



VOL 1/ISSUE 2

VOICE OF BRIGHT

DECEMBER 2025

A PUBLICATION FOR AND BY THE COMMUNITY AT BRIGHT FOUNDATION SCHOOL

WELCOME TO OUR

Quarterly Newsletter

From the Principal's Desk

Dr. Joy Singh Oinam

It gives me immense pleasure to present the Second Issue of our English Quarterly Newsletter, Voice of Bright. This publication stands as a platform to the creativity, analytical thinking, and growing confidence of our students—qualities that define 21st-century learners.

In today's world, English is not just a subject; it is a gateway to essential 21st-century skills such as critical thinking, communication, collaboration, digital literacy, and creativity. I am proud to see our students applying these skills through their articles, stories, poems, and reflections. Their ability to express ideas clearly, think deeply, analyse perspectives, and engage with the world around them truly reflects the transformative power of language education.

This edition highlights how our young writers are developing the competence to communicate effectively, research responsibly, create meaningfully, and

collaborate with peers—skills that will guide them far beyond the classroom.

I wholeheartedly appreciate the English Department and the editorial team for nurturing this platform of expression and for empowering students to become articulate, thoughtful, and globally aware citizens.

As we continue our journey of academic excellence, I encourage every learner to explore, read widely, express freely, and embrace the joy of language.

May Voice of Bright continue to inspire our children to grow as confident communicators, innovative thinkers, and lifelong learners.

In this Newsletter:

Latest projects, workshops, achievements, writings, puzzles, art, facts and more.

Keep Reading!





From the Editor

IMSUTULA, PGT ENGLISH

Voice of Bright | Issue 2

November, 2025

Dear Readers,

Warm greetings from the English Department, Bright Foundation School!

As we roll out the second issue of Voice of Bright, excitement buzzes in the air!

In these pages, we dive into the playful nooks of words, whispers of literature, and sparks of creativity from you.

Whether it's dissecting grammar puzzles, swooning over ideal literary characters and places, or describing vibes that make you pause—this issue is a mix of learning, laughter and a whole lotta feels!

A big shoutout to the students, teachers, and parents breathing life into this newsletter!

We love how words bridge worlds —whether sparking debate, fuelling dreams, or just making someone smile.

Got a story, poem, book review, or doodle? Submit, and let's make words dance! Want workshops, book clubs, or a theme? Tell us! Issue 3's shaping up!

Here's to curiosity, craft, and connection! With Voice of Bright, we EXPLORE ideas, LEARN through stories, DREAM in words, and GROW TOGETHER— living the Bright Foundation School Motto!

Read, share, spark!

Thanks for being part of the Voice of Bright journey.

Happy Reading!

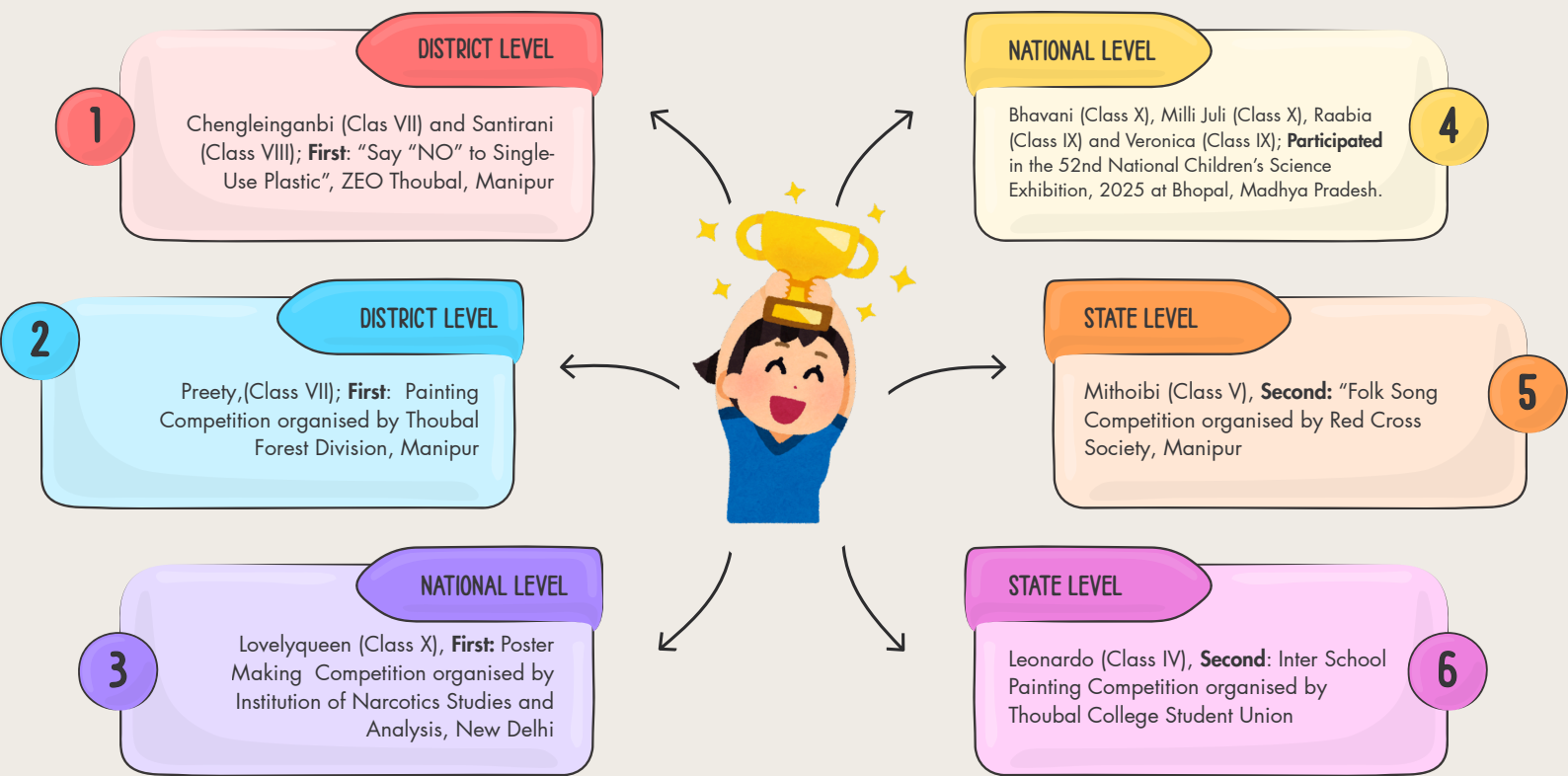
Add to your calendar:

- **1-5/12/2025**- Annual Sports Meet
- **8/12/2025**- Pre Board 1 & P.A. IV
- **20/12/2025** - Pre Board 1 Result Review Meeting
- **23-24/12/2025** - Exhibition Annual Day
- **5/01/2026** - Pre Board II
- **3rd week (Jan, 2026)** - Class Test
- **23/01/2026** - ISSO
- **24/01/2026** - Pre Board II Result Review Meeting



That's how we do it

AT BRIGHT!



Heartiest
Congratulations!



'Say "No" to Single-Use Plastic'

ESTHER, PGT HISTORY

Our school participated in the District Level "Say No to Single-Use Plastic" competition organised by ZEO Thoubal under the Eco Clubs for Mission LIFE, from 3rd to 15th November 2025. Two students, Santirani of Class 8 and Chengleinganbi of Class 7, represented our school in the PowerPoint Presentation category, accompanied by me as the guide teacher. They presented a detailed PPT showcasing the various activities conducted in the school to promote the message of reducing single-use plastic, including craft-making from plastic waste,



contributed towards this achievement, especially Miss Lakshmi, the Eco Club Coordinator, for guiding the activities; Ma'am Pramodini, the art teacher, for initiating the plastic craft-making work; and Ma'am Imsutula, the English teacher, for her valuable contributions in preparing the PPT. We also appreciate all teachers and students who helped



awareness campaigns, and other eco-friendly initiatives. We express our sincere gratitude to our Principal for giving us this opportunity and for continuously supporting environmental programmes in the school. We also thank all the teachers who

directly or indirectly in carrying out the activities. This is a proud collective achievement for Bright Foundation School, Thoubal, and we are delighted to share that our school will now represent the district at the State Level competition.



Constitution Day at Bright Foundation School

**HEMANBRIJIT,
PGT POLITICAL SCIENCE**



Our school celebrated Constitution Day on 26th November 2025 with a brief and meaningful programme.

Students presented a short skit highlighting the importance of the Indian Constitution and the contributions of leaders like Dr. B.R. Ambedkar, Jawaharlal Nehru and Sarojini Naidu.

As part of the skit, the students also read out the Preamble, helping everyone reflect on its core values. The event concluded with a short message from the teacher on the need to uphold our rights and duties.

The celebration was simple yet impactful, creating awareness among students about the spirit of the Constitution.



A Pinch of Gratitude:

TO THE WOMEN WHO FEED OUR DAYS

Sanahanbi, Sunibala, Shantibala

In the buzz of school corridors, there are three women whose quiet dedication fuels our loudest laughter. The canteen team—who cook with love, serve with smiles, and make sure we leave with full plates and happy hearts—deserve more than a thank you.

They tell us they love it: cooking, serving, seeing us devour each bite. Their best days? When the food vanishes, sold out. It's a simple joy, but one that fills their hearts. And ours. Behind every puri, aloo fry, chana fry, chowmein, is a wish—_did the kids like it?

To the women of our canteen, whose names we should know and cherish always: Thank you for turning meals into moments. For the care in every spice, the warmth in every serve. You don't just feed us; you nourish a little bit of childhood. Your sold-out plates are a badge of honour. And we hear you: we want more feedback, more stories, more of your food. Here's to the hands that stir, the hearts that beat with ours, and the plates that empty with gulf. Keep cooking. We'll keep eating. And we promise to tell you— "it's delicious".



Wanna learn a secret?

- Stir fry onions, carrots, green chillies, beans, cabbage and tomatoes
- Add Boiled noodles into the fried assortment...don't forget the salt!

That's your favourite chowmein from school, straight to your kitchen!





Stay Safe

THIS WINTER

Reena, School Nurse

Hello Attention dear students and parents !!

This is a reminder : as the weather is getting colder, seasonal flu and cold are also spreading faster. To prevent from such infection and to attend regular school activities, you must remember and follow these important tips:



Drink Warm Water



Wear Warm Clothes



Wear Masks Outdoors



Eat Healthy Food



Exercise Regularly

So my dear students, as Sports day, Exams, Annual Function and many more events are arriving at the door, stay healthy and mentally fit to welcome all the events!





THE WRITERS' Circle





Before the Last Bell Rings

IMRANA, CLASS X

We're still in Class 10, still side by side every day, yet a small voice tells me time is running out. No one says "farewell," no one mentions goodbye, but we all share the same quiet fear.

Some days we laugh like nothing will ever change. Other days the truth hits hard, and I'm crying in the washroom again. I know I'll be the first to cry on the last day—but I'm already crying now, before anything has ended.

My friends try to comfort me. "Why are you crying again?" "We're not separating." "We'll stay together forever." I smile, but inside I know life won't let things stay like this. It hurts because this class did something no one else could: they healed the hurt I carried from my old school. They made me feel safe, accepted, loved. They brought back a version of me I thought was gone.

That's why every moment feels heavier. We try to hold time by living it loudly—together. Like when our class played kho kho and the whole ground filled with our laughter. And the day our Class 10 boys played Kabaddi with Class 9—we ringed the court

and screamed their names, celebrating every point like it was a national match. When it ended, we walked back to class like proud soldiers returning from victory.

I sat down and straightaway complained to our geography teacher that Class 9 cheated. I was dead serious: "Sir, they stepped out! Sir, they pulled!" I cried and shouted like a very emotional referee. Everyone laughed, but I couldn't stop.

Those moments felt endless—until Children's Day. The lady teachers danced on stage, and our class teacher was there too. My friends and I watched from the bench. When I saw our teacher smiling and dancing, something inside me broke.

I thought, "One day we won't sit like this. One day this will only be a memory." The tears came. I tried to hide them, but I couldn't. I cry even when nothing bad has happened yet. Slowly, my friends beside me started crying as well. We held each other.

Maybe that's life—joy and ache at the same time.

We still don't know when our last class will be. Maybe tomorrow. Maybe next month. Maybe we won't even realize it. Maybe we'll walk out not knowing it was the last time. Until then, we live like this—laughing too hard, crying too easily, holding on too tightly, pretending we're not afraid. Because right now, we're still here.

Still Class 10. Still one family. Still together—for now.



My First Diary Entry of 2025

LOVELYQUEEN, CLASS- X

Date:03/03/2025

Dear Diary,

Finally, my first entry of 2025! And guess what? Today is my birthday but that's not the only special thing about today- it also happens to be the second last day of our promotional exam, the final exam of grade 9. Can you believe it? What a weird combination- Birthday and Exams. We have a holiday today and tomorrow will be the last paper.

I actually wanted to start writing from the very first day of 2025 that is 1st January, but life simply did not give me the chance. The days between then and now have been so busy and besides this I was 'that' lazy to write as I was always tired and exhausted. Every day felt like a race.

January and February were completely crazy! I was still in grade 9 and along with studies, we had a performance for the Republic day celebration at D.C. Practices took up so much time but it was fun in its own way. And we had our PA 4 exam in January too. Then came February full of studies, revisions and pressure, exam sessions, stress late- night study. I was also exhausted as I was literally feeling really ill during this time. Guess what? The illness and the laziness in me always kick in during exam season but I know how to control it (ah just kidding). Honestly, it was not even the exam that scared me- it was the thought of disappointing myself, not reaching the expectations of myself and my family because I was not preparing that well.



If I say this to my family, I know they will probably kick me out and I will end up sleeping on the streets (ha-ha... just kidding or maybe...)

And now, here I am- it's 3rd March, my birthday! I did not sleep till 12:00 AM. I was still awake, studying. I also recorded some videos of me celebrating my birthday alone with my mom's phone, I secretly got by sneaking into my mom's room. I keep laughing at things that were not even funny and I didn't even know why. Maybe I was crazy, maybe that's just what birthdays feel like.

Still, even my birthday didn't save me from exam season. Tomorrow is my last exam and I'm nervous and excited at the same time. I've studied well but you never know how things will go. So, dear diary wish me luck. I hope tomorrow goes smoothly and maybe this year will too.

With Love,
Lovely





Memories That Stay

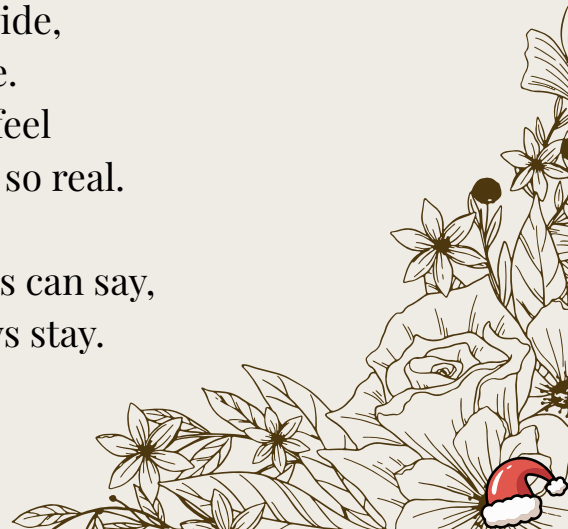
Bhavani, Class X

I came home that day, tired and slow,
thinking you'd smile at me, as you always would show.
But the house felt different, the air so tight,
like someone had stolen away all my light.

I called your name, hoping you'd appear,
but only silence answered, cold and clear.
The gentle hands that wiped away tears,
the loving voice that calmed all my fears.

Now every room feels far too wide,
every day drifts with the tide.
Sometimes I close my eyes to feel
the memory of your touch, so soft, so real.

It hurts, Grandma... more than words can say,
but your love inside me will always stay.





Musings On Life

LAMJINGMANGAL, CLASS VIII

Such a wonderful thing is life—filled with experiences, memories, moments of joy, and moments of sorrow. These are the things that shape us, that make us and mold us into who we are in the present. But these moments and memories sometimes seem to pass so quickly; I sometimes feel like I am the only one left in the past and everyone else is in the future—like everyone is ahead while I am still behind, running a losing race. Soon, I realized it was my naivety holding me back. I was trapped in a bubble, an echo chamber, feeding self-fulfilling prophecies again and again. Only when I recognized this and broke the bubble did I see the reality of what I was doing—how naive I was, trapped in my own world and not even realizing it. But all these experiences matter. If I hadn't gone through them, I wouldn't have learned what it takes to grow. These experiences and failures are what propel us forward. Without self-realization, reflection, and looking honestly at one's own faults, growth never happens. So I don't resent my past; it helped me grow. Without it, I would still be the same naive fool. And though I say I was naive, that doesn't mean I am mature now. I am still learning.

Before, I knew nothing; now I have at least found a direction and taken my first steps on the path toward maturity. I am still far from it, and I know this. Sometimes time seems to pass in an instant. Weeks and months fly by, and when I finally notice, I realize I did nothing with them. I wake to the morning light, then suddenly feel the melancholy of twilight, and before I know it, the day has passed. I move through the same day again and again, unable to change anything, as if life is happening by itself while I try to keep up. Then I realized I had been living in the past, unable to see the present and the future. It is better to look ahead, to hope for what's to come. Sometimes hope is the only thing needed to leave a hard place. I keep in mind that if I have a dream and a goal, I will navigate every challenge; failure is not an option. Even if I were thrown off a cliff, I would learn to fly. With enough hope, anything feels possible. I love this thought about dreams and fate: "The heavens will always leave a path for you; as long as you want to walk, there will be a road beneath your feet." It reminds me that where there is hope, there is a way.



The Last Tune

HASHIMA, CLASS X

Gulmeher, a girl who carried thoughts like secrets, was sent to her grandparents' countryside home, as if silence could cure her overwhelm. One day, wandering through wildflowers, she spotted a strange wooden music box wedged between rocks—unreal, yet perfectly placed, like the earth's kept secret. She didn't touch it at first, just stared. On the third day, she opened it. The melody bloomed: soft, powerful, like dawn seeping in. It wrapped around her, loosening tension, unlocking a door she didn't know existed. No loneliness, no weight—just Gulmeher, breathing gently.

She returned daily, letting the music heal in tiny stitches. A pain softened, a sadness quieted. The box became her sanctuary. But slowly, the notes thinned. The glow flickered. One morning, it refused to play. Panic hit. Then she saw a village girl find it—the melody revived, bright again. _For her._ Gulmeher's grief spilled. "Why not me?" she whispered. But in the ache, a whisper surfaced: Letting go doesn't mean losing. Sometimes it means you're ready.

The box wasn't broken. It did its job—healing her, then passing it on. Leaving Gulmeher with a quiet strength. No magic vanished; it shifted. And she stayed, breath steadier, carrying the silence differently now.



The Beat of Dance

ARIANA, CLASS VIII

Dance is a universal form of expression, combining movement, rhythm, and emotion to tell stories or simply for enjoyment and exercise. It can be a solitary activity or a communal one, found in everything from ancient rituals and folk traditions to professional performances like ballet. For many, dancing is a joyful and liberating way to relieve stress, connect with others, and improve physical and mental well-being.

Dance offers significant physical and mental health advantages, including improved strength, flexibility, cardiovascular health, stress reduction, and cognitive function. However, it also comes with disadvantages, such as a high risk of physical injury, a short professional career span, potential for eating disorders due to aesthetic pressures, and demanding physical and mental discipline.



Where Manipur's Voices Went Unheard

ARBIND, CLASS X

How shallow is your conscience,
If the value of a life changes with
Someone's religion?
If that is the measure of your humanity,
Then you must rebuild yourself from the
ground up.

When i was younger, I was naive enough
to believe
That the media spoke truth without
distortion.
But the nation around me never learned
to question.
Even after generations, they accept lies
as wisdom.

In Manipur, we hear silence that hides a
thousand cries.
Pain echoes beneath a sky that watches
everything
But every desperate voice swallowed,
Because louder, meaningless noise
Is easier for the world to digest.

And when tomorrow looks back on today,
And they will point to the quiet and
declare,
"Look, the peace is restored now".
Never realising it was silence, not justice,
That filled the air.



My Bright Foundation Experience

HENTHOI, CLASS VI (A)

I have a great experience at Bright Foundation School. My experience of school has been a mix of learning, fun, activities, and personal growth. From academics of Bright Foundation School, I have the opportunity to learn from dedicated teachers who inspire and motivate me.

The syllabus has helped me develop a strong foundation in various fields like art, dance, music, etc., with special emphasis on co-curricular activities like physical education, arts, crafts, music, and dance etc., to develop communication and social skills. And also our school motto "explore, learn, dream together" is perfect for us.

It means that explore means discover new ideas; it means gain knowledge and skills. Explore means imagine something we want to achieve, means take us towards our goals, and together means sharing the journey with friends and family who loves us. So, as a student, I am proud to be studying in this school.





Ningol Chakouba BHUMIKA, CLASS VIII

Manipur, a state in northeast India, is known for its rich culture and natural beauty. Among its many communities, the Meitei community celebrate Ningol Chakouba, a beloved festival that began as “Piba Chakouba” in ancient times.

It started when Queen Leisna invited her brother to a grand feast; he brought white and black paddy, later called ‘Chak hao’, along with fruits and vegetables.

Under King Chandrakirti, the celebration became ‘Ningol Chakouba,’ where brothers invite their married sisters for a feast and share small gifts.

Held every year in Hiyangei, it honours love and the bond between sisters and their paternal families.

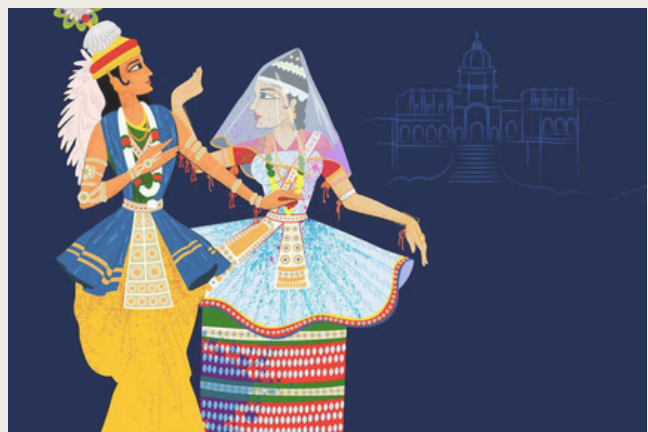


Traditions of Manipur VENUS, CLASS VIII

Manipur, a northeastern state in India, is known for its rich cultural heritage and traditions. One of the most significant aspects of Manipuri tradition is its classical dance form, Rasleela, which depicts the life of Lord Krishna and it is performed with great fervor and enthusiasm. The state is also famous for its traditional attire, including the phanek and inaphi, which are intricately woven and embroidered, reflecting the state’s rich craftsmanship.

The state celebrates various festivals throughout the year, each with its unique significance. Lai Haraoba, a festival honouring traditional deities is a significant event that showcase the state’s rich cultural diversity. Cheiraoba, the Manipuri New Year festival, is another important celebration that brings the community together.

These traditions not only add to the state’s beauty, but also reflect the value and customs of its people, making Manipur a fascinating destination to explore.





KAJENGLEI

-BEBO,
CLASS VI (B)



Kajenglei is a traditional headdress for Manipuri ladies. It is especially worn by Meitei Goddesses, Meitei female royalties, female dancers of traditional meitei dance forms and brides of traditional meitei wedding. It is made from the plant Khekwai and consist of eighty to hundred brass strips secured to red flannel strips which are then fastened to a circular emblem for Meitei women, representing artistic sophistication, ritual importance and historical richness. It represents purity, prosperity, dignity and the divine transformation of a bride. In ancient time it was only used by the Goddess and female royalty in Manipur. In the present day it was also used by the common people.



How to Make Hawaijar, Fermented Soybeans of Manipur

BABYNA, CLASS IX

Ingredients Needed:

- Cup soybeans
- Banana leaves or clean plantain leaves
- A clean bamboo basket or container
- Thin cotton cloth (nam phi) or jute cloth

Before starting:

- Hawaijar needs warm, clean and dry conditions to ferment well.
- Traditionally it ferments in 3-7 days depending on the weather.

Steps:

- Wash them 2-3 times
- Boil until soft
- Remove **all** excess water (important!!)
- Let it cool, and then wrap them in banana leaves or a clean cloth
- Store it in a **bamboo basket**, warm area in the kitchen or a **phanek!**
- Wait **3-7 days**, it takes a bit longer in the winters!

When ready, it will have a strong smell, the beans will stick together and the colour becomes slightly brownish... That's HAWAJJAR!



MORNING WALK

Preety, Class VII

In today's world, many people spend hours on their phones, staying indoors, living with stress, anxiety and busy schedules. Because of this lifestyle, we often forget how important exercise is for our body and mind. A morning walk is one of the simplest ways to begin a healthier routine.

A morning walk has many benefits. It reduces stress, increases focus, and helps us stay productive throughout the day. It also makes us more aware of our surroundings and gives us a chance to interact with others. Walking regularly keeps our body healthy and our mind happier.

I go on a morning walk everyday. The moment I step outside, the world feels peaceful. There is silence, no commotion, and no rushing – just me and my thoughts. The birds chirp softly, and the fresh morning



air is very calming. I also see many people walking.

Here's the handwritten text from the image transcribed into printed text: everyday, and watching them motivates me to continue this routine and make it a strong habit.

Sometimes, I see trash on the road like wrappers or bottles. I pick up a few and throw them in a dustbin because I want the area to stay clean. But even after seeing the clean surroundings, some people still throw trash on the road and don't listen. I hope they learn from good habits and start keeping our public places clean too.

So, next time when the alarm rings, instead of turning it off and going back to sleep, we should step outside and take a walk. A few minutes every morning can lead to a healthier and happier life.



THE ESSENTIALS OF FOOTBALL:

History, Rules, and Gameplay

Yaiphaba, Class VII



Football is widely recognized as one of the most popular games in the world, celebrated through major tournaments such as the AFC, UEFA competitions, and most notably, the FIFA World Cup. The FIFA World Cup represents the largest global sporting event where nations compete after qualifying rounds. Headquartered in Switzerland, FIFA launched the first World Cup in 1930, which was won by Uruguay. Throughout history, the tournament has seen dominant champions, including Brazil with five titles, Germany with four, Argentina with three, Uruguay and France with two each, and Spain with one.

The game is played on a rectangular pitch measuring 100 to 110 meters in length and 64 to 75 meters in width, using a size 5 football. A standard match involves two teams of 11 players each, with one player compulsorily designated as the goalkeeper. Field players occupy various tactical positions, such as midfielders and wingers. A match lasts for 90 minutes, divided into two 45-minute halves with a 15-minute halftime break.

The objective is to score more goals than the opponent. A goal is valid only when the ball wholly crosses the goal line between the posts and under the crossbar, provided no rules were broken. Play starts with a kick-off from the center. During gameplay, outfield players are prohibited from using their hands or arms; only the goalkeeper may do so, and only within their penalty area. Movement involves kicking, passing, and dribbling.

Strict rules govern the match to ensure fairness. The offside rule prevents players from hanging near the goal, requiring them to be level with or behind the second-last opponent when the ball is played. Fouls, such as dangerous tackles or unsporting behavior, result in free kicks or penalties. Referees—one main and two assistants—manage the game and can issue yellow cards for cautions or red cards for send-offs. Two yellow cards result in a red card and dismissal.

In knockout stages, if a game ends in a draw, the teams play extra time. If the score remains tied, the match is decided by a penalty shootout where players take turns kicking from the penalty spot. Safety and equipments are also regulated. Players must wear specific gear including shirts, shorts, socks, shoes, and shin guards, while items like jewelry or sharp objects are forbidden.

Benefits of Playing Football

ALTAP, CLASS X

- Improves Physical Fitness
- Boosts Mental Health
- Encourages Team Work and Social Skills
- Teaches Responsibility and Discipline
- Enhances Tactical and Strategic Thinking



THE Role of Newspapers

I N E D U C A T I O N



Newspapers play an important role in education by keeping students informed about what is happening in the world. They provide real-life knowledge that goes beyond textbooks, such as current events, scientific discoveries, sports updates, and social issues. Reading newspapers helps students understand society better and develop a habit of staying updated, which is essential for their overall growth.

Newspapers also help improve language and communication skills. Regular reading strengthens vocabulary, grammar, and sentence formation. Students learn how articles are written, how headlines are created, and how information is presented clearly. Teachers often use newspapers in classrooms to teach reading comprehension, critical thinking, and analysis. This helps students become more confident readers and writers.

In addition, newspapers inspire creativity and curiosity. They motivate students to participate in discussions, debates, and school activities related to current affairs. Overall, newspapers serve as a valuable educational tool that connects students to the real world and helps them become informed and responsible citizens.



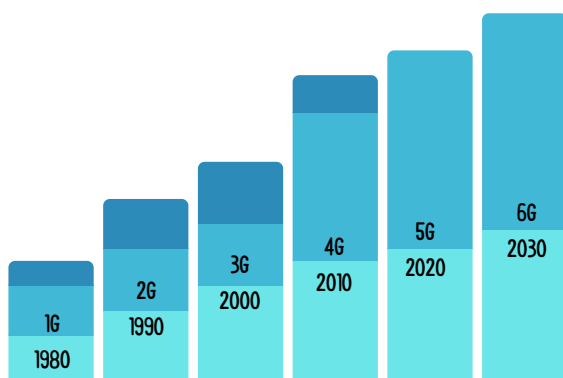
Beyond Imagination: Exploration of Future 6G Network

Nanaobi, PGT ICT

A 6G network is defined as a cellular network that operates in untapped radio frequencies and uses cognitive technologies like AI to enable high-speed, low-latency communication at a pace multiple times faster than fifth generation networks.

The International Telecommunication Union (ITU) standardizes wireless generations every decade. Typically, they are denoted by a gap in the “air interface,” which signifies a shift in transmissions or coding. This is implemented so that older devices cannot be updated to the newer generation since doing so would generate a limitless quantity of “noise” and “spectrum pollution.” According to a report titled “6G the **Next Hyper-Connected Experience for All**,” the ITU will start work in 2021 to create a 6G mission statement. The standard will likely finish by 2028 when the first 6G devices are available. Around 2030, deployment will be close to ubiquitous.

Overview: 1G-6G



Evolution of Security and Privacy Issues in Wireless Systems



Positives of 6G Network:

- Ultra Fast
- Real Time Communication
- Smart Cities & IoT Growth.
- Improved Healthcare:
- Better Education Tools

Negatives of 6G Network:

- High Cost
- Increased Privacy & Security Risks:
- Health Concerns (Still Debated)
- Job Loss Due to Automation
- Environmental Impact
- Social Issues:

Conclusion:

6G will create a faster, smarter, more connected world, but it also brings cost, privacy and social challenges. Government must make proper rules to ensure safe, affordable and fair use.



SOCIAL MEDIA:

A DOUBLE-EDGED SWORD

RAJSHREE, CLASS VIII



SOCIAL MEDIA IS A DOUBLE-EDGED SWORD, TRANSFORMING HOW WE COMMUNICATE, INTERACT, AND SHARE INFORMATION. PLATFORMS LIKE FACEBOOK, TWITTER, INSTAGRAM, AND LINKEDIN HAVE CONNECTED PEOPLE GLOBALLY, DEMOCRATIZING ACCESS TO NEWS, EDUCATION, ENTERTAINMENT, AND CULTURE. THEY'VE BOOSTED E-COMMERCE, ENTREPRENEURSHIP, AND GIVEN MARGINALIZED VOICES A PLATFORM FOR SOCIAL JUSTICE AND AWARENESS.

HOWEVER, SOCIAL MEDIA ALSO HAS SHARP DRAWBACKS. IT SPREADS MISINFORMATION, FUELS POLARIZATION, AND HARMS MENTAL HEALTH WITH CURATED PERFECTION, UNREALISTIC EXPECTATIONS, AND CONSUMERISM—LEADING TO ANXIETY, INADEQUACY, AND ISOLATION. ITS ADDICTIVE NATURE CUTS INTO PRODUCTIVITY TOO.



TO MAKE THE MOST OF IT, USE SOCIAL MEDIA RESPONSIBLY: VERIFY WHAT YOU CONSUME, BALANCE ONLINE AND OFFLINE LIFE, AND PRIORITIZE WELL-BEING. HARNESS THE BENEFITS WHILE MITIGATING THE RISKS.



PROS AND CONS OF MOBILE PHONES: FOR STUDENTS

VERONICA, CLASS IX



PRO 01

Instant Information:

Need notes? Need meanings?
Need to stalk... I mean check your
timetable?
Your phone's got you.



PRO 02

Online Classes / Study Apps:

From Google Classroom to
YouTube tutorials, your phone is
basically a mini teacher who never
sleeps.



PRO 03

Staying Connected:

Friends, group chats, emergency
calls, sending memes at 1AM —
everything is easier.
Even your study group that never
studies.



PRO 04

Creativity Booster:

Phones help with photos, videos,
editing, digital art.
You might even discover you're
secretly a filmmaker.



CON 01

Major Distractions:

You plan to study for 10 minutes...
But suddenly you're 2 hours deep
into Instagram reels.
We've all been there.



CON 02

Sleep Killer:

Late-night scrolling = 0% battery
in your life the next morning.



CON 03

Reduced Focus:

Too many notifications → brain
goes brrr.
Harder to concentrate on actual
studies.



CON 04

Health Issues:

Eye strain, headaches, bad
posture.
Basically: "Your phone gives you
vibes but also eyebags."

**BALANCE is Key, Use YOUR Phone, not the other way round.
Phones are cool, but YOU are cooler!**



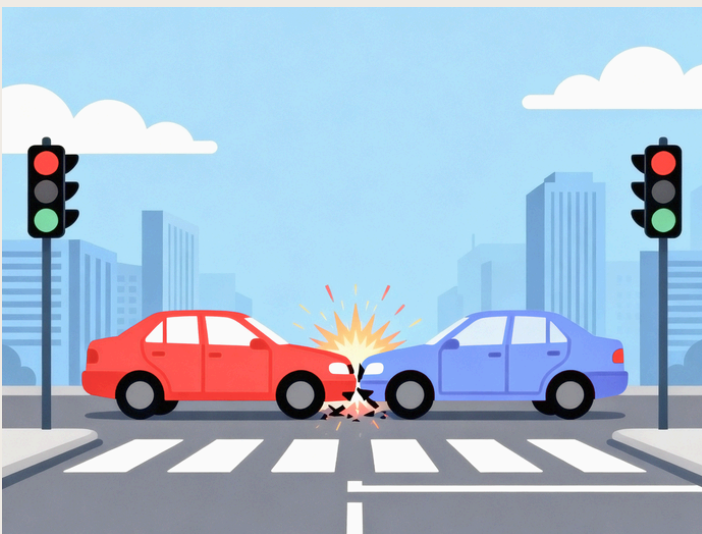
Road Safety and Responsible Driving

GLORIE, CLASS VIII

Road safety is very important because many accidents happen when people ignore basic traffic rules. Speeding, careless driving and using mobile phones while riding are common causes of accidents. Wearing helmets and seatbelts can save lives but many people still don't follow these rules. Road accidents bring pain to families and can be avoided if everyone becomes more careful.

Responsible driving means following traffic signals, keeping to speed limits and staying alert on the road. Young people should avoid risky riding and always wear helmets. When drivers and pedestrians follow road safety rules, the number of road accidents can be reduced.

If everyone becomes responsible, our roads will become safer and many lives can be protected.



English: A key to learning and communication

LANCHENBA, CLASS IX

English is one of the most important subjects studied in school because it helps us communicate effectively. By learning English, students improve their reading, writing, speaking, and listening skills, which are useful in everyday life. Good English makes it easier to express ideas clearly, understand others, and perform well in class discussions or presentations.

English also helps students in other subjects. Many textbooks, scientific terms, and educational materials are written in English, so understanding the language makes learning much easier. It also gives students access to information from around the world, whether through books, the internet, or educational videos.

Another important benefit of studying English is that it develops creativity. Stories, poems, and plays expose students to different cultures, emotions, and experiences. Reading literature encourages imagination and teaches valuable life lessons.

In conclusion, English is more than just a subject. It helps students communicate well, understand other subjects, gain knowledge from global sources, and grow creatively. This makes English an essential part of education and an important skill for the future.



BOOK RECOMMENDATIONS

From Bidyarani, Librarian

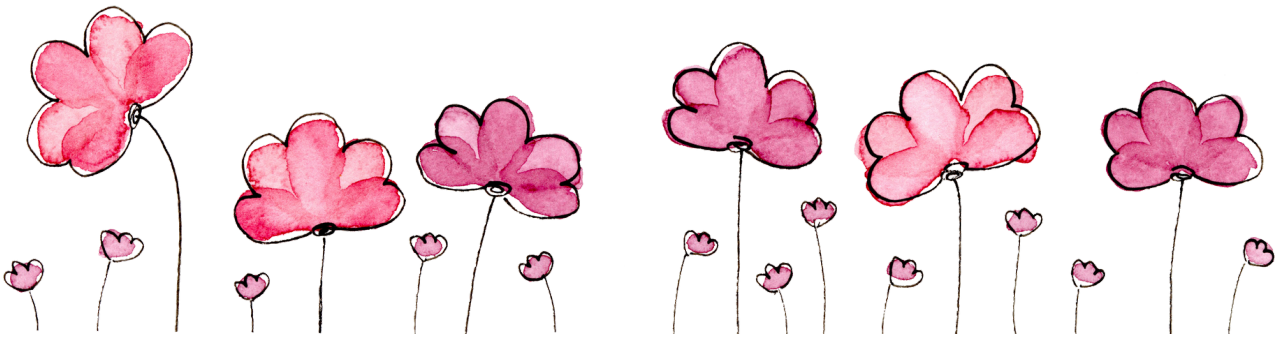
Non-Fiction

- Worst Enemy Best Teacher, Deidre Combs
- Decisions (A way to success), Leena Devi

FICTION

- The English Teacher, R.K. Narayan
- To Kill a Mockingbird, Harper Lee





The Art

CORNER





ANGANBA, CLASS VI (A)



Mohiniyattam

LAMNGANBA, CLASS VI (A)



ARBIND, CLASS VI (A)

Leopard



JENISH, CLASS VI (A)



LANCHENBI, CLASS VI (A)



LOVELYQUEEN, CLASS X





PRATIBHA, CLASS VI (A)



YAIPHABA, CLASS VI (B)

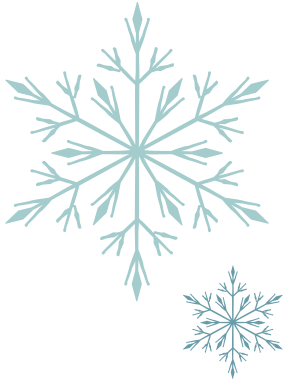


YAIPHABA, CLASS VI (B)



LOVELYQUEEN, CLASS X





WINTER

WORD SEARCH PUZZLE



Find the words listed below in the grid.

P	A	W	B	F	R	O	Z	E	N	G	K	L	P	R
E	M	I	T	T	E	N	S	F	S	K	I	I	N	G
N	V	N	C	V	W	B	Z	D	S	H	J	M	O	S
G	D	T	E	U	A	Y	C	S	N	U	G	G	L	E
U	B	E	A	N	I	E	T	U	O	V	A	W	C	Q
I	F	R	G	T	Y	S	N	O	W	M	A	N	H	Y
N	H	I	J	S	X	C	O	F	F	E	E	L	I	A
K	S	C	A	R	F	Q	T	R	L	O	M	J	M	Z
H	O	O	D	I	E	U	S	W	A	N	P	K	N	B
L	N	O	P	R	B	L	A	N	K	E	T	I	E	D
M	F	I	R	E	P	L	A	C	E	F	G	H	Y	C

SKIING
SCARF
WINTER
PENGUIN
CHIMNEY

MITTENS
BLANKET
SNOWMAN
FIREPLACE
SNOWFLAKE

HOODIE
BEANIE
COFFEE
FROZEN
SNUGGLE



Bet You Didn't Know



SANATHOI, CLASS VI (A)

1. Which is the nearest galaxy to the Milky Way?

Ans: Andromeda Galaxy.

2. Who is the first Woman air marshal of the Indian Air force?

Ans: Padma Bandopadhyay.

3. What is the full form of WMAP?

Ans: Wilkinson Microwave Anisotropy Probe

4. What is known as the smallest satellite?

Ans: Deimos

5. What is the diameter of the Sun?

Ans: 1391380 Km

6. Who is the architect of the Taj Mahal?

Ans: Ustad Ahmad Lahori

7. Which historical monument is the largest dome in India?

Ans: Gol Gumbaz

8. Who is the author of The Jungle Book?

Ans: Rudyard Kipling

9. Who invented the Atom Bomb?

Ans: Julius Robert Oppenheimer

10. Who invented plastic?

Ans: Alexander Parkes



The More

YOU KNOW...

PARISANA, CLASS VI (A)

Land of the
Midnight Sun
NORWAY

STUDY OF EARTHQUAKES
Siesmology

Insulin Producer
PANCREAS

Deepest Ocean in the World

Pacific Ocean

First Indian
Woman in Space
Kalpana Chawla

Largest Gland
Liver

GAS IN ABUNDANCE
Nitrogen



Riddle me this

MANGAL, CLASS VIII

1. A man says: "Yesterday I was 25, but next year I'll turn 28." How is this possible?
2. A doctor and a bus driver both love the same woman. The bus driver gave her 7 apples before leaving for 7 days. Why?
3. A woman shoots her husband, holds him underwater for 5 minutes, then hangs him. Later they go out for dinner happily. How?
4. A man is found dead in a room with 53 bicycles. What happened?
5. A man pushes his car to a hotel and loses all his money. Why?
6. If you write all numbers from 1 to 100, how many times does the digit 9 appear?
7. A coin is flipped 10 times and lands heads every time. What is the probability of heads on the 11th flip?
8. Which is heavier: 1kg of iron or 1kg of cotton?
9. A murderer must pick one room: A) Fire B) Gunmen C) Lions that haven't eaten in 5 years. Which room should he choose?
10. What 8-letter word can remove one letter at a time and still remain a valid word until one letter is left?
11. If 5 cats catch 5 mice in 5 minutes, how long will it take 1 cat to catch 1 mouse?
12. You enter a house and find 2 dead bodies on the floor surrounded by water and broken glass. What happened?
13. A man falls from a 20th-floor balcony and lives without injury. How?
14. Two people play chess. They play 5 games and each wins the same number of games. No draws. How?
15. Three people pay ₹300 for a room. It costs ₹250. Bellboy keeps ₹20 and returns ₹30. Now they paid ₹270 + ₹20 = ₹290. Where is the missing ₹10?

Answers

1. Said on Dec 31, birthday Jan
2. Apple a day keeps doctor away.
3. She's a photographer.
4. Bicycle playing cards, cheating.
5. Monopoly game.
6. 20 times.
7. 50%
8. Same weight
9. Lions are dead

10. Starting → staring → string → sting → sing → sin → in → I
11. 5 minutes.
12. Two goldfish fell, bowl broke.
13. Fell inside onto balcony.
14. They played different opponents.
15. No missing money: $250 + 20 + 30 = 300$ (wrong addition trick)





ACKNOWLEDGEMENT SANAYAIMA, PGT ENGLISH

We are delighted to present the Second Issue of our school's English Department Newsletter, 'Voice Of Bright' and it gives us immense pleasure to express our heartfelt gratitude to everyone who has contributed to its successful publication.

First and foremost, we express our sincere thanks to our respected Principal, Dr. Joy Singh Oinam, for the constant support, guidance, and encouragement throughout the preparation of this issue. We are grateful for the valuable suggestions and inspiration that motivated us to improve and grow.

We extend our appreciation to the teachers, and staff members and students who have generously shared their time, ideas, and creative inputs. Your cooperation helped shape this newsletter into a meaningful and informative platform.

A special thank you goes to the students who enthusiastically submitted articles, artwork, poems, and creative pieces. Your talent and effort have brought life, color, and spirit to these pages.

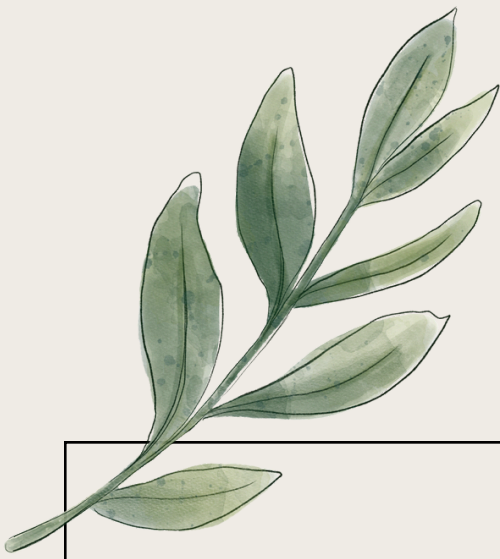
We are also grateful to the Madam Imsutula Jamir, Chief Editor, Editorial Team and the office staff team for their dedication, teamwork, and commitment in compiling, editing, and presenting the content in the best possible manner.

Finally, we convey our heartfelt thanks to everyone who supported us, directly or indirectly, in making the publication of this newsletter a success. We look forward to your continued encouragement and contribution in the future.



- **Editor-in-Chief: Imsutula Jamir**
- **Deputy Editor: Haobam Sanayaima**
- **Proofreader: Esther Moirangthem**
- **Cover Photographer: Chingtham Nicolas Singh**
- **Student Correspondent: M.K. Hashima, Class 10**
- **Patron: Dr. Joy Singh Oinam, Principal, Bright Foundation School**
- **Publisher: Bright Foundation School, Kshetri Leikai, Thoubal, 795138, Manipur, India**





CONTACT US!

Thank you for reading our latest issue! We are always looking for talented students to feature in our newsletter. If you're passionate about writing, art, or photography, we'd love to see your work! To submit your piece for our next issue, please send it to the contacts listed below, with the subject line "Newsletter Submission." Include your name, class, and a brief description of your submission. We can't wait to see what you've created, see you all in the next one!

+91-9015054588 | +91-9366330078 | atujmr41@gmail.com | haobamsanayaima123@gmail.com



Connect With Us !



www.brightfoundationschool.com



brightfoundationst@gmail.com



+91 8014416662



[bright_foundation_school](#)



[Bright Foundation School](#)



[Bright Foundation School](#)

