

ISSUE SIXTEEN

APRIL 2025

the Junior

Trumpet
a digital magazine for young talent





NOTE FROM THE EDITOR

April is here—a month of blooming ideas and endless adventures! As the world outside bursts into color, let's fill our minds with stories just as vibrant. This is the perfect time to turn the pages of a book, explore new worlds, and let our imaginations soar. Reading is like opening a door to a thousand possibilities. You can sail with pirates, solve mysteries, or travel through time—all from the comfort of your cozy reading spot!

But why stop at just reading? Let's take it a step further. This April, challenge yourself to write your own stories. Whether it's a magical tale, a fun comic strip, or even a diary entry about your day, every word you write adds to the storyteller within you. Need inspiration? Read a new book, observe the world, or let your dreams guide your pen. The best stories come from curious minds like yours!

So, dear young writers and book lovers, let's make April a month of imagination, creativity, and fun. Ready, set, read—and write! Meanwhile, here are five fantastic authors for you to kick-start your reading journey: Roald Dahl – His books, like *Charlie and the Chocolate Factory* and *Matilda*, are full of imagination, humor, and unforgettable characters. J.K. Rowling – *Harry Potter* is a must-read for young readers who love

magic, adventure, and friendship. Enid Blyton – With series like *The Famous Five* and *The Secret Seven*, she's perfect for young readers who enjoy mystery and adventure. Rick Riordan – His *Percy Jackson & The Olympians* series is a thrilling mix of mythology and modern-day adventure. R.J. Palacio – *Wonder* is a heartfelt and inspiring story about kindness, friendship, and acceptance. Until we meet again, keep reading, shining, and creating!

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nurture more minds, we made the magazines
available complimentary without charging a reading
fee (retrospectively, too) from June 2024.

Purva Grover, Founder-Editor
Dolly Goel, Art Director

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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."



WHEN I DISCOVERED I COULD FLY

SHAURYA MENGHANI

GEMS OUR OWN ENGLISH HIGH SCHOOL, SHARJAH — BOYS

It was a sunny July afternoon when I discovered I could fly,
I flapped my arms and soared so high!
The clouds were soft, the breeze was cool,
I zipped past birds—it felt so cool!
I danced with eagles, raced the breeze,
Swooped through the skies with so much ease.
I saw green forests, bright rivers,
A world to keep—let's treat it right!
But as I soared, I saw below,
Trees were cut down, and trash flowed.
I knew at once what I must do —
Protect the earth for you and me!



TIME TRAVEL: UAE THEN & NOW

JUAN SAMBASH JACOB
AL AIN JUNIORS SCHOOL, AL AIN

If I had a time machine, I would visit the old UAE, which would be very different from today's UAE. The cities, towns, and places where Burj Khalifa stands tall with other skyscrapers were once a large mass of desert.

The UAE, founded on 2 December 1971, consists of seven emirates: Abu Dhabi, Dubai, Sharjah, Ajman, Umm Al Quwain, and Fujairah, and was later joined by Ras Al Khaimah.





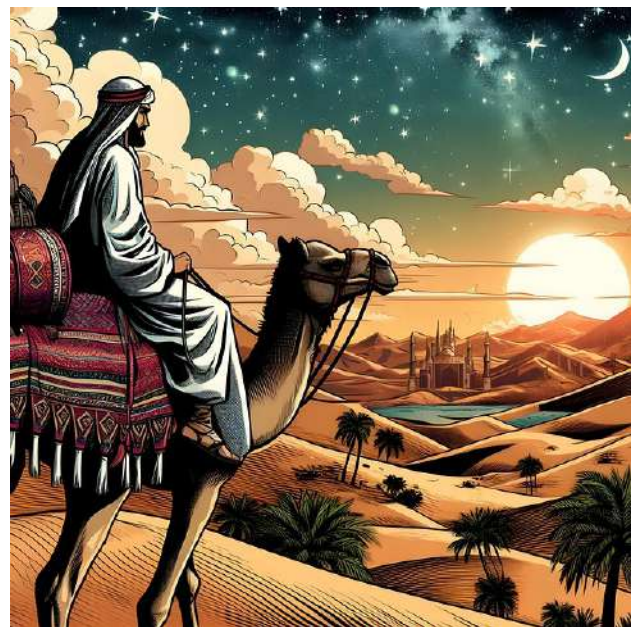
UAE's history is one of the most impressive histories because of its ultimate transformation. The UAE has evolved remarkably from a modest desert landscape to one of the world's most advanced nations.

Before the discovery of oil, the region now known as the UAE was a land of desert nomads, fishermen, and pearl divers. The economy primarily depended on fishing, pearl trading, and limited agriculture. The Bedouins, known for their resilience, roamed the vast deserts, relying on camels for transport and date palms for survival. Pearl diving was once the driving force of the UAE economy. It contributed massively to the UAE's sustenance; nearly everyone is engaged in pearl diving and fishing. Pearl diving is respected and remembered by the people of the UAE.

In the present, the UAE stands as a modern and innovative country. The country has become a global economic hub, from tall skyscrapers to artistic infrastructure. Cities like Dubai and Abu Dhabi consist of some of the world's most iconic landmarks, including the Burj Khalifa, Palm Jumeirah, and the Louvre Abu Dhabi. The UAE has expanded its economy beyond oil, investing in tourism, finance, technology, and space exploration.

The UAE continues to push the boundaries of innovation and progress. With initiatives like UAE Vision 2071, the country aims to become one of the world's most developed nations, focusing on artificial intelligence, green energy, and digital transformation. The upcoming projects, including the Dubai Urban Plan 2040 and advancements in space travel, demonstrate the UAE's commitment to shaping a future that

balances heritage with innovation. Time travel through the UAE's history reveals a story of transformation that continues to unfold, promising an even brighter tomorrow.



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:
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@thejuniortrumpet





DECODING BABY SLEEP



EXPERT TALK



DR. NAHED SABRY
EDUCATION MANAGER,
JOHNSON'S BABY HOSPITAL

Navigating infant sleep can feel like solving a mystery, but parents can create healthy sleep habits for their little ones with the proper knowledge.

It's all about breaking down your baby's sleep cycles and developmental milestones and building on best practices to help the whole family rest better.

Understanding Baby Sleep Cycles: Newborns typically sleep between 14 to 17 hours a day, but their sleep cycles are short, which means they wake up frequently. As they grow, they start to develop more consistent sleep patterns. Creating a predictable routine can help ease these transitions and promote better sleep in the long run.

Milestones That Impact Sleep: Developmental changes can disrupt sleep at key stages:

- **Four months:** Babies develop longer sleep cycles, often leading to sleep regressions.
- **Six months:** Many can sleep through the night with a well-established routine.
- **Teething & growth spurts:** Temporary sleep disturbances are common but manageable.

Best Practices for Creating a Healthy Sleep Environment: An ideal sleep environment is essential for a newborn's rest and well-being. The right atmosphere can promote longer, more restful sleep, helping your baby feel secure and comfortable. By setting up a calming, soothing space, parents can ensure their little one has the best foundation for healthy sleep habits from the very start.

Here's how you can achieve that perfect setting:

- **Keep it Dark & Quiet** – Use blackout curtains and a white noise machine to block out disturbances.
- **Control Room Temperature** – Maintain a cool, comfortable temperature (18–22°C) to prevent overheating.
- **Choose the Right Sleepwear** – Choose lightweight, breathable fabrics like cotton or bamboo to keep the baby cool and comfortable and prevent overheating.
- **Stick to a Bedtime Routine** – Establish a comforting nightly ritual to help your baby relax and prepare for sleep.

1. Begin with a warm bath to soothe and loosen tiny muscles, followed by a massage using baby oils enriched with gentle ingredients such as Aloe & Vitamin E. This keeps the skin soft and moisturized and helps your baby feel calm and relaxed.

2. Finally, wind down with quiet time, creating a peaceful atmosphere that signals bedtime and ensures your baby feels secure, comfortable, and ready for rest.

Supporting Parental Well-Being: Sleep deprivation can significantly impact mood and overall health, making it crucial for parents to find ways to rest and recharge. Sharing nighttime duties, taking power naps, and seeking support from loved ones or professionals can help alleviate the strain and maintain well-being.

When to Seek Help

If your baby has trouble sleeping consistently past six months, wakes up distressed often, snores loudly, or remains excessively fussy, consulting a pediatric sleep expert can help identify solutions.

Decoding baby sleep doesn't have to be overwhelming. By understanding your baby's unique sleep needs and following the right practices, you can create a peaceful and nurturing environment that supports their growth and your family's well-being. Better sleep is within reach with time, patience, and a little guidance.

(This article is not intended as medical advice but for informational purposes only.)



CHRISTINA MARY RAJAN SCHOOL
GEMS MILLENNIUM SCHOOL, SHARJAH

BATUL MUFADDAL VOHRA
GEMS Our Own English High School, Sharjah - Girls

THE JUNIOR TRUMPET ART WALL





JHANVI DUBEY
Pristine Private School, Dubai

KANSHIKA MANIKANDAN
Delhi Private School, Sharjah





LIFE BEYOND THE CLASSROOM: THE TEACHER'S TALE

EXPERT TALK



AFIA DALVI
TEACHER, BRITISH COUNCIL KUWAIT

Have you ever wondered what teachers do when we end our teaching day? It might be hard to picture us outside the classroom, but after a fun-fulfilling day of curiosity and discovery, we have lives like any other normal being. Let's take a look at what we teachers do beyond the classroom – once we take off our capes and let down our hair:

We become...

1. Planners.

One thing many teachers do at home is prepare for the next day's lessons. Teaching isn't just about standing in front of the class and talking; it takes a lot of planning behind the scenes, just like in the movies. Teachers spend a lot of time thinking about how to make lessons enjoyable and easy to understand. They might create activities, grade papers, or find fun examples to use in their teaching. Some even look for new ways to teach complex subjects, ensuring they have everything ready for you to learn the next day.

They also answer emails from students and parents, attend online meetings, or go over feedback from the school. These tasks are necessary to keep the classroom running smoothly and ensure that every student gets the help they need to be better every day.

2. Family Lover.

Like everyone else, teachers have families, and they love spending time with them. Some teachers might have young children at home, so their evenings are filled with family dinners, helping their kids with homework, and playing games. Others might have pets, so they'll take care of them.

Family time helps teachers recharge after a busy day. It gives them a chance to focus on the people they love and enjoy moments that aren't related to schoolwork. Teachers know balancing work and family is essential, so they prioritize time for both.

3. Explorers.

Just like you have hobbies, so do us teachers. When we aren't busy with school-related tasks, we enjoy exploring and doing various things for fun. Some teachers love reading and might spend their evenings reading a good book. Others enjoy sports or fitness, so you might find them jogging, practicing yoga, or playing in local sports leagues. Many teachers also love creative hobbies. Some might paint, draw, or write in their free time. Others enjoy music and may play an instrument, sing in a choir, or even write songs. Teachers who love cooking or baking might spend evenings trying new recipes or baking treats to bring to school. Of course, not all fun has to be productive. Teachers also enjoy watching TV shows, playing video games, or relaxing with a good movie. After a long day at school, sometimes all they need is to put their feet up and unwind or take a quick short trip to another country!

4. Socialists.

Believe it or not, teachers have friends outside of school, too! After work, some teachers like to meet with friends for dinner, grab coffee, or catch up on each other's lives. They might go to concerts, movies, or events just like you do with friends. Spending time with



SISD'S CLASS OF 2025 WINS BIG WITH \$10 MILLION IN SCHOLARSHIPS

in the news

The Class of 2025 at Swiss International School Dubai (SISD) has achieved an incredible milestone, securing over \$10 million in university scholarships! This record-breaking achievement highlights the school's commitment to academic excellence and its bilingual International Baccalaureate (IB) program. SISD students have received offers from top universities worldwide, with many choosing STEM fields like medicine, aerospace, and biomedical sciences. 100% of Scotland's University of St. Andrews applicants received offers. Even SISD's boarding students have excelled, earning \$1.6 million in scholarships, proving their hard work and dedication truly pay off. With new programs like BTEC in Sport, Business, and Management coming soon, SISD continues to create bright futures for its students.

ART WITH A PURPOSE

in the news

This Ramadan, art and the spirit of giving came together with the launch of the 'National Art Expressions' Online Auction – a digital auction by the Abu Dhabi Department of Education and Knowledge (ADEK) that channels student creativity toward a meaningful cause with all proceeds directly contributing to the 'Paths of Hope' initiative by the Emirates Cancer Society. A collection of over 300 artworks created by talented Abu Dhabi students across all grades is up for bidding until the end of April 2025. Student artworks featured in the auction are inspired by local materials and motifs—such as Emirati fashion, sand, Al Sadu, Talli, palm fronds, seashells, coins, and pearls – each piece telling a powerful story of national pride. Building on the success of last year's 'National Art Expressions' exhibition held at Manarat Al Saadiyat, this year's digital auction is a powerful platform to expand the community reach and impact of young artists' creations, rooted in Emirati tradition. Art collectors and community members are invited to explore this exceptional collection, taking home pieces that tell meaningful stories and support a more significant cause.



وطن إبداع
National Art Expressions

LET'S COLOR



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