
EXPRESSIONS

a monthly journal of VII, VIII, IX & X

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Teachers' Day Special

Extract from Nelson Mandela's speech at the launch of the National Campaign for Learning and Teaching in 1997.

“Our message to teachers on this occasion is this: *Let your watchword be unqualified commitment to the interest of those whose education has been entrusted to you.*”

Amongst other things, this means meticulous punctuality; thorough preparation for every

lesson; dedication to ensuring that every student learns something from each lesson. It involves keeping abreast of developments in your subject areas and working co-operatively with both colleagues and management to ensure that our schools truly educate the nation. In short it means upholding the highest standards so that dignity is fully restored to the teaching profession. On your shoulders lies an enormous responsibility.

If you fail our children you fail our country.”

Teachers' Day Messages From Students

“Happy Teachers' day. Its not only for today but for everyday.”

(Yeshey Sangay, IX)

“You show us the milkyway towards galaxy, you're the fortune makers”.

(Priyanka Pradhan, X)

“A teacher is better than thousand books”

(Tashi Lhaden., Tashi Y. Wangchuk, Damchen Tenzin, Sonam Wangmo & Kinzang Wangchuk , X)

“Teachers are like the sun above who shed light in our dark life”

(Chimmed Dolkar P., VIII)

“Thank You for making our life bright. Happy Teachers' Day”.

(Ngawang Yeshi, VII)

In his boyhood, Abraham Lincoln (16th President of the USA) walked miles to borrow books for reading. At night when his friends had gone to bed, he would put a thick piece of wood on the fire. By its light, he would read until he fell asleep.

“EXPRESSIONS” is a literary activity of UNESCO Club of Ugyen Academy, Punakha : Bhutan

A candle in the darkness

Sonam Dechen, VIII

Teachers are like a candle in the darkness who come in our life and light our life with knowledge and they share their knowledge with us and make us someone in our future. Teachers are the one who take the place of God and have come into our life and made it a brighter one.

Teachers have brought us up from the corner of the dark and put us into the world of light where every glimpse of light seems very bright and shine on us. In our life, many teachers come and leave us but some of them leave such an impression on us that we never tend to forget. Teachers' Day is a special day for all of us and it is observed all over the world. It is a day when a person decides to give up his/her other scopes and be a teacher to guide, love and nurture students like us. Therefore, for me teachers' job is the most respectful and the greatest job of life.

I even realized that it is easy to teach but very hard to react someone to learn. The most difficult task for a teacher is to teach students how to learn. So, I would like to wish the teachers a very Happy Teachers' Day. I thank you for the knowledge and wisdom you share with all the students.

Ballad

Kuenzang Chogyel Lhamo, VIII

Not so long ago, there lived a boy
Spoiled and playboy
He broke every girl's heart
Never been in a true love
Unhappy parents struck with an idea
Send him to a remote place for studies
At first sight he saw a girl
With rosy cheeks, pink lips and dark
hair.
He looked at her ; She looked at him
Both liked each other

Went for walks and dinners
Talked for hours and never did they
Know that they loved each other.
One day he held her soft hands
To pour out his aching heart onto her
But she ran away, never to come back
again.
Every night with tears
Every morning with wet pillow
He woke up, only to realize
What a true love is like.

You can have anything you want if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.

Global Warming

Priyanka Pradhan, X

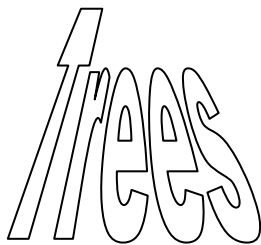
Global warming is becoming a big issue. It is the increase in the temperature of the earth's atmosphere, caused by increase of green house gasses. It is similar to green house effect. It is caused due to the increase of human population and their activities. People's needs and wants are also increasing. People need land for livelihood and shelter. People cut down lots of trees which leads to deforestation and the land obtained by cutting down the trees will be used to

build industries, factories and roads for transportation which leads to increase of certain gases like carbon dioxide(CO₂) and carbon mono oxide (CO).

When the trees are cut down, there won't be enough trees to absorb CO₂ and CO where by excessive carbon dioxide and carbon monoxide will form a thick blanket at the upper layer of the atmosphere. When these gases become a thick layer, it will allow the short wave sun rays to enter into the earth's surface but does not allow the long wave radiation to escape from the earth's surface, consequently, heat is trapped in the atmosphere. As the time passes by, the heat inside the atmosphere will keep on increasing which will cause the snow at the

mountain tops and the glaciers to melt faster and faster. When the snow and the glaciers melt, it will lead to increase of water level in sea, rivers, etc. When water level is increased, it will cause flood in the coastal areas. If the snow and glaciers keep on melting, then one day whole world will be a barren land. Many animals and plants that survive only in cold places will perish. Human activities such as raising yaks, apple cultivation, etc will come to an end. Bhutan's hydro-power generation can also come to a halt.

To stop this dangerous disaster, people should plant lots of plants and stop producing all types of green house gases immediately.



Damchen Tenzin, x

**Trees are our future
They are part of nature
They give us oxygen
And make this earth
like a heaven.
Trees give us wood
That make things which**

**are good
If we cut a tree
We harm ourselves for free
If we sow a seed
We get fruits and fulfill our
need**

If two men on the same job agree all the time, then one is useless. If they disagree all the time, then both are useless. [Darryl F. Zanuck, 1902-79, US Film Producer]

Pocket Money

B. Maya Subba, IX

Money is considered as eminently precious and valuable. Even a ngultrum counts a lot. People who use it wisely are going to brighten their future.

Usually we receive money from our parents and relatives. If we waste it on trivial things

Throw Away Hatred For Anyone

Leki Choden, X

A junior school teacher told each child in the class to bring a plastic bag containing potatoes. Each potato will be given a name of a person that the child hates, so the number of potatoes that the child puts in his or her bag will depend on the number of people he/she hates. So when the day came, every child brought some potatoes with the names of the people he/she hated. Some had two potatoes, some had three and some had four. Then the teacher told the children to carry the potatoes wherever they went for one week. Days passed by and the children started complaining about the unpleasant smell given by the rotten potatoes. Besides those having five potatoes had to carry

and not use properly, then we become spoilt children.

Some of us collect whatever amount we can save from our pocket money and put it into our piggy banks. When we are in dire need of money, we can take out to meet our urgent needs.

Most of the parents tend to spend more than necessary on their children. Instead, children should learn the art of managing their pockets well. Too much of pocket money spoils children as much as too less of it will deprive them of their necessities.

heavier bags. After a week, the children were relieved because the period finally came to an end. The teacher asked, "How did you feel while carrying the potatoes with you for one week?". The children expressed their frustration and started complaining of the trouble they had in carrying the heavy and smelly potatoes wherever they went. The teacher told them the hidden meaning. This is exactly what makes your mind impure and you will carry it wherever you go. If you cannot tolerate the smell of rotten potatoes for one week, can you imagine what is it like to have the bad effect of hatred in your mind for your lifetime?

Moral : *Throw away any hatred for anyone from your mind so that you will not carry it for life time.*

One Day

Jamyang Chuki Choden, VII

It was very sunny
And I was playing like a bunny
My friends yelled

And I nearly fell
When I stepped in this ground
I felt everything was round
I felt very lonely
And felt sad slowly

*Be nice to people on your way up because you will meet them on your way down.
[Wilson Mizner, 1876-1933, US Writer and Wit]*

Superstition Vs Science

Sonam Chophel, X

Sl.No	Superstition	Interpretation	Science
1	When a black cat crosses our way	Denotes bad luck	The cat running is obviously for a bad intention i.e. to kill a rat.
2	When a dog howls facing towards a house	Death or a person falls sick	The dog must be either hungry or feeling cold
3	Meeting a woman carrying an empty bucket while going for some important works	Tasks/Goals remain unfulfilled.	Creates a negative attitude and fear in the mind and the work tends to go wrong when the mind is disturbed.
4	A frog climbing up a tree	Death of somebody	A Tree Frog is in search of food (prey)
5	Whistling inside a house at night	Visit by a ghost	Vibration/frequency of whistling can be felt by a snake, which might lead the snake into the house.
6	Howling of Jackals	Bad omen	Calling friends to devour prey
7	Placing knife under a pillow at night	Avoids bad dreams	keeps the mind out of fear before sleeping
8	When a person is mentally not sound	Possessed by evil spirits	Person suffering from mental disorder
9	Pointing sharp weapons on our heads by others	Life is shortened	Due to anger, a person might be killed
10	When a person is born with structural body abnormality	Curse of the previous generation	Genetic disorder
11	Looking at a mirror at mid-Night	A ghost is seen	Due to poor visibility and a weak state of mind, a false image is formed
12	Combing hair at night	The person is considered to be a witch	Hair strands may fall into food which may lead to a person becoming sick

The heights of great men reached and kept were not obtained by sudden flights, but they, while their companions slept were toiling upward in the night.

[Henry Wordsworth Longfellow, 1807-82, US Poet]

My Best Friend

Karma Selden, VIII

*B*irds of same feather flock together. I have many friends but the one closest to my heart is the one also closest to my nature.

Jambay Lhamo is my best friend. She has been my classmate ever since I started schooling. I meet her mostly at school because her house is far from my residence. She is a simple hearted girl. I hate hypocrisy. So when I saw a person who call a spade a spade, I was instantly attracted.

She always dresses properly. I don't like the dress code of my classmates who wear glamorous clothes. Jambay's clothes create an image of maturity and charm. So I like her the most.

Jambay never hesitates to complain to the class teacher when any of our classmate play tantrums. Not that she dislikes them but that she likes her classmates to imbibe discipline. Once she complained against me to the principal. Though I felt angry at the moment, I realized later that it was for my good. So, I started adoring her.

Once I felt seriously ill. I wanted the notes but could not go to my friends. Jambay used to come to my house daily

and help me with my studies during the examinations.

So, a friend in need is a friend indeed. The friend who serves the best at the time of adversities is the best friend.

PAPA CROW & MAMA CROW

Chimmed Dolkar Phuntshok, VIII

Once there lived two crows: one was a papa crow and the other was a mama crow. They lived happily on an oak tree.

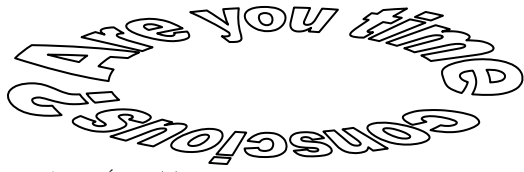
One day a snake went up the tree and ate all the little ones of the crow. The snake thought that if it stayed there on the oak tree, it need not go out in search of food and the crows won't do anything as the snake was stronger than the crows. So he stayed under that tree. Everyday when the two crows went in search of food, the snake would creep up and eat all the eggs. The crows were fed up and they made a plan.

One early morning, they flew to the queen's bed room while she was taking bath. The two crows took away the queen's precious necklace. An army on duty saw this and followed them. When the crows reached the oak tree, they dropped the necklace into a hole where the snake lived. The army was afraid of the snake. So first he killed the snake and took out the queen's necklace. The two crows lived happily there after.

Moral: Intelligence is greater than strength.

HUMPHREY DAVY, ENGLISH SCIENTIST (1778-1829) WAS THE FIRST PERSON TO DISCOVER THAT NITROUS OXIDE CAN BE USED AS AN ANESTHETIC. HE IS ALSO REMEMBERED FOR INVENTING A SAFETY LAMP FOR MINERS. IT WAS CALLED 'DAVY LAMP'

Because of tiny wings and heavy body, the bumble bee shouldn't be able to fly. But the bumble bee doesn't know that, so it flies away. [Mary Kay Ash]



Maitaraj Subba, Teacher

“Yes, I’m time conscious and I’m punctual”, said Namgay Choden, a XII Arts student. She feels that students must have the habit of wearing a wrist watch. But, her classmate Poonam said it isn’t necessary for students to wear wrist watches. Poonam depends on her friends and the school bell for school activities. Hellen, a XII Science student keeps the habit of wearing a wrist watch always. She feels that it is a must that all the students make a habit to wear their wrist watches. “If they aren’t wearing wrist watches, they disturb us in the class, asking time now and then”, said Hellen.

Tandin Namgay, a XII commerce student, said that the students shouldn’t wear wrist watches to show off but to follow school timings strictly and to divide time between recreation and study. Gideon G. Song, a XI Commerce student, wears the stylish wrist watch, known by its brand name ‘Vestal’ which is believed to be an American product and presented to him as a gift by his father last winter in South Korea. He has a special message to those students who don’t have wrist watch, “Time is

precious; we must use time properly. So make a habit to wear a wrist watch”.

Ran Bdr. Subba, a XII Arts student and two times school marathon champion, said he doesn’t wear his watch always but it is advisable to make a habit. “I feel too shy to wear my wrist watch”, said a tiny, slim boy from class VIII, Passang Dorji, although he knew that a wrist watch is important.

A survey conducted by UNESCO Club found out that only around 23 % of Ugyen Academy students were wearing wrist watches. Arts Stream has about 16 % of the students wearing wrist watches, Commerce Stream has about 24 %, Science Stream has about 29 % and Classes VII-X has about 30%. Most of the students interviewed were not sure of school timings.

Should we make wrist watches compulsory in the school? “No”, said a student. (Name withheld on request). He doesn’t find himself comfortable with a wrist watch, but he uses it during examinations. He is also of the opinion that if it has to be compulsory then the school should provide same type of wrist watches so that the students do not exhibit their fancy watches. Ugyen Academy’s School Rules states that a student must wear a wrist watch as a part of school uniform.

What is a UNESCO Club?

A UNESCO Club, Centre and Association is a group of people of all ages, from all walks of life, and all over the world, who share a firm belief in the ideals of UNESCO as spelled out in its constitution and in the Universal Declaration of Human Rights.

People of mediocre ability sometimes achieve outstanding success because they don’t know when to quit. Most men succeed because they are determined to.
[George Herbert Allen, 1922-90, American Football Coach, Executive]

A Book Review

Namgay Zam, X

Title of the story : Oliver Twist

Author : Charles Dickens

Character : Mr. Bumble, Mother, Oliver Twist, Mrs. Mann, Mr. Limbkins, Mr. Sowerberry, Mrs. Sowerberry, Noah Claypolc, John Dawkins, Fagin, Bates, Doger, Mrs. Bedwin, Mr. Brownlow, Monks, Mr. Grimwig, Nancy, Bill Sikes, Toby Crackit, Mrs. Croncy, Dr. Losbern, Mrs. Maylic, Miss. Rose, Doctor and Nurse.

Point of view : First person point of view.

Genre : Classic Fiction

This classic story reflects the journey of a small boy who goes through poverty, desperation, fear, temptation and his eventual triumph in the society in the face of great adversity.

‘Oliver Twist’ is about an adventure of a small boy called Oliver who was an orphan. After reading this illustrated classic series, I really feel the atrocities and difficulties faced by an orphan child. Oliver in the story was never given enough food and even the little amount that was given comprised of soup and as

a treat they got onions on Sundays with a small roll of bread. But what I like about this story is the courage and determination. He has changed the very course of his life and become a successful person.

Dickens tries to tell that under the impact of evil, goodness in humanity is lost forever. His basic contention in Oliver Twist is that if we face life without fear, we’ll be able to demolish evil.

Find out whether you're a pessimist or an optimist

D. R. Kharga, Teacher

Observe the following sums carefully:

$2 + 3 = 5$, $3 + 4 = 6$, $4 + 4 = 8$, $5 + 2 = 7$. What do you observe? Obviously, $3 + 4$ is not 6. OR, the second sum is wrong. Observe the sums further. If your observation is still same, i.e $3 + 4$ is not 6, then you are a pessimist. This is the clear indication that we all are so much absorbed in negative thoughts. An optimist’s observation would be that- except the second sum, the other three sums are right.

When one door of happiness closes another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. [Hellen Keller]

Your Little Sparkling Ways

Namgay Choden, IX

Some might be happy
Some might be weak
And some might be
Liked by all
But don't forget yourself
For you're special too
In your little sparkling ways.
Models might be glamorous
Actors might be gracious
Singers might be famous
But you might be greater
When your hidden potential
Will make its way
Through the world.
Don't listen to words

For they always bring you down
Don't do what they're doing
For it might lead you wrong
Think in your head
And put it in your heart
Do what it says
It will never deceive you.
And finally see
How you'll shine
With throbbing glory
Where you can climb
Every ladder to the star
Where you'd be special
In your little sparkling ways.

Literate Servant & The Illiterate Master

Passang Dorji, Arpan Ghallay, Dampa Tshering, VIII

Many years ago, there lived a rich man called Dampa. He was a businessman. He had a servant called Arpan, who was a class VIII dropped out. Arpan used to cheat Dampa because he didn't know how to count the numbers properly.

One day, Arpan was caught red-handed for cheating. So, Dampa employed another boy, Passang. Unlike Arpan, Passang was sincere and didn't cheat Dampa. But Arpan was jealous. After a month, Arpan met his ex-

employer Dampa and said, "Do you know, one day you threw me out of my job because you found me cheating. Of course, that was the first time I tried to cheat out of temptation. But be aware, your new servant is doing you more harm than I did".

Suddenly, Dampa's mind changed and Arpan was re-appointed. Alas! Arpan cheated and cheated over and again. At last, Dampa became so poor that he could not afford a cup of tea for himself.

What are the aims of a UNESCO Club ?

The aims of a UNESCO Club are those of the UNESCO itself, as proclaimed in its Constitution: "to contribute to peace and security by promoting collaboration among the nations through education, science and culture in order to further universal respect for justice, for the rule of law and for the human rights and fundamental freedoms which are affirmed for the peoples of the world, without distinction of race, sex, language or religion, by the Charter of the United Nations."

A man who never alters his opinion is like standing water, and breeds reptiles in the mind. (William Blake, Poet)

My Reminiscences

Bijay Kr. Sapkota, Teacher

Beckoning to the past,
Adhering to the present;
A visionary picture leaps in front of me,
A student I was and a teacher I am today.

A teacher strict by principle,
Is never liked by students;
Same opinion I shared,
A student when I was.

Counseling was out of question,
Lashes were counted;
Changing time changes everything,
A different scenario afloats today.

Imparting education is,
Like a child spoon feeding;
Teacher's job is not a business,
'Hard work is key to success' it is.

Now I realize being a teacher
Those lashes were 'a blessing in disguise';
Corporal punishment is out of syllabus today
'Words speak louder than action'.

I need not boast about my profession,
An inch of good judgment from a student is
enough;
But being strict and hard,
Is what makes me loving and caring.

While in UA, Speak in English

Damchoe Zam, X

"Talk in English, otherwise you've to do social work on Saturday", class captain warned me. I suddenly stopped talking. The new programme introduced by our school 'Talk in English' at all times was quite a shock for me. How was I going to communicate with my friends? It was really frustrating for me at the beginning because I could not convey or convince my friends what I wanted to say. But as time passed by I realized that my English has improved. Some of the advantages I found in this programme are:

- We can be fluent in speaking English
- We can improve our pronunciation.
- Improve our writing skill.
- Improve our vocabulary.

But my friends asked me whether we are forgetting our mother tongue. Is Dzongkha not important? I told them Dzongkha is no doubt important but it is infused in our blood and we will never forget it. Whereas English is a universal language, so we must master it.

"Speaking Dzongkha is useful only in Bhutan but English is used as a medium of communication abroad in many countries", says a Dzongkha Language Teacher (Lopen). He further adds that Bhutan is a developing country and we've to depend on other advanced nations for aid and assistance. But after 30 years or so, our country will become developed like Japan and South Korea, and then we don't need English as much as we need it today.

For some students, the question of whether this programme has been a success raises their eyebrows but to me it has been a boon because I have gained a lot of confidence to talk in English.

When I worked for myself alone, myself alone worked for me; but when I worked for others, others worked for me.