



Sacred Heart International School

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

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Pammam, Marthandam.



ELIXIR

The flow of magical writing



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Editorial

Be You, Be unique

Never be afraid of being yourself. Be unique, be different, be a mystery. Always remember that unique people have imprinted their names in history. Those who criticized these unique people have always remained unknown critics themselves. When people around you are afraid of doing something and you are travelling on a different track that those people think are unable to attain, they will start to show their frustration in the form of anger, gossip, and demotivation. Always keep in mind, that if you are on the right track, a lot of them will try to bring you physically or mentally down. That is not because you are doing something wrong, but because you are trying something new. If you can't hide whatever you are doing from your parents, then believe that you are not doing anything wrong. So children don't hesitate to act according to your wishes. Be you, be unique, and be happy because you only live once.

Ms. Shabeela
Department of English

LILLY : A SYMBOL OF PURITY

In Woodlands Green, where the shadows play,
The Lilly of the valley holds its sway.
Delicate bells, a fragrant song,
In nature's chorus, they belong.
With slender stems and leaves so fair,
It whispers tales of a secret lair.
A symbol of sweetness, pure and white,
In moonlight gardens, a serene sight.
Under the canopy of emerald leaves,
The Lilly of the valley quietly weaves,
A story of grace in each petal's fold,
A timeless beauty, a sight to behold.
In springtime dance, a floral array,
This humble bloom comes out to play.
A fragrant hymn in the quiet dell,
The Lilly of the Valley, a Woodland spell.



Andrea MacLean
VIII Jade

Facts about Rabbits



Rabbits are very lovable pet animals and people like them. They appear in various sizes and colors.

They are very social creatures and live in groups. They are herbivores. At the time of birth, the eyes of the babies remain closed and they are born without hair on their body. A baby rabbit is called a kit.

Rabbits have big ears. They can hear various sounds. Their ears are helpful not only in hearing but also they can help in controlling the rabbit's body temperature too.

The eyes of rabbits are placed on the sides of their head so that they can see almost everything around them.

Rabbits are extremely good at running and leaping. They can jump up to a height of 3 feet and cover around 10 feet in one leap. Rabbit teeth never stop growing.

A female rabbit is known as a doe and a male rabbit is called a buck. The average lifespan of a rabbit is around ten years. Some rabbits had lived up to 17 years.

*Bertina S Del
IV – Jade*

The Shelter

Up in the sky, when I see the stars

I think of my parents

Because they sent me to

An International School

By paying more

When I think of that

My eyes fill with tears

When I think about my dad

I feel to give my

Piggy bank to him

As my gift

Our mother and father

Are our shelter

We should always obey them



*Renshia Jane
IV – Ruby*

Two Trees and a Sparrow



There were two trees near a river. A small sparrow was passing by. She asked to the first tree, “Dear tree, it is going to rain heavily, so can I make nest on your branches for me and my babies? The first tree did not allow the sparrow to build nest. She flew away. She went to the second tree and asked the same question. The Second tree agreed and allowed the sparrow to make the nest on its branches. The next day, it rained heavily. The first tree broke and uprooted in the rain. When the sparrow saw it, she said, “You got punishment for your rude behavior. “The tree said softly, Dear sparrow, I know my roots are weak, and I cannot stand in such a heavy rain. I did not want to risk you and your young ones lives. Sorry that I did not allow you to build the nest. Saying this tree was washed away in the heavy current of water. The sparrow felt sorry for judging it without knowing the truth.

Moral of the story: ‘Do not Judge the book by its cover.’

*Divina
III-Jade*

Life

Life is a book, read it
But don't tear it
Life is a cycle, ride it
But don't puncture it
Life is a picture, draw it
But don't scribble it
Life is sweet, taste it
But don't miss it
Life is a computer, play it
But don't damage it
Life is a flower, see it
But don't pluck it
So life is everything, enjoy it



R V Sharu
XI – Jade

A Gem Which Is Ambivalent



When I first saw your shining eyes,
I fell for you, not knowing who you are,
I was like a shimmering gem, lost in the vast sea.
I felt like an enchanted spell of love cast upon me,
Flabbergasted, lost in thoughts. I was distracted
By your charming face.
You are making me feel soporific with your radiant smile.
Little did I know you are cold-hearted and
Far from I like fire and snow.
Being depressed, vanished all my hopes in you,
In the end, I finally realized you are not my Mr. Perfect.

John Stephani. J
XI – Topaz

Nothing Gold Can Stay

Nature's first green is Gold
Her hardest hue to hold
Her early leaf's a flower
But only for an hour
Then, the leaf subsides to leave
So Eden ranks to grief
Nothing will stay
That's what Eden wants to say.



*Ashlin Jithesha S.R.
VII – Topaz*

Health Benefits of Watermelons

1. May help you lose weight
2. May protect against heart disease
3. May have anticancer properties
4. May be used to help treat ulcerative colitis
5. May be good for your skin
6. May help support your athletic performance
7. Reduces inflammation
8. Good for your Bones.



*Anushka Riya
V – Topaz*

Ten lines on the Importance of Education

- Education is all about gathering knowledge and training the mind to think and apply reasoning to solve problems.
- It is the foundation on which any person, Society, or country progresses.
- Children need to know and understand the value of education.
- Education is a basic need for everyone in the modern day to live a good life.
- It plays an important role in enabling us to use technological systems and services.
- Education also protects us from being exploited and cheated by others.
- Education will uplift an individual along with his / her family and community.
- A large population of educated people is a valuable asset for the country.
- Well educated people can take up different jobs and become successful in life.
- We should value our education and ensure that children from every section of society get an equal opportunity at education.

Joshua Evans P.J
V – Jade

நட்பு!



பிரியும் உறவுகள் பல!

பிரியாத உறவுகள் சில

அதில் நம் நட்பும் ஒன்று

முதலில் சந்தித்த இடம் பள்ளி!

கடைசியில் பிரியும் இடம் பள்ளி!

மீண்டும் எப்போது சந்திப்போம் என்று

ஒரு கேள்வி!

அழும்போது சிரிக்க வைத்தாய்.....

சிரிக்கும் போது சொர்க்கத்தில் இருக்க வைத்தாய்....

பிரியும் போது நரகத்தில் இருக்க வைப்பாய்!

அடிக்கடி சண்டை வரும்

ஆனால் நீ எனக்கு கிடைத்த வரம்!



பிரதன்யா
8-ரூபி

முயற்சி

முயற்சிகள் எடுப்பது முக்கியம் ஆனாலும்
முயற்சிகள் எங்கு செலுத்த வேண்டும்
எப்படி செலுத்த வேண்டும் என்றுணர்ந்து
சரியான பாதையைத் தேர்ந்து எடுப்பது
அதை விட மிக முக்கியமானது!

சோர்ந்து போகாதே

நம்மீது ஆயிரம் பேர்
கல்லை எடுத்து எறிந்தாலும்
அதை திரும்ப எடுத்து
எறிந்து விடாமல் அந்த
கற்களை வைத்து நாம்
பெரிய சாம்ராஜ்யத்தை உருவாக்கலாம்!



ர.ஜெ. ஜெசிபா
8-பச்சை மாணிக்கம்

യാത്ര

കവിത

കുരുത്തു ഞാൻ വളർന്നു ഞാൻ സ്വർഗപുരോഷിൽ
യാത്രയായി ഞാൻ പ്രപഞ്ചഗോളത്തിൽ മണൽപരപ്പിൽ
ഉണർന്നു ഞാൻ പ്രകൃതിതൻ ഉയിരിൽ പിൽബലത്താൽ
പടർന്നു ഞാൻ പല പല തലങ്ങളിൽ പരതിപാവേ..

പടർപ്പിടയിൽ പല പല ദശകൾ താണ്ടിയും
പരന്ന പ്രപഞ്ചത്തിൽ പരമസത്യവുമറിയാതെ
പതറാതെ പാറാൻ മരിച്ചും പഠിച്ചും
പലകുറി വീണ്ടും ചെരിഞ്ഞും മറിഞ്ഞും നാളുകൾതീക്കവേ

തിനക്കാതെ വന്നൊരാ തിറവാർന്ന യൗവ്വനത്തിൽ
പടിവാതിൽ തള്ളുവാൻ കിണഞ്ഞും വെമ്പിയും
തൂറുന്ന പൂമുഖ പടിയിൽ വിഹരിക്കയും വിചാരിക്കയും
പാറിതടന്നൊരു കരിവണ്ടുപോൽ മരുതുകരായായ്

പുത്തേൻ തുകർന്നും മരിച്ചും തീക്കവേ
ജീവിത ഭൂത്യമെന്നപോൽ മൊട്ടുകൾമുളച്ചതും
മൊട്ടുമാറി പൂവായി കായായികനിയായ്മാറിയതും
കണ്ടുഞാൻ മോദോയ് മോഹമായ് നിന്നതും

യൗവ്വനം കൊഴിഞ്ഞതും അന്ത്യമാം പുസ്തകത്താളുപോൽ
ശ്യാവലംബമായ് നാളുകൾ താണ്ടി ഒച്ചുപോൽ
പിറുപിറുക്കലിൽ കാലമണഞ്ഞതും വ്യത്യാസമെന്നതോ?
ഒന്നുപ്രായാനികൃത്താലും മറ്റൊന്നോപ്രായമായതിൽ വേവേലായിതും

കുഞ്ഞൊരുനാൾ അസ്തമിച്ചതും മണ്ണി -
ലിഞ്ഞുമാറ്റാരുമില്ലാതെ, പിന്നെയും നരാഗർഭത്തിലുൾന്നതും
'ഒന്നുമറ്റൊന്നിൽവള'മെന്നതുർമ്മത്തിൽ ചലമായി
കുരുത്തു ഞാൻ വളർന്നു ഞാൻവീണ്ടും നരണിയിൽ



Mr. Hakkim H
Dept. of History & Civics

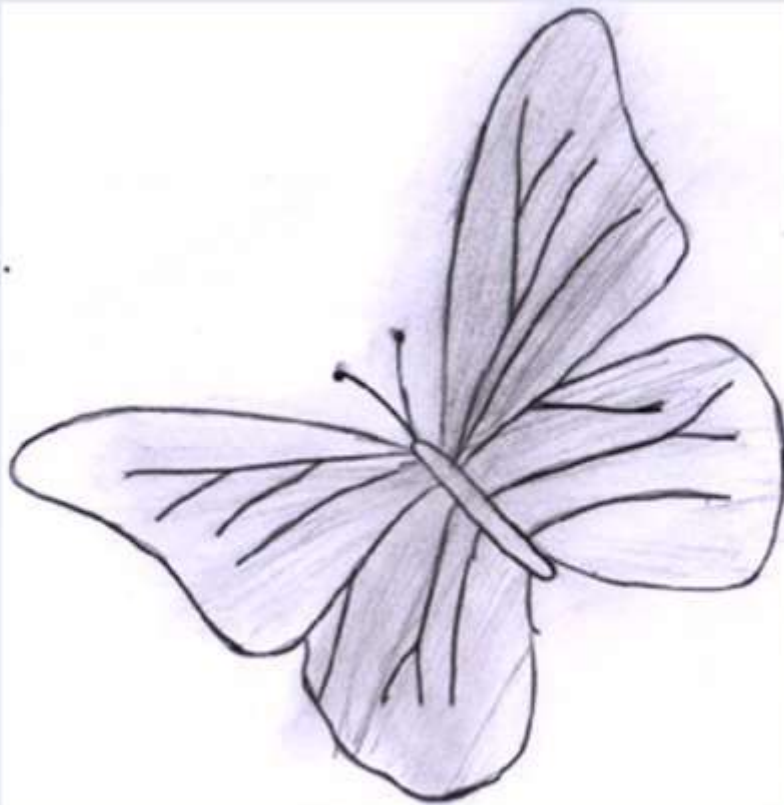


*D.A. Dania
VII-Topaz*

HEALTH IS WEALTH...



R, Navanithin
V - T



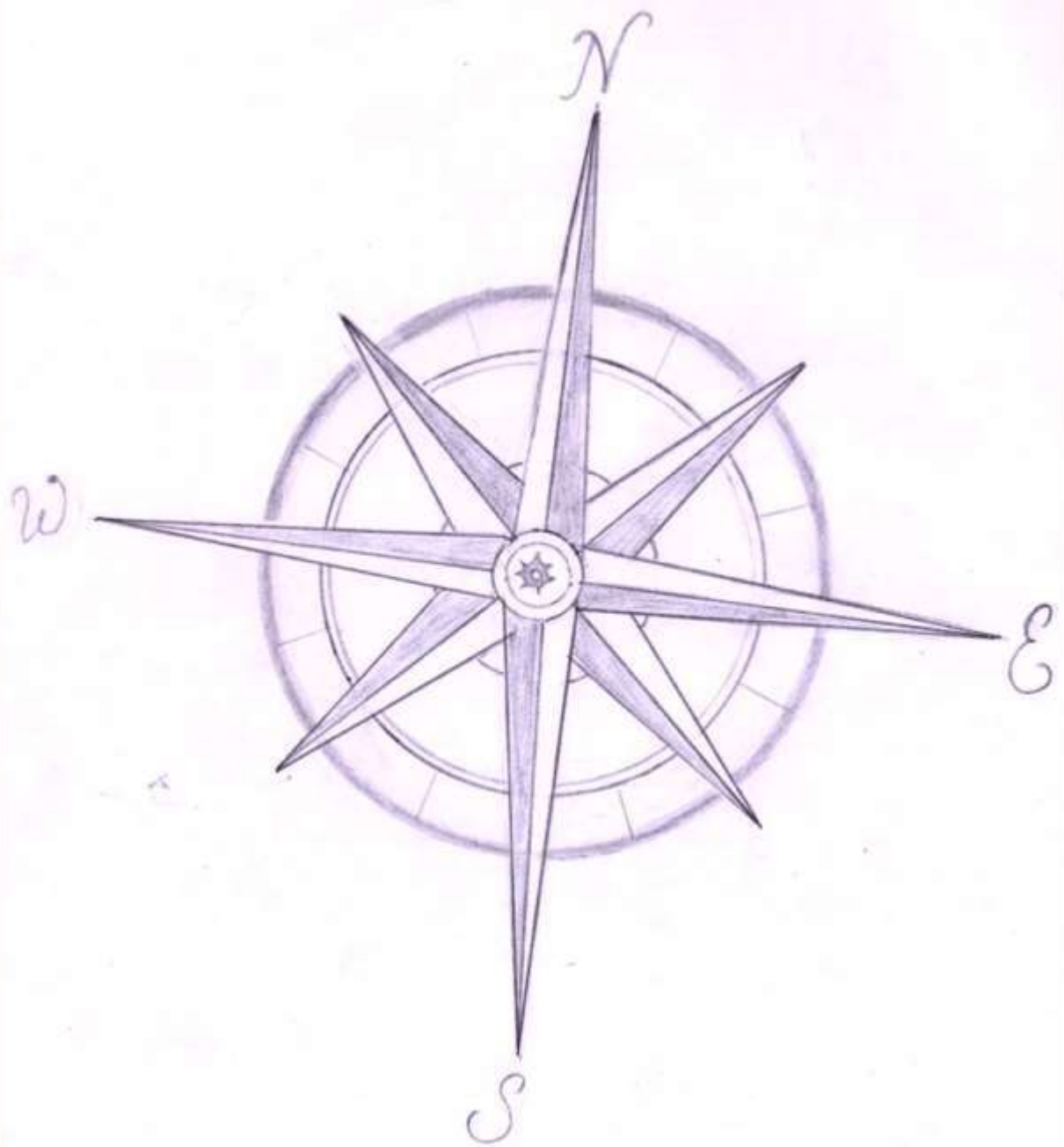
Eablin Shinu
VI-Ruby



Arsha Bino
X-Jade



M. Jothis Mathi
X-Jade



M. Jeffrin J.S
X-Jade

Deep Thoughts

1. The youngest photo of you is also the oldest photo of you.
2. The word "quiet" is often said very loud.
3. If you're born deaf, what language will your thoughts be?
4. Mirrors don't break, they just multiply.
5. Humans are the only species in our Earth who pay to live.
6. Why is all of our handwriting different, when we all learnt the same alphabets?
7. You probably don't remember what you were thinking 5 minutes ago.
- 8) If you are reading a book, you are just looking at a dead tree and hallucinating.

Agasthiandria T
VIII-Sapphire



Bertina. B
VII-Sapphire

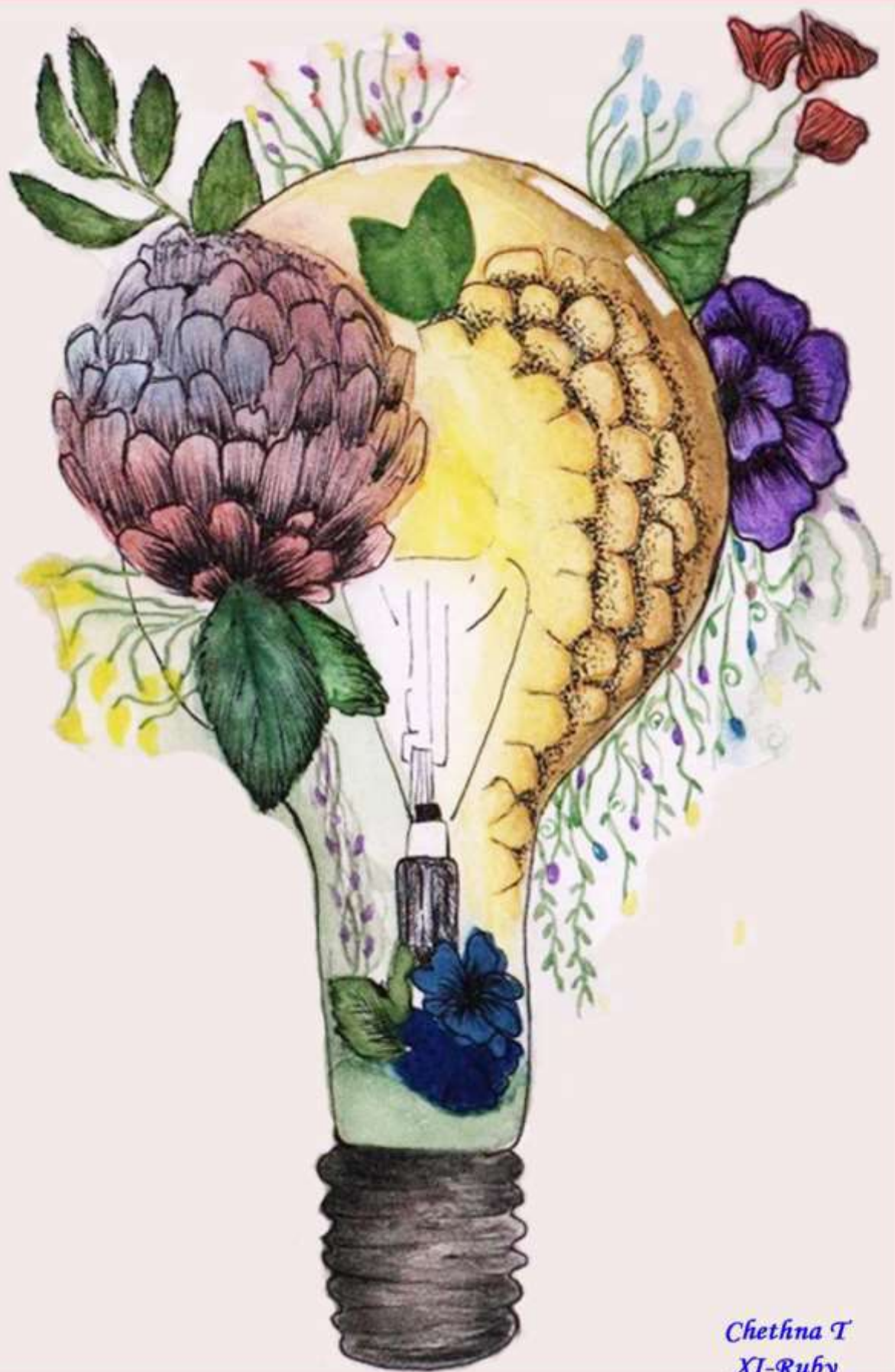


*Jehoash Senaagson V.C
VIII - T*

KAKASHI
HATAKE



*Mohamed Anzaf M
VII-Jade*



Chethna T
XI-Ruby



Chethna T
XI-Ruby

Enid Wenesday



Health Benefits

Health Benefits of Mango

May support Heart Health

Eating mango can be good for your heart in terms of managing the levels of lipids (Example: Cholesterol) you have in your blood.

Boost the immune system

Mangoes are a great source of carotenoids, a group of compounds that gives this fruits yellow colour.

Improve skin health

Mangoes contain high level vitamin C

Support Eye health etc.

Along with having the antioxidant vitamin C



Benefits of Blueberry

- High antioxidant levels
- Lower cholesterol levels
- Lower blood pressure
- Blood sugar control
- Better Digestion

The fruit is an excellent source of

- Vitamin C
- Vitamin K
- Vitamin A
- Manganese



Nutritional Facts of Guavas

100 grams of guava contains

- Calories : 8 g
- Total carbohydrate : 14g
- Sugar 9g
- Fibre 5g
- Fat 1 g
- Saturated fat 0.3g
- Sodium 3 mg
- Potassium 417mg
- Vitamin C 228.3 mg
- Vitamin B6 5% of ROA
- Vitamin B7 129% of ROA



Proven health Benefits of Guavas

- Guava Helps Build Immunity
- Guava keeps the Heart Healthy
- Guava may help with weight loss'
- Guava Improves Digestive Health
- Guava Improves skin health
- Guava Helps to relieve Stress
- It is Helpful During Pregnancy
- Guava Helps to reduce Menstrual pain
- Guava Helps Reduce the Risk of Cancer
- Guava Improves Eyesight / Vision



Benefits of Carrot

The subtraction facts for two small to medium raw carrots (100 grams) are:

- Calories 41
- Water 88%
- Protein 0.9g
- Crabs 9.6 g
- Sugar 4.7 g
- Fiber 2.8 g
- Fat 0.2 g



Vitamin and Minerals of Carrot

Carrots are good source of several vitamins and minerals. Especially biotin, potassium and vitamins A (from facts carotene), K1 (Phylloquinone) and BC

Vitamin A

Biotin

Vitamin K1

Potassium

Vitamin BC



Benefits of Watermelons

1. May help you lose weight
2. May protect against heart disease
3. May have anticancer properties
4. May be used to help treat ulcerative colitis
5. May be good for your skin
6. May help support your athletic performance
7. Reduces inflammation
8. Good for your Bones.



*Anafha Fathima
V – Topaz*



Interesting Facts *About babies*



- Newborn takes up to 10 minutes to adapt to this new world.
- In 3 months, it takes 30 seconds to 2 minutes to adopt a new place.
- In 6 months, the baby takes just 30 seconds to adapt to a new world.
- The tear duct is not developed in newborns. It can take 3 weeks to 4 months to develop tear ducts.
- Adults have 10,000 taste buds. A newborn will have 30,000 taste buds. But they identify salty taste forever.
- In the 23rd week of pregnancy, the baby hears the sound.
- At 3 years the babies learn more than 6 languages.
- Babies can hold their breath for 5 – 6 seconds.

*J. Rishona
V-Jade*

TRICKY RIDDLES



- What has a neck but no head?
- I always run but never walk
- If I drink, I die; if I eat, I will grow
- What room has no door and windows?
- I am a color but you can eat me.

Answer:

- Bottle
- River
- Fire
- Mushroom
- Orange

*Ajan Lal
V II-T*

Friendship

Friends smile at you
They like your face
They want to be with you
Wherever you are.

Friends have fun with you,
Friends share all their-
Sadness and happiness with you
They are your pain relievers.

It's nice to have a friend like you!
I'll tell you what I'm going to do
Because you make me so fine
I'll cherish you forever



*Divina Jane
III – Ruby*

