



# LIGHTHOUSE

BY BCGIANS, FOR BCGIANS



## Celebrating Growth, Learning and Well-Being

The significant days observed in April – World Health Day, and World Book Day – remind us of the importance of health and knowledge in our lives.

World Health Day serves as a vital reminder to prioritize our well-being and overall health. This includes mindful eating which is crucial, as it not only enhances our enjoyment of eating, but also helps us take care of our food habits resulting in improved health. World Book Day symbolizes the joy and importance of reading, and the value of literature in shaping knowledge and imagination.

We also look forward to the onset of the summer holidays, a time to make the 'me' time a priority, to take care of our well-being, pursue our hobbies, and refresh ourselves after a busy examination schedule.

Whether it is through a good read, eating mindfully, or doing something we enjoy, we can utilize this time for our development.

As we come to the end of yet another successful academic year, let us think back on the memorable moments in school as well as the lessons we learned along the way. The contributions from our peers including articles, drawings, puzzles, and riddles, have made this year's Lighthouse Newsletter special. Thank you to everyone who took the time to share their work! We thank our teachers, Section Heads, and Principals who shared their insights and experiences with us in the School Corner section to motivate us to become good human beings. We are inspired by all the alumni featured in the Alumni section.

On that note, let's relax, rejuvenate, and come back with renewed energy and a strong determination to make the next year even better.



By the Editorial Team

## ACADEMIC YEAR 2024-25: A YEAR FULL OF GROWTH, LEARNING, AND FUN

I am a student who doesn't participate and doesn't take much interest in school events and competitions. But this year, due to the encouragement from my family, friends, and teachers, and also because I wanted to try something new, I participated in some activities. My friends and family tell me that I'm a good singer and that I should take part in singing competitions, but I never paid attention to them as I was not interested in competing. But one day, I was selected by our music teacher for a music competition. I had no choice but to go. This competition boosted my confidence and I started loving music more than ever. I began participating in musical events at school, became more open to challenges, and maintained a positive attitude throughout the year. This is how participating in school events helped me this year and I look forward to participating in more such events during the next year.

Submitted by Subhan Pirani  
Grade 7, BCISW

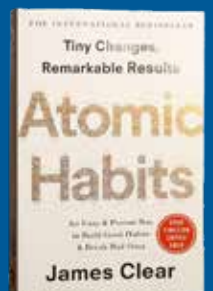


## SMALL HABITS, BIG CHANGES: MY RECOMMENDATION OF ATOMIC HABITS

Among all the books that I have read, I would highly recommend reading a book named 'Atomic Habits', this summer.

It is written by James Clear which has transformed the lives of people. It emphasizes that small, consistent "atomic habits" lead to significant improvements through the power of compounding over time. It conveys that discipline, perseverance, consistency, and every action we take is a vote for the type of person we wish to become. Further it also guides us to plot good habits in our daily lives. Lastly, it states that just as small drops of water make a pond, similarly small habits help create lasting changes in our lives. This book changes one's mindset and perspective positively and thus I would recommend reading it.

Submitted by Swara Morajkar  
Std. 9, DSRVB



## HOW I ENVISION THE NEXT ACADEMIC YEAR

The academic year 2025-26 feels like a crucial turning point for me. I already feel the rising pressure and the increasing expectations associated with it. To be honest, I'm both excited and apprehensive. The previous year, I struggled to find the balance between school life and personal life, and more often than not, I was left overwhelmed and lagging. This year, I am committed to approaching things differently. I plan to manage my time more effectively by breaking tasks into smaller, more manageable parts to avoid the stress of last-minute cramming. I also aim to embrace the idea that seeking help and taking breaks when needed is completely okay. I am learning that success is not about perfection but about persistence and consistency. With this mindset, I am ready to face the challenges ahead with confidence.

**Submitted by Vanshika Gada**  
**Grade 9, BCISE**



## HOW I ENVISION THE NEXT ACADEMIC YEAR 2025-2026

In the academic year 2025-26, I will progress in my academics to a significant milestone—the 10th standard. It is a year of hard work, focus, and preparation for board exams, but also a time for personal growth and creating lasting memories. I want to make the most of this crucial year by staying disciplined, balanced, and motivated. Attaining academic excellence will always be my top priority, with a strong emphasis on strengthening key subjects. To achieve this, I will create a well-structured study plan to ensure timely revision and practice. I will seek guidance from teachers and utilize additional resources such as mock tests and sample papers to enhance my preparation. Discipline and punctuality are key factors for a 10th-standard student. Following a daily schedule that balances school, self-study, and relaxation is essential for maintaining efficiency and focus.

Extracurricular activities will be my second priority. I will engage in sports, quizzes, and debates to create cherished memories while expanding my knowledge and skills. Additionally, I will start exploring my future career options, as selecting the right career path after the board exams is crucial. I plan to discuss career opportunities and competitive exams with mentors and seniors to gain valuable insights. Setting clear academic and personal goals for the next phase of education will help me stay focused and motivated.

Finally, I envision my 10th standard as a year of determination, growth, and preparation for the future. With consistent effort, smart work, and a positive mindset, I aim to achieve my goals while enjoying the journey. This year will not only prepare me academically but also shape my personality and confidence for the years ahead.

**Submitted by Atharva Tirodkar**  
**Std. 9, DSRVB**

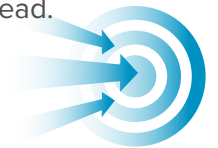


## HOW I ENVISION THE NEXT ACADEMIC YEAR 25-26

As I look ahead to the next academic year 25-26, I envision an informative journey. Entering Grade 9, I'm eager to dive deeper into my chosen subjects. Although I'm excited, I sometimes feel anxious about the challenges I'll face.

Beyond academics, I aim to strengthen my social bonds with my fellow peers. I also plan to participate in more competitions (Inter House and Inter School events) to develop my skills and work on areas that need improvement. By doing so, I hope to make the most of the academic year and grow as an individual. I am confident that it will be a transformative experience that will shape my future. With hard work, focus, and determination, I will try my best to seize the opportunities that lie ahead.

**Submitted by Sherman Bawa**  
**Grade 8, DSRISM**



## A BOOK TO READ THIS SUMMER—SCARLET AND IVY

My favorite book is Scarlet and Ivy by Sophie Cleverly. This thrilling mystery series traces the journey of Ivy, who is sent away to Rookwood School after her twin sister Scarlet goes missing under mysterious circumstances. Ivy begins to uncover hidden secrets, secret messages, and a sinister plot at the school.

I highly recommend this book because it is loaded with suspense, adventure, and witty turns of events. The eerie school setting creates a spooky ambiance, making it an ideal summer page-turner. The close relationship between the twins and Ivy's determination to find out the truth makes the novel emotional and thrilling at the same time. If you like mysteries with a dash of sentiment, Scarlet and Ivy is a must-read!

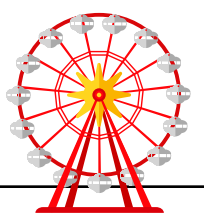
**Submitted by Aahanah D'mello**  
**Grade 9, BCISE**



## MEMORABLE CLASSROOM MOMENTS

There are many memorable classroom memories that have made me smile, especially the ones spent with my friends. I remember the times we spent in the school canteen during recess. We would rush down to the canteen to be the first to buy our favourite food. Field trips and class picnics were just too good to describe. This year too we had a gala time when we visited MUSO and went for the class picnic to an amusement park. As we all know, the first and last day of our school life is also something to remember, and this year will always bring a smile to my face.

**Submitted by Mohd. Hammad Ansari**  
**Grade 6, VBSIS**



## HOW MINDFUL EATING SUPPORTS YOUR HEALTH AND HOW I TAKE CARE OF IT

In today's fast-paced world, many people eat in a hurry and are often distracted by their phones or TV at meal times. This can lead to overeating, poor digestion, and unhealthy food choices. Mindful eating is the practice of being fully present while eating—paying attention to flavors, textures, and hunger signals. It helps improve digestion, prevents overeating, and creates a healthier relationship with food. I take care of my eating habits by avoiding distractions during meals and eating slowly to enjoy every bite. I listen to my body and stop eating when I feel full instead of binge eating. I take limited food on my plate so that I can finish it without overeating. I also try to eat a balanced diet with fruits, vegetables, and proteins while staying hydrated. Mindful eating is a simple habit that keeps me healthy and energized.

**Submitted by Ashuja Shikare**  
**Grade 6, VBSIS**

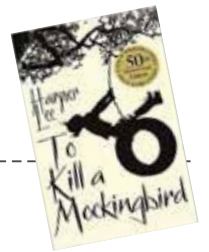


## A BOOK I WANT TO READ THIS SUMMER

Have you ever had a conversation that completely changed your reading list? One afternoon, while chatting with a friend about summer books, she casually mentioned 'To Kill A Mockingbird' by Harper Lee, and ever since, the thought of that book has been on my mind. How have I never read it before? It's one of those must-read novels everyone talks about.

The story follows Scout Finch, a young girl who watches her father, Atticus, stand up for what's right, even when the world around him is unfair. It's about courage, justice, and seeing the world through someone else's eyes—things that still feel important today. Exploring themes of courage, fairness, and discrimination, this novel is truly timeless. I'm excited to dive into this book this summer and discover the lessons it has to offer.

**Submitted by Aaradhya Patne**  
**Grade 8, DSRISM**



## SUMMER SMART: STAY ACTIVE, STAY SHARP, AND HAVE FUN!

During the summer season, from March to May, it is important to look after our health, stay energized and active, stay hydrated, and most of all - have fun!

### • Staying Healthy During the Summer

During the summer, it is very hot—even exercise can seem challenging. However, 15-20 minutes of light exercise a day is very good for our body. It is also essential to stay hydrated, especially after the heat wave this March.

### • Keeping Your Mind Active

This April, after our final exams and our much-deserved holidays arrive, it is necessary to keep our minds active. We

can revise concepts learned in the previous year, read a good book, solve puzzles and riddles, or learn a new hobby during the break, just to keep our minds sharp and ready for the next academic year. It's time to try something new and maybe discover a hidden talent as well.

### • All Work and No Play Makes Jack a Dull Boy!

The holiday is not just a break from studies but also a time to have fun, enjoy family time, or go on vacation. So, make the most of this summer vacation!

**Submitted by Luke Daniel Braganza**  
**Grade 7, BCISW**



## THE IMPACT OF SLEEP ON ACADEMIC PERFORMANCE AND MENTAL WELL-BEING

Many of us have started sleeping late. Whenever exams are approaching, we get stressed, making it hard for us to get quality sleep. When we have free time over weekends and holidays, we watch movies, scroll through our phones, or play games late into the night. But this is never going to help us, whether now, or in the future.

### We came across some interesting information which we would like to share with you –

According to research from the National Library of Medicine, many students are not getting a good night's sleep which leads to drowsiness and poor academic performance.

Their studies indicate that insufficient sleep, increased frequency of short-term sleep, going to bed late, and getting up early affect learning capacity, academic performance, and neurobehavioral functions. The risk of academic failure was one year or more in students with inadequate sleep compared to those who get proper rest.

In some studies, sleep efficiency is considered essential for recovery, cognitive processing, and memory integration. On the other hand, lack of sleep has been associated with emotional instability and impaired concentration. Impaired sleep is also associated with a range of health issues.

David Palmiter has noted that almost 80 percent of kids don't get enough sleep. Losing even one hour of sleep can result in significant academic and psychological consequences.

Studies suggest that students like us need 7-9 hours of sleep. A good night's sleep has several benefits. Restful sleep plays a crucial role in reducing stress and keeping us physically and mentally healthy and fit. So, sleep well!

Information sourced from -  
*The Effect Of Sleep Quality On Students' Academic Achievements* - PMC



## LET'S CHAT ABOUT BOOKS!!

"A book is a garden, an orchard, a storehouse, a party, a company by the way, a counselor, a multitude of counselors." – Charles Baudelaire

Match the famous books with their authors.

A.A. Milne

Mary Shelley

Herman Melville

Jane Austen

Rudyard Kipling

Jonathan Swift

Charlotte Bronte

Daniel Defoe

C.S. Lewis

Bram Stoker

Sir Arthur Conan Doyle

Charles Dickens

William Golding

Ernest Hemingway

Leo Tolstoy

J.K. Rowling

Lewis Carroll

Mark Twain

J.R.R. Tolkein

Emily Bronte

- War and Peace – Leo Tolstoy
- Oliver Twist – Charles Dickens
- The Adventures of Sherlock Holmes – Sir Arthur Conan Doyle
- Jane Eyre – Charlotte Bronte
- Dracula – Bram Stoker
- Frankenstein – Mary Shelley
- Moby Dick – Herman Melville
- Gulliver's Travel – Jonathan Swift
- Harry Potter and the Philosopher's Stone – J.K. Rowling
- Alice in Wonderland – Lewis Carroll

- The Lion, the Witch and the Wardrobe – C.S. Lewis
- Winnie the Pooh – A.A. Milne
- Pride and Prejudice – Jane Austen
- The Adventures of Huckleberry Finn – Mark Twain
- Lord of the Flies – William Golding
- The Old Man and the Sea – Ernest Hemingway
- The Jungle Book – Rudyard Kipling
- Lord of the Rings – J.R.R. Tolkein
- Robinson Crusoe – Daniel Defoe
- Wuthering Heights – Emily Bronte

Answers :

## SOLVE THE FOLLOWING PROBLEM

The river crossing problem

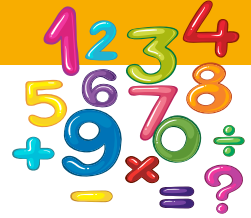
A man has to take the fox, the hen and a sack full of grains across the river.  
How can he take all three safely?



Answer:

**Here's the step-by-step solution:**

1. The farmer brings the hen across the river first (if he leaves the hen alone, it will either eat the grains or be eaten by the fox).
2. The farmer brings either the fox or the grains across and leaves the other one alone.
3. Now the farmer has two items on the other side of the river, including the hen. If he leaves the hen again, the same problem will occur. So, the farmer must bring the hen back to the other side.
4. The farmer brings the other item back (either the fox or the grains) and leaves the hen alone again. The fox and the grains are now on the other side of the river.
5. The farmer returns and brings the hen across the river again



**MATH RIDDLES**

- a. Divide 30 by  $\frac{1}{2}$  and add 10. What's the answer?
- b. A clerk at the butcher shop is six feet tall and wears size 10 shoes. What does he weigh?
- c. A farmer has 19 sheep on his land. One day, a big storm hits and all but seven run away. How many sheep does the farmer have left?
- d. Your sock drawer only contains 18 white socks and 18 blue socks. How many times do you need to reach inside the drawer and take out a sock to guarantee a matching pair?
- e. You planted sunflower seeds in your back garden. Every day, the number of flowers doubles. If it takes 52 days for the flowers to fill the garden, how many days would it take for them to fill half the garden?

- It's 70. You're dividing 30 by  $\frac{1}{2}$ , not by two. Thirty divided by  $\frac{1}{2}$  is the same thing as multiplying it by two, which is 60. Plus 10 makes 70!
- Meat. He works at the butcher shop, so he weighs meat for a living.
- Seven. The riddle says all but seven run away, meaning there are seven left who didn't.
- Three times. On the third time, you'll get either a white or a blue sock to match with one of the other two you've already grabbed.
- It would take 51 days. If the number of flowers doubles every day, half the garden would be full the day before, on the 51st day.

**Answers:**

Courtesy: <https://www.prodigygame.com/main-en/blog/brain-teasers-for-kids/>

**PUZZLE**



TWAIN, Mark  
VERNE, Jules  
VONNEGUT, Kurt  
WILDE, Oscar  
WOOLF, Virginia

KEROUAC, Jack  
KING, Stephen  
MAILER, Norman  
MELVILLE, Herman  
ORWELL, George  
ROWLING, J. K.  
SHAKESPEARE, William  
SHAW, George Bernard  
STEINBECK, John  
TOLSTOY, Leo

ANGELLOU, Maya  
AUSTEN, Jane  
CHRISTIE, Agatha  
DICKENS, Charles  
DICKENSON, Emily  
FAULKNER, William  
FITZGERALD, F. Scott  
HEMINGWAY, Ernest  
JOYCE, James  
KAFKA, Franz

**Answer Key**

Courtesy: [Scrib] <https://www.scribd.com/document/759120365/famous-authors-word-search>

## CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



**Dr. Tanvi Malankar Panjiar**  
Batch of 2012

Dental Surgeon - Oral and Maxillofacial Surgeon  
MDS, Fellow - Advanced Cosmetic Surgery and Medicine

## ARTIST OF THE MONTH



**Submitted by Umaiza Shaikh**  
Grade 7, BCISW

## A MESSAGE FROM THE OUTGOING SCHOOL CAPTAINS

### Reflections of Leadership: A Journey of Growth and Responsibility

*Serving in leadership roles has been a transformative experience for the school captains, shaping them into confident and responsible individuals. Through challenges and achievements, they have learned valuable lessons in leadership, teamwork, and perseverance. Here, they share their reflections and messages with you.*

I have been on the council for over three years. As the School Captain, every day I have learned something valuable and I can proudly say that these three years have been the best years of my school life. Every day I noticed myself being more confident, and learned to manage my time more efficiently. It is a responsibility I thought I could never fulfill but with time, the council helped me discover my capabilities and shaped me into a responsible person. All the best to the future captains and I am certain that change within yourself will be noticeable before completion of your tenure.

To all my peers and juniors, it doesn't matter if you are not a part of the student council. You can still do your part as a student of the school, contribute to your fullest potential in everything you do, celebrate your success, and bounce back from a loss as it is an opportunity for you to grow. School days will always have a special place in your life, make sure to utilize it positively and enjoy it thoroughly whilst not flouting the rules.

**Zaynah Khan (School Captain - SSC)**  
**2024-2025**

Serving as School Captain has been a transformative journey, teaching me invaluable lessons in leadership, communication, and resilience. I learned to inspire and support my team, make strategic decisions under pressure, and foster unity within the council. Through competitions, solos, and group performances, I gained confidence and adaptability, essential qualities for effective leadership. This role has shaped me into a more capable leader, and I'm deeply grateful to my fellow council members for their dedication.

A message for all my fellow students - lead with passion, support one another, and strive for excellence. This journey will challenge you, but it will also shape you into the best version of yourself.

**Aaliya Shaikh (School Captain - IGCSE)**  
**2024-2025**

Being the Sports Captain has been an incredible journey, teaching me the true meaning of teamwork, dedication, and perseverance. Leadership isn't just about titles—it's about inspiring others, pushing past limits, and growing together. To all students of Bombay Cambridge, success isn't just about winning but about the effort, discipline, and passion you put into everything you do. Whether on the field or in the classroom, give your best, support one another, and never stop striving for excellence. Thank you for the support and trust—this experience has shaped me in ways I'll cherish forever.

**Fatima Mistry (Sports Captain)**  
**2024-2025**

