



TN076

Sacred Heart International School

(Affiliated to the Council for Indian School Certificate Examinations, New Delhi)

AN I.S.O. 21001:2018 CERTIFIED INSTITUTION

Pammam, Marthandam.



ELIXIR

The flow of magical writing



July 2024

EDITORIAL BOARD



Editor-in-Chief
Mr. Manisuresh S
(PRINCIPAL)



Mr. Sajith Soman



Ms. Smitha Balaraj

MANAGING EDITORS



Mr. Richard Alkander



Ms. Shabeela S Ikbai

IN-HOUSE EDITORS

ASSISTANT EDITORS



Ms. KUMARI SHEENA



Ms. SHAHITHA CRISTAL



Ms. MERIN QUEENCY



Ms. Thamary. R



Ms. Jeneba Rose. V



Ms. Shamy D

Editorial

The Path of Honesty

Honesty is a clear path,
Guiding us through the fog of confusion.
It asks for courage,
To speak our truth,
Even when silence tempts us.

In a world full of noise,
Where falsehoods blend into the background,
Honesty stands out,
A beacon of integrity,
Unwavering and bright.

Trust is built on this foundation,
Strong and enduring.
When we are honest,
We show respect,
Not just for others,
But for ourselves.

Deception might offer shortcuts,
A brief moment of ease,
But it erodes the bonds we share,
Weakening the trust
That holds us together.

Being honest means facing reality,
Accepting our flaws,
Embracing our strengths,
And acknowledging our mistakes.
It means living with a clear conscience,
Unburdened by the weight of lies.

Every choice we make,
Every word we speak,
Reflects our commitment to truth.
In honesty, we find strength,
A quiet confidence
That cannot be shaken.

Let honesty be our guide,
In every interaction,
In every decision.
For in truth, we find clarity,
In integrity, we find peace,
And in honesty, we discover
The best version of ourselves.

Shabeela.S.Ikbal
Department of English

Sharing Makes Everyone Happy



Once upon a time in a small village there lived a little squirrel named Sam. Sam loved to collect nuts and store them in his tree house. One day Sam found a huge pile of nuts under a tree. Excited, he started collecting nuts as many as he could without thinking of others. Soon, Sam noticed his friends Benny, the rabbit and Lila the mouse searching for nuts too. But the pile was almost gone. Feeling guilty, Sam realized that he had taken more than his share. He decided to share his nuts with Benny and Lila. Seeing Sam's kindness Benny and Lila happily shared their findings with him too. Together they had enough nuts for making everyone happy. From that day Sam, Benny and Lila always shared their nuts and taught the joy of sharing to everyone in the village.

*Abhay
III-Jade*

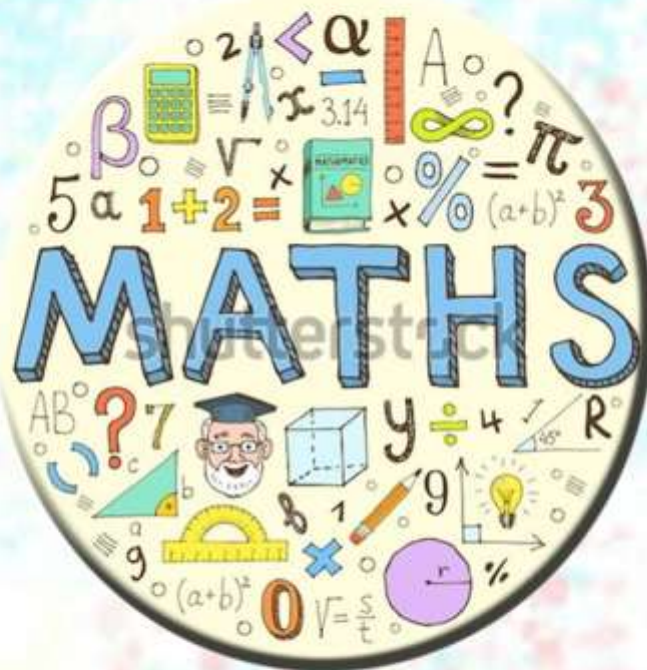
MATHEMATIC

Down with old Pythagoras
And down with rotten Maths
Down with Archimedes
And drown him at the baths.

If anyone had to do it
I'd make sure it was me
First I'd wholly immerse him,
Then kick him up a tree.

When he had been disposed of,
I'd turn on old Pythag
I'd drag him through a holly bush,
And he'd come out like a rag.

Now my pipe dreams over,
And I've nothing more to say
Expect that Maths still lives on
To be taught another day.



*S. Amshula
VII-Jade*

15 Exotic Animals

1. Raccoon
2. Ferret
3. Turtle
4. Sloths
5. Dik-dik
6. Axolotl
7. Squirrel
8. Seruals
9. African civet
10. Fennec fox
11. Baboon
12. Chimpanzee
13. Bear
14. Gecho
15. Agouti



Raccoons :

- Raccoons have an average of 5 years in the wild.
- They are very agile climbers
- They are preyed on by coyotes, wolves, hawks and aols.
- They are nocturnal animals.
- They have excellent night vision



Ferrets :

- A ferret's normal heart rate is 200 to 250 bets per minute.
- The average lifespan of a domestic ferret is eight years.
- They are most active at dawn and dusk.
- They were domesticated about 2600 years ago.

Fennec foxes :

- They are the world's smallest fox.
- They have diverse social lives.
- Fennec foxes have adapted to limited water.
- It has multipurpose ears.
- They have extra fur on their feet.



Bears :

- Bears have thick layered coats.
- They are big strong and fast.
- Bears have high IQ
- Beats can walk on their hind limbs.
- There are eight bear species in the world.

*S. Ajalin Stanisha
VIII-Ruby*

Quotes by our leaders

“Happiness is when what you think, what you say and what you do are in HARMONY”.



“Dreams are not those which comes while we are sleeping, but dreams are those when you don't sleep before fulfilling them.



“Freedom is not given it is taken”



“Love is an endless mystery, because there is no reasonable cause that could explain it”



*Asmi John
XII-Med 2*

The Thief That Takes All

Can you guess. what's the greatest thief of all time? Well, the answer is there in the above line.... Of course, time is the greatest thief in the world!

It goes past us. Without even muttering a word

Neither world war, nor great Hitler can catch this little thief,

Neither Napoleon, nor the great Alexander can control this thief.

If not great warriors, do you know who can defeat time?

Well, the answer is you human!

Does it mean if not great warriors, how can you?



A disciplined person can manage his time.

An undisciplined person, well He'll be covered with grime !

Though time is a thief, it is also a teacher,

Which teaches us to become punctuality's archers and to have self love within yourself....



*Asmi John
XII-Med 2*

School Life



Halls of learning, where dreams are made,
Where laughter echoes, and memories are played,
A time of growth, discovery and might,
Where friendships bloom, and futures take flight.

The chalkboard's scribbles, a symphony of thought,
Lessons learned and wisdom brought,
Teacher's guidance-with patience and care,
Helping minds grow and futures share.

From textbooks to tales, of adventure and might,
School days are treasures, to cherish in sight,
So let us embrace, these formative years,
And hold dear the moments, through laughter and tears.

For in these halls, our stories unfold,
And the best chapters, are yet to be told".

Aydin Shaan
XII-Med

Famous Sayings of Eminent Personalities

“Education is not the learning of facts, but the training of the mind to think”.

Albert Einstein

“Man needs his difficulties because they are necessary to enjoy success”.

APJ Abdul Kalam

“I have not failed, I’ve just found 10,000 ways that won’t work”

Thomas Alva Edison

“The best way to predict the future is to create it”.

Abraham Lincoln

Keerthana Jaman Lal
XII-Med 1

Blue

When my sky was painted Black,
You promised me to paint it Blue,
But why would you promise?
When you know you wouldn’t do that;

Thought you could have kept up with your words,
You chose not to,
Then why would you?
Why did you do this to me?

You knew I had gone through a lot,
You knew I couldn’t handle it all,
You knew I have been scared my whole life,
But tell me, why would you promise me?



Annlin Steffy W
XII-Med 2

Night Falls

When the scorching sun you down,
And nothing is found,
When everyone's eyes begin to sleep,
As nothing, stays up for a little pup,
Your mind shutting down from a good day's work,
As you take deep sighs,
Or when you cry,
Nature's respiration takes place,
Where everything is calm and starts a new phase,
Tranquility and content is thought,
When you're laying in a king size
As the dinner's atmosphere lights,
Go back to your bed and say,
'Night, night'.



*R. Jeffie
VIII-Sapphire*



CYBER BULLING

In this world of today where internet facilitates, instant communication and global connectivity lives become easier for everyone. But a darker side lurks beneath the surface. Cyber bullying transcends boundaries, Invading the sanctity of homes and personal space. From this one will often experience emotional distress, anxiety and depression. Empowering victims involves creating safe spaces where they can report incidents without fear of retaliation. Counseling services should be readily accessible to provide emotional support and guidance. As Cyber bullying requires a multi – faceted approach involving collaboration among educators, the parents policy-makers and technology companies. The key strategies include:

Form education and Awareness on Cyber bullying. Policy development on cyber bullying and support services for the victim on cyber bullying, Parent involvement. As Cyber bullying is a complex issue that demands collective action and awareness on by fostering a culture of respect and empathy both online and offline, we can work towards

Creating a safer digital environment for everyone. Let's strive towards a future where every individual can navigate the digital world free from fear and intimidation, where Kindness and respect over hate and cruelty.

Alan Geno

Riddles

1. If I drink, I die. If I eat, I will grow. What am I?
Fire
2. What Room has no Door or windows?
Mushroom
3. I am a colour, but you can eat me. What am I?
Orange
4. What comes once in a century, twice in a lifetime?
The letter 'E'
5. You are my Brother, but I am not your Brother, who am I?
Sister
6. What kind of table can you eat?
Vegetable
7. What starts with an 'E' but has only single letter in it?
An Envelope
8. I become smaller every time I take a bath, what am I?
Soap
9. I have no feathers, but I fly at night and sleep by Day. What am I?
Bat
10. What is an Astronauts' favourite key on a keyboard?
Space



*S.P Araathya
VI-Jade*

Toy

Toy seeps into my
bones
flooding the cells
tickling the cells
until a slow wide
smile spreads
across my face

Tuliet Fay



*Fredrin Rino C.L
V-Ruby*

Clouds

Poem

It is hot
The sky is blue
A little cloud comes looking for you
More clouds come
They bring rain
Sing and dance
It's cool again!

*Aswanth
VII-Sapphire*

Facts about Tigers

10 Interesting facts about tigers

1. Tiger's stripes are unique.
2. Tigers can use their ears to communicate.
3. The vocal repertoire of tigers is vast.
4. Tiger's are the longest amongst other wild cats.
5. A punch from a Tiger may kill you.
6. Tigers love to swim and play in the water.
7. Tigers live for about 25 years.
8. A group of tigers are called ambush or streak.
9. Tigers have antiseptic saliva.
10. Tigers can sprint at over 60 kilometre per hour.



*R.S Tejasvardhan
VI-Sapphire*

A Father's Embrace

Hands calloused and worn from the passage of time
Yet gentle when holding a small hand of mine
A voice that's a harbour in life's raging storm,
A presence that keeps the world safe and warm
He carries the burdens unseen and unheard,
With silent resolve, without need for a word.
His laughter is rare, but it lights up the room
Dispelling the shadows, rasing the gloom
Today we give thanks for the lessons he has shared,
For the quite support that showed
They cared. In laughter and tears,
Through has and through strife,
They etched out a path for a meaningful life.
Today and forever, their impact remains.
In the hearts of their children, their essence sustains.



*Andrew J
XII-Med 2*

1. First impression is the best impression.
2. Nothing is impossible, the word itself says "I'm possible"

*Aashna Scotlin
X-Jade*

Keep Dancing!

Keep Dancing because it makes you feel good and more active, keeps you relaxed, relieves you from anxiety, provides you without workout, releases endorphins and improves your mood.



*Aflin J.M
VII-Sapphire*

School Days

Growing up in this day and age
With free expression all the rage
Our young ones learn when starting
School that reading's fun and Maths is
Cool while writing's not the least bit
Boring it really is so much like drawing
For every child it is essential
To realize they are full potential
And teachers always do their best
To stimulate their interest
When years of school days end at last
With all examinations passed,
With the children reminisce
And say, "Our school days we will miss"
And as the fine day arrives,
They were the best days of our lives.



*Akisha Miraclin C
XII-Med 2*

Be Always ...

Be strong
but not rude
Be kind
but not weak
Be humble
but not timid
Be proud
but not arrogant



*Jaren Stea J.S
III-Ruby*

Time

I just revolve around it
Or dose it?
I never understood you,
You were always a mystery.

You made me think all day
And you never thought of me anyway
Still I feel for you;
I want to keep you mine.

You made my day
When you were never mine
You were by my side I believe
For what I am today

You were always a mystery,
I think I understand you
Now!



*Akhil Shan M.S
XII-NM*

Deinosuchus:

The Terror of Ancient North America

The Deinosuchus was a truly terrifying creature. Imagine a giant crocodile, the size of a T-Rex, lurking in the swamps and rivers of North America millions of years ago. Looking 73 to 82 million years ago, Deinosuchus means “terrible crocodile” and it lived up to 8,000 pounds. That’s bigger than any crocodile or alligator that has ever lived. Deinosuchus had a massive skull with thick bones and powerful jaws. Its teeth were serrated and designed for crushing bones. Its prey likely included fish, turtles, dinosaurs and even other Deinosuchus. Deinosuchus was an apex predator, meaning it was at the top of the food chain. It likely lived a solitary life, ambushing its prey from the water. With its powerful jaws and crushing teeth, Deinosuchus could easily take down even the largest dinosaurs. It might have gone extinct due to predator wars or natural calamities.

*B. Laish Brilinth
Xi-Non Med*

Airbus A380–The one and only ‘Super Jumbo’

The Airbus A380 is one of the greatest technological marvels of the aviation world. It is a familiar sight across major international airports all around the world. It is easily recognizable by its fully double-decked fuselage and four Rolls-Royce engines. This aircraft holds the record for the heaviest and the largest passenger aircraft ever built. With a maximum take off weight of about 570 tons and a capacity of 570 to 800 passengers with cargo, it dwarfs every other passenger aircraft in the sky. It entered commercial service in the early 2000s and around 250 of them are still flying today all around the world. This plane is the ‘flagship’ of many leading airlines around the world like Emirates., Qatar, Singapore, Airways, Airlines, ANA, Qantas, Lufthansa etc. Emirates has the most A380s in its fleet, with around 120 of them.

The A380 is known to passengers for its spacious and quiet cabin. It can seat 10 in a single row in Economy, one of the highest seatings in all passenger aircrafts. It has a wingspan of 250 feet, which caused many airports to upgrade their terminals and widen their runways to accommodate this giant aircraft. It can fly nonstop across continents, with a range of 15,700 kilometers (9,200 miles). People loved to fly in this aircraft, especially pilots who found the controls of this aircraft to be very easy. The aircraft has a spacious cabin allowing for more legroom, comfort and an enjoyable flying experience. Some airlines have even customized their A380s to include a bar, a customs-free shop, or even a multi-cuisine restaurant. The A380 is truly a masterpiece in the eyes of Av geeks and people in the aviation industry. Sadly, airlines around the world are slowly retiring this aircraft due to high maintenance costs and less sales of tickets, and its manufacturer Airbus Industry has already ceased its production due to cost overruns. The A380 will become an antique by the end of 2025, but for now, it is one of the most popular aircrafts in the sky, connecting continents and people across the world and bringing them closer.

*Johan Samuel P
XI-Med 2*

Broken Yet Beautiful

People ask me why I love sunset,
As they mean everything has an end;
But it tells that whatever happens all day,
A beautiful end can help it mend.

I love how the lonely clouds,
Strand in the sky, distorted;
And I realise that's the most,
Glorious thing I spotted.

Broken doesn't mean it is the end,
If its for things or people;
As they are still left with pieces,
Though broken, much more beautiful!

*Angelin Jenifer R.S
XII-Med 2*

I don't know where it started,
But I am sure it cannot be ended

It is not something,
You can be happy about having

It is friendship
The reason for all TROUBLE-ship.

Its like a mustang car,
Which leaves a lifetime scar,
Whose remembrance gives happiness,
Although, its filled with bitterness.

Sometimes it can be nasty,
But never ever hasty

Its not a normal human love,
But more sacred than any love

It is the trouble ship,
A real-true friendship.

TROUBLE - SHIP



*Abinesh Robert E
XII-NM*



*Ledonna Lee Tiffany L
VI-Sapphire*



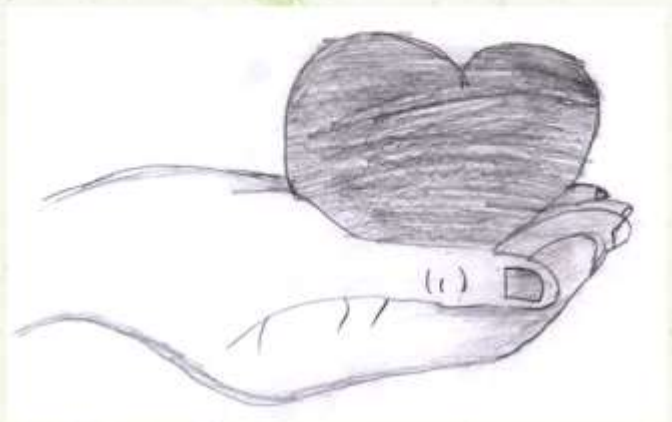
*Jershini B
IV-Topaz*



*Dharshini V.S
IV-Jade*



Ashlin Reshma M.K
XI-Non Med



Abishni
III-Jade



Maneura Sreeji
VI-Ruby



R.B Breona Jaffy
IX-Topaz



இயற்கையின் கொடை பூக்கள்



அழகின் சிரிப்பு பூக்கள்
ஆனந்தத்தின் களிப்பு பூக்கள்
இனிமையின் இருப்பிடம் பூக்கள்
ஈர்ப்புகளின் அரசி பூக்கள்
உயர்வுக்கு கிடைக்கும் பரிசு பூக்கள்
ஊர்கூடி கொண்டாடும் பூக்கள்
எண்ணங்களின் நற்காட்சி பூக்கள்
ஏற்றங்களின் நறுமணம் பூக்கள்
ஐந்தெழுத்தை ஓதும் பூக்கள்
ஒற்றுமையின் வெளிப்பாடு பூக்கள்
ஓதும் மறைக்கு புகழுட்டும் பூக்கள்
ஒளடதத்தை வலுவூட்டும் பூக்கள்

அஃதே இறைவன் படைத்த
இயற்கையின் கொடைகள்

ஆஷ்மா ஏ. எஸ்.
6-இந்திரநீலம்

கவிதைகள்

பூமியை சிரிக்க வைக்கிறாள்
அழுத கண்களோடு மழை!

இருளில் இருந்து வெளிச்சத்தை
நோக்கிப் பயணிப்பதே கல்வி!

சுமையற்ற வாழ்க்கை,
சுவையற்றுப்போகும்!

விமர்சனங்களை விதை ஆக்கு!
விதையை உன் திறமையில் மரமாக்கு!

கோபத்தில் ஏழையாக இரு!
அன்பில் பணக்காரனாக இரு!



ஜெஸ்லின். ஜே
8-இந்திரநீலம்

கொடி

நாட்டின் அமைதிக்காகவும்
மக்கள் சுதந்திரக் காற்றை
சுவாசிப்பதற்காகவும்
நாட்டைக்காக்கும்
படைவீரர்களின் கடமையாலும்
தேசப்பற்றினாலும்
எல்லையில் கர்வத்தோடு
பறக்கிறது
மூவர்ண தேசியக்கொடி!



Akshara J.B Rejoy
XI-Med 2

1. Drink more water and stay hydrated.
2. Exercise or walk for 30 mins daily.
3. Eat more protein food.
4. Cut down on saturated fat and sugar.
5. Eat lots of fruit and vegetable.
6. Spend time in the sun and nature.
7. Reduce intake of fats and oil.
8. Reduce salt and sugar intake.
9. Have a good sleep for eight hours.
10. Maintain a healthy body weight.

Health



Fearin Gifty
VI-Ruby

Did you know trees can communicate?

Trees talk; their roots are connected through an underground network of fungi, nicknamed as the “wood wide web”, that allows them to share resources with each other. They ‘talk’ by transmitting nutrient to one another through the fungi. For instance, a mother tree, or the oldest and the strongest tree in the forest, will share some of her sugars with smaller nearby trees. In case of a drought or insect attack, they warn the other trees by sending signals.



Vandana S.P
XI-Non Med

Health Benefits of Carrot

- Helps to eliminate muscles aches & pain from Physical exhaustion
- Strengthens the lungs.
- Prevents heart attack.
- Prevents the liver, kidney and pancreas disease.
- Prevents cancer cells to develop & restrains their growth.
- It's very effective in accelerating weight loss.
- Prevents high blood pressure.
- Pat it is good for eyesight.



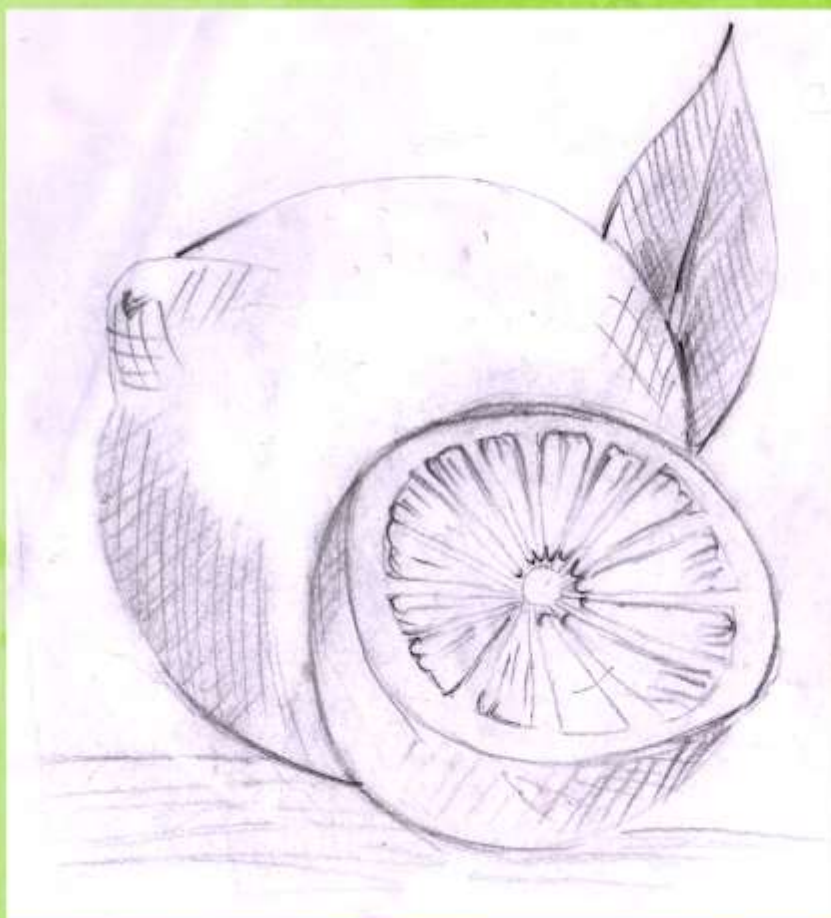
R. Rakshana
IV-Sapphire



Jyoti Krishna G.S
VIII-Jade



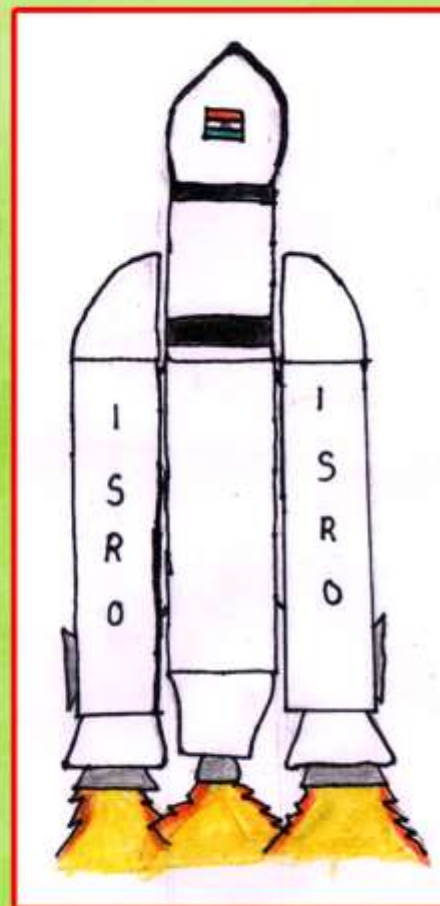
Gavin Bright E
VII-Jade



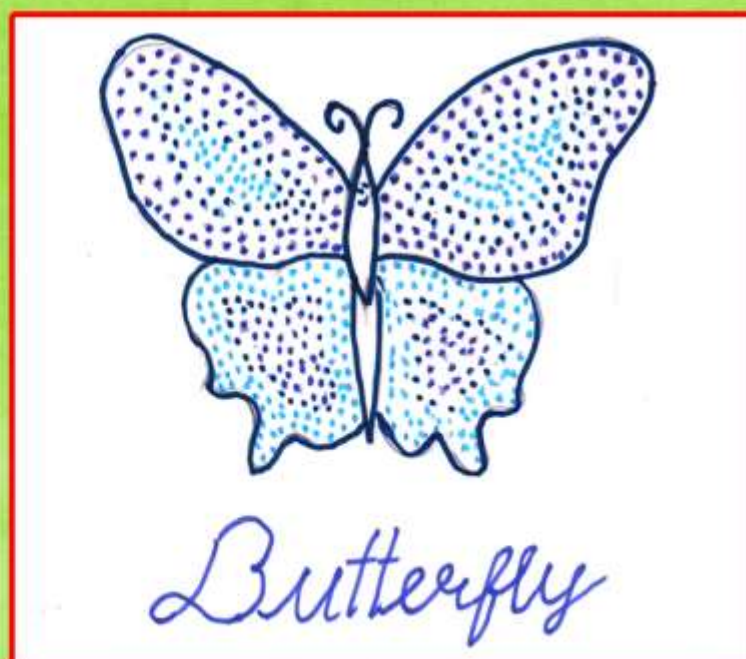
Jyoti Krishna G.S
VIII-Jade



*Aashna A.S
V-Ruby*



*Dharanya S.A
VI-Topaz*



*Clarina Mariam. W
VI-Topaz*

KASHASH HATAKE THE COPYNINJA



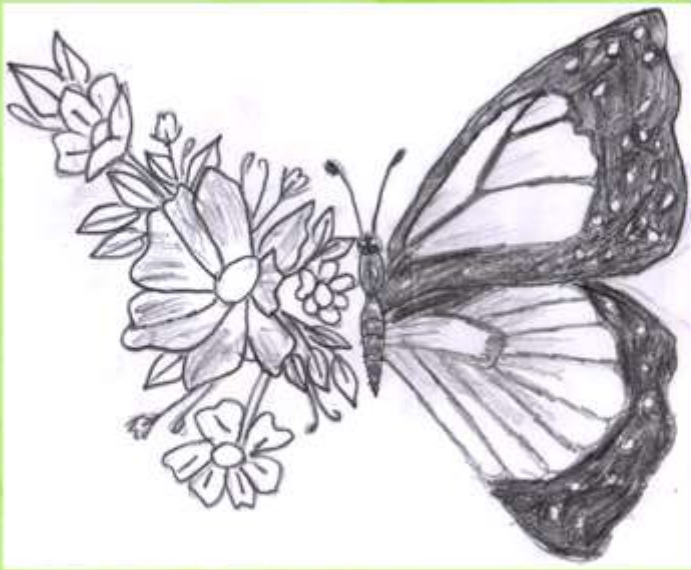
Roshith R.M
VI-Topaz



Abiel Raj. R
VII-Jade



Sanya Merbin
VI-Topaz



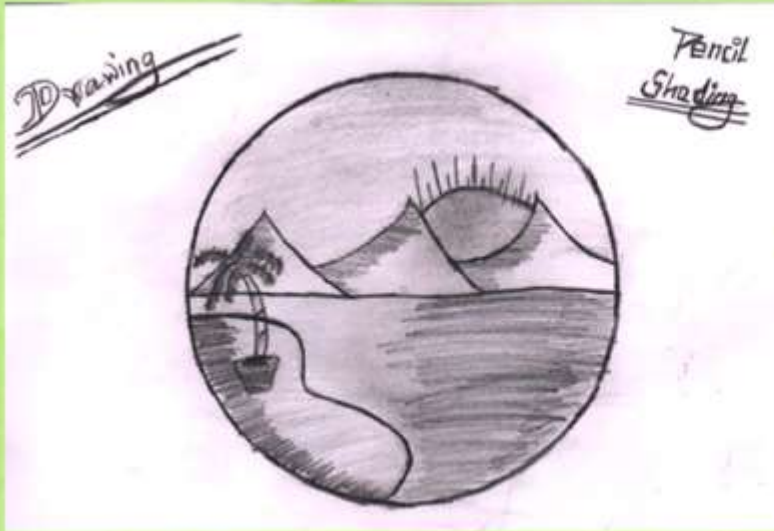
*Shefflin Lia S
VII-Jade*



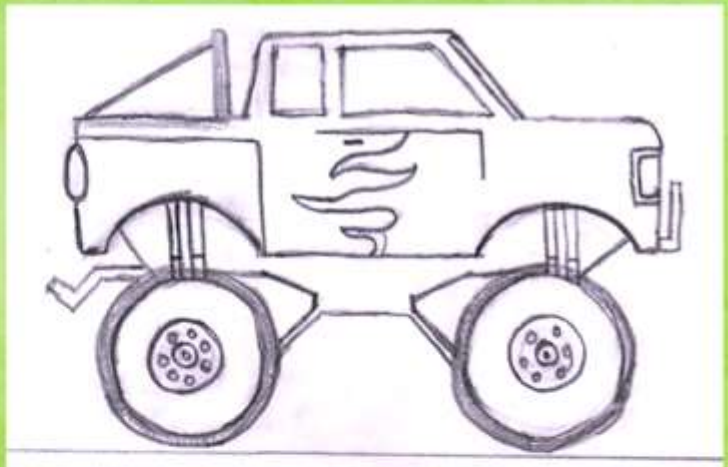
*R.V Aadish Shershin
VII-Jade*



*Aadresh Jersam S.A
VI-Topaz*



Sharath S.S
VII-Jade



Anushanth R.
VII-Jade



Naveen V.S
VI-Topaz

Bambino Fest Events



Blue Dress up Day – KG Wing



Grapes Day – KG Wing

