



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

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Director Desk

It is an honour and a privilege to be the Director of The Scottish High International School which stands for excellence and continuously sets the highest standards.

The importance of education in the life of an individual cannot be overstated. It shapes individuals in their formative years and inculcates values that would govern all their choices in life. Down the ages, our concept of education has undergone a gradual metamorphosis. Yet, the intrinsic values and principles have generally remained unchanged. While education has always imparted knowledge and developed the mind, the major function of education would be to inculcate in the student a desire to evolve. With this sole purpose Scottish High International School has forged ahead with a mission to hone and integrate the personality of every student under its fold.

It's with a strong sense of responsibility of our students' overall growth and development; we are committed to give an environment which is conducive of learning. Our core curriculum, extracurricular activities and after-school improvement programs will definitely provide an opportunity to our students to spread their wings in all the directions they want. We are looking forward to work collaboratively with the staff and parents for the attainment of our goal of providing contemporary education to our students for making them a better citizen of tomorrow.

Over the years in this school, I have witnessed in our students an unparalleled knowledge base, a vibrant dynamism, an acute consciousness about the world around them, a focused ambition and a sustained commitment. I am also fortunate to have an experienced and committed team, which has brought the school to its present stature. I, along with my team of silent workers and dedicated faculty, intend to build on this strong foundation and raise the standards in all spheres, to the zenith. My aim is not only to be an able administrator but also to be a friend, philosopher and guide to students one whom they can count on and trust at all times. I assure you that my doors will always be open to the students and their parents for any suggestion or guidance. Our children represent our hopes and dreams. As a parent, you want the best for your child and we are proud to be working with you to ensure that they are given the right knowledge to face future challenges. Parents, students and the school authorities, constitute a team and complement each other's efforts.

I am confident that the Scottish High International School will always be a beacon of light, guiding the destiny of its students and radiating kindness and compassion as it soars high in its pursuit of academic excellence and in the fulfillment of the school motto.

'The rung of ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher'. We are the rung, use us and place yourself in a better world.

Sudha Goyal
School Director



Stealing a Happy Moment Everyday

Happiness is a state of mind. It is an interesting concept which can mean different things to different people. People with cheerful personalities bring sunshine in the lives of others. I would like to share some points I came across, which will help us steal a happy moment everyday.... No, this isn't meant to be a cure for depression, but we all deserve a good moment.

A happy moment can both, break a string of negative moods, and it can also pave the way for more positive developments.

1. **Listen to, or watch something funny:** Laughter has a way of completely wiping out a negative mood.
2. **Laugh at yourself:** We all have a way of taking ourselves too seriously, at times. Sometimes just poking a little fun at ourselves with a little perspective can lighten us up.
3. **Regress:** Remember, what it's like to be a child? Don't just sadly reminisce of the past, do something that takes you back to your childhood. Ride the go-karts, play kick ball, do an art project, ride a scooter, go on a scavenger hunt, go on the swings, etc. Allow yourself to be an eight-year old in an adult body.
4. **Hold a baby:** Another of nature's wonders is holding a baby - anyone's baby (as long as you have the parents' permission!) It can make life seem so simple. For a moment, it's possible to forget our troubles and take retreat in the innocence of infancy.
5. **Create a playlist of happy songs:** Get a playlist ready with songs that make you happy. This certainly helps when you could use a boost. Try to include songs from various positive phases of your life, if possible.
6. **Spend time in nature:** Granted, not everybody may love the outdoors, but removing oneself from the indoor environment into fresh air can lift our moods. Whether you prefer to be in the mountains, on trees, near lakes, deserts or beaches, do find a place that can change the environment and bring you some exhilaration.
7. **Take a bath (or spend time in a Jacuzzi):** This is often a great mood changer, especially if one is going through a state of stress or anger. A warm bath can draw the blood flow away from the head and distribute it throughout the body, leading to both physical and mental relaxation. This can be good for stress headache relief too.
8. **Create your own joke or limerick:** While this could fit in with "regression", it gets its own mention because if you can make yourself laugh, you're having a happy moment. Feel free to get crude and childish with your joke or limerick. No one has to appreciate it but you.

Seema Bhati
Primary School Principal



Let's see what's chirping in the

Initials Land



Having reached half way through the academic session, one can safely say that children are all well-adjusted in their environment and continuing their journey of learning with much gusto and enthusiasm. The Initials was buzzing with a wide range of activities. Shared experiences through Skype,

various expert visits linked to the ongoing units of inquiry, field trips to different places to enhance research skills, adopting different strategies to reflect one's learning were some of the engagements that really enthused the young ones.



The world of Pre Nursery was full of fun. The unit under the theme 'How we express ourselves' kept the little ones engrossed. On one hand they learnt about different shapes and on the other, the young learners were being encouraged to reflect upon the same through visual representation. Their enthusiasm and appreciation for different colours came across while celebrating 'Colour day' wherein children learnt about the various shades within a colour! The highlight of the unit was the 'colour mixing' engagement wherein children found out how by mixing two colours, one can create a new one. As red and yellow merged to create orange, the children gleefully termed it as 'Magic'. Raring to express themselves and

flaunt their perspective, the little scholars used a plethora of materials such as ice cream sticks, straws, and others to create beautiful and innovative pieces of craftwork. Moving on, they are now inquiring about different kinds of transport and the need for the same under the theme, 'How we organize ourselves.'



The little Highlanders of the Nursery sections are undoubtedly vivid learners. Moving further in their journey of learning, the students of Nursery sections A, C, E and G learnt about the importance of families and friends through engagements like 'Family wheel' and also through various story telling sessions. Their growing oratory skills came to the fore when they confidently gave oral presentations on artifacts- a family memorabilia, brought from home, sharing its significance with others. Understanding the existence of different family structures- joint and a nuclear family, children took a step further in inquiring about

the type of family their classmates are part of and learnt to map their findings through a bar graph. The enthusiastic learners of Nursery B, D, F and H on the other hand, learnt how stories can be shared in a variety of ways under the theme, 'How we express ourselves'. They enhanced their communication skills through role-play sessions and oral presentation on their favourite story characters during the course of the unit. They became knowledgeable about different ways of narrating stories like puppet show, flash cards and picture story books to name a few. The visit to the school library and to the Landmark book store helped them broaden their perspective about the various books available, their content and utility. They learnt about different genres of stories through various story telling sessions too. Moving further in their learning, both the groups are now inquiring into clothes and plants under the themes, 'Where we are in place and time' and 'How the world works' respectively.



Continuing their commitment towards water conservation, the Kindergarten Highlanders of sections (A, C, F, H, I) made colourful posters and conducted a water rally to spread the message of water conservation among the school fraternity. Their interaction with others to explain different ways of saving water once again reflected their growing responsible

behaviour. Learning being an ongoing process, the new unit of inquiry on 'How We Organize Ourselves' started with a bang. Here the learners not only critically thought about the need for a school but significance of being organized to achieve better results. The way schools are organized and how one school is different from another became evident during their visit to a nearby school. Going around the school gave them an opportunity to get acquainted with different people working together for the smooth functioning of the school and the need to respect them irrespective of the type of jobs they do. Interviewing the 'School Heads' gave them the confidence to put across questions to find out more about their roles and responsibilities in the school and enhance their research skills in the process. Focus was also laid on helping them become independent and spatially aware through a variety of learning





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engagements. Giving an expression to their feelings and ideas through different materials will be undertaken in their next unit of inquiry



The Kindergarten sections (B, D, E, G) visited 'The Traffic Park' as a part of the unit under the theme 'Who we are'. The visit sharpened the student's observation skills and also made them aware of the various safety signs. To help them differentiate between unsafe and safe objects, the learners created a collage with related pictures. Learning to become risk-takers, they learnt to judiciously handle unsafe objects during the 'Salad making' activity. The young learners later



organized a safety drive in the school premises to promote safety awareness. They started a new unit under 'How we express ourselves'. The young communicators enthusiastically participated in the oral presentation on 'Artifacts' made up of different materials. Moreover, they showcased their creativity with a puppet show using different kinds of puppets. This learning engagement helped the students to learn to appreciate other's work as well. The unit ended with children displaying their ideas and feelings by creating artifacts using different materials.



The Initial section of the school hosted the Inter School Competition 'Kid-o-Mania' for the seventh consecutive year on the theme 'Colours Make The World Go Round'. Nineteen reputed schools of the NCR region participated. DPS Sector45 won the overall trophy.



The young Highlanders of Scottish High International School, Gurgaon, celebrated Grandparents Day on 10th and 11th of September, 2013. Grandparents provide a sense of safety and protection, a link to one's cultural heritage and family history and are companion in play and exploration in a child's life. With an aim to honour, cherish and shower love on their doting grandparents, the little ones at Scottish High prepared for this special day with much enthusiasm. It was endearing to see the young ones

bond with their grandparents- welcoming them with a traditional 'Tilak', singing poems and rhymes, dancing and putting up



a fashion show, playing fun games like Tambola and Antakshari and more. These were ways of making them feel special and make some beautiful memories. The Highlanders put up a spectacular show during the, 'Annual Day'. Keeping with the festive fervour, the young children enthusiastically celebrated Dusshera by witnessing the burning of effigy

of Ravan. The children also showed their creative skills while decorating diyas and making rangoli for Diwali.

As winter sets in and we



are ready to enjoy the sunny weather children stepped out to participate in the Sports day coinciding with Children's day celebrations. On 13th November the 50 metres flat race was held for all classes with Ms Rajni Kumra being the Guest of Honour while on 14th November the fun races were held with Ms Ananya Dhar- the Chief Guest gracing the event and giving away the prizes. This was followed by all teachers putting up a lively entertainment programme for the little ones to showcase their love for the blooming buds.



Rupa Chauhan
Initial School Principal



PYP

Everyone and everything around you is your teacher. All one needs to do is look into and sometimes look beyond...move from the known and be willing to explore the unknown..



With the session in full swing, the young learners of the Initial Chapter are dwelling deeply into their respective units of inquiry. With an endeavour to stimulate students' curiosity and challenge their prior knowledge, various visits across all the grades were planned. The visits aimed at providing a shared experience for all the students; to process and reflect about it, and in developing their research skills. The youngest of the lot, the Pre-Nursery children visited a nearby mall to explore how different shapes and colours can be creatively used to express an idea. Students of the Nursery sections B, D, F, H, had an informative and enriching experience by visiting the bookstore, 'Landmark' while exploring about stories under the theme 'How we express ourselves.' On the other hand, the students of Nursery A, C, E, G while learning about how to make and keep friends under the theme, 'Who we are', visited a school- Ajanta Public School, wherein they learnt to make friends

and develop their interpersonal skills in the process. The enthusiastic learners of the Kindergarten sections A, C, F, H, I for a better comprehension of significance of water for all living things, visited an aquarium and came back enriched from the visit. Moving on with their journey of learning, under the theme, 'How we organize ourselves' the children visited a different school to comprehend how they can be organized. Their observation skills were enhanced and this also helped them to critically analyze the difference between the two schools. The students of other sections of Kindergarten i.e. B,D,E,G visited the Traffic Signal Park to learn about safety. An interaction with an expert helped them to understand how they must behave when encountered by strangers. Moreover, while learning to express themselves using different materials, the children visited the carpenter's workshop and also got an opportunity to learn how to mould clay creatively from a potter.



Grade 1

The students of Grade 1 explored different forms of families across the globe under the theme 'Where we are in place and time'. They were able to fathom the forms of diverse family set ups, grasping their merits and their challenges. The children also understood what causes these different forms of arrangements. To get a further insight into how things have changed from the past, they visited the Urusvati Museum where they saw various artefacts that have changed form over the years. The students also examined various properties of air and realized its importance. They understood the interconnection of the principles of air and how these are used in our day to day lives. Visiting the Physics lab and conducting various experiments gave a kinaesthetic experience to attest and acknowledge the existence of air. They enjoyed inflating balloons, making windmills and blowing candles to feel air around them.



Grade 2

There was a lot of excitement and exhilaration as the students of Grade 2 dived into the transdisciplinary theme 'How we express ourselves' and explored how celebrations help in showcasing different cultures, values and beliefs. The students explored both native as well as transnational festivals, identifying the significance of each. They pondered over the 'Why' and 'How' of festivals like Thanksgiving, Pongal, Diwali, Christmas and Hinamatsuri. They also looked into how energy can be acquired from a variety of sources and get renewed into diverse forms. The young learners went for a walk around the school to identify the different sources of energy used in the school and the importance of these sources in our lives. They were intrigued when they explored the related concept of transformation and grasped that the energy changes from one form to another for further use.



Grade 3



The students of Grade 3 looked into the theme 'Where we are in place and time', understanding orientation and how maps are useful in providing world wide information. They visited a mall to understand and make floor maps. They also grasped the use of keys and legends that help in interpreting maps. The other group explored the different forms of matter under the theme 'How the world works'. They were all engrossed executing experiments, visiting the Chemistry laboratory and meeting experts.



Under the theme 'Where we are in place and time', the students explored a range of events that have had an impact both, nationally as well as internationally. The students understood the consequences and causes of events which have led to significant changes in the world. Having had a Skype session with Binus International, Jakarta, they could relate to events which impacted that country. The Highlanders in turn, shared Indian events that have led to significant changes over the time. The students conducted an in-depth inquiry into the various forms of markets and also identified the need for having markets. Visiting malls and local markets made them understand the difference in their structure. Going further, they realized how the difference in consumer taste and demand influenced the structure of markets. Besides understanding the forms of markets, the students also inquired about the rights and responsibilities of consumers and the producers. They grasped how these human made systems have impacted the society over the years.



Grade 5 delved on the transdisciplinary theme 'How the world works', examining the function and change of light. The students scrutinized the use of light in everyday life understanding the basic principles and nature of light. Experiments and research work enabled them to see the use of light in day to day activities. While exploring the theme 'Where we are in place and time', the children inquired into various regions of South East Asia like Singapore, Vietnam, Burma, Malaysia and Indonesia. They explored the influence of geographical impact on these places. They got an insight into how these places, though so close to each other, are quite different in many ways.

Grade 5 is also looking forward to the PYP Exhibition which is a prominent event in the PYP curriculum. The transdisciplinary theme for this year's PYP Exhibition is, 'Who we are'. The students shall be inquiring into the theme, identifying related issues and conducting a student initiated inquiry which they shall share with their community during the PYP Exhibition.

Manya Jain
Asst.PYP Coordinator



I AM FROM CLAN LAMONT

You might often be wondering why almost every school divides its students into houses or clans. Well, this is to encourage team spirit and give a competitive edge, along with an overall development of the individual (which includes taking on responsibility and the ability to work with different people). Here, at Scottish High International School, children are divided into four clans: Anderson, Boyd, Mac Arthur and Lamont. These were names of the clans of the various Scottish tribes. The clan Lamont (the clan to which I belong) descends from the original Scots who crossed the sea from Ireland, where their original name meant 'lawgiver'. They established the kingdom of Dalraddia. "NUNQUAM NON PARATUS" or "Never Unprepared" is the motto of clan Lamont.

It is definitely true that students of clan Lamont are always prepared. There have been many competitions that I have participated in and won. The Debate Competition, Poem Recitation Competition and many more. I also got a chance to be part of the 'Save Tigers Project'. This was only possible because I believed that 'winning is a preparation' and 'being prepared is a must'. Furthermore, all Lamont students get to showcase their talents by being chosen, keeping in mind their strengths. (E.g. singing, dancing, drawing and others) and our clan elder stands for all that Lamont strives for.

To us, preparing well and giving it our best is what matters – winning or losing is just an incident.

Mahek Mishra (VII-D)



~ Highlanders in Action! ~

Cracker Free Diwali

I always wanted to take up some initiative to stand up for a cause. While discussing our Diwali celebration plans with my school friends and class teacher, I ended up grouping up for the cause of 'Cracker Free and Green Diwali' campaign in my society.

My friends were also more than happy to come together for the cause. So we shared our views and divided the task. Some prepared posters, some badges and some others hand-out for the cause.

We started our campaign going around our society saying slogans and in between, distributing badges to the kids and parents. After the stroll inside, we decided to stand with posters raised up high at our society entrance gate for a wider coverage. It was so delightful to find people giving us THUMBS UP and appreciating our effort.

Me and my classmates – Nehal, Palak, Yashwit, Panav and Jayush were really happy and have decided to come together for the noble cause again and again. That was our Diwali with a difference.



Sunaina Chauhan Dutta
III-H



Clean Up Time!

Grade 3 visited Leisure Valley during their unit on matter and maps. Noticing trash lying all around they volunteered to clean up the vicinity and put learning into action. They later reviewed the area with pride and satisfaction.



Medley of Activities

Well Begun is Half Done !

- ❖ The Annual Day razzmatazz of Scottish High which took place over four shows on 18th and 19th October 2013 mesmerized a captivated and appreciative audience who lavished fulsome praise for the presentation of the 'Cine Spectacula'. As the name suggests, this amalgamation of music, dance and drama was an ode to a century of Indian Cinema with focus on how the 'reel' has impacted the 'real' life and vice-versa. As is customary, the celebration had participation of all Highlanders as they adeptly showcased their myriad skills and talents.
- ❖ Children's Day was celebrated with enthusiasm and excitement which provided opportunity to the teachers to shower their love and heartfelt wishes for their students. Special assemblies which comprised of prayers, songs, skits and dance presentations painstakingly prepared by the mentors for their young students were the highlight of the Children's Day celebrations.
- ❖ Inter- Clan competitions were held as per the schedule given in the ERIC. The Spell Bee Competition was conducted for the first time for the students of Grades VI, VII and VIII. We also had Inter- Clan debates in English and Hindi for the Middle School and Senior School students respectively. Keeping up with the festive spirit of Diwali, the pre- Diwali festivity at SHIS was accelerated with the Inter- Clan Rangoli Activity for all Senior School classes.
- ❖ With the same fervour, Diwali Mela was organized in our School premises on 26th October, 2013. A wide variety of game stalls, food stalls and fun activities like dance competitions, fun rides for small children and lucky raffle draws which gave away fabulous prizes to the lucky winners contributed to the Diwali fortune and good cheer.
- ❖ We also had theme based, topical morning assemblies on Dussehra, Diwali, Guru Nank Jayanti and Eid to highlight the significance of each festival and to uphold our nation's secular tradition.
- ❖ 'Cooking Expeditions' are a unique feature of our school. Students of Grades XI & XII I.S.C. and I.B.D.P. learnt the fundamental life- skill of cooking on fire in the most rudimentary manner of cooking. But, needless to say, most of the first time 'chefs' managed to dish up some delectable delights which were savoured by all present largely due to the combination of tantalizing aroma, innovative names of the food items and their impressive presentation and of course, taste ! And, so, the frenetic pace of activities continues unabated at Scottish High

Pooja V.Bahl
HOD-School Activities



Dance

'Dance is the light that passes through me, what passes through me is the force invisible, it is like the will or desire of the entire universe. It starts with a shunya (zero) and ends to ananta (infinity).'

The month of October 2013 has been very important for the Scottish High cultural department as the grand Annual Day was held in it. With the theme 'Bollywood Era', the students gave a fabulous presentation of the Indian cinema, of the yester years, through their dance performances. Starting with Ek ladki bheegi bhagi si and ending with Phir milengey chaltey chaltey, the respective characters were brought to life on our Scottish stage.

The month of November started with the Diwali Mela, in which a dance competition was organized. The 16th day of the month celebrated the tGELF inauguration, where the students of Grades VI, VII, VIII, IX and XI performed a classical, contemporary dance piece depicting the five elements of nature, as a part of the opening ceremony. Well appreciated, the dance was also performed on the 21st November 2013 when we celebrated our Founder's day.

The students are looking forward to the dance competition to be held during the Christmas Carnival in December, 2013. The students from Grade IV to IX are preparing for the upcoming Republic Day celebrations.

Dance to me is touching heart, transcending boundaries, humbling yet inspiring, expressing the self, visualizing the unseen, carving geometry in space, stimulating minds, blending tradition and contemporary, last but not the least evolving at every step—Rama Vaidynathan.

Puja Ghosh Meyn
Dance Instructor

Art & Craft

The news from the 'Art World' is interesting. Grade 1 explored the function of air by making windmills. They further showcased their imagination and creativity making different modes of air transport at the same time building their spatial awareness. The students depicted random themes like 'My pet' and 'My Garden' reflecting their observation of their environment. Grade 2 was engrossed in celebrations. They put on their thinking caps to draw and reflect upon celebrations like Halloween, Diwali, Christmas and more, bringing out minute details. They showcased their perception of the surroundings as they drew pictures of camp fires and how the world looks at night. Various tasks such as designing a cover page for their favourite story, drawing a holiday spot and using water colours to present a garden scene, kept Grade 3 happily busy. Grade 4 used the technique of oil pastels to create different forms of art work. The students of Grade 5 used pencil shading to create art work using references. During the optional art activity, students have been busy doing pencil shading and soft pastel shading using references. In craft, they are creating paper pineapples, doing cross-stitch and glass painting.

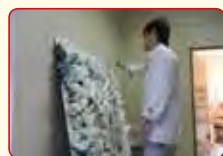
Amita Gahallot
Sr. Coord. Art & Craft

Visual Art

September, being the half yearly time for the senior wing, is academically packed for most. Exhibiting best performance within a limited frame of time is the test which our art students too have to undergo. Focus and consistency is the prime need of the hour for the art students, towards unfolding some of their best creative outputs during the examination hour.



Post half yearly we resume the visual art syllabus for all parallel curriculums. ICSE & IGCSE Grade IX students get back to enhance their observation and water painting skills, IGCSE Art & Design Grade X students head towards meeting their soon approaching course work deadlines, Grade XII IBDP visual art candidates also indulge in their university applications and portfolio making, while students of XI, IBDP & ISC focus on developing competitive skills and methodologies in composition.



During the school's much awaited Annual Day in October 2013, all highlanders worked diligently and commendably towards putting up a grand spectacle of their multi faceted talents in performing arts. Accomplishing four successful back to back shows, all academic endeavours resumed and we too set the wheel rolling for visual art activities and preparations for the upcoming first round of Pre Boards in December 2013.

Dhara Mehrotra
HOD Visual Art

Music

The music department got busy in preparing the children for the biggest event of the year-The Annual Day. The choir rehearsed and sang the song 'We are the Champions', which was well appreciated and applauded by the captivated audience. The children gave a live performance, accompanied by the school band. The Hindi choir sang the song 'Tu Hi Ram Hai', which also touched the souls of all present in the hall. On the Teachers' Day, Shruti sang the song 'Girl on fire' and impressed the listeners immensely. Now, the children of the choir are preparing themselves for the Christmas Day celebrations when they are going to sing Christmas carols and set the festivities of the great day afloat.

Tony Fernandes
Western Music Instructor

ICT

This session has been full of activities, events and different competitions. The highlanders participated in these and made us proud by bagging many accolades. The school participated in the 'e-poster' competition organized by betterkids. info in India on the World Tourism Day. Rudraansh Kotraof of Grade VII A won the First prize in the senior category and Aadi of Grade VA won the Second prize the in junior category.

Vachasya Vashisth of Grade V bagged the 'Most Popular Poster' prize given by 'Public Choice e-Poster Award' in the prestigious Inter School e-Poster making competition organized by campk12competitions.com.

The school is a participating member of the Microsoft Certification Exams for MS-Office organized by Cyber Learning India Pvt. Ltd. Every year the highlanders prove through this competition that they are expert users of applications. This year too Ayush Garg of Grade XI ISC and Agrim Sharma of Grade X IGCSE received the 'Best Performance' certificates in the first level of the competition.

The school hosted the Cyber Olympiad organized by Unified Council and our highlanders performed with great enthusiasm. Four students have made it to the final round of the Olympiad.

Free your mind and spread your wings... fly high up! Sky is the limit. Dream big! Hold on to faith because tomorrow is a new day.

Ashima Shrivastava
ICT HOD

Whats your name	
Whats your name? Johnny Mcane, Where do you live? Down the lane, What do you eat,	Rotten meat, What do you drink? Horrible ink, What's your shop? Lollipop.
Aryan Sholapure (VI G) & Ryan K. Sony (VI G)	

Sports

"People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily."

Zig Ziglar

The enthusiastic Highlanders have taken part in a range of sports events all through the month.

Kudos to them all!

Following are the results of the various events;

Participant(s)	Event	Championship	Accolade
Rewant Singh VIII	200 mtr race	Sports Fiesta, G D Goenka	Gold
Aditya Singh VI	200 mtr race		Silver
Zara Walia VII	200 mtr race		Silver
Anant, Madhav, Ahaan, Rewant	Under 14 Relay race (4x50m) (Boys)		Silver
Anvita, Aditi, Zara, Isha	Under 14 Relay race(4x50m) (Girls)	All India Track Club, held at Delhi University grounds	Bronze
Aditya, Arnav, Tanishk, Dakshveer	Under 12 Relay race(4x50m) (Boys)		Bronze
Zara Walia VII	Under 12- 400 mtr race		Silver
Anvita Gupta V	Under 10 -100 mtr race		Silver
Isha Sharma, Anvita	Under 14, Relay 4 X100mtr (Girls)		Silver
Zara Walia, Ishu Dayma, Ishaana Kapur, Mahika Rathod	Under 12, Relay 4 X100mtr (Girls)		Bronze

Besides the above mentioned achievements by our sports enthusiasts, the Overall Champion Trophy was also bagged by the Highlanders in the G.D. Goenka Public School, Sector 48, Gurgaon.

Soccer

The under 12 Boys Soccer Team of The Scottish High International School comprising of Parwaz Gill (Capt.), Rudraansh Kotra, Ramon Batla, Sunny Singh, Anirit Bansal, Rishabh Batra, Ishita Tanwar, Praneel Bhatt, Rayan Irani, Ansh Oberoi, Ishaan Yadav won the BIFA Cup defeating the Pathways World School, Aravali and bagged the First position.

The Under 10 Boys Soccer Team comprising of Jatin Singh (Capt.), Paarth Sharma, Aviral Sagar, Sachin Sukumar, Arnav Jain, Lakshay Yadav, Angad Singh Sanghera, Angad Singh, Arnav Mago, Hardik Kundu won the Runner's Up Trophy in the American Excelsior Cup.

The Heritage Club

Walking through history at Mehrauli Archaeological Park

Now shall I walk or shall I ride?

"Ride" pleasure said; "Walk" joy replied.

W.H. Davies

Transport with wheels is the best thing to have happened to mankind. But then again there are places that are best travelled by foot. With this firm belief, the Heritage Club organized a 'Heritage Walk' for the students of classes VII and VIII at the Mehrauli Archaeological Park. It is a place no one would have ever guessed existed, right behind New Delhi's most famous landmark, the Qutab Minar.



This was not a mere walk down a park but truly a walk down history. With Delhi being the seat of power for most dynasties which have ruled India, this park mirrors not only the history of the city but of India, itself. Learning the history of Delhi in this most memorable way was indeed an experience for the students. The visit to the park was well worth the time spent, under the tutelage of Ms Aradhana, the walk leader. Her descriptive narration made the old ruins come to life. History has mingled religions and cultures into this one spot. The walk leader made the walk interesting through her interactive discussions with the children. I am sure that the rich experience which the children had, would be etched in their memory for years to come.

This incredible walk, 'A blast from the past' was exhilarating, energizing and exciting- an experience where each one of us could learn history, explore major monuments and have fun. All in all, it was a Saturday morning well spent! A visit our young learners would cherish for a long time.

Ranjna Makkar
In Charge

The under 19 Boys Soccer Team comprising of Abhimanyu Dayma(Capt), Vidit Dua, Mahesh Yadav, Sarthak Banta, Pururav Suhag, Ripudaman Datta, Naveen Rai, Rahul Jayakrishnan, Parth Goel, , Angad Singh Bindra, Rahul Sindhi, Rajkumar Yadav brought laurels to the school by winning The Lancers International School Cup Soccer Tournament.

Basket Ball

The under 12 Basket Ball Team (Girls) comprising of Navya, Niharika, Avaleen, Suchita, Juhi, Akaknsha, Pranvi, Sanjana, Tanvi, Aditi, Sanica, Ritisha participated in the Sports Fiesta of the G D Goenka Public School and won the Runners Up Trophy.

Tennis

Radhika Yadav of Grade VIII participated in the All India Tennis Tournament and won the First Position. She also participated in the Sports Fiesta of the G D Goenka , Under 19 Girls Tennis Tournament and won the First Position.

Mahika Rathod of Grade VI won the Second Runners Up Trophy in the Under 12 Tennis Tournament Sports Fiesta of the G D Goenka Public School.

Rahul Dang of Grade V participated in Under 12 ICON Academy and won the Second position.

Skating

In the 2nd Rajputana Sports Foundation Open Roller Skating Championship 2013, Tarini Kaushik (Quads) bagged the First Position, Mansi Kaushik(Quads) the Second Position and Geetika(Quads) bagged the Third Position. Khevin (Inline) got the Third Position, Vansh (Inline) got the First Position, Nicolas (Inline) got the First Position.

In the GD Goenka Public School's Sports Fiesta, Aditya, Grade VI (Inline) got the First Position, Tarini Kaushik, Grade III (Quads) got the Third Position and Teeya Kapur Grade III (Inline) got the Third Position.

Dronacharya Mishra
Sports Coordinator

ECO : Urban Biodiversity

"We live on an urban planet, and although in the city we feel more and more isolated from nature, we Diversity have adopted a Plan of Action to involve sub-national and local authorities in implementing its targets. URBIO concentrates scientists and institutions to support the creation of new forms of urbanization where increased quality of life does not mean the extinction of our living heritage, our biodiversity". **Message from Dr Braulio F de Souza Dias - Executive Secretary Convention on Biological Diversity, Montreal.**



Urban Biodiversity is any flora and fauna i.e. plants and animals found in built up environment by man such as cities, houses and schools etc. Understanding the need of the hour to conserve the urban biodiversity of Gurgaon, our students of IBDP under their CAS initiative took part in planting a million trees on 15th August at Aravali Bio Diversity Park, Gurgaon.

Members of Eco Club also celebrated International Ozone Day for the prevention of the depleting ozone layer on 16th September 2013; Special Morning Assembly was conducted in which students of XI IBDP showed their concern on depleting ozone layer and requested the school community to take initiative to prevent the same by making simple changes in their lifestyle.

Five of our students namely Aniket Chatterjee XII ISC, Prateek Arora X IGCSC, Somin Lee X IGCSC, Samyuktha Saikantha XII ISC took part in the SHRI CMS VATAVARAN Film Festival, an Inter-School Film competition on Urban Biodiversity which was screened on the 9th October 2013 at the Film Festival and has been uploaded on You Tube. All entries will be screened in the 'Young Champions Lawn' of the 7th CMS VATAVARAN International Environment and Wildlife Film Festival and Forum.

Kavita Yadav
Eco Club Incharge



Model United Nations (MUN)

There are academics, there are scholastic activities and, there is MUN!

MUN conferences stand for much more than Model United Nations, they refer to an effective culmination of the interaction between academics and co-scholastic activities, a spectacular blend of both these areas in which an educational institution teaches us to excel. MUN is a condensate of the vapours of learning which surround the students' lives.

More than six hundred delegates from sixty schools participated in a very prestigious 'MOD MUN' held at the Modern School, Barakhamba Road, New Delhi from 31st Oct.'13 to 2nd Nov.'13. Eleven students from our school participated in the event. They were, Rahul Jayakrishnan, Jai Raina, Samyuktha Srikanth, Abhishek Ramnath, Varunavi Bangia, Shimona Agarwal, Ahana Jain, Farhad Singh Kohli,

Prabhat Bhootra, Sidak Pasricha and Rishabh Gandhi.

The very purpose of Model United Nations is to use argumentation and debate as part of education and in this; we can never underestimate the power of the youth to bring about positive changes in the world. In the General Assembly, the delegations did a good job of recognizing the biggest problems like poverty and food security problem in the least developed countries. Enforcement of the Intellectual Property Right was the topic of the WTO, Counter Terrorism and protection of Human Rights was the agenda of the HRC, Corruption in budgeting and future of the IPL was debated in BCCI. There was depth in the debates and the delegates looked like they had done some research as they were well equipped with facts. The same was evident during the G.A as one delegate pointed out that by the year 2050, Africa's population will double and half of it will be malnourished. Better education, spread of awareness, better irrigation, scientific agriculture and family planning were brought up as solutions.

Our students came back with a rich experience of realizing that MUN is a platform for highly self motivated individuals, ready to take up challenges.

Sudha Miglani
MUN In-Charge



CIDTT/CICTT Cambridge Teachers Training Course



Who is a Teacher?

A teacher is someone who sees each child as a unique person
and encourages individual talents and strengths
A teacher looks beyond each child's face and sees inside their souls.
A teacher is someone with a special touch and a ready smile,
Who takes the time to listen to both sides and tries to be fair,
A teacher has a caring heart that respects and understands
A teacher is someone who can look past disruption and rebellion,
and recognize hurt and pain
A teacher teaches the entire child
and helps to build confidence and raise self esteem.
A teacher makes a difference in each child's life and affects each family
And the future of us all
Barbara Cage

Ms Rupa Chauhan
Program Leader and Chief Trainer





Clan News

Anderson

Andersonians have once again shown their will to win and their desire to succeed. Their recent performances in the Inter Clan Rangoli Competition, Inter Clan Spell Bee Competition, Inter Clan Cricket and Soccer Competitions have been incredible. Anderson bagged several positions with the efforts put in by our creative, intelligent and active minds.

The month of October witnessed two important events of the year, the Annual Day and the Diwali Mela. Our enthusiastic children participated with full fervour.

The price of success is hard work, dedication and determination. We must not worry about winning or losing. We have given our best to the tasks at hand. With this thought in mind, we are moving ahead in this academic session. Equipped well with the competitive enthusiasm, we look forward to win more laurels for our clan.

Good luck!

Jyotika Singh
Clan Elder

Boyd

"Winning isn't everything--but wanting to win is."

Vince Lombardi

Hello Boyddians!! The month of October saw a lot of Inter Clan activities along with the festivities. After an eventful month, it's time to get ready for new challenges. As the winters approach, it's time to gear up for a new season of events and laurels to be achieved by Clan Boyd. The 'Rangoli' competition was held for classes VI to XII and Boyd was awarded the First position in the same. The 'Spell Bee' competition, held for classes VI to VIII had Boyd shine yet again as it bagged the First position.

Boydians played enthusiastically and showed their talent in the Soccer tournament and the Cricket match held during the month. Our juniors also added another feather to our cap. They were awarded the First position in the Hindi Elocution competition. Well done!!!! Keep the clan flag flying high.....!

Mamta Nath
Clan Elder

Macarthur

"Perseverance is the hard work you do after you get tired of doing the hard work you already did."

By Newt Gingrich

In the Junior Football match our clan stood Second. Let's aim the ball higher in the next match.

We did not perform well in the Spelling Bee and for that we only have ourselves to blame as in such a contest the result depends entirely on our own effort. We are rearing to redeem our reputation by putting in our very best. In the Hindi debate we must endeavour to bag the First position. Once again our performance in the English Debate was disappointing. We have now pulled up your socks and are determined to improve our performance. It was commendable that the entire clan participated in the Annual Function whole heartedly. We did fairly well in the Rangoli competition too.

We realize that our success or failure rests entirely in our hands. Let us motivate each other and hold our clan flag high in all upcoming competitions.

Urmil Rana
Clan Elder

Lamont

The months of September, October and November are excellent, spreading exuberance and also considered auspicious in India. The weather starts becoming cooler and dryer. Festivities are in full swing. Shopping, lights, music, dance, cultural programs, worship, sweets and lot of fun make this time enjoyable for all.

The Highlanders, happy and relaxed after achieving success in half yearly exam, plunged into the Inter-Clan competitions.

Participating in the 'Spell Bee' competition, held for the students of Grade VI, VII and VIII, Clan Lamont bagged the Third position. In the 'Rangoli' competition, the senior students from Grades IX, X, XI and XII got the First Position where as the students of Grades VI and VII got the Third position. Students from the Primary wing got the First Position in the Soccer match. They also played a Cricket match enthusiastically. Our juniors had a Hindi Elocution competition. Some students did wonderfully well but overall, we got the fourth position.

On behalf of all the members of the clan, I congratulate all the winners.

When preparation meets with opportunities, destiny is born. Keep up the Spirit!

Maya Sharma
Clan Elder

Obituary

We All Are Grieved And Saddened To Learn About The Sudden Demise Of Our Dear Student Siddhangana Of Grade Ii G. She Was Ever Smiling, Helpful And Chirpy. She Will Be Remembered Fondly. We Shall Miss Her Forever.

May The Road Rise Up To Meet You, May The Wind Be Ever At Your Back.

May The Sun Shine Warm Upon Your Face And The Rain Fall Softly On Your Fields.

A Sunbeam To Warm You, A Moonbeam To Charm You, A Sheltering Angel, So Nothing Can Harm You.

May Brooks And Trees And Singing Hills, Join in the chorus too, And every gentle wind that blows Send happiness to you.

And until we meet again, may God hold you in the hollow of his hand.

~Irish Blessing.





ISO: Cyber safety rules



The internet is, without a doubt, one of the best resources available to us. Unfortunately it's also extremely dangerous if you aren't aware of who and what lurks behind the scenes. Everyone should know how to be safe when surfing the web, here are some tips for Cyber Safety

1. Never talk to strangers .
2. Never give, your name, address or phone number to anyone.
3. Never tell someone which school you go to.
4. Never send your picture.
5. Never tell your passwords to anyone, even to your friends.
6. Never download any programme without parental/ teacher permission.
7. Talk to your parents/ teachers about your internet experiences.
8. Always clear your doubts if you have them.
9. Never threaten or bully anyone online.
10. Never meet anyone from the internet in person.

Rupa Chauhan
MR ISO



Confidence

Confidence is contagious. So is lack of confidence....

Vince Lombardi

Confidence is a highly valuable asset that can help us in our social lives to form and maintain relationships. Also, in our careers to present ourselves as individuals who can provide value and are dependable. Confidence can be built by:

Positive Affirmations: Positive affirmations are positive phrases that you repeat over and over again in order to improve your esteem and to replace your negative thoughts. As the habit of this exercise sets in, you would become free of negativism and would shine with confidence.

Challenge Your Beliefs: One of the big challenges with low self-esteem is that it can become a self-perpetuating vicious circle. The danger here is that when you believe yourself to be bad at something, you don't even try it. Consequently, you may actually become bad at it. For example, if you were shy and rated yourself poorly in interaction with others, it would lead you to speak up less in public. You may become quieter and more awkward each time you have to meet people. You may also start avoiding socializing. You are then confirming your beliefs and this is certainly not good. The solution then is to break out of the cycle by simply testing your belief. In other words, you need to force yourself to go out into the world and interact with as many people as you can. By doing this, you can then challenge your beliefs about your own abilities and start to actually feel more confident again. At the same time, you will learn that even when you do choke in a social situation, no one really cares.

Improve Yourself : If you have low self-confidence, it often stems from a particular trait or ability where you believe yourself to be lacking. Regardless of the particular area of concern, you should focus on improving yourself and developing your traits.

Develop New Skills: One of the best ways to build your confidence is to simply challenge yourself to develop a new skill or to take on a new project. Once you do this, you can give yourself something to be proud of and you can break out of your current limitations.

Fishing for Compliments: While this isn't a particularly scientific claim, it is often reported that we value insults five times more than compliments. In other words, if someone says something negative about you, it would take five compliments to the contrary to get you back to a state where you feel neutral. Whether or not there is any substance to this (apart from anything else it will clearly depend on the individual) it outlines the value of compliments and the fact that we could use as many as we can get. Asking your friends to tell you what is it that they like about you can be a great boost, and you can make this into a game by doing it for each other. Alternatively, it would help to just sit down and think about all the compliments and achievements you've had recently. Write down a list of all the nice things people have said and all of the things you've achieved and you can help yourself to start feeling much better.

Mansi Sharma
School Counselor

Seniors

IBDP – CAS

This Independence Day, under CAS initiative, our highlanders of classes XI and XII IBDP participated in a 5km 'Freedom Run', in support of the 'Under Privileged Senior Citizens' organized by the "Run with Me Foundation" at the Leisure Valley on 15th August 2013. The proceeds of this event will help some of the best yet under privileged runners in the Airtel, Delhi Half Marathon 2013.

Twelve Highlanders participated in the Gurgaon Half Marathon "Run for Uttarakhand" to help the people who have suffered during the natural calamity, on 1st September 2013. The event was held at the Leisure Valley. The names of participants are:



Somya Agrawal, Arjun Vivek Singh, Shrey Bansal, Vikram Ahuja, Yuvraj Sharma, Angad Singh Bindra of XII-DP

Shourya Kaboo, Siddharth Vashisht, Kyo hyun lee, Rhea Ahuja, Tanya Ahuja of XI- DP
Chankya Shirin of XII-ISC

Their efforts were appreciated by everyone present there. They all were awarded certificates along with a 'Runner's Kit'.

Kavita Yadav
CAS Coordinator

IBDP

'Disciplined Effort', a pre-requisite to IB DP, comes with multiple rewards.

Keeping this in mind our students are putting in extra hard work and determination to accomplish all tasks at hand.

Two of our brilliant students, Parinaaz Saini and Arjun Vivek Singh, had participated in the Inter School Debate Competition as part of the Commerce Con 2013 organized by G.D. Goenka World School.

They have done us proud by bagging the title of **'The Best Team,'** with Parinaaz winning the title of **'The Best Speaker,'** and Arjun securing the Second position.

Internal Assessments and Extended Essays in all subjects are progressing as per the deadlines. The curriculum with its varied requirements is experiential and the teachers are witness to the indispensable planning by the students to achieve the highest grades in the final examination.

They are gearing up for their semester examination.

Wishing them all the best!

Ashima Shrivastava & Jyotika Singh
Assistant IB DP Coordinators

ISC CORNER

Our ISC students have been busy with their Half Yearly Examination during the month of September. They have identified their areas of weakness and are now working upon strengthening the same, along with their subject teachers. Grade XII ISC went for a four day camp to Pachmarhi, accompanied by two faculty members - Dr. Sanjay Sachdeva and Ms. Renuka Bhasin. Meanwhile, a fresh lot of twenty six students from class XI, ISC have registered themselves for ISC, 2015. Registration has also been done for fourteen students in the field of commerce, seven students in the field of science and five in the field of humanities. There has also been a confirmation of entries of twenty nine students for XII ISC.

Meena Kapoor
ISC Coordinator

ICSE

The students of Grades IX & X ICSE prepared meticulously for the Half Yearly Examination which was held in the month of September. They were given revision assignments and class tests so as to prepare thoroughly for the exam. They have started submitting their projects, which is mandatory for their internal assessment. The registrations of the Grade IX students for the ICSE Board Examination 2015 have been completed. The students of grade IX & X ICSE participated actively in the Annual Day function in the month of October. I wish 'Good Luck' to all the ICSE examinees!

Geeta Sikka
ICSE Co-ordinator

IGCSE

EXAM TIPS

Anxiety during exams is a common emotion. If it were to help in achieving laurels and success, it would indeed be desirable. However, it acts negatively and is known to boggle the minds of many and landing them into serious trouble. Some tips to help everyone taking exams:

1. Find out about the exam

Find out as much as you can about the exam.

- What type of exam is it? Is it a multiple choice exam, essay, open-book or take-home exam?
- Will there be a choice of questions or tasks?
- How much will each question or task be worth?



- How will the exam contribute to your overall marks in the subject?

2. Ask for help

Don't feel bad if you need to ask for help. Talk to your teacher or lecturer and don't hesitate to speak to other students. If you're feeling really stressed, you might also find it helpful to speak to a counsellor.

3. Sort out your subject material

Check that you have all the relevant handouts and get all your notes together from the subject. Read through the course outline or subject guide (if there is one) and use it to organise the information you've collected.

It might help to write your own summaries of each textbook chapter or section of the subject guide. This will make it easier to find what you need while you're studying.

4. Check past exam papers

Get your hands on any old exam papers from the subject and familiarise yourself with the structure and format. Your teacher should be able to let you know where you can get the same. Our school library has past exams on file, too.

Practise answering the questions within the specified time limits and check your answers against your notes to make sure you've got them right.

5. Know where to go

Check your exam timetable for details on when and where you'll be sitting for the exam. Make sure you have everything you'll need to take with you (e.g. calculator, pencil, ruler, etc).

Try to revise before you leave for the exam. If you have an early morning exam it's a good idea to practise getting up early and glancing through the notes before you set out from home.

6. Don't cram

Stick to what you already know when studying the night before an exam. You'll only make yourself nervous if you try to take in new information. Review your notes or test yourself on key points.

7. Keep your cool

Don't talk to other students about the exam before the exam or after it. It could confuse you or make you lose confidence in yourself.

8. Use your reading time well

The way you use your reading time could make or break you in the exam. Use it to plan your writing time and start thinking about some answers.

Read the instructions very carefully then scan the whole exam paper. Be sure to check how many pages are there and note the marks allotted to each question.

Plan how much time you would need to spend on each answer and the order in which you'll answer the questions. Pick out what you're most confident of and then start to write.

9. Review your performance

While there's no use stressing over an exam you've already done, it does help to review the same and check what you can improve upon. If you do not fare as well as you expected, you should go through the paper while sitting with your teacher and seek his/her help in understanding your weak areas.

Pawan Mittal

IGCSE Coordinator & Math HOD

The Global Education And Leadership Foundation (tGELF)



1. A team of representatives from the admission centers of Stanford University, University of Pennsylvania and Dartmouth University had an interactive session exclusively for the parents and the students of classes XI and XII on Friday, the 20th September, 2013 at the Sanskriti School, Chanakyapuri, New Delhi.
2. The students and parents of classes XI and XII, of our school, along with the school counselor, Ms. Mansi Sharma attended an interactive session entitled 'How to raise your child's scores for college admission aptitude tests' on the 17th Oct, 2013 at Anand Lok, New Delhi.



3. Dhruv Sharma and Mikhael Dabreo took part in the regional round of the Mind Games (Chess) on the 21st October, 2013 held at the Sanskriti School, New Delhi.
4. Akul Grover, Shivang Singh, Sidhaant Anand, Shourya Kaboo and Ashwin Katyal reached the National Finals of the Street Blenders (Street play) held on 24th October, 2013 at DPS, Dwarka.
5. Shimona Agarwal and Varunavi Bangia took part in the regional round of 'Sense, Reason & Intellect' (Debate



National Cadet Corps

competition) held on the 24th October, 2013 at DPS Dwarka.

6. Parth Goyal, Aditya Vikram Shekhawat and Akansha Jain qualified for the National Finals of the 'Reel to Real' competition to be held on the 16th November, 2013.

Geeta Bedi
tGELF Incharge

At the beginning of the session, the fresh batch of NCC cadets was introduced to the philosophy, structure, ethos and the charter of the National Cadet Corp. This motivated the young ones as it brought out how the activities conducted by the NCC help in learning how to excel in all walks of life. The first half of the month was devoted to institutional training in the form of foot drill and presentation of Guard of Honour to the visiting dignitaries. During the month some parades were conducted indoors wherein subjects like leadership qualities, personality development, Indian military history and Scottish clans were covered by the undersigned. Special NCC subjects were taken up for the second year cadets to assist them to prepare for the forthcoming NCC 'A' certificate exam.

On directions from the Chairman of our school, 'Reveille' is being conducted, once a week by the NCC cadets wearing full NCC uniform. The National flag is hoisted, as the buglers sound the National Anthem. The NCC activities of the school are focused to imbibe in our students the motto, 'When the going gets tough, the tough gets going'.

God Speed - Scottish High.

Lt Col D S Dabas, Retd

Spread Cheer



Heard of the term 'entrainment'? No? Let me bring to light this basic concept. It was realized by a Dutch scientist, Christian Huygens that a number of pendulums, when hung on the same wall and put into motion at different intervals, fall into sync, and begin to swing in perfect harmony. The phenomenon is called 'entrainment'. The needs of parents, children and educationists are quite the same as Huygens' pendulums and they too get 'entrained'.

Our mirror neurons make us empathize with emotions that we observe in others. One foul tempered person can get frowns on the faces of all present around him or her. On the other hand, an essentially happy individual can spread cheer and brighten each one's day. Happiness is infectious. It is my belief that to spread cheer amongst all, especially children, one needs to be an essentially happy person and a diehard optimistic, who has the ability to see the full part of the half empty glass. Life amongst children is a celebration and each moment spent with them must be cherished. The feeling of happiness must be spread into others around. Equip yourself with the ingredients of happiness and cheer. They are not hard to get and are really affordable.

1. Be yourself, no one else is you.
2. Celebrate the moment, it won't stay too long.
3. Be content with what you have, do not brood.
4. Laugh – Laugh a lot. It spreads joy and sends positive messages through all cells of your body.
5. Accept – all that comes your way. Do not confront situations. Relate to them. Remember Huygen's pendulums.....it's easy to fall into sync.
6. Good humour is an important asset in life. It only helps if we learn to laugh whole heartedly on jokes, even if it means laughing at ourselves.

Let us pledge to be carriers of happiness, good cheer and positivity.

"There is no duty we underrate so much as the duty of being happy." – Robert Louis Stevenson

Ranjana Mehra
Editor



MN's Corner

BE FOCUSED

Be transparent about what you are dreaming for. Focusing on the target helps in moving on the right direction. Dreams turn into vision and vision turn into reality. If only we are focused about the track we are moving towards. Without being clear in mind, it is difficult to achieve what we want. Our ideas should be clear enough to guide us in our plans and steps, even a blink of diverting from the focus of our vision can lead to failure.

Success Demands Strange Sacrifices From Those Who Worship Her.

Focusing leads to visionary plans come true. Build a bridge between your imagination and aspiration. Focus on your potential instead of your limitations'

Resourced by **Monica Jajoo**

Poem on My Mother:

Oh my mother You are so nice
You are so loving You are so wise.
You give us happiness And tell us what is duty,
You don't wear make-up But you are full of beauty.
When I'm not well You are awake whole night
You solve my problems, you're always right.
You make learning fun thanks a ton.
Thank you mother for giving me a lovely brother,
For making my life so comfortable,
For giving me happiness and taking all trouble.
Dear mother, I really love you
And wish God makes me as good as you are.

Yash Moitra (III - E)



Golf News

'A healthy mind dwells in a healthy body'. In a life full of competition and a desire to do better, most students lose track of one most important dimension to their well being – 'Health is Wealth'. Scottish High's motto is to help students excel academically as well as groom into well nourished adults – both mentally and physically. This is where our golfing endeavors come into play. Golf, not only infuses a feeling of pride and well being in students, it also helps them become better individuals in all walks of life.

The need to participate and perform in live competitions can never be ignored in Scottish High. So, an in-house 'Putting Competition' was organized for all the students of Scottish High International School on 4th October, 2013. The competition received an overwhelming response with more than 300 students participating. Ranveer Saini and Riya were declared winners in the Category A (11 years and above) and Abaan Azhar and Vrinda Gahlot won in the Category B (10 years and below). The winners were awarded trophies during the school Assembly.

The golf team participated with lot of zeal during the Diwali Mela, held at the Scottish High International School on 26th October, 2013. The golf coaches got together and put up a golf stall which was a new and enthralling experience in itself. Children as well as parents enjoyed playing their shots and winning exciting prizes.

Anitya Golf Tip of the Day

Keep a Stable Left Foot for Proper Weight Transfer

I see a lot of juniors set up well on the ball, then make a very good backswing but are unable to transfer the weight efficiently through the golf ball resulting in a lot of poor shots.



Take this simple test – Using a 6 iron, hit a full shot and hold your finish position. Now check if the left foot is at the same position that you started with or has it moved out of its original position? If your body weight has transferred properly, the left foot should have stayed exactly in the same position that it started with and the right foot will be up on its toe. In case the weight has not transferred properly, the left foot may have moved out of its original position

The correct way is shown in the picture where I have ensured that the left foot stays stable through impact and does not move. Whether you're a beginner or a tournament playing junior, making sure that your left foot stays stable through impact will improve your weight transfer and give you better ball striking.

Ankita Jain
Coordinator



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