

CLUNY BLOSSOMS



2024 - 2025

SEPTEMBER 2024

BLOSSOM LXXVIII

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Col 3:12

Dear Parents and Teachers,

The world we live in today is growing so fast. We find everyone pre-occupied with upgrading everything right from our houses and school curriculum to everything else. We have improved the quality of mobiles, cameras, the category of conveyance we use and the apps. With every upgrade the older version loses its value and the new version gains all the importance and admiration.

In this fast upgrading world of science and technology, do we find safety and security for the women of today? Women's safety is a fundamental human right, essential not just for women but for humanity. However, gender based violence, harassment and discrimination persists, threatening their rights. It's time to look into the severity of this issue and work collectively towards creating a safer world for women.

Dear Children,

Here are some tips to safeguard yourself.

- *Be AWARE of your surroundings and avoid walking alone in isolated areas.*
- *Walk with confidence and avoid using headphones in public.*
- *Download safety apps like Safe, Life 360 or SOS to quickly alert friends and family in emergencies.*
- *Save EMERGENCY CONTACT NUMBERS like police, parent and friends for quick access.*
- *Learn SELF DEFENSE techniques to protect yourself.*
- *Dress modestly with comfortable clothes and shoes that allow you to move freely.*
- *Stay connected with your family and trustworthy friends with whom you can share your whereabouts.*
- *Avoid distractions like using phones or listening to music while walking.*
- *Report any abusive incident or harassment to your parents or to the authorities.*

Let's work together to create a society where women feel secure, valued and empowered to reach their full potential. Remember, "Each time a woman stands up for herself, she stands up for all women."

God has created a beautiful world that's interdependent. Isn't it time, we humans do our best to preserve communion with nature and its co-beings. Each and everything in this vast spectrum of creation is unique and human beings are the crown of His creation. Hence, let us make the best use of what we have and respect every person with love and dignity regardless of gender.

***"Stay Strong. Stand up. Have a Voice."
Happy Holidays!***

- **Sr. Rosily, Principal**

EDITOR'S MESSAGE

SCREEN TIME AND MENTAL HEALTH

In today's digital world, screens are an integral part of our lives. While technology offers numerous educational and entertainment benefits, it's important to be mindful of the impact excessive screen time can have on mental health especially of children and teenagers.

Studies have shown that excessive screen time is linked to increased levels of anxiety, depression and stress. It can also contribute to sleep problems, as the blue light emitted by screens can interfere with the body's natural sleep wake cycle.

Impact on social skills

Over reliance on digital interactions can affect the development of social skills. Face to face communication helps build empathy, understanding social cues, and develop deeper relationships. When screen time takes away in person interactions it can hinder these essential skills and lead to feeling of loneliness and isolation.

Finding a healthy balance: To maintain a healthy balance, it's important to set limits on screen time. Here are some tips to help manage screen time.

- Set clear boundaries: Establish specific times for using screens, such as after home work is completed or for a limited period each day.
- Encourage outdoor activities: Engage in physical activities like sports, cycling, dancing, yoga or simply playing out.
- Create screen free zones: Designate certain areas of the house like dining room or bed rooms as screen free zones to encourage other activities and family interactions.
- Promote face to face interaction: Encourage spending time with friends and family in person to build strong social connections.
- Model good behaviour: Adults should be mindful of their screen time, as children imitate what they observe.

By being aware of the potential negative effects and actively working to balance it with other activities, children and teenagers can protect their mental health and develop healthier habits.

- **Dr. Amitha Daniel, Parent**

COUNSELLOR'S CORNER

SELF PURITY

Self Purity is cleaning yourself from any TRASH that may have stayed for a long time in your mind and purifying your motivation. When we eliminate negative emotions such as Anger, Jealousy, Greed and Fear, and by replacing them with positive emotions such as Love, Compassion, Gratitude and Joy, we live in Self Purity.

A few additional tech-free activities that can also help to purify and cleanse you physically, mentally and spiritually include:

- ✓ *Attend a yoga class*
- ✓ *Do a few stretches on your living room floor*
- ✓ *Find a quiet place for mindfulness meditation*
- ✓ *Go for a walk in the park*
- ✓ *Practice deep breathing exercises*

Alternatively there are eight ways to give your mind a deep cleaning: (1) Be mindful (2) Start writing (3) Put on music (4) Get some sleep (5) Take a walk (6) Tidy up (7) Unfocus and (8) Talk about it.

We can keep our thoughts pure by avoiding evil. When a bad thought enters our mind, we should immediately think about something inspiring such as a hymn, poem or scriptures. We can also pray for the Lord's help to resist unclean thoughts.

The most significant benefits of purity is that it allows you entrance into God's Holy Presence. A pure heart will show in your thoughts, words, choices, attitudes, relationships and more. Remember that your pure living benefits not only you but also those who are close to you.

Happy are those whose hearts are pure.

- **Mrs. Punitha George, Guidance Counsellor**

SCIENCE TIT BITS

- ✓ An ice cube takes about 9% more volume than the water used to make it.
- ✓ A lightning strike can reach temperature of 30,000° C. or 54,000° F.
- ✓ The human brain takes in 11 million individual pieces of information per second, but is only cognizant of roughly around 40.
- ✓ An average sized cumulus cloud weighs roughly around a million pounds or the same as the world's largest passenger jet or the same as 80 elephants.
- ✓ Plants don't have any memory, but they have the ability to recognize their close relatives and upon doing so, they will work alongside each other to grow stronger.
- ✓ If you drove your car @ 60 miles per hour straight up, it would take you just under six months to reach the moon.
- ✓ The deepest part of the ocean, the Marina Trench, is 36,200 feet down, or the length of 25 Empire State Buildings stalked on top of one another.
- ✓ Because of the protein required to make an egg shell, scientists have concluded that the chicken, not the egg came first.
- ✓ Six elements account for 99% of the mass of the human body: oxygen, carbon, hydrogen, nitrogen, calcium and phosphorus. The human body contains enough carbon for 9,000 pencils.
- ✓ Ants are capable of carrying objects 50 times their own body weight. Relative to their size, ant muscles are thicker than those of larger animals or even humans. This ratio enables them to produce more force and carry larger objects.

- **Durga Sri V, IX - A**

India stands with the people of Wayanad. The picturesque State of Kerala was struck by this killer landslide of July 2024. My heart goes out to all the people who have lost loved ones in this colossal tragedy. I penned a tribute to the people of Wayanad. God's own country in pain.

Wayanad's Killer Landslide 2024

On that fateful 30th July night
Our town of Wayanad got a fright
Of a killer deluge mud slides might
That turned our town into a harrowing sight.
Gushes of water, debris and houses from a height
Like a nightmare, flowing down with spite

This killer giant Wayanad landslide
Bringing boulders, houses, mud slides in a glide
Roaring muddy rivers engulfing everything wide
The world watched this nature's horror ride
The end of our town, we took in our stride
Cut off from the world with no one to guide
People resigned to their fate and cried

Houses, trees, mudslides moving down stream
I wondered whether it was a deadly dream
A landslide as large as this the world had not seen
Our pretty Wayanad was no more green
Nature's, fury had played a deadly scheme
The landscape had broken in between
Indeed this killer landslide was extreme

The town was turned into a mountain of mud
Clusters of trees fell with a crashing thud
Huge rocks rolled down like wild studs

Wayanad's landslide will be marked with blood
Little did we know when the sky turned a grey glow
Doom waited for us next day so
Wayanad was buried under wet clay
Humanity watched this horror of nature's play
Helpless Wayanad knelt down to pray
People searched for loved ones in utter dismay

God's own country is in pain
After the fury of this July rain
Heaps of mudflows in the drain
People plead to God in vain
To stop the fury of this incessant rain
Rescue teams work with strain
In this hilly Wayanad terrain
To rescue people, but in vain
Humanitarians make a kindness chain
Helping people to regain

Villages buried under a muddy grave
The magnitude of this tragedy gave a
shockwave
Survivors narrate tales of a close shave
In a flash of a moment came this landslide wave.
- **Mrs. Jeniffer Ann Brown, Teacher (Retired)**

THE HIDDEN ALGEBRA OF PLANTS

Plants and Mathematics may seem like an unlikely pair, but they have been intimately connected for centuries. Plants have been a source of fascination for mathematicians and scientists. From the intricate patterns on a leaf to the branching of trees, plants exhibit a profound connection to mathematical principles, particularly algebra.

Schumanniphyton Problematicum is a species of flowering plant in the family Rubiaceae, native to tropical Africa. This plant is also called as 'MATHEMATICAL PLANT' or 'ALGEBRA LEAVES'.



The leaves of this plant are determined by Algebra, and a simple equation can tell exactly how many leaves it has or how long it has lived. The Schumanniphyton Problematicum's leaves can be expressed as $(12Y + 4)$ where Y is the number of years the plant has been alive (age of plant).

If age of the plant $(Y) = 1$

Then number of leaves = $12 \times 1 + 4$
 $= 12 + 4 = 16$ leaves

If number of leaves is 52, then find the age of plant?

Number of leaves = $12Y + 4$

$52 = 12Y + 4$

$52 - 4 = 12Y$

$48 = 12Y$

$12Y = 48$

$Y = \frac{48}{12} = 4$ years

- **Aishwarya V, IX - C**


WITHOUT ♀ THERE IS NO TOMORROW

“I am no bird; and no net ensnares me: I am a free human being with an independent will.”

– **Charlotte Brontë**

Over the years the struggle continued and women coined the phrase “Bread and Roses”. The reference to “Bread” is freedom from hunger and “Roses” is the satisfaction of wants. In many parts of the world, women are given a loaf of bread and a rose as a symbolic gesture on Women's Day.

Modern day success stories among women in science, literature and politics are too numerous to list. So, does this mean the UN charter of 1945 is being fulfilled in India? The answer is NO! In India, the girl child is still illiterate and certainly has to face numerous hardships for her “Bread” and can't even dream of “Roses”. Though women and girls are achieving and bringing laurels to the nation, they still face sexual harassment and threat in streets of their own city, while travelling in buses, trains, in schools, colleges and work places. In ancient days, human beings hunted for food and shelter but in the modern and technical world, man hunts for sexual pleasure. Though we have celebrated the 78th Independence Day, women are still being harassed in many parts of India. Mother India must save her daughters through strict laws.

Safety measures:

- Self-defence must be included in the school curriculum.
- Woman is the greater fighter, not man. Give her a device which will send out an alarm to the cops whenever she is in dangerous situations.
- “FEMME” is a security guide which helps us to take preventive measures during (i) suspicion of hidden camera (ii) unknown neighbours (iii) attempted sexual assault and (iv) being stalked while walking
- Enforce drinking restrictions in public places.
- Increase police presence.
- Create helpline numbers, active responses to complaints, awareness campaigns.
- Women deserve to be safe, therefore parents must teach their sons to respect and value women.

- **Mathivathani S, XI - B**

MOVE ON

You are a lamp in a forest
One cannot find the way without you
The marauding winds may huff and puff
But you shine on...
It is dark without you.
You are the elixir of life
You start at mountains, reach the plains

And finally the great sea
Keep moving dancing to the beat of time
Some may melt you,
Some may turn you into vapours,
But you are still water.
Flow on...
You matter for life.

- **Sivane V, XII – C**

TO THIS INDIFFERENT WORLD

How cheap is life in this fragile realm,
Where innocence is the price we pay?
Where safety, once a cherished promise,
Now drifts away like sand through a sieve.

Why must the innocent fade into shadows,
As if guilt clings to their skin like sin
Those who wreak the deepest havoc
Stride through life, their sins concealed by pride.
In the silence where echoes pierce the void,
The essence of life slips away
As if we barter peace for fleeting dreams,
In a world where darkness reigns supreme

When did the sacred right to be secure
Become a privilege bought and sold?
In the mournful cry of an indifferent world
Our values turn to cold ashes and dust.

How can the heart find solace
In a realm where shadows whisper fears,
Where each step is traced by unspoken
And the promises of light flicker dimly?

Amidst the quiet aftermath of sorrow,
The echoes of justice call aloud
For in the void left by shattered truth
We confront a world that's been ripped off even
its shroud.

- **Roshni M, XII – B**

LEAVES OF GOLD

- 24.5.2024** The Maths teachers attended a training session to help them use the newly set up Maths Lab efficiently.
- 27.5.2024** Subjectwise training sessions were conducted for the teachers to help them get to know the CISCE board syllabus better.
- &28.5.2024** Macmillan Publishers conducted a **Product Orientation seminar** for all the teachers.
- 29.5.2024** **Motivational seminar** for all the teachers was conducted by Mr. Nagasamy Suresh Dinesh, Founder and CEO of Drona.
- 30.5.2024** Teachers handling Maths and Science attended a CISCE Orientation session conducted by Mr. Jacob Thomas and Mr. Roy from St. Francis School, Jharkand.
- 3.6.2024** **School reopened.** The Principal congratulated and honoured the Board Exam and NEET toppers.
- 12.6.2024** Fire Safety mock drill and training was given by Mr. Rithosh and team for the teachers.
- 15.6.2024** Mrs. Sujatha, Principal, Little Kingdom Senior School, Theni, the CISCE inspecting officer came on inspection prior to grant of affiliation to the CISCE board.
- 21.6.2024** As part of the **10th International Yoga Day**, 50 of our students participated in the yoga demonstration organised by the Education Department at Gandhi Thidal.
- 25.6.2024** Irene Deepika.B of Std IX A participated in the **Table Tennis Tournament** held in Erode on 22nd and 23rd June and was adjudged the winner in U17 and runner up in U15 category.
- 26.6.2024** Inauguration of the clubs functioning in the school was done during the assembly.
Social Studies Olympiad: Harshvardhini.B, Std. VI, Leshmitta.G, Std. VIII, Hashini. K, Lavanya Sri.G, Aiswarya Therese Ajay, Std. IX and Ayoska Nandi, Std. X won the gold medal of excellence.
- 29.6.2024** CISCE inspecting officer Mr. John Mathew, Principal, Green Valley International School, Udipi, Karnataka, inspected the school prior to grant of affiliation.
- 1.7.2024** **Table Tennis Tournament, Playcation, Puducherry:** Irene Deepika.B, Std IX. A was the runner up in U15 mixed gender category. She was also awarded a medal in the vane draw as TT ambassador.
- 8.7.2024** **Session on Career Guidance and Self Confidence by Dr. Ismail** was conducted for the XI and XII Std students.
- 9.7.2024** **Petit Seminaire Hr. Sec. School Quiz Rolling Trophy:** Anne Therese Fernandez and Mouskika of Std. IX won the second prize. Pooja.M and Arulisai.A of Std. XII participated in the Science Quiz and won the third place.
- 10.7.2024** **Kids Athletics Championship 2023-24:** Sri Rakshitha.V, Std VI won third place in the 150 mts.
- 13.7.2024** **Foundress Day Celebrations:** Std XII students and teachers organised a prayer and a cultural programme. Various competitions were held and winners were awarded prizes.
- 18.7.2024** **Arts and Science Exhibition:** Students from classes IX to XII participated and a total of 174 exhibits were displayed.
- 23.7.2024** **Live session on Legal Awareness Dr. Ambedkar Law College in association with Department of Justice, Ministry of Law and Justice, Govt. of India – Niyaya Oli Project:** Justice Kannan, Former Judge of Punjab and Haryana High Court, Chairman of RTC, New Delhi, conducted the session for the students of Std. XI and XII.
- 27.7.2024** **Annual Day:** Chief Guest – Dr. Rakesh Aggarwal, MD., DM., Director, JIPMER Guest of Honour – Thiru P. Kalaivanan, IPS, SSP, Govt. of Puducherry. Theme – The International Year of Camelids & UNESCO SDG – 4 Learning for Lasting Peace
- 28.7.2024** **Puducherry State Level Taekwondo:** Jaswanthika, Std. I won the silver medal in U-18kg Kyorugi Category.
- 29.7.2024** **National Level Sports Competition 2023-24:** Jayashitha.K, Std. IX, won the gold medal in 2nd National Open Ranking Championship U14 Pair Slalom category.
Anjana, Std. XI, Pooja, Std IX and Sherene Victor, Std. VIII won the bronze medal in the 48th Junior National Carom Championship.
- 31.7.2024** **Young Indian Parliament, Regional Round, conducted by Confederation of Indian Industry, Chennai:** Sarakshini, Ashwitha, Ayoska Nandi, Kavinaya, Sri Harini and Jayshitha of Std. X participated and Ayoska Nandi was awarded Leadership Excellence Award.
- 2.8.2024** **Pondicherry State Senior Chess Championship:** Janani.G, Std. X, secured the second place in U15 category.
- 3.8.2024** **Mothers' Meet:** A session on parenting was conducted by Ms. Sheetal C. Gandhi for the mothers of students from Std. VII to IX.
- 5.8.2024** **Medical Camp:** A team of about 30 doctors from Indira Gandhi Govt. Medical College administered medical check up and Dr. Sujindra, gynaecologist, conducted sessions on health awareness for the students of Std. VI to XII.

- 12.8.2024** **7th Puducherry Roll Ball Championship by Amateur Roll Ball Association:** Nithyashri, Std. X and Vashishya Shri, Std. IX secured the first place. Nithyashri secured the Man of the Match trophy.
- 13.8.2024** **Talk on Solid Waste Management** was given by Tr. Gayathri Srikanth, consultant, President, Iraivi, to all the students during the morning assembly.
- 14.8.2024** **Independence Day Celebration:** Students and teachers of Std. XI organised the Independence Day celebration. The Principal, Rev. Sr. Rosily, hoisted the flag.
- 15.8.2024** **Chief Minister's Rolling trophy for the Best March Past Contingent (Private Schools)** was bagged by the school's March Past contingent.
- 19.8.2024** **Spell Bee International Strategic Learning Enhancement Programme:** Josefina Navya. J, Std. X, won the following prizes: Interschool Level topper medal and certificate of distinction, Regional Level distinction and certificate and 5th place at the International Level.
- 21.8.2024** **Abacus and Visual Arithmetic Competition by Subiksham Abacus:** Ranjana, Std. VIII, won the championship trophy. Akshana Swaruba, Std. VII won the first place. Kaviya, Std. IX won the second place.
- 24.8.2024** **Drawing Competition** was conducted for the students of Std. VI to IX.
Session on Good Parenting was conducted by Ms. Sheetal C. Gandhi for the parents of students from Class VI to VIII and Std. IV & V.
- 27.8.2024** Arts and **Science Exhibition** was held for the students of Std VI to VIII.
- 27.8.2024** **Hybrid Rocket Launch Mission Rhumi 2024 organised by Space Zone India, Chennai:** Vinayamithra.B, Std. VI, has been shortlisted to be part of this mission which is India's first reusable hybrid rocket.
- 7th Roll Ball Championship** conducted by Amateur Roll Ball Association: Chandni, Std. VII won the third place in U14 category. Vaishishya Sri won the third place in U17 category.
- Cubane Chemistry Quiz & Cubane Science Quiz** was conducted for higher secondary students by St. Xavier's College, Palayamkotai, Thirunelveli: Pooja.M, & Arulisai. A won the Chemistry Quiz Champion's Trophy and Science Quiz Champion's Trophy.
- State Ranking Table Tennis Championship** at Amalorpavam Primary School: Nithyasri, Std. IX, won in the U15 girls category.
- 31.8.2024** **A field trip** was arranged for the students of **Std. VIII** to Mahaballipuram.
- 1.9.2024** **32nd Annual General Body Meeting of CAPT** was held. The guest speaker Dr. Nirmala Saravanan gave a talk on Mental Wellness.
- 6th State Level Pencak Silat Championship 2024:** Pragathi.S, Std IV won the gold medal in Tadling Under Weight category 31 Kg. Mokshithasri T, Std. II & Sahana S, Std. I won gold medals.
- State Athletics Meet** organized by Future Star Sports Academy: Hasini S, Std. V won the first prize in 100 mts.
- 3.9.2024** Environment Quiz conducted by the Department of Environment Science and technology, Puducherry: Pooja. M and Arulisai.A of Std. XII bagged the second prize.
State Ranking table Tennis Championship, Mettupalayam: V.S.Nithyasri, Std. IX was the runner up and semi-finalist in the U17 women's category.
- 5.9.2024** Teachers' Day was celebrated and the teachers were honoured by CAPT. A team of doctors from Posch Hospital conducted medical check up for the teachers.
- 10.9.2024** Students of Std. XI were taken on an Educational trip to Kodaikanal.
- 13.9.2024** **National Science Seminar:** Asvitha K of Std. X presented a seminar on 'Artificial Intelligence' and was awarded first place in the Regional Level among 61 participants.
Our School Band won the First place in the State Level Competition.



Mastering others is
strength,
Mastering yourself is
true power.

*Happy
Holidays*

School closes for vacation and re-opens on 3rd October, 2024.