



# Xavier's Daily

## ➔ Challenge yourself!

You'll find me in Mercury, Earth, Jupiter  
but not in Neptune or Venus. What am I?

Answer - the letter 'r'

## ➔ Spectrum's Corner

### Thought of the Day

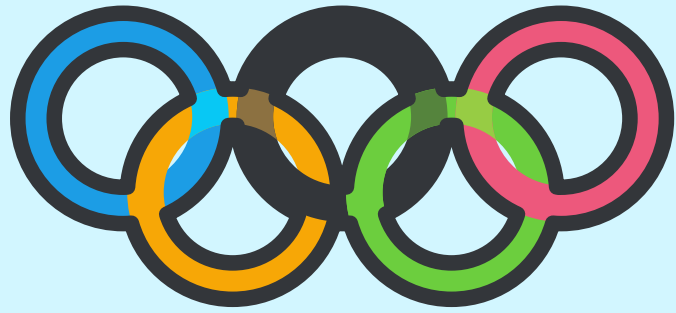
*happiness comes when we stop  
complaining about the troubles we have  
and offer thanks for all the trouble we  
don't have.*

### Word of the Day

*fervid:*

*intensely enthusiastic or passionate,  
especially to an excessive degree.*

*eg. "his fervid protestation of love"*



# OLYMPICS

*Written and designed by Baisakhi Sahu*

*[Sports Club]*

*The first Olympic Games took place in 1896 in Athens in Greece. The aim of the Olympic was to bring together athletes from various countries in order to promote world peace. This aim remains the same even today. The Olympic Games include a variety of individual and team sports.*

*In 1920, the first Olympic flag was presented. The flag contains five interconnected rings upon a white background. Each of the rings stands for one of the five major continents; they are interconnected to symbolize that the world can work towards peace through this international competition. The rings are blue, yellow, black, green and red. These colours were chosen because at least one of them appears on the flag of every country in the world.*

*The Olympic Games are held once in every four years and at different location each time. Two locations are chosen each time-one to host the winter Olympics and the other for the summer Olympics. It's a very special honour to participate in the Olympic Games. Participants spend years training for this special event. Qualifying for a spot on the Olympic team varies for each sport. However, dedication, skill, motivation, hard work, and desire to win are a part of the right formula for anyone dreaming of participating in the Olympic Games.*

*For each event the first three prizes are the gold, silver and bronze medals. In 1896, first prizes were silver medals because gold was considered of lower value than silver. At the Olympic Games at st Louis in 1904, gold replaced silver as the first-place medal. The gold medals presented today are actually made from sterling silver. They are then covered with a thin coat of pure gold. The Olympic Games give athletes the opportunity to show off their strength and skills. They are very popular because they bring together people from all nations of the world, not only to compete in true sportsman spirit, but also to remind us of the quest for peace among all nations*



### **DID YOU KNOW?**

*During the first Olympics in Greece, the winner was not awarded gold medal, instead, they were awarded a silver coin in an olive wreath and the runner up was awarded a copper coin in a laurel branch.*