



VERVE

2022

**OCTOBER
EDITION-8**

A STUDENT-LED E-
MAGAZINE OF JSS PRIVATE
SCHOOL AL SAFA DUBAI



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EDITORS DESK

On behalf of GRADE 11, welcome to this month's VERVE!

After receiving valuable feedback from staff and parents, we are in the process of bringing about few changes to our VERVE editions henceforth.

From now on we are going to amuse you with new corners like Games and puzzles while entertaining you with current events! Sports updates and competition announcements will be made regularly.

Needless to say, that our senior editors team of Verve has moved on with their ongoing exam preparations and hence this is our first verve initiative through their guidance and support.

We will continue to give our best by enriching our content at the same time keeping you entertained.

Kindly share your contributions to Verve on or before 20th of each month.

Thank you all for your continued support!



HIGHLIGHTS FROM KINDERGARTEN



KINDERGARTENERS' COMPLETED 100 DAYS OF LEARNING.

Young learners celebrated the 100th Day of school through various activities most importantly showcasing Math skills. Students spoke confidently about their projects through the 'Show and Tell' session and enjoyed their day thoroughly. Keep up the good efforts going great!



FLAG DAY AT JSSPS

The elements of National identity - Patriotic spirit on the day of National occasion. The kindergarten students sang the National Anthem and very proudly engaged in fun filled activities throughout the day.





HIGHLIGHTS FROM PRIMARY SCHOOL

ECO_ELVES STALL- SEPTEMBER

Our Eco_Elves of Grades 1 & 2 took their very first step to raise money for their next year project, Smart Organic Farming kept the young entrepreneurs busy which enabled them to showcase their Sales & Marketing and Financial expertise with the customers. FANTASTIC EFFORTS!



Students sold the harvested Organic greens which was nurtured by them for over weeks ever since it was planted. This wonderful event has given the children confidence and life skills.

STUDENTS OF GRADE 3 AND 4 RECORDED A TOTAL OF 21 KMTS SUPPORTING CLIMATE RELAY.

Climate Relay Running is being carried across 18 countries in association with the Foundation for Environment Education. Students' of JSS PS took it into action by achieving a record of 21 kilometers which is a true reflection of their commitment to make a difference to the environment.



DIWALI ASSEMBLY AND AWARD CEREMONY FOR SPELL BEE CHAMPIONS

Diwali was celebrated with full vigor and enthusiasm by the Grade 1 and 2 students in the school auditorium where they grooved to festive songs along with their peers and teachers. The winners of The Royal Spelling Bee competition were also felicitated on this joyous occasion. Congratulations to all the winners!



MOVIE FOR A CAUSE -20TH SEPTEMBER, 2022

The easiest way to inculcate the habit of helping others is to practice it from a very young age. JSS Private School gives its students the opportunity to help others by through fun filled activities - "Movie for a cause" is one of them.



BREAST CANCER DAY- 12TH OCTOBER 2022

Breast Cancer Day- 12th October 2022, JSS Private School took an initiative to create awareness among students across the school.



Teachers came dressed in pink in order to actively participate in this program. During Breast Cancer Awareness Month in October and throughout the year—people wear pink ribbons to honor survivors, remember those who lost their friends and family to the disease and to support the progress we are making together to defeat breast cancer. Well done students and teachers!

SHAPE AND SHINE – GRADE 4

The idea of behind this session is to get our students fit and charged up for the day. Exercise boosts the child's mood, increases blood flow to the brain and improves focus. And when done in the morning, you're setting the pace for a full day of success.





HIGHLIGHTS FROM MIDDLE SCHOOL

JOURNÉE FLE - DUBAI 2022

Learning is not attained by chance, it must be sought for with ardor and attended to with diligence." Said Abigail Adams.

The Department of French from JSS Private School, Dubai attended a teacher's training program "Journée FLE - Dubai 2022" conducted by Prayatna Educational Society on Task-based learning & collaborative writing. Emphasizing the new methodologies to improve the learning of Foreign languages, showcasing the idea of the power of collaborative working and team spirit, and understanding the deeper sense of application in practical scenarios.



OUR WELL-BEING IS IN BEING WELL.

Coming together, is the beginning; keeping together is progress; working together is success.

Our well-being is in being well. As part of Mind Beats, our Middle-school team had an enthusiastic well-being session ensuring we build we build positivity, maintain creativity, encourage imagination and bond for team-work.

These are simple ways towards boosting cognitive functioning and recovering mental energy.





We are delighted to announce that Prasanna Venkatesh Rajagopalan of Grade 6 is the proud recipient of the 'Gold Scholar' award for his excellent performance at the ASSET Talent Search.



We are delighted to announce that Rishi Rajeev of Grade 8 is the proud recipient of the 'Gold Scholar' award for his excellent performance at the ASSET Talent Search assessment. Congratulations!!



HIGHLIGHTS FROM HIGH SCHOOL



CHARITY GALA- 2022

"Charity is to will and do what is just and right in every transaction".

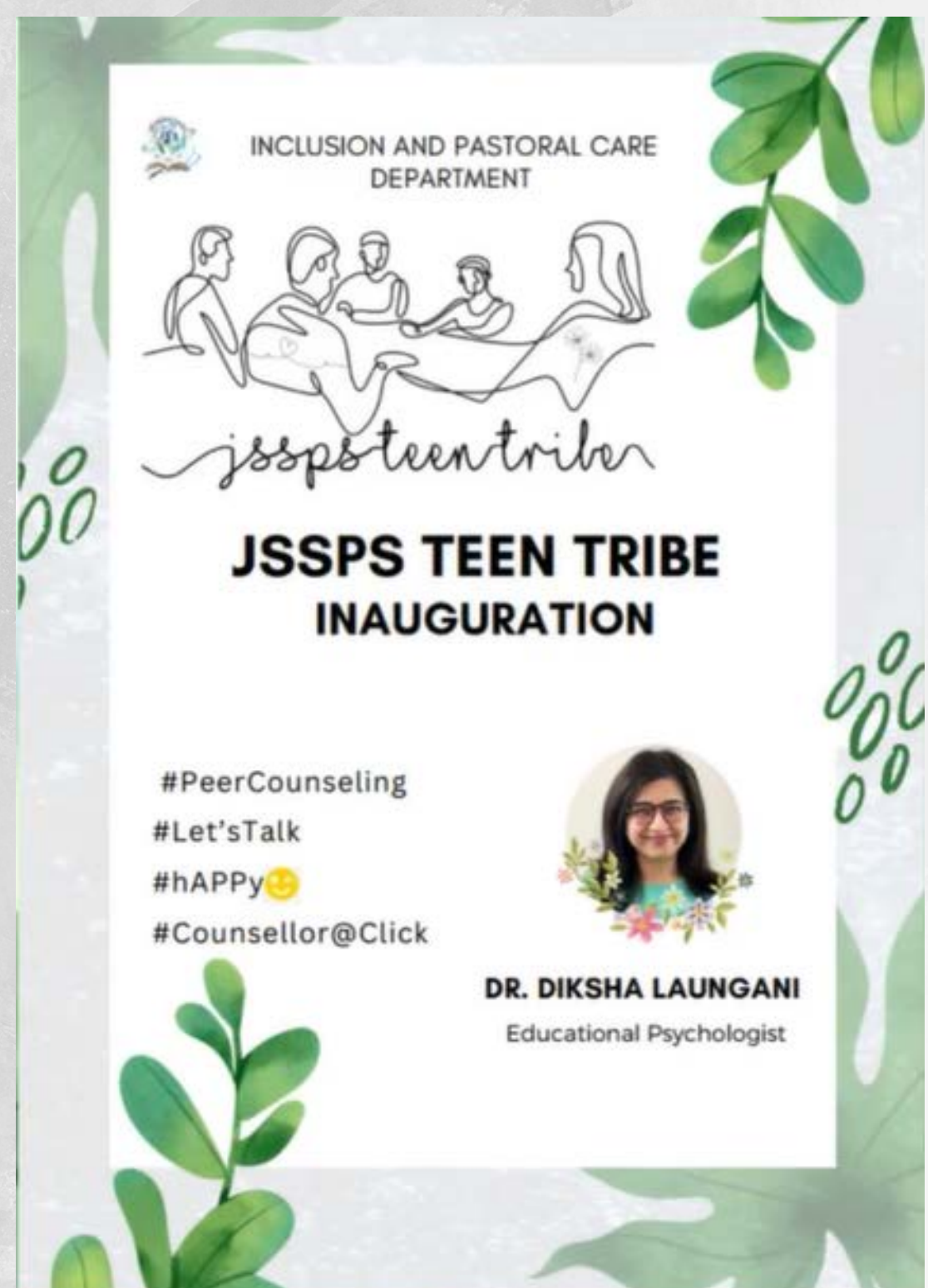
-Emanuel Swedenborg

The Happiness and Hope committee conducted a Charity Gala, an initiative solely led by the student body of JSS Private School. The event was attended by 300 students from high school and a representative from Dubai Cares, Ms. Ayesha. Apart from providing a fun and enjoyable experience for students, the event was held in support of an extremely noble cause. All proceeds from the Gala was directed towards the Girls' education in crisis programme - a programme undertaken and managed by Dubai Cares.



TEEN TRIBE INITIATIVE

Teen Tribe is an initiative of Pastoral Care department focusing on every student's well-being across phase 4. The trained students will act as first informal responders who can identify and respond to a friend if he/she is reluctant to speak on a crisis they face. Trainees will be able to identify the early signs and symptoms of teenage related issues and give their friend an initial counselling before the teachers take over. The trained students will also take up the responsibility to spread awareness about various mental health issues children face during teenage and make it easier for such students to reach out to counselling. 'Teen Tribe' will create a happy student community and enable them to be future ready.



WLL- SDGS IN ACTION

SDGs in Action - The student leaders of JSS Private School came together to showcase some of the Sustainable Development Goals through an array of hands on activities like online games, tree planting, thought provoking messages, recycling cloth and others. Promoting the use of SDGs in learning, helps children contribute to a better future for all.

We are proud of our dynamic student leaders of the primary, middle and senior school, who did a brilliant job under the leadership of the senior head boy and head girl, Malavika and Vasisth to plan, coordinate and present the sustainable development goals.



FIELD TRIP TO MOTION GATE

The unforgettable leisure trip to Dubai Park and Resorts- Motion Gate for the phase 4 JSSPS students not only provides a unique outdoor learning experience but could aid individual development by boosting confidence and promoting team bonding. After the restrictions of Covid-19, we are delighted that once again, trips are going ahead to expand the extra-curricular opportunities for our students. We are dedicated to creating a learning experience outside the classroom that engages students and makes lasting memories.



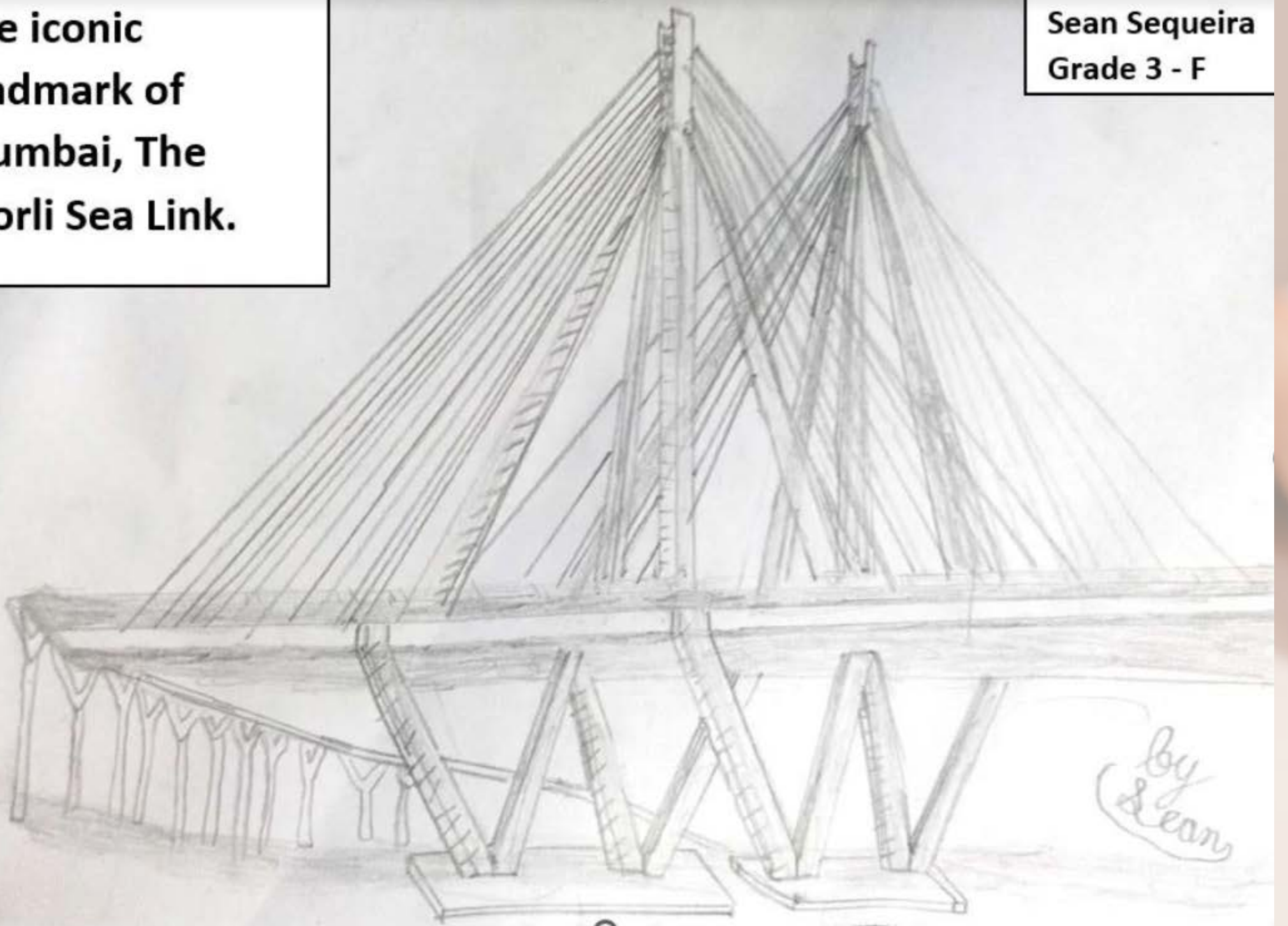


GALLERY WALK
ART WORKS, ARTICLES,
BOOK REVIEWS etc.,



The iconic landmark of Mumbai, The Worli Sea Link.

Sean Sequeira
Grade 3 - F



Capturing the Patriotic feeling of the India Gate.

Sean Sequeira
Grade 3 - F





**-Jayadith Umashanka
2B**



-Saloni Nayak 4c



-Joanna Vinod 11E



-Joanna Vinod 11E



CLEMENT GEORGE - 8 E



-Joanna Vinod 11E



-Joanna Vinod 11E

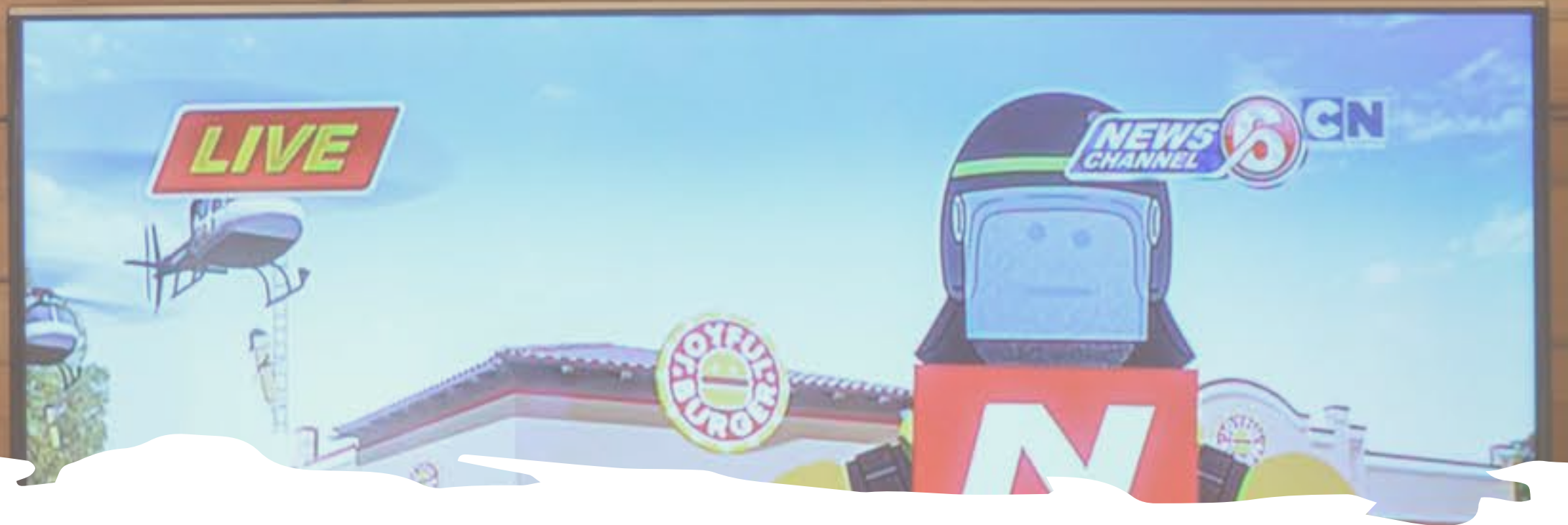
ANIMAL FACTS BY TANMAY VALLAMKONDA

FROM 5C



- 1) Peacocks have the longest tail feathers amongst all other birds measuring around 1.5 metres.
- 2) Falcons can see a 10 cm object from a distance of around 1.5 km.
- 3) Tapir is a hoofed animal which is closely related to the horse and rhinoceros. It has short legs and a flexible trunk. It lives in tropical rainforests.
- 4) Owls are the only birds that can see the colour blue.
- 5) Porpoises are fish-shaped mammals. They live in the temperate seas of the Northern Hemisphere in the Indian and Pacific Oceans. They resemble small whales and their front limbs are flippers. They have a round snout and a small number of flat teeth which they use to eat small fish and squids.
- 6) Duck-billed platypus has a bill of a duck, the skeleton of a reptile and lays eggs like birds and reptiles. But actually it is a mammal





ENTERTAINMENT NEWS



'TELETUBBIES' REBOOT TRAILER OUT AND NETIZENS ARE NOT THRILLED WITH THE NEW BABY SUN

'Teletubbies' reboot trailer out and netizens are not thrilled with the new baby sun. The little and innocent Teletubbies will soon make a comeback on your TV screens. Netflix has recently released the first trailer of their fourth-coming kids' show, a reboot of a classic 90's sitcom.

The trailer takes us into the happy and colourful world of little Tinky Winky, Dipsy, Laa-Laa, and Po and their playful adventures. The show, which brought back many happy childhood memories, quickly became the talk of the internet.

While many netizens praised the trailer, there were some users who were just not happy with the little changes that had been made in the reboot, like the baby Sun.

If you have watched the show, you'll know that each episode begins with baby Sun. And, like the original one, the new show also had a baby at the start of the show, but with a slight difference. In the new trailer, we see the cutout of a baby face floating in the sky instead of a sun that had a baby face infused in it.



RIHANNA UNVEILS 'LIFT ME UP' FROM 'WAKANDA FOREVER', HER FIRST SINGLE IN 6 YEARS

On Thursday night, Rihanna dropped her brand new single 'Lift Me Up' - the first track from the highly anticipated Marvel film 'Black Panther: Wakanda Forever'. This is her first single in six years.

The song- a slow soulful number - is a tribute to the life and legacy of Chadwick Boseman who played Black Panther in the first film. The song has been written by Nigerian singer-songwriter Tems, Rihanna, top film composer Ludwig Goransson and director Ryan Coogler. It is one of two songs from the film, which premieres in theatres on November 11.

Few other details have been released about the song or the soundtrack album that Rihanna is said to be curated in a manner similar to the way Kendrick Lamar helmed the first film's album.

"After speaking with Ryan and hearing his direction for the film and the song, I wanted to write something that portrays a warm embrace from all the people that I've lost in my life," Tems said in a statement. "I tried to imagine what it would feel like if I could sing to them now and express how much I miss them."

She added, "Rihanna has been an inspiration to me so hearing her convey this song is a great honour."



BROADWAY'S LONGEST RUNNING SHOW 'PHANTOM OF THE OPERA' TO END

The iconic Broadway musical 'Phantom Of The Opera' will be drawing its curtain for good in 2023. The musical has been Broadway's longest-running show and recently celebrated its 35th anniversary.

A spokesperson confirmed that the musical's final performance will take place on 18 February 2023. There has been a total of 13,925 performances at New York's Majestic Theatre.

"As a producer, you dream that a show will run forever. Indeed, my production of Andrew's 'Cats' proudly declared for decades 'Now and Forever'," producer Cameron Mackintosh said in a statement. "Yet 'Phantom' has surpassed that show's extraordinary Broadway run. But all shows do finally close."

The show made its debut in 1988 and since then has survived recessions, city riots, and a war. However, many feel the show could never fully recover from the 18-month long coronavirus shutdown.

The musical's box office grosses have fluctuated since reopening, hitting over \$1m a week but also dipping to \$850,000.

The show opened first in London in 1986 and subsequently staged regular shows from 1988. Since then the 'Phantom Of The Opera' has been adapted in 17 languages across the world and has travelled to 183 cities and viewed approximately by 145 million people

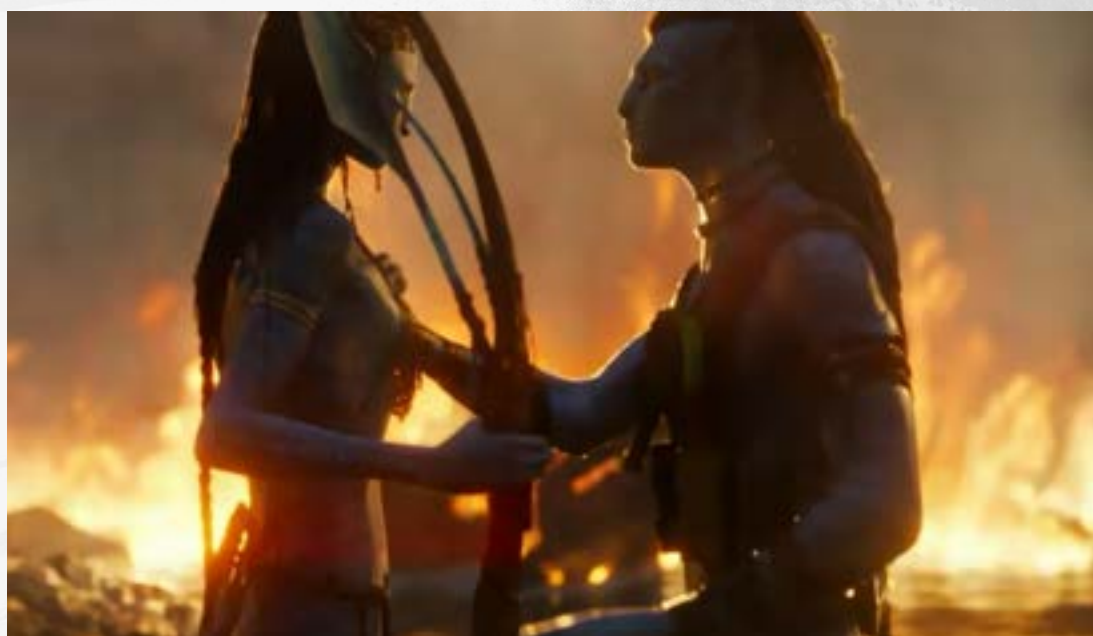
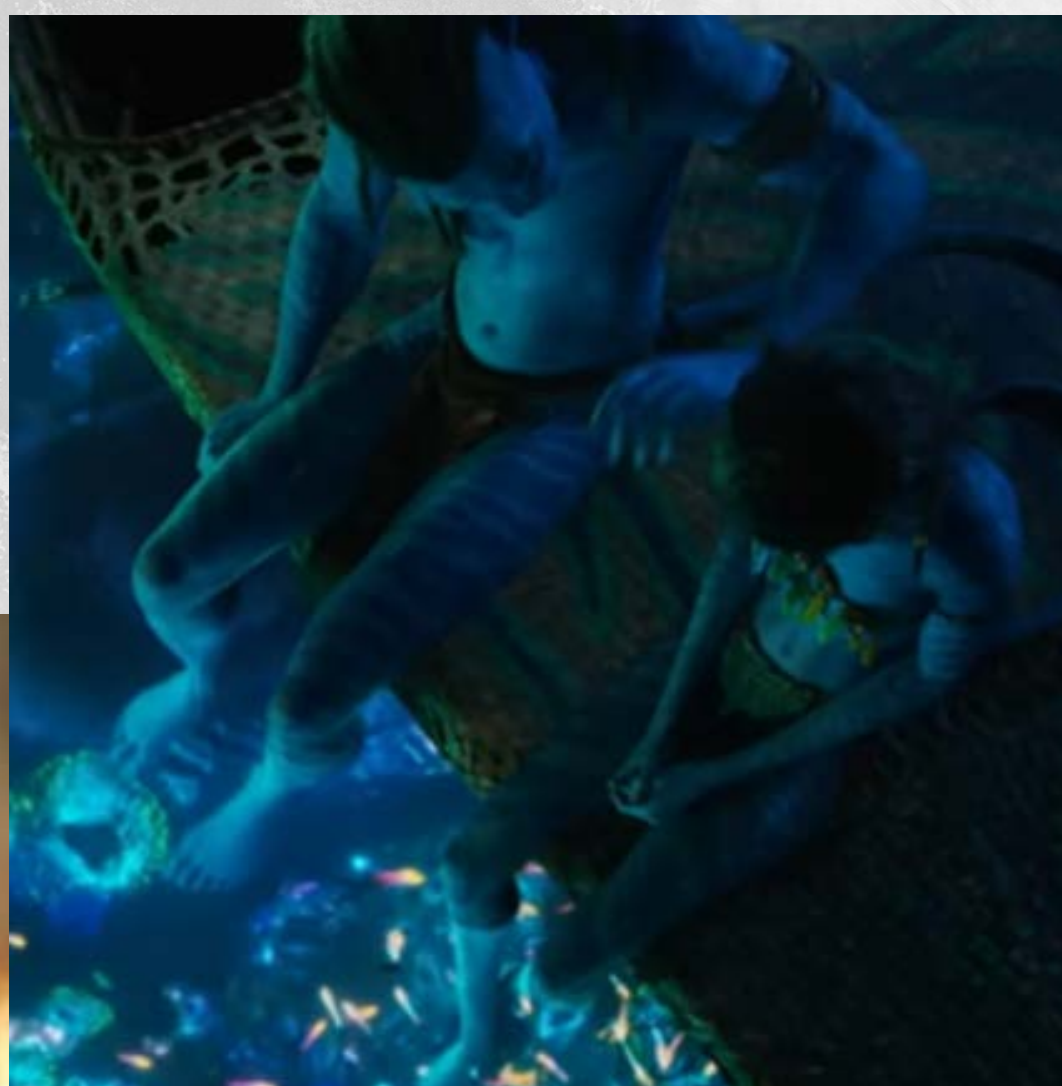


FANS HAIL CAMERON AS AVATAR 2 TRAILER RELEASES AFTER A DECADE, SAY 'MASTER CRAFTSMAN IS BACK'

TEver since the release of the first installment of the Avatar franchise, people have been crazy to know about all the details of James Cameron's Avatar 2. And the good news is that the makers of the Avatar sequel have finally released the official trailer of Avatar 2 on YouTube.

Produced by 20th Century Studios, the 2nd film of the Avatar franchise focuses on Jake Sully (Sam Worthington) and Ney'tiri (Zoe Saldana) trying to keep their family together and save their home and Pandora from human invasion.

As the trailer hit social media platforms, many took to express their views on the trailer and share their excitement about the much-awaited film. Taking to Twitter, a user wrote, "The master craftsman is back after a decade with masterpiece again



KIDS INVITED TO SHARE EXPO 2020 STORY IN NEW COMPETITION

A new writing competition has opened in Abu Dhabi, inviting UAE children to submit their stories about Expo 2020 Dubai. The Department of Culture and Tourism – Abu Dhabi (DCT)'s Maktaba on Friday launched the 10th edition of its 'Little Writer in the Big Book' competition. This year's event will see children document their experience at the world's greatest show, the six-month mega fair that drew in millions of visitors from all over the world.



The winning stories will be published in a book titled The Little Writer in the Big Book Competition, which is printed by DCT Abu Dhabi. Copies of the publication will be distributed to all school libraries as well as MAKTABA library branches. The competition's goal is to encourage children to write creative Arabic stories that are inspired by Emirati heritage.

UAE CELEBRATING 50 YEARS OF CLOSE TIES WITH EGYPT: MOHAMMED BIN RASHID

His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President, Prime Minister and Ruler of Dubai, said that the UAE and Egypt will begin another 50 years of solid and deep-rooted relations

"The UAE, today, is celebrating, in Egypt, the 50th anniversary of their close, deep-rooted and advanced relations, and we are at the start of another 50 years, under the leadership of President His Highness Sheikh Mohamed bin Zayed and President El-Sisi," he said. His Highness Sheikh Mohammed bin Rashid made this statement coinciding with the celebration of the 50th anniversary of the establishment of Emirati-Egyptian relations in Cairo, Egypt, and the start of another 50 years of cooperation under the leadership of President His Highness Sheikh Mohamed and President El-Sisi.

The upcoming period will witness further cooperation between the two countries in all areas, he added, noting that they have a forward-looking vision and the determination to continue the development process.

The major celebration in Cairo is being held under the slogan "Egypt and the UAE... One Heart", from 26th to 28th October, to mark the 50th anniversary of the UAE-Egypt relations.

The Forum will focus on the horizons of the economic and investment cooperation between the UAE and Egypt, in addition to reviewing the most prominent projects and investment opportunities in the strategic sectors that the UAE and Egypt focus on.

The forum will review distinguished success stories of Egyptian and Emirati companies in different fields.





SPORTS NEWS

MONZA'S PABLO MARI DISCHARGED FROM HOSPITAL AFTER SUPERMARKET STABBING

MILAN: Serie A soccer player Pablo Mari has been discharged from hospital after he was stabbed in an attack in an Italian supermarket earlier this week, his club Monza said on Sunday. Mari faces at least two months out of the game after an operation on Friday for stab wounds. The attack left one man dead and many injured.

Milan's Niguarda hospital said its trauma team had reconstructed two muscles in the back of the 29-year-old Spanish centre-back, who is on loan at Monza from Premier League club Arsenal. "Pablo Mari was discharged from the hospital this morning, returned home and now begins a period of absolute rest," the club said in a statement, also thanking the staff at the hospital.



THE POWER OF TWO - WHEN DIEGO MARADONA SCORED THE BEST AND WORST GOALS IN FOOTBALL HISTORY

When history asks who scored the worst goal in football, the answer is Diego Maradona. But the same history also states that it was Maradona who also scored the best goal in football. Confused? No, don't be. For this, we need to go back to where it happened and the circumstances surrounding the two goals. Yes, both these goals came in the same game and have never been forgotten.

Rewind to 1986. It was the World Cup quarterfinal between Argentina and England. Maradona was leading the Argentinians and he was determined to go the distance. Little did one know that this match would take him to immortality.

The first half saw no goals from either end. Then in the 51st minute, the deadlock was broken. Maradona passed the ball diagonally to Jorge Valdano and continued his run towards the goal. But the pass missed Valdano and was intercepted by Steve Hodge who then tried to hook the ball clear but missed it. It looped into the penalty area and Maradona was after it as he had not stopped running. Keeper Peter Shilton ran out to punch it clear but was beaten to it by Maradona. The Argentine was 8 inches shorter than the towering Englishman but was able to put it over the keeper with his left hand. The ball entered the goal. The referee allowed it. Maradona later said it was scored a little with the head of Maradona and a little with the hand of God. It became known as the Hand of God from then on. England had a right to feel let down.



SURYA'S KNOCK BEST T20 INNINGS EVER BY AN INDIAN,' SAYS GAUTAM GAMBHIR

Surya Kumar Yadav's 68 off 40 balls on bouncy Perth track against South Africa has wowed Gautam Gambhir into terming it as the "best T20 innings by an Indian". Ravi Shastri would add that "without Suryakumar's innings, India would have been bowled out under 100 runs."

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SOMETIMES IT CAN BE DEMORALISING': SUNIL GAVASKAR BLAMES PAKISTAN'S SUPPORT STAFF FOR NOT BACKING THEIR TEAM WHEN DOWN

Sunil Gavaskar laid the blame on Pakistan's support staff for not backing their team when down, as a reason why the team has suffered back-to-back defeats at the T20 World Cup currently being held in Australia.

Pakistan suffered a last-ball loss to India – a loss that could demoralise any team. That loss, against a team considered as the favourites to reach the semi-finals, was followed by a shock result against Zimbabwe.

Chasing 131 at Perth, the Pakistan batting collapsed. At one point, all that they required was 43 runs of 39 deliveries with seven wickets in hand. And then disaster struck. A batting collapse saw them lose against Zimbabwe by a solitary run. Gavaskar termed that result as a lack of encouragement by the team management on the players – one that led to an immediate collapse after a demoralising last-gasp loss to India.



‘OUR UNDERSTANDING AND VISION OF THE GAME HAS BEEN SIMILAR’: VIRAT KOHLI ON CAMARADERIE WITH ROHIT SHARMA

Virat Kohli and Rohit Sharma, are arguably two of the biggest names in Indian cricket over the past decade. While Kohli has cemented his place as a modern great, Rohit has also earned accolades.

However, ever since Kohli stepped down as the captain of the team, the relationship between the two has been a subject of continuous scrutiny.

But despite all the probes, two very different personalities do have one common goal and that is excellence.

In a recent interaction on Star Sports, Virat Kohli was asked about the equation with his captain to which he said, “We speak about how to win the big tournament. It creates an exciting atmosphere as well.”



CURRENT AFFAIRS

FAKE NEWS 

TWITTER FIRES MORE THAN 90% OF INDIA STAFF, LEAVING JUST A DOZEN

Twitter Inc. fired more than 90 per cent of its staff in India over the weekend – part of global reductions by new owner Elon Musk – severely depleting its engineering and product staff in a potential growth market.

The company employed just over 200 people in India, and the cuts left it with just about a dozen staff, people familiar with the matter said, asking not to be named because of the sensitivity of the matter.

India is a key growth engine for global internet companies such as Twitter, Meta Platforms Inc. and Alphabet Inc.'s Google, which are relying on its large potential pool of new online users. Yet the companies are also facing increasingly strict content regulations aimed at reining in big tech firms in the country.

About 70% of the jobs cut in India were from the product and engineering team which worked on a global mandate, one of the people said. Positions were also slashed across functions including marketing, public policy and corporate communications, the people said. Globally, San Francisco, California-based Twitter reduced its headcount by about half or roughly 3,700 workers.



3 COVID RULES THAT REMAIN AS NEARLY ALL RESTRICTIONS ARE EASED

UAE residents woke up on Monday morning to a world where nearly all Covid safety restrictions have been removed. Things are now back to how they were before the pandemic disrupted normal life almost three years ago.

Addressing the public via a virtual briefing on Sunday, the National Emergency Crisis and Disasters Management Authority (NCEMA) further eased mask and Covid testing rules for residents and tourists. Wearing masks is now optional in all open and closed facilities, including places of worship and mosques.

The only three Covid rules that remain as on November 7 are:

Masks remain mandatory in health facilities and centres for people of determination

The five-day isolation period for those infected with Covid-19 will continue to be implemented

Organisers of sporting events and activities may request Covid tests or vaccination certificates "according to the type or importance of the activity".



UAE WILL SUPPLY OIL AND GAS 'AS LONG AS WORLD IS IN NEED': SHEIKH MOHAMED AT COP27

The UAE will remain a supplier of oil and gas for "as long as the world is in need", UAE President, His Highness Sheikh Mohamed bin Zayed Al Nahyan, said at the start of the COP27 summit in Egypt on Monday.

"The UAE is considered a responsible supplier of energy, and it will continue playing this role for as long as the world is in need of oil and gas," he added.

"Oil and gas in the UAE is among the least carbon intensive around the world and we will continue to focus on lowering carbon emissions emanating from this sector."

Egypt's Conference of the Parties (COP) is the latest of decades of U.N. talks to try to curb climate change caused by the use of fossil fuels.

Next year's COP28 summit will be hosted by the UAE in Dubai's Expo City and will assess the implementation of the 2015 Paris climate agreement that seeks to limit to global warming to 1.5 degrees Celsius above pre-industrial levels.

The UAE president said his country was among the first in the Gulf region to announce a plan for carbon neutrality by 2050 and last week signed a \$100 billion agreement with the United States with the goal of adding 100 gigawatts of renewable energy globally by 2035.



MEET THE MAN WHO PAID TRIBUTE TO INDIA'S FIRST ROCKET LAUNCH, CYCLES TO A THEME EVERY YEAR

Indian expat Ajmal Poyakkara Mahamood caught the attention of residents at the Dubai Ride this year for recreating an iconic picture from India's first rocket launch.

The Dubai resident dressed up in a white shirt and grey pants carried a cone-like object on the back of his cycle in memory of the 1963 photograph which showed India's first space rocket being transported for its launch from Thumba in Kerala.

"I am a Keralite and I wanted to pay homage to my land and its people," said Ajmal. "It was in November 1963 that the rocket was launched from Thumba. I also wanted to highlight how bicycles have always been an integral part of people's lives, be it for daily activities or history-altering events like the rocket launch.



MISSILE TESTS WERE PRACTICE TO ATTACK SOUTH, US

North Korea's military said Monday its recent barrage of missile tests were practices to "mercilessly" strike key South Korean and US targets such as airbases and operation command systems with a variety of missiles that likely included nuclear-capable weapons.

The North's announcement underscored leader Kim Jong Un's determination not to back down in the face of his rivals' push to expand their military exercises. But some experts say Kim also used their drills as an excuse to modernise his nuclear arsenal and increase his leverage in future dealings with Washington and Seoul.

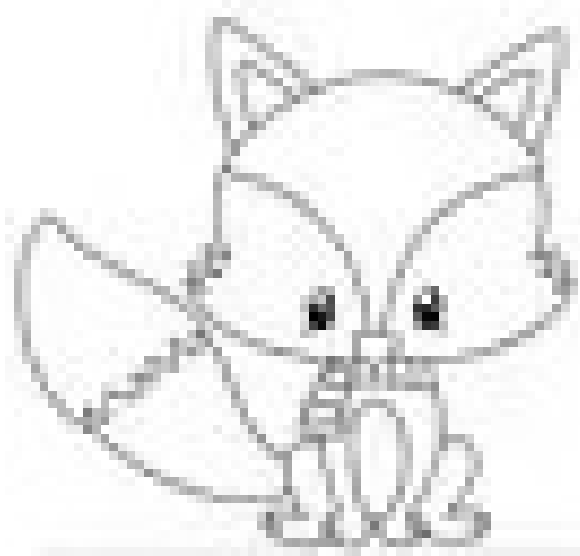
North Korea fired dozens of missiles and flew warplanes toward the sea last week _ triggering evacuation alerts in some South Korean and Japanese areas _ in protest of massive US-South Korean air force drills that the North views as an invasion rehearsal.

US and South Korean officials responded they would further enhance their joint training events and warned the North that the use of nuclear weapons would result in the end of Kim's regime.

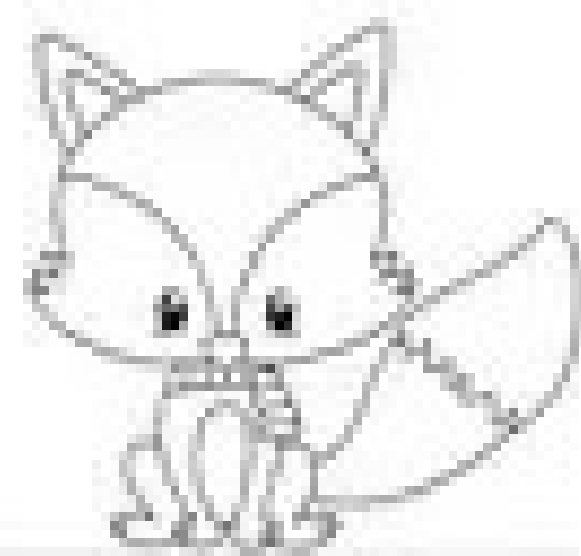
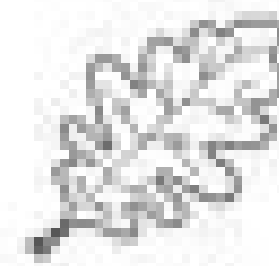




**GAMES AND
RIDDLES**



Fall



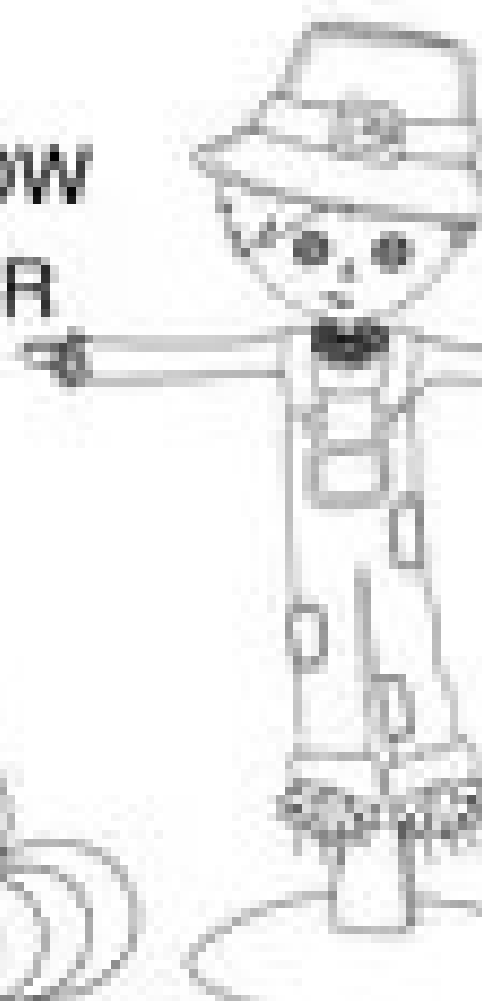
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N	M	Q	R	E	B	M	E	V	O	N	W	T	R	S

ACORN
 APPLES
 AUTUMN
 BONFIRE
 CIDER
 CORN
 GOURD



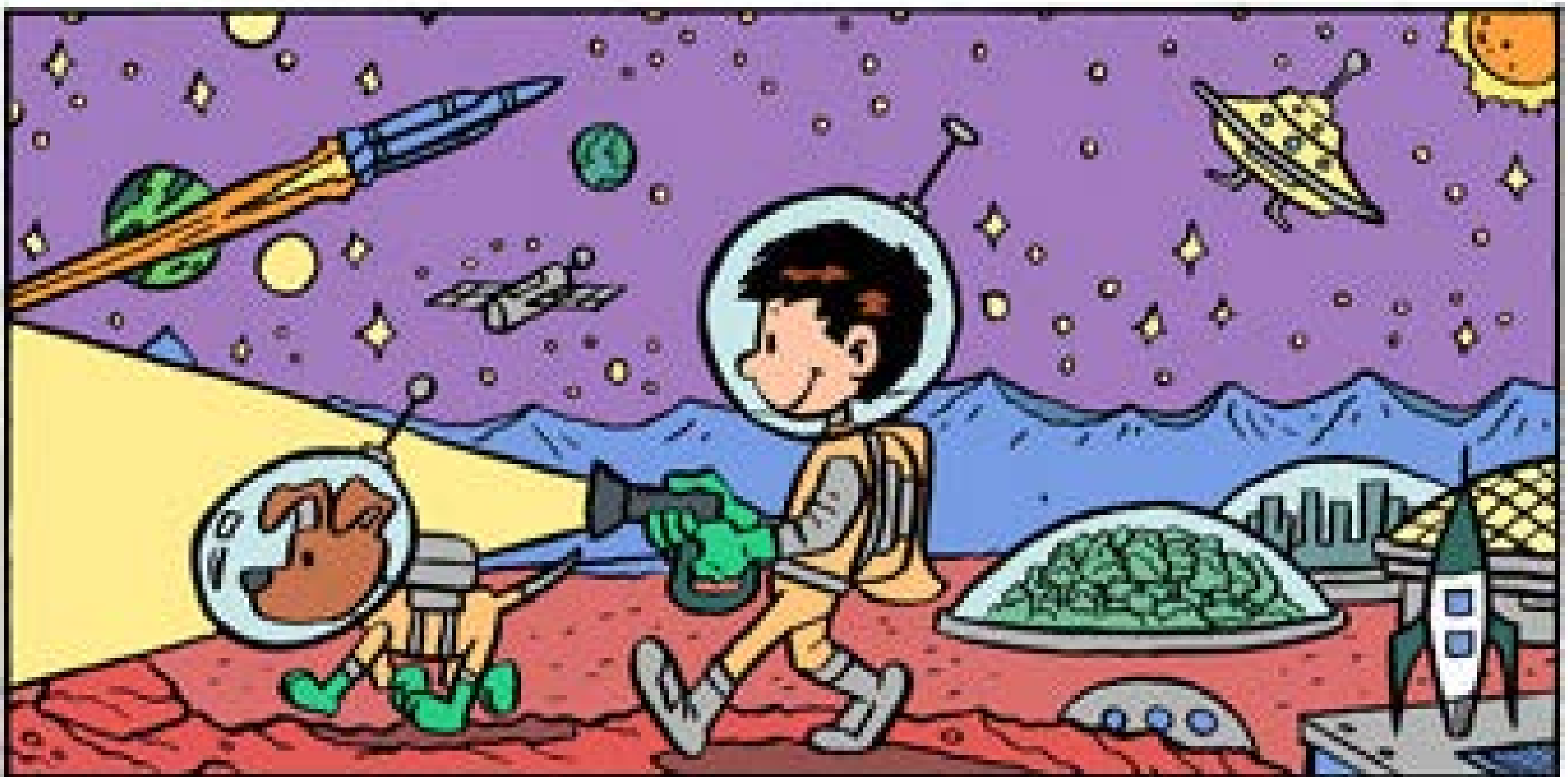
HALLOWEEN
 HARVEST
 HAY RIDE
 LEAVES
 NOVEMBER
 OCTOBER
 PIE

PUMPKIN
 RAKE
 SCARECROW
 SEPTEMBER
 TURKEY



Spot the Difference

Spot 12 differences between the two pictures.



SUDOKU

			9			7	5	
		9	7					
6							8	
5								
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SOLUTIONS

4	2	8	9	1	6	7	5	3
1	3	9	7	8	5	6	2	4
6	7	5	4	3	2	1	8	9
5	1	4	8	7	9	2	3	6
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2	9	1	6	5	7	3	4	8

9	7	3	2	5	8	6	1	4
1	6	8	3	4	9	5	2	7
4	2	5	7	6	1	8	3	9
7	5	1	8	9	2	4	6	3
2	3	6	4	7	5	9	8	1
8	4	9	6	1	3	2	7	5
6	1	7	5	8	4	3	9	2
5	8	2	9	3	7	1	4	6
3	9	4	1	2	6	7	5	8



RECIPIES



Pie maker 2-minute noodle veggie frittatas

Step 1

Cook noodles , following packet directions, reserving seasoning sachets. Drain well. Set aside for 15 minutes to cool. Using scissors, cut noodles into 12cm lengths.

Step 2

Lightly beat eggs in a large bowl. Add noodles, carrot , onion , vegetable mix , cheese and 1 seasoning sachet (discard remaining sachet). Stir until well combined.

Step 3

Preheat pie maker. Spoon 1/4 cup of mixture into each hole. Close lid. Cook for 10 minutes or until golden and set. Transfer to a wire rack to cool. Repeat with remaining noodle mixture to make 12 frittatas. Serve.

INGREDIENTS:

- 2 x 72g packets chicken-flavoured 2-minute noodles
- 6 eggs
- 1 large carrot, coarsely grated
- 1 green onion, thinly sliced
- 1 1/2 cups frozen peas, corn and capsicum
- 3/4 cup grated Devondale Tasty Cheese Block (500g)



3-INGREDIENT HEALTHY CHOCOLATE RICE CAKE BARS

Step 1

Chop some chocolate, doesn't need to be super fine.

Step 2

Melt the chocolate with coconut oil in the microwave in 20s intervals, until everything is fully melted

Step 3

Mix in the peanut butter. Break apart the rice cakes add them to this peanut butter chocolate mixture. Add some almond flour

Step 4

Line a baking sheet with parchment paper
Spread the mixture evenly and refrigerate for 1-2 hours or until firm
Slice and enjoy!

INGREDIENTS:

- 2 Bars of chocolate.
- Peanut Butter
- Almond flour



PUMPKIN SPICED LATTE

Espresso:

We prefer using espresso in the latte for that stronger coffee flavor.

Milk: for that delicious, creamy element. Feel free to use any milk you'd like, preferably one that froths well. We love using oat milk, and you can easily make it yourself with our tutorial here!

Pumpkin flavor:

we're using real deal pumpkin puree, plus some pumpkin pie spice to get all of that fall flavor. It's a great way to use up any extra canned pumpkin or to make your own.

Sweetener:

we're just using 1-2 tablespoons of pure maple syrup to naturally sweeten the pumpkin spice latte. You'll also want to add some vanilla extract to bring out the sweet flavors.

Optional: feel free to add some whipped cream on top for the perfect treat!



WE WHOLE HEARTEDLY THANK YOU FOR ALL YOUR CONTRIBUTIONS FOR THIS EDITION OF VERVE. WE LOOK FORWARD TO HEARING FROM YOU WITH YOUR VALUABLE SUGGESTIONS AND FEEDBACKS.

**SEND IN YOUR CONTRIBUTIONS TO :
VERVEJSSPS@GMAIL.COM**

VERVE TEACHER COORDINATOR:

MS S.K GOWRI

(HOD OF ENGLISH DEPARTMENT)

STUDENT EDITORIAL COMMITTEE:

MANUSHREE RAMESH 11 E

SOHANA GOWDA 11 B

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NANDA 11 C

NANDAN 11 B

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KRISHIV 11 A

STUDENT INCHARGE- NISHTHA JAIN & DIYA VORA : 12 D

