

HAWK EXPRESS

VOLUME 1

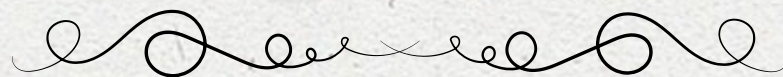
ISSUE 6

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Tisha Varshney
Journalist

Exploring ISD Book Week with Whimsical Imagination



Do you guys remember when we had a fantastic event hosted by the Library Staff? Well, let me help you remember!

From March 16-20, we celebrated Book Week. During this week, our librarian, Ms Erin, has decided that Teachers, staff, and students should dress up for events such as Pajama Day, Dress up as your librarian, and many more fun events!

Almost every day, in class, the students in secondary would go to the library to find a reading buddy to read with a small hunt activity around the library. On some days, our school invited some book authors, such as Tanmoy and Shazia Omar, who shared their books, and the students would occasionally ask the authors interesting questions to learn more about them.

On the same day, we had Tammoy in the auditorium for a selected group of students to ask more questions to Tanmoy regarding his passions, and why he wanted to choose a political style in his books.

We also had a big book sale that included all kinds of books, such as kids' books, adult books, and more different genres. Tanmoy was nearby to give students and teachers memorable autographs.



Photo Credit: International School Dhaka



In an Alternate Universe

Tisha Varshney
Writer

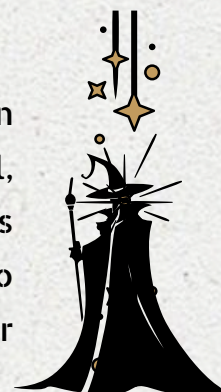
In an alternative universe, settled in the heart of Dhaka, there exists a school: International School Dhaka, or ISD. But this ISD wasn't just any ordinary school. In this brilliant world, every student, teacher, and staff member has unique abilities that go further human imagination. The air at ISD buzzed with excitement and nervousness as the new term was about to start. Students, with abilities ranging from mystical to invisibility, filled the hallways, each showing their own unique talents in small cheers. But one new student stood out from the chaotic crowd.



Her name was Bob, and unlike the rest, her power was not yet noticeable. She had always been told she was "unique," but no one had figured out what her unique superpower would be. As she stepped onto the grounds of ISD for the first time, the towering doors closed behind her with a faint creak, as though welcoming her into a world of continuous possibilities.

"Don't worry, Bob. You'll figure it out soon enough," said Bill, a girl with fiery orange hair and the ability to control fire. Ami was one of the most respected students at ISD, known for her calm nature despite her chaotic powers. She guided Lina to the main hall, where the school's Headmaster, Zayman, awaited all of the students.

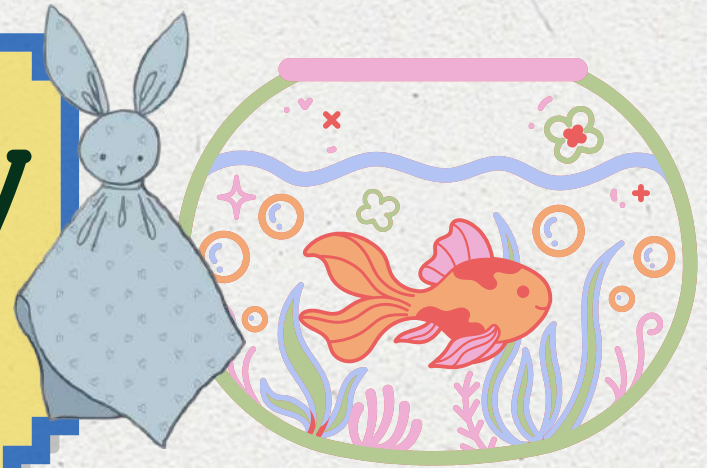
Headmaster Zayed was no normal teacher. He had the power of mind control, able to calm down even the most chaotic minds with just a thought. He stood at the front of the grand hall, addressing the returning students with a grand smile. "Welcome back, my students. This year is the most special. We have new faces, new challenges, and above all, new opportunities to explore and demonstrate your powers. Remember, ISD is a place where we prepare not only your academic skills but also your growth as individuals. Your powers naturally form who you are."



As Headmaster Zayman finished his speech, he turned to Bob. "Bob, I know you must be wondering what your gift will be. But I trust it will reveal itself soon. You just need to be patient. Bob's heart pumped in anticipation. There was a yearly tradition where students unlocked their true futures by facing a trial designed by their powers. The event was only a few days away, which kept all of the students waiting impatiently.

On the day of the event, everyone rushed to the field for the event to begin. Bob stood next to the group of students who could go invincible and the group of students who could change the weather. As soon as the event begins, Bob secretly shows her powers in front of the mirrors. Little did she know that there was a group of students watching Bob reveal her powers, which was a combination of mind control, flying, and invisibility. This power was the one that only Bob had.

Rabby and Goldy were friends



Shah Md Shafin Alalm
Writer

One day, there was a rabbit that got into our school, named ISD: International School Dhaka. Then there was a new teacher named Ms. Lissa, and her kid's name is Row Row, and they are from Spain. They lived in the STS tower, and they saw the rabbit, and the rabbit's name is Rabby.



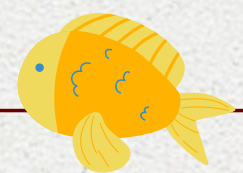
Ms. Lissa didn't know how the rabbit got into the school. Then Rabby said that I like to stay in this school. Ms. Lissa didn't know how the rabbit was talking. Then Row Row was playing with Rabby in our school's field. Then Ms. Lissa wants to take Rabby to their home, but Rabby doesn't want to go. Ms. Lissa showed Rabby that this is another new pet. Row Rows dad said Ooh, ok. Ms. Lissa was asking Goldy, Look, Goldy, this is your friend.

Then Ms. Lissa said, "his name is Rabby", then Goldy said Hi Rabby and Rabby said Hi Goldy and they are friends. Then Rabby said to Goldy, "Do you want to see my trick that I can hop?" and Goldy said, that I can swim and jump in the water. Then Row Row's dad was asking Row Row to shower Rabby and feed him. Then Row Row said ok, Dad, I will shower him and feed him. Then Row Row showered Rabby and fed Rabby, then Rabby was clean and Rabby was full, so he didn't want to eat anymore. Then Rabby played with Goldy a little bit more. After that, Ms. Lissa said to Rabby that you have to go back to your home, Rabby.

Then Goldy said to Ms. Lissa that Rabby could stay a little bit more, then Ms. Lissa said no. Then Rabby said to Goldy that you can come to visit my place one day.

Then Goldy said, ok, I will come to your place one day.

Then another day, Goldy came to Rabby's place, then Rabby said, "Hi Goldy, this is my place". Goldy said, hi Rabby. Then Goldy ask that to Rabby why is your place is outdoor? Rabby said, because I like to stay in out door. Then Rabby wanted to swim, so they went to the swimming pool, then Goldy was swimming with Rabby, and then they showed each other a trick. Then, when Goldy was jumping really high then Goldy fell to the ground. Then Ms. Lissa quickly ran and saved Goldy. Then Ms. Lissa took Goldy to the Fish jar. Then Ms. Lissa asked Goldy, "Are you all right?" Then Goldy said, "I'm fine". Then Rabby said, By by Goldy. Goldy said, "Bye-bye, Rabby".



Why perfectionism is holding you back and how to beat it!



Claudia Costa

Mother Tongue Coordinator
Head of the Language Acquisition Department
MYP & DP French and Spanish teacher

The problem with perfectionism

If you're in high school or working through the DP, it's easy to feel like you need to be perfect. Whether it's acing every exam, writing flawless essays, or doing amazing in extracurriculars, the pressure can get overwhelming. But here's the truth: perfection doesn't exist, and chasing it just causes more stress. Focusing on progress instead of perfection will not only help you reach your goals but will also make your whole experience way less stressful and more rewarding.



Wanting to do your best is awesome, but perfectionism is a whole different ball game. It often leads to procrastination, fear of failure, and burnout. Maybe you put off starting an assignment because you're worried it won't be perfect, or you get stuck trying to make one thing flawless while falling behind on everything else. Perfectionism can even mess with your confidence, making you question your abilities even when you're doing just fine.

For IB students, this pressure can feel even more intense. With tons of deadlines, coursework, extended essays, and university apps piling up, the fear of making mistakes can be paralyzing. But here's the deal: perfectionism doesn't help you succeed, it just makes you stressed out. The most successful students are the ones who make mistakes, learn from them, and keep moving forward.

How to overcome perfectionism

The good news is that you can break free from this cycle. Here's how:

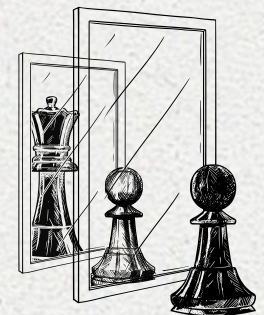
Start before you're ready

Waiting for the perfect time to start usually means you'll never start at all. Whether it's an IA, an EE, or exam prep, just dive in. You can always improve as you go.



Set realistic goals

Instead of aiming for perfection in everything, focus on getting better bit by bit. Understanding a concept well is way more valuable than stressing over a perfect score.



Learn from mistakes

Mistakes are part of the process. When you get feedback, use it to improve instead of thinking of it as a failure.



Prioritise progress over perfection

Break big tasks into smaller steps and celebrate the small wins. Getting a draft done, even if it's not perfect, is way better than staring at a blank page.



Manage your time wisely

Spending forever perfecting one task can hurt your overall performance. Know when it's time to move on.



Take care of yourself

Burnout won't help you succeed. Make time for rest, hanging out with friends, and doing things you enjoy. A balanced life will actually boost your performance.



Perfection isn't the goal, growth is

High school and IB are all about learning, improving, and preparing for what's next, not about being perfect. The students who succeed aren't the ones who never mess up, they're the ones who keep going even when they do. So take that first step, enjoy the journey, and remember: progress will always win over perfection.





শৈশবের রমজান : সেহরির ডাক ও স্মৃতির কাফেলা



Salah Uddin Abir

Secondary Bangla Teacher

গ্রামে কাটানো শৈশবের রমজান ছিল এক অনন্য অভিজ্ঞতা। রমজান এলেই পাড়ার ছেলেরা মিলে সেহরির জন্য সবাইকে জাগানোর দায়িত্ব নিতাম আমরা। তখন মোবাইল ফোনের সহজলভ্যতা ছিল না, তাই একে অপরকে জাগিয়ে তুলতে হতো গলা ফাটিয়ে ডাক দিয়ে। পাড়ার ঘরে ঘরে গিয়ে দরজায় কড়া নাড়া, গলির মোড়ে দাঁড়িয়ে হাঁকডাক দেওয়া—এ সবই ছিল রমজানের অবিচ্ছেদ্য অংশ, যা আমাদের আনন্দ আর সামাজিক সম্প্রীতির এক মধুর রেওয়াজে পরিণত হয়েছিল।



আমাদের গ্রামের বেশিরভাগ মানুষই ছিলেন কৃষিজীবী বা ব্যবসায়ী। সারাদিনের পরিশ্রম আর রোজার ক্লান্তিতে গভীর রাতে তারা গভীর ঘুমে আচ্ছন্ন থাকতেন। তখন তো আর এখনকার মতো অ্যালার্ম ঘড়ি বা ফোন ছিল না, তাই মানুষকে জাগানোর দায়িত্ব এসে পড়ত আমাদের মতো কিশোরদের কাঁধে।

আমাদের একটা ছোট্ট দল ছিল—আমি, জুয়েল, মিলন আর চান্দু। সঙ্গে থাকত বেকারি ভাইয়ের পুরনো ভ্যান আর হেকমত ভাইয়ের মাইকের সেট, যিনি এখন আর আমাদের মাঝে নেই। প্রতি রমজানে এক মাসের জন্য আমরা মাইক ভাড়া নিতাম, আর শুরু হতো আমাদের রাতের সফর। গভীর রাতে গ্রাম জুড়ে মাইকে ঘোষণার আওয়াজ ছড়িয়ে পড়ত—

"রোজাদার ইমানদার ভাই ও বোনেরা, আপনারা উঠুন! সেহেরি খাওয়ার সময় হয়ে গেছে!"

একসময় গলির মোড়ে দাঁড়িয়ে নিজেরাই গান ধরতাম, কখনো গজল বাজাতাম, কখনো ইসলামি সংগীত। রাত যত গভীর হতো, আমাদের দল ততই উচ্ছ্বাসে ভরপুর হয়ে উঠত।

রমজানের বিশ তারিখের পর শুরু হতো আমাদের আরেকটি কাজ—কালেকশন। প্রতি বাড়ি গিয়ে সাহায্য সংগ্রহ করতাম—টাকা, চাল, আর পয়সা। পাড়ার মানুষও খুশি মনে আমাদের সহযোগিতা করতেন, যেন আমাদের ছোট্ট কাফেলার উদ্যোগ সফল হয়।

আর ঈদের সকাল? সেটাই ছিল আমাদের জন্য সবচেয়ে আনন্দের সময়! একেক বাড়িতে গিয়ে মিষ্টি-সেমাই খাওয়ার প্রতিযোগিতা চলত, দল বেঁধে পুরো গ্রাম চষে বেড়াতাম। সেই উৎসবের রঙ, সেই বন্ধুত্বের উষ্ণতা—সবকিছু যেন আজও স্মৃতির পাতায় অমলিন হয়ে আছে।

Ramadan of Childhood: The Call for Suhoor and a Caravan of Memories



Ramadan during my childhood in the village was a truly unique experience. As soon as the holy month arrived, the boys in our neighbourhood would take on a special responsibility—waking people up for Suhoor. Back then, mobile phones were rare, if not nonexistent, so we had to rely on our voices to wake everyone up. Knocking on doors, calling out in the streets—these were not just duties but a cherished tradition that fostered a sense of community and joy.

Most people in our village were farmers or small traders. After a long day of hard work and fasting, they would fall into a deep sleep. With no alarm clocks or mobile reminders, the responsibility of waking them up fell on us young boys.

Our little team consisted of four members—Jewel, Milon, Chandu, and me. Our companions were an old bakery van and a microphone set belonging to Hekmat Bhai, who, sadly, is no longer with us. Every Ramadan, we would rent a microphone for a month, and as the night deepened, our mission would begin. Our voices would echo through the village—

"O faithful believers, wake up! It's time for Suhoor!"

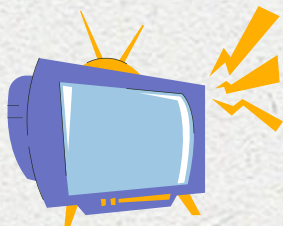
Sometimes, we would stop at street corners and break into songs—Islamic hymns or heartfelt chants. At other times, we played devotional tunes on the speaker. As the night wore on, our energy and enthusiasm only grew stronger.

After the twentieth day of Ramadan, we had another task—collecting donations. We would go from house to house, gathering money, rice, and other essentials. The villagers, generous and kind, always supported our small initiative, ensuring that everyone could enjoy Ramadan with ease.

And then came Eid morning—the most joyous time of all! Running from house to house, indulging in sweets and vermicelli pudding, competing to see who could visit the most homes—it was a day of pure happiness. The warmth of friendship, the excitement of festivity—those moments remain vivid in my memory.

Today, alarm clocks and mobile phones remind us when it's time for Suhoor. The sound of loudspeakers and the calls of young boys in the streets have faded into silence. Yet, in the pages of memory, those nights, those calls, and that joy still shine brightly, keeping the spirit of our childhood Ramadans alive.

Clumsy Cauldron



Recommendation: Favourite Cosy-couch Show

Advithi Renjith Nair
Writer

If you love comedy, action, and a little bit of crime-solving, then *Brooklyn Nine-Nine* is the perfect show for you! This hit sitcom follows a group of detectives working at the 99th precinct of the NYPD, and it's filled with hilarious moments, lovable characters, and exciting cases.

The show stars Jake Peralta (Andy Samberg), a talented but goofy detective who never takes anything too seriously—unless he's solving a case. His best friend and partner, Charles Boyle (Joe Lo Truglio), is super loyal and always supportive (sometimes too much!). Then there's Captain Raymond Holt (Andre Braugher), whose serious personality and dry humour make him one of the funniest characters on the show.

The rest of the squad, including Amy Santiago, Rosa Diaz, Terry Jeffords, and Gina Linetti, all bring their own unique and hilarious personalities to the team.



Image Credit: feistees.com

One of the best things about *Brooklyn Nine-Nine* is how it balances comedy with real-life issues. The show isn't just about jokes—it also talks about important topics like police reform, friendship, and diversity. The characters feel real, and their relationships make the show even better.

If you are into all of these, then it's DEFINITELY worth a watch. Whether you're looking for a laugh or a great crime-comedy, *Brooklyn Nine-Nine* is a must-watch! As Jake Peralta would say—"Noice!"



Quizmaster

Answers for the January 2025 quiz:

- 1) Demonetisation was announced 2) Ms Emilie Carrey 3) Islam, Catholicism, Protestantism, Hinduism, Buddhism, Confucianism 4) Senegal 5) Ms Claudia Costa 6) Indiana 7) Christmas Day 8) Ms Andra Davis 9) Brigitte Macron 10) Generation Z



Look out for the upcoming Hawk Express in-house yearly publication to get the quiz compilations! Meanwhile, we hope you enjoyed these snacks for the brain. And heartfelt appreciation goes to Mr Chris McMahon.



STATE OF MIND

THE EMOTIONAL LANDSCAPE

EMERGING FROM THE COCOON

FLUTTERBY

Giuseppe Tagliarini BACP
Social Emotional Counsellor
bacp | counselling
changes lives



DNA

Growing up in North London, I remember catching Tortoiseshell butterflies and the treasured Peacock butterfly, which my brothers and I nicknamed 'Eye of the Tiger' for its eye-like markings. These bold patterns reminded us of WWII fighter plane nose art—designed to unnerve enemies, much like nature's mimicry deters predators.

The Tortoiseshell's orange wings, flecked with black and edged with blue crescents, concealed a mottled brown underside, blending seamlessly with tree bark. I'd place them in a jar, watching their antennae twitch before releasing them into the open air.

These butterflies later found hidden attics, sheds, and hollow trees, hibernating through winter, waiting for spring's warmth.

Did you know that a caterpillar within the chrysalis doesn't just grow wings—it completely transforms. It melts down into a cellular soup, and from that very DNA, a new creation emerges: a butterfly. This metamorphosis is one of nature's most remarkable events, and it holds a mirror to our own lives.

RE-EMERGE

Sometimes, we need to retreat—to cocoon, hibernate, and rediscover ourselves. Like a photograph developing in a darkroom, our best growth happens in quiet, unseen places. In a world of narcissistic instant gratification, fake photos, and fear-driven algorithms, genuine transformation feels foreign.

When we face darkness, fear, and toxic interactions, we must pause. It's okay to step back and reflect. A stoic mindset helps—staying calm, unshaken, and focused on what we can control, despite the chaos around us.

Once the butterfly emerges, it doesn't crawl back into the cocoon. It flaps its wings, embraces its transformation, and fulfills its purpose. And so must we. We are not destined to crawl forever, shackled by the expectations of others or our fears.

We are meant to fly—pursuing our dreams, living authentically, and embracing the purpose that only we can fulfill.

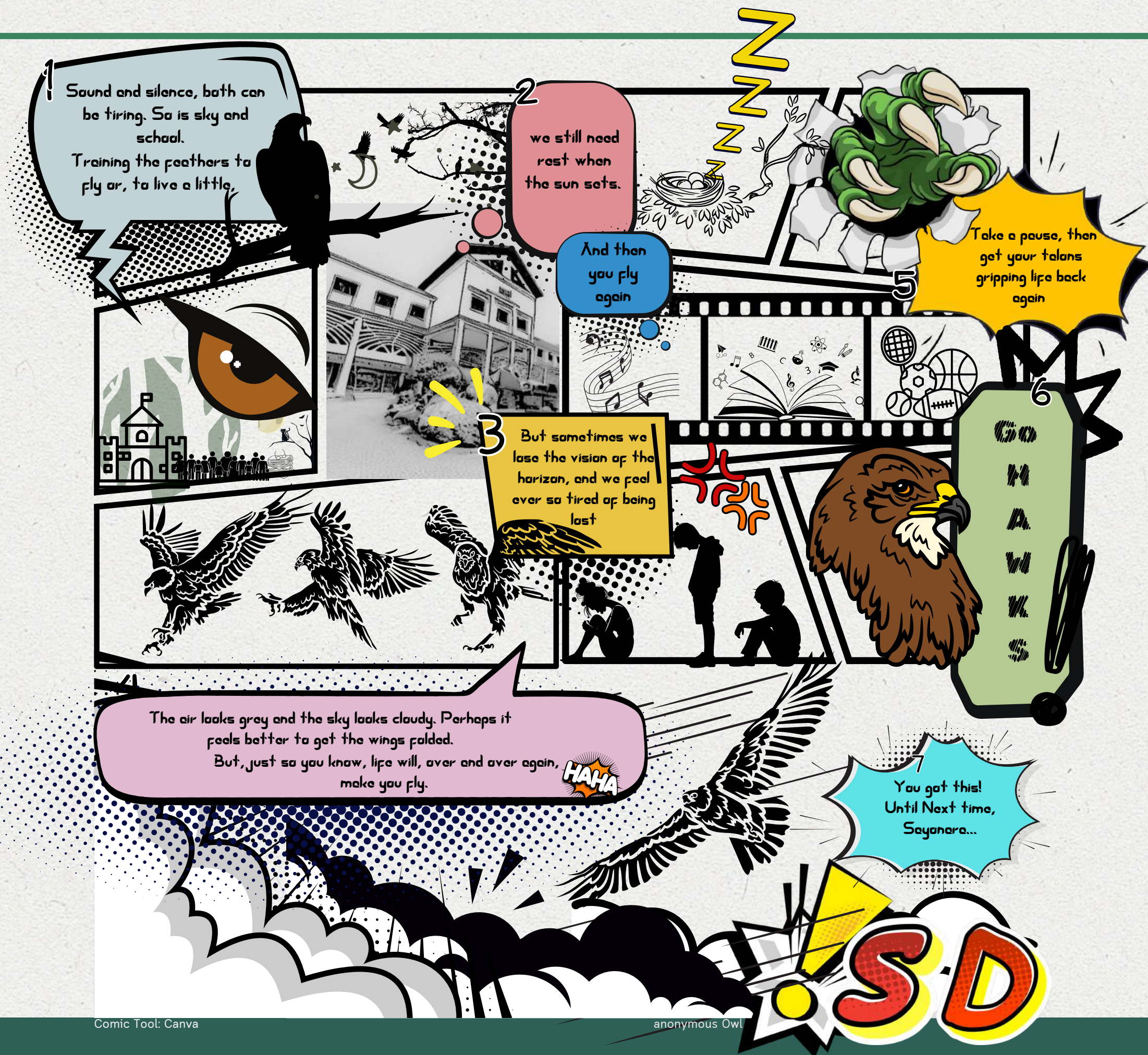
Strengthen Your Wings: Small Challenges Build Resilience

- ♦ A butterfly must struggle to gain strength—so must we.
- ✓ Push yourself out of comfort zones by learning new skills, embracing change, or setting personal goals.
- ✓ Model growth mindset by handling setbacks with curiosity instead of frustration.



MOVIE
OF THE
WEEK





Write to us,
The sky is just another home



<https://tinyurl.com/hawkexpresssubmissionportal>