

HIS HOLINESS' SPEECH On

Contentment

The interesting thing about greed is that although the underlying motive is to seek satisfaction, even after obtaining what you want, you are still not satisfied. It is this endless, nagging desire for more that leads to trouble. On the other hand, if you are truly contented, it doesn't matter whether you get what you want or not. Either way, you remain content.

Our Workshop on SECULAR ETHICS

Tenzin Sangmo, Class VII

On Friday 16th March, when I was rushing as fast as I could to catch our school bus after school, Sir Lotse la came and told Jamphel, Pema, and I to attend a workshop at Lower T.C.V the next day which was Saturday and we were told not to bring our school bags on Saturday. As I was in a rush, I didn't get time to take details about the workshop.

Later at home, I told the news to my parents and they said that it was a very good opportunity and try to participate as much as I can in every activity and they also asked me some more details about the workshop so I asked my friends about the workshop on Messenger.

Then in the morning, I came to school empty handed but later our teacher told us to get a pen and a book. Then around 9:30 am, some of the class V students, one class VIII student, five teachers and four of my classmates including me went to Lower T.C.V for the workshop.

When we reached there, most of the teachers from other schools were already there. So my classmates and I stayed at a corner. I also found out that our ex-classmate was there to attend the workshop and he started talking with us about his new school.

Then someone told us to gather in front of the assembly hall and gave some instructions. The instructions were that class V students and all the teachers to gather in the hall for now and class VII and VIII students to stay in the library till 12:00 pm. After the man gave us the instructions, we class VII and VIII students went to Lower TCV School's library and the library was very colourful and it motivated me to read more books so I read books for some hours. After lunch, it was our turn to gather in the hall and do some activities related to the workshop. Our teachers also encouraged us to participate in the activities. The workshop was on sensation and resiliency which was really helpful and we got to participate in every activity. Students from other schools were very nice, gentle and creative. They also gave us a book and pen which was very nice of them.

My Father

Yangchen Palmo, Class V

My father's name is Ngawang Rabgyal. He was born on 11 July 1977. He is 40 years old and he is fat. He knows cooking and makes salad. I love eating them. He always makes delicious pancakes. He loves to eat healthy foods. He is a hard working person. His favourite colour is green and his favourite foods are Thukpa and Momos. He likes to watch Tibetan movies. He always respects others and helps others. He is a very good person. He is always good to us and thinks about his family. He is the director of "LHA Organisation".
I LOVE MY FATHER.

My Mom and Dad

Tenzin Wangmo, Class VI

In this world everyone has a mom and a dad. Look at my dear mom and dad. In 2001, my mom and dad came to India because China invaded our place and Chinese beat our Tibetan people and shot them. That's why my parents came to India. Later my mom and dad joined Sogar School (Sherab Gatsel Lobling). That time they didn't know any other languages except Tibetan. When they were in India, they didn't know anyone. Then later I was born they only had 1000 rupees. Now the things have totally changed. They worked so hard for me and my little brother. I will repay their kindness by learning hard and I will do my work on time. I love you my parents and I will never forget your kindness. Love you both.

The Feeling of Staying In Hostel

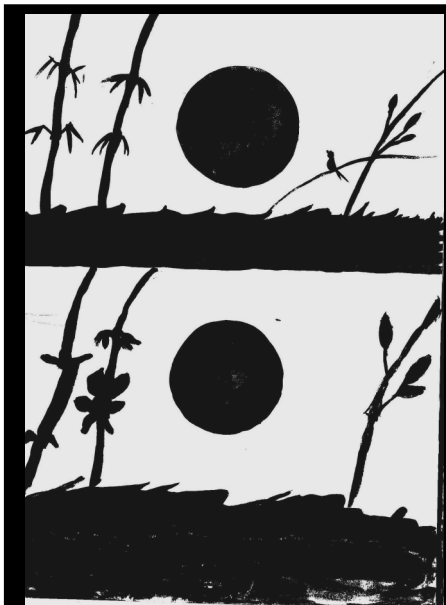
Tenzin Woesser, Class VII

During winter vacation my family told me that this year, they will send me to hostel because I didn't do anything at home during vacation. And I said, "No...I don't want to stay in hostel." But they didn't listen to me and they forced me a lot. First of all, I thought that I will not feel glad in school hostel so I rejected. But my family forced me a lot to go to hostel and they said many good things about staying in the hostel like I will learn lots of things, I will also learn how to save money and how to clean the rooms. So, I agreed to go to hostel. On 8th March, 2018, my parents left me at the hostel. First I felt very lonely because I have never stayed in hostel before. After few days I felt really happy and I started enjoying a lot. One day our philosophy teacher scolded me and I felt very sad and I cried. Then Norzom said, "Don't cry." So I listened to her and I stopped crying. But after a day, our philosophy teacher went to south India because of some official work. We were very happy as there was no one to scold us. So I was glad. When I heard that we have Second Saturday holidays, I felt very happy because I could meet my family. So, I packed my clothes hurriedly and when I met my family, I felt very emotional.

Sister

Tenzin Paldon, Class V

My sister's name is Tenzin Tsephal. She was born at Maple Leaf Hospital in Kangra in 1997. She is 20 years old. She is in Dehradun and studying at IHM (Hotel Management). This is her last year of college and she is already selected for a job in Delhi. My sister is very excited about her new job. She will start her new job on 6/8/2018. She likes to sing, dance and watch Korean movies. She is always ready to help others. When she comes home, she always prepares my breakfast. She is a kind hearted person.



Art Section Petoen School

All the articles, poems and stories in this publication are original and written by the students themselves. However, minimum corrections are done by the concerned teachers without affecting the originality

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Power for all

Aisha Choezin, Class VIII

The earth is changing and the people are changing; their minds are also changing. We all are becoming cleverer than before. People are making new machines. Cars and factories make smog. The smog in Delhi is so bad that breathing the air in Delhi is same as smoking 44 cigarettes a day. Lightning changes history. More recently people burned coal and oil for power. They are fossil fuels. Lots of fuels cause pollution. A quarter billion people in India have no electricity so they use wood and cow dung for fuel. The people in some places are getting electricity for the first time. They are going to use the solar panels. There are lots of different solar panels in this world. They also made a train that is powered by the sun.

Meet the Iceman

Tenzin Choezin, Class VIII

In Ladakh, there is a local problem solver whose name is Sonam Wangchuk. He is an inventor and innovator. He uses super-science skills to solve the problems. He had already invented building powered by the sun. He had also invented a better stove. Not only this, he started a school to teach people to become inventors. Now he was going to try and find a way to bring water to the farm. One day in May, he saw a pile of ice under bridge. It was a warm day so he could not believe that he could see ice in hot weather. He looked around and there were no ice other than that. The observation showed him that it was possible to store ice, even in warm weather. Wangchuk decided to find a way to store ice just like ice on the mountains. He worked hard for that and finally he was successful in bringing water to the farms by storing the ice.

Bloodsuckers

Karma Gyaltsen, Class VII

Many kinds of animals live in this world with full of mysteries. Some only eat plants and they are herbivores, some only eat meat and they are carnivores, and of course us omnivores who eat both meat and plants. Well, there are also many people in the world who do not eat meat at all and they are herbivores. However, do you know that some even feed on blood, which seems somewhat impossible? These animals are called vampires but some of them do not drink blood.

Here are some bloodsuckers or vampires:-

The most commonly known are **VAMPIRE BATS**. It goes hunting when it's completely dark outside, and when it sees a sleeping animal, it dives down to that animal and shaves some of its fur using its teeth. It then sinks its fangs into the bald spot but it does not suck the victim's blood, instead, the bat laps up the gooey liquid as it oozes from the wound. A female bat weighs about 40 grams and will eat 20 grams of blood in a feeding session.

Vampire squids swim fast in the deep sea, flashing by. This ability to make light by an organism is called bioluminescence. It has many spikes on its tentacles, scary looking, but very soft and squishy and not dangerous. When a predator comes after a vampire squid, the vampire squid sprays a thick glowing green light and wraps its tentacles around its body to scare the predator away. What it does is not suck blood, but feeds on detritus, the remains of other animals. Therefore, it really does not live up to its name.

Some animals also have different blood colours, like the rhinoceros beetle, that has yellow blood, like most beetles. Blood of Ice fish does not have any colour at all. Lobster has blue blood and the Filled-Neck Lizard has green blood.

Is the Moon Missing

Tenzin Jampel, Class VI

Moon is a part of Solar System. It rotates around earth and the movement is called rotation. It doesn't have its own light. It gets the light from the sun. To rotate around us in a circle, it needs 24 hours or a day. I think moon has 10 phases and they are new moon x 2, quarter moon x 2, crescent moon x 2, gibbous moon x 2 and full moon x 2. When the moon increases its size it's called waxing moon. When the moon decreases its size it's called waning moon. Moon has no oxygen and no gravity. The first person who stepped on moon was Neil Armstrong.

Engage Learning Column



Violent Volcanoes

Maja Kunga Wangchuk, Class VI

Volcanoes make new places and turn the earth inside out. Some volcanoes erupt with a blast and make lava; lava is a melted rock and other materials inside the earth. It flows over land, as lava moves, it cools and hardens. It forms solid rock, rock forms new land. Wind and rain pounds the rock. The rock turns to soil. Blue lava pours from a volcano in Indonesia.

Most volcanoes rise from the edge of the Pacific Ocean. If a volcano erupts there's a lot of damage to nature and animals. But after a volcano erupts we can get diamonds and exclusive gems in the rocks near the volcano range if we are lucky. We did an experiment on volcanoes by making one volcano. We got a bottle, a bucket, clay, soda, spatula, orange food colour. First we mixed and smashed and made a volcano. We put all the chemicals together and lava exploded out and our volcano erupted.

Hiding Spiders

Nawang Lhadon, Class VII

All spiders if put together weigh as much as 31,600 locomotives, yet most are never seen. We might not see the spiders, but they are everywhere. Since spiders hide, they can be hard to find. 131 spiders live on every square metre. That does not mean hundreds of spiders are around us. Some places have few spiders; other places have up to 1,000 spiders crawling around each square metre.

Most of the spiders eat insects and other spiders. Large spiders can eat lizards, birds, and small mammals. Each day, a spider eats about one tenth of its weight.

Two scientists calculated the weight of the prey that all the spiders in the world combined eat each year. This weight is called Biomass. Spiders eat so much, they could eat all seven billion people on earth, and the biomass of all humans is about 357 million tones of prey, which is much lower than the biomass of spider prey.

A spider bite can make you ill, that is because all spiders have venom. Venom is a poison injected into prey.

There are many types of spiders like **Orb-Weaver Spiders**, weave web that look like wheels. **Ant Mimic Jumping Spiders**, they look like ants and then fool the prey. **Net-Casting Spider** spins a small web. **Pirate Spider**, it goes to another spider's web and eats the spiders.

There is a new species of spider, which is called **Eriovixia Griffindori** because it looks like the sorting hat in "Harry Potter." So, Harry Potter fans and the scientist decided to call him by that name.

Spiders are really interesting but their looks are a bit scary.



H.H The 14th Dalai Lama Tenzin Dawoe, Class VIII	Why? Menda Rewa, Class VI	Hexagals Tenzin Woeden, Class VII
<p>The Best person in my life Always giving something To the poor and needy And also for the schools. His wish is to go back to Tibet With all the Tibetan people But He doesn't want wars As He believes in peace. He always wants to be peaceful But China is against Him. He never loses hope As the whole world is with Him. All the people come to listen to His speech. His speech is the best speech As he speaks only the truth and about world peace and compassion. Because of you we could stay in India Thank you His Holiness! Thank you for everything You have done for us.</p>	<p>Why's the sky so blue yet the grass so green? Why is it that wind can be felt yet not seen?</p> <p>Why the sun rises from the east and not west? And why do we consider insects pests?</p> <p>Why do we feel like the moon is growing When actually they're the phase it is showing?</p> <p>Why do children believe in mythical creatures When they're animals with special features?</p> <p>Why do we live and die? Why is it that we laugh and cry?</p> <p>Why is school so fun? But it's not when there's the hot boiling sun?</p> <p>Why is there such a thing called sea And who made the word "me"?</p>	<p>We are a group of six girls Shining like pearls. All girls have best friend And we are the new trend. Always going together We like to help each other. We never give up And we all love pup. We never lose a chance To be on the stage and dance. We love to hang out on holidays And always talk about our old days. We are not proud of our voice But that we can sing as per our choice. I love annoying them when they are angry And we eat together when we are hungry. I will never leave this group; We are just like a troop. Our bond is very strong, We will never do wrong.</p>
<p style="text-align: center;">Summer Tenzin Pema, Class VII</p> <p>Summer! Summer! Summer! The hot sun shining on the earth, Making every places sunny and sweaty, And making everyone thirsty and fed up. But, there is a way we can fix this, We can go for picnics and swimming So that we feel cool with no more sweat, It is something many people do in summer. As for me I go to pool most of the time, But as a result I become dark, But seriously who wouldn't want to swim? I wonder who....? Some people are crazy! They even wear thick clothes in Summer! I wonder what they wear in Winter! They seriously have a problem! Anyways, I love Summer It's not my favourite season but, I love it! Summer! Summer! Summer!</p>	<p>Why, if we get annoyed do we pout? And why the spider climbs up the spout?</p> <p>Why are some so hard to please But others are always at ease?</p> <p>And last but not least, Why do we write poems like these?</p> <p>For fun? For extra credit? As home work? I don't know....Do you?</p>	<p style="text-align: center;">You Only Live Once Tenzin Kunsang, Class VIII</p> <p>Life is too short To complain over little things; To fight and argue with friends; To hate and be angry.</p> <p>Always be good and friendly To those who are with you. The quantity doesn't matter But the quality does.</p> <p>Count how many time you smile But don't count how many times you cry. Build your life with smiles and laughters, Not with tears and anger.</p> <p>Bring joy to those around you Even if it is hard, Even if it takes time For those smiles are worth it.</p> <p>Life is nothing without risks. The storm may be harsh But it will make you stronger. So take risks because you only live once.</p>
<p style="text-align: center;">How I Feel Being A Refugee... Tenzin Yeshe, Class VIII</p> <p>I am a Tibetan boy Who is a refugee. A Feeling which is not good. Because I have no country. We are so sad of that As we are refugees. We have to do something And we have to be confident. Being a refugee gives an unhappy feeling. I want to see my country Tibet. I want to breathe in Tibet's air. I want to take our country back. We should stop wasting our time We have to learn hard. We have to make our self strong. We have to stand for Tibet. We all have the power to stand. Now no more wasting time, No more enjoying every day. Wake up! Wake up Tibetans!</p>	<p style="text-align: center;">The Rebel Samdol Lhamo, Class VII</p> <p>When everyone says no to an invitation, The rebel's the one who agrees to come.</p> <p>When everyone tries to keep cool in the sun, The rebel goes around in thick clothes.</p> <p>When everyone praises the beauty of summer, The rebel complains the overbearing heat.</p> <p>When everyone tries to improve their fitness, The rebel stays at home & doesn't even move.</p> <p>When everyone is idolizing Korean idols, The rebel openly ridicules them.</p> <p>When people make fun of a lonely kid, The rebel reaches out to be his friend.</p> <p>When the students are shy in front of teachers, The rebel answers questions with confidence.</p> <p>When the rebel's friends copy someone's style, The rebel is creative and embraces his own.</p> <p>When his parents are scolding his sibling, The rebel praises him for his bravery.</p> <p>When people side with one & shun the other, The rebel consoles the person who's left out.</p> <p>When people scared to express their ideas, The rebel comes forward and speaks his mind.</p> <p>When everyone agrees, the rebel is a rebel, The rebel denies this and accuses another.</p>	<p style="text-align: center;">H.H the 14th Dalai Lama Tenzin Tsundue, Class VIII</p> <p>He is the best human in the world; He wants to bring peace in the world. He always worries about us; His patience has no end. He wants Tibet back from China, Not through violence or war But through peaceful dialogues. He is not an ordinary human, but a god. His valuable speeches Are liked by all people over the world Everyone loves His speech. His kindness has no depth. He is going all over the world To make people more compassionate. His speech is so powerful That people change their mind. I am lucky that I am one of His followers. Thank you the Dalai Lama and Nehru ji For giving us a place to stay And a place to get our education.</p>



<p style="text-align: center;">Ballu Tenzin Lhakyi, Class VI</p> <p>There are so many dogs in Petoen School but the oldest dog is Ballu. He is 16 years old. Most of the students like Ballu and I also like Ballu so much. But these days Ballu can't even stand up on his own. So poor! Some of the students said that when Ballu was small, he was the most obedient dog in the whole school. They said that he always went to pee outside the school campus. He never peed or pooped in the school. Wow! But now he can't go outside. I wish Ballu is young again.</p>	<p style="text-align: center;">Books Tenzin Pelbar, Class VI</p> <p>Many people love to read books. There are so many different books like story books, history books, joke books, comics etc. I like to read comic books. Some stories are real and some stories are fiction. Books are so important to read. We get lots of information and knowledge from reading books. We have extra time to read books in school. We should read books and make reading a habit.</p>
<p style="text-align: center;">My Favourite Animal Tenzin Zomkyi, Class V</p> <p>My favourite animal is rabbit. It is small and cute. Rabbit eats carrots and grasses. It has long ears that stay up. Rabbits also have soft and thick fur. Rabbits hop here and there while moving. They have two long teeth in the front of their mouth which help them to chew the carrots. Rabbits dig holes in the ground and make home for themselves. Rabbits run away when they see other animals and human beings. Some people may not like rabbits but I like rabbits because they are small and cute. I feel so happy when I see rabbits. It melts my heart when I look at something so beautiful like a rabbit. They have red eyes which I like the most.</p>	<p style="text-align: center;">My Favourite Subject Tenzin Dorjee, Class V</p> <p>In the world all the students have favourite subjects and my favourite subject is Social Science. My classmates say Social is very difficult but to me, it is very easy. In 2017, I got good marks in Social test. My Social Science teacher's name is Gen Kunsang Dorjee Lak. He is very handsome and he is my best teacher. I am not good in other subjects so I will study hard.</p>
<p style="text-align: center;">A Sad Feeling... Tenzin Jamphel, Class VII</p> <p>I was a bit upset because my friend Tenzin Nyendak wasn't with us now, he went to Gopalpur school. I know that everyone has a different path in life. But I miss him as he is one of my closest friends. I miss the moment when he annoys me, the moment when we play together, also the way he asks for my help, the moment when we quarrel on little things. Now I miss our unique bond. Also I'm feeling really guilty because I could be nicer to him when he was with me in the past as he was a really sweet boy with a nice personality; generous with strong will; very punctual and always sympathetic to his friends. He is a bit naughty but genuine while learning. He is a hilarious person and the one who makes us all laugh. He isn't that good at studies but always tries his best to achieve his ideal marks and that's a really rare and positive attitude. He was with us since we were in kindergarten and who used to act really carefree. Though my classmates acted as if nothing has happened but I know that all of my classmates are not that cruel, I know that they are also sad but just hiding their feelings of despair. Now I don't have a best friend and that just hurts me a lot because there is no one whom I can share my feelings with, and as I said Nyendak was one of my closest friends with whom I share my feelings the most even more than I used to do with Lektso and Wangchuk. So, I only wish to meet him again & wish him a successful life ahead.</p>	<p style="text-align: center;">My Sister Tenzin Youtso Tsering, Class V</p> <p>My sister's name is Tenzin Youngtse Tsering. She is smarter than me in English. She is happy every time. Sometimes she gets angry at me because mother gives me more money than her. She is very cute but she never obeys mother's order. She says what she wants to say. My best friend's choice is same as hers. Sister Zompa and Youngtse play more than me because I'm lazy and I don't want to move much.</p>
<p style="text-align: center;">Petoen, My School Tenzin Sonam, Class VIII</p> <p>Mewoen Tsuglag Petoen School is a small school but we stay happily in the school. Our school is fantastically painted and it looks very beautiful. I love the paint. The students of Petoen are very friendly and very kind. It is also very fantastic to meet one of our Petoen school teachers. We have a Basket Ball Court and two Table Tennis Boards where we can play. I love my school and it has many students and our uniform shirt is in Tibetan traditional style. We all are friendly with each other but sometimes there might be a little bit of bullying and quarrelling which is annoying. But it is always nice to have friends with whom we can talk and we can make some fun and pranks. Petoen School is the best school in the whole world because here we can do anything that we want and my class is the funniest and the best class for me. My School is the best school and will be always the best school ever for me.</p>	<p style="text-align: center;">Mr. Rinchen Drove a Car Tenzin Khetsun Dumra, Class VI</p> <p>Once upon a time, Mr. Rinchen went to Manali to collect logs of wood in a truck. On his way back, two cops in a jeep stopped him and asked him to give them five hundred rupees or else they would take away all the woods in the truck. That time he didn't have money that's why he said that he would give them the next day and he needed to leave his truck there. At his home he thought to fool the cops. He went out to take some mud and he made a biscuit shaped and coloured it like gold. The next day he went to the cops and gave the mud biscuit. The cops didn't know it was a mud biscuit and he went home happily.</p>
<p style="text-align: center;">My Dog Tenzin Jampa, Class V</p> <p>My dog's name is Tsering. He is three years old. The colour of my dog is brown. He is very fast. I always play with him after school. He likes me very much. He is good in manners. He never goes outside. His best food is bone. He can eat many foods. When he sees unknown people he barks at them. He doesn't like to take bath. When we bath him, he cries a lot. He doesn't like people around him.</p>	<p style="text-align: center;">Food Tenzin Kunsang, Class VI</p> <p>Food comes from many sources and ingredients. It is very important for all the living things. If we don't eat food, we will not get energy to work. If we don't have energy we can't survive. I like to eat food. My favourite foods are.....um. I don't know, actually I like every food. We have to eat food three times a day. Foods can be of different kind. Eg dal, roti, momos and rice etc. But we have to eat balance diet. Foods have two major components. They are Macronutrients and Micronutrients. The food that we eat mainly come from two main sources, plants and animals. Sometimes food gets spoiled. That time we are not supposed to eat that food. If we eat that food, we will be sick. Food poisoning can be very dangerous. It can kill a person. That's why we have to be very careful about what we eat.</p>