



TIPS

Newsletter

September &
October | 2024

THE INDIAN PUBLIC SCHOOL

Fulfilling Dreams One at a Time

COIMBATORE MAIN CAMPUS



"Together, we inspire, guide, and shape
the future, hand in hand with our
visionary."

**HIGH SCHOOL
EDITION**



This Month in NEWSLETTER



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SAND DUNE

Adventures

One of my most unforgettable trips was to Doha, Qatar, in 2019 with my family. I was just 7 years old at the time, so my memories are a little fuzzy, but there's one experience I'll never forget—riding the sand dunes.



Jessica Ivy-8D

We set off in a 4x4, the car bouncing wildly as we drove over the massive sand dunes. Up, down, and all around, the car raced across the golden hills of sand. I remember gripping the seat belt so tightly, worried I might fly out, but honestly, it felt like pure excitement. Each time the car plunged down a dune or soared up a steep incline, my glasses would fall off—probably more times than I could count!

But instead of being upset, I couldn't stop laughing. The whole ride was a whirlwind of fun and adrenaline, with the wind in my hair and sand swirling all around us. It was exhilarating—an adventure like no other—and definitely one of the best experiences of my life so far.

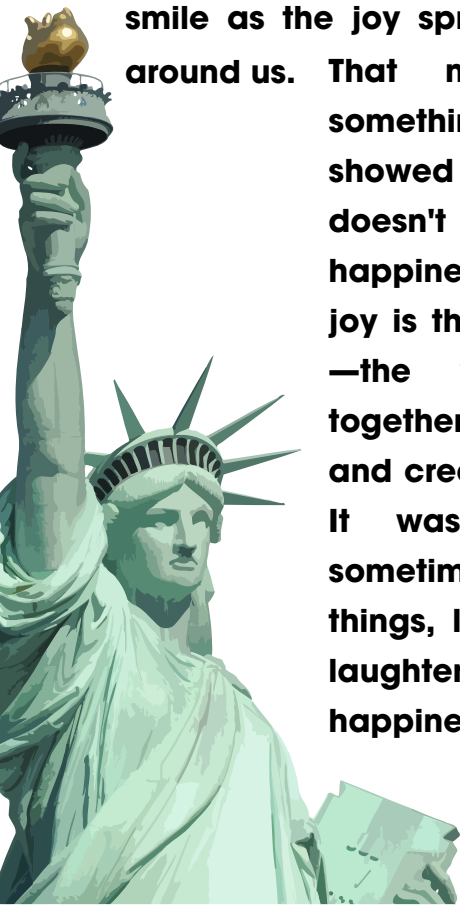
If you ever get the chance to visit Doha, don't miss the chance to experience the sand dunes—it's an adventure you'll never forget!



NEW YORK City

During a summer break in Las Vegas with my family, something happened on the third day of our trip that left a lasting impression on me. We were waiting at Chick-fil-A, starving and tired, when suddenly we heard music in the distance. As we got closer, we realized the sound was coming from a street performer, who was making incredible music using nothing but garbage cans and wooden sticks!

What started as a casual moment quickly turned into an unforgettable experience. The street was buzzing with energy—people dancing, singing, and even doing backflips to the beat. It felt like the whole crowd was united by the music, and I couldn't help but smile as the joy spread through everyone around us. That moment taught me something important. It showed me that money doesn't necessarily bring happiness. What truly brings joy is the sense of community—the way people come together, share in the moment, and create something special. It was a reminder that sometimes, it's the simple things, like music and shared laughter, that bring the most happiness.



GARY 8 - D

WORLD II WAR

World War II (1939-1945) was the deadliest conflict in history, involving most of the world's nations. The Axis powers—Germany, Italy, and Japan—fought against the Allies, including the U.S., Soviet Union, Great Britain, and France. Over 65 million people died, making it the largest war ever.

The war began when Adolf Hitler invaded Poland in 1939, prompting Britain and France to declare war. Despite being outnumbered, Germany's superior military quickly conquered much of Europe. In 1941, Hitler attacked the Soviet Union, while Japan's attack on Pearl Harbor brought the U.S. into the war.

The Allies began turning the tide with key victories, including the defeat of Axis forces in North Africa and Italy's surrender in 1943. In 1944, D-Day marked the start of the liberation of Western Europe. By May 1945, Germany was defeated, and the Soviet Union captured Berlin.

In the Pacific, the U.S. dropped atomic bombs on Hiroshima and Nagasaki in August 1945, leading to Japan's surrender and the war's end. The formation of the United Nations in 1945 aimed to prevent future conflicts. WWII reshaped the world, leading to the decline of Britain's empire and the rise of the U.S. and Soviet Union as superpowers, sparking the Cold War.

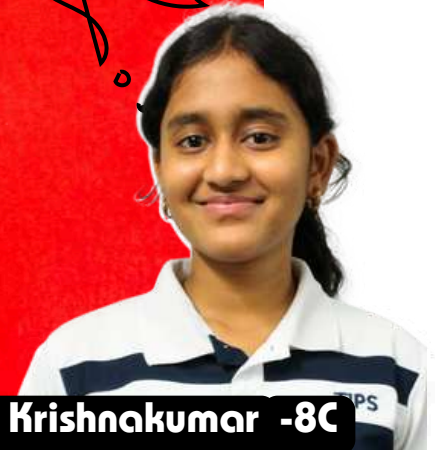


- Hasini .Є, 8C

M E N T A L

H E A L T H

M A T T E R S



Akshara Krishnakumar -8C

In recent years, many of us have faced challenges that have affected our mental health. Whether it's a minor setback or a more serious crisis, mental health struggles are something we all experience at some point. With constant news cycles filled with bad news and the daily pressures of work or school, it can be hard to focus on our own well-being while chasing personal and professional goals. However, prioritizing mental health is one of the most important steps you can take to improve your quality of life.

Just as you would seek medical attention for a physical illness, seeking care for mental health is just as important. Mental health issues—whether it's stress, anxiety, depression, or other conditions—can affect our lives in many ways. These challenges can feel isolating, but it's crucial to recognize that mental health is a public health issue. Mental illnesses should be treated with the same seriousness as chronic medical conditions, as they are highly treatable, and recovery is possible for many individuals. Addressing mental health effectively requires a broader approach that goes beyond the healthcare sector. It requires collaboration across various areas of society, including education, labor, justice, housing, and welfare.

Mental health promotion and prevention programs must involve these sectors, as they play a key role in creating supportive environments. The health sector can lead the way by embedding mental health care into services, advocating for better mental health support, and encouraging coordination across various sectors to improve overall well-being.

By reshaping how we view and approach mental health, we can reduce stigma and build a stronger, healthier society for everyone. Mental health matters—not just for individuals, but for the well-being of communities as a whole.

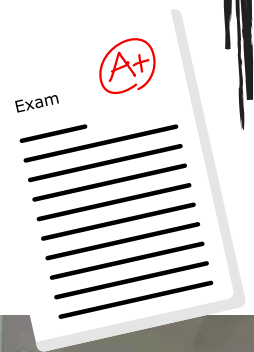




EXPANDING *Your World*



Top Tips for Acing Your Exams



- **Focus on Key Concepts:** Understand main ideas, not just facts.
- **Make a Study Plan:** Break your study time into manageable chunks.
- **Test Yourself:** Use active recall to strengthen memory.
- **Use Mnemonics:** Create acronyms or rhymes for key facts.
- **Practice Writing:** Summarize topics and practice past exam questions.
- **Know Key Figures & Terms:** Understand important people and events.
- **Use Past Papers:** Familiarize yourself with the exam format.
- **Stay Calm & Manage Time:** Start with easy questions and stay focused.
- **Take Care of Yourself:** Get enough sleep, eat well, and take breaks.
- **Stay organized, stay focused, and you'll be ready to conquer your exams!**

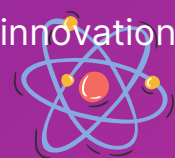




INNOSCIENCE Science Expo

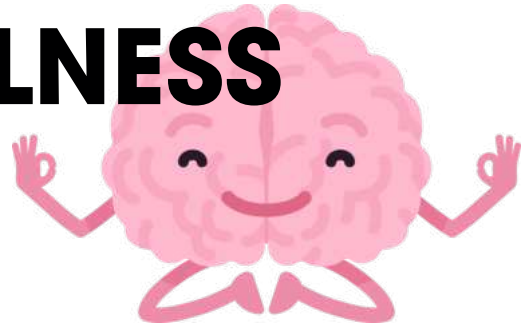


"Exploring the wonders of science ignites curiosity, inspires innovation, and paves the way for a brighter tomorrow."



HEALTH & WELLNESS

Tips



1. Get Enough Sleep

Aim for 7-9 hours each night. Sleep improves concentration, memory, and mood.

2. Stay Active

Exercise regularly to reduce stress and boost energy.

3. Eat a Balanced Diet

Include fruits, veggies, whole grains, and protein to fuel your body and mind.

4. Stay Hydrated

Drink plenty of water to stay alert and healthy.

5. Take Breaks

Study for 25 minutes, then take a 5-minute break to refresh your mind.

6. Practice Stress Relief

Use deep breathing, meditation, or journaling to relax.

7. Limit Screen Time

Avoid screens before bed to improve sleep quality.

8. Practice Gratitude

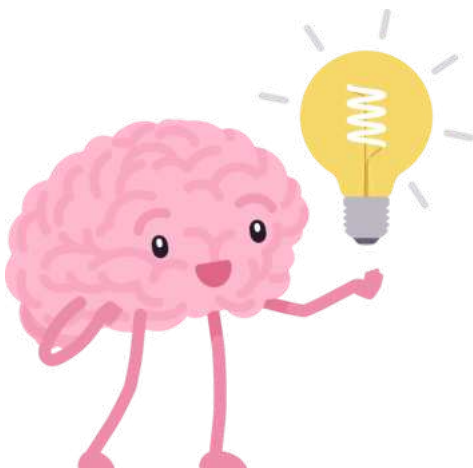
Reflect on what you're grateful for to boost happiness.

9. Stay Connected with Friends

Socialize regularly to support emotional health.

10. Mind Your Mental Health

If overwhelmed, talk to a counselor or trusted friend.



THE JOY OF LAUGHTER

LAUGHTER IS A SONG SO BRIGHT,
IT TURNS THE DARK TO SHINING LIGHT.
A GIGGLE, CHUCKLE, OR LOUD ROAR,
CAN LIFT YOUR SPIRITS AND MAKE YOU SOAR.

IT DANCES THROUGH THE AIR SO FREE,
A GIFT FOR YOU AND GIFT FOR ME.
A SIMPLE SMILE, A PLAYFUL SOUND,
IN LAUGHTER'S JOY, WE'RE ALL UNBOUND.

SO LAUGH TODAY, AND LAUGH TOMORROW,
IT CHASES AWAY ALL GRIEF AND SORROW.
FOR WHEN WE LAUGH, THE WORLD FEELS RIGHT,
A JOYFUL HEART SHINES PURE AND BRIGHT.



BASKETBALL TOURNAMENT

MORE THAN JUST A GAME: LESSONS FROM THE ISSO TOURNAMENT

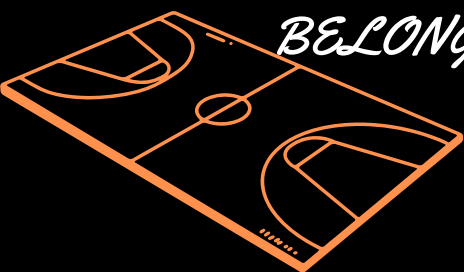
ATTENDING THE ISSO BASKETBALL TOURNAMENT IN HYDERABAD, INDIA, WAS AN UNFORGETTABLE EXPERIENCE. REPRESENTING MY SCHOOL IN THE UNDER-19 CATEGORY WAS A REMARKABLE OPPORTUNITY TO COMPETE AT A NATIONAL LEVEL. THIS WAS MY SECOND TIME PLAYING IN A COMPETITIVE MATCH OUTSIDE OF SCHOOL, FOLLOWING MY FIRST EXPERIENCE AT THE STATE-LEVEL COMPETITION. AFTER THAT, MY SCHOOL ALLOWED ME TO REPRESENT THEM AT THE ISSO NATIONAL BASKETBALL TOURNAMENT.

WE WORKED EXTREMELY HARD, TRAINING INTENSELY EVERY MORNING BEFORE SCHOOL TO BUILD PHYSICAL ENDURANCE AND MENTAL TOUGHNESS. DESPITE THE UPS AND DOWNS, THE TEAM SUPPORTED EACH OTHER THROUGH EVERY CHALLENGE, AND WE ENJOYED THE JOURNEY TOGETHER. EACH GAME TAUGHT ME VALUABLE LESSONS IN TEAMWORK, COMMUNICATION, AND ADAPTING TO DIFFERENT PLAYING STYLES. I LEARNED TO STAY CALM UNDER PRESSURE, HANDLE MISTAKES GRACEFULLY, AND ALWAYS ENCOURAGE MY TEAMMATES.

BEYOND BASKETBALL, I HAD A GREAT TIME EXPLORING HYDERABAD AND CREATING LASTING MEMORIES WITH MY TEAMMATES. OVERALL, THE TOURNAMENT WAS A JOURNEY OF GROWTH, LEARNING, AND FUN.

- Vidhi T Radhod

*AS MICHAEL JORDAN
ONCE SAID, "THE GAME
HAS GIVEN ME A SENSE
OF PURPOSE AND
BELONGING."*





FUN FACTS

DID YOU KNOW ???

Try humming while pinching your nose, it's nearly impossible! That's because humming needs airflow through your nose.



We share about 60% of our DNA with bananas! It shows how connected all living things are.



Most leap years happen every 4 years, but if a year is divisible by 100 (but not 400), it's not a leap year.



Octopuses have three hearts: two pump blood to their gills, and one pumps it to the rest of their body.



In summer, the Eiffel Tower can grow by about 6 inches because of heat expanding the metal.



BOOK OF THE MONTH



"SCYTHE" BY NEAL SHUSTERMAN

Genre: Dystopian, Science Fiction

Synopsis:

In a future where death has been defeated, two teens, Citra and Rowan, are chosen to become "Scythes," tasked with ending lives to control population. As they train, they face moral dilemmas and corruption, navigating a world where power over life and death comes with dangerous consequences.

This gripping novel raises deep questions about ethics, power, and the value of life—perfect for fans of thought-provoking dystopian fiction!

Why read it?

Engaging, suspenseful plot

Thoughtful exploration of life and death

Strong, relatable characters

Ideal for lovers of action-packed, philosophical stories!



CREATIVE CORNER

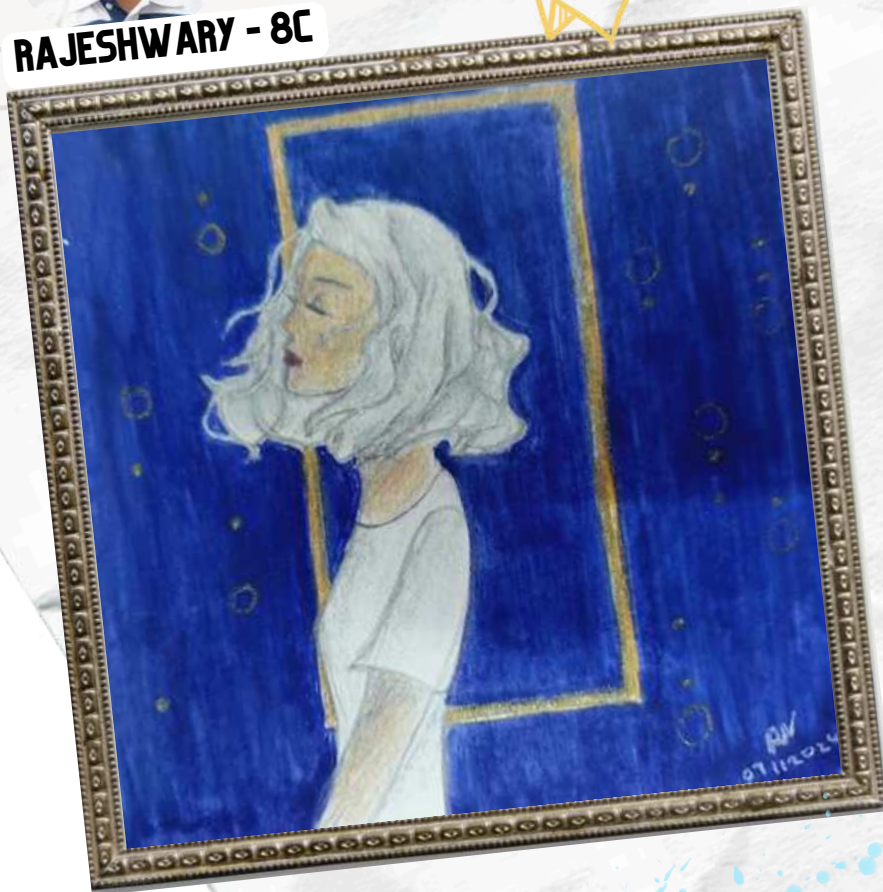
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LEYA - 8D



RAJESHWARY - 8C



THOUGHT OF THE MONTH

"Excellence is not a skill, it's an attitude. It's about doing your best every day, in every task, no matter how small. The effort you put in today shapes the success of tomorrow."



PERFORMING ARTS 2K24



"Celebrating the rhythm
of Creativity, the
melody of talent, and
the harmony of
expression on one
vibrant stage."

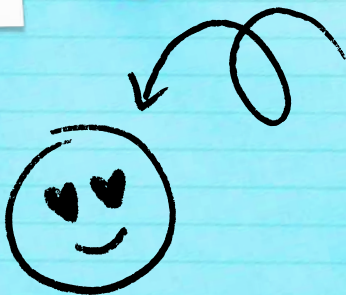


Words to Impress!



VOCABULARY

01



Inexorable

- Impossible to stop or prevent;
relentless.

Example: The inexorable march of time
makes it clear that we must cherish
every moment.

Obfuscate

-To deliberately make something
unclear or unintelligible.

Example: The politician's speech
seemed designed to obfuscate the
truth rather than clarify it.

02



PERNICIOUS

- Having a harmful effect, especially
in a gradual or subtle way.

Example: The pernicious effects of
social media can negatively impact
mental health.

03

