



# Sacred Heart International School

Pammam, Marthandam.

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# ELIXIR

The flow of magical writing

**March  
2025**



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# Editorial

## The Virtues of Life

In the heart of the world, where the winds softly sigh,  
There lies a great truth, no need to deny.  
The virtues of life, like stars in the night,  
Guide us through darkness, towards the light.  
Patience, the river that gently flows,  
Teaches us calm, as time bestows.  
It whispers, "Wait, there's beauty in grace,"  
And shows us the strength in life's slow pace  
Kindness, a flower with petals so bright,  
Spreads warmth in the cold, a beacon of light.  
In every gesture, in every smile,  
It makes the journey of life worthwhile.  
Courage, the fire that burns in the chest,  
Pushes us forward, when we're not at our best.  
It stands tall in the face of our fear,  
Whispering softly, "You have nothing to fear."  
Integrity, the compass so true,  
Guides our actions in all that we do.  
In the whispers of conscience, it calls us to stand,  
With honesty as the strength in our hand.  
Humility, the root that keeps us grounded,  
In moments of glory, when we're astounded.  
It reminds us that greatness is not our own,  
But shared with the world, like seeds we have sown.  
Gratitude, a treasure so pure,  
Turns the ordinary to something secure.  
With every thanks, the soul finds its way,  
And colors the world in a brighter array.  
These virtues of life, like a well-tuned song,  
Play in our hearts, where they truly belong.  
In each day's struggle, in each day's rise,  
They shape us, mold us, and open our eyes.  
So let us embrace them, with love and care,  
For the virtues of life are beyond compare.

*Adria. J*  
*XII M1 (Student Editor)*



# Keeping the Doctor away

Once there were two sisters named Annie and Jenny. One day they were cycling. Suddenly, Annie lost her balance and fell down and started crying. Jenny helped her in getting up and took her home.

At home, their mother bandaged her and asked their father to take Annie to a doctor for a tetanus injection.

On hearing the name of injection, Annie immediately went to the kitchen and took out an apple from the refrigerator.

Just then Jenny came into the kitchen and asked Annie whether she was scared of injection. At this Annie replied “Yes, I am afraid of injection. That’s why I am eating this apple. Didn’t your teacher say that an apple a day keeps the doctor away?”



*Ajolin A.V Vivikshlin  
I-Ruby*



# Facts about fish

Jellyfish have been around for more than 650 million years which means that they outdate both dinosaurs and sharks.



Seahorses are the only animals in which the male, not the female, gives birth and cares for their young.

Dolphins sleep only with the help of their brain and one eye open so that they can watch for predators and other threats.



Octopus has 50 million tiny cells in the brain. It has 25 million cells called Chromatophores.

*Sanjuana Sree S  
V-Sapphire*





# Truly a nightmare

Daniel had always loved the old house. Nestled at the edge of town, it was a place of mystery, with creaking floors and dusty corners that whispered secrets of a time long gone. But that night, something felt different. The air was thick, the shadows longer. He had just moved in, eager for a fresh start, but something about this place unsettled him.

He had been unpacking late when he heard the scratching sound. At first, it seemed like a rat in the walls, harmless enough. But then, it grew louder, more insistent, as if something was trying to claw its way out.

Curious but uneasy, Daniel grabbed a flashlight and followed the sound to the basement door. It was ajar, the faintest sliver of darkness behind it. The scratching came from within. He stood still for a moment, fighting the urge to turn away. He couldn't leave it—he had to know.

His heart raced as he descended the creaky stairs, the flashlight flickering with each step. The air grew colder the further down he went, the shadows pooling at his feet. And then, he saw it.

A figure—pale, gaunt, and twitching—was hunched in the far corner. It looked up, its hollow eyes locking with his. Daniel froze. The creature's mouth opened wide, far too wide, as it let out a low, guttural laugh that sent chills down his spine.

“You shouldn't have come down,” it whispered, its voice raspy and wrong.

Daniel's blood ran cold. He backed away, but the stairs suddenly felt like miles, the space between him and the door stretching endlessly. The creature stood up, its long limbs jerking unnaturally. It took one step forward, then another.

“Truly a nightmare,” it whispered again, this time much closer.

And then, the flashlight went out.

When Daniel's roommates found him the next morning, he was standing at the foot of the basement stairs, staring blankly ahead, eyes wide with terror. His mouth moved, but no sound came out. He was alive—but something had changed.

The house remained silent, the scratching now just a faint memory.

But Daniel knew. He had seen it. And he would never escape. *Ajolin Fruno Y.M  
IX-Sapphire*





# Benefits of Football

- **Burns Calories:** Playing football can burn 400-700 calories per hour.
- **Boosts Heart Health:** Regular football improves cardiovascular health and reduces heart disease risk.
- **Improves Bone Health:** It strengthens bones, helping prevent osteoporosis.
- **Reduces Stress:** Football acts as a stress reliever and combats anxiety and depression.
- **Enhances Coordination:** Improves balance, foot-eye coordination and agility.
- **Promotes Teamwork:** It teaches communication, cooperation, and leadership skills.
- **Fights Obesity:** Regular play helps reduce the risk of obesity, and promotes fat loss.
- **Boosts Brain Function:** It sharpens memory, concentration, and decision-making.
- **Improves Sleep:** Regular football leads to better sleep, and improved rest.
- **Builds Confidence:** The sport boosts self-esteem and self-confidence through achievements.
- **Develops Reflexes:** Enhances agility and reaction times in both sports and daily life.
- **Strengthens Immunity:** Regular play boosts the immune system.
- **Improves Discipline:** Football builds discipline and time management skills.
- **Promotes Resilience:** Teaches players to bounce back from setbacks, and build emotional strength.



*Emmanuel D Miranda  
X-Sapphire*



# My dad

If I could write a story  
It would be the greatest ever told  
I'd write about my daddy.  
For he had a heart of gold  
My dad, he was no hero  
Known around this world.  
He was everything to me  
For I was his baby girl.  
I'd write about the lessons.  
He taught me right and wrong  
He instilled in me the values  
That one day I'd be strong.  
He taught me to face my fears,  
Take each day as it comes,  
For there are things that we can't change.  
He would say hold your head up high.  
Carry yourself with pride  
Thanks to him, I am somebody  
Who will never run and hide.  
If I could write a story,  
It would be the greatest ever told.  
I'd write about my daddy.  
For he had a heart of gold.



*Dharshiha R.S  
V-Ruby*



# The true friend

Once, there lived two friends, a squirrel and a puppy. They used to play together. The squirrel was sporty and always won the game. The puppy used to feel bad and thought that it was of no use. One day it started raining heavily. The squirrel was in high spirits. He started doing antics but suddenly lost his balance and fell in the river nearby. He called his friend puppy for help. The puppy came to his rescue. The squirrel climbed on its back and reached a safe place. He thanked his friend for saving his life.



*Arshith Bino B  
VII-Topaz*

## Mystery facts

- 🌸 **Lake Hillier :** Located in Australia, this lake is famous for its vibrant pink colour, which remains a mystery to scientists despite many theories.
- 🌸 **Socatra Island :** This remote island off the coast of Yemen is known for its unique biodiversity, with many plants found nowhere else on Earth.
- 🌸 **Skelton lake :** Roopkund lake or Skelton lake in India contains hundreds of human skeletons dating back over 1,000 years, the origins of which are still debated.
- 🌸 **The Jaos Hum :** In the town of Jaos, New Mexico, some residents hear a low frequency humming sound, the source of which remains unidentified.
- 🌸 **Mount Roraima :** This table top mountain in south America inspired sir Author Conan Doyles to write his novel “The Lost World”, and it is home to unique species found nowhere else.

These facts showcase the diverse and intriguing aspects of our world that continue to fascinate scientists, explorers and travellers alike.

*R. Darren  
XI-Med 2*



# The Dream of Magic



Once upon a time there lived a girl named Susan. She had a sister named Lucy. One night, when they were sleeping, Susan heard a noise from her sister's room. She woke her sister up and told her that she heard some talking sound. So, Susan and Lucy went to the room. They were impressed to see the things happening in the room because the dolls were talking and playing, the cars were fighting, the doughnuts were rolling and a toy clock was shouting loudly. Susan and Lucy got scared and Lucy saw a rock lying down. She thought this story should not be known to her mom and dad. So, she took a rock and threw it at the clock which was shouting, and in a second, all the toys which were alive turned into non-living things. Then she cleaned up all the mess. Then she heard her mother's voice and she saw the sunlight. Then she understood that it was a dream and told her mother everything. Then she went to school happily.

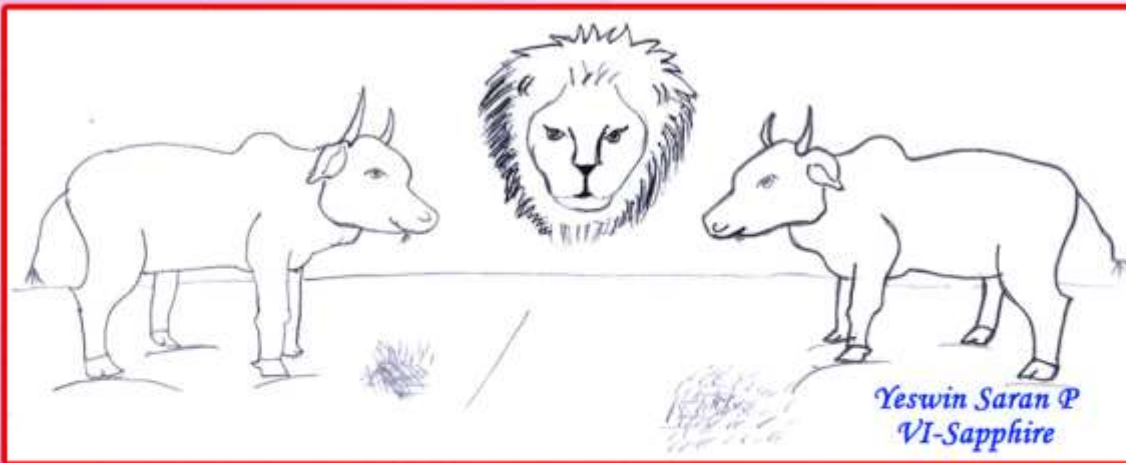
*Haamisha Ramlath. M  
V-Ruby*



# The cows and a lion

A peaceful herd of cows lived in a meadow, but one day, a mighty lion arrived, ready to hunt. The cows feared the lion's strength but realized they had no chance alone. The oldest cow, Bessie, suggested that they stand together for protection.

As the lion approached, the cows formed a united circle, refusing to back down. The lion circled them, puzzled by their calm and unity. Surprised by their courage, the lion realized he couldn't easily overpower them and, out of respect, walked away.



The term "Nature Classic" celebrates the enduring beauty of natural landscapes that have stood the test of time. From iconic sites like the Grand Canyon to the Amazon Rainforest, these places remain unspoiled, offering a sense of tranquility and connection with the Earth.

Throughout history, nature has inspired art, philosophy, and culture, with artists and thinkers drawing deep connections between natural landscapes and the human spirit. These timeless environments symbolize our relationship with nature, urging us to preserve them for future generations.

Today, many classic natural landscapes are under threat due to climate change, pollution, and deforestation. Efforts to conserve these areas are critical, with national parks and reserves playing a key role in protecting our natural heritage. As we face modern challenges, even urban spaces like Central Park have become modern-day classics, blending nature with human development.

By appreciating and preserving these natural treasures, we can ensure that their beauty continues to inspire and connect people to the natural world for generations to come.

Yeswin S.V  
V-Sapphire

## Nature classic



The clouds have big news  
it's time for  
things to grow,  
Their whispers  
fill the sky  
with wind,  
their low murmurs  
rumble like  
thunder.  
They pour out and sing  
a welcome  
to spring.

# Rain



*Abinash R  
XI-Med 1*

Sports is an important part of our lives, as we need good health to live a happy life, it is essential to exercise regularly or play sports. It can boost your energy and even improve your memory power. Sports is also important for studies as exercising daily helps keep you fit.

“Be energetic and happy!”. If you are bored and sad, playing sports can make you happy. So, exercise for good health, memory power and overall happiness.

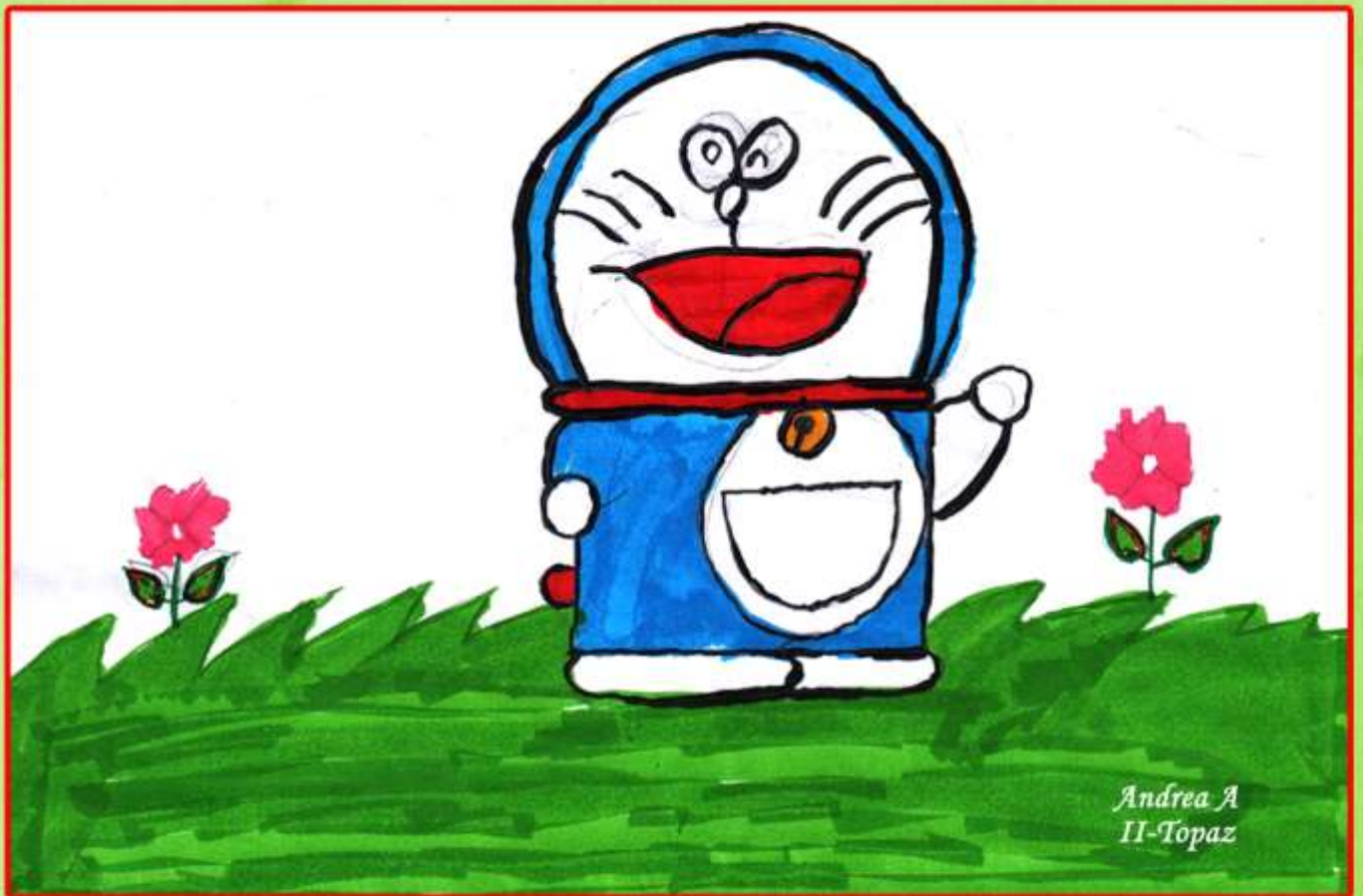
Play a sport which takes you out of your comfort zone.

# Sports



*Mershia. J.S  
X-Jade*









*Aarush S  
I-Sapphire*



*Kenneth Cranston A  
II-Rupy*









*Shasmitha. S*  
*IX-Topaz*



*Sharolin Jessika S.B*  
*V-Ruby*





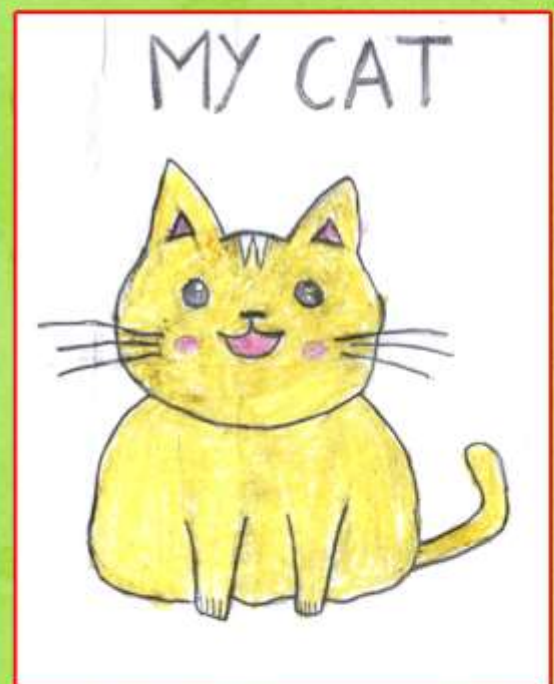
Prathanya. R.S  
IX-Topaz



Jafit Binalya P.M  
V-Ruby

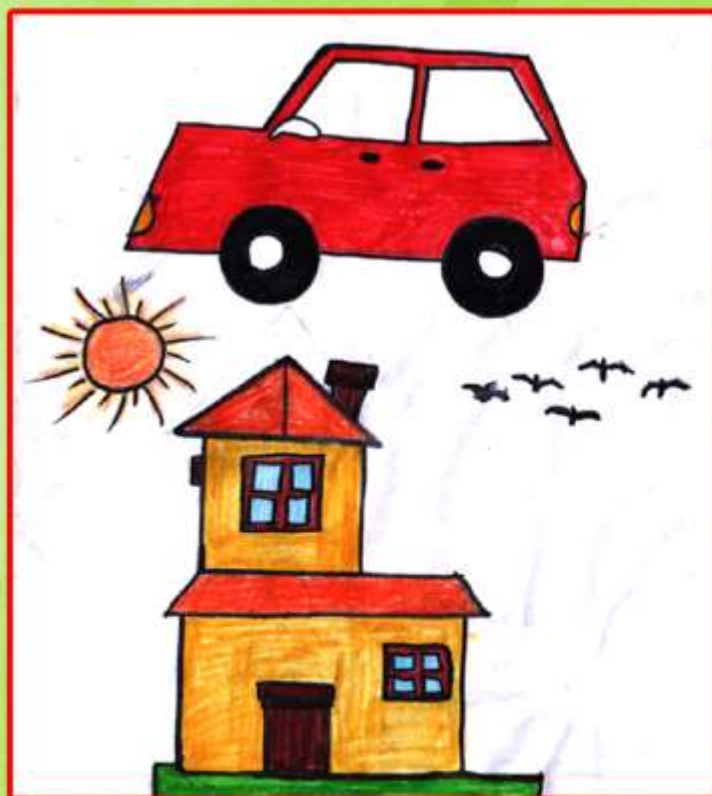


Arsha A.J  
IX-Topaz



Jufee Sana S.S  
II-Topaz





*Alanah Michelle John  
II-Jade*

*Dadshith Sathiya S.S  
I-Ruby*