



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

Volume VIII, Issue 8

April-June 2013

The Three P's of Success in Communication



There is a glut of information on how to improve your communication skills, but the majority of advice can be boiled down to three P's - practice, planning, and positive thinking. If you're ready to master them, you'll improve your skills in no time.

There is so much written, taught, and published about good communication skills, however, there are the three "golden rules" to communication and how they work. It's the three P's- Practice, Planning and Positive Thinking.

Practice

Some people are natural communicators, but they are the minority. Communication skills are that needs to be first learned, then repeated over and over until practice makes perfect. It's all very well going on a training course, but unless you put into practice what you learn, you're going to regress back into your old communication styles- after all, they have been a habit of a lifetime!

If you are particularly nervous about speaking in front of a large number of people, for example, it's not enough to do it just once. You should ideally seek out public speaking roles on the school stage, college gatherings, office presentations etc. and work on your body language as well.

For example, get a close friend or significant other to point out when you're lapsing back into the things you're trying to avoid like lack of eye contact, folded arms, and so on. If you want to improve the way you look when you speak, then there's nothing better than watching - and learning - while you speak in front of a mirror. If you explain what you're doing to those around you, it won't be that strange! It's probably more common than you think.

Planning

Sometimes we can plan our communication events, such as speeches, workshops or presentations. However, sometimes you just can't plan. Let's say, for example, that you've been called into an impromptu meeting by your teacher or classmates in order to discuss a topic or an outline of an upcoming event. Rather than get nervous about what you're going to say, also consider how you're going to say it. You can speak about negative content with a positive attitude... it's a thousand times better than communicating negativity with a sour vibe.

In those precious minutes you have before you go in, you can plan - and make yourself aware - of what you're going to do in the minutes ahead. Sometimes you can have longer time to plan, but if you consider your communication strategy before blurting it all out, you're more likely to have more control over your communication style.

Positive Thinking

Not every communication goes the way we would like - that's life. The worst thing to do is to let it nag you for very long - let's say you fluffed a presentation and forgot your notes, stumbled, and didn't make a fluid pitch. It happens to the best of us. Ask for feedback if you want to deconstruct what went wrong. Your teacher will be far more pleased to help you rather than you hiding away with your head down for a few days, mulling over it. Brush yourself off, and move on - communication happens every day, so with a positive attitude and some practice, another opportunity will come around again.

Sudha Goyal (Principal)



Hold fast to the Dream

The story goes that...

After creating the earth God started to design creatures. At first he created the Seashell. The seashell had quite a boring life. The shell opens, water runs through, the shell closes. Open - Close, Open - Close... All day long.

Next God created the Eagle. The Eagle had the freedom to fly over oceans and land he had the ability to reach even the highest mountains. For the Eagle there were almost no limits, but for this freedom he had to pay a price. Day in and Day out he had to fight for prey to feed himself and his offspring. It was not easy, however he was happy to pay this price.

Finally God created Man. He showed him the seashell and then the Eagle and asked him to decide which life he wants to live. We need to decide what we want to be? A Seashell or an Eagle. We need to choose how we want our life to be... we choose the life of seashell; we chose to live for the sake of existence. We choose to live the life of an Eagle; we choose liberated life, more dreams to fulfill, more options to success. We need to truly understand ourselves, our hopes, our aspirations, our targets and goals in life to live like an Eagle. Parents should encourage children early in life to set small goals and try to achieve them. They need to participate in decisions that are made related to their lives.

Taking onus and accountability go a long way in making responsible children. We should help children explore, recognize and enhance their strengths and work upon their weaknesses. Children need to know that it's perfectly fine to explore what the heart wants and to tune out the rest of the world long enough to build a relationship with themselves.

That the most beautiful thing we will ever witness in our life is when we begin to unfold into the exact person we were meant to be. **"So...Hold fast to dreams, for if dreams die, Life is a broken-winged bird that cannot fly, Hold fast to dreams, for if dreams go, Life is a barren field, frozen with snow."**

Seema Bhati (Junior School Head)



INITIALS



Tell me and I forget. Teach me and I remember Involve me and I learn." – Benjamin Franklin The Graduation Ceremony of the Kindergarten class for the academic session 2012-13 was held at Scottish High International School on 12th March 2013. The young Highlanders were awarded the certificates for completing the Primary Years Programme of the International Baccalaureate for Early Years. It was indeed a proud moment as we saw the children receive their certificates wearing their traditional graduation attire. It was a time to celebrate the achievements of the young learners and wish them good luck as they move forward to a higher level of learning.

As another year came to an end and a new chapter unfolded, the young Highlanders were all set to move on. The 'At Home' session was held on 26th March '2013. The Core Management Team, Academic Heads and the Initial teachers were present to welcome the new members to the Scottish High fraternity.



Another chapter of the book called 'Growing Up!' commenced with the new academic session at Scottish High for the Initials on 2nd April'13. It was a new milestone for the little ones who were stepping out from the cozy corners of their homes to a new environment. The Initial team worked in tandem to make this transition smooth and easy. Inviting classes, beautifully decorated welcome boards, colourful balloons, cartoon characters and smiling teachers were all there to greet the little ones.

With watery smiles and new bravado, the tiny scholars were all geared up to start their new journey. It was not long before the fears in their minds were forgotten and they began to play cheerfully. The wide variety of stuffed toys and other puzzles kept them merrily busy. Stories, rhymes, games, dance are amongst the few activities that enthralled them. A special mention of the visit to the splash pool- the little charmers in their cute swimming suits did steal each one's heart as they marched towards the pool. Regardless to say they had lot of fun splashing around. The horse riding for our young Highlanders was indeed an adventure. They proved to be good risk takers as they sat with pride on the horses back. Not only this, each class drew up their class rules in the form of Essential agreements in collaboration with their Home Room Tutors. Circle time was used constructively to learn about each child and tuning in the little ones with the class expectations slowly and steadily. Co-curricular activities like audio visual time, games, dance and Western music also helped them get familiar with the day to day routine of a formal school.



The Kindergarteners got into the school routine from day one. They began with their units of inquiry related to safety and water. Both the units were initiated through thought provoking engagements. The students of the Kindergarten section (B, D, E and G) are inquiring into rights and responsibilities of the human beings in the struggle to share water on the planet with other living beings. Learning engagements like a power point presentation, simulation corner, collage making and many more encouraged the children to inquire into the significant role played by water in our daily lives. The children explored the magical world of water by giving a presentation on different activities with water. They visited the aquarium shop to understand how water sustains life. The children are also becoming caring towards water and understood the significance of conserving it.



On the other hand, the young learners of Kindergarten sections (A, C, F, H and I) are inquiring about safety. The students visited the, 'Hero Honda Traffic Park' and acquired information about the various safety rules to be followed on the road. The budding communicators enthusiastically participated in the 'Oral presentation' on unsafe objects. The students enhanced their thinking skills while doing the collage activity on unsafe objects.



Both the Pre Nursery and Nursery children began practicing for the upcoming 'Monkey's Business.' It is indeed heartening to see the young ones give their best, learning to move to the beats of peppy music and emulate the nuances of acting, to put up a brilliant performance in front of their parents.

Finally, keeping up with the spirit of environmental awareness the children, on the occasion of Earth day, planted saplings promising their commitment towards a greener planet.

Rupa Chauhan
Initial School Head





WE OFFER

SUNDAY BRUNCH

₹595/-

Savor a culinary adventure at our Italian Sunday Brunch spread of-antipasti, insalata, pizzas, pasta and desserts.

EXQUISITE LUNCH

₹425/-

Bruschetta | Soup of the day
Any Pizza/Pasta from the menu and Gelato

HAPPY HOURS

Call Up to get surprised by the Happy Hour Prices

CHEF RECOMMENDATIONS

- ❖ Carpaccio di Manzo
- ❖ Fritto Misto
- ❖ Gamberi Salmone
- ❖ Tiramisu



- ❖ Best Italian restaurant, Times Food Award, 2010, 2011
- ❖ Nominee for HT crystal award, 2010
- ❖ Best Italian restaurant, Times Food Award, 2012, 2013

Ground Floor, Vatika Atrium, DLF Golf Course Road, Sec - 53, Gurgaon - 122002

Ph No. : 0124-4311298

Fax : 0124-4311294

Email Id: 56@vatikagroup.com

www.vatikagroup.com

Like us on

April Was Autism Awareness Month

The sixth annual World Autism Awareness Day(WAAD) was observed on 16th of April at Scottish High International School. Although the WAAD is on 2nd April, but due to the beginning of new academic session in the first week of April, the celebration is generally postponed. Banners and posters were displayed for increasing public awareness in and around the school. The Dean of Department of Integrated Studies revealed the present stats about the prevalence of autism in the world being 1 in 88 children. He also emphasized on early diagnosis, early intervention and social acceptance of individuals in autism spectrum. Our students have lots of buddies in school. Many of their buddies and elder siblings came forward to share their experiences. Ranveer and Adi displayed their unique skills. Ranveer demonstrated his ear for music by identifying the perfect pitch of the chords being played by friends and teachers. Adi made miniature Ganesha of clay which involved various processes. The SEN students and the regular students presented contemporary dance performance which was applauded by the audience. Mrs. Saini, who is the voice of the SEN students thanked the special educators, therapists, teachers, students and volunteers for being supportive in running the Inclusion program in school. The Chairman of the School who also heads the Autism Research Centre, made a presentation on Autism Awareness, thus giving a voice to the millions of individuals worldwide who are undiagnosed, misunderstood and looking for help. He also laid emphasis on changing mindset and attitude towards autism.



Dr.Rajiv Mishra
Dean of Integrated Studies



ACE Golfer in the making

AUTISM- "Though a challenge....yet can be overcome by sheer grit & determination...!" This has been proved right by our Highlander- Ranveer Saini of grade VII. Autism is a part of his life but cannot rule his life...With the love & support of his family members & his school teachers & classmates & with his Coach Mr. Anitya Chand accepting to take on this challenge, Ranveer mustered the courage to put in more than 100% efforts in his golf training & came back beaming from Macau, with the glittering 2 gold medals round his neck, making his Country INDIA & his family very proud of him..Teamwork coupled with hard work, sweat & dedication can make all impossible tasks easy & achievable..!



Ranveer Saini, a talented and dedicated golfing genius, son of Mr Kartikay and Mrs. Bakhtawar Saini, has brought laurels to the country and made us all proud by his outstanding performance at the Asia Pacific Special, Olympics Golf Masters Tournament held at Macau from April -22- 27,2013. He has won two Gold medals and a

trophy at Level 1 & Level 2 competitions, thereby bagging three out of four prizes in this prestigious tournament. No

mean feat as he was the youngest participant and competing against nearly a hundred golfers from 14 countries including The United Kingdom, Australia, China and Malaysia.

Ranveer now gets an automatic card entry to the World Special Olympics to be held in Los Angeles. He is also a likely contender for the Limca Book of Records - 2013.



Ranveer achieved such a commendable feat at the young age of 12 years with his rigorous training schedule at the DLF Golf & Country Club & the DLF Golf

Academy, Gurgaon under the expert tutelage of his coach Anitya Chand. In spite of being a high functioning Autistic Child, the versatile genius is an all-rounder, with multiple interests & abilities. He is a talented pianist & vocalist and has a rare gift of identifying the 'perfect pitch' of several musical instruments. He is a good equestrian and his hobbies include cooking & trying out new recipes. His focus and pursuit of perfection have won him many admirers, these include his teachers and peers. Ranveer belongs to a family of golfers. Indeed, Ranveer has proved admirably that no challenge is unbeatable and no hurdle, insurmountable.

We all wish the Sports champion the very best

of luck for his stint at the World Special Olympic Games !





Caring people can change the World



"Knowing is not enough; we must apply.
Willing is not enough; we must do."

-Johann Wolfgang von Goethe



Experiential learning is learning through reflection on doing. Experiential learning focuses on the learning process for the individual. An example of experiential learning is going to the zoo and learning through observation and interaction with the zoo environment, as opposed to reading about animals from a book.

Children learn about ideas and get an exposure to new things when they travel outside their own

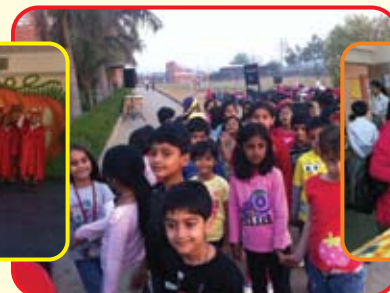
neighbourhoods. The children of the pre primary and primary went on trips in the month of March to places like Aapno Ghar, Agra, Bharatpur, Jim Corbett National Park, Amritsar and Wagah.



Field trips give children some time in a different environment. Learning in assorted ways can appeal to varied learning styles, helping children to succeed whether they are visual, auditory or kinesthetic learners. For example, grade 2 children could understand the material that is being used in making of homes and shelters by touching and seeing them during their visit to a construction site.



A field trip can awaken the desire in a child to try new things and can spark new interests. By seeing real-life application, children might be more likely to understand and appreciate the importance and relevance of what they are learning. The kindergarteners visited the traffic park to appreciate the need for road safety. Grade 3 went on a city tour to understand the causes and effects of pollution. They actively took part in creating awareness for a cleaner planet by spreading awareness through a march in school and by planting tree saplings on Earth day. To develop and comprehend that simple





machines are ingenious tools that get work done and represent basic elements of design, grade 4 students visited a factory of Hema Industries.

Our Grade 5 students completed their journey in the PYP and this culminated with the PYP Exhibition. They celebrated their learning with the entire school community. Experiential engagements are among the most powerful teaching and learning tools and can provide direction for the making of judgments as a guide to choice and action. Rather, what is vital in experiential learning is that the individual is encouraged to directly involve themselves in the experience, and then to reflect on their experiences using analytic skills, in order that they gain a better understanding of the new knowledge and retain the information for a longer time.

"For the things we have to learn before we can do them, we learn by doing them." — Aristotle

*Chandrei Choudhury
Assistant PYP Coordinator*



Medley of Activities

Activity Report

Well Begun is Half Done !



The new Session 2013- 2014 has begun with a lot of enthusiasm .A buzz of excitement is palpable in the School premises with our students eagerly deciding on their choice of Indoor as well as Outdoor activities from a wide choice offered to them. For Indoor Activities, the choices are Drama, Western Music, Indian Music, Indian Dance, Western & Contemporary Dance, Art & Craft. Drama has been introduced in this Session and is very popular amongst the Highlanders. In the Outdoor Activities, the options are Soccer, Golf, Lawn Tennis, Volleyball, Basketball, Cricket & Skating.

The eric for the Year ahead enlists all the competitions, activities & workshops at the inter- clan & inter-school level. Care has been taken to include a diverse array of activities for giving expression to the multitudinal talents & interests of the Highlanders.

The first activity for this Session was Poster Making cum Slogan Writing to commemorate Earth Day. All students from the Primary & Senior Wing participated in it. The objective of sensitizing the 'gen next' to the pertinent need of being the guardians of our natural heritage and the validity of sustainable development was fulfilled to a large extent.

Our new students are preparing to showcase their skills & abilities for the forthcoming Annual Celebration of 'Monkey Business' a tradition at Scottish High to warmly embrace them into the folds of the family !

The entire month of May 2013 kept our students engaged in a wide range of interestingly diverse & challenging Activities. The 9th Annual Monkey Business was celebrated with much enthusiasm & excitement by all the new students ably assisted by the older ones on 04May 2013. Both groups of the new entrants as well as the veterans worked in tandem and put up a spectacular musical dance-drama adapted from the classical tale ' Gulliver's Travels in Lilliput ' and named as - 'The Great Escapade'! On the same day, the Annual Award Ceremony was held in the afternoon to reward and motivate the deserving students for the Session : 2012-2013. Awards were given to the All Rounders, Academic Proficiency winners, Sports Champions, Toppers of the Underprivileged Students Wing of Scottish High, Best Efforts of the SEN Students and to those who managed the admirable feat of 100 % Attendance throughout the Year. Also, glistening trophies were awarded for the Best Clan in Sports and overall the Best Clan .

The new Session's inter- clan competitions commenced for the Senior School with English Recitation Competition for students of Grade 6 to 8 and Hindi Recitation Competition for students of Grades 9 to 12 held on 08May 2013. These were followed by two much anticipated competitions on 15 May 2013; Salad Making Competition for Classes 6 to 8 which saw overwhelming and enthusiastic preparations as well as some really nutritious and attractive looking salads prepared passionately to perfection by the participants. A special kudos to all the participants of the SEN Department who won praises galore for their relentless preparation and excellent salads from everyone!Meanwhile, the students of Classes 9 to 12 took part in the G.K. Quiz Competition which was keenly contested and witnessed with rapt attention by the audience !

Theme based Assemblies were conducted by the Classes – on 'Welcome for New Session' by 9-A', 'Earth Day' by 9-B, 'Labour Day' by Grade 8-A, 'Mother' by 8-B and 'Summer Holidays' by Grade 8-C.

Pooja V.Bahl
HOD-School Activities

Sports

To begin with, I extend a warm welcome to all the Highlanders for the new session 2013-2014. I wish you all a successful and a bright year ahead in all your academics and extra-curricular activities. The year commenced with participations galore. Our Highlanders have participated in a wide array of competitions and events all through the month. Pathways world School hosted a U-14 Lawn Tennis Tournament in which our team of five players; Vandana Dayma, Radhika Yadav, Mahika Rathod, G.S. Rithu and Khyati Srivastava took part with vehemence and Radhika Yadav won the trophy of the most promising player of the tournament. Students also took part in the U-8 Lawn Tennis competition held at The Gurgaon Valley School, Gurgaon where Kabir Bhutani, Saman Jain, Agriya Yadav, Surya Deep, Prateek and Divij Bishnoi participated in the event with utmost fervour and enthusiasm. Divij made us proud by winning the 2nd runners up trophy for the same. Vedant took part in the Cosco Sahara, Delhi NCR Sports Festival held at Tyag Raj Stadium and won the runners up trophy in the lawn tennis U-8 category. The Taekwondo District Championship was held at Scholars Pride Public School, Gurgaon. Following were the students who brought laurels for the school- Reyna, Ritisha, Stuti Kulkarni won gold, Tanisha won a silver and Sanya, Shubhangi, Ananya, Pratyush and Arnav won bronze medals. On the cricket front, our team put their best foot forward during the U-14 Cricket Tournament held at Pathways World School, Aravalistudents are all geared up to try their hand at a new sport, volley ball which has been introduced for students grade VI to XII.

As research suggests that sports improves creativity, decision-making and perception. Those people who are into practice of playing some sports and exercising live a much healthy and better life. Sports such as running and playing football, badminton are beneficial to health as they away the coronary ailments from life and help in maintaining mental as well as physical well-being. Sports simultaneously help in developing social skills as well. They teach you to play together in a team with proper coordination and communication. Sports are confidence building factors. Discipline too can be built with the help of sports.

I hereby encourage our spirited and vibrant Highlanders to live up to our motto ~Winning and losing doesn't matter and our performance depends on our behaviour~ Way to go kids! And all the very best for the new academic year.

Dronacharya Mishra,
Coordinator Sports

Football is the most attended or watched sport in the world.

Craft

During the month of March, primary section students were busy completing their art works whereas on the other hand seniors were busy with their exams.

The month of April started with a new approach and a new zeal to do something more creative. Grade 1 to 4 started with different origami compositions like dog, cat, fish, butterfly, ladybug, tulip, peacock, bird, whale, shark & octopus. Grade 5 started with word compositions i.e. when words are drawn and combined together to form a piece of art. Grade 6 & 7 students who have taken craft as their optional activity have started with pot decoration with stutli, making dining table mats (6 pcs) and coasters with newspapers by rolling technique whereas grade 8 started making a flower vase with newspapers by weaving technique. Grade 9 & 10 students are painting different patterns on cardboard which further will be used to make a prop i.e. buckets for monkey business. Whereas in art class some are busy doing pencil shading with reference whereas others are doing shading by oil pastels on 2D food items which again is a prop to be used by initials in monkey business.

Amita Gahallot
(Sr. Coord. Art & Craft)

Music



The music department has been busy from the beginning of the session in preparing the students for the Monkey Business function. Selection of numbers, extensive practices, creation of lyrics and background music has been the core points of concentration. All Highlanders have participated in each endeavour whole-heartedly. Endlessly, we have been practicing in order to present a scintillating show on 4th May, 2013. The Hindi number 'ummidon wali dhoop' was very melodiously sung by the group consisting of the underprivileged children and the mainstream students.

The regular choir group sung all the background songs mellifluously according to the theme of the drama based on Gulliver's travels. The students contributed their full effort towards making a successful show. Kudos to all of them for personifying our guidance.

Sachin Gakkhar
Music Instructor

ICT

Some Interesting facts



- » It took the radio 38 years and the television only 13, but the internet reached 50 million users in only 4 years.
- » The computer mouse was invented by Doug Engelbart in 1963. It was made out of wood.
- » Early hard disks in personal computers held only 20 MB of data and cost around \$800. Now you can get a 2 GB flash drive for around \$8. This implies that there is a 100-fold reduction in the price and a 100-fold increase in storage capacity.
- » The computing power in today's cell phones is much higher than the processing power of all the computers in the Apollo 11 Lunar Lander that put 2 men on the moon.
- » There are over 20 billion web pages on the internet, and that number is rapidly growing every day. Also, there are over 2 billion internet users worldwide at present.
- » RIM (the BlackBerry operating system company) co-CEO and cofounder Mike Lazaridis dropped out of college to start his own company. He did so after reading Microsoft's founder, Bill Gates' book.
- » The first hard disk drive was created in 1979 by Seagate. Its capacity was 5 MB.
- » HP, Google, Microsoft, and Apple have one thing in common – apart from the obvious that they are IT companies. They were all started in garages.
- » The first and still the oldest domain name to be registered is Symbolics.com, it was created on March 15th, 1985.
- » Most Central Processing Units (CPU's) are sold as a bit slower than they actually run. By over-clocking them you can get them to run faster – for free.
- » The first micro-processor was the 4004, Intel had originally designed it for a calculator and no one had any idea to what it would lead.

Ashima Shrivastava
ICT HOD



Visual Art



At Visual art studio we concluded the series of final examinations for the senior art wing and began introductory assignments for our new batches of ICSE and IGCSE art students. As young Visual art students (IGCSE) begin their curriculum based artistic journey, we also bring in some wide range technical workshops and exercises to assist their creativity in their classwork.

Our students get started with intensive observation and water paint studies, parallel with theme and research based compositions. We look forward to a creatively fulfilling first term ahead.

To begin with on April 10th IGCSE year two art students introduced themselves to Colour, Texture & image making exercise. Besides which the IBDP visual art studio work encapsulates object murals and installations in the making.

Dhara Mehrotra
HOD Visual Art



The Heritage Club



It is very aptly said "A picture is worth more than a thousand words". As the Highlanders boarded the flight into the new academic year 2013-14 Heritage club provided them a platform to express themselves in a creative way by holding 'On the spot poster making competition' first clan activity of the new session.

Colours and hues of all shades came alive in the classrooms of Scottish high where all students from classes VI to XII enthusiastically participated and portrayed their understanding and ideas about the various topics. As Aristotle believed to bring any change we must train young minds so was the aim of the competition. Class VI students could be seen putting their imaginative ideas on paper on the topic 'save trees' where as classes VII & VIII were given the topic 'save Heritage'. Students of classes IX to XII were given the topic 'Imagine India 2050'. They were allowed to freely interpret the meanings of the themes in their way and were given an hour's time to express themselves through their work of art.

Young children are creative and can grasp issues and further use art to convey clear and concise messages; this was evident from the posters made by them. All in all poster making competition was a rocking success. The principal of our school Mrs. Sudha Goyal appreciated the creativity and innovation of the students.

Ranjna Makkar
Heritage Club (In-Charge)

The Bat longing to be a Cat

Once there was a bat who wanted to be a cat because he was not too fast. He decided to ask his neighbours. He asked Fog the dog, who said, 'You can put on bunny ears and pretend those are cat ears.' Drag the dragon said, 'You can colour your body grey.' Dull the bull said, 'I have no idea about that.' Finally he asked Turt the turtle, who said, 'Make cat noises.' But the bat wanted some better ideas.

After that he went home crying. On the way to his room, he saw his mom. When mom saw her son she asked, 'What happened?' The bat told her that he wants to be a cat and he can't think of something he could do to be a cat. 'Well, you can't really be a cat when you are already a bat,' said mom nicely and sweetly. When the bat went to his room sadly, the mom tried to think of something that can make the bat a cat. 'Wait!' exclaimed the mom. 'You can buy a cat outfit!' mom said happily. The bat's eyes lit up and he flew upstairs to get money from his room. Soon he came down, got his coat and went to the store with his mom.

Once they reached the store, they went in the outfit section and started looking for a cat outfit. When the bat found an outfit, he paid the cashier and flew back to the car. When he reached home, he ripped out the packing with his teeth and began wearing his new outfit. Then he thought of the times when he got the highest jumper award because of his wings. The bat took off his outfit and thought that he should be happy with what he is.

MORAL-Be contented with what you have.

Tarang Malhotra (IV-H)

Summer Fervor 2013

Summer camps offer an excellent opportunity for the students to develop a sense of self-reliance and fellow-feeling. Scottish High International School, Gurgaon conducted the 'Summer Fervor 2013' from 20th to 31st May'2013 .The ambience created in the summer camp fostered a feeling of bonhomie and unity. Siblings and friends were also welcome. As an endeavour to make the experience enriching, we at SHIS planned for a range of age appropriate



Cool Pool



Cricket Training

and exciting activities for the children. Students enthusiastically ventured into areas of their choice which in turn helped them unplugging from technology and spending their day being physically active, and becoming more independent. For the seniors there

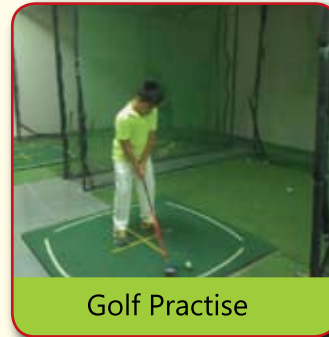


Its Bowling Time!



Little Chefs

were a range of structured activities like visual and performing arts, swimming, golf, soccer, horse riding, tennis, cricket, basket ball, martial arts and skating. The camp provided the right instruction, equipment and facilities for kids to enhance their sports abilities, their artistic talents, and their adventure skills.



Golf Practise



Soccer Players

The camp offered a plethora of activities like art and craft, music, storytelling, cooking, magic show, puppet show, fun games, horse riding, clay moulding, rhyme & rhythm and much more for the little ones. Not only this, splash pool time, helped to beat the summer heat in the most fun way. 'Movers and Shakers' focused on enhancing gross motor skills through dance and sports. While different dance forms like Jazz, Bollywood, Hip Hop, Aerobics increased the fun quotient; games like soccer, karate, yoga and the like helped in holistic development of mind, body and soul.



Magic Show



Pottery

The camp provided a wonderful opportunity for the kids to rediscover their creative powers and engage in the real world— real people, real activities, recognize the importance of team work and real emotions. They realized, there's always plenty to do.

"An active mind cannot exist in an inactive body."

-George S. Patton



Basketball Coaching



Skating through...



Tennis Players in the Making



Water Adventure



My Wish

There are a lot of fishes under the sea,
I wish one of them were really me,
And if I did not get a chance,
I could never swim to a place in trance,
But I could be an archeologist like Dr. Lee,
Who made a great a name in History,
This is my wish and I hope its comes true,
Who knows I might discover something new.

Sehar Bajwa (V-C)

A Calm Sea

A calm sea, so peaceful so silent,
it never, no never, looks at all violent.
It is so beautiful and sparkly,
chattering all the time, the sound relaxes us,
and gives us a stressfree time.
But who knows,
the sea is so rough within,
it looks calm from above,
but is vibrant from in.

Rhea Singh (VI-G)

When I grow up

When I grow up ,
I can be a teacher,
Or I can be a god's
preacher.
When I grow up,
I can be in army
To save my country from
any harm.
When I grow up ,
I can be a doctor,
So that I can stop the
spreading diseases.
When I grow up ,
I can be an artist ,
So that I can paint
pictures,
Or be a cartoonist.
When I grow up,
I can be all these things.

Shreya Gupta (V-I)

Jumbled Words

LEEATNHP	Elephant
RRAHY TTREOP	Harry potter
SUAARTLAI	Australia
NIMTUSE	Minutes
LEECTSAT	Telecast
MDUJBLE DWOSR	Jumbled Words

Aishna Mittal (V-A)

Mother

For all the times you gently picked me up
When I fell down, For all the times you tied my shoes
And tucked me into bed
Or needed something, But you put me first instead
For everything we shared
The dreams and the laughter
And the tears, You give me everything I need
Thank you God for giving this mother to me.

Simran Kakar Grade (V-I)

CIDTT

Cambridge Teachers Training Course

"Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid."-
Albert Einstein

Every parent sees a gleaming ray of genius in their child. Yet, how many children demonstrate their unique genius? There was a time when sarcastic tones suggested, "Every parent thinks their kid's a genius." But research on human intelligence suggests that the joke is on educators!



Cambridge International School

teacher's and parents, because if they can identify children's different intelligences, every child can be successfully accommodated according to his orientation to learning.

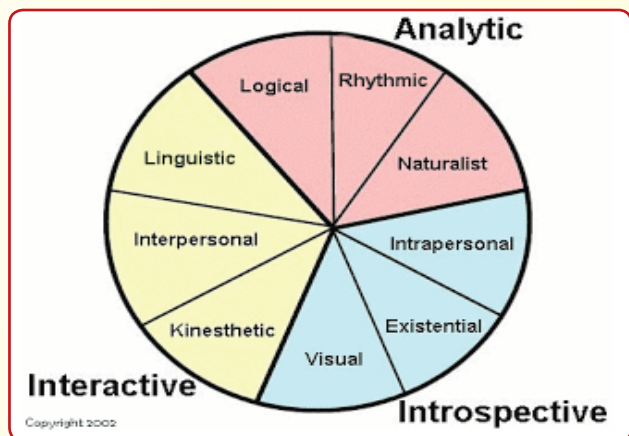
So far Gardner has suggested nine kinds of intelligences. He thinks that many more may still be identified (Refer to the figure above)

Gardner's theory has been applied by educational theorists, policymakers and teachers to the problems of schooling. A number of schools have looked to structure curricula, design classrooms and even whole schools to reflect his understandings. And we as teachers can improve education by addressing the multiple intelligences of our students and help them realize their potential.

Teacher's and parents can also visit the form on the link provided below to determine which intelligences are strongest for you and your child!! Many thanks to Dr. Terry Armstrong for graciously allowing people to use his questionnaire online.

<http://www.literacyworks.org/mi/assessment/findyourstrengths.html>

Ms Rupa Chauhan
Program Leader and Chief Trainer



There is a constant flow of new information on the way human brain operates. While each area of study has its merits, Howard Gardner, a psychologist at Harvard University, challenged the traditional belief that people are born with intelligence and identified different KINDS of intelligences that a person can have. This has a strong connotation for



Clan News

Anderson

"When a new day begins, dare to smile gratefully.

When you're feeling tired, dare to keep going.

When times are tough, dare to be tougher.

When the day has ended, dare to know you've done your best.

Dare to be the best you can -

At all times !"

— Steve Maraboli

At the start of the new academic session and all through the year Andersonians must remember that by giving 100% at all times, things will work out in the end. Therefore let's decide to put our heart, mind and intellect to all that we do during the year to emerge winners in all our endeavors.

The hard work and toil has reaped great results for all Andersonians who appeared for the ICSE and ISC examinations that were held in March 2013. Congratulations for the excellent marks secured!

The start of this academic session has already added laurels to the Clan. Students have proved their talent and creativity in the Inter Clan competitions, namely the Hindi and English Elocution, Salad Making and also in the G.K Quiz.

I am sure that again all clan tutees will prove their metal under the guidance of their clan parents in the upcoming competitions and other such activities that are in the pipeline.

I hope we all have enjoyed our summer break and are back with enthusiasm to achieve greater heights and glory.

All the Best!

Jyotika Singh - Clan Elder

Boyd

"Accept the challenges so that you can feel the exhilaration of victory."

George S. Patton

Congratulations Boydians on winning the Best Clan Trophy for the third consecutive year in a row and clinching the Sports Trophy for the first time adding to Boyd's illustrious achievements. It was a proud moment for every Boydian as for the first time in the history of Clan Boyd such a feat was achieved. Well done! Keep the Clan Boyd flag always flying high...

Ranveer Saini, a talented and dedicated golfing genius has brought laurels and made us all proud by his outstanding performance at the Asia Pacific Special, Olympics Golf Masters Tournament held at Macau from April -22- 27, 2013.

I would also like to congratulate the class Xth and XIIth students for an exemplary performance in their board exams. The new academic session started with new challenges. The following competitions were held in the month of April and May:

- Hindi Elocution : Shruti Shreyasi of Class XI secured 2nd position
- English Elocution: Amitav Madan of Class VII F secured 2nd position (Classwise)
- Salad Making Competition: Ranveer Saini and Shrey Saxena of VIIB participated with a lot of enthusiasm and secured 1st position.
- General Knowledge Quiz: Ayush Garg, Parth Goyal and Jai Raina of Class XI secured 1st position

Hope you all have utilized your vacations well and are geared up to continue the winning streak. Looking forward to many more such achievements from Boyd.

Mamta Nath - Clan Elder

Macarthur

With the commencement of the new scholastic year I would like to extend a warm welcome to the old students and to the new comers. Let us begin the session with a fervent pledge to work hard and regain our previous glory and success. This is entirely in our hands so let us roll up our sleeves and get down to work.

It is at the juncture that the student council members are selected and the responsibility is given to the deserving students. This is a very important duty and if by chance the onus is placed on your young shoulders, do not abuse that trust and perform diligently, within the clan and in other areas of the school.

Every clan member should volunteer to participate in clan completion if they have that talent, and once in, he or she should must give his or her best.

The beginning of clan MacArthur is praise worthy. Our children have done fairly well in all the competitions held during the month of April and May, we scored the First position in Hindi and English recitations and salad making while scored a Second place in the GK quiz. Heartiest congratulations to all the participants and the clan members. Keep it up and work hard to regain your previous position.

I as a Clan Elder, am always there to encourage all of you to perform to the best of your ability, and be there for guidance. I wish you all the best.

Urnil Rana - Clan Elder



Lamont

Month of March gave a different blend to Lamontians from final exam to camps. Session 2012-13 came to an end for all the clan activities and competitions. All students gave an overwhelming response and got fruit of their hard work in the above fields. Well Done!

New session 2013-14 begins from April 2013. It was a great pleasure to see our students going smiling towards their new classrooms with new friends, new hopes, new responsibilities, new commitments and lot of expectations. On behalf of my team members I welcome all the new students and the clan parents who have joined us from this session.

The session's first clan meeting was held on 17 April 2013. It was aimed to provide a common informal ground for tutees and clan parents to mingle. It was also a chance for clan parents to identify new talent to showcase in activities and competitions.

April also saw the seniors involved in Heritage Poster Making Competition. At the same time, juniors immersed themselves in Slogan Writing and Poster Making activities.

English and Hindi Recitation competitions for classes VI-VIII and IX – XII respectively were held in May. Divya Acharya VI E and Gauri Kakkar VIII B grabbed second positions, in English Recitation. Akul Grover X A got second position in Hindi Recitation. Another round of competition was Salad Making for class VI-VIII. The team of Sukhmani Singh VI C and Arnav Guliani VI E got 3rd position, Bhavya Pahuja VII A and Trisha Banerjee VII C as a team got second position. This competition was enjoyed by all the participants equally. G.K. Quiz Competition for IX –XII was also held in which our clan was represented by Kushagra Agrawal X A, Charizma Gupta IX B and Shivang Singh of IXA. This team of students tried their best but could only get 4th position.

Congratulations to all the winners! There are many more competitions in pipeline and I am sure that more efforts shall be put in by all the tutees as well as the clan parents to achieve better results.

We also had ICSE class X and ISC class XII Boards Results of 2012-13 declared on 18th May. Our Lamontians have done very well. Vaidehi Das of class X has topped in the school and Mukund Shah of class XII has secured second position in the school. Congratulations!

June is the time to enjoy the long awaited summer holidays by all the students and the staff members. Summer break can be utilized in many productive ways. Here are few tips from elders and experienced peoples. Take non-academic classes, new hobby, tutor student who need extra help and earn some great money in the process, study for admission test, improve writing skill, clear the clutter, develop healthy habits, plant trees, learn to manage your money and time, help parents in house chores, meet with friends without any prior preparation in the house or outside, do shopping, enjoy movie, visit grandparents, cousins etc. One caution, keep your parents informed about your every move and plan.

Wish you all happy holidays and let us meet in July with lot of energy, enthusiasm and plan to go ahead and achieve

greater heights in future competitions and exams.

Individual commitment to a group effort - that is what makes a team work, a clan work, a company work, a society work, a civilization work."

Maya Sharma - Clan Elder

ISO Viral Infection on Rise as Season Change



With the change in weather, it is easy to fall prey to viral fever, cold and cough which may last a few days. It is imperative to take necessary precautions as there is no special medical treatment for viral fever.



Remedies for viral fever

- * Avoid eating from unhygienic places
- * Dress appropriately according to weather.
- * Include seasonal fruits and vegetable in your diet and avoid state food.
- * Before sleeping at night take a cup of milk and add a pinch of turmeric powder and boil it. Turmeric is an antibiotic and helps to destroy the viral germs.

Caution for viral fever

- * Bananas have a natural property, that it also prevents us from seasonal diseases. Eat banana to avoid disease which occurs in seasonal change.
- * Keep these things in mind: be careful about stepping out. Don't go suddenly from hot place to cool place. Avoid AC and Cooler. Use Fans, avoid eating outside.
- * Take special care about purity of water.
- * Start to chew neem leaves, before change of season. It boost immune power.
- * To withstand dehydration, take more fluids such as water, vegetable and fruit juices.
- * Take light food without using oil and ghee.
- * Drink less coffee and tea.
- * Self-medication should be avoided.

Rupa Chauhan (MR ISO)

Seniors

>>> IBDP – CAS >>>

Highlanders of grade XI IBDP participated in the program “Save the Environment, Save the Girl Child, Save Humanity” On 6th March 2013 at Fortis Medical Institute of Research Gurgaon.

Our students attended a conference and interactive session with the doctors in Hospital Auditorium on the upliftment of the girl child. Students were shown two videos on the importance of women in our lives and made them realize that they have to respect and appreciate women.

Dr. Sunita Mittal HOD Gynea.and Obstetrics, Dr. Dilpreet Brar and Dr. Pinku Sr.Consultants gave informative talks on issues like decreasing boy to girl ratio in the country, access to nutrition and health and hygiene services to the girl child and to stop the heinous acts of female foeticide and infanticide.

In their talks they encouraged and motivated the students to spread awareness to stop society from the continuation of this crime against the girl child and stop those who support and perpetrate the evil practice which ruining the future of girl child in India.



They also informed it is important for every mother to be well fed in order to ensure the coming generations are as healthy as the previous ones. The food that is taken by the grandmother will eventually decide how healthy the grandchild will be.



To ensure the protection and prevention of nature and to increase the diminishing green cover in Gurgaon, students planted the trees in the hospital lawns. The efforts of the students were appreciated a lot by Hospital Management, Doctors and staff.

Kavita Yadava
CAS Coordinator

>>> ISC CORNER >>>

ICSE batch of 2013 returns rejuvenated after the Board Exams to join their ISC classes. Scottish High International School offers them three main streams: Sciences, Commerce and humanities with an array of subjects to choose from.

ISC 2013 students, confident with their Board performance are still toiling to get seats in prestigious National and International institutions. Many have already claimed admissions abroad.

Highlanders have done it once again by getting cent percent results in ISC – 2013. We had a batch of 17 students who gave us an average percentage 82.04% taking best four subjects into consideration.

Topper of Science stream is Akash Jain securing 96.75 percent getting highest in Physics -97%, Maths – 100% and Computers – 98%.

Mukund Shah has topped in Chemistry getting 94%.

Shridula Bangia has topped in Commerce stream getting 95.25% securing highest in Accounts – 95%, Commerce – 94% and Economics - 99%.

Damyanti Sengupta has secured highest of 96% in English closely followed by Dhanraj Ambavat getting 94% in Physical Education.

Out of a batch of 17, five students have more than 90%.

Aakash Jain and Mukund Shah have been offered scholarships of Rs. 80,000 each for pursuing further studies in science by the ICSE Board.

Congratulations Highlanders!

Keep up your good work!

We wish you success in all your future endeavours.

Meena Kapoor
ISC Coordinator



The Global Education And Leadership Foundation (tGELF)



The Annual Teacher Training 2013-14 was held on April 13 at Tagore International School, Vasant Vihar, New Delhi. The teachers of Grades 8-10 who will be associated with the Life Skills & Leadership Programme attended the training. The intensive one-day training focused on familiarizing the teachers with the new curriculum and preparing them to conduct the modules in the classroom.



Dr Anne Marie Parkes and Mr. Michael O'Brien along with five student teachers from the Higher College of Technology UAE, Abu Dhabi visited the school on 1st May 2013. They were on a visit to observe the best teaching practices possible for their implementation in their own setup. They also observed a tGELF session conducted by Ms. Sudha Miglani.

Orientation for Grade 8 students involved in The Life Skills & Leadership Program 2013-14, was held in the school on May 14, 2013. They were introduced to the programme through various activities. The students participated with enthusiasm and were eager to learn more through the various sessions to be conducted during the year.

Geeta Bedi
tGELF Incharge

ICSE

Striving towards success in ICSE Exams

It has been aptly said that "Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself".

Highlanders are not the ones to rest on their laurels. The new session of IX ICSE has begun. The current batch of Grade IX ICSE has been fine tuning their academic skills by striving hard. The bright batch of Grade X (ICSE) students have been putting in consistent efforts by studying in the zero period- apart from their regular time-table.

Keeping up with the tradition of excellence in academics, the fifth batch of ICSE Grade- X students performed extremely well in the March 2013 Board Examination with 21 students scoring more than 75% marks. Subject wise distinctions are 96 out of which 30 are more than 90%. Vaidehi Das bagged the first position with 91.2%.

Geeta Sikka
ICSE Co-ordinator

IGCSE



The counselling session of Parents and Students was conducted for a week by the IGCSE coordinator regarding the subject choices offered for the session 2013-15. The Fourth batch of IGCSE class IX commenced from the first week of April in full swing. Children are finding the Methodologies of IGCSE curriculum very interesting.

Class X has finished their internal assessments and preparing for Final Theory Exams starting from 7th May, 2013. I wish them all the best on behalf of entire IGCSE faculty.

Pawan Mittal
IGCSE Coordinator

National Cadet Corps

During March & April months, the NCC training was on a low key due to school internal & board exams. Periodic motivational talks however were organised to motivate new students to join the NCC & be a leader in the making. At present we have mixed half troop of junior girl & boy cadets. Taking into consideration the popularity of the NCC & overwhelming response from the students, we have applied to the local NCC Battalion to sanction another half troop thereby making our strength to half troop each of girl & boy cadets.

Highlander Cadet's Resolve for the month. When you save paper, you help save trees too. Switch to e-mails. Save trees & secure your & your child's future.

Lt. Col. D. S. Dabas, (Retired)
God Speed - Scottish High.

National Cadet Corps

Unity & Discipline
Nurturing Youth





How Social Networks Have Changed our Lives



During the last ten years, social networks have evolved from simple communication hubs to veritable agents of change; galvanizing thousands of people over political discourse, creating and changing industries, and completely transforming people's lives.

Just couple of years back, many people dismissed Facebook as a place only for kids to share their pictures and thoughts. Today, millions of users worldwide are active on this website while approximately 200 million people are active on Twitter, another 100 million use LinkedIn. None of these social networks had a very attractive start at the beginning of the decade. While the figures may be mere numbers or just hypothetical for many people, the impact of social network sites has pervaded far and deep. Here are a few areas in which social networks have had lasting and arguably permanent effects.

Politics and public service

Just as personal computers changed the face of businesses forever, social networks have altered the operational model of politics and public service. Facebook has become the touchstone for how non-profit organizations, environmental activities, and political factions reach out to thousands of potential volunteers and donors. Twitter is being used by almost all progressive politicians to promote their causes. Thanks to the social networks, politics is no longer limited to the political elites; people voice their opinions, share their ideas, and even communicate with politicians on a one-on-one basis. It's a technology lesson that progressive politicians have to learn or else, risk losing to the tech savvy youth of today.

Marketing and advertising

Marketing and advertising are transforming themselves from industries reliant on mass market channels to those that must embrace the power of the customer, and attempt to engage in conversations with them. The ability to bypass gatekeepers and facilitate direct interactions with consumers and communities is very important.

Journalism

Today it is quick and easy for anyone to share links with a large number of people via Facebook or Twitter, without involving of a traditional media organization. Some news websites already present visitors with a list of stories recommended by their friends because they realize an endorsement from 'someone you know' carries extra

weight.

On the other hand, social networks have also given unprecedented rise to citizen journalism. From traffic updates, to natural riots, anyone and everyone who has access to social networking sites can report his/her version of such events. Sifting through the humongous amount of news, speculations and analysis are abilities that a new media user must now possess.

Business, Commerce & trade

Almost every credible business has a social presence today. Not only that, emerging businesses have adopted social networking sites to promote their products, services, and gain insightful feedback. It is not uncommon to see small or home grow businesses that operate solely through their Facebook accounts. In fact, for businesses, interaction via social network has almost become a yardstick to test out their customer service.

On the other hand, LinkedIn has drastically changed how Human Resource professionals seek potential employees. While some argue about privacy violation, LinkedIn has undoubtedly helped career advancements, head hunting, recruitment and professional networking to large extent.

The future

With Google+ being launched recently, it is clear that all technology giants have realized the critical role that social networks will lay in shaping our lives. It is no longer about implementing the latest, cutting edge technology; it is about how seamlessly and organically a social network merges in our lives, and affects every aspect of it. The lines between real and virtual lives have now blurred to the extent of becoming invisible.

Monisha Roy Chowdhury

MOTHERS' DAY

MOTHER, MOTHER YOU ARE SO KIND
IF I ASK YOU FOR SOMETHING YOU NEVER MIND
WHEN YOU TRAVEL I CRY BUT
WHEN YOU COME BACK I SMILE
YOU ARE A TREASURE
WHEN YOU ARE WITH ME IT'S A PLEASURE
I LOVE YOU MOTHER
WHEN I AM IN TROUBLE I'LL CALL NO OTHER

Niya Copra (IV E)



Depression In Youth

"Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad."

Henry Wadsworth Longfellow

Our newspapers and the corresponding environment are filled with stories and cases on teenagers battling depression and in certain causes resulting in its behavioral manifestation i.e. suicide. Experts say that we have raised our children with unrealistic expectations, the same message perpetually fed to us by media: 'we should feel good always'. Parents and teachers in today's day and age need to teach kids the real coping skills they need in today's turbulent world.

Symptoms to look out for are

Emotional changes -

- * Feelings of sadness, which can include crying spells for no apparent reason
- * Irritability, frustration or feelings of anger, even over small matters
- * Loss of interest or pleasure in normal activities
- * Loss of interest in, or conflict with, family and friends
- * Feelings of worthlessness, guilt, fixation on past failures or exaggerated self-blame or self-criticism
- * Extreme sensitivity to rejection or failure, and the need for excessive reassurance
- * Trouble thinking, concentrating, making decisions and remembering things
- * Ongoing sense that life and the future are grim and bleak
- * Frequent thoughts or talk of death, dying or suicide

Behavioral changes -

- * Tiredness and loss of energy
- * Insomnia or sleeping too much
- * Changes in appetite, such as decreased appetite and weight loss, or increased cravings for food and weight gain
- * Use of alcohol or drugs
- * Agitation or restlessness — for example, pacing, hand-wringing or an inability to sit still
- * Slowed thinking, speaking or body movements
- * Frequent complaints of unexplained body aches and headaches, which may include frequent visits to the school nurse
- * Poor school performance or frequent absences from school
- * Neglected appearance — such as mismatched clothes and unkempt hair
- * Disruptive or risky behavior
- * Self-harm, such as cutting, burning, or excessive piercing or tattooing

Sonali Dyal - School Counsellor

VC's Corner

Avoid The "Four F's Syndrome" Most people resist change and often don't take steps to elevate their lives, even when they have the opportunities to do so. There are well and commonly identified four common factors that people get easily influenced by.

Fear is insecurity of unknown things. Every human being wants to be certain and sure about what he is doing. We don't want to try anything new with the fear of losing it. The key here is to manage the fear by doing every single thing that frightens us. That's the best way to destroy fear completely.

FAILURE No one wants to fail. So most of us don't even try. Take a step to improve everything around. Life's only failure is when you don't try at all. Take that small step and try. Failure is just an essential part of realizing success. Remember, there can be no success without failure.

FORGETTING we plan things according to our convenience but as soon as we deal with the realities of life we forget our plans and commitments towards everything related to us. Keep your commitments top of your mind.. just remember, better awareness choices. Better choices better results. Keep your self-promises front and center.

FAITH Many people don't have faith. They are pessimists. For them all kinds of efforts are baseless and are put in vain. That's how they meet disappointments often, and do not know how to deal with them. Have faith in whatever you do or believe, no matter how frequently you keep meeting disappointments.

Take a chance, life is just a onetime game. Play it and win it.

Resourced by **Monica Jajoo**



Printed & Published on behalf of the Principal,
The Scottish High International School
 (An ISO 9001, ISO 14001 & OHSAS 18001 Certified School)
 (Promoted by Ruptech Educational India Ltd.)
 Block-G, Sector 57, Sushant Lok - II, Gurgaon - 122011 (Haryana)
 Tel : 91 124 4112781-90. Fax : 91 124 4112788.
 Email : info@scottishhigh.com Website : www.scottishhigh.com.

Editor-in-chief : Ms. Sudha Goyal
Editor : Ms. Monisha Roy Chowdhury
Editorial Team : Ms. Madhurilata Rai, Ms. Anita Bhalla, Ms. Payal Vij, Ms. Pooja Sethi, Ms. Kavita Yadav, Ms. Ramandeep Kaur, Ms. Shweta Jha, Ms. Roshni Yadav, Ms. Priya Rakesh, Ms. Kanchan Khanna, Ms. Tina Bali, Ms. Poornima Sharma, Ms. Shailija Bist & Mr. Sumit Gupta.
Student Members : Jyotika Puri, Varunavi Bangia, Ahaana Jain, Nandish Parasher, Aditya Vikram Shekhawat, Uday Somani, Seher Bajwa, Vatsal Bagri, Ronit Kathuria.