

# The Boarding Chronicle

CIS Boarding Newsletter!

February 2014  
#Valentines theme



E-Newsletter Vol.5 



CANADIAN  
INTERNATIONAL  
SCHOOL

Happy Valentine's Day | खुश वैलेंटाइन्स  
दविस | Joyeuse Saint-Valentin!

Greetings from the Boarding!

The days are flying by so fast, with a lot of events happening at CIS and at the boarding. Here we are, trying to share with you everything that has taken place at the boarding with our fifth, Valentine's Day Edition of The Boarding Chronicle!!

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# Trip to the Circus

By: Sandeep Rao / Grade 6

A few weeks ago a couple of the CIS boarders went on a trip to a circus called Rambo Circus, I was one of them. The drive there was very long and then we had to wait again for the show to start. At first there were small acts, which I thought were astonishing, but what I didn't know was that there was so much more to come. There were a lot of amazing acts such as trapeze, horses and even an elephant, but unfortunately the elephant had a small surprise for us, which was probably the worst part of the show. Anyway, they saved the best for last, they had brought the heat up, literally there were guys juggling fire torches. The event that really made my day was when they called me on stage. The clowns called me on stage to jump rope in front of the crowd, which unfortunately is not really my sort of thing but it was some experience. Moving on, they had some more mind-boggling acts, one of the acts was where a man lied down on a bed of nails and another man stood on him. My favorite animal at the circus was the elephant, because it played well in cricket. At the end of the day, I plopped down on my bed and thought about what I had seen that day and it was so much to take in.



# Sunday IB1 Baking Class

By: Alexis Pocquet / Grade 11 (IB1)

Sunday, February 2nd, all the IB1s had a cooking lesson in the cafeteria. Two teachers from the school came to make us discover 2 very different dishes: the first one was a typical Spanish dessert called torrijas. It tastes delicious and it is very simple to make. The second one was, Masala tea. The teachers explained to us how to prepare a good masala tea, with what ingredient and their properties. We cooked and ate both of the dishes, and both of them were delicious, even if I personally preferred the torrijas! Even if, at the beginning, a few of us did not seem very enthusiastic about the idea of spending a Sunday afternoon cooking, we all had a very good time altogether doing something completely different from what we are used to doing on Sunday afternoons. It taught us to follow a procedure (the recipe), to use the foodstuffs well, to be patient, to get to know something from a different culture (either the masala tea or the torrijas). And after that, we had an even better time eating the delicious things that we had prepared. We would like to thank the two teachers who took their free time to come to the boarding during the weekend to make us discover something very new.

# CAS donations and experience

By: Saahil Mighlani / Grade 11

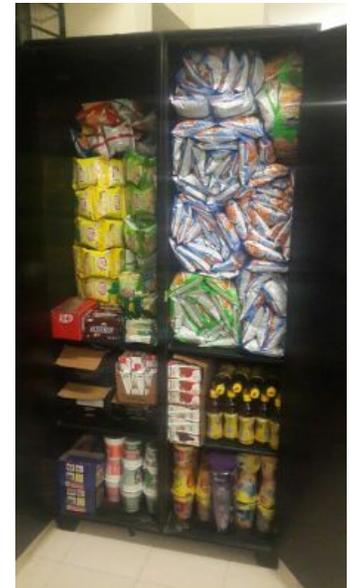
We arrived on another Saturday morning at the Sri Lankan refugee camp. It was pretty much just another normal day at the school but this time we had planned something new and amazing for the kids, hoping to bring a smile on all their faces: with the money that we had made through fundraisers, we bought the kids several different sports equipment. After going there regularly, quite a few times we realized that the kids had great talent and loved playing sports but they either did not have the equipment that they had required, or they played soccer with a basketball, which then made us realize that they really needed more sports equipment. After the regular classes we head out to play with kids for about 10 minutes and then we got all the equipment from the bus and kept it in the school. As soon as the kids saw the things we had bought for them they were amazed and were really happy. We took pictures first with all the kids and then, with all the teachers to make this a good memory for them and for us to remember. As we left, the kids were really ecstatic and pleased, and all of them thanked us before we left. It was an amazing feeling to be a part of this day and as a CIS student, I always look forward to doing something that will bring a smile on these kid's faces.



# Tuck-shop Experience

By: Aditya Dev Bhatta / Grade 10

Being the first customer to the tuck shop, I still remember those two snicker bars that I bought from the tuck shop. Since then, I have often gone to the tuck shop in order to buy drinks after playing sports in the evening. I think that the tuck shop has had a positive impact on the boarding in the sense that the boarders would not have to go out on Saturdays and buy a heavy sack of snacks, another bonus point is that it doesn't matter if you lose your privilege to go for an outing. A negative point being that the drinks get over really quick and thereby, leaves behind a crowd of boarders who want to buy drinks. I think the hospitable service of the tuck shop must carry on and the tuck shop should expand their business by supplying not only to boarders but also day



scholars.

## Interview

So much happened this month. There was sport's day to see the track and field talents of students at CIS. I am very proud that most the awards on sports day went to boarders. Sports day was very tiring but fun too. Living in boarding is good. It's fun to go to field trips, chat with friends, do creative work and play well. We also went to the Rambo circus, which was absolutely fantastic. We saw people doing mind-blowing stunts and the best one was when a group of performers placed their body on a bed with nails on them!!! We had multicultural day, which was very good and everyone was able to taste food and learn things about other countries. There were about 20 countries. The food was very good. We all enjoyed multicultural day. Boarding is very different from living in a house with your parents. We have to wake up ourself or keep an alarm, be ready in a given time. Eat good breakfast and be ready with all your work or assignments for the day. Basically, what I want to say is that we have to be independent to stay in the boarding. You have to try to be independent to stay in the boarding. It is a great experience.

-Bhuvan Narayanaswamy / Grade 7

# The V-Day History

Each year on February 14th, many people exchange cards, candy, gifts or flowers with their special “valentine.” The day of romance we call Valentine’s Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia.



## Boarders experience during Multi-Cultural day

By: Sharad Kiswani / Grade 11 (IB1)

Saturday, 15th February 2014 was my first multicultural day in school. It was a great experience. There were a lot of stalls of different nations including the US, Canada, France, Singapore, UK and many more. The food they served was just out of the world especially the sushi from the Japanese and Korean stalls. It was my first time eating such food and I was tempted to have more of it. The most favourite part according to me was the cultural program. Jahanvi and Sukanya anchored the show. There were many amazing and multicultural performances. I along with many boarders took part in a fashion show, the CIS Razzmatazz. It was just an epic moment. The Indian and Indonesian cultural dress code just enlightened the stage. We also had a small bake sale. Though it was not completely successful, I was not disheartened to raise funds next time through a better way. Overall, I had the best Saturday since I joined the Boarding.



# Fun Saturday at the Boarding with the school teachers

By: Mahesh Nandwani / Grade 12 (IB2)

It was indeed a blissful morning for each and every one of the boarders at CIS. The day, which all the boarders were looking forward to, finally came. It kicked off with a delicious and filling breakfast where we met Mr. Regis' adorable dog, Pixie. Then we headed to the pool area without wasting even a second. We were first divided into our teams (Tigers, Rhinos, Foxes and Tuskers). This was followed by the team photograph session. Right after this the first game we played was internet download (the pipe connector game where we had to roll a bouncy ball from one end to the other through pipes, the twist was that at the end we had to take it through the small pool which made it so much more fun but very difficult too). I personally felt that this activity was the hardest because most of the teams had a very difficult time to accomplish the task. However, as an IB student we ought to be risk takers! Even though it was hard we still manage to do it. After this we had the tug of war. This game was rather special as it was tug of war across the swimming pool. It was the best game we played that day. Unfortunately, I was one of the lucky people to be dragged by the rope into the swimming pool. The last game that we had near the pool was passing the water balloon. This game ended in a huge water balloon fight and people being throw into the swimming pool. The day didn't end just yet though. We then headed to the cricket field to see the spectacular cricket match, which was the student vs. the teachers and cafeteria staff. At the end, the students won the cricket match. Zeeshan became the life saviour of the students team by hitting sixes one after the other and he ended up becoming the man of the match because of that. It was indeed a power-packed day. Most importantly, we all had an amazing time with each other as a family. This day would have not been so successful without the help of some people. I would like to thank everyone who made this possible, Mr. Regis, the boarding parents, the cafeteria staff, all the teachers who came to school on their weekend to join in our fun and most importantly all my fellow boarders. I will surely miss this at University.

# WALL OF FAME (Picture Collection)



# Examination Tips and Ways To Reduce Stress

- ❖ Maintain a revision timetable.
- ❖ Make your notes and revise all the topics.
- ❖ Prioritise your time and topics.
- ❖ Get plenty of sleep.
- ❖ Eat healthy and nutritious food.
- ❖ Avoid Caffeine (ex: Coffee, Caffeine tablets, Red Bull)
- ❖ Avoid Cramming.
- ❖ Make sure you have plenty of time to relax before the exams.

## NEWBIES

WELCOME TO THE BOARDING GUYS:



Minyoung (Grade 5)----->

----->Suphacd, Jacob (both Grade 9)  
and Nathan (Grade 10)



# Quote of the month

Having somewhere to go at the end of the day is home, having people to live and love with is family, having both is a blessing.  
-anonymous

## BIRTHDAYS

Birthdays coming up!! Here is the list of March birthdays for you to keep track of... Don't forget to wish them :)

- 3<sup>rd</sup> - Shaleen Doddanavar
- 02<sup>nd</sup> - Jie Soo Bae
- 02<sup>nd</sup> - Saenkhat Suphakd Senawanna
- 08<sup>th</sup> - Sharad Suresh Kiswani**
- 10<sup>th</sup> - Seung Ho You
- 13<sup>th</sup> - Karthik Muralidharan
- 18<sup>th</sup> - Jessica Rasheed
- 20<sup>th</sup> - Simon Jose Mendoza
- 29<sup>th</sup> - Prayas Baral

We would like to extend special birthday wishes to Sharad, one of the main editors of the newsletter, whose birthday is coming up next month. We hope he stays hardworking, delightful and benevolent all the time.  
Happy Birthday Kissu!!!



# Editors' Note:

A very warm welcome from the editors of the CIS Boarding Newsletter.

February was so packed. Not only in the boarding but in school too. We had a lot of events in the boarding and a lot of memories were made. From Valentine's Day to fun events, to unexpected surprises. There isn't much to say but we showed as much as we could in this month's newsletter. The end of this month will consume all the boarders with studying hard for their term 2 exams in the beginning of March. All the best to everyone, especially the IB2's.

Feel free to leave comments on our articles, to share your thoughts and suggestions or ask the author a question. We appreciate your support and are so happy to have you all as readers of The Boarding Chronicle. With A Hearty Thanks,

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THE CIS BOARDING  
CHRONICLE TEAM  
#4ShadesOfLife



## Guest Writers & Editors Wanted!!

Anyone interested to write an article for our 'The Boarding Chronicle' or wants to be part of this committee, please let us know. Your help would be highly valued.