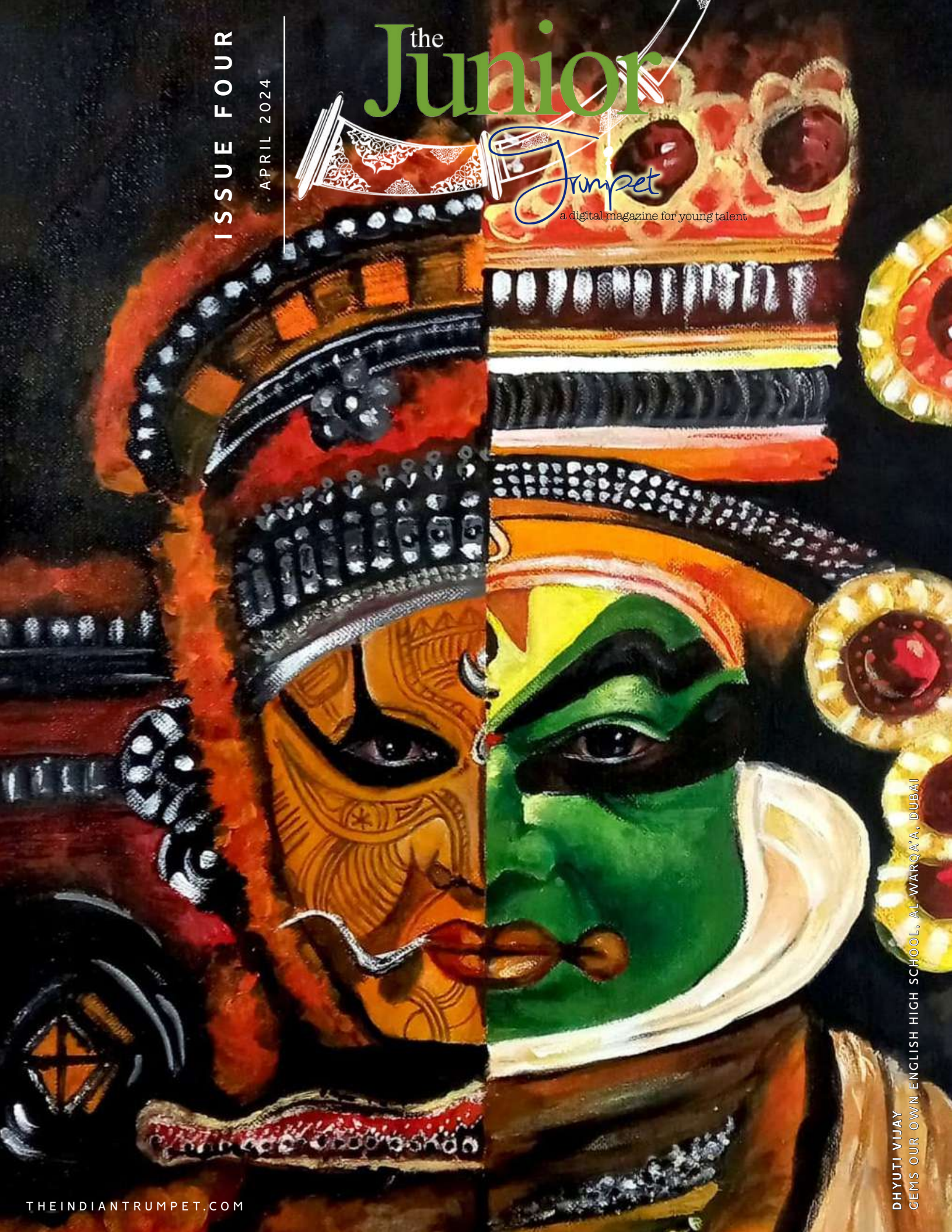


ISSUE FOUR

APRIL 2024

# the Junior

*Trumpet*  
a digital magazine for young talent







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## NOTE FROM THE EDITOR

Summer is here, sooner than we would have liked it to be here. So, we have filled the pages with words and images to help you stay more relaxed during the hot days ahead of us. We're here to guide you on how to dress up for the summer. Think loose, breathable, and SPF protection.

We know you like to experiment in the kitchen, so we have an expert on board to teach you how to make focaccia. And yes, we want to remind you to always be safe in the kitchen. Seek help from an adult, little chef. You don't want to cook, then you can get creative as you christen your milkshake.

Consider how to gain credit and experience and learn why internships are a significant investment in time. Thinking local, we love talking about the Burj Khalifa. We marvel at what makes it a great piece of architecture. Learn about veganism. And yes, you will be inspired to write your first poem after reading many creative submissions by your peers. Writing your first poem can be an exciting and rewarding experience! Remember, writing poetry is a journey of self-discovery and creativity. Don't be afraid to experiment, try new things, and, most importantly, have fun!

Also, we've got a new writing task for the Let's Imagine section. Head to the last page, for we have another contest running. Your artwork submissions peppered all through the pages are delightful. Art can be therapeutic; it can be your me-time away

from the screen. You can create posters for school, greeting cards for loved ones, or even start working on your first graphic novel. Just remember the best rule to follow when creating something new is to follow no rules.

As always, we're eager to hear from you, and we encourage you to own this space and colour it with your thoughts. This is your canvas, your notebook — use it to share your talent with one and all.

Until we meet next, keep reading, shining, and creating.

**PURVA**  
EDITOR,  
THE JUNIOR TRUMPET  
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AMIT SARMA  
Delhi Private School, Sharjah

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(MEMC International LLC)

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## HOW TO CONTRIBUTE

Are you ready to showcase your creativity and let your imagination soar? We are thrilled to invite all budding artists, poets, writers, and storytellers to contribute to THE JUNIOR TRUMPET! This is your chance to see your work published and shared with the world.

### What can you submit?

- **Artworks:** Drawings, paintings, sketches, and more!
- **Poetry:** Express your feelings and thoughts in verse.
- **Articles:** Share your insights, opinions,

or interesting facts.

- **Stories:** Create captivating tales that transport readers to new worlds.

### How to submit:

Choose your best work.  
Scan or take a high-quality photo of your creation.

Write a short bio about yourself, including your name, age, class, and school.  
Email your submission and bio to [editor@theindiantrumpet.com] with the subject line "Young Talent Submission."





# HELLO SUMMER!

Team  
The Junior Trumpet

Here are some summer fashion tips tailored for you.

**Light Fabrics:** Opt for lightweight and breathable fabrics like cotton, linen, or blends. These help keep the body cool and comfortable during hot summer days.

**Bright Colours and Patterns:** Summer is the perfect time to experiment with vibrant colours and fun patterns. Go in for clothing in bright hues like yellows, oranges, blues, and pinks or playful patterns like florals, stripes, or tropical prints.

**Loose-Fitting Clothing:** Loose-fitting clothing allows air to circulate the body, helping you stay cool. Flowy tops, dresses, and

shorts are excellent choices for style and comfort.

**Sun Protection:** Ensure that outfits provide adequate sun protection. Look for clothing with built-in UPF (Ultraviolet Protection Factor), or wear lightweight long-sleeved shirts and pants when in the sun for extended periods. Remember to apply sunscreen to exposed skin.

**Hats and Sunglasses:** Accessorise with wide-brimmed hats and sunglasses to shield the face and eyes from the sun. Not only are they practical, but they also add a stylish touch to any outfit.

**Mix and Match:** Get creative by mixing and matching different pieces to create unique looks. This will allow you to express your

style while having fun with your wardrobe.

**Comfortable Footwear:** Opt for comfortable and breathable footwear such as sandals, flip-flops, or lightweight sneakers. Avoid shoes that can cause discomfort or blisters during hot weather.

**Layering:** Evenings may be more relaxed while it's hot during the day. Carry lightweight layers like cardigans or jackets to deal with indoor air conditioning.

**Accessorise:** Accessories can add flair to any outfit. To complete the look, add colourful scarves, statement jewellery, or fun hair accessories.

**Swimwear:** Remember swimwear! Invest in swimsuits that fit well and are comfortable for swimming and playing. Rash guards also provide extra sun protection while in the water.



## SACK DRESS

**Sack dress (noun)** A loose, unbelted dress that hangs straight from the shoulder to the hemline. [1955–60] This word was first recorded in 1955–60. You have a dress that doesn't fit you well. It hangs in awkwardly, straight from the shoulders to the hemline. You picked it up from a stall at a flea market. Of course, there was no trial room in view, so you slipped in on the top of your clothes, looked at yourself in the large mirror, and bought it. You didn't bother to haggle simply because you knew the dress would be handy in the summer. Later, you learn that it is called the sack dress. Now, it's time to pat yourself on the back to have the foresight to pick up the trending outfit. Amongst the many reasons you should love the sack dress in the UAE weather (read 45 degrees, feel 55) is that the outfit doesn't cling to your body — it barely touches!

REMEMBER, THE  
KEY TO SUMMER  
FASHION IS  
PRIORITISING  
COMFORT, SUN  
PROTECTION,  
AND FUN.







## EXPERT SPEAK



**RAJANI NALLA**  
Founder & CEO of Trusity

Have you ever considered what you want to be when you grow up? Well, guess what? There are many cool jobs today, but getting them can be tricky. That's because bosses want to hire people with lots of different skills.

In today's competitive job market, the demand for individuals with diverse skills has never been higher. Employers seek candidates who possess qualities enabling them to excel in their roles. As such, possessing these skills is paramount to stand out when you enter the workforce. Internships are vital for gaining practical experience and developing employability skills.

You must be aware of skill-based learning approaches and internship opportunities. These can help you develop skills and immerse yourself in real-world corporate environments.

Internship participation facilitates practical experience, skill development, and the expansion of professional networks. It allows you to apply classroom knowledge in real-world scenarios, bridging the gap between education and industry demands. Recognising the global skills gap, initiatives like these are crucial in preparing you for the dynamic future job landscape. In addition to technical competencies, cultivating communication, teamwork, problem-solving, time management, and adaptability skills is essential in today's job market. These skills enable you to fortify critical competencies and position you for future career endeavours.

Internships not only aid in skill acquisition but also facilitate the expansion of professional networks. By connecting with industry professionals, you gain valuable insights and forge relationships conducive to future career growth. A robust professional network often catalyzes career advancement and opportunities. Furthermore, internships provide you with confidence and clarity in your career trajectories. Exposure to real-world dynamics helps you discern your interests, enabling informed decisions regarding career paths. This sense of purpose and direction cultivated through internships is foundational for sustained career success.

Internships serve as a gateway to the professional world, offering invaluable experiences and skill development opportunities essential for navigating today's competitive job market. As the landscape evolves, investing in initiatives that empower you with relevant skills and experiences remains imperative for fostering a resilient workforce prepared for the challenges of tomorrow.



# Let's Imagine

The moment I walked through the door, I noticed...

We can't wait to receive a few imaginative submissions from you. You can take this first line and turn it into stories or poems!

Email your submission and bio to [\[editor@theindiantrumpet.com\]](mailto:editor@theindiantrumpet.com) with the subject line "Let's Imagine Submission."



If you wish to write using pencils, pens, colours, etc., just **CLICK** and **DOWNLOAD THIS PAGE**. Print it out, write; and then scan and email it to us. Or you can always type out your entry and email it to us.

# LAZY FOCACCIA



**MATTHEW JONES**  
Founder, Bread Ahead

Discover how to make lazy focaccia. The recipe starts as a slightly sloppy mix, but it becomes a beautifully springy, elastic, pillowy dough with some folding and care. The dough base can be used with various toppings, such as fresh herbs, chopped onions, artichoke hearts, and tomatoes. Let your imagination run wild.

## INGREDIENTS

- 500g strong white bread flour
- 10g (1 + 1/2 tsp) fine sea salt
- 6g fresh yeast or 3g (1 tsp) active dried yeast
- 400g water at room temperature
- 80g olive oil, plus extra to brush
- Sea salt flakes, fresh rosemary sprigs, or your favourite toppings

## METHOD

- 1) Combine the flour and salt in a bowl. Mix the yeast with the water in a separate bowl until dissolved. If using dried yeast, mix the yeast through the flour mixture.
- 2) Make a well in the middle of the flour mixture and pour in the water, then use a spatula, dough scraper, spoon, or your hand to bring the dough together to form a loose dough, mixing for a few minutes until all



When in the kitchen, always stay alert! Always seek the help of an adult when using an oven, knife, stove, and more. Remember, it is a good idea to be safe before wearing the chef's hat.







- the ingredients are evenly incorporated. Using a stand mixer, use the dough hook attachment to bring the ingredients together. You want a glossy dough with no lumps of flour in it.
- 3) Drizzle 2 tbsp of the olive oil around the edges of the bowl and use a scraper or spoon to gently tease the oil around the edges of the bowl so it's evenly distributed underneath and over the top of the dough.
  - 4) Put your hands under one side of the dough, then pull it up and stretch it over to the other side. Do this from the bottom, then the top, then from each of the two sides (this is considered a single fold and will trap layers of air within the dough). Cover with a damp tea towel and leave to rest for 30 minutes.
  - 5) Fold your dough three more times in the same way, resting for 30 minutes after each of the first two folds. After the third and final fold, move the dough to the fridge and rest for 10 minutes.
  - 6) Lightly oil a large baking tray with some remaining oil, then gently slide the rested dough into the prepared baking tray. Fold it in half (like a giant Cornish pasty) and massage the remaining olive oil into the dough's surface, ensuring it's evenly covered. Press your fingers into the top of the dough to spread it out to fill the tray. Make sure you press over the whole surface of the dough (this will give your focaccia its dimpled appearance).
  - 7) Add your toppings (except the salt) and leave to rest for 30 minutes.
  - 8) When ready to bake, heat the oven to 220°C fan/gas nine or as hot as it will go. Sprinkle the top of the dough with salt, then transfer to the oven and lightly spray the oven chamber with water, or place a baking tray filled with 120ml water on the bottom of the oven. Bake for 15 minutes or until crisp and golden. Remove from the oven, brush with olive oil, then cool and serve.

### TIPS FOR TOPPINGS

The focaccia is superb when topped with salt or rosemary sprigs, but it's easy to add flavourings such as fresh or sun-blush cherry tomatoes and green and black olives. Push some of the ingredients into the dough and leave others on top. And don't stop there: try charred artichokes, anchovies, goat's cheese, pickled jalapeños, and prosciutto—whatever combination takes your fancy.



## THE MIRROR

Ziva Rahul Shah  
Kings' School, Dubai

As the moon set and the sun rose, two families began to wake up. The sweet girl named Ruby lived in Paris with her mother, father, and her younger brother, Jack. She always had a royal breakfast on the weekends with the family. Today, they had pancakes stacked up with honey dripping from the top. The kids dashed out of the dining room and into their bedrooms as everyone finished breakfast. Ruby picked out a floral dress to go furniture shopping. After they got ready, they dashed out of the apartment and hopped in their Jaguar. They all had waited a long time to go to the furniture store. There was a lot of crazy traffic. Reaching their destination took a long time, so they parked their shiny car in front of McDonald's. They had their little break.

The polite young girl Jojo lived in the UAE with her hard-working parents. Her dad worked in a glass factory, and her mom worked in a factory that made frames. She also had a sweet pup called Pumpkin. She usually had cereal for breakfast, but today, she had a milkshake and a croissant. Once she was done eating, she fetched a small bone for Pumpkin. Then she rushed back out, gave Pumpkin the bone, went into her room, placed a floral pink dress out of her cupboard, and ran into the bathroom with her dress clutched in her hand. Pumpkin had a blue collar and dark blue bows tied around her paws. They slowly walked to the lifts. They got into the taxi, and Jojo held Pumpkin in her hands as they quickly reached the post office. They had brought the mirror that her dad had made in his glass factory. It was framed in beautiful golden flowers.

Ruby and her family reached the furniture store, and it was HUGE. They immediately began looking at a beautiful golden-framed mirror.





Ruby begged her mother to buy it. Her mother said that she had to ask her father first. Then she approached her dad and said, "Daddy, please, can you buy me this beautiful mirror?" Her dad replied, "Okay, but it will go in the hallway. Okay?" "Alright. It can go in the hallway," Ruby said grumpily. So they met the girl who would take the mirror into their Jaguar. Once the mirror was in the car, Ruby was so happy that the mirror was going into her house hallway that her heart was dancing happily. Suddenly, she noticed something on the back of the mirror, saying, "Made in UAE: From Jojo and her hard-working parents."

Once Ruby got home, she started talking about the mirror, saying it came from the UAE and Jojo's parents had made it. Then suddenly, there was a knock on the door. Her dad said it was the carpenter he had called to put the mirror up in the hallway.

And that's how Ruby and Jojo met!

# TALLEST IN THE WORLD

Team  
The Junior Trumpet

You hold your head high and smile when it sports different colours. You've watched it act as the perfect backdrop as The Dubai Fountain sways in front of it. We all take pride in the UAE being home to the world's tallest building. But how much do we know about the Burj Khalifa?

We bet you won't know most of these facts:

- Residents on the top floor are expected to fast a few minutes longer during Ramadan than those at the tower's base, as they can view the sunset only minutes later.
- The tip of the sphere of the Burj Khalifa can be seen upto 95 kilometers away.
- The weight of the concrete used in the tower equals the weight of 1,00,000 elephants!
- The total weight of aluminum used on the Burj Khalifa is equal to that of five A380 airplanes.
- Its design and concept take inspiration from the flower Hymenocallis.
- Get this. The security staff of the tower use 4,500 keys!
- Along with many other firsts, the Burj Khalifa is also the first tallest tower to host residential space.
- Expert skydivers Nasser Al Neyadi and Omar Alhegelan recorded the first highest base jump, later broken by French base jumpers Fred Fugen and Vince Reffet.
- The Burj Khalifa is the most hashtagged building in the world.
- How well did you fare? Tell us your score!

P.S.: We ran a fact check on Google. If you find an error here, write to us. Meanwhile, we'll head to the library to double-check as well.



## BE THE JUNIOR TRUMPET AMBASSADOR

Be the Voice of your school; we are looking for enthusiastic and dedicated students to join our team of reporters. As The Junior Trumpet Ambassador, you can share your school community's latest happenings, achievements, and stories. Whether covering school events, interviewing teachers and students, or highlighting noteworthy accomplishments, you will play a crucial role in capturing the essence of life at your school. Email your interest with a sample piece of reportage and bio (including your name, age, class, and school) at [editor@theindiantrumpet.com] with the subject line "The Junior Trumpet Ambassador "








# LIT UP

Apart from standing tall and proud, grabbing eyeballs, and turning into a selfie hotspot, Burj Khalifa has lit up with a message on various occasions. Dubai and the world take notice when a building is illuminated with a specific colour or design to commemorate a significant event.

Lighting up the world's largest LED screen is no easy task. To cover an area of 33,000 square meters, more than 110 kilometers of rope access, 72 kilometers of cabling, and 10,000 connectors are used. Employees toil at challenging heights to make the tower look glamorous and Instagram-worthy. In the case of an LED mishap, the location of the light is sent to the intelligent system in the central control room.

The Burj Khalifa team put their efforts in perspective through this video. 

Here are some of our favourite moments from the past when the Burj Khalifa lit up.

1. The building wore the Union Jack flag and stood in solidarity with Manchester after the tragic Ariana Grande concert attacks.
2. Post the horrific Egypt bus attacks, Burj Khalifa paid tribute to the victims by displaying the Egyptian flag colours.
3. When you're an excellent building, you do superlative things. The tower turned pink for a day to spread breast cancer awareness.
4. The Burj Khalifa and other iconic landmarks also offered a collective prayer after the 2015 Paris attacks.
5. The tricolour of the Indian flag gets draped over the tower on India's Republic Day.
6. Similarly, the landmark celebrated Pakistan's Independence Day with national flag colours.
7. The Expo 2020 logo was unveiled stylishly on the high-rise building.
8. Seeing the Burj Khalifa shine with the UAE flag is always a proud feeling.





Suthirth Parthiban  
Delhi Private School, Sharjan



Before me stand a thousand barriers,  
Of predicament and plight,  
Yet not long shall I be their carriers,  
By working consistently and achieving the height.  
Let it be a strenuous or a Herculean task,  
With a little effort and the reward, I shall unmask.  
Let it be a ton or a googol of work,  
With a firmer attempt, I shall reach the highest tier perk.  
That golden fruit of success is right ahead of me,  
For this reason, I shall face many challenges with glee.  
Whether it be nights of work, whether I go berserk,

I remember the fruit is ahead of me.  
I could walk through the thorns.  
I could walk upon the stones.  
And though I face the wrath of a million storms,  
I get the fruit while sitting on thrones.  
After my efforts, I get the fruit of success,  
Shifting into my life without distress,  
With all I've done, I finally remember,  
Hard work and effort can go on forever.  
With all your perseverance and diligence,  
The door to success is open with blissfulness.

## THE JUNIOR TRUMPET ART WALL

Unleash your creativity,  
and let your art tell your  
story.

Are you a young artist with a passion for creativity? We want to celebrate your talent and showcase your artworks in the upcoming issues of The Junior Trumpet! Whether you're into painting, illustration, digital art, photography, or any other visual expression, we invite you to submit your masterpieces for consideration. Email your submission and bio (including your name, age, class, and school) to [editor@theindiantrumpet.com]

@thejuniortrumpet

HAPPY TOOTING

We're storytellers  
who happen to be on social media.  
Toot along!



LinkedIn, Facebook and Instagram:  
@theindiantrumpet,  
theindiantrumpet.com





# The Indian Trumpet

Loud, louder, loudest... Let's make some noise! We'd love to hear from you.  
Write in to us with your suggestions at

[editor@theindiantrumpet.com](mailto:editor@theindiantrumpet.com)

# VEGANISM

ABBAS HASAN

Graduated from Dubai British School, Dubai

A vegan is someone who abstains from eating all kinds of meat and using or consuming animal products. The movement is on the rise and has garnered many supporters and much criticism — so, what is veganism about?

After the creation of the Vegetarian Society, a discussion gained traction regarding the possibility of creating a vegan-like portion in the Society's newsletter. When denied, Donald Watson set up the Vegan News and came up with the word – vegan. This led many to choose this new lifestyle, but the 1960s counterculture movement was when it began.

By 2010, restaurants began distinguishing vegan foods, spreading the vegan philosophy worldwide. Despite criticism, vegans have valid arguments to back their practice. The common argument that 'many animals eat other animals, so why can't we?' is refuted by the fact that we are very different from animals from a moral perspective. We don't need meat to sustain ourselves and should not slaughter sentient beings like animals. Others believe that animal products like milk should be consumed, but vegans argue that we can't digest it – suggesting we aren't supposed to drink it.

The benefits of veganism are clear – it reduces the risk of coronary diseases and cancer, benefits the environment, and is the ethically right approach.

So, rather than unthinkingly criticising, we should read more about veganism.





# MOMENTS

Natasha Prashanth  
The Indian High School, Dubai

This is a tribute, an ode, my friend,  
To those little moments that made us smile.  
To the sea of ochre patterning the edge  
of the seemingly endless expanse of blue gold.  
To racing barefoot on the seashore, to  
collecting seashells, warm sand beneath  
our feet, and waves rushing to greet us.  
To the clouds that hugged the margins of  
the sky, smothering the sun, bringing forth  
a gloom of pseudo-darkness.  
To drop everything and run outside to  
feel the first drops on our skin until the  
lightning and thunder scared us back  
indoors.  
To the stars, plentiful and beautiful  
sprinkled across the violet sky like  
miniature diamonds.  
To laying on our backs and witnessing  
the vault of the heavens in its unhampered  
glory,  
Creating imaginary shapes and patterns  
from the pinpricked holes of light.  
Those little moments now hold a special  
place in our hearts.  
To find immense pleasure and beauty in  
the smallest of things.  
To all the reminiscing and the nostalgic  
walks down memory lane.  
To where it all began and the sweet  
memories of childhood bliss.



Spreading her charm,  
Adorning all while,  
Wearing a beautiful smile,  
Protecting all from harm.

She ponders with such grace,  
Living among the greats,  
Giving a heartily embrace,  
Someone that can't be erased,  
The safest of places,  
And the smallest of spaces.

Make her feel special this day,  
And go all the way.

Make a list of the things she does,  
And your hand will go blue.  
Something understood by few.

Her love reeks like a dove,  
An unskippable song,  
She brights forth warmth,  
And comes crashing down like a storm.



**WOMEN'S  
DAY**

Batul Mufaddal Vohra  
GEMS Our Own English High School, Sharjah — Girls



Darshi Khanchandani  
Dubai Gem Private School, Dubai

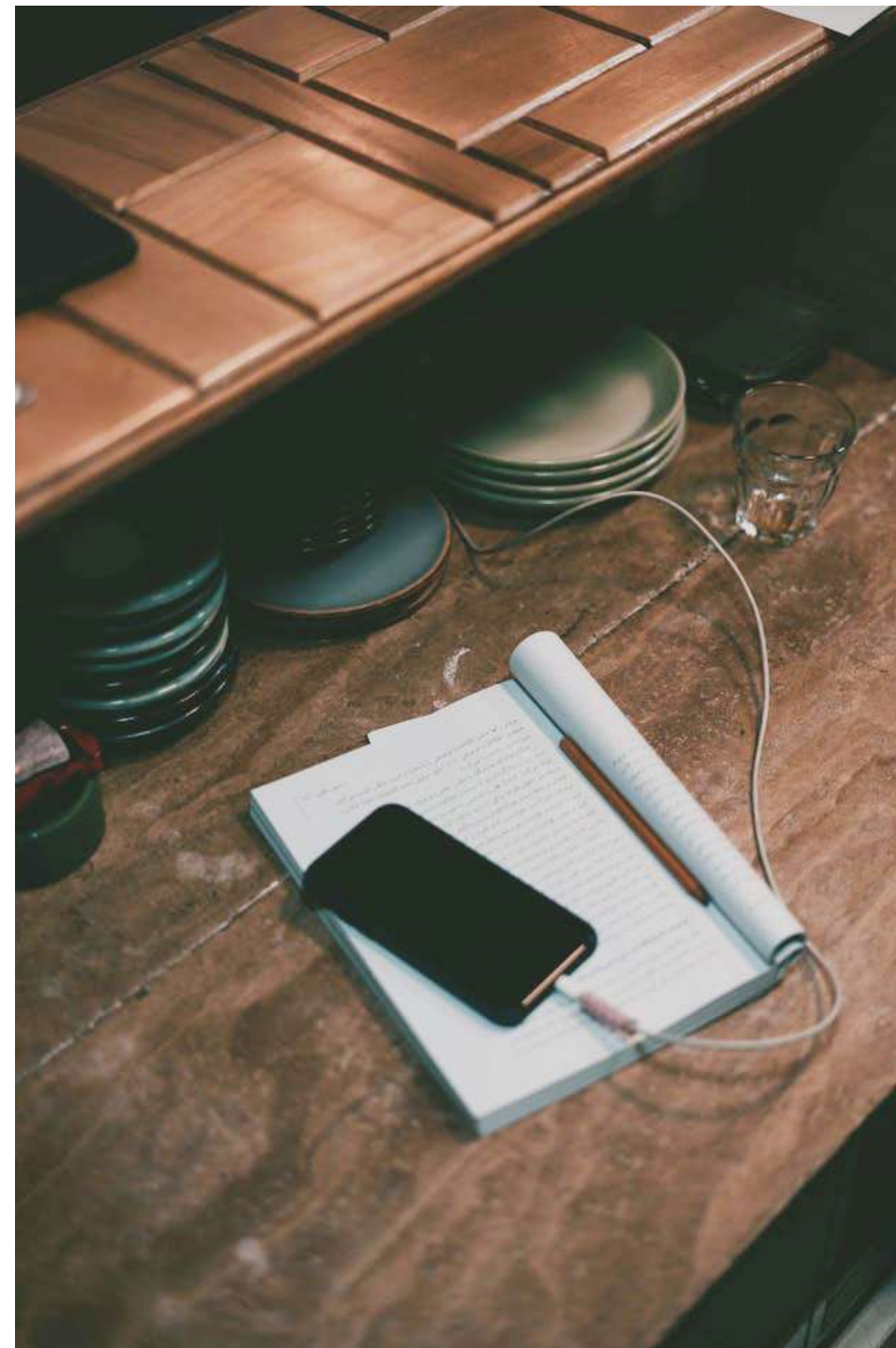
THE JUNIOR TRUMPET  
ART WALL





# OOPS, SMARTPHONES!

Team  
The Junior Trumpet



**B**een there, done that. Let's cut to the chase. We've all experienced the 'Oops, I did it again' moment and gone crazy trying to figure out where we could have left behind our smartphones. Let's trace our steps, shall we?

## Five Places People Forget Their Smartphones

### In the washroom

What if you were to get that important call at that very

moment and miss it? Hence, you and your smartphone go to the washroom together—only to be left behind on the toilet paper holder, hand dryer, etc. We'll spare you the details.

### On charge

20 % battery left! Time for a 'power-charge'; you think — let me put it on for the charge while I have my breakfast. Of course, you will forget as you go about attending to other last-minute things before you leave for the playdate. Worse, if you leave it at the public charging stations.

### On the hot seat, in the car

Not only is it terrible to realise that you've left your phone attached to the car charger, but what's worse is that you must go down all the floors now and fetch the phone. Phew. Wait for the elevator, walk to the parking lot (in the heat), come back, and wait for the elevator! You know the drill, right?

### In the backseat of the cab

This is where your luck may or may not play a sport — RTA, Uber, or Careem. You booked a cab with your smartphone; it has details like the driver's contact number, number plate, etc. Surprise — to access the info, you need the phone. There

are many choices:

- Get the details from your e-mail.
- Call the helpline from a landline.
- Wait for the honest driver to track you down.

### In the trial room

Step one: Recall which trial room you went to five shops hunting for that perfect pair of denim. Step two: Start with the closest to you. Please ask the store staff for permission to look for it under piles of clothes! Step three: Repeat until you find it.





Dubai is a city of dreams  
My wonderland  
Where the shimmering lights glow in the night sky  
It may be the warmest in July  
But the beaches of Dubai are one of the places you can  
enjoy  
Only in this city can you get luxury this high  
From Burj Khalifa's majestic height

To Palm Jumeirah's mesmerising island sights  
Abu Dhabi is a place to visit as well  
And Ferrari World you must see as it is Abu Dhabi's  
crowned jewel  
A place where dreams flow  
The vibrant glow keeps the spirits up  
For there is magic in the air, can't you see?



## BIG SISTER LOVE

Krupa Thomas  
Emirates National School, Dubai

A long time ago, in 2017, there was a newborn baby. It was a baby girl, and she was my sister. Her name is Prarthana. Her name means 'prayer'. My parents always tell me that she is received through continuous prayers. So whenever I call Prarthana, I remember to pray.

Being a big sister for the first time is a feeling that can't be explained. Prarthana's birthday is on May 18; she is six years old. I am three years older than her. She is the best and a perfectionist in all that she does, and even though she still fights with me a lot, I still love her because she stays with me in every challenging situation. My sister stays with me whenever someone fights with me, and we fight them back together.

Whenever my parents scold me, my sister comes in the middle, protecting me. My sister always shares the chocolates she gets from school with me; she breaks them into two halves so we can both have them. In the middle of the night, when I get bad dreams, I call my sister, who hugs me so I won't be scared to sleep.

Prarthana is my lifelong companion, which my parents and God have gifted me. My parents always say, "Krupa, once we leave this world, you will always have Prarthana to support you in your ups and downs. She will take care of you and vice versa, too. That's the strength of the blood and the purity of siblings' love. She is the child of God. We prayed for this child. God poured her from heaven, and as she was a perfect answer to our prayers, we named her Prarthana."



Team  
The Junior Trumpet



**W**e have a fun task for you — we've created an excellent list of names you can allot to your next milkshake creation. It's an easy game — pick your month of birth and the current colour you're wearing. Voila!

#### BIRTHDAY MONTH

- January — Blueberry
- February — Strawberry
- March — Fairy
- April — Marshmallow
- May — Blue
- June — Sparkle
- July — Cotton
- August — Honey
- September — Yellow

- October — Moon
- November — Butter
- December — Cake

#### COLOUR YOU'RE WEARING

- Orange — Mousse
- Black — Jelly
- Red — Cream
- Blue — Fluff
- Green — Caramel
- White — Swirl
- Pink — Cheesecake
- Grey — Drops
- Purple — Cloud
- Brown — Candy
- Golden — Coconut
- None of the above — Glitter



## MEATLESS MONDAYS IN SCHOOLS

in the news

Bare Food Global has introduced the Meatless Mondays initiative in 20 schools across the UAE, seven of which are in partnership with one of its catering partners, Ben's Farmhouse. Tolga Soytekin, Founder & Executive Development Chef at Bare Foods Global, said: "We are excited to bring Meatless Mondays to schools in the UAE. Our collaboration with Ben's Farmhouse is a significant step towards encouraging healthier eating habits among students and addressing global issues such as food security and resource conservation. This initiative is more than just skipping meat; it's about nurturing a sustainable future." The Meatless Mondays initiative also includes educational components such as guest speakers, nutritional lessons, and discussions on sustainability, further engaging students in the importance of mindful eating. Ben Tobitt, Founder & Managing Director at Ben's Farmhouse states: "Partnering with Bare Food Global for Meatless Mondays aligns perfectly with our commitment to providing healthy, sustainable food choices. We are proud to be part of a movement that benefits our students' health and contributes to a more sustainable planet." In the UAE, most schools rely on external catering (unlike the rest of the world), creating a disconnect in implementing such initiatives. Bare Food Global plans to expand and invite more UAE catering and education community members to support this transformative journey, changing how our future generation thinks about food and the environment.

## PROMOTE A DEEPER UNDERSTANDING OF CULTURE AND VALUES

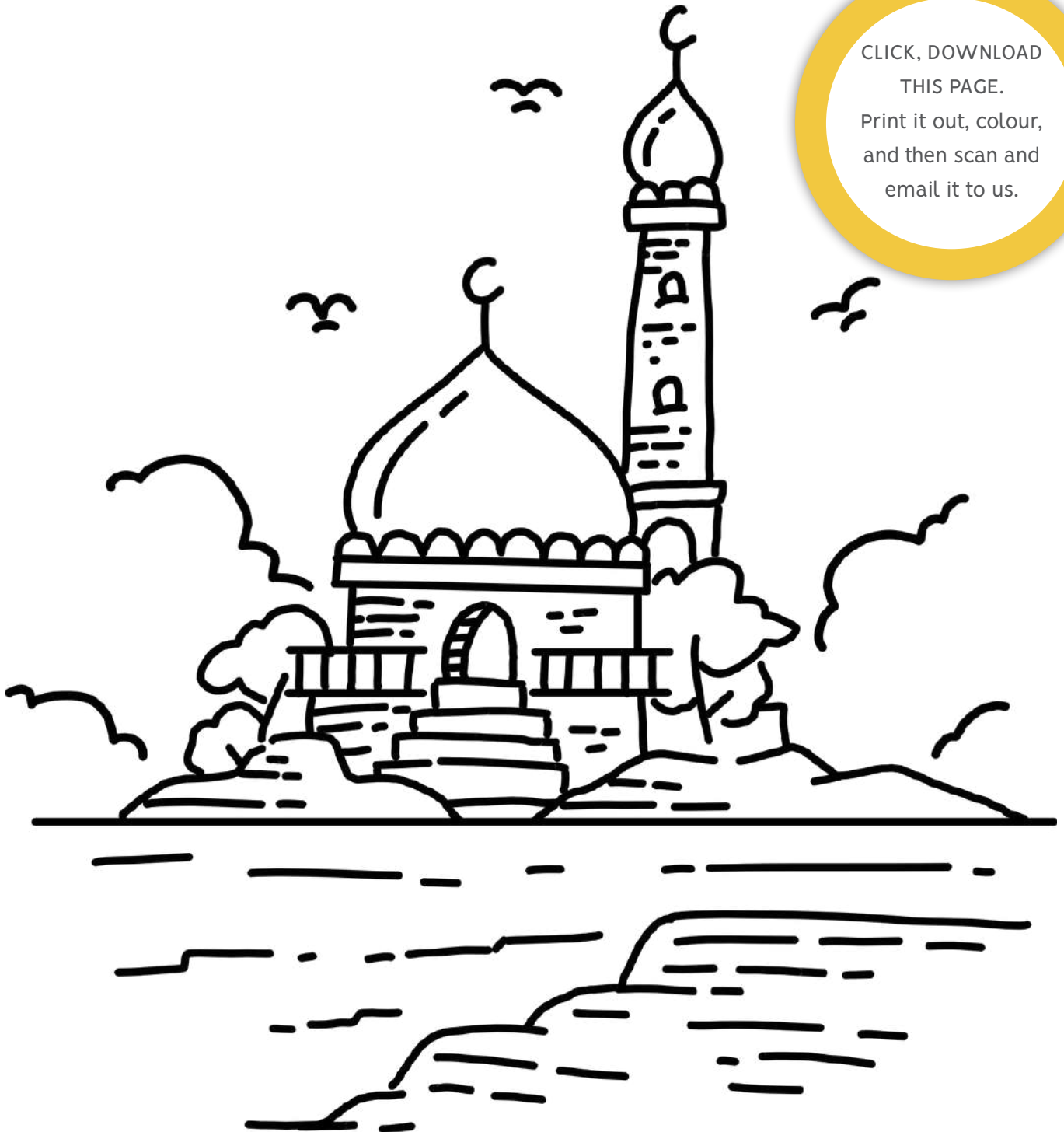
in the news

During Ramadan, Emirati pupils at Brighton College Dubai took inspiring roles as Moral, Social, and Cultural Ambassadors to impart the rich traditions of the UAE and promote a deeper understanding of culture, values, and history among their peers. The Ambassador program appointed six Emirati Ambassadors, selected from Year 5 and Year 6, to spearhead this initiative, who played a pivotal role in educating their peers about the customs and traditions observed during the sacred month. Their dedication extended beyond mere education, as they actively supported the school's Quran competition and other school initiatives such as dedicated Assemblies and Ramadan Fridge. Simon Crane, Headmaster of Brighton College Dubai, said: "We are proud of their commitment to promoting cultural understanding and unity within our school community." Ali Al Nuaimi, a Year 5 pupil at Brighton College Dubai, said, "The role gave me great pride. I enjoyed teaching my friends about our special traditions in the UAE, especially during the Holy Month of Ramadan."





# RAMADAN KAREEM



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