

Pallikoodam – A New Experience

My expectations for my first day at my new school were at rock bottom. I was prepared to be disappointed. However, my first impressions of the school, its classes, activities, students and teachers were far from disappointing. I had never moved schools before, so the thought of a new school, with new classes, classmates, and teachers was both thrilling and daunting. My longing to go back to my old school ended on the very first day, thanks to the sheer number of activities and the students and teachers of this school. The realization hit me that change was not such a bad thing after all!

I decided to look at things differently and approach change with a better attitude, to open myself up to the prospect of making new friends; and again, I was not disappointed. The friendships I formed have become an important part of my experience. I was also intimidated by the idea of moving to a different curriculum, but I don't find it as difficult as I expected it to be, and if I ever do, I can rest easy knowing that I have wonderful teachers to help me.

Pallikoodam is an unconventional school, to say the least, and one that I'm growing to love since the two months that I've been here. A school that is very different from the schools I'm used to seeing,

in both structure and values. I have never been so in touch with nature as I am now. The environment at Pallikoodam feels foreign but also so familiar. Classes are sometimes held in different rooms and that keeps me moving. It's incredible what a little activity and sunlight can do for a person. Ever since I joined Pallikoodam, I've noticed a general upliftment in my mood and well-being, and I have the weekly PT and Yoga classes to thank for that. Current Events sessions ensure that I'm kept up to date with what's happening in the world.

This routine was initially difficult to get used to, but as the weeks progressed I found myself getting very comfortable with it. My apprehension and initial discomfort have transformed into familiarity and confidence. This school is

beginning to grow on me!

Sarah Jacob
Std XI



My Swimming Adventure

Last weekend was super exciting for me because I got to compete in the Zone C Aquatic Meet. I was so nervous before each race, especially the 50m Freestyle. But when the whistle blew, I forgot about everything and swam as fast as I could. It was tough with everyone swimming so fast, but I did my best and I won first place. Then came the 100m Freestyle but before that Soumy Cyriac who was once the fastest woman swimmer in India spoke about her swimming journey. It made me feel more confident to do my next event. The 100m Freestyle is a longer race and more challenging. I was shaking a little before I started, but once I hit the water, I tried to swim as fast as I



could. The crowd cheered me on which motivated me to keep going, and when I touched the wall at the end, I had won first place again. Thinking back on the Meet, I learned that being scared is okay as long as you don't let it stop you from trying your hardest. Standing on the podium and getting my certificate made me feel so proud of myself. I'm really excited for my next swimming challenge and I know I'll remember this Meet as a big step in my swimming journey.

Nitara Joseph Kondody
Std VIII

Australia

Two weeks in New South Wales, Australia, wasn't just a student exchange trip. It was a whirlwind of adventure with the warmest of welcomes. Living alongside the Reeves family in Kingscliff and Byron Bay felt less like a homestay and more like having a second home for those short but sweet fourteen days. James, Nicole, and Ben Reeves, along with their furry friend Polo, became like family, opening their hearts and their home to us.



Our days were filled with incredible experiences. One unforgettable highlight was the trip to

SeaWorld with my classmates. We marveled at the amazing marine life shows, watching in awe the



agility of the dolphins and the playful antics of the seals. But the real thrill came on the rides. The Leviathan, a leviathan in name and nature, stole the show. This uncomfortably creaky and wooden behemoth, one of Australia's fastest and tallest coasters, launched us from 0 to 70 kilometres per hour in a blink, sending us hurtling through twists, inversions, and stomach-dropping plunges. It was a white-knuckled, exhilarating experience that left us

weak-kneed and grinning from ear to ear. We of course tried out other coasters too, each offering its own brand of thrills, but the Leviathan remained the undisputed champion.

Another unforgettable memory was our adventure to Killin Falls with the Reeves family. The trek itself was a mini-adventure, weaving through lush forest, and navigating down the muddy path. Reaching the base of the falls, the power of nature was jaw-dropping. The cascading water roared, sending a cool mist that tickled our skin. With a deep breath and a shared look of excitement, we plunged into the icy-cold pool at the base of the waterfall. The shock was immediate, but it was quickly replaced by exhilaration. Laughing and grunting, we splashed and played. We slowly adapted to the cold and managed to capture a memory that I'll hold close for the rest of my life.

Leaving Australia was bittersweet, but the memories I made with the Reeves family and my



classmates will forever hold a special place in my heart. This trip wasn't just about exploring a new country; it was about the wonderful people who made it feel like home, and the incredible adventures we shared together.

Dave Boby
Std XII

INME 2024

Our INME trip to Rishikesh was great fun and a unique experience for all of us. It helped us all to detach from the bustle and noise of the city and unwind in a healthier, safer environment. It helped



us to develop 'new' habits such as waking up early and being active throughout the day without compromising on fun. It also helped us to focus on building stronger relationships with new people whom we learned to rely on and trust through rough patches. INME helped us prioritise our mental and physical health over anything else and taught us how to take care of ourselves. We were taught fundamental life skills that are crucial to living outdoors such as lighting a fire and back

packing. We experienced many new things such as kayaking, rafting, high ropes, trekking and camping.



This helped all of us to realise our strengths and weaknesses. It also helped us develop a sense of unity and camaraderie among ourselves and brought us together as a class.

Zara Don
Std X

Zone C Athletic Meet

Being a member of the Pallikoodam Sports Team is a matter of honour and pride. I was selected to participate in 200m, 400m, 600m and the 4x100m relay. Winning all the events I participated in and emerging as the Individual Champion at the Zone C Athletic Meet 2024 is an achievement I will always cherish.

I started practising for this event at the beginning of the year and my hard work paid off. There were days when waking up early for practice sessions was challenging. I felt tired and weak at times, and unsure if I could balance academics and sports. However, I pushed myself and the results have been incredibly rewarding. I owe this success to the immense support of Vinod sir, Christy sir and Ajini chechi. My fellow athletes and team members provided great support and encouragement throughout my journey.



Being involved in sports has taught me the value of team spirit and the importance of being there for one another. Now I look forward to the Regional

Meet next month and hope to come back with lots of rewards and good memories. I would like to remind everybody that winning is only a part of this journey; being there, participating and making good memories is most important.

Ishan Joseph Cherian
Std VIII

Robots and Bagless Saturdays

When we first heard that we were doing a project on AI and Robotics, we were all excited. As children



haven't we all dreamt of building robots like the ones in sci-fi movies? The child in me imagined

constructing a sleek robot with flashing lights and artificial intelligence. Our expectations were defied most surprisingly.

Instead of building a high-tech robot, we were handed a toothbrush head and googly eyes. We crafted a robot with markers attached to a cup that vibrated, creating drawings like modern art. After all, it's about the journey and not the destination. What I enjoyed most was laughing with my friends at our proud creations and exploring creative approaches while being guided by our fun and supportive teachers.

Thomas Jose
Std X