



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

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From the **DIRECTOR'S DESK**



As another academic year ended and we begin with the new session, it reminds me of the beautiful fruits that a tree bears year after year. You are the fruits of the tree of SHIS. Each year you move into a new class and our new Grade 12S graduate from school, ready to face the world.

It always sets me thinking as to what has been the learning for all of you this year. Has it been productive for each one of you? Do you feel nurtured? What has been your contribution to school? Does the school invoke a sense of pride in you? Is it a place you will cherish always?

The school on its part continues to provide you the shade and nurturing that will help you spread the roots of values and stay rooted to the ground. For is the focus is always on self discipline, pride in the core values of the school.

The school will always provide you with many opportunities to experiment and grow. The freedom to express is the biggest gift that SHIS gives all of you- a platform to speak, to question and debate to, to contemplate and make wise choices. As exciting it may sound, it is definitely not always easy to make the right choice. Therefore it is important that each of you develop a sound sense of judgment, the courage to stand up for what is right, to be humble in success and fearless in achieving it.

The key to understand your own self, you need to exploit your strengths and not get bogged down with weaknesses. To understand what you want from yourself and what others want from you. Take small steps towards fulfilling your dream and one day you will be standing on the road to success- Your Success!

As adults we will guide you, mentor you and sometimes our advice might not sound right to you. Question it, understand it, but never dismiss it. The teachers and parents who lay down boundaries now might be ones you will remember later. The adults who question you today might be your role models tomorrow.

As you stand on the threshold of a new year, a new beginning, decide your goals. Be thankful for the fresh start that each day gives you. Grab every opportunity that comes your way. Put a tick to all the good choices you made in the year gone by and a cross to all that you would want to repeat. Set your goals for yourself and keep them in perspective. Draw your motivation with them. Share them with your family and friends and request them to help you achieve them. Each one of us is unique and there is a beautiful life ahead for all of us. – we just need to find it!

So go out there Just do it.

Ms. Sudha Goyal
School Director



Developing Reasoning Power in Children

In this dynamic world where children face a number of challenges regularly, it is imperative that they are equipped with appropriate reasoning and logical skills to tackle different situations that life may expose them to. They do not need to be formally trained to develop reasoning power or critical thinking; however, a large part of parenting should be consciously devoted to enhancing these skills. The following tips will come handy in sharpening logical and critical thinking skills in children of various age groups.

Pose real life problems and encourage children to solve them. Discussing their ideas will enable them to begin thinking logically.

Children should be allowed to ask lots of questions, this will foster curiosity in them. If a rationale doesn't make sense to a child, he/she should be encouraged to voice their opinion. The adults around the child should always give a fair hearing to them, especially if there is a difference of opinion.

Encourage children to consider more than one solution. In order to become flexible thinkers, children need to understand that many problems yield to multiple solutions. Right from early age we need to help children to complete a given task in more than one way.

Developing clear thought process develops thinking and reasoning powers. During leisure time, parents need to encourage children to practice putting things in their own words. Being able to put relevant words to thoughts is an important part of language development, which, if developed early, expedites logical and reasoning power in children.

Lastly, avoid confining critical thinking to purely factual or academic matters. Encourage children to reason and debate about ethical, moral and public policy issues. It is a good idea to have discussions during meal time when the whole family is together, this will expose children to diverse perspectives.

Socrates rightly said,

"Thinking is skilled work. It is not true that we are naturally endowed with the ability to think clearly and logically – without learning how, or without practicing."

Ms. Seema Bhati
Primary School Principal



News from the World of Initials

It is said, "If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people."

- Chinese proverb



The new academic session at Scottish High International School, Gurgaon commenced on the 1st of April, 2015. The beginning of a new session, an important milestone, is always an auspicious time- a time of new hopes, aspirations, new dreams and beginnings. With the maximum number of new admissions in the Initial Chapter, it was a time to receive new life with the echoes of the young learners. With colourful balloons adorning the entrance of the Initials building and welcoming smiles of the teachers, it was an endeavour to make each one of the child feel important and special on their first day at school.

Keeping in mind the sensitivity of the little ones, stepping into a formal school for the first time, a lot of effort was put in to create the right ambience to welcome them. Bright colourful welcome boards with names of each children boldly mentioned; light soft music playing in the backdrop and bright smiles on the faces of the teachers to receive the young ones put anxious parents and children at rest immediately. A surprise visit by few cartoon caricatures in all the classrooms captured children's attention and brought forth excitement.

The first few days were completely devoted towards making the children comfortable in their new environment. Emphasis was laid on self-introduction, familiarizing oneself to the different corners of the classroom, discussing and drafting the essential agreements for the classrooms amongst other things in the initial few days. While simple and attractive worksheets were planned for the children to do colouring and craftwork to keep them duly engaged; singing rhymes, hearing stories and working with manipulatives were other engagements that kept them engrossed and happy.

Keeping in mind the proverb, "All work and no play makes Jack a dull boy," children were also exposed to different co-curricular activities from day one of their joining of the school. This entailed going for horse riding, dance, games, music, visiting the library for storytelling sessions, watching movies on the projector in the A.V. Room and developing life skills through cooking activity in the Home Science Lab.

With a strong sense of belief that each child is unique and possessing with innate abilities, ready to be discovered,





nurtured and transferred into a complete confident individual, the focus is to make the children become active, compassionate and lifelong learners. Keeping this in mind, we extend each and every member of the Scottish High family a hearty welcome into the new session and here's wishing everyone a fruitful journey of learning this year and for years to come.



Ms. Rupa Chauhan
Initial School Principal

EMBARKING ON A NEW VOYAGE

"Education provides fecundity of thought, copiousness of illustration, vigour to challenge and achieve the incredible..."

The end of the session saw the excited faces and the spirit in the steps of the students of Grades VI to IX as they were taken to the salubrious locales of Nainital and Mukhteshwar for the much awaited camps. The students rejoiced the scenic beauty of the Kumaon hills.

New academic session started on 1st April, 2015 with new hopes, aspirations and renewed dreams. The school campus reverberated with enthusiasm along with the chirping of young energetic voices of the students who were ready to embark on the new journey.

We, at Scottish High, strongly feel that each child is unique and school is a place where their dreams are nurtured and concretized to reality. We believe in the genius lurking within every child, wanting to be discovered and transformed into wholesome wholes while experiencing the pleasures of experiential learning through innovative means and technology.

Inter-Clan English and Hindi Extempore competitions were organized for the students across Grade VI-XII. These competitions were both a challenging and an exciting enterprise for the students in which they showcased their innovative

as well as thoughtful approach. These competitions were targeting the students to set high standards for themselves. Special Electronic Assembly was organized on 2nd April, 2015 to sensitize the students to one of the four UN health specific Days, World Autism Awareness Day and on 14th April, 2015 to celebrate the 124th Birth Anniversary of the principal architect of the Indian Constitution, Dr. Bhimrao Ambedkar.

Every day in the school is a milestone in the journey of learning where we discover rich insights both as students as well as teachers. As Lifelong learners in pursuit of excellence we look towards glorious destinations and should strive continuously to better ourselves each day. We want our students to remember school days as the time when they learnt the true essence of life... that defeat is important to understand the meaning of victory, animosity is essential to value friendship and faith in oneself is a prerequisite to have faith in mankind. I wish all the luck to my dear students for the new Academic Session.

Renuka Bhasin
Activity Coordinator



PYP



"Always dream and shoot higher than you know you can do. Do not bother just to be better than your contemporaries or predecessors. Try to be better than yourself."

— William Faulkner —



A day long picnic to 'Aapno Ghar' was organized for the students of Initial Chapter on 25th Feb'15. It gave the children an opportunity to move around freely, mingle with their friends and develop their social skills. Demonstrating attributes of being risk-takers, children showed courage by venturing on different rides. The excitement and enthusiasm amongst the children was truly infectious and it was heartening to see them rejoicing and returning with happy memories.

The students of Pre-Nursery on the other hand demonstrated their growth in all spheres of development through their Front Desk Programme. The little ones

showcased their journey of learning confidently and demonstrated attributes of being confident communicators and oh so knowledgeable while touching upon the units covered and the skills developed through the course of the academic session.

Students of Kindergarten conducted a special assembly on the festival of Holi. While through a role play they shared the significance of celebrating this festival of colour, they didn't shy from spreading awareness of being safe and water smart on this auspicious festival, thereby advocating what they had learnt during their unit on safety and water under the transdisciplinary themes 'Who we are' and 'Sharing the planet' respectively.



PYP EXHIBITION

The PYP Exhibition was held on 10th and 11th of February, 2015. It was a grand culmination of many weeks of inquiry, research and collaboration by the students of grade V. The theme this year was 'Who We Are'. All the students worked collaboratively in framing the central idea, lines of inquiry and cooperatively showcased all the five elements of PYP in the exhibition.

The Exhibition is an integral part of our teaching and learning program and it provides students with an opportunity to demonstrate the skills, knowledge and attitudes they have developed throughout their primary school years. These attributes were clearly on display as the students presented their research to their parents. Students used skits, nukkad natikas, shadow theatre, songs, models, charts, PPTs to showcase their understanding of the issues selected by them. All the children were very excited and



proud of their work. In a first at Scottish High students launched a drive for blood donation and organised a camp which created a lot of awareness amongst the school community and parents. They proved that even a small voice can make a big difference if one is determined to do so. Teachers and students of junior as well as the senior classes also witnessed it and motivated them by applauding their efforts. The parents congratulated the students for the initiative taken by them. From welcoming the guests to presenting their work children impressed one and all. By becoming action oriented they have added a very strong competency to their leadership qualities.



FRONT DESK PROGRAMME

The Front Desk Programme (FDP) of Grade I was held in the month of February. Parents were invited to witness the journey of learning of their children. The students showcased their skills and learning by a variety of performances. This was a unique

and a memorable experience for parents as they got opportunity to see the different skills their children have learnt and imbibed. Parents also joined on stage to encourage and motivate the little ones by their inspirational words of encouragement and pride.



Camps

It was time for the overnight school camps and the destinations this time around was Botanix Nature Resort for Grade 2 and 3 and Jim Corbett National Park for Grade 4 and 5. For our little ones in Grade 1 it was a day picnic at the Botanix Resort followed by a night camp in the school.



School camps are a valuable aspect of a fully rounded program of development for students. It provide opportunities for physical development, social interaction, builds sense of independence, provide the challenge of coping with different surroundings.

Students of grade I, II and III became risk takers by taking part in various adventure activities in Botanix Park like Spider's wall, Commando crossing, Burma Bridge, Zorbing ball, Team-building games, etc. Students took a Nature tour of gardens and nursery spread over 30 acres of land. They admired beautiful surroundings, colourful flowers and got information on the art of gardening. Students experienced the earlier transportation modes by having a ride on bullock Cart and Camel, They exhibited their creativity when they created their own pottery using Potter's Wheel. Students also enthusiastically participated in various team sports like cricket, basketball, football etc. DJ party was the icing on the cake, as children dressed in their best clothes cheerfully bonded with their friends and teachers. The school camp, will remain a fond memory for a life time.



Grade 4 and 5 enjoyed the nature and the wild life. The highlight was the morning jeep safari ride into the jungle famous for its tigers, leopards, elephants, bears etc and species of resident birds and migratory birds. Students also visited Museum and Girja Temple and went to see the gently flowing Kosi river.

***Must we always teach our children with books?
Let them look at the mountains and the stars up above.***

***Let them look at the beauty of the waters and the trees and flowers on earth.
They will then begin to think, and to think is the beginning of a real education.***

- David Polis -



Medley of Activities

Art & Craft



The new session began with great enthusiasm and fervour with the primary section all excited with their new stationery material. Grade I and II decorated the first page with their names along with a visual composition of the meaning of their names. Children enjoyed trying to figure out a visual composition related to their names and improved their imagination skills.

Grade III did the composition of their names in a slightly different way, they were asked to make an acronym for their name, in continuation of which they will make acronym of any one family member and favourite personality. The learning objective was to enhance their observational and creative skills while utilizing their vocabulary skills.

Grade IV & V students were also asked to write an acronym for their name. Grade IV has also started to draw a composition of their choice and imagine themselves in it. They enjoyed the task and had lots of ideas to imagine themselves as mermaid, fairies in cloud etc. Grade V also started with a composition imagining themselves as any professional in it. In this they were supposed to recall the background of the particular profession.

Senior school art students started with soft pastels in grade VI & VII. Grade VIII students were introduced to Acrylic on canvas. Grade IX students were asked to explore their skills and decide on their which medium they want to use for the artwork.

On the other hand, in the craft activity this year we will focus ourselves on recycle art and reuse concept. Grade VI has started quilling work, grade VII doing Newspaper Recycling, grade VIII working on Plastic Recycling and grade IX has started 3D Origami. Students have started working with full enthusiasm.

Amita Gahallot
HOD Performing Art & Craft

Visual Art

School reopens into the new year and with which we also begin with our second round of pre boards for ISC & ICSE batches. As the session end sets in, visual art IBDP students put up the annual exhibition for their mock assessment and jury followed by their final internal evaluation.

IGCSE art & design students too compile their course work files towards their final submissions and gear up for the eight hour broad based class examination. We look forward to interesting artistic outcomes in coming months as examination pieces by our students and wish them successful accomplishment through their journey.

Dhara Mehrotra

Science Corner

Robotics Team of Scottish High International School have done us proud by winning a trophy and cash prize of Rs. 30,000 at a competition held at IIT, Delhi. Two teams comprising of 4 students each went for the competition along with Mr. Neeraj Pant, our Physics Instructor. The competition was organized from 17th to 19th April 2015.

Our winning team comprised of Harshit Dagar of XI DP, Prakhar Pradeep of XIDP, Chinmay Kapur - XB ICSE and Rahul Kochhar of XB ICSE. They designed a robot which could work in a dedicated path after crossing number of hurdles in minimum time with maximum points. Our team was way ahead of other competitors which included 150 teams from all over India. Our team finished the task in a record time of 2 minutes 39 seconds. Each member of the team received a certificate of excellence besides the trophy and cash prize.

Our other participating team had Mayank Grover of IX A ICSE, Manrag Singh of X IGCSE, Srijan Saxena IX IGCSE and Nuvorish Paul X IGCSE. Each member was honoured with Participation Certificate.

Congratulations to all the winners and participants for bringing laurels for us.

Meena Kapoor
HOD Sciences

Dance



We started the session with lot of connection.... Connection with audience, connection with co-dancer and connection with yourself. Movement with feet to the side or to second position is not important. Important is what when we dance we should connect with the audience. So this month we worked on our student expression and feeling while dancing and we saw outstanding growth in them.

Dancing is just not about making good shapes. It's all about conveying message through dance

DN & SR
(Dance Instructors)

Music



The new session has started with full zest and enthusiasm and the students and teachers are looking forward to an eventful year ahead. The session started with new plans and programmes to give the students a new dose of musical experience. The rehearsals for the monkeys business show has started with a Opening song HAPPY by Pharrel Williams and Hindi Welcome song –Swagatam to be sung for the event. The rehearsals are going on and the singing choir is expectedly going to give a Stupendous performance. Be there. Its going to be a treat to watch them perform.

Tony Fernandes
Western Music Instructor



LIGHT! CAMERA! ACTION!

There's drama all over the world! And Scottish High International School has been in the spotlight all through the decade, winning a smile and a sparkle in everyone's eyes, who have beheld the performances, almost holding their breath. Be it the Monkey Business or the Annual day 'Dhamaka' the Highlanders have won the hearts of thousands, in the past ten years.

This year, once again, as is customary, the new comers have lost no time in bringing to light, their magical talents to showcase their first performance in SHIS. They have immersed their creativity in presenting 'Cinderella and Jack and the Beanstalk' which has helped them to gel well with the Scottish family far quicker than expected.

Grades six and above have shown ardent interest in dramatics, which has been carefully incorporated into the school curriculum. The primary students indulge in working in the pattern set by the IB curriculum, laying specific attention in unearthing the IB Profiles Attitudes and Skills in all their performances and connecting them to their chosen Themes as well as in their daily lifestyles. Their theme this month has been 'How the World Works (science and Technology). They maintain their journals as home connection so as to share their learning even outside school.

Grades six to twelve have been involved in bringing back to light the long lost evergreen stories of the 'Panchtantra', 'Akbar and Birbal', 'Tenali Raman', their text book situations, and 'Shakespeare'. Beside their performance, they have learnt certain facts about how dramatics started and why it is beneficial to us in our daily life. This is indeed a stage not only for performances but also a platform to imbibe moral and social values. Yes it is rightly said, "The show must go on".

Madhu Jain



Sports

Experience shared by the captain of the Soccer School Team: Arjun

The world around me seems vague when I'm not playing football. During the first whistle till the last nothing is in my mind other than "The beautiful game". Even when I'm not playing I am thinking about football. People ask me why I spend most or all of my time playing and thinking about it. The main and simple reason is because I love it to the core. Football is important to me as I feel like a different person when playing it. I feel special, even if it's for a short while.

My coach Mr. Deepak Jha has especially helped me throughout my time playing football. He started it for me and is always looking after me as if I were like a son to him. He is always looking after me and gets worried if I fall sick or get myself recklessly injured.

Football has changed my life completely. It has helped me become a better person and helps me focus on my goals and what I want.

U – 14 SOCCER INDIA CAMP

Ishita Tanwar of Class VIII was selected for the U - 14 Soccer India camp which was held at Ahmedabad. 50 girls from all over India were selected for the camp. Ishita was in the last 25.

ASIAN MODERN PENTATHLON CHAMPIONSHIP

Kiran More of Class VIIIth has been selected to represent India in the Asian Modern Pentathlon Championship which will be held in Beijing, China from 1st to 4th June 2015.

6 Boys and 3 Girls from all over India in Under 19 Category.

Goenkan Premier League 2015

Our highlanders won the Overall Championship Trophy of the Goenkan League. SHIS won in all the three events – Soccer, Cricket & Tennis.

Soccer

- Angat got the best player of the Tournament in Soccer. Raghav Gupta was declared the highest scorer of the Soccer tournament.

Tennis

- Agriya Yadav and Shrishti Yadav were declared best player of the tennis tournament.

Cricket

- Pranav Sharma, Tanmay Yadav, Aditya Kottapali and Arihant got the Man of the match each day.

UNDER 10 ICON TENNIS TOURNAMENT

Agriya Yadav and Shristi Yadav of Class IV were declared Runner Up in U – 10 Boys & Girls in Under 10 ICON Open Tennis Tournament 2015.

PATHWAYS INVITATIONAL T- 20 CRICKET TOURNAMENT

Our Cricket team participated in the Pathways Invitational T – 20 Cricket Tournament which was held at Pathways School from 12th to 14th April, 2015.

SHIS WON CROIRE CRICKET YOUTH CUP

Our U -13 Cricket team won the Croire Cricket Youth Cup defeating 8 International Schools of NCR.

Ian Baswana of class VIII was declared the Man of the Series.

Ekta Jha

HOD Sports



ICT (Future of IT industry)

In the past few years, technology has had a dramatic impact on the workplace, and the next few years will likely see the influence of technology accelerate. That will mean radical changes for the role of the IT department and chief information officer (CIO).

It is difficult to underestimate the pace of change, said Alastair Behenna, principle analyst serving CIOs at analyst group Forrester Research.

"Six years ago, did we think we would have a billion smart phones today? Did we think we would have a workforce rising up for IT, saying 'We want it, we want it'? Did we think Apple and Google would dominate the way they do now?" he said.

What is clear, is that the convergence of mobility, big data, the cloud, collaboration tools and the internet of things will mean sweeping changes not only for business in general, but also for the role and function of the IT department.

CIOs will need to become much more focused on innovation, and less focused on just "keeping the lights on". The internet of things will be much bigger than we ever thought.

According to network supplier Cisco, the number of intelligent objects connected to the internet exceeded the number of people on the planet five years ago. By 2020, it predicts there will be 50 billion devices connected to the internet, as smart sensors become more present.

But if anything, Cisco's predictions understate the size of the change ahead, said Newman: "I think it's an underestimate. It's going to be much bigger than that."

And it is going to change the way organizations behave. Rather than passively monitoring their customers to gain insights about their behavior, the internet of things will be much more about organizations collaborating with their customers.

Organizations will turn to technology to help them improve their customer service, said Newman, predicting that they will introduce technology that will allow them to improve their service in real time.

"What you will see is faster processing of customer service and real-time adaptive learning, so people online will have options that were not available an hour ago," he said.

Nimisha Parihar

Coordinator – ICT Dept.

INTERESTING FACTS



- ❖ Frogs don't drink water with their mouths they absorb water through their skin.

- ❖ Tennis was originally played with bare hands.
- ❖ The opposite sides of a dice always adds up to 7.
- ❖ A giraffe can clean his ears with its 21 inch tongue.

Scramble

Solve the four anagrams.

FRVEE-
BRWEO-
ELOPCM-
ADEUBB-





Let Your Child Play... Feel free

Free play is more than just fun for babies and children.

It's how they learn, and how they work out who they are, how the world works and where they fit into it.

The importance of play

Playing is one of the most important things you can do with your child. The time you spend playing together gives your child lots of different ways and times to learn. Play also helps your child:

- ✓ Play is important to healthy development of the brain;
- ✓ Undirected play helps children learn how to work collaboratively, to share, to negotiate, to resolve conflicts, and learn self-advocacy skills;
- ✓ When play is child-driven, children practice decision-making skills, move at their own pace, discover areas of interest on their own, and ultimately engage fully in the passions they wish to pursue;
- ✓ When play is controlled by adults - such as in organized sports - children have to follow to adult rules and concerns (like winning) and lose some of the benefits play offers them, particularly in developing creativity, leadership and group skills.
- ✓ Play offers parents a wonderful opportunity to engage fully with their children;
- ✓ Play and unscheduled time that allows for peer interactions is an important component of social-emotional learning; and
- ✓ Free, child-driven, creative play protects against the effects of pressure and stress.



Rupa Chauhan

Programme Leader

Professional Development Qualifications

ISO: Making Children Safe on Road



Children need assistance dealing with the traffic environment until at least the age of 10, as they are not equipped physically or developmentally to make the crucial decisions to keep them safe. Like learning to drive a car, children need practice and experience to walk in the traffic environment. Alongside the benefits of learning road safety, it is great chance to spend time with your family and good exercise!! Children are vulnerable road users. Anywhere where there is a potential for moving vehicles is a potentially dangerous traffic situation for children. This includes residential areas, car-parks, at traffic lights, along footpaths, pedestrian and other crossings, driveways, quiet streets, and busy streets.

When the time comes to teach your child about crossing the road, remember the following:

- ✓ Always set a good example by choosing a safe place to cross and explaining what you're doing.
- ✓ Let your child help you decide where and when it's safe to cross.
- ✓ Tell your child that it's safest to cross at a pedestrian crossing.
- ✓ Tell your child not to cross where they can't see far along the road.
- ✓ Explain that they should not try to cross a road between parked cars; drivers won't be able to see them very well and the cars might start moving.
- ✓ When it's safe to cross, walk straight across the road and keep looking and listening out for traffic.
- ✓ Remind your children to concentrate - they may be easily distracted, forget what they have been taught and dash out into the road.
- ✓ Make sure that anyone else looking after your child follows the same road safety rules that you do.

Rupa Chauhan

MR ISO





Clan News



Anderson

'Nothing but change is permanent' The old yields to new and that is the secret of success. All that is new needs to be blessed with luck and prosperity. I would like to wish all the children and Andersonians a very rewarding and enthusiastic year ahead. The charge of Clan Elder would be taken up by Ms Indu Yadav and I would like to congratulate her and also request my clan members to show the same spirit of zeal the coming year. The new session will provide ample opportunities to one and all to showcase their talents- this is the hope in the dawn of the year.

Jyotika Singh
Clan Elder



Boyd

"To improve is to change; to be perfect is to change often".

- Winston Churchill -

After being a clan Elder for five years, I handover the charge to Ms. Bhawna Dhull, who takes over as Clan Elder for Boyd.

I request all members of Clan Boyd to accord her a warm welcome and wish her all the success in managing the activities of the clan. I earnestly hope that she will continue with the tradition of holding the clan flag flying high.

"You must be the change you wish to see in the world".

- Mahatma Gandhi -

Mamta Nath
Clan Elder



Macarthur

***"Our greatest glory is not in never falling,
but in rising every time we fall."***

- Oliver Goldsmith -

I take this opportunity with pride to declare that we have won both the trophies (Best Clan Trophy and Best Clan in Sports) for the seventh year.

I have enjoyed being the clan elders for all these years and I have served my clan to the best of my ability, bringing out the potential of the students in my fold.

I am glad that I am handling over my duties at the peak success to the next clan elder Ms. Gurpreet Sodhi with the hope that she too will strive to keep the the clan flag flying.

I thank all my teachers and the students for supporting me. I wish them good luck for their future endeavours.

***"Put your heart, mind, intellect and soul even
to your smallest acts. This is the secret of success."***

- Swami Sivananda -

Urmil Rana
Clan Elder



Lamont

In a small village, lived a saint who was worshipped by all. People used to go to him with their problems and he always had a solution for their troubles. Everyone believed that the man could look into the future and predict it for them. In the same village there were two boys who were very jealous of the Saint's popularity. To prove him wrong they challenged the Saint. They claimed that in front of the whole village they would prove that the man was an imposter and knew nothing about the future. They hid small birds in their hands and asked the saint to guess what they were holding. The Saint said, It is indeed a pleasant sight to see a bird in human's hand. The boys were surprised that he could guess it right. Now in front of the whole village their reputation was at stake so they asked the Saint again to guess if the birds were dead or alive. Actually their plan was to kill the birds in their palms if the Saint said it is dead or let it fly off if the Saint said it is alive. This way they could prove that the Saint was lying. To this Saint said, "The answer is in your hands... if you wish you can let the bird live or if you want you can kill them." The moral is that it depends on you if you wish to end your learning's in the class rooms itself or take them with you to implement them in your life. It is all in your hands. For that matter it can be any lesson or learning in the life.

For our clan, whatever we have learnt or achieved during the session, we should take them, learn from them and improve upon them in the future session. The last clan competition was E-Poster making for the middle section. In the team, the participants were S.M. Madhumita of VI-A, Mehika Rathor of VII-E and Bhavya Pahuja of VIII-A. They made an excellent poster on 'Beti Bachao and Beti Padhao' and won 1st position. Well done!

You all have done well in your final exam and have taken a step ahead in your journey of academics. Congratulations! We wish a great success to our Board students also.

Before I wrap up for the session, I would like to sincerely thank all my clan members, both tutees and the clan parents, who were actively involved to take part in all the competitions. Guidance, encouragement and motivation from the teachers play an important role in the performance of the students. I wish you all to carry on with the same team spirit in the future too.

Maya Sharma
Clan Elder



Heritage Club

"An historical oasis in Delhi"

In an effort to sensitize the students for the protection of archeological monuments in the country a trip was planned for the students of class VII and VIII to Delhi's most beautiful monument Humayun's Tomb a testimony of Mughal architecture deftness, style and gardens and an opportunity for the students to revisit an era which is a long past gone. The trip was led by highly informed and experienced history buff walk leaders who had designed a number of quizzes and puzzles to keep the walking session interactive and engaging leaving the atmosphere charged with enthusiasm and curiosity.

The tomb was commissioned by Humayun's wife Hamada Bane Begum and designed by a Persian architect. It was the first garden tomb of its kind and also the first structure to use red sand stone at such a scale. After visiting the place I am sure each one of was impressed at how these buildings have withstood the test of time. One keeps wondering what drew these emperors specially Mughals to construct such lavish monumental structures. What a love they had for the arts and architecture.

No less a wonder than the Taj! It is an impressive structure and it was the first of a long series of tombs which contributed to the evolution of Mughal architecture. The site is also unique as it was the stepping stone to build the Taj Mahal. The architectural symmetry of the tomb and its gardens can be clearly seen. It was worth a visit by the students and teachers which was very "different" than the visual history lesson that one usually gets from such an exercise.

Each time I visit such lesser visited treasures I feel and wish.... If I could get a sneak peak to those times and era!

Ranjna Makkar

In charge - Heritage Club



SAIBSA

INTERACTION AT JAYSHREE PERIWAL INTERNATIONAL SCHOOL

The South Asia IB Schools Association (SAIBSA) Workshop was organised at Jayshree Periwai International School on 14 March 2015. The objective of this day long 'Job – Alike' interactive session was to foster collaborative learning, exchange of ideas and resources as well as up gradation of teaching skills of educators of the dynamic and challenging IBDP Curriculum.



The Session began with the Opening Address by the erudite educationist & Director of the School, Dr. Jayshree Periwai. The President of SAIBSA Mr. Kaisar Dopaishi conducted a session on 'Transaction of Higher Order Thinking Skills' for the congregation of 200 teachers. Subsequently, all the participants attended subject specific sessions on Curriculum and Planning, teaching pedagogies, assessments, research skills and development of creative and critical thinking.

The subject workshops were facilitated by highly experienced and qualified IB faculty members from all over the country and the host School. The participants were able to gain vital inputs for their professional development, brainstorm about the strategies for effective teaching and network with one another in order to keep abreast with the latest innovations in Education. They thanked JPIS for its organisational acumen, infrastructural support and gracious hospitality. Certificates of participation were given to all the participants.

Compiled by
Sudha Miglani

The Art of Happiness

As an educator and a parent I feel that the most crucial element of growth in a child's life is happiness. The sheer joy of a radiant smile on your child's face is infectious! So what makes a happy child grow into a happy adult?

The latest research on happiness in fact gives rather surprising results. Happiness turns out to be less a result of luck and external circumstance, and more a product of our own mental, emotional and physical habits that create the body chemistry that determines our happiness level.

I feel happiness can be inculcated and can become a self-sustaining habit. So how can you help your child begin to develop the habits that lead to happiness?

- ❖ Teach them **constructive habits** to control their minds and create happiness. Managing mood swings, positive self and reflective talk, celebrating life and practicing gratitude will help.
- ❖ **Cultivate fun:** "Laughter is the best medicine" turns out to be really true. Smiling makes us happier even if we force it. So keep smiling!
- ❖ **Cultivate Optimism:** To see the positivity around you helps reinstate the faith in happiness.
- ❖ Help your child **find joy in everyday things:** Show your child the joyful experiences of everyday life. As Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is that everything is a miracle."

- ❖ **Counteract the message that happiness can be bought:** Share experiences with them. Ultimately what we model and what we tell them will matter more than what media would display.
 - ❖ Lastly help your child **understand the joy of contribution:** Research shows that the pride of contributing to the betterment of society makes us happier, and it will make our children happier too.
- Our job as parents is to find ways for them to make a positive difference in the world so they can enjoy and learn from this experience. So all of us need to have happy feet and sing **"Don't worry. Be happy."**

Kanchan Khanna
Editor



Believe, is what you are!

'Belief can change our world', is still an alien concept to zillions of us. It's not that people are doing wrong but they are living a life of denial. A life of denial is when we think our reality is harsh and cruel, and our reality is defined by others. We label ourselves and others as losers' or winners and we do this so strongly that our life becomes nothing more than that label.

Here is a story, I read somewhere a while back which is going to break-free you and make you understand how the belief system works. One day, a young boy was passing through the woods. He saw an egg, fallen from a nest. He took the egg home and placed it beneath a brooding hen with the hope that it would hatch along with other eggs.

As all the eggs hatched, including the one found in the woods; there was one egg which looked different but the boy thought, "a chicken it must be." The young bird heard this and thought, "I am a chicken."

As the chicks started to grow, they started scratching and pecking for food. Boy once again noticed the odd chick in the bunch, and said, "That one looks different but a chicken it must be."

The bird heard this and thought, "I am a chicken."

One day, a wise sage was passing through the town. As he noticed a young eagle foraging for food among the boy's chickens. "How unusual," he thought.

"Where did you get that eagle?" he asked the boy. "And how did you teach it to behave as a chicken?"

"That's not an eagle," he replied. "That is a chicken. It was hatched by the hen."

The sage smiled and said, "I disagree. That is, in fact, an eagle and I will prove it." He picked up the young eagle and held it high. "Fly," he said, "for you are an eagle."

The bird heard this and thought, "That cannot be true, and I was a chicken, so a chicken I must be." She flapped her wings and landed on the ground, where she began to scratch and peck for food.

The sage again picked up the bird and he held it up high. "Fly," he said, "for you are an eagle." But again the same result, out of fear and that she believed she was chicken, she couldn't fly.

Sage picked her up the third time and took her to the top of a hill, even further away from the safety of her farm. This time, he held the young bird and whispered,

"You cannot fly because you think you are a chicken and you have been raised as one, but for once believe you are an eagle, trust your wings and you will fly, just spread your wings."

She heard this and wondered, she stretched out her wings and for the first time, saw the strength and power in them. "Fly," said the sage!

She flapped her wings and felt the wind carry her higher into the sky. She soared high in the sky and believed she was an eagle.

Many of us are like that little eagle, holding back and believing to be someone else as we are taught to live in a certain way and be too. We have been labeled, it's time to discover who we are, let that inner eagle be out and trust the strength of our wings. Fly high!

Divya Kapoor
Spanish Instructor

Success

Concentration of effort and the habit of working with a definite chief aim are two of the essential factors in success which are always found together. One leads to the other.

- Napoleon Hill -

Social recognition, appreciation, promotion, high pay, materialistic rewards, fancy gadgets, possession of expensive items are often associated with the term Success. But does it truly mean that you must be the best amongst your fellows or is it about being better at yourself. This thought kept me occupied the whole of last week, as I discussed marks with my students and appraisals with my friends. Wondered and overwhelmed by varying opinions, I decided to resolve this dichotomy myself.

The Oxford dictionary, interestingly defines success as, favourable result, prosperity, comfort, wow sensation, being somebody, leading light, etc.... amongst other adjectives like opulence, affluence, good life etc.... But nowhere was it mentioned, how much of it was needed and who would issue a qualifying certificate, "a certificate of success!"

Today, from adolescents to young adults, all are sweating themselves out, drenching themselves in their work, trying to please people of significance, praying, for it all to lead to an ultimate benefit; even if they feel exhausted and perturbed.

We have made our world so complex today, that we are not able to look at other facets of life and over focus on its banal quality. Preoccupied

with this, we have forgotten that we set our own parameter for success. It is relative, each to his own. There is no need to compete. We all can co-exist harmoniously with our distinct qualities and abilities.

Nothing can replace time spent with family and friends, enjoying nature, comforting someone, helping someone and allowing him to enjoy its benefit, respect and love you get from others, knowing you gave your best and the beautiful sleep you enjoy every night because you feel light from inside.

You are unique and marvellous. Get out of the hamster cage, restore your inner peace and gather your enthusiasm to be a better and a happier you, every day. Don't make life a warfare or a military operation, it offers 365 days of opportunity. What could not be achieved today is possible tomorrow.

As Theodore Roosevelt said, "Do what you can, with what you have, where you are".

Each one of us is successful if we have met what we were out to get!

Shilpa Sengar
Department of Psychology



MJ's Corner

A Short Story on Self Confidence

There was a business executive who was deep in debt and could see no way out.

Creditors were closing in on him. Suppliers were demanding payment. He sat on the park bench, head in hands, wondering if anything could save his company from bankruptcy.

Suddenly an old man appeared before him. "I can see that something is troubling you," he said.

After listening to the executive's woes, the old man said, "I believe I can help you."

He asked the man his name, wrote out a cheque, and pushed it into his hand saying, "Take this money. Meet me here exactly one year from today, and you can pay me back at that time."

Then he turned and disappeared as quickly as he had come.

The business executive saw in his hand a cheque for \$500000, signed by John D. Rockefeller, then one of the richest men in the world!

"I can erase my money worries in an instant!" he realized. But instead, the executive decided to put the uncashed cheque in his safe. Just knowing it was there might give him the strength to work out a way to save his business, he thought.

With renewed optimism, he negotiated better deals and extended terms of payment. He closed several big sales. Within a few months, he was out of debt and making money once again.

Exactly one year later, he returned to the park with the un-cashed cheque. At the agreed-upon time, the old man appeared. But just as the executive was about to hand back the cheque and share his success story, a nurse came running up and grabbed the old man.

"I'm so glad I caught him!" she cried. "I hope he hasn't been bothering you. He's always escaping from the rest home and telling people he's John D. Rockefeller."

And she led the old man away by the arm.

The astonished executive just stood there, stunned. All year long he'd been wheeling and dealing, buying and selling, convinced he had half a million dollars behind him.

Suddenly, he realized that it wasn't the money, real or imagined, that had turned his life around. It was his new found self-confidence that gave him the power to achieve anything he went after.

Resourced by **Monica Jajoo**

Golf News

The student's of the Scottish High golf academy were taken to IMT Manesar golf course on 25th March 2015. The students started with putting practice on the green and then they played a 9 hole game. The students learnt many golf rules & regulations, maintained their own score cards. It was a learning experience for all the students and they enjoyed thoroughly. The students were accompanied by the golf coaches.

An In House Chipping Competition was organized for the students of Scottish High International School on 10th April 2015 in the school ground.

More than 250 students participated with full enthusiasm. The winner of the competition in Category A (above 10 years) was Panav Dua- VII G and in Category B (Below 10 years) winner was Trishan Singh Gill V D. The winners will be awarded trophies in the assembly.



Trishan Singh Gill



Panav Dua

Anitya's Golf Tip of the Month

To play consistent golf, it is important that you are in a very stable position at the top of your backswing so that you are able to start down correctly to the ball and get proper contact with the ball.

I see a very common problem with juniors—especially with junior girls—that they are not in a stable position at the top of the backswing. This is because most juniors do not have enough strength in their hands and arms and as they reach the top of the backswing, the club tends to waver out of position.

Looking at a player from the down the line view as shown in the photograph, you can see that I am helping my student Neha Tripathi, India's leading woman professional golfer, to get her club in a nice and balanced position at the top of the swing. In this position the club is approximately parallel to the target line and not pointing too far left or right of the target line. In technical terms, we call a club that is pointing left as 'Laid Off' and a club that is pointing to the right of the target line as 'Across the Line' with both the positions being incorrect and out of balance.

My advice to junior golfers is that they should simply take their backswings in front of a mirror and stop at the top for five seconds. When you stop, you will have to be in a stable position and you will not be able to stop if you are in an unstable position.

Ankita Jain
Coordinator



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