

.... Contd. from page 7

12	Hold back affection from children by acting cold or not giving hugs or kisses	Yes	No
13	Send children to bed without a meal	Yes	No
14	Let children know that you are watching or checking to see if they do something	Yes	No
15	Give children money or other things for finally stopping bad behavior or for behaving well	Yes	No
16	Show or demonstrate the right thing to do	Yes	No
17	Let children misbehave so that they have to deal with the results	Yes	No
18	Give children extra chores as a consequence	Yes	No
19	Make children do something to make up for misbehavior; for example, pay for a broken window	Yes	No
20	When children behave badly, tell them that they are lazy, sloppy, thoughtless, or some other name like that	Yes	No
21	Withhold allowance, toys, or other privileges until children do what you want them to do	Yes	No
22	Check on children to see if they are misbehaving	Yes	No
23	Check on children so that you can tell them they are doing a good job	Yes	No
24	Make children apologize or say they are sorry for misbehavior	Yes	No
25	Ground children or restrict their activities outside the home because of misbehavior	Yes	No

If you answered 'Yes' to nos 1, 6, 11, 14, 16, 22, 23, 24 then your approach to disciplining your child is well under your control. You are the kind of parent with a co-operative mental attitude. You try to employ explanation, discussion and reasoning to help children understand why they are expected to behave in a certain way. Punishment is never harsh and it usually takes forms other than corporal punishment. You use it when children willfully refuse to do what is expected of them. When children's behaviour comes up to expected standard, you being an authoritative disciplinarian rewards them with praise or some other expressions of approval.

For those who have mostly answered 'Yes' to nos. not mentioned in the first category it is important to realise that this type of discipline is called threatening/ repeating parenting which produces insecure, selfish, angry, unmanageable, hitters, biters and down right hard to handle children. These children are often so out of hand that you will turn to label your own children as ADD or ADHD. But it is unfortunate to realize that it is learned behaviour. It is actually taught to the child by the parents. Not intentionally, mind you if you run over someone while driving and don't do it intentionally, he is still dead, isn't he? Think about!

Ms Reshma Bhattacharya



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PENS & BRAINS

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Quarterly Interactive Magazine for IVWS Parents & Students

Editorial

PENS & BRAINS - The first issue of this academic year, 2010-2011. This quarterly has already won the hearts of many and it is our hope that all those who go through it would be influenced for the better.

"I AM PART OF ALL THAT I HAVE MET", *Wagons*. These words of *Wagons* are not a mere poetic flight of fantasy; it is an absolute truth. After our association with people, place or things we are a little changed. Every time we get acquainted with someone, a little change takes place on both parties either for the good or for the worse. If we succeed to influence others for the better, it is a significant achievement and if we are influenced or changed for the worse due to our acquaintance, then it is indeed a great loss.

You, have been acquainted with IVWS and PENS AND BRAINS for sometime. We want our association with you to bear excellent fruit and we too look forward to learn something from you.

Let me wish all the children of IVWS a very successful and fruitful academic year, 2010-2011.

NATURE'S BEAUTY

The beauty of nature is forever lasting.
The words of its song ever inspiring
Its power is rejuvenating
The beauty so magical and wondrous to fade away.

The spring is a wonderful season.
The young, green leaves rustle with the cool breeze.
The hibernating creatures come out of the trees,
And follow beautiful nature as they are pleased.

The summer is such a beautiful song,
That seems to sing all day long,
The chirping of the birds never fade away,
As they sing all through the day.

Oh Autumn! What a beautiful season it is!
The season in which the ground with bright colours,
And how lovely it is to see,
The little creatures leave for their trees!

Winter! What a wonderful season it is!
The animals sleep all cozy and warm,
While the winter wind blows all day long.
As the trees wait for their leaves, the snow waits to melt and leave.

Meghna Mitra, Grade-VII

QUOTES TO REMEMBER

- "Family, friends and time.....none of these comes with price tags but we realize their value only when we lose them."
- "You give little when you give of your possession. It is when you give of yourself that you truly give."
- Kahlil Gibran
- "If foot slips, balance may be regained, but if tongue slips, there is no way. Silence is the fence around wisdom".
- "You will never go any higher than your thinking".
- D Benjamin
- "It's the best five players that win the game and not five best players".
- K Richard



IVWS-the Yesterdays And The Tomorrows



Shiv Khera at IVWS



Magic Moments



Exhibition

THE YESTERDAYS:

- The academic year 2009-10 came to an end with the declaration of results when most of the children returned home with a dance on their steps and a smile on their lips, but a few had to walk away with misty eyes.
- Before the final assessment all the students from Grade III to VIII were taken for an excursion to the historical Bandel Church and Don Bosco compound. The children had an exhilarating time.
- IVWS staff was fortunate and honored to be addressed by Mr Shiv Khera at IVWS auditorium on 10th March, 2010. The staff gained immensely from his inspiring talk.
- Teachers and students put up a beautiful and informative educational exhibition on 27th March, 2010. According to the visitors, it was indeed a wonderful exhibit.
- There was also a mini book fair by the Scholastic Publishing Company at the IVWS premises on 27.03.10.
- The IVWS reopened for the new session on 8th April, 2010. A number of students took admission and they were warmly welcomed to IVWS family on the 1st day of the school.
- IVWS has a number of clubs guided by the teachers. We have Literary Club, a Science Club, and a Quiz Club. This year a new club named THE TORCH BEARERS' CLUB has been formed. This club consists of about 30 members directly under the guidance of the Principal. Their responsibility can be summed up in one line. They are the torch bearers to all the other students in every aspect of life in the school.
- Cricket coaching has been started and it is going on in all earnestness.
- On 30th April, all the children from Pre-primary to Grade-II had a wonderful Magic show. It was indeed a treat to the senses of all who watched.
- Two of our students, namely Melisa Pal and Pragati Adak participated in the State Chess Championship and they have played very well against many champions.....Congratulations!!!



Bandel Church

THE TOMORROWS:

- In May and June Guardians and Principal meet
- June end & 1st week of July 1st Assessment.
- Parent teacher meeting on 17th July from 8.30am to 12.30 pm
- Competitions, Story telling, Singing and Painting.

ANSWERS TO DID YOU KNOW

- China (India is on the 2nd position)
- Mali (70.9%)
- Germany
- Germany
- Baikal in Russia (1741 mts deep)
- The Kings School; Ely, in UK founded in 970 B.C.
- Neil Armstrong in 1969..Apollo II



ANSWERS OF RIDDLES

- | | |
|----------------------------------|------------------------------|
| 1. You came inside with a chair. | 6. The Sun |
| 2. A Blackboard | 7. Silence |
| 3. Grow Older | 8. A wedding ring |
| 4. Towel | 9. A Kitten |
| 5. Footsteps | 10. Only one- the 'Last' one |

ANSWER : Once you assume that there are three persons instead of four, the mystery unfolds itself. One of the fathers is the son of the other father. Grandfather gave his son Rs 1500/- who, in turn, passed on Rs 1000/- to the grandson (that is, his son) thus keeping Rs 500 and enriching the grandson by Rs 1000.

YOUR OPINIONS ABOUT DISCIPLINE

As parents we are all very protective of our methods of parenting and we want to think that we are doing the very best for our children. It is difficult to admit that sometimes we have a problem and we think that it is just a stage or part of the normal process of raising the children that we must go through as parents. Of course the responsibility really lies with you the parents. So remember BE the change you want to see in your children, because they will BE who you ARE.

There are basically three different approaches to teacher/parental discipline. Children especially adolescent are most likely to follow their conscience rather than to give in to peer pressure if grew up in an "Authoritative" home where rules are firm but clearly explained and justified as opposed to "Authoritarian" where rules are laid down without explanation or "Permissive" where children are allowed to do as they wish with no guidance or control.

This assessment will help you to identify your own style of disciplining your child and discover its strength and weaknesses.

We would like to have your current opinion about doing each of the following with children.

1	Explain what the rules are to children to try to prevent misbehavior	Yes	No
2	Take away allowance, toys, or other privileges because of misbehavior	Yes	No
3	Put children in "time out" (or send them to their room)	Yes	No
4	Shout or yell at children	Yes	No
5	Grab or shake children to get their attention	Yes	No
6	Give children something else they might like to do instead of what they are doing wrong	Yes	No
7	Try to make children feel ashamed or guilty	Yes	No
8	Deliberately not pay attention to misbehavior	Yes	No
9	Spank, slap, smack, or swat children	Yes	No
10	Use an object such as a paddle, hairbrush, belt, etc. on children	Yes	No
11	Praise children for finally stopping bad behavior or for behaving well	Yes	No

DID YOU KNOW?

1. Which country leads in fruit production?
2. Which country has the highest proportion of child workers? (Age 7-14 years)
3. Which country spends most on International Tourism?
4. Which country tops in wind power generation?
5. Which is the world's deepest lake?
6. Which is the world's oldest school?
7. Which Astronaut first walked on the moon?



The Lion City.....Singapore...

I went to Singapore during my summer holidays after my exams. I went there from Kuala Lumpur, Malaysia. Malaysia is also a clean place but Singapore is much cleaner. In Singapore many things like chewing gum is not allowed. In Singapore the roads are very smooth and tidy. The people there are good and disciplined as they follow every rules and regulations of the country and are not like the Indians who hardly obey any rules of the country and just blame the Government. But we can stop this by being disciplined like the Singaporeans.

Singapore is one of the best tourist destinations in the world. In Singapore there are many things to see, like, the Night Safari, Jurong Bird Park, Singapore flyer and the Sentosa Island. There are many things in the Sentosa Island like the Dolphin show, Images of Singapore (museum), Merlion and many other places. Singapore is a place with people of different cultures like Chinese, Malay, Tamil and many more. In Singapore everything is man-made but it still looks beautiful and natural. My trip to Singapore was overall a wonderful one and an unforgettable journey.



Saket Srivastava-Grade VIII



THE FRESH EXPERIENCE

I woke up one day
Feeling gloomy about the exam I had.
I went out for a walk in the park
Very soon the gloomy feeling
went out of my mind
When I saw the bright golden sunshine.
I saw flowers blooming and birds chirping
In the spring time
I would never forget that day
When I saw the nature's beauties
I returned home and started happily my duties.

Pragati Adak-Garde VII



Children

Glory of the humans
Little, sweet and nice
Like to have buns
And lots of rice
They play all the time
And seem to observe the world quietly
They love to recite rhymes
Some of them they have their hair
They are always in their own
Where there is no computer or mobile phone
They eat their mother's head
And are finally tired while going to bed.
There will be a day
When they will grow up to be stout men
But for now
They are the lovely children.

Rakshit Chakraborty-Grade VIII

A Tiger in the Zoo

A tiger in the zoo,
She has one baby too.
The people of the zoo,
Take care of her too.
She has an amusing time there,
With everybody's love and care.
She has many friends there,
And she sits upon here chair.
She protects her body tenderly,
When the rain pours heavily.
A tiger in the zoo,
She has one baby too.

Vatsal Midha Grade-VIII

THE LOST PUPPY

Once I went to buy some vegetable for my mother. On my way I passed by many bushes. The bushes were shaking a lot and I was very curious to know what was there behind the bushes. I moved slowly and saw a cute little puppy behind the bushes. I wondered, "who must have left this little puppy behind the bushes?". I was in a tension wondering where to take the puppy. I could take it to my home but my mother hates dogs. After sometime I went to my friend's house along with the puppy to see if she could take care of



it. When my friend saw me with the puppy she asked me from where I got it. After telling her the whole story about the puppy she understood my problem. She told me, "This puppy is familiar to me". I was surprised to hear her words. When she took the puppy in her hands she realized that the puppy belonged to her cousin. She told me about it and at that very moment she phoned her cousin. Her cousin burst out in tears. Then my friend asked her the matter. She told that her puppy was lost. My friend and I ran to the cousin's house with the puppy. I told my friend's cousin how I found the puppy and she told me how she lost it. I was relieved to see the puppy with its rightful owner.

Dhruvika Midha Grade-VB



RIDDLES

1. You went outside with 2 legs, you came inside with 6 legs, how?
2. What becomes white when it is dirty?
3. What does everybody do at the same time?
4. What gets wet when drying?
5. What more you take you leave behind?
6. What goes round the house and in the house but never touches the house?
7. What is that you will break even when you name it?
8. What fastens two people yet touches one?
9. I have a head like a cat
I have a feet like a cat
But I am not a cat,
What am I?
10. How many bricks does it take to complete a building made of bricks?



BRAIN TEASERS

>> When Rupees Given and Taken Don't Tally.....

This conundrum relates to two fathers and two sons. On the New Year Day, the fathers gave their sons different amounts of money as gift. One gave his son Rs 1500/- and the other Rs 1000/-, i.e. Rs 2500/- in all. But on accounting it was revealed that together the sons had got richer by only Rs 1500....and no more. How can this inconsistency be explained?

ART GALLERY



Artiste of the Issue

ROHIT MUKHERJEE
GRADE - VI (A)

EXOTIC FRUITS



Nowadays, supermarket shelves contain a wide choice of fruits from around the world, thanks to modern techniques and storage. All tropical fruits, from pomegranates to cape gooseberries, have unique flavours and textures, and most are good sources of nutrients.

CAPE GOOSEBERRIES



One of the prettiest fruits, cape gooseberries (of Physalis family) are also known as Chinese lanterns. They contain useful amounts of beta carotene and vitamin C, for a strong immune system as well as potassium for healthy blood pressure.....

LYCHEES

Originally from China and related to longans. Most people consumed tinned lychees, but fresh fruits are available from November to January and have a sweetly perfumed aroma that is reminiscent of elder flowers. Lychees are an excellent source of Vitamin C.



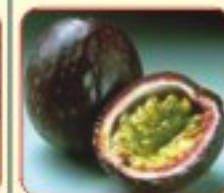
CUSTARD APPLE

Generic name given to a tropical family (Annona) of some 60 fruits. All are heart-shaped with scaly skin. They are a good source of Potassium and Vitamin C.



PASSION FRUIT

One of the most fragrant and distinctive tasting of all tropical fruits; native to Brazil and also known as granadilla which means 'little pomegranate'. They contain useful amounts of Vitamin C.



KUMQUATS



The smallest of all citrus fruits, originally from China. Unlike other citrus fruits, kumquats have a sweet edible rind. They contain useful amounts of Vitamin C.

PERSIMMON

The national fruit of Japan; also known as Sharon fruit. Persimmon has useful amounts of Vitamin C, and are a good source of beta carotene and potassium.



LONGANS

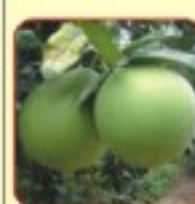
Asian fruits related to Lychees, also known as dragon's eyes. The hard shell is easily cracked. Longans are a rich source of Vitamin C.



POMEGRANATE

Symbol of Fertility in folklore throughout the world. This fruit is a good source of Vitamic C and a useful source of fibre if you eat the seeds.

POMELO



Also known as Japanese plums, loquat have a juicy, tender flesh that is reminiscent of plums and cherries. They taste like mixture of apple and apricot. Unusual for fruit, loquats contain no Vitamin C, they do contain beta carotene.

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