



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

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Need for Moral Education in School



Principal's Desk

We often hear people around us grumble that the world is in a very bad shape. There is much of corruption, exploitation, merciless killings, terrorism, a lot of casteism and communalism, pollution, global unrest, mutual hatred and a total crisis of character. Man, machine and money are the modern day trinity. Morality is a casualty. Inflicting untold miseries and sufferings on our fellow beings is the rule of the day. All this needs to be reformed. But who is to bell the cat? It is we, the children, who have to complete the task.

Today the dire need of the hour is imparting of moral and spiritual education in schools, for "the simple cause of making the young ones strong, brave, courageous and valiant enough to fight the unending list of evils.

Cast in the image of God, man possesses immense potential for creativity and innovation. Every child possesses the potential to become the builder of an ideal society. What it needs is a proper mode of education to mould the child in a way to make him a useful, complete and perfect person. A rock-like character, spiritual wisdom and the quest for 'truth should be drilled in the child at an early age. And from this firm foundation they can be taught mathematics to marine sciences and anthropology to aeronautical engineering. The sole purpose of education is to develop a sound mind in a sound body, to teach virtues of oneness, decency in public life, good manners and behaviour and so on. The great goal of education is not to cosmetically furnish the minds to produce doctors and engineers but to develop the sense of right, duty, honour, love of God and humanity.

Man is the centre from where forces radiate inward and outward. These give him an outward life and an inward existence. Schools must stress on reasoning faculty of man. He must be taught to acquire self knowledge about what is his true place in the universe and his true relation with God.

A child should be taught about the various golden moral values and virtues. Moral and spiritual values should be infused in a child. He should be taught to differentiate between right and wrong and which value to put into practice at what point of time. All these gems of beautiful values will adorn the bright and glittering personality of a child. The child will be all set and prepared to face the right and wrong of the world and to eradicate all evils right from the roots. Such bold personalities will help in establishing a peaceful and prosperous world.

The world has witnessed many wars, battles on the basis of caste, creed and colour. It is lack of a global understanding that stops mankind from living together.

Global understanding and mutual brotherhood is attainable only when children are taught not to see others through rose-coloured glasses and to find fault in others. Values like universal brotherhood, faith in one God and one mankind should be inculcated in a child at an early age. This would surely ensure a brighter tomorrow.

It is high time people realised the need of the hour and rise to the occasion of bringing back the past glory of mother earth and restoring its pristine purity. Only moral education would lead us to attain our ultimate goal of peace on earth and who can take a better initiative than the budding future generation of this world?

Sudha Goyal
(Principal)



Let your STRESS go...

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they would be asked the – half empty or half full- question. Instead, with a smile on her face, she inquired, "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it is not a problem. If I hold it for an hour, I will have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass does not change, but longer I hold it, the heavier it becomes."

She continued, "Stress and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you feel paralyzed- incapable of doing anything."

It is important to remember to let go of our stress. As early in the evening as we can, put all our burdens down. We need not carry them through the evening and into the night. Remember to put the glass down.

Managing stress is easier said than done. Life is always demanding... the never ending bills, family responsibilities coupled with professional tribulations and the ever increasing desire to achieve more, keeps us on the edge.

But I feel that we have more control on our lives than we think we have. Actually the simple understanding that we can control our lives is the basic foundation of stress management. We need to take charge of our thoughts, emotions, schedule and the way we deal with our problems and we need to do it immediately.

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths." - Etty Hillesum

Seema Bhati
(Junior School Head)

THE INITIAL'S BUZZ

The little Highlanders became knowledgeable under the various transdisciplinary themes. From Pre-nursery to Kindergarten, they enjoyed widening their horizons by learning about transport, clothes, plants, migration and lifecycles respectively. The children made their parents and teachers proud by confidently conducting the Student Led Conference. After all the hard work, they sure deserved a break! The little ones enjoyed their day out to Aapno Ghar. They were seen becoming risk-takers by trying out all ride and swings with full zeal and enthusiasm. It was a day full of fun and frolic.

Rupa Chauhan
Initial School Head





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Confidence, Independence and Enthusiasm in Learning...



Student Led Conference (SLC) at Scottish High International School was held on 2nd February 2013 for all grades of the Primary Years Programme, Pre-Nursery to V. The SLC, held every year at SHIS, is a two-way communication between parents and students. In this event the students take their parents through their journey of learning presenting their understanding of the knowledge of the year. They showcased their skills by sharing took their parents through their portfolios with



by
gained in the course
their learning confidently and
aplomb.



Students in the final year of the PYP, grade V, are busy carrying out an extended, collaborative inquiry for the PYP Exhibition scheduled for end March 2013, under the transdisciplinary theme, Sharing the planet. In this penultimate stage of PYP, the students engage and report on an in-depth, collaborative inquiry that provides students with an opportunity to demonstrate independence and responsibility for their learning. The PYP exhibition enables the students to synthesize and apply their learning of previous years, and reflect on their journey through the PYP and demonstrate how students can take action as a result of their learning. Our students are working on issues of finite and infinite resources, global warming, pollution, literacy and population.

Learning about the need to use transport to move from one place to another has our little ones from Pre-Nursery involved. They have been learning about different means of transport



and the respective safety rules. Nursery children are becoming committed towards healthy eating habits and empathetic towards plants. They made picture dictionary on fruits and vegetables as a part of their learning of this unit on food from plants. While comprehending the need for clothes, the students of nursery dressed up figure cutouts using resources of their choice. They even visited a mall to see the different types of clothes and accessories available in the shops.



The kindergarteners have traced the continuum of their own lives so far and learnt about the life cycles of frog and butterfly.

During the unit they have become knowledgeable about the differences and similarities between physical characteristics of living beings. Through the unit on migration the children of Kindergarten are learning to become open-minded by understanding the need, reasons and the effects of migration.

Excited about sharing their understanding of society being shaped by the community helpers, had the grade 1 students set up a pretend community to demonstrate the connection between these helpers and our lives. They visited Galleria market in this regard. It was heartening to learn about their aspirations to contribute to the community when they grow up. Grade 1 also reached out to express themselves in many ways through opportunities like making puppets to tell stories or use clay to create artistic wonders with their hands. They have comprehended different ways to communicate information and how these means compare with each other. Observing silent hour in the classes added to their understanding of non-verbal communication.

Grade 2 has been discovering, collecting information and analyzing the processes that food products undergo before they reach our tables. To further enhance their comprehension, they have visited a farm and a supermarket to understand the nuances of organizing the process and people involved. The students have learned about landforms, the ways they can change over time and more importantly the need for disaster management. This was, aptly, demonstrated by our students while describing the physiographic changes in Gurgaon over the last 15 years.

Research on architectural structures from all over the world helped our learners of grade 3 to foster self-motivation and enthusiasm for learning and expressing themselves. Thoughtful reflection on the culture and beliefs of these structures aided the students to develop comprehensive understanding of the unit. Gathering evidence on the role inventions play in our lives, homes, school and by visiting Megacity Mall made the children of grade 3 recognise the usefulness of inventions. A weekend of giving up on some inventions made them appreciate the inventions and inventors.

Grade 4 has been learning about folk art and human body systems. They have understood how folk art reflects the culture of places for example, Africa and China. Their enhanced learning could be seen in the finesse and superior art forms created by them to demonstrate their expression. They made amazing models on human body systems, thus, displaying their understanding of the interdependence of the internal systems of the human body. Kudos to the intricacy and detailed presentations made by our fourth graders!

As we approach the end of another school year, we wish to thank all parents for being a part of the journey of learning of our PYP students. The field trips, expert lectures in person and through Skype and not to forget being active participants in our reading programme have definitely enhanced the learning curve of our highlanders!

“Know what you are doing. Love what you are doing. And believe in what you are doing.” – Will Roger

Chandrei Choudhury
Assistant PYP Coordinator





Medley of Activities

Activity report



Nationalistic Fervor, Solemn Graduation Ceremony, & Unique Cooking Expedition all take place at Scottish High!

The traditional Republic Day Celebration was held in our School Grounds with a grand March Past by the Middle School students, Ceremonial Inspection of Guard of Honor by the Principal Mrs. Sudha Goyal, rendition of patriotic songs, poetry recitation, declamation and a robust 'bhanga' dance. The students took a pledge to work for the progress & harmonious co-existence of all fellow Indians at the Function.

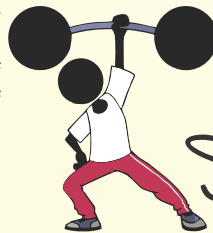
On 23rd January 2013, the Management, Staff & students bid Farewell to the outgoing batch of students of Grade 12-I.S.C. & I.B.D.P. The Function commenced with the Graduation Ceremony in which the passing out Highlanders lit the candles of luminescence and passed on the baton to the Eleventh Graders. They wore majestic gowns & caps and received Graduation Certificates as well as the School Memento on the Occasion from the Chairman of the School, Mr. Kartikay Saini. He wished the outgoing batch the very best for a bright future ahead. The Principal Mrs. Sudha Goyal conveyed her good wishes and blessings to them as well.

A cultural show was presented by the students of Grade-11 which included songs, dances, according 'titles' to their seniors and fun – filled games. This was followed by a lavish dinner and dancing to the pulsating beats of the DJ. A unique 'Cooking Expedition' was undertaken by the students of Grade XI & XII IBDP on 25 January 2013. The objective behind this exercise was to provide the students with the opportunity to learn and appreciate the life-skill of cooking as well as to imbibe the value of dignity of labor. The students were organized into groups with innovative names like 'Charismatic Chillies', 'Korean Spice', 'Southern Tambis', 'Rasoiyas' etc. They worked together in tandem to cook delectable delights which included vegetarian & non-vegetarian fare, snacks, rice dishes and desserts. The aesthetic garnishing and table décor with colorful crockery enhanced the ambience & served as appetizers for all present. Their enthusiasm earned much appreciation of the judges. The budding chefs received profuse praise for their maiden effort and the food prepared by

them satiated everyone's taste buds. The underlying message of valuing each & every morsel of food and to endeavors to eradicate hunger from the World was conveyed by the projection of videos highlighting the global problem of starvation & poverty. Motivated by the Chairman of the School, Mr. Kartikay Saini, the students took a pledge to make 'Food for All' a reality.



Pooja V. Bahl (H.O.D. – School Activities)



Sports

The month of January started with the practice of Republic Day celebrations where students of grade VI to VIII participated and performed very well. Our School Principal Ms Sudha Goyal was the chief guest. The Parade commander Anant Singh along with the whole contingent gave the general salute to the chief guest followed by the National Salute, inspection of the parade and March past. Vanshika and Anoushka being the pilots escorted the chief guest throughout the function.

The NCC cadets performed the guard of honour to the visitors from the TGELF organization. G S Rithu commanded the guard of honour. Vrinda Batra of class VIII and Ishita Tanwar went to Trivandrum for the trials of Soccer 14 Girls Indian Team for Asia Cup where both the girls were selected for the camp. In the final team selection Ishita Tanwar got selected in the under 14 girls Indian Soccer team. NCC cadet Ananya sharda appeared for the NCC A certificate exam 2012-13 result of which is awaited.

Now the Highlanders are preparing for the final exams and I on behalf of all sports department wish them best of luck.

Darshan Gahallot (H.O.D. - Sports)



Dance

"Dance is the hidden language of the soul. Nobody cares if you can't dance well. Just get up and dance. Great dancers are great because of their passion." — Martha Graham

Children were very excited for the 26th January preparations after their winter break. Everyone participated for the practice sessions with full feel of patriotism and enthusiasm, because they wanted to perform excellently on that day.

A special Assembly was on 15th February; although the students were occupied in the preparations for the exam still they were passionate about the dance. And they spared good time in learning the dance. Their performance was highly appreciated by all. They were looking very good in their colorful costumes and make overs.

On the occasion of the birthday of our honorable Chairman sir, the students performed to celebrate the occasion. The loud noise of appreciation by the audience was a clear proof to their remarkable performance. The efforts of the students were highly appreciated by chairman sir.

I feel proud to see the performance and growth of my students. I am hopeful that they will improve more towards perfection in the times to come.

"Let your life lightly dance on the edges of Time like dew on the tip of a leaf." —

Radindranath Tagore

Sweta Thomas (Dance Teacher)



Craft

In the primary section all the topics of art and craft are related to the key concepts of the unit of inquiry going in the grades. Grade 1 has started drawing cityscape and garden scene whereas in craft classes they are making puppets with different materials like ice-cream stick, sock, paper puppet etc related to the story which they have made themselves. Grade 2 has started drawing their favourite holiday spot and cityscape. Grade 3 and 4 have started with a project i.e. Three R's (best out of waste) which further will be assessed by a summative assessment. They are also doing origami composition and folk art (group activity). Grade 5 had almost finished with a survey on person's



perspective by showing famous painting; they had interviewed different family members for the same. In optional activity grades VI upwards continued the same.

Amita Gahallot (Sr. Coord. Art & Craft)



The last two months proved to be full of activity for the music department. The school choir performed at the Epicenter Brother raise your flags and Master Ranveer Saini sang **Ae vatan** celebration of the Republic day. The choir, school band and solo singer Rithu GS also performed at the Music competition organized by Amity International School Pushp Vihar. The evaluation by the IB team also had praises for the music department for their innovative ways of teaching.

Tony Fernandes (WM Teacher)
Sachin Gakhar (IM Teacher)



ICT

Our School collaborated with Formula 1 in October 2012 to instantiate the F1INSCHOOLS challenge, the first time ever in India. In this challenge, teams of students deploy CAD/CAM software to collaborate, design, analyze, manufacture, test, and then race miniature gas powered balsa wood F1 cars.

The regional finals of the competition were held in January 2013 in Amity University campus, Noida.

Our team from the junior category comprised of six students from grade VII, Udayveer Singh Taneja, the Design Engineer Neeyati Jhangala, the Resources Manager Arushi Singh, the Design Manager Rakshit Jaiswal, the Sponsorship Manager, Swastik Aggarwal, the Team Manager Sohail Singh Toor, the Manufacturing Engineer.

Working in a team of six, each student was assigned a significant role. The team designed the car in SolidWorks software, prepared a business plan, designed a portfolio, prepared a verbal presentation for judges and raised



sponsorship. Teams were judged on car speed, as well as supporting evidence of their design, verbal presentation, portfolio and marketing display stand in "the pits".

The Highlanders expressed themselves confidently in all the events such as Portfolio judging, engineering judging, Verbal presentation, track races, pit booth display and the design judging. There were 13 categories and 88 schools competed in the competition. Our highlanders were the youngest contenders in the competition. They earned tremendous appreciation and recognition by judges and fellow participants throughout the competition.

They have done us proud by bagging the Best Portfolio award in F1INSCHOOLS Regional Level competition. Truly this competition has paved the way for young minds to acquire knowledge and skills and apply them in a practical, imaginative, competitive and exciting way.

Ashima Shrivastava (H.O.D. - ICT)



Visual Art

'All significant and historically important art movements were influenced by someone's vision for something unique, someone's means of expressing themselves out of the box. A handful of European artists—Vasily Kandinsky, Francis Picabia, and Robert Delaunay—presented the first abstract pictures to the public, Inventing Abstraction (1910–1925). A centennial of this bold new type of artwork, traces the development of abstraction as it moved through a network of modern artists, from Jackson Pollock to Piet Mondrian sweeping across nations and across media. Abstraction indicates a departure from reality in depiction of imagery in art. This departure from accurate representation can be only slight, or it can be partial, or it can be complete. Abstraction uses a visual language of form, color and line to create a composition which may exist with a degree of independence from visual references in the world.

Western art had been, from the Renaissance up to the middle of the 19th century, underpinned by the logic of perspective and an attempt to reproduce an illusion of visible reality. The arts of cultures other than the European had become accessible and showed alternative ways of describing visual experience to the artist. These artists felt a need to create a new kind of art which would encompass the fundamental changes taking place in technology, science and philosophy of their times. Psychology of times.

Dhara Mehrotra (H.O.D. - Visual Art)



The chilly morning air was rife with excitement at the Scottish High International School, Gurgaon as the teachers and students put together a gala show of patriotism to commemorate the 64th Republic day. The campus came alive with a patriotic zest as colorful balloons in saffron, white and green adorned the building.

The celebrations took off with the Rashtriya Salute followed by the unfurling of the National Flag by the honorable Principal, Mrs. Sudha Goyal. Next was the Inspection of Guard of Honor by the Principal. The celebration progressed with the March Past by the students of grades six, seven and eight. The Highlanders heralding their flags marched in the order of their clans – Anderson, Boyd, Lamont, MacArthur and the NCC group. Later, Mrs Goyal addressed the students. She congratulated them on the occasion and reminded them about the significance of the day. The Principal emphasized on the fact that students are the pillars of the nation's future and encouraged them to take responsibility for a brighter tomorrow.

The campus echoed with patriotism and a poem dedicated to the Indian soldier was recited. Next was a song in Hindi 'Hum Ek Hain' which depicted the secular spirit of our motherland. This was followed by a talk on National Voter's Day. The students paid tribute to the martyrs by singing 'Hymn of Nations.' The school's under-privileged section was not far behind in paying homage to the martyrs. They belted out the patriotic song 'Bharat Ma Ki Santaan Hain Hum' and participated in the March Past with gusto. The highlight of the day was the dance performance on the slogan of Shaheed Bhagat Singh, 'Rang De Basanti' that seemed perfect for the occasion. The students in their vibrant outfits moved to the tunes with gaiety and fervour. The celebration reached the Grand Finale with the national song 'Vande Mataram' rising in the air. The Highlanders concluded the ceremony by singing the School Song. Jai hind.

Hina Rizvi Ehsaan (English Teacher)





Heritage Club

"Why not let all the nature possible into the school-room and into the school-books at this season and make the pupils feel that contact with nature is essential to their daily health, joy and success?" - Alice Hall Walter

On 26th Dec Heritage club organized a trip to sultanpur Bird sanctuary for bird watching in pleasant natural environment. We set a date with nature and left the madness of the city life behind. When we entered the sanctuary the raucous sounds of hundreds of birds speaking at the same time was to be heard to be believed. There were narrow mud bunds built between the lakes for going deeper into the park. On both sides were 5-6 ft high scaly grass plants which hid a variety of small animals and big bulls or neelgais. Observation towers were built, but were in a state of disrepair.

There was a bit of fog in the morning and the sun was playing hide and seek for quite a while. Most of the birds were shying away from a crowd of children who were excited and making noise.

The middle of the lake was the place where the birds could be seen and children were fascinated and one could see the wonder in their eyes and in their shouts. Children were a little disappointed since birds were not in large numbers as expected during peak season but of course there were plenty of photography opportunities as one could see children vying to catch pictures of the migratory flying jewels. It was indeed an awesome nature and wildlife day. Children learnt, enjoyed and experienced the natural habitat for bird's local as well as migratory birds that came along from Europe, Siberia and Afghanistan.

They say 'Questioning' is the best way to acquire knowledge. The Heritage Quiz was conceptualized with the intention of creating awareness amongst students to discover India and to know about its rich heritage and to understand its past to prepare them for future.

Four most passionate teams from four clans participated to fight the battle of knowledge.

It was such a treat to see those hands go up and hear those 'yeses' one of my favorite parts of being a teacher. The Quiz comprised of Questions from various topics. Five rounds multiple choice round, Buzzers round, rapid fire round kept the participants rapt with attention. When participants failed to answer, the students (the audience) did.

Bravo to the winners

1st place – clan Macarthur

2nd place – clan Anderson and Boyd (a tie)

3rd place – clan Lamont

The heritage India quiz indeed was a way to rouse young minds which instilled a spirit of Quizzing in them.

Ranjna Makkar (In-Charge)

Psychological Mental Health & Well Being

A counselor workshop was held in the month of February 2013 for all the girls of Grade 5, titled 'Things You Should Know'.

The aim of the workshops was to inform the girls aged 9 – 11 years, of the physiological changes they would soon be facing or were already going through and the emotional state that accompanies these changes. They were presented facts as well as tips and suggestions on developing a solution centric and positive attitude when faced with such confusion and challenges.

As young girls who would soon be entering into the middle school and would undergo transitions in various spheres of their lives, academic as well as social, they were also imparted safety training and discussion about respect to self and thus in turn high self esteem.

The workshop was followed by a lively discussion between the counselor and the girls and questions slips were given to the girls so that they may ask questions anonymously. A follow up feedback session was held to address all the queries of the girls in order to clear any ambiguity in their minds regarding these changes and strategies on dealing with the same.

Sonali Dyal - School Counsellor

If I Were a Teacher for a Day

If I were a teacher for a day
I would teach in the bright sun ray
For the kids love to study and play
Children would learn Maths, English and UOI
And for lunch we would all have an apple pie
We would learn to draw a candy cane
A bus or a car or maybe a train
Then we would play and run
And go for swimming and have some fun
Now that is a lot of fun
It's time to get some work done
That's what I will do if I were a teacher
I will be a friend and not a preacher
- Suhanee Bhogra, 3-C

examination

oh! it's examination
must study with concentration
English with it's punctuation
Maths with it's calculations
geometry with it's construction
history with it's civilization
civics with it's man's nation
geography with it's population
economics with it's production and satisfaction
physics with it's variation
botany with it's classification
chemistry with it's equation
moral science with it's motivation
general science with it's information
computer with it's application
so, there is no time for relaxation
when will i get a promotion
to another class of confusion.
- Dhanvi Makkapatti, 6-F

THE UNIQUE FUNNY SIDE OF THE ENGLISH LANGUAGE

English is a global language. It is the medium of communication between people of different non English speaking countries. This beautiful and rich language has a funny side as well. Words, meanings and definition are sometimes written in ways which has no explanation as to why it is structured that way. We speak it, we write it and we agree with the way it is without asking questions, but contrary to fact there are people who are more curious and allow their imagination to go beyond just words and meaning. Some examples of the unique nature of this language are given below:

- Well begin with a box, the plural is boxes but the plural of ox becomes oxen, not oxes.
 - One fowl is a goose but two are called geese yet the plural of moose should never be meese.
 - You may find a lone mouse or a nest full of mice yet the plural of house is houses, not hice.
 - If the plural of man is always called men then shouldn't the plural of pan be called pen?
 - If I speak of my foot and show you my feet and I give you a boot, would a pair be called beet? If one is a tooth and a whole set are teeth, Why shouldn't the plural of booth be called beeth? We speak of a brother and also of brethren but though we say mother, we never say methren.
 - You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out, and in which an alarm goes off by going on and, in closing, if father is Pope, how come mother's not Mope?
- Sometimes I think all the folks who grew up speaking English could be running the danger of being called verbally insane. Hats off to this rich language!!!

Editor's desk - Monisha Roy Chowdhury



CLANS

ANDERSON

Greeting Andersonians!!

New year is a great time to convey heartiest wishes to all Andersonians. Looking back we feel proud of the wonderful year of achievements of our clan. It's now time for new beginnings and we need to gear up for 2013. The month of January had all tutees (grades VI to VIII) march to pay their tribute to our country during the Republic Day celebrations in our school. At the start of the new academic session for grades X ICSE and XII ISC, I'd like to remind all tutees that they are capable of working miracles; all that is required is to find the key that unlocks the doors to success. Good luck to classes VI to VIII and IX IGCSE who are facing their final examinations.

Jyotika Singh

Quote

It's not how high you build your dreams that makes a difference, But how high your faith can climb.

BOYD

Quote

Don't wait for extraordinary opportunities. Seize common occasions and make them great.
- Orison Swett

Greetings Boydians!!

After an eventful last few months, it's time to burn midnight oil now. With exams round the corner, we wish our class tenth and class twelfth students good luck for their board exams and hope they make us proud again this year. For other classes, who would be appearing for their annual exams now, we also wish them good luck. So, let's get into the study mode now and work hard to score well in the upcoming exams.

All the Best!!!

Mamta Nath
LAMONT

Greetings Lamontees!!

The clan activities in the last few months kept the students on their toes. It is time now to put their shoulder to the wheel and gear up for the Annual exams. As our motto goes 'Never Unprepared', we are sure that the students will drain their exam tension and put their best foot forward. We wish all the very best to the students especially the ones taking their board exams this year. We are sure they will pull it off with flying colors.

Maya Sharma

Quote

Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.
- John R. Wooden

MACARTHUR

Quote

Gaze Upward, Look Inward,
Reach Outward, Press Forward
Always as
When the time to perform arrives,
the time to prepare has passed

Greeting Macarthurees!!

The session has ended even though clan did not secure any position in sports and general. But we are happy to report that they have put a smart performance throughout. Our warm wishes to all the students of classes X and XII in their examination. The new session of class X and XII have begun and I strongly advice our students to put their shoulders to their veil and not wait to their 11th hour and thus have burn midnight oil. It is in the hands of our clan members to report our past performance both in and out of the class. So, let's promise ourselves to make this our goal.

Urmila Rana

Seniors

No matter how much we do to prevent it, exams are almost always going to be accompanied by stress. Therefore, the best thing to do is to manage the stress and make sure that it does not break down your physical, mental or emotional health

Managing Stress During Exams

Plan Your Time Wisely

Set aside portions of your day as 'study blocks' - 2-3 hours of concentrated study time.

Arrange for study blocks to occur during your peak concentration hours (i.e., if you do your best work in the morning, schedule a study block after breakfast).

While studying...

Try to create a study environment that will be similar to the environment in which you will take your test. This usually means a

quiet environment with few distractions (no TV, no radio, etc.).

Pitfalls of Perfectionism

Prior to the exam, schedule your study time wisely and make good use of the time you set aside.

Some healthy tips to get you through exam time:

Eat a nutritious, well-balanced diet - your body will need those extra vitamins and minerals. Eat at least three meals each day; and moderate your intake of fat, sugar and caffeine.
Get plenty of sleep and try to make your sleeping patterns as regular as possible.

Make time for personal time. Doing an activity that you enjoy will improve your mood and will help you return to your studies feeling refreshed and relaxed

Geeta Sikka(ICSE Co-ordinator)



THE GLOBAL
EDUCATION & LEADERSHIP
FOUNDATION

(tGELF)



A group of visitors came to our school on Wednesday February 6, 2013. The group was on a study visit to India to engage in collaborative projects with partner schools through tGELF. The processes and functioning of school boards and school management was of particular interest to them. The members included :

- Ms Wendy Parmley, Co Founder and CEO The Trans Continental School Innovation Alliance—TSIA
- Mr Rob Briscoe, UK Education Advisor and Founding Partner, TSIA
- Ms Karen Gallagher, Chair Governors, Canon Lane School, London
- Ms Sarah Skerton, Vice Chair, Governors, Canon Lane School, London

Geeta Bedi (tGELF In-Charge)

CAS - IBDP

Helping people with special needs at IIC Lodhi Road on January 13, 2013

13 Highlanders of Grade XI IBDP participated as volunteers for the first convocation ceremony of Manovikas IGNOU community college on 13 January 2013 at India International Centre, Lodhi d New Delhi. Mr. Arvinder Singh Lovely was

Students extended their support and care to 31 young people with intellectual and development disabilities including Autism and cerebral palsy.

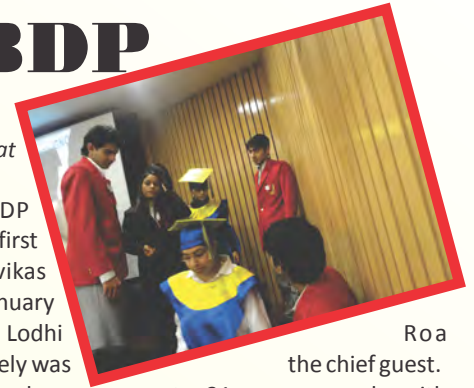
After understanding the special needs of these differently abled people from Dr. Alok our students extended their support and care which includes helping them in dressing up in ceremonial gowns and caps, arranging chairs in auditorium and stage, making sitting arrangements for parents and guests, putting up signboards, escorting students, parents and guests to the stage and helping them in receiving the awards, trophies and certificates and looking after their personal needs.

Our students helped the organizers in distributing the souvenirs, convocation address and information booklets to parents and guests. Our volunteers also helped in putting ramps, chairs and stage management for the people with special needs.

The Highlander's efforts were appreciated by all.

They received the appreciation certificates by Mr. Vikram Dutt, President Manovikas charitable society for their remarkable service and support. The enthusiasm of student volunteers indicated their feeling of empathy which further strengthened their belief in community service.

Ms. Kavita Yadav (CAS Coordinator)



IGCSE



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How to prepare for Exam:

"How to Prepare for Exam?" A big question that you always ask yourself. Here are some tips that may help you. Dear student friends you people may be of different types. I know, many of you, no all of you are so brilliant students. Yet there may be some problems regarding your studies. Many of you may be working hard and getting good marks and some of you may not be working hard but still manages to get high marks in exams, Others may be wondering how it happens? And also there will be a few of you study well but still not able to score well in exams. Don't worry there are some very simple tips by following which you can become master. These tips will tell you, 'How to prepare for a high school exam'.

NO Distractions

Keep all unimportant issues at bay. Right now, the examinations should be your only focus. Stay away from distractions that could cause loss of concentration or unwanted anxiety. Stick to activities that do not break your study continuum.

The Power of Positive Thinking

Spend time with people who have a positive effect. It will rub off on you. Avoid negative thoughts, such as 'Everyone else seems

better organised, while I'm struggling.' Challenge such thoughts with positive thinking; for example, 'I have done well in exams before.'

Maintain a Regular Sleep Pattern

A regular seven hours of sleep is mandatory for the body to function well. It is not important whether you study late or get up early, as long as you get into the habit of being most alert at the same time as that of the exam.

Never Malpractice in Exam Hall.

Dear students never malpractice in exam hall as it may even affect your marks and also sometimes you won't be allowed to continue the exam. If you don't know answer doesn't write. Keep in mind that you are writing exam for you, to prove yourself. There will be no problem if you have followed the above steps, For sure you can score good marks.

Finally, Don't be lazy. Success does not favour those who do not aim and work hard for it. Do your part and for sure you will be ready for any kind of exam out there. After all, success will be right at your fingertips if you choose to seize the moment!

Pawan Mittal(H.O.D. - Mathematics)



area & perimeter

Area and perimeter
In and around,
Use your brains
To have no doubt.
You measure perimeter with
pleasure,

Twice length and twice breadth
You add together, do it at leisure.
To get the area
Multiply the length and breadth
Do it, it's easy
There's an answer to get .

- Aakriti, Devika, Tejaswi, 4-I

be like my HEMA MAM

Mama if u want to teach ,teach like our Hema Mam,
With children you should be strict but witty
I asked him to say more about Hema Mam's quality ...
He started describing mam...
Our Hema mam makes the subject interesting
By adding a pinch of funny twinkling...
Our mam gives us freedom to make us independent
But keeps a watch to make us more confident..
She is there whenever we need her
Mama ,I never miss u when I am with her..
She is caring , she is nice
She is always there to shield us from bad entice..
She makes us understand dos and don'ts
She teaches us what is right and what is wrong..
She gives us space to flow
She is always there to make us grow.
She motivates us every day with her smile
That makes us strong to go an extra mile.
Mama, if you want to be a good teacher be like our Hema mam
I am sure all the children will love you
The way we love our Hema mam...
- Sayon Das, 3-B

Alone in a Classroom with an Open Window

Alone in a classroom with an open window,
I gaze outside and my thoughts wander,
So many houses, so many lives,
So many hopes and dreams;
yet so little opportunities or time,
Too old to have questions,
too young to make a difference,
No experience, little knowledge,
Unsure about limits, still learning.
Alone in a classroom with an open window,
I gaze outside and my thoughts wander,
Don't know who's fake or who's not,
Whether what you say is true or what,
Tough decisions, too many options,
One mistake, regrets forever,
Holding a reputation for something you are not,
Not understanding why or what,
Knowing there is a reason but knowing it not.
Alone in a classroom with an open window,
I gaze outside and my thoughts wander.
- Ishita Trikha, 7-C

A DAY WITHOUT STATIONERY!

Once I had a horrible dream,
In my dream –I heard God's voice scream.
He said I never kept my things in place –and this is what I was punished
for,
Now I looked disappointedly at my empty drawer
I had to live without any stationery for a day,
How will I manage my work , I had to find a way.
If there is no coloring,
Everything will look so boring,
I will miss my stickers , colors and glue,
To do my work I have to look for something new.
I went to my garden and picked up a banana leaf,
When my mother saw me she asked me what was this mischief .
On the leaf I used a toothpick to write,
I was sure I will be successful, my idea was so bright.
With tears in my eyes- I wrote,
God I am sorry in -my note.
I asked him how will I get knowledge without a book,
Then I thought nature will teach me –if I experiment ,explore and look.
Exploring was okay but- how will I decorate,
Then with petals and feathers –I thought of new designs to create.
Thinking of new things –tired I slept,
God smiled in my dream- his promise he had kept
My stationery was kept in a golden bag,
"Keep working hard and exploring " –was written on the tag.
- Anika Hingorani, 3-C

A Beachy Dream

At seven when I go to bed,
I see these pictures in my head
A beautiful beach and sparkling sand
Which shines like diamonds when i hold it in my hand?
Mermaids popping out of the ocean
I wonder if they have got me a magic potion
While eating jelly and ice cream
I wonder if I am in a land of dream
At seven when I wake again
Everything around looks so plain
No mermaids no ocean cool
There's my water bottle all ready for school
No jelly no ice-cream
Now I know it was just a dream
- Suhanee Bhogra, 3-C

on being a Fledgling to the PYP

As I step at the gates to the PYP
Navigating through the Strands and all
Entwined in Attitudes and Profiles
You guessed it right - I am in a haze
When will I walk into that light?
To be exhilarated by the sight
Of the rainbow glistening in the dewdrops every morn
For it will be truly then, that to the PYP fraternity will I
be born.
- Anonymous

NCC
National Cadet Corps
Unity & Discipline



Having completed the parades on field training, the balance of the parades were held indoors wherein a series of lectures were delivered by the Colonel on subjects as varied as leadership qualities, personality development and adventure activities offered by the NCC. The cadets were briefed about the historical background and the significance of the LOC i.e the international border with our neighboring countries, mainly Pakistan and China.

As a part of military history, the Colonel dwelt upon the wars the Indian army has fought since the independence to safeguard our borders. Kargil war also known as 'Operation Vijay' was covered in detail. On 6th February, 2013 forty-two smartly turned out boys and girl NCC cadets commanded by Cadet Ritu presented a ceremonial guard of honor to the tGelf organisation guest delegates in the school premises.

It is the possibility of having a dream come true that makes life interesting and who personifies this better than our NCC Highlander cadets in particular.

God Speed - Scottish High

Lt.Col. D.S. Dabas (Retired)



'SATISFACTION' IS MORE THAN JUST A WORD... IT'S A FEELING.

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MJ's Corner

A Dish of Ice Cream

In the days when an ice cream sundae cost much less, a 10 year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him. "How much is an ice cream sundae?"

"50 cents," replied the waitress. The little boy pulled his hand out of his pocket and studied a number of coins in it.

"How much is a dish of plain ice cream?" he inquired. Some people were now waiting for a table and the waitress was a bit impatient. "35 cents," she said brusquely. The little boy again counted the coins. "I'll have the plain ice cream," he said. The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and departed. When the waitress came back, she began wiping down the table and then swallowed hard at what she saw. There, placed neatly beside the empty dish, were 15 cents – her tip.

Moral: Don't Judge the book by its cover!
Resourced by Monica Jajoo



Golf News

An in House Chipping Competition was organized for the students of Scottish high

International School on 22nd February, 2013. The competition received an overwhelming response, with more than 100 students participating in the same. Ranveer Saini VI-D was the winner in 11yrs and above category while Akul Vaishnavi IV-H & and Vrinda Gahlot IV-C were the winners of Under 10 yrs category. The winners were awarded trophies in the school Assembly.

Anitya's Golf Tip Of the Day

Keep your Backswing Short for more Control

A lot of times I see junior golfers swing the club back too far in their backswings and this results in a variety of problems in ball striking – from inconsistent contact to lack of direction. This over swing can be due to heavy clubs, lack of strength or simply trying too hard to hit the golf ball.

It's a good idea to learn to control the length of the backswing from an early age. Here's how to do it - when you swing a 6 or 7 – iron back, make sure that the shaft of the club is at parallel or less than parallel to the ground. In case the shaft is dropping beyond parallel at the top of the backswing, it means that you are swinging the club back too far and are likely to lose control of the shot.

Keep the length of the backswing short and you will see an improvement in the quality of your ball striking!!



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