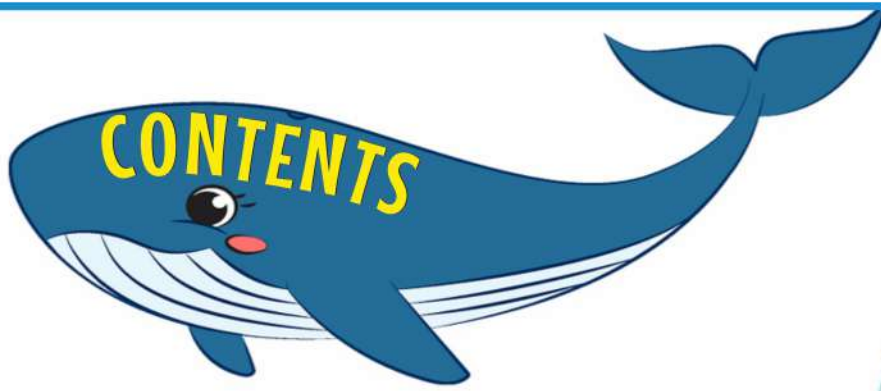


# THE QUIRO Mag

## THE FROZEN ENDS





## FROM THE PRINCIPAL'S DESK

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"The mind is not a vessel to be filled but a fire to be kindled." - Plutarch  
As most growth begins with a seed, all learning emanates from a thought. A single thought can be the source of an entire plethora of learning a subject. Being able to broaden one's horizons and being aware of how little one knows may be the first step towards achieving knowledge.

We, at PIS attempt to kindle this mental spark in our students via the *Qurio Magazine* every year. The theme on Poles - The Frozen Ends gives the students an opportunity to explore and delve deeply into the life and conditions in the North and South Poles. The climate, the flora, the fauna and how the Poles impact our lives. While learning about facts, it also allows them to express themselves creatively using different forms of artistic expression.

I congratulate the entire team for their hard work and dedication for making this magazine. I am sure that the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our young children will surely stir the minds of the readers and take them to the fantastic world of unalloyed joy and pleasure.

Regards,  
**Mr. Raj Hulamani**  
Principal.  
Podar International School  
Belagavi

# Did You Know?

The average ice sheet thickness in Antarctica is 1 mile.

When you are standing on the North Pole, any direction you point is South.



There is no land in the North Pole.

The date is different on different sides of the North Pole.



More than 300 large lakes exist underneath the ice sheet in South Pole.



Antarctica nearly doubles in size in the winter months.

Antarctica is the only continent without reptiles and snakes.



There is no land in the North Pole.

Both the Poles do not have a time zone.



The North Pole does not belong to any country.

Sled dogs have been banned from Antarctica in 1994.



The largest recorded iceberg in South Pole was bigger than Jamaica.

At the North Pole, the sun rises and sets just once a year.



NORTH POLE

SOUTH POLE



## If I lived in an Igloo...

### My Icy Igloo

Once I dreamt of a cozy white place and somehow realized it's an igloo. Living in an igloo is not easy as one imagines it being built with blocks of snow. One can hear the whistling sound of the winds. I heard my mother calling me and quickly ran towards her. I was expecting my mother to serve me pizza but then, I realized our diet had changed. We were eating dried fish. I heard my brother calling me out to play, when I stepped outside, I saw "The Snowman" built by him and we started throwing snowballs at each other. My mother woke me up and I was upset to realise that it was just a dream.

### Ifra Gokak

3C

If I lived in an Igloo

An Igloo is a shelter made from blocks of snow and it is wonderful to live in an igloo! Well, I am here to tell you about my Igloo; as it has an attractive entrance. It has a block that serves as a window and I had to scrape it frequently to keep it transparent because it's applied to the light during the day. The food prepared by my mother in an igloo is so tasty. Living in an igloo is such an excitement!

### Aadhya.D

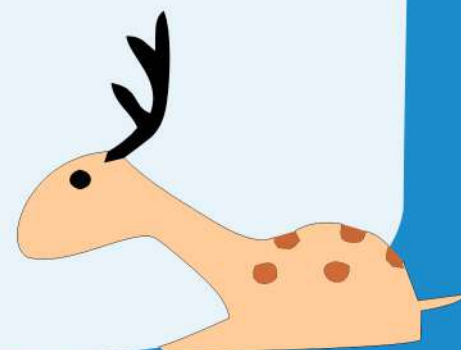
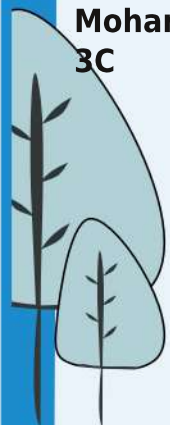
5C

If I live in an igloo

Igloos are houses that are built of snow and typically built up in spiral shapes. The roof of an igloo has a small hole to allow ventilation; it has a short door opening and tunnel in front of the door made to prevent the heat from flying outside and to keep the igloo warmer than the temperature outside. My dream Igloo is so fantastic and it is a great fun to live in it. The nature is so beautiful and the creation of God is so unique that the people living here have adapted themselves to the environment, It would be so exciting and fun that i would appreciate the nature and the creation of the almighty.

### Mohammed Affan Sanadi

3C





# The Elves Save the Day!



was the biggest moment of the year at the North Pole. All eight reindeer were hitched up, and Santa's sleigh was flying across the Christmas Eve sky.

The elves waved good-bye, cheering for Santa and the reindeer as they began their trip to deliver toys.

Well, let's go back to the workshop," Burt said to the elves. "It's time for us to clean up for the day."



As the elves put away their tools and swept the floor, Bud realised that a teddy bear little Jessica wanted for Christmas had been left behind.



"Oh, no!" Bud said. "We accidentally put a stuffed puppy dog in Santa's bag for Jessica instead of a teddy bear!"

Bud quickly called Santa on the reindeer radio to tell him the bad news.

I  
†

"Jessica will be heartbroken if she gets a stuffed puppy dog instead of a teddy bear," said Santa. "Why don't you and the elf emergency crew meet me at my next stop and bring Jessica's teddy bear."

So Bud and the elf emergency crew took off on their flying reindeer with the teddy bear to meet Santa's sleigh.

They flew all around the world until Bud spotted Santa's sleigh on a house rooftop delivering toys.

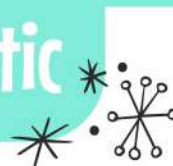


"There's Santa's sleigh!" exclaimed Bud. "Let's go!"

The elf emergency crew quickly landed their reindeer on the rooftop and Bud delivered the teddy bear to Santa Claus.

"Ho! Ho! Ho!" Santa laughed. "Jessica will be so happy to receive this teddy bear. You elves have saved the day!"





## Animals of Antarctica

**Antarctica** has a wildlife with diversity and uniqueness. It is the only continent on Earth which has no terrestrial mammals on it, but is home of a range of marine life and birds like Penguins. It is home of 18 species of Penguins. According to research, Emperor Penguins are endangered animals.

## Leopard seal

**Leopard seal** is named for its black spotted grey quote and its maximum length and weight (greater in the female) of about 3.5 m (12 feet) and 380 kilograms the Leopard seal has a reputation for ferocity but it is not known to make unprovoked attacks on man. Leopard seals use their powerful jaws and long teeth to kill smaller seals, fish and squid, these effective predators live in frigid Antarctic and subantarctic water, where they also eat Penguins. These Antarctic mammals and carnivores have one of the most diets of any seal. Leopard seals prefer their own time alone as they do not play well with others. Leopard seals can dive to great depths underwater and stay there for up to 2 hours. The Leopard seal is the second largest species of seal.



## Seals

Seals are captivating marine mammals with remarkable adaptation in aquatic environments, their blubber layer provides insulation and buoyancy while their social nature and vocalization enable effective communication; however, they face threats and have 30 species distributed around the globe. Their ability to communicate through various vocalizations help them to coordinate their actions and navigate their surroundings. The social structures play a crucial role in their survival and reproduction as they rely on each other for protection and support in the challenging marine environment. Unfortunately seals face various threats, including habitat loss, climate change and human activities like hunting and fishing conservation efforts are crucial to safeguard these magnificent creatures and preserve that delicate balance of marine ecosystem by protecting their habitat implementing sustainable fishing practices and rising awareness about the importance of animals, we can ensure a brighter future for seals and the ocean ecosystem they inhabit. In conclusion seals are fascinating creatures with incredible adaptations that make them an integral part of our oceans. By understanding and protecting this majestic animal we can ensure a sustainable future for both seals and our planet.

**Name: Abhin kothari**

**5B.**



# Riddle Time!

1.

What falls in the winter but never gets hurt?



2.

These keep your hands warm and nice and protect them from cold ice.



3.

I'm big and white and furry  
And I like to swim and run  
I eat seals for my meals



4.

I'm the light in the day or night  
I can be seen in many shades of green. But to see me, you must go forth to the North.  
What am I?



5.

If you went to Antarctica you would see a lot of me  
I float on top of the water  
Am as cold as it can be.



6.

If you come to the Arctic you will see me everywhere, I am pulled by huskies to slide downhill. What am I?



7.

Even if they are starving, natives living in the Arctic will never eat a penguin's egg. Why not?



8.

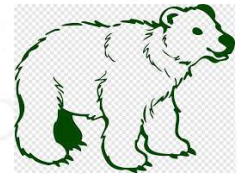
You can slide down the mountain when you put me on, I can be made from plastic, steel & sometimes I'm wooden.  
What am I?



Answers:  
1. Snow, 2. Gloves, 3. Polar Bear,  
4. Northern lights, 5. Ice, 6. sledge,  
7. Penguins only live in Antarctica, 8. Skis

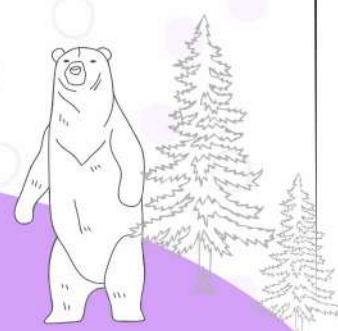
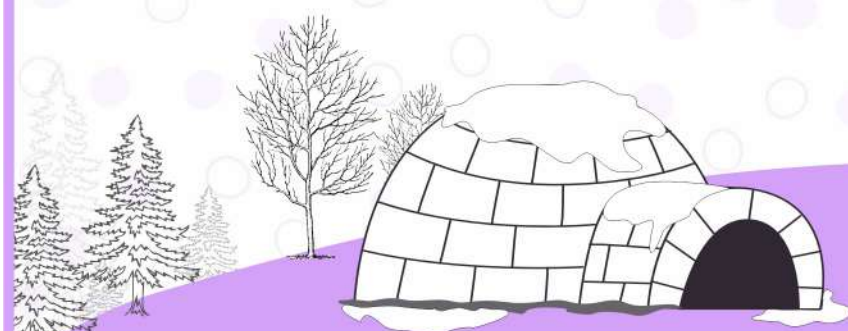


# If I Came across a Polar Bear...



The polar bear species are found in the Arctic region of the Earth. They are big white bears which look cute as a soft toy but are actually very dangerous. Polar Bears are also considered as marine mammals because most of their time they spend in the sea and come on ice or land to get fresh air and food. The size of a polar bear is large in comparison to the normal bear of the Jungle, this is also one of the reasons it is very scary when one crosses your path while exploring the Arctic region. Generally Polar Bears are of calm nature and avoid fighting with other animals as they do not claim their territory as a normal base of the Jungle. A full grown polar bear has 42 sharp teeth as they are carnivorous animals which eat flesh, these bears hunt on the ice as well as the sea for food. They can detect their prey from 1.6 km away and they are excellent swimmers. These animals have a keen sense of smell, sight and hearing which they use to locate their prey. As these animals have a keen sense of their surrounding, humans should be very careful. The first thing I would like to do if I ever encounter a Polar Bear is to be quiet and back away and leave the area either in the direction I had come or I would move very slowly from that area and escape from the bear.

**Ridhima B Sarathy**  
7B





# Interesting Facts About Penguins

The black and white "tuxedo" look donned by most penguin species is a clever camouflage called countershading.

*(When swimming, the black on their backs helps them blend in with the darkness of the ocean from predators viewing from above. Their white bellies help them blend in with the bright surface of the ocean when viewed by predators and prey from below.)*

Penguins evolved to fly underwater.

*(Most birds have hollow, air-filled bones to help them stay light for flight. Penguins adapted with solid bones instead. This helps them swim because solid bones reduce buoyancy—the tendency to float.)*

Many male penguins gift female penguins with rocks in order to woo them.

*(The ladies use these rocks to build a nest.)*



Penguin feet are adapted to walk long distances.

*(Some species of penguins can march up to about 60 miles across sea ice to get to their breeding grounds. Penguin feet are also adapted to help the birds steer while swimming. They use their feet like rudders, angling them to help control direction.)*

Contrary to many popular holiday cartoons, you'll never see penguins and polar bears together in the wild.

*(That's because penguins live south of the equator while polar bears north of the equator in the Arctic!)*

A penguin's thick feathers aren't the only way this bird stays warm.

*(A gland near the base of its tail provides waterproof oil. Penguins spend several hours each day covering their feathers with this oil and give extra attention to the task before swimming.)*



Penguins may huddle together for several reasons.

*(This behaviour helps these birds protect themselves from predators. In frigid habitats, huddling helps penguins retain warmth.)*

# Glaciers and Climate Change

The mighty snow clad mountains have always enchanted the imagination of humankind . The nostalgic image of mountains, ship and the floating piece of ice in that old childhood drawing would never leave our mind but while doing a reality check let us ask ourselves the question “ would our future generations also be able to visualize these images ?” “ Would the snow-clad mountains that we drew transform itself to an empty rock reflecting the heat of the sun?” Let us delve into the revelations of the recent scientific studies related to the floating masses of the ocean – the glaciers .Glaciers are large masses of ice that form when snow accumulates and compresses over time. They are found in high mountains and polar regions, where they store about 69% of the world’s freshwater. Glaciers are also important indicators of climate change, as they respond to changes in temperature and precipitation.

Climate change is the long-term alteration of the Earth’s climate system, mainly due to human activities that increase greenhouse gas emissions. These gasses trap heat in the atmosphere, causing global warming. One of the effects of global warming is the melting of glaciers, which has accelerated in recent decades.

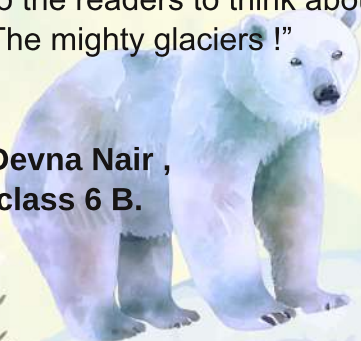
According to a comprehensive study by Hugonnet et al. (2021), the world’s glaciers lost almost 270 billion tonnes of ice per year from 2000 to 2019. This ice loss contributed to about a fifth of global sea-level rise, which can have negative impacts on coastal communities, ecosystems, and infrastructure. The study also found that the ice loss was increasing by about 48 billion tonnes per year per decade, indicating a faster pace of glacier retreat.

The melting of glaciers can also affect other aspects of the climate system, such as regional water availability, biodiversity, and natural hazards. For example, some regions depend on glaciers for freshwater supply, especially during dry seasons. The loss of glaciers can reduce water security and increase the risk of droughts and floods. Moreover, glaciers are home to many unique species of plants and animals, which may face extinction if their habitats disappear. Furthermore, the melting of glaciers can trigger landslides, avalanches, and glacial lake outburst floods, which can pose threats to human lives and property.

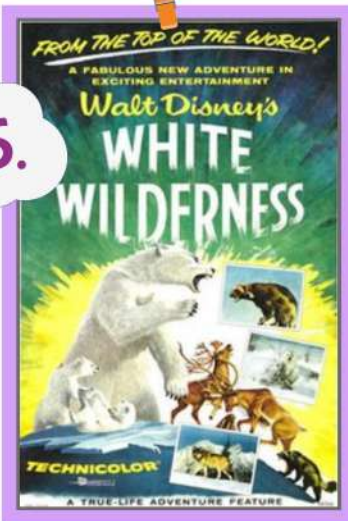
Therefore, glaciers and climate change are closely linked, and the fate of one affects the other. To protect glaciers and their benefits for humans and nature, it is essential to reduce greenhouse gas emissions and limit global warming. This requires collective action from governments, businesses, and individuals to adopt more sustainable practices and policies.

The initiative of creating awareness must be soon started as a melting piece of ice is moving human kind closer to dooms day . It is upon us the children of the world to take it on our shoulders to make the difference ! Let us vow to reduce the green house effect by becoming eco friendly. Let us become selfless and sacrifice one luxury of ours – any electrical equipment emitting CFC , so that our future generations would also refer to glaciers in present tense and not in past tense . With this note , I leave it to the readers to think about how you would do your bit to protect the white wonder amidst the ocean “ The mighty glaciers !”

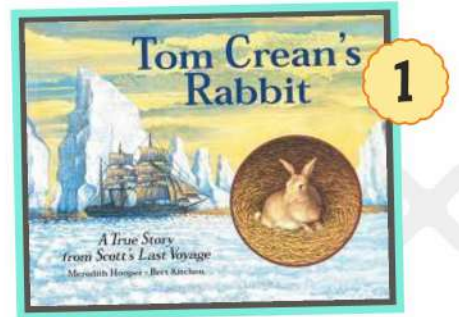
**Devna Nair ,  
class 6 B.**



# Movie Recommendations



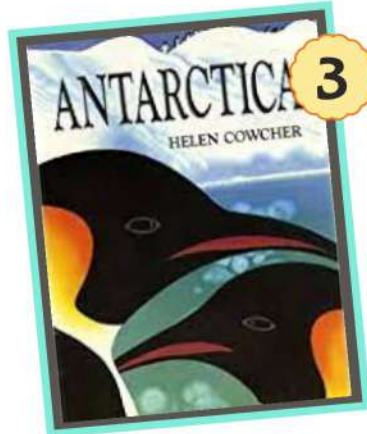
# Book Recommendations



**Tom Crean's Rabbit**  
By Meredith Hooper



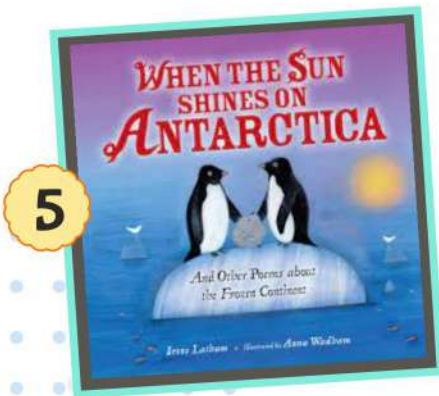
**The Mystery in Icy Antarctica**  
By Carole Marsh



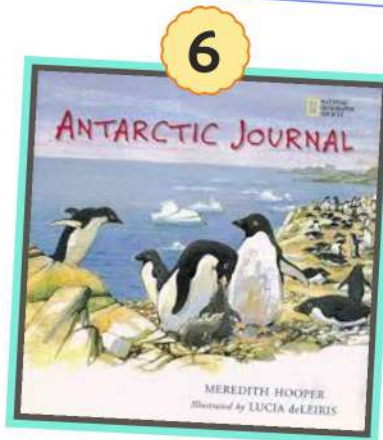
**Antarctica**  
By Helen Cowcher



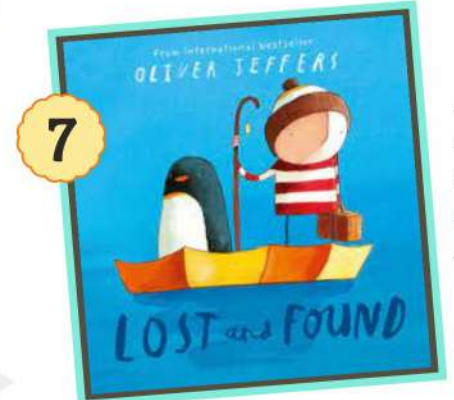
**Ice Wreck**  
By Lucille Recht Penner



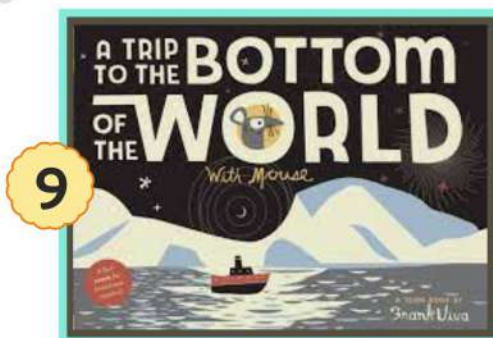
**When the Sun Shines on Antarctica**  
By Irene Latham



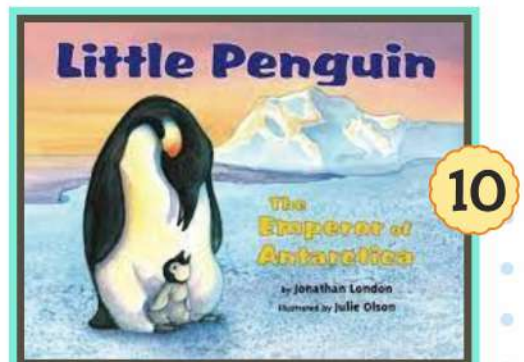
**Antarctic Journal**  
By Meredith Hooper



**Lost and Found**  
By Oliver Jeffers



**A Trip to the Bottom of the World with Mouse**  
By Frank Viva



**Little Penguin the Emperor of the Antarctic**  
By Jonathan London

# Review

## Movies & Books

Title of the Movie/Book:

**ICE: CHILLING STORIES FROM A DISAPPEARING WORLD**

Movie/Book Summary:

'Ice: Chilling Stories from a Disappearing World' is a beautifully illustrated book that takes readers on a journey through the world of ice. From the mighty mammoths of the ice age to the polar explorers of today, the book explores the many ways that ice has shaped our planet and our lives. The book is full of stunning photographs and illustrations that bring the world of ice to life. It is a fascinating and informative exploration of the world of ice, and it is a timely reminder about the importance of protecting our planet's icy resources. I would highly recommend this to anyone who is interested in learning more about the world of ice. It is a fascinating and informative book that is sure to leave an everlasting impression!

Movie/Book Reviewed By: **Saanvi Kulkarni**  
**X A**

How many hearts do you give this movie?

1 heart means the movie was really bad. 5 hearts means it was great!



Title of the Movie/Book:

**THE GREY**

Movie/Book Summary:

'The Grey' is a gripping survival thriller that takes viewers on a harrowing journey through the unforgiving Alaskan wilderness. Released in 2011 and directed by Joe Carnahan, this film stars Liam Neeson as Ottway, a sharpshooter tasked with protecting an oil drilling team from the relentless threat of nature and pack of ferocious wolves. It is a gripping tale of human resilience and unyielding forces of nature that will keep you on the edge of your seat!

Movie/Book Reviewed By:

**Sakshi Hiremath**  
**X B**

How many hearts do you give this movie?

1 heart means the movie was really bad. 5 hearts means it was great!



A sense of exploration is a quality that many people look for in careers. Some people are passionate about adventures and enjoy investigating the world around them. If you're among those who dream of exploring the North & South Pole then a few career options are available that will allow you to explore, know and see the continent in all its moods.

Atmospheric Physicist

Biologist

Ecologist

Geologist

Glaciologist

Mariner

Meteorologist

Oceanologist

Scientist



# The Inuit

## THE INUIT PEOPLE



The Inuit people, also known as The Eskimos, are a group of indigenous people inhabiting in the regions of the Arctic and subarctic such as Greenland, Labrador, Alaska and Canada. Inuit are the descendants of what anthropologists call the Thule people who emerged from western Alaska around 1000 CE. They had split from the related Aleut group about 4000 years ago and from north eastern Siberian migrants. They spread eastward across the Arctic. Now, imagine waking up to a remarkable view of the ocean everyday but at the cost of wearing thick coats each day of the year, bearing the coldest climates ever experienced on Earth where the harshest temperatures freeze the ocean right in front of you at times. With only few hours of daylight in winter and three hours of sundown in summer, this may sound like an awfully uncomfortable existence to some, it may shock you to know that people (Inuit) actually do live in such harsh conditions and have surprisingly adapted to it as well, they have lived on the land of water and ice hunting whales, seals, caribou and birds. Researchers have found unique genetic mutations in the Inuit genome that make them more adapted to cold as well as diet high in fatty acids. This is the best evidence that human populations have adapted to particular diets. These Inuit had to subsist on a much poorer diet, and lost access to the essential raw materials which they had previously derived from whaling. While oil diet may be healthy for Inuit, this may not be true for other populations. The climate today can get exceptionally cold, some even reaching to a -90 degree celsius with long winters and short, cool summers. Sea ice is an integral part of life in the Arctic, the frozen ocean provides an important transportation link between communities, with few permanent paved roads in Inuit regions; however, it also acts as a barrier to boat transportation. The ice also provides a platform for culturally and economically important harvesting activities.



# The Inuit



The Inuit adapted to one of the most sparse ecosystems on earth and their connection to land and wildlife was intensely visceral. They were able to create everything they needed from bone, ivory, antler, or the limitless expanse of snow, from which they constructed houses, they also constructed Igloos(a type of dome-shaped shelter built from blocks of snow) to protect themselves from the extreme cold and wind. The Inuit people wore their clothes from head to toe covering each part of their body with materials such as yak's hair, caribou or sealskin to keep warm. Some Inuit groups wore garments made from the bark of cedar trees. For the very coldest temperatures, caribou fur was commonly worn, although some groups also made coats from polar bear fur. Anoraks made from sealskin were worn in the spring and summer. The Inuits culture naturally comprises comprehensive knowledge of local wildlife and survival techniques combined with incredible patience, hunting skills, physical and mental strength and stamina. As the years passed on, they became aware of technology and started implementing it slowly into their lives. They have balanced their lives of being modern and remembering their roots.





# The Inuit



They faced many difficulties, but with determination and with the help of technology, they found the solutions to their problems. Some of the issues faced by the Inuit people were; Inuit face multiple challenges, including language erosion, urbanization, shrinking communities, significant social and economic inequities compared with other populations of the countries in which they live, political marginalization, colonialism, and climate change. Global warming threatens ecologically valuable habitats for species like caribou and salmon. Declines in these species, in turn, threaten food security, infrastructure, health and cultural identities for people living in the Arctic. Due to climate change and warmer winters, the ice around Arctic coastal communities is becoming thinner and shortening the “safe” ice season. For example, thinner ice is making it more difficult for people to hunt safely and perform activities that provide an important source of nutritious food in the region. But sea ice is not only a hunting platform and travel highway but also an integral part of Inuit culture and identity. These days, the Inuit have also started implementing the use of modern technology in their day to day life to overcome challenges they face in such a climate. They use GPS but still teach their children how the prevailing winds cause the snow banks to lean and point the way home. Snowmobiles have mostly replaced dog sledges. SmartICE technology allows trained Inuit operators to acquire and disseminate information on sea-ice thickness and surface characteristics, in near real-time, to support safe travel decision-making under unpredictable and dangerous conditions. SmartICE is a climate change adaptation tool that integrates technology, remote sensing, and indigenous knowledge to produce information on sea-ice status according to user needs... They invented the harpoon/missile, which was used to hunt seals and whales, which also helped in filling their plates regardless of the scarcity of edible food in that region. They invented the kayak for one man to use for hunting in the ocean among the ice pack. The Inuits respect each other, and care for people, foster good spirits by being open, welcoming and inclusive. They serve and provide for family and community. These are the values that were and still are going on in the Inuit group which should be moralized by each and every person as these values in the Inuits are the basic and humane qualities one should inculcate in their personalities.

**Vaishnavi Sachin Jigajinni**

**8B**



# The Inuit

## The Inuit



• Inuit are a group of culturally similar Indigenous people inhabiting the Arctic and subarctic regions of Greenland, Labrador, Quebec, Nunavut, the Northwest Territories, and Alaska. Inuit languages are part of the Eskimo–Aleut languages, also known as Inuit-Yupik-Unangan, and also as Eskaleut. The Inuit refer to themselves differently according to their dialects and sense of identity. In Greenland the terms Kalaallit (West Greenlanders), Inuguit (from Thule district), and lit (East Greenlanders) are used. In Canada the terms Inuvialuit, Inuinnaat, and Inuit are applied. In northern Alaska the term Inupiat is used, and in southwestern Alaska the terms Yupiit and Cupiit are used. Other terms such as Yupiget, Yupik, and Sugpiat are used in Chukotka in Russia's Far East and on St. Lawrence Island in Alaska. The Inuit share a common language that gave birth to a variety of dialects as a result of the great distances between Inuit populations. Among those dialects are Iñupiatun, Inuvialuktun, Inuinnaqtun, Inuktitut, Inuktun, Kalaallisut, and Tunumiisut. These dialects are closely related to the Sugcestun, Yugtun, and Yupigestun languages spoken by the Sugpiat, Yupiit, and Yupiget in Alaska and Chukotka. Some anthropologists argue that the Yupiit are culturally distinct from the other Inuit people, but the Yupiit have made a political decision to be designated as Inuit.

• The term Eskimo, long applied to the Inuit, may have come from eastern Canada, who have a word in their language resembling Eskimo that means “the eaters of raw flesh.” Inuit never called themselves Eskimos until the term was introduced by the “Southerners.” Once Europeans and others began using the term in the early 16th century, it negatively denoted the eating of raw flesh, and it increasingly assumed a culturally negative connotation as the term perpetuated a stereotype that denigrated the Inuit. The word Inuit translates to 'the human beings' in English. Despite the more recent interpretations of its meaning, the term Eskimo—once widely used in Alaska—is considered pejorative and offensive. By the 21st century it had been widely supplanted by the name Inuit.



# The Inuit



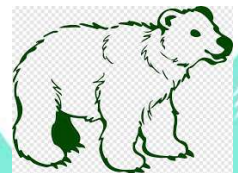
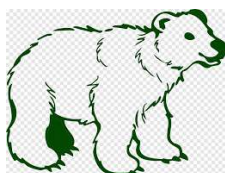
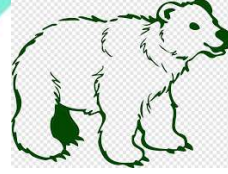
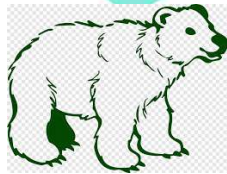
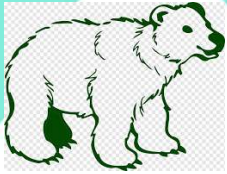
•The Inuit are politically organized within their own jurisdictions as well as internationally. Founded in 1977, the Pan-Arctic Inuit Circumpolar Council (ICC) is a non governmental organization that seeks to strengthen unity among the Inuit, to promote their rights and interests internationally, and to ensure the endurance and growth of Inuit culture and societies. Inuit have entered into a variety of governance arrangements throughout their homeland to advance their right to self-determination. These include public governments, tribal governments, and Inuit self-governments. The self-determination and self-government of the Inuit are manifested through various forms, from the home rule government of the North Slope Borough in Alaska to Nunavut and Nunatsiavut in Canada, and the Greenland government in Kalaallit Nunaat has moved toward independence since the original 1979 Greenland Home Rule Act.

•However, Inuit face multiple challenges, including language erosion, urbanization and shrinking communities, significant social and economic inequities compared with other populations of the countries in which they live, political marginalization and colonialism, and climate change.

**Nihal Harihar**  
**8B**



# Art from the Poles



# Spotlight @ PIS

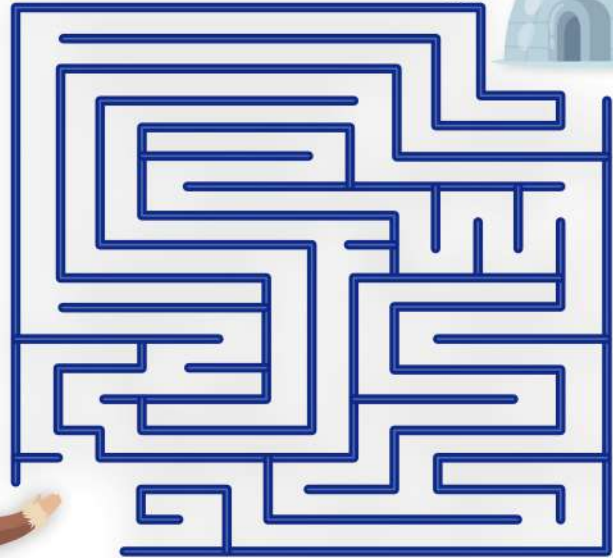




# Brain Play

## MAZE PUZZLE

Welcome home!



Let's find our way to the Igloo.

### Fun Fact

A polar bear's skin is actually black, its fur is also translucent, and only appears white because it reflects visible light.

Complete the word search

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

Note: The words could be horizontal, vertical, diagonal or backwards.

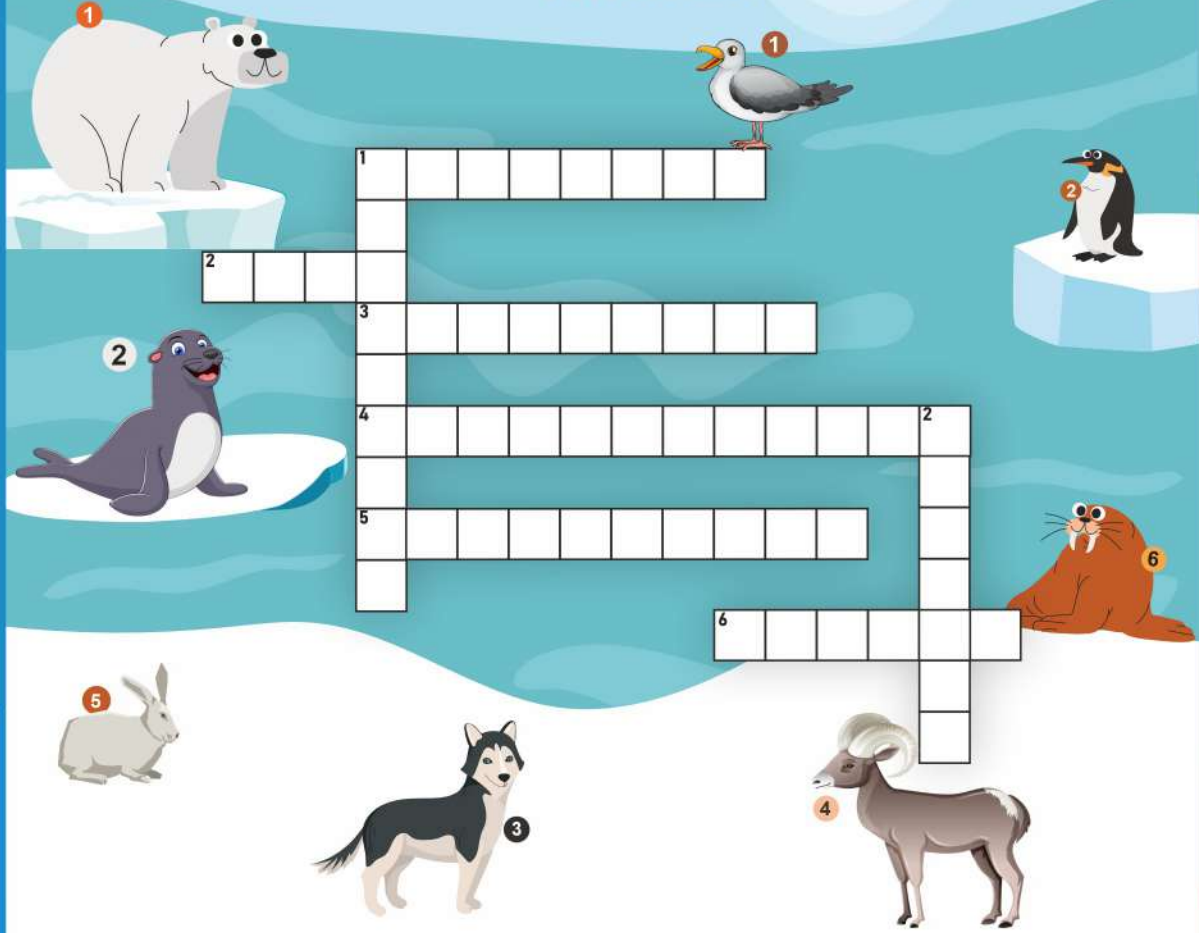
Polar Bear  
Ice  
Darkness  
Antarctic  
Rabbit

Freeze  
Arctic  
Arctic Fox  
Igloo  
Penguin

Seals  
North Pole  
Eskimo

# Crossword

## - Animal -



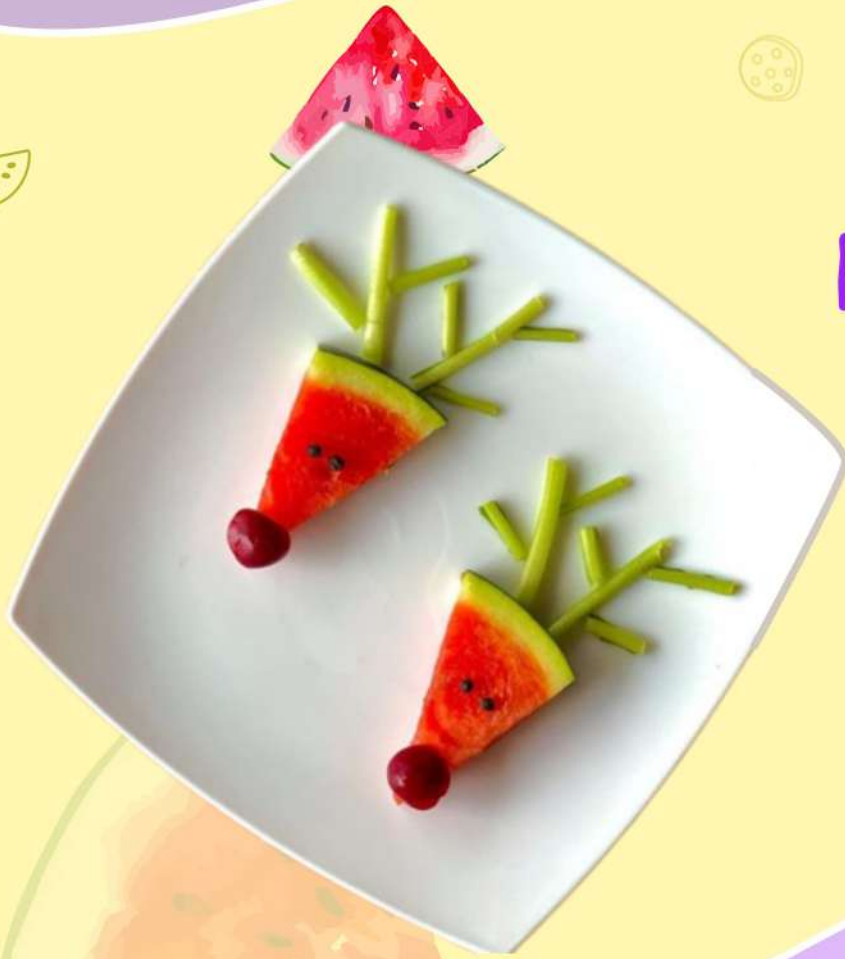
1. POLARBEAR, 2. PENGUIN, 3. WOLF, 4. BIGHORN SHEEP, 5. RABBIT, 6. WALRUS, 1. PINKGULL, 2. SEAL

# Find the difference





# Bites & More



## Healthy Fruit Reindeer

### Ingredients

1. Watermelon
2. Cherry/Black grapes

mmm!

## Yummy Oreo Penguins

### Ingredients

1. Oreo Biscuits
2. M&M / Gems



# Snack it with easy Bread Polar Bear

## Ingredients

1. Bread
2. Butter / Cream cheese
3. Banana
4. Black Grapes



mmm!

a. Melt it..



b. Dip it..



## Delicious chocolate dip Polar Bear

## Ingredients

1. Oreo Biscuits
2. White candy melts
3. M&M / Gems



c. Freeze n decorate!!





Since 1927