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ELIXIR

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Editorial



The Lessons We Learn by Watching Them Grow

As teachers, we spend our days watching young minds grow—not only through textbooks and lessons, but also through the countless little moments that often go unnoticed.

We see the student who once hesitated to speak begin to express ideas with confidence. We see the child who was afraid of making mistakes slowly learn to try again. We witness friendships being formed, differences being understood, responsibilities being embraced, and small acts of kindness quietly making a difference.

These moments remind us that education is far greater than what can be measured through examinations. A student's growth is reflected not only in academic progress, but also in greater confidence, thoughtful choices, deeper understanding and an increasing awareness of others.

One of the most rewarding aspects of being a teacher is witnessing this transformation. Students may not always realise how much they are changing, but we see it—in their questions, their conversations, their efforts, their setbacks and, most importantly, in the way they learn to rise above them.

In a world that often celebrates speed, competition and achievement, our greater responsibility is to help young people understand the enduring value of patience, perseverance, compassion and character.

Every student has a unique journey. Some flourish early, while others take their time. Our role is not to make them identical, but to provide them with the confidence, guidance and opportunities to discover their own strengths and possibilities.

As educators, we may begin each day believing that we are here to teach. Yet, when we pause and observe carefully, we realise that our students teach us something as well—to remain curious, to keep trying, to see possibilities where others see limitations, and to find joy in the simplest moments.

Perhaps that is the true beauty of education: we do not merely teach children how to succeed; we help them discover what it means to grow, to care and to become.

Ms. Thamary
Department of English



Sports Beyond Borders: Uniting the World Through Competition

Sports have a special way of bringing people together. We may come from different countries, speak different languages and follow different cultures, but when it comes to sports, these differences often take a back seat. The excitement of a match, the joy of victory and even the disappointment of defeat are feelings that people everywhere can understand.



International sporting events show us this clearly. Athletes compete for their countries, giving their best and making their nations proud. At the same time, they meet players from different parts of the world, learn from one another and share a common love for the game. A good sporting moment can bring millions of people together, even if they are watching from thousands of miles apart.

Sports also teach us that competition does not mean hatred. Two teams may compete strongly on the field, but once the game is over, respect and sportsmanship matter more than the result. A handshake, a smile or a few encouraging words can show that there is more to sport than simply winning.

This is true in schools as well. During sports meets and inter-house competitions, students get the chance to work with teammates, make new friends and support one another. They learn how to win with humility and accept defeat with courage.

In a world where people are often divided by many differences, sports remind us of something simple: we have more in common than we think. Different flags may fly, and different teams may compete, but the love for the game brings people together.

After all, sports may have borders on a map, but the spirit of sports knows none.

Rajesh R.V
Department of Sports

Work Harder, Be Smarter

3 Study Hacks

1. The 25-Minute Rule:

Work for 25 minutes, then take a 5-minute break. This “Pomodoro” technique can help you stay focused and maintain concentration.



2. The Focus Trick:

Save the chatting for later. Working in a quiet place helps you finish your work more efficiently, so you can enjoy your free time afterwards.



3. The Brain Reset:

Take a “creative break” by drawing, listening to music, or doing another relaxing activity. Stepping away from your books for a short time can help you refocus when you return.



*Joanna Darice
IX-Sapphire*

Planets

The planets are very big and tall,
Our Solar System has eight planets.
My favourite planet is Earth,
The only planet known to support life.

Pluto is not a planet,
But a dwarf planet in our Solar System.
Mercury is very hot
Because it is close to the Sun.
Jupiter is the largest planet



*Akshith
V-Jade*

BMW



BMW,
Rides like a dream with power to spare,
Bavarian brilliance beyond compare.
A symbol of speed, of style and might,
BMW reigns supreme in the dark of night.

With curves and class, it takes the road,
A driving experience like no other mode.
A remarkable driving machine so divine,
The ultimate ride, where passion meets design.

In blue and white, the rounded emblem gleams,
A mark of excellence in automotive dreams.
Where driving pleasure knows no bounds,
A legend on wheels, forever renowned.

“Speed is the thrill, but control is the passion.”

*J.E Kethshia Moses
VII-Sapphire*

Election

Basic Election System



Elections in India are conducted under the supervision of the Election Commission of India. Citizens aged 18 and above are eligible to vote and choose their representatives. Elections for the State Legislative Assembly are generally held every five years. Voting is conducted using Electronic Voting Machines (EVMs), and voters can verify their votes using the Voter Verifiable Paper Audit Trail (VVPAT) system.

Tamil Nadu has 234 Legislative Assembly constituencies. Elections strengthen democracy by allowing people to choose their representatives and leaders.

Types of Elections

Assembly Elections : Conducted generally every five years to elect Members of the Legislative Assembly (MLAs).

Parliamentary Elections : Conducted to elect Members of Parliament (MPs) to the Lok Sabha.

Local Body Elections : Conducted to elect representatives to local governing bodies such as municipalities, municipal corporations, and panchayats.

*Athira S.A
IX-Ruby*

Once upon a time, there was a little bird named Tinku. Tinku lived in a small nest on a big tree. One day, Tinku saw a tiny ant crying.

“Why are you sad?” Tinku asked.

The ant said, “I cannot carry this big grain of food to my home.”

Tinku felt sorry for the ant. “I will help you,” he said.

Tinku picked up the grain and gently dropped it near the ant’s home. The ant smiled and said, “Thank you, dear friend!”

From that day on, Tinku and the ant became best friends. They helped each other and lived happily.

Moral: Always help others and be kind.

*J.B. Dhishon
II-Ruby*

The Kind Little Bird



A Wise Judge



A golden necklace was lost from a rich man's house. A few servants worked in that house. Naturally, it was suspected that one of the servants had stolen the necklace. Each of them was questioned, but nobody confessed to the crime.

So, the master of the house lodged a complaint before the judge. All the servants were summoned to the court, but they all denied the charge.

Then the judge came up with an idea. He gave each of them a stick of the same length and told them to bring the sticks to the court the following day. He told them that the stick of the person who had stolen the necklace would increase by an inch when they returned to court.

The servants took their sticks home. They all kept their sticks as they were, except for the servant who had stolen the necklace. He shortened his stick by an inch because he was afraid that his stick would grow.

The next day, when everyone submitted their sticks, it was found that one stick was shorter by an inch. Thus, the thief was identified and punished.

Moral: Truth is always revealed.



Adrisa Y. Shane
XI-Sapphire

Tips to be Strong

1. Believe in yourself.
2. Study hard.
3. Be gentle with gentle people.
4. Be firm with difficult people.
5. Have strong faith in your abilities and your efforts.
6. Believe in God.
7. Do not dwell on your problems; accept what you cannot change and move forward.
8. People change over time; do not expect everyone to remain the same.
9. Do not let hatred or unhealthy attachments control you.
10. Do not show unnecessary attitude; remain humble and respectful.



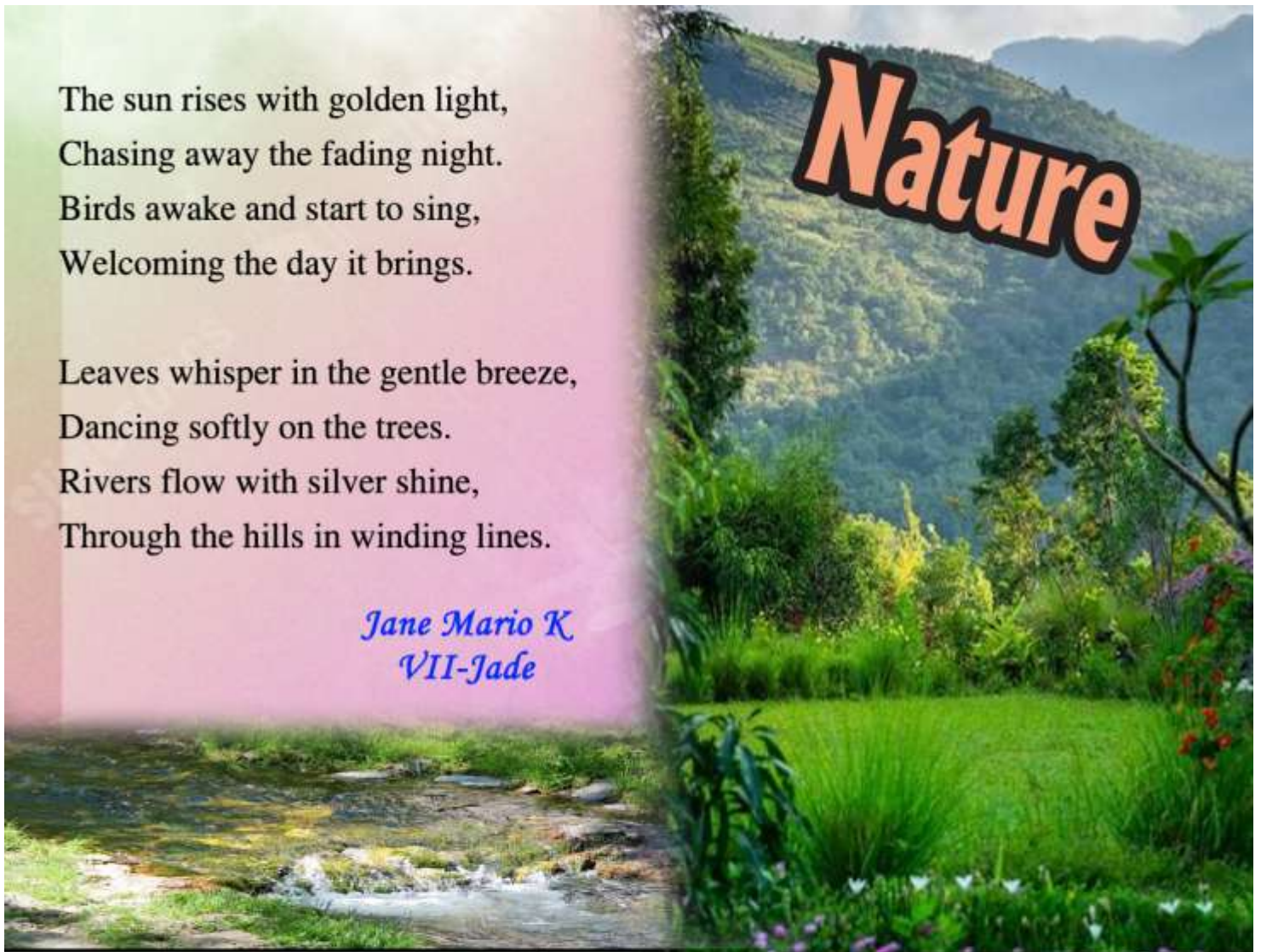
Ancy R.J
VIII-Jade

The sun rises with golden light,
Chasing away the fading night.
Birds awake and start to sing,
Welcoming the day it brings.

Leaves whisper in the gentle breeze,
Dancing softly on the trees.
Rivers flow with silver shine,
Through the hills in winding lines.

*Jane Mario K
VII-Jade*

Nature



1. What has a neck but no head?
2. What gets wet as it dries?
3. What has one eye but cannot see?
4. What can you catch but cannot throw?
5. What has a head and a tail but no body?
6. What has pages but no words?
7. What has a spine but no bones?
8. What has teeth but cannot bite?
9. What kind of room has no doors or windows?
10. What sleeps when you are awake and is awake when you sleep?

*Aishani A.S
II-Ruby*



Riddles

Answers

1. A bottle
2. A towel
3. A needle
4. A cold
5. A coin
6. A calendar
7. A book
8. A comb
9. A mushroom
10. A bat

Fascinating Facts Across Subjects

Physics

- ✿ Energy cannot be created or destroyed; it can only be transformed from one form to another.
- ✿ The speed of light in a vacuum is the ultimate speed limit according to the theory of relativity.
- ✿ Time passes more slowly for an object moving at speeds close to the speed of light, relative to a stationary observer.



Chemistry

- ✿ Everything around us is made up of atoms, although some particles, such as photons, are not made of atoms.
- ✿ Water expands when it freezes.
- ✿ Diamonds and graphite are both made entirely of carbon atoms, but they have different structures and properties.



Computers

- ✿ Binary is the fundamental language used by computers to represent and process data.
- ✿ The first general-purpose electronic computer, ENIAC, weighed about 27 tonnes.
- ✿ A large proportion of the world's money exists in digital form rather than as physical cash.



History

- ✿ Some pyramids in Egypt were built while woolly mammoths still existed in other parts of the world.
- ✿ The University of Oxford is older than the Aztec Empire.



Grammar

- ✿ Gadsby is a novel written without using the letter "e".
- ✿ The word "dord" appeared in some dictionaries due to a dictionary error and was later removed.

Mathematics

- ✿ The digits of pi continue indefinitely without repeating in a fixed pattern.
- ✿ From 0 to 1,000, "one thousand" is the only number whose English spelling contains the letter "a".



Biology

- ✿ Some of the smallest known free-living cells are Mycoplasma bacteria, which can be about 0.1 micrometres in size.
- ✿ The ostrich egg is the largest single cell among living animals and can measure about 15 cm in length.
- ✿ Most animal cells are microscopic and are generally about 5 to 20 micrometres in diameter, although their sizes vary considerably.



Geography

- ✿ The difference between Earth's polar diameter and equatorial diameter is about 43 km.
- ✿ Light from the Sun travels at about 300,000 km per second and takes approximately 8 minutes and 20 seconds to reach Earth.



Tamil

- ✿ Tamil is one of the world's oldest living classical languages.
- ✿ Tamil was the first Indian language to be recognised as a classical language by the Government of India.



*Ramana
IX-Jade*

The Iran–United States War

The spring of 2026 witnessed a harrowing chapter in the history of the Middle East. The conflict, known as Operation Epic Fury, began on 28 February 2026, when the United States and Israel launched coordinated strikes against Iran. The operation targeted Iran's military capabilities, nuclear facilities, and leadership. Iran's Supreme Leader, Ayatollah Ali Khamenei, was killed in the opening strikes, along with several senior officials. The sudden loss of senior leadership created a major crisis for the Iranian government.



In response, Iran launched missile and drone attacks against American military installations and targets in several Gulf countries. The conflict also affected oil and gas infrastructure in the region. Iran restricted shipping through the Strait of Hormuz, one of the world's most important energy routes. The disruption affected global trade and contributed to concerns about oil and liquefied natural gas supplies. The Strait normally carries a significant share of the world's oil and LNG shipments.

The war also caused a serious humanitarian crisis. Among the most tragic incidents was a strike on a school in Minab, Iran, on 28 February. Reports indicated that more than 100 children were killed, although the exact circumstances and responsibility for the strike were the subject of continuing investigation.

As the conflict continued, international efforts were made to stop the fighting. In April, Pakistan played an important mediating role in negotiations between the United States and Iran. A two-week ceasefire was announced on 8 April, although uncertainty remained about its implementation and the future of the conflict.

The peace efforts later faced difficulties. Talks in Islamabad continued for many hours but failed to produce a lasting agreement. On 13 April, the United States announced a naval blockade targeting Iranian ports and vessels connected to Iranian trade. This further increased tensions and raised concerns about the safety of international shipping.

The conflict has had consequences far beyond Iran and the United States. It has affected neighbouring countries, international shipping, energy markets, and the wider security situation in the Middle East. The Strait of Hormuz remains a major point of tension because of its importance to global energy supplies.

The Iran–United States conflict demonstrates how quickly a regional confrontation can affect the entire world. It also highlights the importance of diplomacy, dialogue, and peaceful negotiations in preventing further loss of life and instability. The future of the conflict remains uncertain, and the international community continues to watch developments closely

Abinanth S.M
IX-Ruby

The Kind Mouse

Once upon a time, there was a mouse. The mouse was very happy. One day, the mouse went to a store and bought a mat. The mouse wanted to show it to the cat.

The next day, the mouse was very excited to show the mat to the cat. So, the mouse went to the cat's house. When the mouse arrived, it showed the cat the mat. They had cookies together, and the mouse gave the mat to the cat.

The cat liked the mat very much. It thanked the mouse for the thoughtful gift. The mouse left the house happily.

Moral: Be kind to everyone..

*Nikitha Hannah George
I-Jade*



It's a place of silence and joy,
Where words are stronger
Than the power of hands.

People choose their way without knowing
The path ahead,
But we become the way
By knowing our purpose.

Many succeed,
And some remain in our hearts.
That is the power of school,
My Sacred Heart International School.

*Beniel Yadid
XII-Aspirants*

My Sacred Heart International School



Facts About Stars

1



A galaxy is a vast collection of stars, gas, dust, and other matter held together by gravity.

2



Stars are very far away from us and appear as tiny points of light in the night sky.

3



The hottest stars are usually blue or blue-white in colour.

4

Stars are made mostly of hydrogen and helium, along with smaller amounts of other elements.

5



Stars appear to twinkle because their light passes through Earth's atmosphere.

6

When some massive stars reach the end of their lives, they can explode as supernovae.

7

We cannot see most stars during the day because the bright light from the Sun makes them difficult to see.



*A.A. Ashlin Renjitha
IV-Jade*

The Value of Time

Once upon a time, there was a young boy named Sam who loved to play all day and avoided his chores. One day, he met an old man who was busy planting seeds in his garden.

Curious, Sam asked, “Why are you working so hard?”

The old man smiled and said, “Time is like a river; it flows away and never returns. Every moment you waste is like a seed that will never grow.”

Sam thought about it and realised that he had been wasting his precious time. He decided to make each day count by balancing fun with responsibilities.

Years later, Sam became successful and happy, always grateful for the lesson he had learned. He understood that time, once lost, could never be regained and that every moment was a gift to be cherished.

Moral: Time is precious; use it wisely.



*Rhiya Joffit Y.R.
VI-Topaz*

Moon Jellyfish



Scientific Name : Aurelia aurita

Conservation Status : Least Concern

Weight : Approximately 0.01–0.07 pounds



Moon jellyfish are nearly translucent, saucer-shaped creatures recognised by four purple, pink, or white horseshoe-shaped gonads visible in the centre of their bell. They generally grow to about 25 cm in diameter and have a fringe of short, delicate tentacles rather than long, trailing ones.

They are weak swimmers that drift with ocean currents, often forming large groups called “blooms”. They feed mainly on plankton and small aquatic organisms.



Fun Fact:

Moon jellyfish have specialised structures called statocysts that help them sense gravity and maintain their orientation in the water.

Amusula. S
IX-J

A Fancy World of Numbers

One, two, three, here I start,
With numbers, numbers from the start!
Here I go, counting,
One, two, three, oh, four...
What a fancy world!



I like one, so I should be
Number one in my life.
It feels good to be first,
But life tells me, "One is the beginning."

Hey, Zero, where are you?
I want you to be on my right.
When you stand there, you can add
Great value to numbers of height!

I dream of number systems
That flow in ones, thousands,
Lakhs and crores.
Surely, it is the Indian system.

Wow, I see another fine system,
With numbers progressing
Into millions and billions.
Aren't they part of the international system?



It's fun to ascend a mountain
And descend a hill,
Just like moving through
Ascending and descending numbers.

Oh, my angel queen, let me thank you
For taking me to the world of numbers!
It's truly a beautiful world,
Perhaps a wonderfully fanciful world,
And I love it.



*Benfritz Augustus Valsak
IV-Sapphire*

The Little Mixer



The construction site was busy. The big cranes reached for the clouds, and the giant trucks roared like lions. In the corner sat Mighty Max, a small concrete mixer. The big machines often laughed.

“You’re too small, Max! We are building a giant library today!”

But when the builders reached the very centre of the library, they found a problem. The hallway was too narrow for the giant trucks. The concrete was drying, and the work was coming to a stop!

“I can do it!” chirped Max.

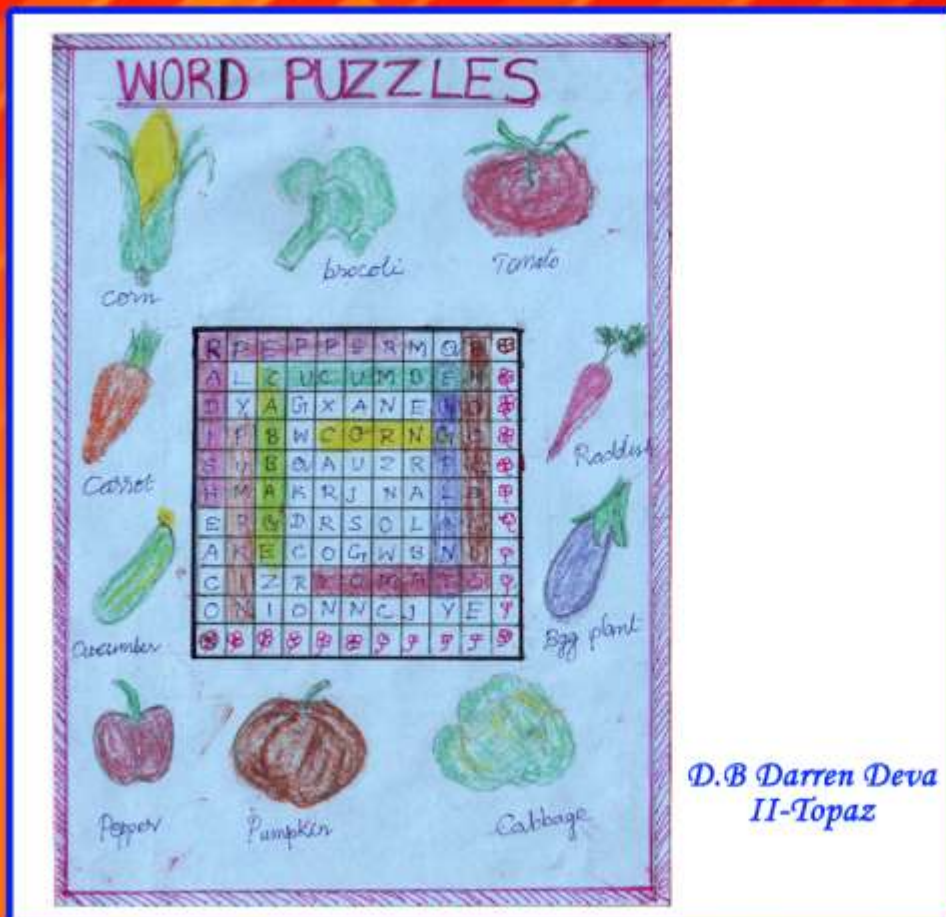
He whirred his drum and zipped through the narrow door. He mixed exactly the right amount of concrete for the library’s special reading room. By sunset, the library was finished.

The big cranes looked down and beeped their horns in a friendly salute. Max wasn’t the biggest, but he was exactly the right size to save the day.



*Snowfer S. Roan
III-Jade*





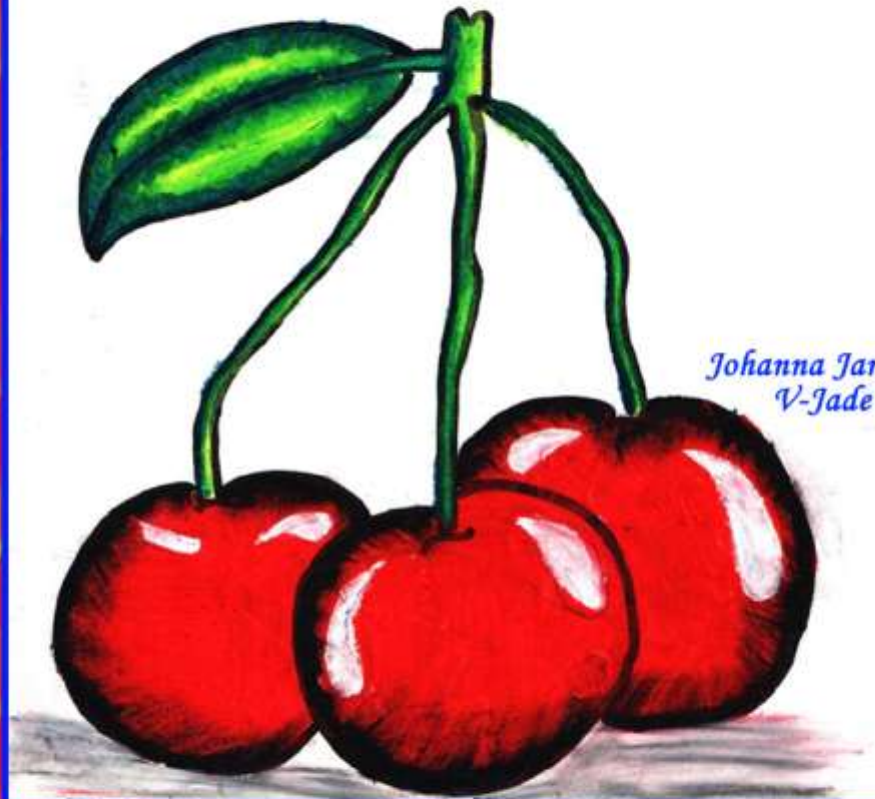


*Risho Maxan R.
V-Jade*



*Risho Maxan R.
V-Jade*

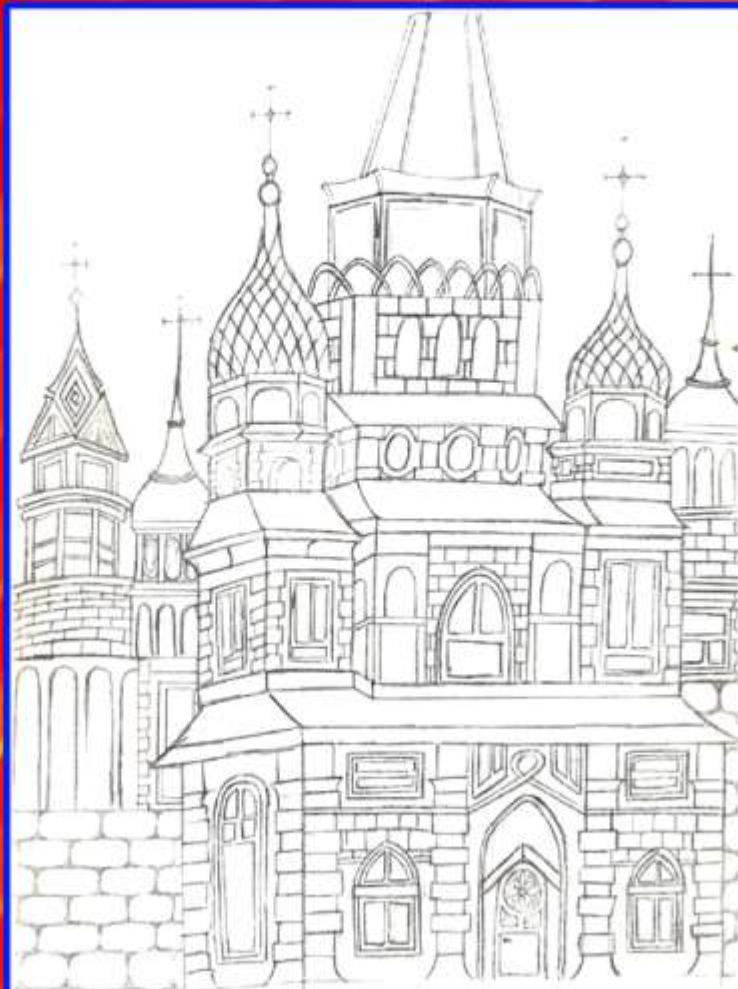
CHERRY



*Johanna Janeo J
V-Jade*



*Cassandra Adriel R
IV-Topaz*



*Goldina
X-Jade*

*D.B Darren Deva
II-Topaz*