



# IBDP & A-Levels Newsletter

December 2024



## Mentor's Message

Music therapy is a powerful tool important for strengthening one's mental health. It's a unique approach, one you might not have heard much of. It can help with managing anxiety and stress. Moreover, engaging with music enhances communication skills, self-esteem and improves one's ability to express emotions freely. You can start off by learning to play an instrument, composing lyrics, coming up with fun melodies and engaging in rhythm exercises. This form of therapy can aid in pain management, motor coordination, develop social skills and improve problem-solving and critical thinking. It can help you explore your creative side while allowing you to reflect on yourself. Over time, these activities can help build emotional resilience, improve mental clarity, support overall well-being and self expression. By gradually integrating music therapy into daily routines, students can unlock its many benefits and enhance their quality of life.

**-Ms. Vishnu Preethi**  
**Faculty of Computer Science/IT**



**In this newsletter  
you can expect:**

Rebounds, Rivalry and  
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The French Corner:  
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## Rebounds, Rivalry and Glory

As captain of Team A, the Basketball Fest was an unforgettable experience, especially with our decisive victory. As power forward, the intensity of the final match against Team B was incredible. Every pass and dribble felt like a battle, and my role was to dominate the paint—grabbing key rebounds and finishing strong in the post. We executed our game plan successfully, but what made the victory even sweeter was the communication we shared through signs, gestures and shouting names to keep the ball in our control. Despite the high stakes, we kept our spirits high, encouraging each other and enjoying the competition. The excitement of the crowd, the rush of a fast break, and the joy of hitting crucial shots made the entire experience memorable. The bond we shared as a team was evident, and winning together felt like the culmination of our hard work. It wasn't just about the trophy, but about the joy of playing, competing, and growing together as a team.

**By Mitula Janani Ram**

**DP-1**



## In the Spirit of Cricket!

I participated in a district cricket match that required us to give our all and tested our willpower. We started off in the field, and our bowlers did a solid job at first, but the opposition managed to build a few good partnerships and set a target that was challenging. It was a bit frustrating because we had our chances, but some key shots got away from us, and we ended up conceding a few boundaries at crucial moments.

When it was our turn to bat, we knew we had a tough job ahead of us. The pitch was getting trickier, and the pressure of the chase was on. I opened the batting, hoping to get us off to a good start, but the bowlers were on point, and I found it difficult to get going. After an initial struggle, I got out for a modest score, and the pressure just seemed to mount on the team. We lost a couple of quick wickets, and though a few of us fought hard to keep the chase alive, it just wasn't enough.

As the match drew to a close, we fell short of the target, and despite a valiant effort from everyone, we ended up losing. It was tough, but honestly, the experience taught me a lot about resilience. We stuck together throughout, and even in the face of defeat, the camaraderie in the team made it a day to remember. Through all the stressful times, we kept a smile on our face and encouraged each other constantly. The match was a reminder of the unpredictability of cricket and how, sometimes, despite giving it your all, things just don't go your way.

**By Sree Ragunathan**

**DP-1**





## Selling the Dream- AdZap!

The recent AdZap event at our school was an exhilarating experience that I will never forget. I had the chance to participate in this exciting competition which brought together eager students school-round. It is a unique competition in which we were tasked with producing and presenting advertisements for certain items or services within a set time limit. I was excited to take on this challenge since it allowed me to play a fun, creative role alongside my team- Apollo. Together we brainstormed ideas for our advertisement. We supported and helped each other, laughing along the way as we saw each other embody their character, making the script their own and special. Advertisement time! We used some hilarious props and costumes. As I watched other teams present, I was astounded by the overbrimming creativity. It was inspiring to see how each person approached the task in their own unique way. A group of judges assessed our presentations based on our innovation, message clarity, audience involvement, overall persuasion and advertisement quality. The anticipation as we awaited the results was tremendous! AdZap was so much more than a competition as I learned to think critically and creatively, under pressure and communicate effectively with a wide range of audience. Our skills on persuasion and social understanding were put to test and as a team, we lived up to the mark! The feeling of fellowship among participants was evident as we cheered each other on and celebrated each other's accomplishments. It emphasized the significance of innovation in advertising while providing us with a pleasant platform to showcase our skills. I can't wait until the next opportunity to participate!

**By K. Swashtika**

**DP-1**



## Block and Tackle - Debate!

Woah! Just out of a fiery, ebullient debate experience which was a part of "MELANGE'24- A Potpourri of Literary competitions" conducted over a week at TIPS, I was brimming with satisfaction and self-confidence, consequentially. The highly competitive and enthralling atmosphere, undaunted exhibition of potential by all four teams, instilled in me the immense pleasure of representing Apollo in this impeccable event, debating "For" the topic. Getting to know each other as a team and collaborating efficaciously with the driven spirit of making our house win, we ended up enjoying the journey throughout and gaining insight into the 'art of debating', though it lasted for a fleeting period, which I think is the key take-away from this experience. Not only does putting forth your notions matter, but also the way you critically cogitate and justify the assertions made against you, as the name BLOCK and TACKLE right'ly says. Wait, getting back to the debated question, "should we rely on technology as much as we do?" It is time for you to ponder over it!

**By Rithvika A**

**DP-1**

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## Sharpening our TOK Lens

In preparation for the highly anticipated Theory of Knowledge exhibition in January, our school recently conducted a mock exhibition, designed to give us a hands-on experience of the process. Each teacher was assigned a group of students to evaluate, asking insightful questions about the objects chosen and their relevance to the prescribed TOK prompt. The atmosphere was a blend of nervous anticipation and focused preparation as students showcased their chosen objects and the connections they had drawn to knowledge and the world around us. Coming up with objects that were thought provoking took a lot of effort as we had to dig deep to connect ideas to the big question. This mock exhibition provided a valuable learning experience as the constructive feedback we received served as a strong motivator for refining our ideas. It was a turning point for many of us; inspiring us to question, improve, and grow with confidence.

**By Sri Rengasri  
DP-1**



## A Touch of Christmas Magic- Unwrapping Hope ♡ ♡ ♡

Ho, Ho Ho...Jingle all the way in the month of December. A month of festivity, joy and celebration as it is the end of the year and a New beginning also.

Due to the End semester examination, though we were caught up, we ensured the spirit of X'mas is alive by decorating the Christmas tree and the Crib symbols of joy, peace and hope. Christmas, to me, is about the warmth of togetherness during the cool, rainy days. It's about sharing laughter, and creating memories that last a lifetime. The Christmas tree, decorated with twinkling lights, shimmering ornaments, and a glowing star on top, radiates joy and symbolizes unity and friendship. The crib, beautifully crafted to depict the Nativity scene, inspires us to embrace the values of unconditional love, and compassion, which is at the core of the Christmas story. Additionally, the act of sharing during Christmas, whether it's food, warmth, or kindness, reminds us that we are all part of a larger family—humanity. The season reminds us of the joy of giving back to society. In the present situation of impending wars, conflict and unrest, celebration of festivals like Christmas gives humanity a sense of hope. It assures us regardless of the religious boundary that we can work towards peace and happiness through sacrifice, tolerance and a sense of brotherhood that is the need of the hour.

Merry Christmas and a Happy New Year!

**By Lianna Jose  
DP-1**







### Les catastrophes naturelles

Le but de cet article est de parler sur les catastrophes naturelles, et ce qu'on peut faire pour réduire cela.

Les catastrophes naturelles, comme les tremblements de terre, les inondations, les ouragans et les incendies de forêt, causent beaucoup de dommages chaque année. Elles détruisent des maisons et blessent des gens. Ces événements deviennent plus fréquents à cause des changements climatiques.

Les conséquences sont très graves. Beaucoup de personnes perdent leur maison, et après ces catastrophes, c'est très difficile de trouver de l'eau, de la nourriture ou des soins médicaux. Ces catastrophes peuvent aussi causer du stress et de la peur pendant longtemps.

Pour réduire les impacts, il est important de préparer des systèmes d'alerte, de construire des bâtiments solides et d'informer les gens sur les mesures de sécurité. De plus, en protégeant l'environnement, nous pouvons limiter les changements climatiques qui aggravent ces catastrophes. On doit utiliser moins de véhicules qui fonctionnent à l'essence, et on doit planter plus d'arbres.

Chacun peut aider. Ensemble, nous pouvons protéger notre planète et rendre le monde plus sûr face aux catastrophes naturelles.

**Par Isha B.K.**

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*Thank you for reading!*

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