

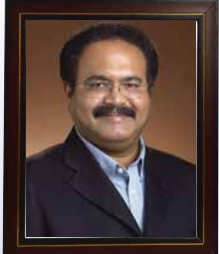


UCPS CHRONICLES

Learners Today, Leaders Tomorrow

Volume : 01/No.1/October 2021

Newsletter of Union Christian Public School



MR. REJI ABRAHAM



PRESIDENT'S MESSAGE



I am glad to know that Union Christian Public School (UCPS) has taken the initiative to release a newsletter "UCPS CHRONICLES" tri-annually which will showcase the academic and cultural talents of the students, faculty and staff.

I note with pride that UCPS is one of the most premium Schools in Chennai. I send my felicitations & best wishes to the Teaching and Non-Teaching staff, Editorial Team and also the students of the School.

MESSAGE FROM THE GENERAL SECRETARY



MR. VINOD SIMON

I am extremely happy to note the release of the Newsletter 'UCPS Chronicles' for the 1st time by the Union Christian Public School. This was long awaited and I am glad it has finally turned into a reality.

Newsletters are the mouth-piece of every organization and will help the students, parents and teachers to stay connected with everything that is happening on the campus. It is also commendable to see the efforts put in by the editorial team consisting of students and teachers in bringing out this Newsletter. Kudos to the entire team behind this venture, Congratulations and Best wishes going forward.



GREETINGS FROM THE CORRESPONDENT

Greetings from all the UCPS family!

For everything, absolutely everything, above and below, visible and invisible there is a purpose started by God. We initiated our Newsletter "UCPS Chronicles" the first edition to stay connected with the school, our students and teachers, as a family.

The Newsletter "UCPS Chronicles" is a new venture to stay connected by encouraging creative writers and artists to express themselves. To create a team that learns to coordinate and plan.

The key plan of this school is to be guided by Christian values, and also to facilitate a holistic learning experience of the students. My compliments to the team and the writers and artists for their sincere, tireless efforts. I hope and pray that it will be a huge success.

God bless and stay safe.



MRS. ELIZABETH GEORGE

FROM THE PRINCIPAL'S DESK



MRS. SUSAN CHANDY
JACOB

I wish the readers of UCPS CHRONICLES an enjoyable reading time. It is essential to understand that today the world stands united in its efforts against many issues. The joint endeavours put forward by the world through

research and vaccination can help us to strengthen our fight against the Corona virus. Meanwhile, we hope that the human race gets immunity against the tiny obligate parasite. At the same time, its genetic material, the RNA, stops mutating to have more weird abilities in attacking live human cells.

We also continue to strive against protecting the environment and the biotic agents around us. Remembering the 3C's are important for all, which are Coordination, Cooperation and Consideration. Let us hope this chronicle stimulates young minds, creates new ideas, and instigates action plans that help society. May this serve as a platform of expression in different ways that promote better understanding, goodwill, solidarity, and support.

CLASS XII & X CBSE BOARD EXAM TOPPERS, 2020-2021

CLASS - XII

SCIENCE TOPPER



EMMANUEL DAVID P
(470 / 500) 94.0 %

COMMERCE TOPPER



SAKSHI GOPAL BHATIJA
(472 / 500) 94.4 %

CLASS - X



FIRST
1st
K NEHA RIONA ALICE
(497 / 500) 99.4 %
(Centum in Mathematics
Science and Social)



2nd
SIDDARTH DINESH
(491 / 500) 98.2 %
(Centum in Mathematics)



3rd
REFA FATHIMAA S
(488 / 500) 97.6 %
(Centum in Mathematics)



J AUSTIN JOEL
(Centum in Mathematics)



ARPITA SUSAN CHERIAN
(Centum in Mathematics)

OUR MERIT SCHOLARS CLASS X , 2019-20



S FAADHIL MAHBOOB
Mathematics



ALENA MIRIAM
MATHEW
English & Mathematics



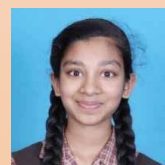
MAHATI
KRISHNAKUMAR
Science



J SUSMITA
Mathematics



SHASHINI R
Mathematics



KEZIAH SARAH SUNIL
Sanskrit

Students who have been awarded certificate by the CBSE for their meritorious performance in the board exam. Certificate of Merit is awarded in each subject to the top 0.1% of the successful candidates.

Result Analysis, Class X & XII 2020-21

Class X	Class XII
90% above - 23 Students	90% above - 3 Students
80% above - 10 Students	80% above - 3 Students
70% above - 6 Students	

Congratulations



STUDENTS COUNCIL 2021-2022



**J.S. JEBERSON
IMMANUEL**
HEAD BOY



**MAHATI
KRISHNAKUMAR**
HEAD GIRL



M. VIGNESH
ASST. HEAD BOY



**ARPITA SUSAN
CHERIAN**
ASST. HEAD GIRL



**ELIJAH ANTONY
FERNANDES**
JUNIOR HEAD BOY



**DIYA ELIZABETH
AUGUSTIN RAJ**
JUNIOR HEAD GIRL



KHUSHI K. ADVANI
CULTURAL SECRETARY



AMITH MATHEW
ASST. CULTURAL SECRETARIES



YEGAMMAI



**CHRISTINE
KAMAL RAJ**
SPORTS SECRETARY



SIDDHARTH DINESH
ASST.SPORTS SECRETARIES



S.M. SIDDHARTH



JEDITHA JEBAMALAR
CAPTAIN
IGNIS HOUSE



EBEN CAREY JOSEPH
VICE-CAPTAIN
IGNIS HOUSE



J. SUSMITA
CAPTAIN
TERRA HOUSE



AARON THOMAS
VICE-CAPTAIN
TERRA HOUSE



**ALENA MIRIAM
MATHEW**
CAPTAIN
AURA HOUSE



P. SAMUEL SOLOMON
VICE-CAPTAIN
AURA HOUSE



**ANNA ELIZABETH
PRAVIN**
CAPTAIN
AQUA HOUSE



**AARON THOMAS
MULACKAL**
VICE-CAPTAIN
AQUA HOUSE



SNEHA MARIA MATHEW



EFANIO JENS

ENVIRONMENTAL LEADERS



A.SHREYAH



JOHAN BIJU

SEWA INCHARGES



D. DAMITA HEPHZIBAH



JOEL MANOJ

PREFECTS - STD X



A. SONA



SANMAY SOBIN MATHEW

PREFECTS - STD IX

INVESTITURE CEREMONY 2021-2022



The Investiture ceremony conducted on 16th July 2021 was the second virtual investiture ceremony to be conducted in the school. The event started with the Welcome Address by our Principal. An inspiring message was relayed by the Correspondent. The ceremony took place with the parents of the elected members, conferring upon them the badges and sashes. The Chief Guest, Mr. John Varghese, Principal of St. Stephens College, was introduced by the General Secretary. The Chief Guest led the newly elected student office bearers, in the Oath taking. He congratulated the elected students and shared some valuable advice on how a leader must be, stressing on the importance of having a vision for the school. The Prefectorial addresses were delivered by Head boy, J.S. Jeberson Immanuel, and Head girl, Mahati Krishnakumar. Our Vice Principal delivered the vote of thanks. The event concluded with the National Anthem.



STUDENT SAFEGUARDING COMMITTEE



On the 24th of August Student Safeguarding meeting was conducted at 3 p.m in the school premises.

As instructed in the circular, we created a committee which comprises of 8 members as follows.

- Mrs. Elizabeth George** - Correspondent
- Mr. Vinod Simon** - General Secretary
- Mrs. Susan Chandy Jacob** - Principal
- Ms. Anusha** - Counsellor
- Ms. Grace Keziah** - Senior Teacher
- Mr. S. Sivakumar**, Police Officer- Parent Member
- Mrs. Anna Shobana**, Lawyer- Parent Member
- Mrs. Sapna Mary Mathew**, Librarian
- Non-teaching Staff

Best wishes

GOING **LIVE** ON NDTV



As a viewer of NDTV live discussions for years together, I never expected that a day will come for my turn. This was a follow-up to the discussion anchored by Mr Sam Daniel of NDTV on the 2nd of July, 2021, when he interacted with the Principal & Vice-Principal of our school among others.

It was a great experience to go Live on NDTV at 6.30 PM on the 5th of July expressing my views on the Tamil Nadu government's new guidelines to schools to curb sexual harassment. The half an hour I got to look at a blank screen and respond to the anchor without seeing her was a novel experience for me. I could feel the presence of God as he provided me wisdom to speak spontaneously. Though it was a sensitive issue, I was able to project my views on the effective implementation of the Student Safeguarding committee which we had already formulated then and was awaiting initialization.

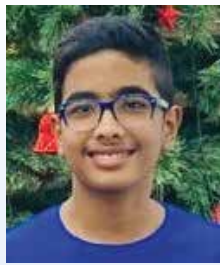
Mrs. Nisha Anil John
Vice-Principal

Quiz Talent

A circular was posted in the Neverskip parent portal about the Korea-India Friendship Online Quiz Competition 2021 sponsored by the Korean Cultural Centre, India. The purpose of this quiz was to gauge general knowledge of Korea's culture and its relationship with India.

I participated and by God's grace got selected in the 'Individual school round'. It was an amazing experience for me and a proud moment for my school. I am one of 1,731 toppers from all over India. As a result, in my 2nd round i.e. the state level round, I competed through video conferencing against 172 toppers across Tamil Nadu, Andaman and Puducherry and I was selected in the top 13. Now they need only 10 students. So I am competing again by giving online pre-tests every day until 11.30 pm. I love taking up challenges so after my online school, I do homework, study for the quiz, and end the day by attending it. These routines have been going on for a month. The best thing is that it offers me a chance to gain extensive knowledge of Korea and its relationship with India. Despite all challenges, I am keeping my hopes high.

Othniel Mathew - VII A



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Phone : 044 24833525

JOY OF HELPING



When someone helps us, we feel happy but, when we help others, the joy and happiness we feel is incomparable. Helping one another is the basic essence of life. When helping old people cross the road, we will be blessed by them. Each one of us must help in our own small way and be happy. It is by caring and helping that we can see the Almighty. We need to spread the joy of helping.

HELPING HANDS

D. NISHAAL - VB

'Help' is a very small word that has a great meaning. Help can be big or small depending on the time. Parents help us to walk, talk, and know the world. Teachers help us to learn new things and guide us in learning what is good and bad.

'It is more blessed to give than to receive'

ROLE PLAY



Editorial

What a joy to be involved in the co-creation of the inaugural edition of UCPS Chronicles. It is a testament to the fact that no pandemic can put a stop to the creative and cooperative processes if like-minded people join their hands together for a worthy cause.

And thus, we are delighted to present this issue which we intend to make as a tri-annual publication. Our intention is to create a channel to engage all stakeholders of the school by communicating the activities of the school and also providing a forum to express their views.

If we were to make a statement, perhaps only 2 years ago, saying that the world would grind to a near terrifying halt, with nearly every business, store, theatre, malls and even schools shutting down, most would laugh it off as an over-the-top conspiracy theory with little scientific backing. Yet, this is the surreal situation we faced.

The internet, however, became a solace, a replacement, albeit temporary, of a traditional human environment, either a classroom or a working environment. The old, traditional way of meetings and classrooms were replaced by a new, modern way of communication, with online meeting applications being the medium. Although at the beginning there were struggles, we adapted and adjusted, and pushed through to resume our activities, although in a new fascinating manner.

With these massive changes, the very dynamics of a classroom completely changed. For one, most schools in India feature students sitting in one classroom and the teachers going to that class in their period. However, now, with online classes, the students go to the different "classrooms" or meetings where the teachers will be waiting for them.

And now, as schools resume with restrictions, is the era of blended learning – a combination of online and offline classes. Students now benefit from the combination of classroom learning and learning at their own pace with online resources made available.

Let us look ahead to what the future brings and make the best use of the challenges and opportunities, as exemplified by the teachers of the world, who have shown us that they are more than willing to put in the work to ensure that their students get the best possible education.

Editorial Board
Editor-in-Chief : Michael J Kurian
Class XI



REVERBERATION, SOLO SINGING AND INSTRUMENTAL COMPETITION

UCPS Music Department conducted a Music competition Solo Singing & Instrumental for the students of Classes I – XII on the 26th of June in the virtual mode from 9 a.m onwards. Mr. V. Rengaraju & Mrs. Preethi Raj were the judges for this competition. Student's performances were mind-blowing making the judging difficult. The organisers were Mr. John Knox and Mr. Jeffrey and M.C's were Mrs. Mariam and Mrs. Elizabeth.

Reverberation Winners

Solo Singing - Classes I-II

1st prize - Keziah Adeline Daffodil I B
1st prize - Evelyn Arpana II B
2nd Prize - Yazhini Natania II A
3rd Prize - Nathan Joel James I A

Solo Singing - Classes III-V

1st prize - Ratchanya Zegi Paulin V A
2nd Prize - Hannah Susan Cherian III B
3rd Prize - Melvin S Mathew IV B

Solo Singing - Classes VI-VIII

1st prize - Esther Aradhana VII A
2nd prize - Carita 8A & Othneil VII A
3rd Prize - Zaphanath Praisoin VI B
3rd Prize - Meshach Arulnesan VIII A

Solo Singing - Classes IX-XII

1st prize - Sneha Ann Rajesh XII A
2nd Prize - Jeberson Immanuel XII B
3rd Prize - Stephen Samuel X A
3rd Prize - Damita Hephzibah X A
& Hannah Felix X A

Instrumental - Classes III-V

1st prize - Herbert Cook IV A & Hannah Eliana V A
2nd Prize - Joshua Duraisingh V B
3rd Prize- Joewin Namas V B & Jude Immanuel V B

Instrumental - Classes VI-VIII

1st prize - Joshach Magizh Dawson - VI A
2nd Prize - Asher Jonathan VII B & Esther Aradhana VI IA
3rd Prize - Carita VIII A & Joseph Samuel VII B

Instrumental - Classes IX-XII

1st prize - Joel Manoj X A
2nd Prize - Neha M IX A
3rd Prize - Alvin Samuel X A



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Tank : 237, Purasawalkam High Road, Chennai - 7. Ph : 26422912, 26651786

ORIENTATION PROGRAMME FOR TEACHERS



The event was conducted on 4th June 2021. Our Principal welcomed all the teaching staff and the Guest Speaker Rev Robin Eipe Mathew, and his wife Shine Kochamma. Mrs. Shine Kochamma began with an interesting ice breaker session for the teachers. It paved the way for teachers to understand how to connect with students during online classes. Rev Robin Eipe Mathew, reiterated on the Scripture with reference to St. Luke 15 : 8-10, asking teachers to spread love, positivity and concern for every student. Teachers should always be a go-to person for students. The Correspondent and the General Secretary appreciated all the teachers for quickly adapting to the technical and academic requirements for Online Teaching. The teachers highlighted the plan for the year ahead. Our Vice Principal concluded the event with the Vote of thanks.

PARENTS ORIENTATION WEBINAR



Dr. Annette Beatrice
Associate Professor,
Women's Christian
College, Chennai

The Parents Orientation Webinar conducted on 19th June 2021 was organised by the management of UCPS, to connect with the parents of the students. Our Principal welcomed the gathering. The Correspondent addressed the gathering, released the teaser and announced the name of the school's newsletter, 'UCPS Chronicles', which will be published tri-annually. The General Secretary, introduced the guest speaker Dr Annette Beatrice, the Associate Professor of Women's Christian College, Chennai . She addressed the parents on the topic, 'Managing Academics Online: A Holistic Approach'. It was an informative session for the parent community. This was followed by a question-and-answer session. Dr Annette Beatrice patiently answered the queries of the parents. Our Vice Principal gave an overview of academics and extra-curricular activities planned for the current academic year, 2021-2022.



INTER-HOUSE CULTURALS



The first online annual inter-house cultural "SPARKZ" was held on 30th and 31st July, 2021. The event started with an inauguration ceremony at 9am on 30.07.2021. Mr. Ajay Titus (RJ Ajay), the chief guest delivered a valuable speech. In his speech he reiterated the need of organising such cultural events. He encouraged students to seek challenges, grab opportunities, explore new fields and never be afraid of failures. Following the inauguration of the cultural event, the solo singing competition for Classes VI-VIII and Classes IX-XII were conducted and the theme for the singing competitions were "MOTIVATIONAL SONGS" and "RETRO TO METRO" respectively.

The afternoon session was filled with fun and excitement as FREE STYLE DANCE COMPETITIONS were conducted. Classes VI-VIII danced for the theme "Environmental conservation" and Class IX-XII depicted the Elements of Nature-Earth, Water, Fire and Wind in their dance forms. Simultaneously the Tamil Department conducted TAMIL RECITATION (for classes VI-VIII) and TAMIL DEBATE (for classes IX-XII). Day 2 (31.07.2021) started with the Literary events, viz, SPIN A YARN (for classes VI-VIII) and BLOCK AND TACKLE (for classes IX-XII). The Hindi Department conducted "HINDI ELOCUTION" for classes VI-XII. The session ended with a valedictory function which was presided over by Mrs. Zipporah Madhukar (Singer & Songwriter), who amazed the gathering with her wonderful soulful singing. The winners of the competitions were announced in between the events on both the days by our Principal and the Vice Principal. The IGNIS house bagged the winning trophy and TERRA house were the runner up. The mission of the event was to enhance the talents of the students so that they can showcase their talents with a sense of belongingness and healthy competitiveness.

Winning entry of logo designing competition for Sparkz Culturals depicting the four houses by Mervyn Emmanuel Fernando, XA



SPARKZ PRIZE WINNERS

Solo Singing

Classes VI-VIII

- 1st - Joseph Samuel VII B
- 2nd - J Grace Selva Jenisha VIII A
- 3rd - Othniel Robin Mathew VII A

Classes IX-XII

- 1st - Sneha Ann Rajesh XII A
- 2nd - Keziah Sarah Sunil XII B
- 3rd - D Damita Hephzibah X A
& J S Jeberson Immanuel XII B

Free Style Dance

Classes VI-VIII

- 1st - Vinaya Sree VII A
- 2nd - Vruksha Kumaran VIII B
- 3rd - Vismayasree VII A

Classes IX-XII

- 1st - Yegammai M XI B
- 2nd - B Johan Immanuel X A
& N Semmozhi XI B

Tamil Competition

Recitation

Classes VI-VIII

- 1st - J Zaphanath Praisoi VI B
- 2nd - R Jerusha VII A
- 3rd Vismayasree VII A
& D Steve VII A

Debate

Classes IX-XII

- 1st - A Sona IX A
- 2nd - M Hannah Felin X A
- 3rd - J S Jeberson Immanuel XII B
& Rinnah Evangeline IX A

Hindi Elocution

Classes VI-VIII

- 1st - Alona Ann Thomas VIII B
- 2nd - Abisha Alex VII B
- 3rd - Katherine Sebin VI B

Classes IX-XII

- 1st - Ammaar Yacoob X A
- 2nd - Stephen Samuel X A
- 3rd - Aaron Thomas Mulackal XI A

English Speaking

Spin A Yarn

Classes VI-VIII

- 1st - Jonathan Daniel VI A
- 2nd - Steve Jayden VI B
- 3rd - Jonathan Mark Daniel VII B

Block & Tackle

Classes IX-XII

- 1st - Jonathan Daniel VI A
- 2nd - Steve Jayden VI B
- 3rd - Jonathan Mark Daniel VII B

Indigenous Folk Art

Classes VI-VIII

- 1st - B Bertina Gracelin VII A
- 2nd - S Nithyasree VI B
- 3rd - C S Iden VI B

Drawing/ Painting / Cartooning

Classes IX-XII

- 1st - N Semmozhi XI B
- 2nd - M Rakshana X A
- 3rd - Rachael Gabriella Amarnath XI A

Craft

Wealth out of Waste

Classes VI-VIII

- 1st - B Bertina Gracelin VII A
- 2nd - K Zaeem VI B
- 3rd - Susan Philip VIII A

Room Decoration

Classes IX-XII

- 1st - Joanna Pearl Reddipogu X A
- 2nd - Alena Miriam Mathew XII A
- 3rd - Keziah Sarah Sunil XII B
& Charis Karunya IX A

Book Cover

Classes VI-VIII

- 1st - Jonathan Mark Daniel VII B
- 2nd - Roshan Sanjith Joshua VII B
- 3rd - Asher Jonathan VII B

Logo Designing

Classes IX-XII

- 1st - T Mervyn Emmanuel
Fernando X A
- 2nd - Rebecca Catherine
Devakirubai XII A
- 3rd - D Eben Carey Joseph XI A

Digital Designing

TEACHERS TRAINING ON NEP AND ACTIVITY BASED LEARNING



Sarada Narendranath

A Teachers Training Programme was held on 7th August, at 9 am via Zoom. Mrs Sarada Narendranath, Headmistress of Primary school, Bhavan's Rajaji Vidyashram, the Chief Guest enlightened the audience on various topics related to NEP and activity-based learning, the characteristics of admired leaders and made us gauge whether we are in this profession by chance or by choice. Being a Social Science teacher, the Chief Guest shared many ideas with reference to Social Science

topics, vis-à-vis Social Enquiry, Critical Understanding of a Society, how to motivate, fundamental values to be instilled in a child etc. The other topics she reiterated on were, who a teacher is, the teaching philosophies, teacher student relationship, types of students and how to deal with them, multiple intelligence i.e., verbal, logical, musical, visual etc, and different evaluation schemes namely MCQ, fill ups, puzzles, oral tests etc. She also shared insights on the Venn diagram, idea web, cycle of ideas and integrated learning. Mrs Sarada Narendranath further highlighted the key points from the National Education Policy on restructuring school curriculum, curtailing dropout rates, multilingualism, education of gifted children, vocational integration and also placed on record, the recommendations on school education. the interactive session ended after a brief question answer session.

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COMMERCE AND PSYCHOLOGY DAY

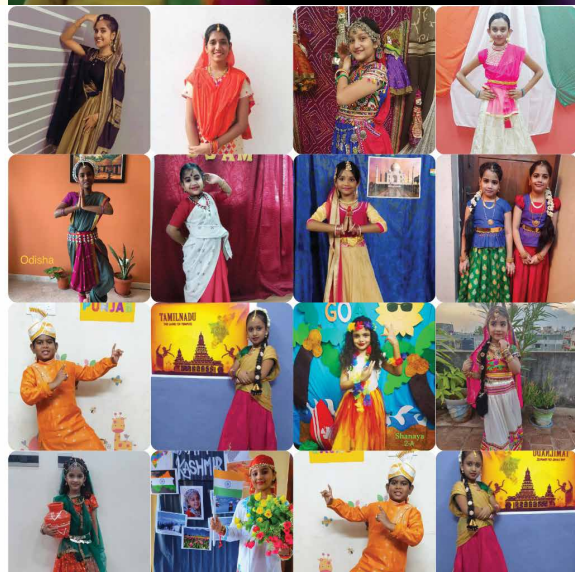


In commemoration of the World Commerce Day 2021, the Department of Commerce inaugurated the Commerce and Psychology club for the year 2021-2022 on 2nd August 2021 virtually. The Anchors for the event were the students of classes XI B and XII A & B, Manasvi Sunil, Diya Venkat, Keziah Sara Sunil, and Jeditha Jebamalar. The Secretary of the School, Mr Vinod Simon and the Correspondent, Mrs Elizabeth George inaugurated “The Commerce Chamber”, the Commerce Club, and “Wevolve”, the Psychology Club respectively, which was followed by a motivating and inspiring inaugural address by them. The Principal, Mrs. Susan Chandy Jacob, appointed Neil Josiah Benjamin of XII B as the Student Secretary for the Commerce Club and Jeditha Jebamalar of XII A for the Psychology Club. The Guest speaker for the day, Mrs Pearlin Victor, Industrial Psychologist and French Teacher of Greenfield International School, Madhavaram, delivered a seminar on Time Management, The special invitee, Ms. R Geethasaranya, visiting professor of Economics, Meenakshi college for Women, Kodambakkam, shared her expertise on the topic “Declining trend of Indian Economy in the pandemic situation”. The announcement of the prize winners of various competitions was done by the Vice Principal, Mrs. Nisha Anil John.

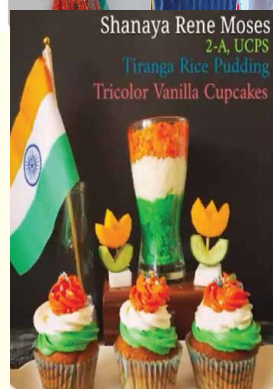
THE 75TH INDEPENDENCE DAY CELEBRATION BY SOCIAL SCIENCE DEPARTMENT



The Independence Day Celebration was held virtually by the Social Science Department. Mrs. Grace Kezia Malini, Head of the Social Science Department gave the introduction to the programme. Ms. Megan Grace of Std IX was the master of ceremonies and took us through this colourful event. The flag was hoisted by our Respected Correspondent Mrs. Elizabeth George, Principal Mrs. Susan Chandy Jacob and our Vice Principal Mrs. Nisha Anil John, followed by the National Anthem. Ammaar Yacoob of Std X gave an enlightening speech on “Courage can conquer mountains” followed by the patriotic enactment by Jotham Paul of Std IV B as Veerapandya Kattabomman & Ruvin Samuel of Std III A as Jawaharlal Nehru. “Indian endru solvom, antha solil perumidham kolvom Theengatra desam padaika nam kaigalai enaithu kolvom”.



Our UCPS virtual choir rendered a wonderful patriotic song “Engal Bharatham”. Students of Std X did a Power Point Presentation on Development & Achievements of India since Independence, covering all the aspects of science, technology, communication, and medicine. The honourable chief guests of the day were “Colonel Sunil Uniyal” & “Mrs. Kiran Uniyal”. The Chief Guest spoke about the duties of a true citizen towards the country and how we must instill the patriotic spirit in our younger generation. His speech was truly an inspiration for the students to live a meaningful and passionate life. The UCPS Web Magazine – Sunbeam 2020-2021 was released by the Chief Guest Mrs. Kiran Uniyal. The students of UCPS embraced their inner creativity and presented a power point presentation on the art, craft and food representing the tri-colour flag of India. Our nation’s history is a remarkable one and now as we look ahead, let us take a resolve to become responsible and educated citizens and look forward for a better India.





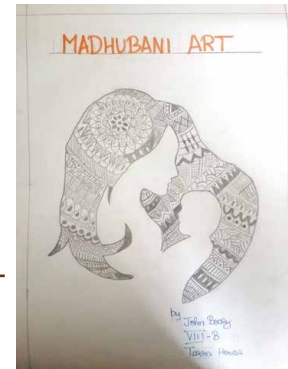
Roshan Sanjith - VII B.



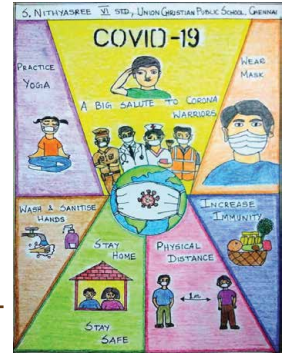
Faith Gadiel - I B



F. Gracia Miraclin - LKG B



John Boaz VIII B



S.Nithyasree - VI B



Semmozhi - XI B



Damita Hephzibah - X A



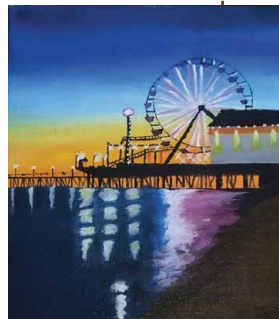
Ryan Kingsley - I B



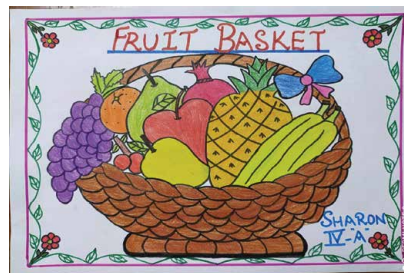
V. Mona Riyansika - IV B



Alena Miriam Mathew- XII A



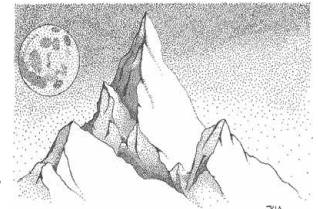
Krithikha Gopi - IX A



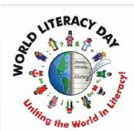
Sharon - IV A



Elianna Naava Jabez - I B



Azeem XI A



WORLD LITERACY DAY CELEBRATION

By English Department

The Literacy Day which aims to highlight the importance and value of literary education for individuals and groups, as well as providing benefits for the wider global culture was virtually celebrated by the English Department on 8th September, 2021. The celebration kick started with a flyer created by Megan Grace of class 9. The main attraction was a social initiative of giving life to the old books.

A colourful and interesting video presentation was done on the need to be literate including students from KG to Std XII and amazing facts on literacy was demonstrated by Alona Ann Thomas. A vibrant dance performance by the students of primary classes was a treat to our eyes. The Chief Guest, Mr. Amrutash Misra, Head for Club1BR who started the Book Lovers Programme for schools, a popular book reader and story teller addressed the enthusiastic students and spoke about the importance of reading and Competitions like Story Telling, Adzap, Role Play and Ship Wreck for different classes were conducted. The programme concluded with the announcement of the Winners. The programme was organized by the English department of UCPS and was a grand success.



THE LABYRINTH OF THE TEENAGE MIND

During the Pandemic, many of us across the globe went through a period of isolation, not only from outside but from the world. Coping with losses, which included jobs, loved ones and many more, we've been subjected to a lot of experiences, some sweet, some sour. Teens, especially, have gone through a mighty ton. Having to keep up with changes, it's sometimes overwhelming for our mind to adjust.

Entailing that there is the herculean task of juggling academics, our family, friends and the list has no end. Now add in the pandemic and we have the ideal mix of our life. To sneak a peek inside how the teens managed the pandemic, they raised questions to renowned psychiatrist, Dr Esther Suresh, a person with over 19 years of experience in the field of psychology, who guided us through the different emotional experiences' teens endured.

"How to separate grades from self-worth?" This question hits home. We always seem to associate the magnitude of grades to be our self-worth. Dr Suresh further elucidates: "Self-worth is determined mostly by yourself. evaluated abilities and our performance in one or more activities that we deem valuable. The most popular factors that people use to measure and compare their own self-worth to the worth of others are appearance, achievements in sports, grades etc. Kids have different strengths and weaknesses. A superior intelligent kid can struggle in certain subjects. Those who are not so great in their studies are extremely successful in their life. You are the only one who determines your self-worth. If you believe you are worthy and valuable, you are worthy and valuable. Even if You don't believe so - guess what - You still are worthy and valuable."

"How do we control our emotions and not get emotional? We have a lot of mood swings; however, those mood swings can affect our behaviour towards others. How do we overcome it?"

Dr Suresh sheds light on the importance of emotional intelligence, and how just knowing how you feel and responding to it amicably in a healthy way can prevent outbursts and mood swings. "With the knowledge explosion and knowledge at our fingertips, IQ increases substantially with every generation. However, Emotional Intelligence or Emotional Quotient is not being considered serious. Emotional Intelligence is



about being aware of our emotions and managing those emotions. Becoming Emotionally Strong should be one of the main goals to achieve in life."

"Any useful tips for teens who have anxiety? How do we minimize anxiety and prevent it from affecting our daily routine? For instance, when we're scared about presenting something in class or awaiting our marks, we stop thinking rationally. How do we stay calm and not let the fear and the sense of panic engulf us?"

"Anxiety is a normal emotion. It is the brain's way of reacting to stress. Being anxious before taking a test makes a student prepare well for the test. Excessive anxiety makes the child avoid school, exams, social situations etc. Talking to a counsellor about the anxiety would help the child understand the cause of anxiety and overcome it." Dr Suresh states. "It is entirely natural to feel nervous before making a presentation. Even seasoned presenters feel nervous. Being nervous is not a problem or weakness. You just need to channel your nervous energy wisely. Rather than thinking about what others would think about you, nervousness can be used to communicate enthusiastically." Personally, I love this point, since we all tend to panic about the thoughts and comments that would just flit through other's minds while internally tormenting us for days. "It is essential to be well prepared and well-rehearsed in order to feel confident; while waiting for marks, you can always remember that there is always a second chance. Life is not a 100-metre dash but a marathon. We have chances until the last breath."

"How do parents and their teens have free communication? Without having to feel like it's difficult to share things? Or any other blockage in their relationship?"

Find out more about what Dr Esther Suresh shared about teenage mental health in the upcoming issues. To be continued...

Megan Grace
Class IX

*Dr. Esther Suresh is a skilled psychiatrist with over 19 years of experience in the field of psychology and helps and treats people with Anger management, De-addiction, Depression and Anxiety disorder and many other issues and disorders. She practises at ROCHEFA clinic in Anna Nagar. Dr Esther Suresh's website: <http://dresthersuresh.com>



THE JOY OF SHARING

It was a Wednesday, and Jyothi ma'am had asked us to speak about sharing during the life skills class. I had drawn a picture of me sharing chocolates with my sisters. In the morning, my parents showed me the photo of two sports

persons in the newspaper. It was that of Barshim of Qatar and Tamberi of Italy. Both of them had participated in the high jump event in Tokyo 2020 Olympics. Round after round the athletes could not outdo one another. The next step was a jump off. That is when Barshim, who knew of the serious injury his opponent had previously, asked the officials if they could share the medal. It was after 109 years in the history of Olympics, that two athletes had shared gold medals on the podium. It was the story of Barshim and Tamberi that I shared in class that day.

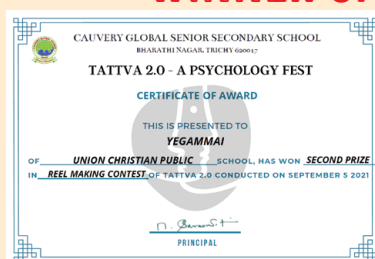


Nathan John Cherian - IB



D.KOSIKA - STD IA

WINNER OF REEL MAKING CONTEST



Yegammai M of class XI B has got the 2nd place for reel making in the International Psychology Fest "Tattva" conducted by Cauvery Global School, Trichy.

D. Kosika has participated in cutest kid Contest & won the first prize as cash award of Rupees 500 - conducted by Your_cutest_kid Instagram.

Her other achievements are :

- (i) Received certificate & medal for Solo Dance conducted by Sportena Academy
- (ii) Received certificate & Shield for Classical dance conducted by Kavitha Kalalayam school of Bharathanatiam



sports

A CRICKET TALENT: M SIDDARTH AND HIS JOURNEY IN THE WORLD OF CRICKET

A young teenager who has an exceptional skill in the game of cricket, Siddarth M has shown great potential in his sport. Siddarth is currently in class 10 and has been studying in UCPS from LKG. His ambition is to become an aeronautics scientist. He has been training with the MAS Cricket Academy.

Excerpts from the interview:

How were you introduced to the game of cricket? When did you start playing?

At the age of four, my parents enrolled me for cricket coaching classes, but being a small child, I wasn't so interested in the game. I still remember the days when I used to cry because I didn't want to go to the coaching. But later, at the age of eight, I developed a passion for the game.

What is your role in the team?

My role is the opening bowler in my team. I am a bowling all-rounder, and I can bat as well. I have played for the state in the under14 category but when I was younger I played under12 as well.

What was it like playing in various tournaments?

Each match is a new experience for me. I get to play with many good players. I have played over 350 cricket matches till date. I think preparing mentally for the game is most important. Analysing the ground, pitch conditions and having a positive mind-set is very important.

What are your various achievements in these tournaments?

These are my various achievements and awards: SVR tournament held at Poonamallee : Man of the match, Siva Perumal Memorial trophy held at Poonamallee : Best bowler, Practice tournament held at Adyar : open age category : Best Performer, Zenminds trophy held at T. Nagar: Man of the match, Master tournament held by Master Cricket Club, Red hills: Player of the match SVR tournament held at Poonamallee: Man of the match, Summer trophy held by Master cricket club, Red hills: Best player

How many tournaments have you along with your team won?

We have won over 10 tournaments.

What drove you to perform well in there?

Once I happened to play with a talented player from my academy. He inspired me. At the same time, my coach Daniel asked me to take cricket up seriously by training me as the opening bowler for my team. You mentioned that you had played over 350 matches.

Which is the most memorable match for you?

Many of the tournament finals are the most memorable to me. There was a final in Tambaram which was a crucial match. We hit approximately 150 in the 20 overs we had. Actually, a player in the opponent's team was overage, but we did not know it at the time. That player played excellently and made the match really close. Once his wicket fell however, that's when the tide of the match switched from their side to ours.

Which match, do you believe, was your best performance?

I had taken 4 wickets in a single game, and played a crucial role in winning the game for our team. We hit 180 runs and the opponent team had a talented player who scored many runs. I took his wicket and won the game for the team.

Who would you consider your inspiration or your role model?

My role model is Nathan Lyon, the Australian off-spinner and the Indian captain Virat Kohli. I like his aggressiveness and his classic batting. I also like the variations in off-spin used by R. Ashwin.

What do you think you learnt from your experience playing in these events?

Consistency and teamwork, I realised, is the most important aspect of the strategy. Like any cricket player, my dream is to play for India in the blue jersey. I also admire the Australian team for the aggressiveness and passion for the game. Keeping fit and a healthy diet is also crucial for the sport. I do regular exercises. I go for my coaching classes daily in the evening. I have played many cricket matches against great, eminent players, and academies. I have gained praise from umpires, coaches, and team members.

Interviewed by Michael J. Kurian, XI A



Aaron Thomas Mulackal - 11A
Karate Trophies + Blue Belt

Anna Philip - 11A -
Karate Trophies + Blue belt

Jotham Paul -
Drawing certificate 1



Jotham Paul -
Drawing certificate 2



M. Tarun - 4B -
First Place State Level Open
Yogasana Champion Ship 2019



Rithvik Shyam Sunder - 6B



Siddarth Dinesh - 11A & Mahati Krishnakumar 12A - First Place in Indian
Navy Week Interschool Quiz Contest - December 2020



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ACTIVITIES DONE DURING THE VIRTUAL PT CLASSES

Physical Exercises were taught to the children during the PT Classes. Let's see the exercises and the benefits of each exercise.

1) Breathing exercises

- ▶ The breathing exercise improves our blood pressure and strengthens the cardiovascular muscles and also improves the focus and concentration of the mind.

2) Strengthening exercises

- ▶ This exercise strengthens our muscles and make our bones strong and gives the joints flexibility.
- ▶ It helps in weight control.

3) Aerobic exercises with music

- ▶ Aerobic exercises help to improve Lung functioning
- ▶ It is good for weight loss.
- ▶ Aerobic exercise improves the cardiovascular conditioning.

4) Ear to Toe Warm-up exercises

- ▶ This warm-up exercise helps to stretch your muscles and joints.
- ▶ It improves our flexibility.

5) Cardio exercises

- ▶ Cardio exercise gives us much needed energy.
- ▶ It is good for our immune system.
- ▶ Cardio exercise gives us good sleep.

6) Innovative games at home

- ▶ Children were also engaged with fun filled and innovate games during the PT Classes.

NEW HOUSES



“Change is Refinement, Change is Growth, Change is Movement, Change is Opportunity” - Jeffrey Gitomer

Change is necessary for progress, and our school takes great pride in introducing new names for our school houses. The names were unveiled during the Investiture Ceremony that was held on 16th of July 2021. Each one of the houses is overseen by a House Mistress and led by House Captains and Vice Captains. The four houses represent the four elements of nature.

IGNIS which represents Fire with the colour Yellow. Fire consumes, warms and illuminates. It symbolizes passion, creativity and spontaneity

TERRA that represents Land with the colour Green. The land and forest, in constant growth, signifies prosperity, unity and harmony

AURA that associates with the Wind with the colour Red. The wind, unseen yet sensed, symbolizes strength, gentleness and direction

AQUA represents Water with the colour Blue. Water, sparkling and full of life, signifies tranquility and grace.

Alena Miriam Mathew XII - A

SPORTS ACTIVITIES



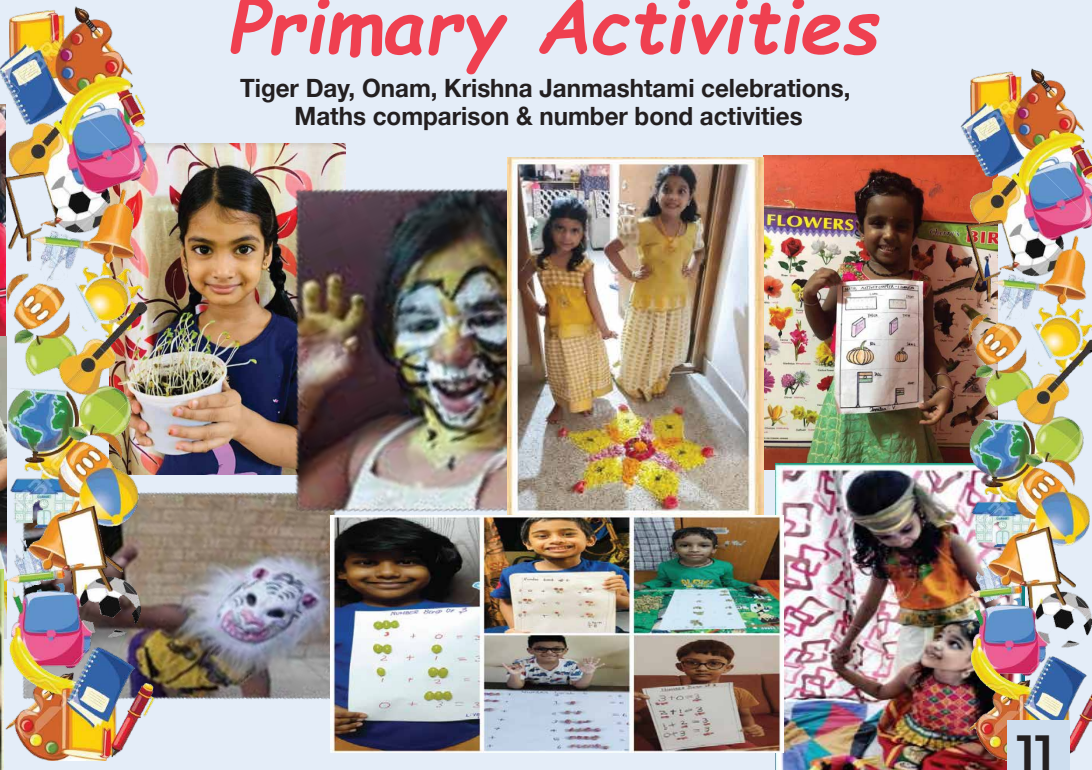
KG Activities

Colours and shapes week,
Independence Day celebration



Primary Activities

Tiger Day, Onam, Krishna Janmashtami celebrations,
Maths comparison & number bond activities



TEACHERS EDITORIAL TEAM

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RANGE ROVER

NEWSLETTER LOGO DESIGNED BY

Mervyn Emmanuel Fernando, XA

TEACHERS DAY CELEBRATION

Teachers Day celebration was organised by the Management and heads of the Union Christian schools on the 8th of September. It was a great time of get together on the campus after a long time. The entertainment was packed with a team game, a yesteryear's soulful melody from Illayaraja by Mr Jeffrey, a choreography of the global hit 'Jerusalem' by the heads of both the institutions and some more of dancing away the stress by the teaching and non-teaching staff members of both the schools! The official part of the programme that followed was graced by the honourable Board members. The teachers of both schools who had completed 15, 20 and 25 years of service were felicitated by the members of the Board. The Correspondent Mrs Elizabeth George spoke on the role of a teacher followed by the General Secretary Mr Vinod Simon who inspired the teachers to follow and pursue the vision of the founders of our great institution. The sumptuous meal over chit chats and photoshoots ended the day.

Special Award During Teachers Day 2021

TEACHERS DAY FELICITATIONS - COMPLETED 15/20 YEARS OF SERVICE



Mrs. R Prasanna



Mrs. Grace Joseph



Mrs. Jemima Joel



Mrs. Neena Shaju



Top Contributor Award



Mr. John Knox is an asset to Union Christian Public School as his contributions are many to the institution. He initiated and identified new talents in students who play Keyboard, Guitar, Tabla,

Drums, Pad, and also spotted students with vocal talent and trained them. He was instrumental in forming Bands and also formed a Choir in UCPS. He creatively contributes in video editing for all the school virtual programmes and formed a Special UCPS Media Team for helping the school in video editing, colour corrections, Promotions, Flyers, etc. In the recent past, he has guided the music team to winning performances in multiple events across the city. The School band under his training has to their credit First place in Exodus Music festival, Don Bosco Culturals & Hindustan University Choir for which they received a cash prize of Rs.35,000



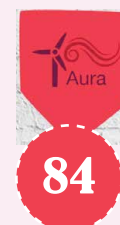
Dr. A.P.J Abdul Kalam's 6th Death Anniversary
Presentation By Daniel Dhruv of II B on 27th July

UPCOMING EVENTS

Farewell - Class XI
Batch 2020-21

SPARKZ Juniors
Children's Day Celebration

Culturals Overall Points



Maths Puzzle

$$\square + \square = 500 \text{ kg}$$

$$\square + \triangle = 400 \text{ kg}$$

$$\square + \triangle \times \bigcirc = 6250 \text{ kg}$$

$$\bigcirc = ?$$

By: Ishaq Ibrahim, VIII A

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UNION CHRISTIAN PUBLIC SCHOOL
No.29, P.C. Hostel Road, Chetpet, Chennai – 600 031
E-Mail : unionchristianpublicschool@gmail.com
Contact : 044 26420336, 26651634

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