

Staying Fit for Life



Education is a very important part of our life. In order to gain something or to succeed in life we must be educated. This education is received when we attend school. School is an institution which blesses us with knowledge, education, good ideas and a good character. In school we receive our

education by studying various subjects like English, Maths, Science, Hindi, Marathi, etc. Everyday we learn something new. We realize how far mankind has progressed and the urge to progress further like our ancestors developed in us. We get to know what talents we possess and that helps us to choose the right career.

But along with our knowledge we also need to have some physical exercise. If we only study and do not play we suffer from some disadvantages. One of the biggest disadvantages is obesity. When we do not play or do exercise, it leads us to becoming obese. As the saying goes, 'All work and no play makes Jack a dull boy'. We must understand our mind too requires some rest. When we play, we get refreshed and a new urge to study develops.

Playing on an open ground and participation in sports is necessary for a child's

overall development. Here, team spirit, cooperation, sportsmanship, leadership qualities and other such qualities are developed. A child also learns to play fair. He realizes the importance of unity in the team. Cheating or blaming others is not going to help him. He learns all these attributes and this is reflected in his studies through his behaviour. He/she develops a sense of discipline.

Thus physical education plays a vital role in our school education and is a must for our overall physical, mental and spiritual development.

**Arundhati M Brahme, Std VIII
Carmel of St Joseph School,
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■ Regular participation in indoor and outdoor team games and individual sports provides sufficient exercise to the human body.

■ Besides maintaining the physical fitness, games and sports can also provide recreation and fun to the individual of every age.

■ Participation in sports and games creates a positive psychological impact, which is helpful throughout one's life. It helps cultivate certain moral values such as co-operation, friendliness, boldness, sympathy, discipline, respect for authority, sportsmanship etc.

POETIC HUES

New Year

Again a new year has stepped its foot over
the reigning one,
So once again we should fight
to attain glory
Let us forget the pains and sorrow
of last year
So that we may hold our hands and
strive forever.

Again a new year has stepped its foot over
the reigning one,
So let us continue the mission for which we
fought in the past
Let us conquer again the heights to heaven
Remember not to encore the
mistake in the past.

Once again try to do what we failed
to do in the past,
Again a new year has stepped its foot over
the reigning one
So make sure to make the best of it.

-Jentry Johnson, IX B, St Pius X High
School, Mulund



Cricket vs Examination

The examination hall - the pitch
of a cricket match
The supervisor - the umpire
The question paper - the ball
The exam sheet - the angle at
which the bat hits
The pen - the bat of the match.

Cheating in examination - catch
out
Caught copying in examination -
clean bowled
Scoring less marks - the losing
team of the match
Getting appreciation from teacher
- Man of the series.

- Akshay Prabhu, Std
VII, Guardian School,
Dombivali (E)

A Storm in the Night

Lightning comes as a flash of light
Thunder comes in a boom of might
The wind howls like a wolf in the
night

The rain comes down as a roar of
fright.

These are the sacred sounds of a
stormy night

The sounds of nature and the dark-
ness of the night
Mix together with the whistles of the
wild wolves bite,

They would make a light-hearted
person die of fright

Making him flee either left or right,
These are the sacred sounds of a
storm in the night.

- Vanita Sachdev, Std VII,
Lourdes High School, Kalyan