



IBDP & A-Levels Newsletter

October 2024



Mentor's Message

Kindness creates a sense of community, encouraging individuals to support and uplift one another. In education, kindness helps build trust between students and teachers, promoting open communication and collaboration. Gestures like lending a listening ear, offering support, or expressing gratitude can brighten someone's day and encourage a more compassionate community. Kindness helps reduce stress and anxiety, both for the giver and the receiver, creating a more supportive atmosphere. Furthermore, kindness promotes resilience. In the face of adversity, knowing that others care can make a significant difference in one's outlook and ability to cope. It also inspires others to act kindly, creating a chain reaction that can transform workplaces, schools, and neighbourhoods. Cultivating kindness and politeness among students prepares them for the broader world. These traits enhance their interpersonal skills, making them more empathetic and adaptable in various social contexts.

-Muthulakshmi M
Faculty of Mathematics



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Celebration

Attractiveness vs.
Judgement: Our
Psychology Study

The Race of a
Lifetime - ISSO Track





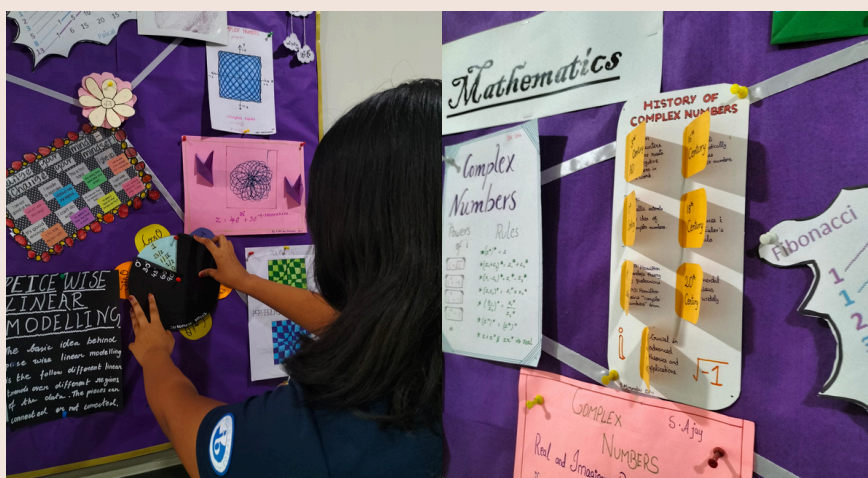
Rediscovering My Passion

Participating in this year's PA Fest has been a journey of rediscovery, filled with both excitement and nostalgia. As my final performance on stage in school, it carries a special weight. Returning to classical dance after a long break was challenging—the precise movements and postures didn't come easily at first, and my body struggled to adjust to the intensity of practice.

Yet, with each session, I slowly reconnected with the art form. Performing again before an audience is both nerve-wracking and exhilarating, reminding me how deeply this art is intertwined with my sense of self. I have always loved dance, especially classical. It gave me a platform to express my emotions and narrate multiple stories. Reconnecting with the activity that had once been my outlet was scary but beautiful. This experience has shown me that passion never truly fades—it just takes time and dedication to reignite.

By Shravya Subramanian

DP-1



Art in Math: Exploring Our Creative Side

The artwork designs in my math class have been helping me combine creativity and learning. Recently, I designed a creative unit circle with vibrant colours and detailed patterns to make the concept visually appealing. This task was exciting as I explored how mathematical concepts could be represented artistically.

I also made an informative poster on complex numbers. This task allowed me to dive into the depths of one of the most interesting areas of Math. I enjoyed figuring out how to represent these concepts in a simple yet artistic way connecting with my creative side while becoming less intimidated by Math.

Overall, these designs helped me understand Math beyond numbers and formulas. They allowed me to express my creativity while improving my understanding of the subject. These artworks made me realize that Math may apply to analysis and art in one way or another, and made math class a place of exploration and expression instead of just calculation.

By Ritun Ranjith

DP-1

Keeping Tradition Alive

In our rapidly evolving and globalized world, it can be easy to lose sight of the very traditions that shape our identity. As we move forward, it is essential to preserve these cultural practices and pass them on to future generations. The Navaratri Golu pooja at school was a memorable and enlightening experience for us DP students. The event began with the chanting of a few mantras and devotional songs. Then, as we listened to the story behind Navaratri, we gained a deeper understanding of the symbolic representation of the five steps in the Golu and its various arrangements. The stunning display of idols and the intricate decorations brought together people from different religions, establishing a sense of unity and appreciation. We were given space to be open minded and understanding of not only the significance of Navaratri, but each other's beliefs and traditions as well. By the end of the event, we all left feeling spiritually uplifted and more connected to our shared cultural heritage.

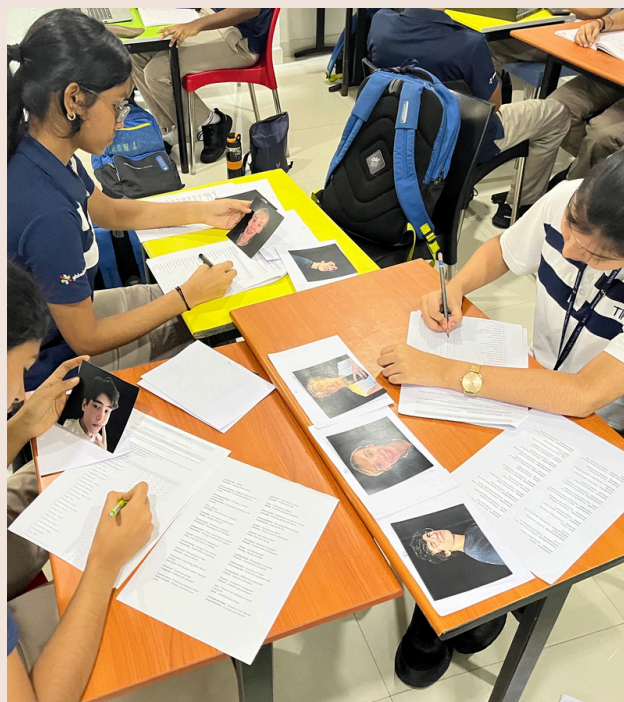
By Daya Karthikeyan
DP-1



Attractiveness vs. Judgement: Our Psychology Study

Dion et al. (1972) conducted a landmark experiment on the "what is beautiful is good" stereotype, investigating how physical attractiveness affects the perception of personality traits. Inspired by this, our group of IB students replicated the study for our IA. We aimed to explore whether people today still hold similar biases based on physical appearance. We showed the participants photos of individuals and asked them to rate certain personality traits like kindness, intelligence, as well as their likelihood of success on varying scales. We observed the biased judgements influenced by attractiveness. Our experiment provided valuable insights into the enduring impact of physical appearance on one's perception from everyday interactions.

By Harshita
DP-1





The Race of a Lifetime

Getting ready for the ISSO track meet is like gearing up for an epic journey. It starts weeks in advance, where the rigorous training involves a blend of endurance runs with speed workouts. You learn to listen to your body, making sure to rest when needed so you can tackle each challenge head-on.

As race day approaches, you fuel up with those carb-rich meals and hydrate like it's your job—your body's preparing for the big adventure ahead. Mentally, you visualize yourself crossing that finish line, feeling the thrill of success, and keeping a positive mindset to combat any nerves.

On meet day, the excitement kicks in as you arrive early to soak it all in. You've got your gear ready, and it's time for your warm-up—dynamic stretches and strides to get the adrenaline pumping.

After your race, you cool down with a light jog, letting the energy of the competition settle. You grab a tasty snack, re-fuelling your body. This was exactly how I embraced my track ISSO journey. I learnt the importance of perseverance, determination and participation, all while doing the sport I love.

By Rithickvarsan H.
DP-1

Thank you for reading!

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