



SVC Student Council/Seniors T-Shirt 2022 Design:



"The snake presents our ferocity. My main goal was to make something memorable" (Tailasa 13B)

"The idea came to me randomly. I wanted to make the T-Shirt spicy" (George 11E)

MEET THE DESIGNERS: TAILASA BALE 13B (LEFT) GEORGE VUKI 11E (RIGHT)

CHECKMATE SVC!

BY ZEPHANIAH 12B

SVC has recently sent in a great deal of participants to a Chess Tournament which was hosted by the Fiji Chess Federation at the University Of Fiji, Saweni campus. Eighteen students took part in the event on the 21st of May and have gained valuable experiences and lessons.

Among these students is Euna 10B who had the privilege of participating in her first ever Chess Tournament. "It was quite fun and I got to meet a lot of new people" she stated. "I prepared for the Tournament by practicing with my teammates, taking a good night's rest and having good food" she added.

Kinjal 10E, a second time participant stated "I was not as

nervous competing in this tournament compared to the previous one." "I believe I played better this year as I was more experienced," she added. "For all first timers, do not get scared of your opponent, remember to not underestimate them and to always have fun" she ended.

While the students and teachers alike gained insight on chess, Aisea 12B had the honor of being recognized as the overall best beginner in the Chess Tournament, placing in the top 20 out of 56 contestants. "I couldn't believe it, but thanks to the support of my loved ones I did my best" he stated. "This being my first tournament, it was exciting because I got to experience it with my friends who taught me how to play"

he added. Aisea continues to practices chess and advises those who are interest that "Chess punishes you for making mistakes but with the right moves and the proper mindset you can certainly win." He ended.

All in all chess is a great way for students to develop useful critical thinking skills and the college hopes more students participates in more of these events.



SVC'S CHESS TEAM WITH FIJI'S CANDIDATE MASTER, MR. MANOJ KUMAR

COLLEGE POLL IF YOU COULD PICK A SUPER POWER WHAT WOULD IT BE?

SEMI 9B



Mind Reading - so I can know if anyone is interested in me.

EUNA 10B



Teleportation - I can go places and my parents won't suspect i'm gone.

AVEEL 11F



Superhuman Speed - So I can help people.

DEBRA 12B



Teleportation - to watch drama and gossip.

TUNAI 13C



Hypnotism - to be able to control everyone and everything.

BY ZUFENG 13C & RAINA 12B

FIRE DRILL PICTURES



If there is ever a fire, remember to DROP EVERYTHING AND RUN!!!

PHOTOS BY ABDUL 13A

FIRE DANCERS OF SVC

Fire-dancing, a sacred art form of Polynesia, revolves around the use of various tools to manipulate fire. Shammah 9B and Elizabeth 13B are two of the talented fire-dancers that we have here at SVC.

"I learnt how to fire dance several years ago at dance practice." Stated Elizabeth. While Shammah learnt at her dance club. They practise regularly and perform nearly every week.

For untrained people fire dancing may seem daunting, and to some extent, it is. "You have to acquire the skills and learn to be responsible because of the hazards involved with dealing with fire," stated Shammah. "It requires a lot of concentration, as you have to ensure that you don't hurt yourself and the people around you," Added Elizabeth.

"I like fire dancing because it is a unique cultural experience, and because of the challenge." Stated Shammah. Fire dancing is enjoyable to both the performer and evidently, the audience.

To anyone interested in taking up fire dancing, Elizabeth advises them that it'll take a lot of practise to become proficient. Whereas Shammah emphasises on the importance of fully understanding and respecting the cultural aspect of fire dancing, and the risks involved in the activity before taking it up.



BY RAYNESH 13B



WANTED



IF YOU KNOW WHO HAS BEEN WRITING ON THE TOILET WALLS, GIVE THIER NAMES TO A PREFECT OR A TEACHER FOR A REWARD

INTERFORM ORATORY COMPETITION WINNERS

"Can class size affect your concentration? That is a difficult question to answer because in the end it ultimately depends on the learning environment. Let's say for example, you had the option to be seated in two different classes, the first class, Class A, has small roll number but the students in this class tend to play around, and not take their schoolwork seriously. The second class, class B, has say...50 students in this class who are always focused when it comes to their schoolwork. Which class would you join if you wanted to improve your grades and achieve your goals? Class does matter, but it comes down to behaviour and initiative"

BY RAINA 12B

"Are sports important in school? Yes, sports are indeed important. It must be known the sports is a necessity for students to maintain their fitness. Sports is all about practice and how determined one is towards it. Those who have an interest in sports have high self-esteem, confidence and never let their morale down. I encourage everyone that's sitting here to be the winner not only in sports but in academics as well. Be an extraordinary person and let your life be encompassed around about academic as well as sports to prosper and gain fame and glory. Never underestimate your willpower. Never weaken yourself with your intellectual inbreeding."



1st Place Senior Category: Eparama 13A



1st Place Junior Category: Sonakshi 10C

School Rule Reminders:

1. Do not carry your bags out of the classroom during school hours
2. No crowding and running in the corridors
3. Stay in your respective levels during recess and lunch
4. NO chewing gum
5. The ground is out of bounds for all students during recess and lunch
6. Phones are not to be used in school
7. No posting of pictures with the school monogram on social media.

Art Club Exhibition

BY KRISHA 12B



"Head in the Clouds" means to day dream. BY ELENOA 10A



"Bob Marley is considered one of the pioneers of reggae music" BY RYAN 12D



Zenitsu Agatsuma from the anime demon slayer BY ROCHELLE 10C



Inspired by the oil painting "Girl with a Pearl Earring" BY TERIOFA 11B

The Importance of Self-Discipline

BY NOELANI 13A

Self-Discipline can be defined as the ability to control one's feelings and overcome one's weaknesses.

Why is it crucial to cultivate self-discipline as a student? Assuming that you have already set academic goals in place, you will obviously need an action plan to get you there. This is where self-discipline is required.

Doing the exact things that you don't feel like doing, but you absolutely need to - this demands an unmatched amount of willpower and mental strength.

Now, how can one cultivate their own self-discipline as a student?

First of all, you need to identify your own strengths and weaknesses. For example, you may be unbeatable in English but Maths is your weak spot; this is where you can preemptively make plans to limit distractions and schedule non-negotiable study times into your weekly agenda.

Next, it is helpful to take note of motivation factors that increase your productivity and try to incorporate them whenever you study. For instance, you may have a favourite playlist that boosts your mood. In addition, it is paramount that you recognise your downfalls. When you notice yourself becoming distracted, take note of the circumstances in

order to prevent these pitfalls from reoccurring. For example, you may have a tendency to pick your phone up instead of completing your homework. To counter this (I know from personal experience), you can simply switch your phone off and place it at the corner of the room or even outside of the studying area completely.

Moreover, you must remember to stay positive. As cliché as it sounds, this phrase should be branded in the front of your mind to keep you going even in the toughest of times. School can be a hassle, but in order to reach your goals, sacrifice and determination need to be your closest friends.