

# SPICE

ANNUAL RELEASE OF  
ENGLISH UNION - 2017



***J/ Kopay Christian College  
Kopay Center,  
Kopay.***



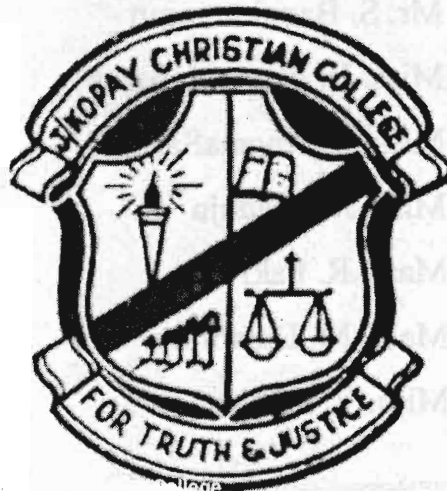






# SPICE

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J/Kopay Christian College  
Kopay Center, Kopay.

**ENGLISH UNION**  
**J/KOPAY CHRISTIAN COLLEGE, KOPAY CENTER,**  
**KOPAY 2017**

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## Message from the Assistant Director of English



K. Subramaniam  
Assistant Director of Education – English  
Zonal Education Office  
Jaffna

I am really proud and exuberant to acclaim that we are ready with all new hopes to bring out the 1<sup>st</sup> issue of the English Day Magazine of J/Kopay Christian College, "SPICE". ', which will surely unfold the unraveled world of the most unforgettable and precious moments of the school. The enthusiastic write ups of our young writers are indubitably sufficient to hold the interest and admiration of the readers. This magazine is indeed a pious attempt to make our students' talents gives shape to their creativity and learn the art of being aware because I believe that a school's success depends upon our power to perceive, the power to observe and the power to explore. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by the students will surely stir the minds of the readers and take them to the surreal world of unalloyed joy and pleasure.

The talented English unit has proved its potential and capability

I extend my warm wishes to the Principal, Staff and Students of J/Kopay Christian College to continue this journey on the road of excellence.

Wish all the best for the celebration and **SPICE**



## Message from the Principal

Mr S.Velelagan  
Principal  
J/Kopay Christian College, Kopay



I am glad to write this message of felicitation to our SPICE. Reading makes a man perfect.. Education widen the knowledge.

Actually the “SPICE” is an infant which is the production of our both Students and teachers.

J/Kopay Christian College is one of the best school which carries a good name in kopay division. discipline and education. I am very proud of the English Union of our school. Our students achieved many prizes in the English Day Competition 2017.

The magazine brought out the young writers to the light. So I appreciate the teachers and the students who involved in publishing the magazine.

Wish you all the success in your future achievements.

Thanking you.





## Message from ISA – English

Message from ISA – English  
Mr.P.W.Navaraja  
In Service Advisor – English  
Zonal Department of Education  
Jaffna

I am pleased to give a message to the magazine “SPICE” published by the English Union of J/Kopay Christian College.

In addition to the classroom learning and teaching, co-curricular activities like English Day also equally important and provides opportunity for the students to practice what they have learnt.

Encouraging the students in creative activities like writing articles and poems provide a good platform for students to practice different skills.

I congratulate the English Union for their initiative and which then to keep it up in future too

## Message from ISA – English



Mrs. S Selvaratnam  
In service Advisor – English  
Zonal Department of Education  
Jaffna

It is with a sense of happiness to send my message of blessing to “SPICE”. I am really happy to witness the educational development of J/Kopay Christian College.

As a school with reputation, this school has opened a new window to learn a second language in different aspects. I expect this publication to grow annually adding much colours in future.

I wish you all the best



## Message from Deputy Principal

Mr.N.Ragunath, Deputy Principal  
J/Kopay Christian College



It gives me great pleasure and satisfaction to send this congratulatory message for the launching of “SPICE” by the English Union of J/Kopay Christian College, Jaffna.

Our school is one of the pioneer school of Kopay Division. Our college took effort to motivate English Language Learning effectively.

I understand that strive and the burden taken by the English teachers and the students to publish the magazine.

Our teachers are continuously in the process of taking initiatives to meet the challenges of English Language Teaching.

I hope that the magazine will keep up its reputation of high standard forever.

I congratulate the English Teachers and contributors for making this remarkable endeavour successfully.

Best wishes for all of you



## Message from Teacher in Charge

Mr.S.Sureshkumar  
Teacher  
J/Kopay Christian College

I am much glad as our English Union has contributed to launch “SPICE”, the window to peep in the new world.

Launching a magazine is one of the ventures. The magazine “SPICE” is a newly born infant which is the production of our English Union. The contribution given by our teachers and students is immense. The magazine is a blend of funny material which stands to motivate Second language Learners in different aspect.

We are very lucky to have Mr.S.Velalagan as our principal who has given the permission and appropriate suggestions. He motivated us in many ways His teaching is “Nothing is impossible”

I congratulate the team of students and the teachers who displayed their vision of bringing the magazine out successfully

Thank you very much for all those who supported us

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THE COMMITTEE OF ENGLISH UNION, J/KOPAY CHRISTIAN COLLEGE - 2017







## **Reading makes a man perfect**

Every day we read a lot actively or passively, and the uncontroversial fact is that reading has already entered into our life and played a crucial role. But on earth what is the major purpose of reading? For a promising prospect and high salary after graduation? For gaining knowledge and widening our horizon? For molding our temperament and enlightening our mind? As far as Bacon was concerned, reading makes a full man, which is also my standpoint.

Reading provides us the possibility of opening ourselves up to a magical world which help us to become perfect. History makes a man wise, Mathematics gives logical thought, Languages provide us a base to think, and Science & Technology bring the world to our feet. Stories brings us good lessons to our life.

Reading opens the avenue to learn about many languages, many cultures and various life styles of the world. Reading is exerting an invisible and formative influence on our character. This habit lead us to be a full man.

A best reader has more creative idea. He/ She can survive against the fast moving world. Knowledge and intelligence co relate each other. To attain this wisdom Reading habit is important.

We can be a perfect human being through our Reading habits

Miss. Priyanka Vanatharsan – Gr 11

## Riddles

Riddles are very interesting part to enable us think critically. They also help to promote our language ability.

1. What goes up and down stairs without moving?
2. Give it food and it will live; give it water and it will die.
3. What can you catch but not throw?
4. I run, yet I have no legs. What am I?
5. Take one out and scratch my head, I am now black but once was red.
6. Remove the outside, cook the inside, eat the outside, throw away the inside.
7. What goes around the world and stays in a corner?
8. What gets wetter the more it dries? 9. The more there is, the less you see.
10. They come at night without being called and are lost in the day without being stolen.
11. What kind of room has no windows or doors?
12. I have holes on the top and bottom. I have holes on my left and on my right. And I have holes in the middle, yet I still hold water. What am I?
13. I look at you, you look at me, I raise my right, you raise your left. What is this object?
14. It has no top or bottom but it can hold flesh, bones, and blood all at the same time. What is this object?
15. The more you take the more you leave behind.
16. Light as a feather, there is nothing in it; the strongest man can't hold it for much more than a minute.

17. As I walked along the path I saw something with four fingers and one thumb, but it was not flesh, fish, bone, or fowl.
18. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
19. I went into the woods and got it, I sat down to seek it, I brought it home with me because I couldn't find it.
20. What can fill a room but takes up no space?
21. It is weightless, you can see it, and if you put it in a barrel it will make the barrel lighter?
22. No sooner spoken than broken. What is it?
23. Only two backbones and thousands of ribs.
24. Four jolly men sat down to play, and played all night till the break of day. They played for cash and not for fun, with a separate score for every one. When it came time to square accounts, they all had made quite fair amounts. Now, not one has lost and all have gained, Tell me, now, this can you explain?
25. Jack and Jill are lying on the floor inside the house, dead. They died from lack of water. There is shattered glass next to them. How did they die?
26. Why don't lobsters share?
27. A barrel of water weighs 20 pounds. What must you add to it to make it weigh 12 pounds?
28. Big as a biscuit, deep as a cup, Even a river can't fill it up. What is it?
29. Clara Clatter was born on December 27<sup>th</sup>, yet her birthday is always in the summer. How is this possible?
30. He has married many women but has never married. Who is he?

31. If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?
32. If you have it, you want to share it. If you share it, you don't have it. What is it?
33. You can't keep this until you have given it.
34. Take off my skin, I won't cry, but you will. What am I?
35. What book was once owned by only the wealthy, but now everyone can have it? You can't buy it in a bookstore or take it from the library.
36. What can go up and come down without moving?
37. What do you fill with empty hands?
38. What do you serve that you can't eat?
39. What do you throw out when you want to use it but take in when you don't want to use it?
40. What goes up and never comes down?

Answers: Carpet 2. Fire 3. A cold 4. A nose 5. A match 6. Corn 7. A stamp 8. Towel 9. Darkness 10. Stars 11. A mushroom 12. A sponge 13. A mirror 14. A ring 15. Footsteps 16. Breath 17. Glove 18. River 19. Splinter 20. Light 21. A hole 22. Silence 23. Railroad 24. Four men in a dance band 25. Jack and Jill are goldfish. 26. They're shellfish. 27. Holes 28. A kitchen strainer 29. She lives in the Southern Hemisphere. 30. A priest 31. None. Roosters don't lay eggs. 32. A secret 33. A promise 34. An onion 35. A telephone book 36. The temperature 37. Gloves 38. A tennis ball 39. An anchor 40. Your age

Miss Jeyakumar Meenuja

13 com

## English Tongue twisters

A sentence or series of words that is hard to say correctly is called a tongue twister. Tongue twisters are a great way to practice and improve pronunciation and fluency. They can also help to improve accent by using alliteration, which is the repetition of one sound. They are just for kids, but are also used by actors, politicians, and public speakers who want to sound clear when speaking. Here some English Tongue Twisters given below. If you can master them, you will be a much more confident speaker.

1. A black backed bath-brush.
2. A growing gleam glowing green.
3. A nice mouse married a nice mouse.
4. A queer quick questioning quiz
5. A truly rural frugal ruler's mural.
6. A wine van ran through the vine.
7. A lump of red leather, a red leather lump.
8. A shifty shark sealing snakeskin slippers.
9. A new snipped sixpence snipped all round.
10. A lovely large Labrador licked Linda lovingly.
11. A dozen double damask dinner napkins.
12. An elevator on Everest: an Everest elevator.
13. A gaggle of geese gluttonously.
14. As the roaring rocket rose, the restless roosters rollicked.
15. Babbling brain blames bertha.
16. Bees hoard heaps of honey in hives.
17. Big brown bulb-bowls.
18. Brenda bites bourbon biscuits briskly.

Miss. LogeswaranSanuja Gr 7B



## What do forests do for us?

- Trees do a lot for us, even if they are left just where they are.
- The roots hold on to the soil and stop it being washed or blown away
- The trees hold on to water where forests have been cleared there have been flash floods.
- Forests control the weather , water vapor evaporates from their leaves cooling the air in tropical areas where forests have been cleared the climate has got hotter and drier
- A particular amount of oxygen we breathe comes from forests. Trees take in carbon dioxide and provide enough oxygen to our atmosphere.
- Tropical forests have more biodiversity than cleared areas. This means that there are more species of living things in these forests. These creatures help to maintain the environment balanced.
- Forest is the source of food, medicine and flowers.
- They stand as a buffer against flood and soil erosion.
- Sinharaja Rain Forest is in Sri Lanka. It is one of the world heritage site found in our country
- It provide habitats to many rare animals, birds, plants, reptiles, and insects
- We should not disturb these valuable and fragile habitats. Whatever we do to these natural bodies soon happen to us.

Miss Mercy Jasmin Ruban, Grade 12 Science

## Mother Teresa

Small.... Blue eyed, a character of wrinkles, dynamic strong and determined, mother Teresa was the very incarnation of mercy and compassion. She was a moving image of good and goodness, ever full of hope, cheer, sunshine, gentle smile, prayers and benediction.

Her mission and ministry of mercy and compassion were limitless and over expanding consequently. She became internationally known for her charitable work for the victims of disease, illness, poverty, exploitation, negligence, and adversity.

Mother Teresa was named Agnes GonxhaBojaxhiu at her birth of her parents. She was born on 26<sup>th</sup> August 1910 in Skopje. Her Albanian parents were Catholics. Her father Nikola Bojaxhiu was a small business man and her mother Dronda a housewife. Agnes was the youngest of her parent's three children. Her experience for involving in the charity work is describes as "Call within call". Because of her restless service toward the nation, she was awarded Nobel Prize in 1979, Bharat Ratna in 1980. She was also been given the honorary citizenship of several big and famous cities. In 1971 Pope Paul awarded her the first Pope John xxiii peace prize.

Mother Teresa also received Jawaharlal Nehru Award for international understanding. She was a perfect embodiment of selfless love, service, compassion and charity. She was died on 5<sup>th</sup> September 1997. It was a tragic and irreparable loss to India and the world.. However her spirit of love, service, charity and compassion is always there to guide and help us all.

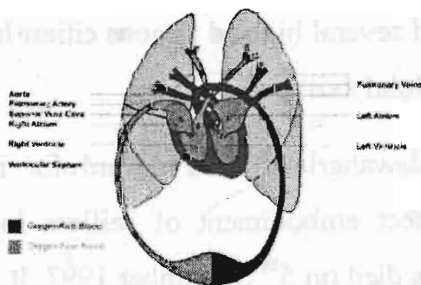
Miss. Sivakumar Anoja, Gr 11 C

## The Circulation of the Blood

Doctor William Harvey has astounded the medical world with a new theory of the movement of blood. Dr. Harvey says that blood travels around the body. The heart pumps the blood at great speed. All the blood in the body completes a circuit in about one minute. The King's doctor adds that the blood leaves the heart in thick walled arteries. The thin walled veins contain flaps of tissue which act as valves and make the blood move only towards the heart. Dr Harvey's ideas have been published in a book that is known as *Du Motu Cordis* (the movement of the heart)

The response to Dr Harvey's ideas have been mixed. Many say that the teachings of Aristotle and the Roman hero of medicine, Galen, will not be forgotten quickly. Others say that Harvey's theory shows the body to be simply a machine. The heart is just a pump supplying blood to all parts of the body and not the centre of emotions that it was thought to be.

**BLOOD CIRCULATION**



Miss. Kulasingam Arudselvi, 13 Sc



## **How to develop self-confidence and influence people by public speaking**

A few thousand students have the ability to write the subject and in relation to the public speaking there are more institution which gives training in public speaking and what they hoped to obtain from it. The prime reason that almost all of them gave was this: they wanted to conquer their nervousness, to be able to think on their feet, and to speak with self-confidence and ease before a group of any size. The ability to do this is not difficult to acquire. It is not a gift bestowed by providence on only a few rarely endowed individuals. It is like the ability to play golf: any man or woman every person can develop own latent capacity which he has sufficient desire to do so. Many experienced speakers can think better and talk better when facing a group than they can in conversation with an individual. The presence of the larger number proves to be stimulus, an inspiration. Do not imagine that your case is unusual. Many men who afterward become famous speakers were, at the outset of their careers, best self-consciousness and almost paralyzed with audience fright.

No matter how often you speak, you may always experience this self-consciousness just before you begin; but in a few seconds after you have gotten on your feet, it will vanish completely. Start with a strong and persistent desire. Enumerate the benefits this effort to train your self will bring you. Arouse your enthusiasm: Prepare. You can't feel confident unless you know what you are going to say. Act confident: To feel brave "advises Professor William James, "act as if we were brave: use all of our will that end, and a courage fit will very likely replace the fit of fear". Practice: This is the most important point of all. Fear is the result of lack of confidence; and lack of confidence is the result of not knowing what you can do; and that is caused by a lack of experience. So get a record successful experience behind you and your fears will vanish.

When a speaker has real message in his head and heart-an inner urge to speak, he is almost sure to do himself credit. What is preparation? The setting down of some mechanical sentences on paper? The memorizing of phrases? Not at all. Real preparation consists in digging something out of

yourself, in assembling and arranging your own thoughts, in cherishing and nurturing your own convictions.

“The art of war” said Napoleon, is a science in which nothing Succeeds which has not been calculated and thought out.” That is true of speaking as of shooting .A talk is a voyage.it must be charted. The speaker who starts now where, usually gets there. No infallible, ironclad rules can be given for the arrangement of ideas and the construction of all talks. Each address presents if own particular problems. The speaker should cover a point thoroughly while he is on it, and then not refer to it again. Before speaking, Lincoln thought out his conclusions with mathematical exactness. When he was forty years of age, and after he had been a member of congress, he studied Euclid so that he could detect sophistry and demonstrate his conclusion. Notes destroy about fifty percent of the interest in your talk. Avoid them. Above all, don’t read your talk and audience can hardly be brought to endure listening to a read speech. After you have thought out and arranged your talk then practice it silently as you walk along the street. Also get off somewhere by yourself and go over it from beginning to end, using gestures, letting yourself go. Imagine that you are addressing a real audience. The more of this you do, the more comfortable you will feel when the time comes for you to make your talk. If anybody wants to perform public speaking in a smarter manner they should have confidence, optimistic view of the subject, accurate delivery and preciseness in speech.Mrs

Umashankar Jasutha

English Trd. NDT (ELT), HNDIT

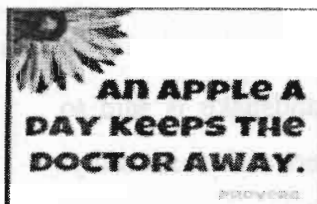
## **Eating homemade food promotes healthy life.**

Health is wealth. No one can live without healthy life. Health mostly depends on our food which we have every day. We have food every day because it is our basic need. We have food without considering the nutrition. We should focus on the balance diet. The earth is very fast. Everyone do a rat race in the materialistic world. No one have time to think about healthy food. Actually homemade food promotes healthy life.

No one can give guarantee to the food which are sold in restaurant. We can't prove that the food is neatly made. Readymade food that are available in restaurants consist too much oil. Those are rich in fat. They cause for obesity. This kind of food may have infected with bacteria. The vegetable used for cooking could be very bad. Readymade food is prepared only for getting profit. They do not concern on the health of the consumer.

It is important to add green leaves, egg or dhal and fat free meals. Eating fruits is good for our health. So to concern our health, we should have homemade food. If we eat homemade food, we can get together around the table and feel comfortable. So homemade food not only promotes physical health but also mental health. Getting together for having family meal promotes our family bond too.

Mas. Jeyakumar Jenistan Gr 10 A





## Ten Types of Handshakes and What They Mean

Just like handwriting, how a person shakes hand is also a clue to their inner nature. Nowhere will you find a larger variety in handshakes than at your workplace. So if you know what each handshake says about the person you are interacting with at workplace, you can put that knowledge to good use. Here are ten types of handshakes that you should know about.

### 1. Sweaty palms:

This is usually the sign of a nervous person. When a person is nervous their sympathetic nervous system often becomes overactive, sometimes resulting in sweaty palms.

### 2. Dead fish:

Of all the types of handshakes, the 'dead fish' is the most infamous one. The hand has no energy, there is no shake, no squeeze, not even a pinch, and it gives the feeling you are holding a dead fish instead of a hand. This handshake is synonym to low self-esteem.

### 3. Brush off:

This handshake type is a quick grasp and then a release that feels like your hand being shoved aside. This handshake is a statement of "it's my turf and my agenda that matters, yours doesn't."

### 4. The two handed handshake:

Usually seen among Politicians, this type of handshake is said to convey the meaning of warmth, friendly, honest and trustworthy. But there's a catch here: if his/her left hand is staying on your hand, it

is a sincere handshake. However, if the hand goes up your wrist, your arms or your elbow, he is trying to get something from you.

### **Politician shakes**

#### **5. Controller:**

You feel your hand being pulled toward the person or strongly guided in a different direction, perhaps towards a chair. People who do this are controllers. This means they want to dominate any inanimate or animate object in the room (and that would include you).

#### **6. Finger Vice:**

When someone grabs your fingers and not your entire hand it is meant to keep you at a distance. These people are often insecure. If they also crush your fingers they are adding a show of personal power, which is also designed to keep you at a distance.

#### **7. Bone Crusher:**

This form of squeezing your hand until you cringe is clearly designed to intimidate you. You don't have to pretend to be a wimp with them. In fact, they may respond positively to you if you present yourself with strength.

#### **8. Lobster Claw:**

Like the claw of a lobster, the other person's thumb and fingers touch the palm of your hand. The person doing this fears connecting at a deep level and may have challenges building relationships. Take your time. Allow them to open up at their own pace.

#### 9. The Top-Handed Shake:

Instead of holding his hand in a vertical position, this hand shaker holds it horizontally, so that his hand is on top of yours. This means he feels superior to you.

#### 10. The Pusher:

While this person shakes your hand, she extends her arm so that you can't get close to her. She needs space and is not letting you in. You must give her the physical and emotional space she is asking for, if you want to be her friend.

Miss,Sangeerthana Sutharsan- Gr 11

## Let's Write Paragraphs

### My best friend

Miss. Aarani Pavalanathan  
GR 06 A

My best friend is Arun. He is sixteen years old. Arun is fair and tall. He is in grade eleven. He attends at Jaffna Central College. He is clever. He is good in English and science. Joy plays cricket well. He likes to play the guitar. My friend is kind and obedient. He helps elders in many ways. He wants to become an engineer. I love my friend.

### Trees are our friends

Mas. Kunaratnam Vaksankan  
GR 06 A

Trees are green friends. Trees make the environment beautiful. They give us flowers, fruits, medicine and fuel. Trees stop soil erosion. They protect the water level at rivers, lakes and sea. Trees produce oxygen. It is important for life. Trees make rain. They keep our environment cool. The timber of trees is used to make furniture.

We should not cut down trees!  
Save trees for future!!

### Flowers

Miss. Jamesuthayarasa Rammya  
GR 06 A

Flowers are the gift of nature. Everyone love them. Flowers are in many shapes and colours. Some are small and others are big. Flowers are soft and charming. Many of them have sweet nectar. Flowers like Roses, daffodils, jasmine, lotus, tulip and carnation have fragrance. Garlands, bouquets and wreaths are made of flowers. Flowers are used in special occasions. They are used in weddings, funerals, parties and festivals.. Some flowers are used in cooking. Certain flowers are used as medicine. Flowers and our life are inseparable.

### My hobby

Miss. Vinusiya Vigneswaran  
GR 06 B

Gardening is my hobby. Gardening provides both mental and physical health. We don't want to go anywhere. We can do it at our home. We can plant flowers to beautify our surrounding. We can plant either vegetable for short term harvest or fruit trees for long term harvest. There are lot of tasks to be done inside the garden which provide enough physical exercise.

Especially raking strengthens our hands. Weeding helps to keep our physical balance, digging strengthens our muscles, and we will forget all grievances while doing tasks inside our garden. The physical activity of gardening helps to lower our blood cholesterol level. We also won't fall in diseases like Diabetes. Gardening provides dual profit. We can get fresh vegetables and fruits from our garden.

## Benefits of sports and games

Mas. Uthayakumar Gokulan

GR 06 A

'All work and no play makes Jack a dull boy', the proverb goes on. Sports and games strengthen our physical and mental health. They keep our mind fresh. They teach us leadership and fellowship. We learn to accept 'winning' and 'defeat' alike. They teach us self-discipline. We become a good citizen. We can have a well-balanced personality



## **The Bear by Anton Chekhov**

### **Summary**

The play "The Bear" is a farce. It has many absurd situations and remarks. There are three main characters in the play and they all make us laugh with their absurd behaviour and comments. This is an absurd theatre because it portrays unconnected reasons on the surface level but tries to have an unseen chain to link the reasons. That is finally portrayed.

Popova is a widow whose husband died seven months ago, but she is still in mourning. Luka, her servant advises her to give up her mourning. He advises her to see her neighbours, but she says that she will keep on mourning until her death. In the meanwhile, Smirnov comes to take 1200 roubles from Popova. Her husband used to buy oat from him. Popova tells him that her steward is out and she will pay him the day after tomorrow.

However, Smirnov insists on taking the money that day. He behaves rudely. He even makes fun of Popova's mourning and her state of mind. Popova also becomes rude. They speak against

each other's sex and use insulting words. Smirnov thinks that he has been insulted. He challenges Popova to fight a duel.

Popova accepts the challenge and brings her husband's revolver. However, she does not know how to fire. She asks Smirnov to teach her how to fire. The situation changes and Smirnov is impressed by her boldness and beauty. He says that he does not want to fight the duel. He expresses his love for her. He offers her his hand.

First, she insists on fighting, but then asks him to go. She changes her decision repeatedly and then decides to marry him. When Luka returns with other servants to beat Smirnov, he is surprised to see them touching each other.

### **Reasons behind the marriage of Popova and Smirnov.**

The reasons behind the marriage proposal is loneliness, inner stimuli in want of new life, The advice of Luka, the romantic nature, Same qualities existed in the both characteristics.

Both Popova and Smirnov had their own reasons of marriage. Popova had been mourning the

death of her husband for the last seven months. Seven months was a long period. This is unreal in our day to day life. So her "seven months mourning" should have an expectation: She had been leading a lonely and sad life since then. Now time had conquered her grief. Inwardly, she wanted some change in her life. She did not want to continue this mourning any more. Besides, it is human psychology that man gets sick and tired of doing the same thing for a long period.

The second reason may be the advice of her servant Luka. He shocked her by making her understand that in ten years' time, she would not be beautiful anymore and no man would look at her. It was shocking for Popova. Luka brings examples from insects and animals. This make us laugh.

Romantic nature of Popova is the third reason. Her appearance shows. She applies powder and other cosmetics. When Smirnov started singing the love verse she was greatly moved. It was very romantic that a man was on his knees, was offering her his hand, and was speaking very romantic dialogues. Smirnov said, "...I'm

on my knees like a fool, offering you my hand..." It was all according to her romantic nature. She could not resist it and accepted the proposal.

Smirnov decided to marry Popova because he fell in love with her. He was greatly impressed by her beauty and boldness. He said, "But what a woman!" and, "That's the sort I can understand!" He further says, "I've never in my life seen one like her!" He also says, "I love you as I've never loved before!"

Therefore, the psychological need of both characters is the main reason behind their marriage proposal.

### **Conflict between Smirnov and Popova**

The money was the main conflict between Popova and Smirnov, but later this conflict changed into another conflict – insult. The insult turned into anger which leads for a duel. The fight became a marriage proposal.

Popova's late husband was to pay some money to Smirnov. He used to buy oats for his horses. However, before paying the money he died. Seven months had passed. Now Smirnov and come to Popova to take his money. Unfortunately, Popova's steward

was not present. Therefore, she was unable to pay his money that day. She plainly told Smirnov about this situation. She promised that she would pay his money the day after tomorrow. However, Smirnov insisted on taking the money on that day.

Smirnov talked to her rudely and in an uncivilized manner. He made fun of her mourning. Popova also made fun of him. She even abuses him and calls him a bear. She said, "You're a boor! A coarse bear! A bourbon! A monster!"

Smirnov thought that Popova had insulted him. On the other hand, Popova thought that Smirnov did not know how to behave before women. She wanted to kill him for that. This was the second main conflict between them. This conflict between them grew serious and they decided to fight a duel. Popova brought her late husband's revolver.

Luckily, these conflicts did not bring any serious consequences. Therefore, we can say that at first the main conflict between them was money. However, later this conflict changed into another conflict – insult. Both of them thought that they had been insulted.

## **The comic elements of the play "The Bear".**

Foolishness, irrational, ridiculous, preposterous, inconsistent, incongruous, and ludicrous are the quality of farce. When we go through the play "The Bear", we find that it is a farce. A farce is full of many absurd situations and remarks. These situations and remarks make the readers laugh.

The three main characters of the play make us laugh with their absurd comments. There are also many absurd situations. The play begins with Luka's advice. He advises Popova to leave her mourning and go out to see her neighbours. He gives the examples of cats, midges, and spiders. His way of advising her is very absurd. We simply laugh at these examples. Popova looks at the photograph of her husband and calls him a 'bad child'. The word 'bad child' makes us laugh.

When Popova refuses to give Smirnov the money, he says, "I have not the pleasure of being either your husband or your finance, so please don't make scenes." These remarks are very funny and absurd and we laugh at them. When Popova accepts the challenge of duel from Smirnov, he says that he will bring her



down like a chicken. The word 'chicken' is very funny.

The most comic and absurd situation in the play is when Popova brings her husband's revolvers and asks Smirnov to teach her how to fire. This is very absurd that she asks her enemy to teach her how to fire. It is also very absurd that Smirnov starts teaching her. What a funny and absurd situation it is! He not only teaches her how to fire, but he also tells her the prices of different revolvers.

Another situation is very funny when Popova changes her mind repeatedly. At one time, she asks him to leave and at another asks him to stay.

So the play starts with Popova's mourning and brings Smirnov to the scene in name of collecting his payment but the scene unexpectedly changes in to a quarrel. The quarrel turns into insulations. They grew in anger and decide to fight a duel and unexpectedly hug each other in love is farce and absurd

From the above discussion, we can conclude that it is a farce and there are many comic and absurd elements in the play. The writer has created comedy through funny comments and absurd situations.

## **The title of the play "The Bear".**

The title of the play "The Bear" is quite justified. We call 'bear' to a person who is rude, bad mannered and bad tempered. This title suggests the attitude of Smirnov who is just like a bear... In everyday language, when we go through the play, we find that Smirnov is bad-tempered and rude. On his first appearance in the play, he calls Luka, the servant of Popova, fool and ass. Popova tells him that her steward is not present and so she cannot pay the money that day but Smirnov does not listen to her. When Popova tells him that she is in a state of mind, Smirnov makes fun of her state of mind. He even makes fun of her mourning. He makes fun of her wearing lipstick and powdering her face.

Then he talks against women. Popova is right when she says that he does not know how to behave before women. When Luka asks him to leave, he gets angry and threatens him. He says, "Shut up! Who are you talking to? I'll chop you into pieces!" these words spoken by Smirnov clearly show how bad-tempered he is.

He is so rude that he challenges Popova to fight a duel. Now it is very rude to challenge a woman to fight a duel. He is ready to kill her and says, "I'll bring her down like a chicken! I'm not a little boy or a sentimental puppy; I don't care about this "softer sex."

Therefore, from the above discussion we can conclude that the title of the play is quite justified. It suggests the attitude of Smirnov who is just like a bear in his attitude.

### **The end of the play "The Bear".**

No doubt, the end of the play "The Bear" is very sudden and unexpected. We see that both Smirnov and Popova have revolvers in their hands. They are going to fight a duel and to kill each other but suddenly they decide to marry. This is unexpected. However, when we go through the play, we find that this sudden and unexpected end has many reasons. We shall discuss them one by one.

The reason of Popova's change of mind was that Popova had been mourning the death of her husband for the last seven months. She had been leading a lonely and sad life

since then. Seven months was a long period. Now time had conquered her grief. Inwardly, she wanted some change in her life. She did not want to continue this mourning any more. Besides, it is human psychology that man gets sick and tired of doing the same thing for a long time.

The second reason may be the advice of Luka, her servant. He shocked her by telling her that in ten years' time, she would not be beautiful anymore and no man would look at her. It was shocking for Popova. The third reason was that Popova had a very romantic nature. When Smirnov assured her of his love, she was greatly moved. It was all according to her romantic nature.

Smirnov decide to marry Popova because he fell in love with her. He was greatly impressed by her beauty. When Popova accepted his challenge of fighting a duel, he was greatly impressed by her boldness too. So, he changed his mind and decided to marry her.

The most important point in that it is a comedy and the end of a comedy cannot be serious. Its end must be funny and pleasant.



Therefore, we can conclude that although the end of the play is sudden and unexpected, yet it is quite justified.

### **Both Popova and Smirnov are the chips off the same block.**

It is quite right to say that both Smirnov and Popova have the same qualities of character.

When we go through the play "The Bear" carefully, we find that both are rude, romantic, quarrelsome and hot-tempered. Both swear not to marry all their lives, but they change their decision. When the play starts, we see that Smirnov comes right in without getting any permission. He calls Luka fool and ass. Later, he makes fun of Popova's mourning and her state of mind. He speaks against women and uses insulting words. It is also very rude to challenge a woman to fight a duel. He threatens that he will chop Luka into pieces. He is romantic by nature. He falls in love with Popova. He tells Popova that he had fought duels three times because of women. He

changes his decision and decides to marry Popova.

Popova is also just like Smirnov. She is rude too. She abuses Smirnov. She talks against men. When Smirnov challenges her to fight a duel, she at once accepts the challenge. She goes and brings revolvers. Smirnov wants to avoid the duel, but she insists on fighting it. This shows how quarrelsome and hot-tempered she is.

She is romantic by nature. She mourns the death of her husband for seven months. She talks to his photograph and promises to continue mourning until her death. This is romantic but she also changes her decision of mourning until her death and decides to marry Smirnov.

Therefore, we can conclude that both Smirnov and Popova are the chips off the same block and they have the same qualities

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## Country Capital Currency and Languages .....

Countries	Capital	Currency	Languages
Australia	Canberra	Australian Dollar	English
Bahrain	Manama	Bahraini Dinar	Arabic
Bangladesh	Dhaka	Taka	Bangla
Belgium	Brussels	Euro	Dutch; French; German
Brazil	Brasilia	Real	Portuguese
Canada	Ottawa	Canadian Dollar	English; French
Central African Republic	Bangui	Central African CFA Franc	Sango; French
China	Beijing	Chinese Yuan	Mandarin
Colombia	Bogota	Colombian Peso	Spanish
Denmark	Copenhagen	Danish Krone	Danish
Egypt	Cairo	Egyptian Pound	Arabic
El Salvador	San Salvador	United States Dollar	Spanish
France	Paris	Euro; CFP Franc	French
Germany	Berlin	Euro	German
India	New Delhi	Indian Rupee	Hindi; English
Indonesia	Jakarta	Rupiah	Indonesian
Iran	Tehran	Rial	Persian
Iraq	Baghdad	Iraqi Dinar	Arabic; Kurdish
Republic of Ireland	Dublin	Euro	English; Irish

Italy	Rome	Euro	Italian
Japan	Tokyo	Yen	Japanese
North Korea	Pyongyang	North Korean Won	Korean
South Korea	Seoul	South Korean Won	Korean
Kuwait	Kuwait City	Kuwaiti Dollar	Arabic; English
Malaysia	Kuala Lumpur	Ringgit	Malay
Maldives	Male	Maldivian Rufiyaa	Dhivehi
Nepal	Kathmandu	Nepalese Rupee	Nepali
Netherlands	Amsterdam; The Hague	Euro	Dutch
New Zealand	Wellington	New Zealand Dollar	English
Nigeria	Abuja	Naira	English
Norway	Oslo	Norwegian Krone	Norwegian
Pakistan	Islamabad	Pakistani Rupee	Urdu; English
Phillipines	Manila	Phillipine Peso	Filipino; English
Poland	Warsaw	Złoty	Polish
Qatar	Doha	Qatari Riyal	Arabic
Russia	Moscow	Ruble	Russian
Singapore	Singapore	Singapore Dollar	English; Malay; Mandarin Chinese
South Africa	Pretoria; Cape Town; Bloemfontein	Rand	Zulu; Xhosa; Afrikaans
Spain	Madrid	Euro	Spanish
Sri Lanka	Colombo	Sri Lankan Rupee	Sinhala; Tamil
Sweden	Stockholm	Swedish Krona	Swedish



Switzerland	Berne	Swiss Franc	German; French; Italian
Thailand	Bangkok	Thai Baht	Thai
United Arab Emirates	Abu Dhabi	Dirham	Arabic
United Kingdom	London	Pound Sterling	English
United States of America	Washington D.C.	United States Dollar	English; Spanish

Miss. Sivalingam Desiya Gr 7 B



# Basketball Signals

<b>START CLOCK</b> <b>1</b>  Start clock	<b>STOP CLOCK</b> <b>2</b>  Stop clock	<b>2</b>  + 60-second timeout Place fingertips & thumbs of both hands together in front of chest & spread hand out to shoulder width	<b>3A</b>  30-second timeout	<b>3B</b>  30-second timeout	<b>4</b>  Stop clock for jump/ball	<b>5</b>  (Optional) Stop clock for foul	<b>6</b>  Backcourt substitution ball dead-clock stopped	
<b>FOULS</b> <b>5</b>  + <b>7</b>  Technical foul	<b>8</b>  Blocking	<b>9</b>  Holding	<b>10</b>  Hand check	<b>11</b>  Pushing or charging	<b>12</b>  Illegal use of hand	<b>13</b>  Player-control foul	<b>14</b>  Intentional foul	<b>15</b>  Double foul
<b>VIOLATIONS</b> <b>2</b>  + <b>17</b>  Illegal dribble	<b>16</b>  Traveling	<b>18</b>  3-second violation * Open hand - run end line	<b>19</b>  Over and back or palming/carrying the ball	<b>20</b>  Free throw, designated spot, or other violation	<b>21</b>  Free throw, designated spot, or other violation	<b>22</b>  Excessively swinging arm(s)/elbow(s)	<b>23</b>  Kicking	<b>25</b>  + <b>26</b>  &
<b>INFORMATION</b> <b>24</b>  Visible counts	<b>25</b>  + <b>26</b>  &	<b>27</b>  No score	<b>28</b>  Goal counts or is awarded	<b>29</b>  Point(s) scored use 1 or 2 fingers after signal 27	<b>30</b>  Bonus free throw for 2nd throw, stop one arm - for 2 throws, use 1 arm with 2 fingers - for three throws, use 1 arm with 3 fingers	<b>31</b>  Wildfield whistle on a lane violation by defensive team	<b>32</b>  3-point field goal Attempt and if successful	

Mas. Kalaichelvan Tharmigan Gr 11C

## You learn from your Mistakes



Errors or mistakes committed by us in second language learning are the common process. Most people have heard the saying 'you learn from your mistakes'. It is considered making errors is an important part in learning process. This is because if, instead of giving up in frustration after making an error/ mistake, we should work constructively to understand the error, the strategy to solve the problem stays with us better than if we just memorize the solution. Errors are not for the punishments it is the opportunity for learning.

The purpose of this article is just to analyze errors so that we learners can get some comprehensive and considerate feedback from them and achieve successful learning. Language learning is a process just like a swim. A swimmer learns how to swim carefully through his mistakes. Likewise a language learner profit from his / her

mistakes. This process is shown here as

**Try → Error → Feedback → New attempt → Desired goal**

To make a mistake is all right. But there must be a reason why we make systematic errors in these areas of language.

Errors can be classified as the two ways intra lingual errors and developmental errors. Native language of us plays a significant role in learning a second language. Errors due to the influence of the native language are called Inter lingual errors.

It is the matter of the basic differences between first language and second language. These types of errors are made because...

- ❖ The system exist in first language not in second language
- ❖ The system does not exist in first language but exist in second language
- ❖ The system has in both language but different semantics

Although recently researchers tend to minimize inter lingual errors and emphasizes intra lingual and developmental errors. Intra lingual and developmental errors are due to the difficulty of the second language. These types of errors are made because ....



- ❖ **Simplification**  
We choose simple forms and constructions instead of more complex ones. An Example of simplification might involve the use of simple present instead of the present perfect continuous.

- ❖ **Overgeneralization**  
We use one or construction in one context and extending its application to other contexts where it should not apply.

Ex; the use of -ed to come, go

- ❖ **Hypercorrection**  
Stenson (1978) calls it “induced error”

- ❖ **Faulty teaching**

It is also interesting to note that some teachers are even influenced

by their pupil’s errors in the course of long teaching.

- ❖ **Fossilization**  
Some of our errors, especially errors in pronunciation persist for long periods and become quite difficult to get rid of.

- ❖ **Avoidance**  
Some syntactic structures are difficult to produce by us. Consequently, we start to avoid these structures and use instead simpler structure.

- ❖ **Inadequate learning**  
This is mainly caused by ignorance of rule restrictions or under differentiation and incomplete learning. An example of the third person singular -s as in: he want.

- ❖ **False concepts hypothesized**  
Many errors can be attributed to wrong hypotheses formed by us about the target language.

These are the causes of our errors.

Although we reason out our errors, we should find the path to come out from it. A teacher cannot correct all your mistakes unless you wish to deal with it.

First of all

- ❖ You should overcome from your fear. You should have the confidents that you can do it. Making error is a possible one when we learn.

- ❖ Don’t be shy correct yourself when you find that you make errors continuously. Don’t hesitate to ask help from your teachers or friends.

- ❖ Practice makes you perfect. When you find that you are making error in pronouncing particular sound don’t go back or

don't skip it keep practicing.

- ❖ The best teacher for you is you. Do the self-correction.
- ❖ Keep surrounding with motivating people. If you don't have anyone, start motivating yourself. If you fall down you have to get up.
- ❖ If you want to be master in a language you have to read much.

It is equal to thousands of teacher and guidance. Learn to love your mistakes. At the end of each day takes a few moments to write down the mistake you made with your language learning. Then, next to each mistake write what you learned from the mistake and how you can improve your process the next time around. After a while your

mind will naturally start to shift from being stressed out about your mistakes to looking at them as an opportunity for improvement.

Mistakes or errors are necessary and valuable part of the language learning process, but that doesn't mean you have to allow yourself to keep making the same ones over and over. Try to learn your language with new approaches, systems and techniques. You ll soon find that learning a language is actually easy.

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Miss. Anne Nirogine Richard Ramu  
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## Jokes

**Maths Teacher:** What is a line?

**Pappu:** A line is a dot that's going for a walk.

**Teacher:** Then what are parallel lines?

**Pappu:** A dot going for a walk with his Girlfriend!



An Old man had 8 hair on his head.

He went to a Barber shop.

Barber in anger asked:  
shall I cut or count?

Old man smiled and said:  
"Colour it!"

LIFE is to enjoy with whatever  
you have with you,



Wife : had ur lunch.?

Husband : had ur lunch.?

Wife : i m asking you

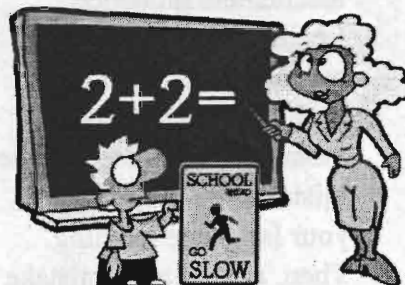
Husband : i m asking you

Wife : u copying me.?

Husband : u copying me?

Wife : lets go shopping

Husband :Yes i had my lunch



**Teacher:** Why are you Late Today?

**Student:** Because of sign down the road.

**Teacher:** What does a sign have to do with  
your being late?

**Student:** The sign said,

"School Ahead, Go Slow!"

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Mas. Greshian Sarankan 11 C



## Idioms

### Let the cat out of the bag

#### Meaning

To reveal a secret or a surprise, usually by accident.

#### Origin

Many years ago, merchants often sold live piglets to customers. After putting a piglet in a bag so the customer could transport it easily, dishonest merchants sometimes swapped the piglet for a cat when the customer looked away. The buyer often didn't discover the trick until they got home and really let the cat out of the bag, revealing the merchant's secret!

#### Examples

"It's a secret. Try not to **let the cat out of the bag**."

"I was really looking forward to seeing the film, until Jack **let the cat out of the bag** and told me the ending!"

"We were going to have a surprise birthday for dad, but my silly brother **let the cat out of the bag** the day before."

"Well **the cat's out of the bag** now. Everyone knows Amy will be given the lead role in the play."



## Not my cup of tea

### Meaning

If something is not your cup of tea, you do not like it or you are not interested in it.



### Origin

The positive version of this expression, "it's my cup of tea", has been in use since the late 1800s when the British started using the phrase "my cup of tea" to describe something they liked. (We all know that the British love their tea!) In the 1920s, the word 'not' was added to the phrase to describe something that they didn't like.

### Examples

"Some people love playing cricket, but it's **not my cup of tea.**"

"I know that horror films are **not your cup of tea**, but you should definitely see this one – it's amazing!"

**Peter:** "Did you listen to the CD I gave you?"

**Kevin:** "Yes, I listened to it twice but it's **not really my cup of tea.**"

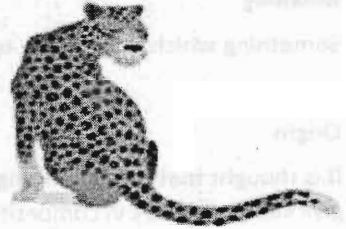
You can also use the opposite:

"I really like Van Gogh's paintings. They're just **my cup of tea.**"

## A leopard can't change its spots

### Meaning

A person cannot change who they are (their character), no matter how hard they try.



### Origin

This idiom comes from the Old Testament (Jer. 13:23). The Hebrew prophet Jeremiah tries to persuade an evil shepherdess to become good but when he realises that it is impossible to convince her, he says: "Can the Ethiopian change his skin, or the leopard his spots?"

### Examples

"I don't think Tom will ever order pasta instead of a pizza. **A leopard can't change its spots** you know."

The waiter tried to be friendly to his customers but **a leopard can't change its spots** and he was still very rude.

**Jane:** "I'm going to book a table in a Chinese restaurant tonight for me and Peter. He's never had Chinese before!"

**Sue:** "Oh Jane, **a leopard can't change its spots**. Peter has never eaten Chinese food before and he's not going to start now!"

## A piece of cake

### Meaning

Something which is very easy to do.

### Origin

It is thought that this idiom originated in the 1870s when it was tradition to give cakes as prizes in competitions. In some parts of the USA at this time, slaves would participate in 'cake walks' where couples would perform a dance mocking the mannerisms of their masters. The most graceful couple would receive a cake as a prize. From this, the expression 'a piece of cake' started being used to describe something that was **easy** to achieve.

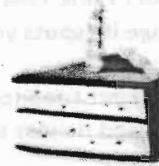
### Examples

"I'm sure the test next week will be **a piece of cake** for me. I've been studying for weeks!"

"The football match today was **a piece of cake**! All the best players in the other team had injuries so we scored 6 goals!"

Jane: "Thank you so much for changing my tyre. I had no idea how to do it!"

Pete: "No problem. When you've been a mechanic for 30 years, changing a tyre is **a piece of cake**!"



## Under the weather

### Meaning

To feel ill/unwell.

### Origin

This idiom has nautical (sailing) origins. Sailors and passengers aboard ships often became seasick during storms and bad weather, when the boat would rock back and forth. Anyone who felt seasick would be sent below the deck to the bottom of the ship where the rocking was less noticeable. In other words, they were sent under the deck and away from the weather, which is how the phrase 'under the weather' was created. It is now used when people feel unwell for any reason, not just from seasickness.



### Examples

"Hi John, it's Simon. Sorry but I can't come to work today – I'm a bit **under the weather**."

"I've been feeling a little **under the weather** today. I had to wait outside in the rain for 2 hours last night and I think I may have caught a cold."

**Carley:** "Are you coming to the party tonight?"

**Robyn:** "I don't think I should. I've been feeling **under the weather** all week."

Miss Mathyvathanan Krushnavy Gr 11C



## **The importance of respecting Elders**

Elders are our treasure. They give more taste to the life of human. Our ancestors worshipped their forefathers hoping for their blessing. They were treated as if the leaders of their community. The words of them were all with sap of wisdom. Thiruvalluvar measured the life with his couplets in Thirukkural. Awaiyar created original verses to the whole world. We can go on by displaying the achievement of our elders countlessly. But the modern society doesn't have any degree of desire to have the ripen fruits at home. They hoping for the tasteless life that centres round the materials.

The service for the life of our elders is immeasurable. They dedicated themselves as if a candle which kills itself for providing the light to the world. But we forget all these things and prepare ourselves to drop them in the elder's home thinking of burden free life." Elders are not provided proper food. They are given backyards to lead their rest life. This is the reality. This happens to all the elders in our country. If we look after our grandparents well what is the need of installing elders' home?

So it is important to think of this critical issue. There should be laws to look after the elders. They should be revered in the society. They must be respected. Awareness programmes should be conducted among the communities of our country. It is up to everyone's conscience. Let's join our hand to protect our treasures.

Miss. Payirthana Mahenthiran, Gr 10A



## Common Proverbs in English

This is a list of popular English proverbs. Proverbs are also known as sayings. Proverbs give some form of life advice. Every language and culture has them, and many proverbs exist in more than one language. It is important not to miss any of the words in most proverbs because the meaning can be lost if even one word is changed or left out. This list of English proverbs includes definitions and examples, and is meant to improve English vocabulary and English cultural knowledge.

	Cleanliness is next to godliness
MEANING	It's good to be clean. God is clean, and you should be too.
EXAMPLE	"Go take a shower before your date. You know what they say; cleanliness is next to godliness."

PROVERB	A journey of a thousand miles begins with a single step
MEANING	You must begin something if you hope to finish it; something that takes a long time to finish begins with one step
EXAMPLE	"If you want to lose weight, you need to stop eating junk, and you need to start exercising. Today. Not tomorrow. A journey of a thousand miles begins with a single step."

PROVERB	Birds of a feather flock together
MEANING	People who are similar spend time together
EXAMPLE	"I think we all started hanging out because we all liked anime. Birds of a feather flock together."

<b>PROVERB</b>	All good things must come to an end
<b>MEANING</b>	Everything ends; good times don't last forever
<b>EXAMPLE</b>	"I wish this vacation would go on forever. It's too bad that all good things must come to an end."

<b>PROVERB</b>	If you want something <u>done</u> right, you have to do it yourself
<b>MEANING</b>	Don't depend on someone else to do a good job; do it yourself
<b>EXAMPLE</b>	"I asked my roommate to wash the dishes, but they ended up super filthy! I guess it's true what they say: if you want something done right, you have to do it yourself."

<b>PROVERB</b>	Beggars can't be choosers
<b>MEANING</b>	If you're in a bad situation and someone offers to help you, you have to take whatever they give you and shouldn't ask for more
<b>EXAMPLE</b>	"I was unemployed, and they offered me a job cleaning prison toilets. I didn't like the job, but I accepted it. Beggars can't be choosers."

<b>PROVERB</b>	Don't judge a book by its cover
<b>MEANING</b>	Don't judge someone or something by appearance alone
<b>EXAMPLE</b>	"Racism is still a problem today, and it will continue to be that way until we learn not to judge a book by its cover."

<b>PROVERB</b>	Beauty is in the eye of the beholder
<b>MEANING</b>	What is "beautiful" is different for each person
<b>EXAMPLE</b>	"I think their house is ugly, but they seem to like it. Beauty is in the eye of the beholder."

<b>PROVERB</b>	Don't put too many irons in the fire
<b>MEANING</b>	Don't try to do too many things at the same time; focus on one thing at a time
<b>EXAMPLE</b>	"No wonder you're exhausted. You're trying to work 4 jobs at the same time! You have too many irons in the fire right now."

<b>PROVERB</b>	Don't put all of your eggs in one basket
<b>MEANING</b>	Don't put all of your hopes and resources into one goal or dream
<b>EXAMPLE</b>	"I know you really want to be an actor, but don't you think you're being financially irresponsible? Don't put all of your eggs in one basket."



<b>PROVERB</b>	Fortune favors the bold
<b>MEANING</b>	People who are brave and who take risks are more successful than people who do things safely all the time
<b>EXAMPLE</b>	"It's a risk, but the reward could be great. I say you go for it. Fortune favors the bold."

<b>PROVERB</b>	Honesty is the best policy
<b>MEANING</b>	It's always better to tell the truth than it is to lie
<b>EXAMPLE</b>	"If you want people to trust you, you need to be honest with them. Honesty is the best policy."

<b>PROVERB</b>	Good things come to those who wait
<b>MEANING</b>	If you are patient, good things can happen
<b>EXAMPLE</b>	"I know you're hungry, but stop being so impatient. We just ordered our food. Good things come to those who wait."

<b>PROVERB</b>	God helps those who help themselves
<b>MEANING</b>	Don't just wait for good things to happen to you. Work hard to make them happen
<b>EXAMPLE</b>	"If you want a better life, you can't just sit on your butt thinking about it. You have to work to make it happen. God helps those who help themselves."

<b>PROVERB</b>	Knowledge is power
<b>MEANING</b>	The more you know, the more powerful you can be in different areas of your life
<b>EXAMPLE</b>	“When we were kids, our parents taught us how to swim. That knowledge helped me to save my cousin’s life when he was 5 years old. Knowledge is power.”

<b>PROVERB</b>	Knowledge is power
<b>MEANING</b>	The more you know, the more powerful you can be in different areas of your life
<b>EXAMPLE</b>	“When we were kids, our parents taught us how to swim. That knowledge helped me to save my cousin’s life when he was 5 years old. Knowledge is power.”

<b>PROVERB</b>	The enemy of my enemy is my friend
<b>MEANING</b>	If someone whom I don’t like doesn’t like someone else whom I don’t like, we can act like friends and unite against the other person (common in war)
<b>EXAMPLE</b>	“I don’t like you, you don’t like me. But I think we can agree that we both HATE Daniel. Let’s work together and get him fired! The enemy of my enemy is my friend, right?”

<b>PROVERB</b>	The early bird gets the worm
<b>MEANING</b>	People who wake up early or who get to places early have a better chance of success
<b>EXAMPLE</b>	"I got to the ticket office before anyone else. I got front row seats to the show! The early bird gets the worm."

<b>PROVERB</b>	Knowledge is power
<b>MEANING</b>	The more you know, the more powerful you can be in different areas of your life
<b>EXAMPLE</b>	"When we were kids, our parents taught us how to swim. That knowledge helped me to save my cousin's life when he was 5 years old. Knowledge is power."

<b>PROVERB</b>	The grass is always greener on the other side
<b>MEANING</b>	People always want what they don't have
<b>EXAMPLE</b>	A: "I'm jealous of all the free time my single friends have." B: "Yeah, but your friends are probably jealous of you too in some ways. The grass is always greener on the other side."

<b>PROVERB</b>	The pen is mightier than the sword
<b>MEANING</b>	If you're trying to convince someone of something, words and ideas are stronger than using physical force (common in politics)
<b>EXAMPLE</b>	"We must avoid this war and use diplomacy to solve our problems. The pen is mightier than the sword."

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Reference:-  
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## **MOTIVATING THE RELUCTANT READER**

Reading is essential to a child's future, both giving them practice as well as opening their intellectual horizons and academic potential. Most parents and teachers know that the key to their child's future is rooted in successful reading habits, but many still struggle with motivating students to read, especially children with learning challenges.

### **What is a reluctant reader?**

A reluctant reader is a child who has lost interest in books because:

- 1) he/she can read, but does not want to (an attitude problem), or
- 2) he/she is **unable** to read well (a reading skill problem).

### **Why some children dislike reading?**

Almost every child loves listening to a good story and would be proud to be able to read a book confidently on his own.

How then does a child become a reluctant reader?

Some possible causes are:

- A child's early reading experiences are difficult and unpleasant.
- He/She is forced to read books for which he is not ready.
- Reading is not seen as a pleasurable activity; it is seen only as a school-related task.
- His/Her parents and teachers are unaware of books that suit his/her interests and reading ability.
- People around him/her are not often seen reading..

### **Motivating children who do not want to read**

You, as a teacher, can encourage your children to read by doing many things:

- Create a time when you read with your children. Make sure they are not distracted by TV, radio or computer games.

- Fill your classroom with a variety of printed materials (e.g. newspapers, magazines, books).
- Let your children enjoy choosing their own books from the library.
- Once your children have a favourite book, consider buying it for them so it can be read and re-visited like an old friend.
- Build up your classroom library. Create a special book area so that your children's books are within easy reach.
- Be sure your children **see you reading** a book that you simply can't put down.
- Talk enthusiastically about a "must-read" book and leave it where your children can easily find it.
- Act on your children's excitement over TV programmes by helping them discover books and magazines on the same subject.
- Once your children have some interest in books, read aloud often to them.
- Encourage them to respond to the readings and to gradually attempt reading on their own.
- Immerse them in reading that is fun(e.g. comics, humourous stories, joke and riddle books) and in books which captivate their interest.

### **Helping children who *are unable* to read well**

If your child is a poor reader, it is even more urgent that you encourage him/her to read.

As a teacher, be sure to:

- **Read aloud** regularly (for at least 15 minutes per day) to your children
- Talk about what is being read, and relate it to your children's experiences.
- Provide a ready supply of "high interest-easy reading" books in your school.
- Talk about the pictures in your children's books. Attractive pictures help to spark their interest in reading as well as to provide clues to the meanings of words and events.
- Listen to your children read. Sitting by side with them, you may:
  - 1) read aloud together(running a finger smoothly under the line of print as you read, and reading at a normal talking speed), or

2) have them read to you, helping them with difficult words if they cannot guess their meanings.

- Boost your children's confidence by providing them with short reading passages that they can finish easily and successfully.
- Encourage and praise their reading and written efforts.
- Have your children talk with you about their difficulty in reading. With your support, they may be willing to help themselves improve.

#### **Books children love**

If you want to get your children "hooked" onto reading, try one of these:

##### **EASY-TO-READ BOOKS**

**AmellaBedelia** books by Peggy Parish  
**Frog and Toad** books by Arnold Lobel  
**Henry and Mudge** books by Cynthia Rylant  
**Miss Nelson is Missing** by Harry Allard  
**Mooty and Grandma** by Jessie Wee  
**One Fish, Two Fish, Re Fish, Blue Fish** by Dr.Seuss  
**The True Story of the Three Little Pigs** by Jon Scieszka  
**Willy the Wimp** by Anthony Browne

E. J. Leslie  
Resource Person  
Regional English Support Centre  
(RESC)  
Jaffna

##### **BOOKS FOR INDEPENDENT READERS**

**A Light in the Attic** by ShelSilverstein (humorous poetry)  
**Charlotte's Web** by E. B. White  
**Encyclopedia Brown Mysteries** by Donald J. Sobol  
**Freckle Juice** by Judy Blume  
**How to Eat Fried Worms** by Thomas Rockwell  
**James and the Giant Peach** by Roald dahi  
**Ramona Quimby, Age 8** by Beverly Cleary

**HAPPY READING WITH YOUR CHILDREN!**

## **Negative effects of drinking plastic bottled water**

Bottled water is the most popularly consumed drink in every country. Plastic drinking bottles contain many chemicals some of which interferes with hormones in the body.

There is a growing appetite for reusable food and drink storage products that are safe to use. You only have to visit your local super markets to see some of these products screaming “BPA-free” on their accompanying labels. After all it’s ridiculous to constantly buy bottle water only to throw the bottle away each time and even if you end up reusing those bottles. They could still potentially be harmful due to the leaching of chemicals in to the water.

Plastic does melt in hot environment. Such heating releases a toxin called dioxin which when consumed can accelerate breast cancer.

Biphenyl-A is an estrogen – mimicking chemical which can lead to lot of health problems like diabetes , obesity fertility problem , behavioral problems and early puberty in girls. It is not better to store and drink water from a plastic bottles. Then because of presence of a chemical called phthalates in plastic. Drinking water from plastic bottles can also lead to liver cancer and reduction in sperm count. Immune system is also affected when we drink water in plastic bottles. The chemicals from plastic bottles are ingested and tend disturb our immune system.

New research show pregnant women exposed to bispheuol in high doses can potentially lead to low birth weight in new born children. BPA first introduced in the fifties, is used in the manufacturing of every day plastics such as food containers, goggles, helmets, paper receipts, and the coating of



metal tins and cans used to store food. Because of its wide use almost everyone carries the compound in their blood at urine levels.

The investigators analysed urine samples collected from the mother after delivery, and information on the new born was carried out between 2012 and 2014.

BPA has been shown as toxic in human body for sample. The substance is known to be disruptive to the endocrine system, or the hormonal system, through the thyroid gland. The thyroid is a large gland in the neck, regulating growth by secreting hormones.

These compound has been implicated in the increased occurrence of obesity, where urine analysis was also used to compare BPA exposure with baby mass index measurements. It's also been shown to affect brain and behavioural development in child.

Another recent study shows similar correlation between BPA and LBW newborns, and that the link is more pronounced in baby girls. This particular experiment tested the mother's blood for the substance during the first trimester at the time of delivery and also from the umbilical cord after delivery. The tests were for carried out to show levels for BPA, the form of the substance once it's been processed by the body.

The findings show for every two-fold increases in BPA in the mother's Blood, babies weighed an average 55g less, but up to 185g less in female pregnancies.



Canada has banned the use of BPA preventing its use of in baby food and dried containers. However, the US and EU, including the UK's Food standards Agency, still allow its use. Especially as we are the consumers become aware of these hazards, these researches show bottled water is obviously not a healthier or cleaner option for drinking. I believe that the bottled water should be banned because of the health effects they cause.

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BA, PGDE, HNDE

## ***Tirukkura – Praise the God***

1.

*A, as its first of letters, every speech maintains;*

*The "Primal Deity" is first through all the world's domains.*

Meaning:-As the letter A is the first of all letters, so the eternal God is first in the world.

2.

*No fruit have men of all their studied lore,*

*Save they the 'Purely Wise One's' feet adore.*

Meaning:- What Profit have those derived from learning, who worship not the good feet of Him who is possessed of pure knowledge ?

3.

*His feet, 'Who o'er the full-blown flower hath past,' who gain*

*In bliss long time shall dwell above this earthly plain.*

Meaning:- They who are united to the glorious feet of Him who passes swiftly over the flower of the mind, shall flourish long above all worlds.

4.

*His foot, 'Whom want affects not, irks not grief,' who gain*

*Shall not, through every time, of any woes complain.*

Meaning:- To those who meditate the feet of Him who is void of desire or aversion, evil shall never come.

5.

*The men, who on the 'King's' true praised delight to dwell,*

*Affects not them the fruit of deeds done ill or well.*

Meaning:- The two-fold deeds that spring from darkness shall not adhere to those who delight in the true praise of God.

6

*Long live they blest, who 've stood in path from falsehood freed;*

*His, 'Who quenched lusts that from the sense-gates five proceed'.*

Meaning:- Those shall long proposer who abide in the faultless way of Him who has destroyed the five desires of the senses.

7.

*Unless His foot, 'to Whom none can compare,' men gain,  
'Tis hard for mind to find relief from anxious pain.*

Meaning:- Anxiety of mind cannot be removed, except from those who are united to the feet of Him who is incomparable.

8.

*Unless His feet 'the Sea of Good, the Fair and Bountiful,' men gain,  
'Tis hard the further bank of being's changeable sea to attain.*

None can swim the sea of vice, but those who are united to the feet of that gracious Being who is a sea of virtue.

9.

*Before His foot, 'the Eight-fold Excellence,' with unbent head,  
Who stands, like palsied sense, is to all living functions dead.*

Meaning:- The head that worships not the feet of Him who is possessed of eight attributes, is as useless as a sense without the power of sensation.

10.

*They swim the sea of births, the 'Monarch's' foot who gain;  
None others reach the shore of being's mighty main.*

Meaning:-None can swim the great sea of births but those who are united to the feet

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