create not just songs, but melodious masterpieces.

Anish Ebenezer, XI A





WANNA HIT THE CLUB?





As the 2023-24 Editorial Team near their journey's end as a team, we bid farewell with a heartfelt note about our experience working for these publications.

One of the most rewarding aspects of being part of the editorial team is the opportunity to unleash my creativity. From brainstorming fresh ideas for articles to experimenting with different writing styles, I've been able to express myself freely and explore diverse topics that resonate with my fellow students.

A Sona, Sports Editor

All the members have put in a lot of work into the editorials, and I would like to especially thank our Editor-in-Chief for handling all the pressure and working with us. I thank our principal and all the teachers who have helped us through this year with all our work.

T Mohammed Arshaan, Range Rover

It was my first experience as a member of the editorial team of UCPS and I am sure that I will be able to leverage the knowledge that I received in my future endeavours. With teamwork and coordination, the editorial team performed and delivered our best.

Ryan George Matthew, Features Editor

Being part of the school editorial team is a valuable experience. It hones communication, writing, and creativity skills. We work together to produce engaging content, foster school spirit, and provide a platform for student voices.

Bertina Gracelin, Range Rover

Student journalism and ability to voice your opinion clearly, is a crucial part of being a responsible citizen. A newsletter requires a culmination of both one's effective communication skills and critical thinking. I sincerely hope future Editorial Teams keep up this mission and continue to strive hard to publish informative and sound newsletters.

Megan Grace Prakash, Editor-in-Chief

...Yours Truly.

WORD HUNT - AN EXPLORATIVE ODYSSEY

Here's a word hunt to keep your brain sharp! Each clue gives you one letter of the mystery word. This word means to be skilled. Good luck!

● The first letter of the mystery word can be found in a paragraph about an event that says good bye.

"Who delivered the speech at the end?"

The first letter of your answer is the first letter of the mystery word. (Clue: This person is related to the UCPS Chronicles!)

● The second letter can be found in the report Around IIT-M in a day.

"What was the simulation at the expo?"

The first letter of the answer is the second letter of the mystery word.

● The third letter is an easy one, it is the most recurring vowel in English.

● The fourth letter can be found in the report Breaking Badminton.

Which school secured victory in the overall girls' category?

It lies in the second name of the school. To find the correct letter, here's a clue: this letter

appears 9 times throughout this article. Can't find it? It has a relation

with the number 16!

● The final letter is hidden in the word *tentative*. It occurs in this word the number of times it takes for a charm to work. It sounds like a beverage.

And that's all for the scavenger hunt! Were you able to find the word?



**Aravind Joshua, IX-B
Co-Editor**



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Ms. Jesi R.
Mrs. Persial Subathra
Ms. Suzannah

Student Editorial Team

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Managing Editor
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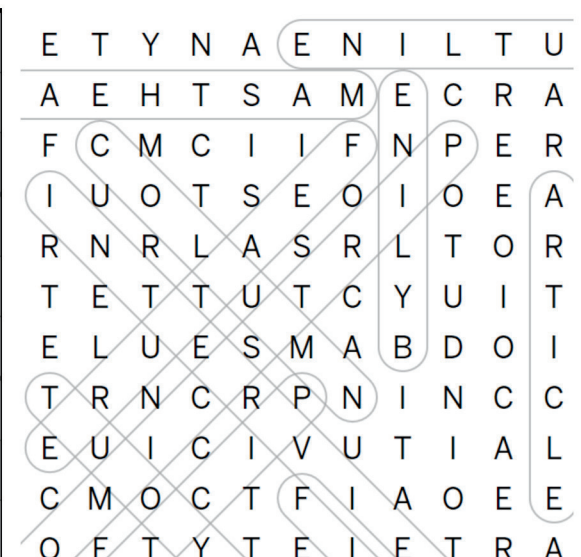
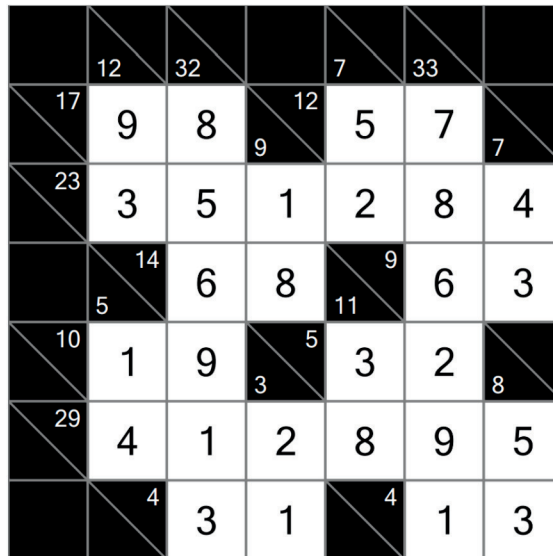
Features Editor
Ryan George, IX A

Printing and Circulation Manager
Rhema Shalom Baldrey, IX B

Range Rover
T. Mohammed Arshaan, XI A

Range Rover
Bertina Gracelin, IX B

ANSWERS



Spot the Difference: Answer Explorative Odyssey:

Adept.

- Centre of buckle on hat is missing.
- Leaf under flower is missing.
- Branch on tree is missing.
- Rock is coloured in red.
- Shamrock pattern on pant leg is missing.
- Pocket on girl's shirt has moved.
- Bush behind girl has moved.
- Cloud behind girl has moved.
- Vest neckline is different.
- Girl's shirt is wider.
- End of hair braid is different.
- Cloud is upside down.



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UNION CHRISTIAN PUBLIC SCHOOL

No.29, P.C. Hostel Road, Chetpet, Chennai – 600 031

E-Mail : info@ucpschennai.com | Contact : 044 26420336, 26651634

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