



UNICENT SCHOOL



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**Class Magazine
Class III & IV**

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Mobiles and Their Ill Effects on Children

Technology has made our life easy. The gadgets that we use in our day-to-day life save our energy and time. Smartphones have played a major role in building a positive impact among students that are useful for learning online, looking for material that we do not understand on the internet, and others.

But at the same time, it goes without saying that children are found to be most vulnerable to the bad effects of smartphones and other technological gadgets as their bodies are still developing. Smartphones have a negative impact on students as they get more addicted of using smartphones, cheat on assignments, they develop a lack of focus in learning, etc. Children get distracted by smartphones while studying due to the constant pings. Often children get so addicted to gadgets that they are not in a stage to differentiate between the real and virtual.

They get confused about what is actually real and what they can rely or trust on. Lack of focus, sleep loss, bad posture, poor vision, isolation, poor academic performance are some of the harmful effects of gadgets on children to name a few. New studies also suggest that an hour a day spent with their smartphones plays a significant part in the rise of depression and anxiety among children. To avoid these, we as parents can set an example by switching off our phones at night, when busy working, or when the phone is not needed. This will help improve concentration, attention, and sleep. Limiting the usage of gadgets is a necessity because of the damage they do to our health. We as parents need to be extra cautious and spend some time with children playing the mind games like puzzles, board games, chess etc. to develop the habit of playing without the usage of gadgets. Educating children about the effects of mobile phones on their



health, instead of controlling them, will help them understand the need to reduce their usage. It's wise to change their phone habits in time before the phones cause irreparable harm to their health.

-by Ms. Anupama, Math Faculty



How to Manage Your Time during Exams Time.

During exam time students feel nervous, to avoid nervousness students should plan their study schedule ahead and start preparing for the hard topics before, it will take more time than the easier topics. First, we have to read the topic and jot down the important points and read once again the same topic, so that all the important and hard are read before and leftover easy topics which take less time to prepare and understand. In such a way if you pre-plan the schedule and prepare for exams, then you will write exams without any nervousness and get good results, so all the best for your exams and have a happy learning time.

-by Ms. Deeparani, Social Faculty



10 tips to prepare for your first exam

by @inner_drive | www.innerdrive.co.uk

- 1 Space out your learning
- 2 Test yourself
- 3 Schedule in time for yourself
- 4 Exercise regularly
- 5 Ask your teachers and support system for help
- 6 Avoid looking at your phone
- 7 Surround yourself with positive people
- 8 Use positive self-talk
- 9 Get enough sleep
- 10 Visualise yourself in the exam hall

The Lion, Rabbit and the Hunter



Once upon a time in a jungle, there lived a lion. That lion started troubling the villagers who stayed nearby the jungle. So, one of them came to the jungle as a hunter to hunt the lion. The hunter saw the lion, aimed at him to shoot the arrow. But suddenly

there came a rabbit in between and the rabbit got hit by the arrow. It was injured. The hunter felt very sad about it. Meanwhile, the lion escaped. The hunter applied medicine to rabbit's wound and in a few minutes the rabbit completely got cured. The hunter continued his search for the lion but he did not find the lion. So he gave up and returned back home.

-by Shivansh, Yashodhan and Vasanth, III Deodar

Hunter and the Crow



Once upon a time there lived a hunter. He went to the forest to hunt for some crows. But he saw only one crow there.

Though the crow was dark, it was very beautiful. The hunter aimed at it to hit it with its arrow. The crow had a friend who was a woodpecker. The woodpecker saw the man aiming at the crow and bit the hunter on his arm. The hunter lost control and fell down on the ground. The arrow came back to him and hit his leg. The hunter never went hunting again.

-by Avani, III Deodar

My Mother

I love my mother,
She is like my teacher.
She works hard for me,
She cooks for me every day.
I love my mother a lot.



-by Manvitha, III Gulmohar

My Relatives and Cousins

Most of my relatives live in Hyderabad and me too. So, we see each other quite often. But one of my cousins lives in UK. So, they come to visit us once every year or two. When they come to India, we make sure that we spend good time with each other, we play a lot and we try to make those moments most memorable. When we all cousins meet in a place, we chit-chat and draw a lot of drawings, as we all love to draw. We eat ice-cream together at the famous ice-cream point. Then we go out for the outing. I love spending time with all my cousins and relatives. This is how I spend time with them.

-by Deeksha, III Gulmohar

A Visit to a Farm

Mother said uncle's farm was on the outskirts of the city, so we visited it during the holidays. When we got there, we saw a lovely farmhouse, fields and orchard. After visiting my uncle's crops at his farm, we made bread sandwiches using fresh butter and cheese for breakfast at the farm. Then we chased ducks into the pond and helped my uncle gather their eggs. After that, we watched the cows being milked by uncle. After a few minutes, I played with the calves. The lunch was cooked with fresh farm vegetables, fish from the stream and chicken. Soon it was evening and it was time to go home, we promised uncle to return soon.

-by G. Pravasthi, III Gulmohar

Thoughts

I woke up early morning,
Went for jogging,
I was late for eating.
Caught the running bus,
Missed the teacher's scolding.

-by Vangala Vasanth Kumar, III Deodar

My Favourite Food.

In our day to day life we do many activities such as going to school, studying, playing, etc. To do these activities we need energy. Where do we get energy from? Food gives us energy to do many activities. We should eat healthy food in order to stay fit. There are many types of food that contain all nutrients in them.

-by Harshil, IV Peepal

Cristiano Ronaldo- Soccer Player

Cristiano Ronaldo is a professional soccer player who has set records while playing for Manchester United and Real Madrid as well as the Portuguese National team. At 16, Manchester United paid a record 12 million dollars to sign him.

by Samrudh, IV Peepal



Dear children,
It's important to express your feelings - the good and the difficult

Expressing feelings can help you to feel better about yourself and the situation.

Learning to express your feelings will help you become more self-aware, leading to increased mental and physical health.

Accept your feelings. Before you can do anything else, you have to recognize and accept that you are going to have feelings and there is nothing wrong with that. Feelings are not right or wrong, they just exist.

Recognize how your body is reacting to your feelings. Feelings are driven by emotions, which are controlled by your brain. Take note of your physiological responses when you feel something. For example, you might sweat when you feel scared, your face might become warm when you are embarrassed.

Learn the vocabulary of feelings. It can be hard to express what you are feeling when you do not have the words to do so. Try looking at "feelings charts," which can easily be found through an internet search, to understand the range of emotion and to learn words to describe feelings.

Ask yourself why you are feeling a certain way. Ask yourself a series of "why" questions to get at the root of what you are feeling.

Communicate to others clearly. Communication is critically important to the expression of feelings. Choose a trusted group of loved-ones to share your feelings with.

Take deep breaths. Before you react to a situation emotionally, take a deep breath.

If you breathe before you react, you can clear your head and react responsibly

Write your feelings down. Get in the habit of writing your feelings down in a diary. Putting your feelings into a tangible form will help you organize and clarify your feelings.

-by Ms. P. LAXMI
(Student Counsellor)



Healthy Habits Pledge

I pledge to stay healthy and clean through exercise and good hygiene. I will eat balanced meals every-day to have more energy to learn and to play. Every night I will get a good rest to be more ready to do my best. If I work hard to be more healthy and strong, I'll be happier my whole life long.

-by Dhruthi Shetty, IV Banyan

My Vacation

One night I had a dream of a visit to the beach where we enjoyed a lot in the beach. Next day evening my father told me that he had a surprise for me. He gave the booked flight tickets to Vizag for the summer vacations. I was so excited. Finally the day came when we were leaving to Vizag. I had so much fun with my family. My brother and I went swimming and we played with the beach ball. We went to a big water park, exhibition and Imax mall. Last year summer vacations were really memorable.

-by J.Hasini, IV Peppal

The Golden Touch of Midas

Once upon a time there was a Greek king Midas. He was very rich and had lots of gold. He had a daughter whom he loved a lot. One day, Midas found an angel in need of help. He helped her and in return she agreed to grant a wish. Midas wished that everything he touched would turn into gold. His wish got granted by the fairy. On his way home he touched rocks and plants, in turn they changed into gold. Has he reached home, in excitement he hugged his daughter, who turned into gold. Midas was devastated and he had learnt his lesson and requested the angel to take her wish back.

-by E.Varshini Reddy, IV Banyan

My Favourite Place

My favourite place is Goa. It is so fun to spend a day in Goa. In my opinion Goa is the best place in India to spend holidays and get recreated. It has many beaches as well. We can get a hotel room easily. I like to swim in the pools and play in the beaches. The weather is nice as well. In Goa one of the famous places to visit is the Church. It is also famous for scrumptious seafood and thrilling water sports. Goa is visited by large number of international and domestic tourists.

-by Aarav, IV Oak

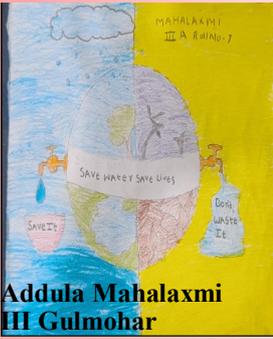
The Wind and the Sun

One day the wind boasted that he was much stronger than the sun. The sun beamed and said that he was much stronger and he will prove it. The wind was quite annoying. A man was walking down the road. "Just watch me, I shall make him take off his coat", said the wind. He huffed his might. The man only drew his coat tighter around himself to keep warm. "Let me try", said the sun when the wind was tired of blowing. He shone down fiercely on the man. His rays were hot and piercing. The man began to feel hot. The man took off his coat and started wiping the sweat from his brow. 'I have won' smiled the sun. 'Yes', admitted the wind.

Moral: Kind and gentle persuasion always wins.

by U.Koushik Yadav, IV Peepal

ART GALLERY



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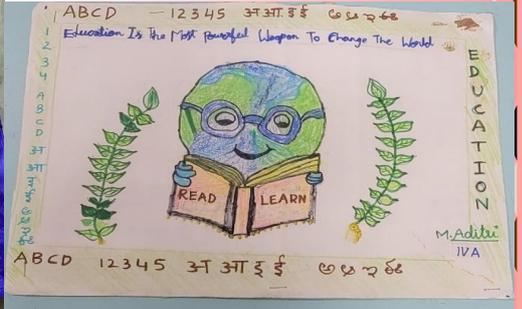
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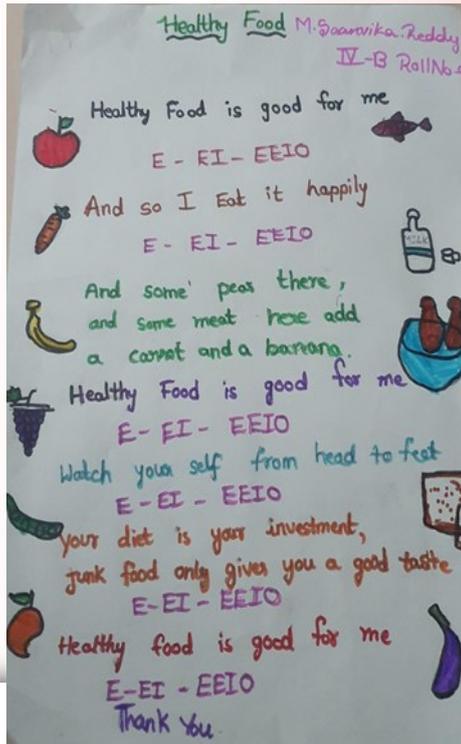
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