



# SCOTTISH HIGH<sup>TM</sup> INTERNATIONAL SCHOOL

## THE NORTH WIND

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### From the DIRECTOR'S DESK



#### 'SPACE' FOR EVERYONE

Space is a simple word but with depth beyond words. From the tiniest insect to a human being, every living thing needs space to grow. A little larva needs to be left alone in its cocoon and in time turns into a butterfly. A plant grows best when it's nurtured, but not touched. A tree in a restricted space won't find its roots and will eventually wither away, but if sown in the ground it will grow to full potential. A plant left in the wilderness blossoms abundantly, displays its true colours under nature's nurture. Bring the same plant to your home, tend to it and protect it with the best of intentions, it may never grow as it would have in its natural space. Animals prosper best in their natural habitat. Any living thing kept in artificial surroundings will not display its true characteristics but will perhaps take on those of the surroundings to which it is exposed. The same rings true for our children. Too much attention, positive or negative, can hamper their natural ability to grow and think. Research shows that children who are nurtured by adults who give them space grow into more confident and responsible adults than the ones who are constantly told what to do. As Haruki Murakami says "Adults constantly raise the bar on smart children, precisely because they're able to handle it. The children get overwhelmed by the tasks in front of them and gradually lose the sort of openness and sense of accomplishment they innately have. When they're treated like that, children start to crawl inside a shell and keep everything inside. It takes a lot of time and effort to get them to open up again. Kids' hearts are malleable, but once they gel it's hard to get them back the way they were." Give children space to question, to explore, to make mistakes and most importantly make their own choices. Give them space to be themselves, to do what they want to rather than what others want them to. Let them learn the consequences of their choices naturally. Give them direction but don't dictate their action. Isn't it the same for all of us? Each of us needs 'space' to spread our wings. We feel 'stifled' with too much attention, we sometimes even feel 'smothered with love'. All we ask for is 'Me' time. Space. Together we should help our children understand the value of space, to respect each other's space and the sense of responsibility that comes with the freedom of space. If we can do that, we will bring forth into the world a generation that is free to choose, thinks independently and makes responsible decisions. Let's together continue to provide a safe, supportive and nurturing environment to our children that leads them onto a path of self-discovery.

Ms. Sudha Goyal  
School Director

### GOOD MANNERS, A WAY OF LIFE....



*Laurence Sterne said,*

***"Respect for ourselves guides our morals,  
respect for others guides our manners."***

In today's ever-dynamic and vibrant world, where global interaction is the order of the day, need for good manners have become central to our existence. At the heart of good manners is respect for oneself and others, as they convey a sense of respect for the sensibilities of other people. When we are polite and respectful we make the other person feel appreciated.

Children need to know and understand the significance of being well mannered at an early age, this teaching and learning can start even before the child learns to speak. Actions like shaking hands with members of the family, posture of Namaste, waving goodbye are simple things that a little baby learns with ease.

These are few tips on how to help children learn good manners:

- ◆ Teach polite words early- Children need to be exposed to the three magic words 'Please, Thank you and Sorry' around the age of two. It is advisable to make these words a part of daily conversation because children understand the tone and sound of words before they understand their meaning.
- ◆ Model manners- We as adults need to model all the manners we want children to inculcate, for manners are not taught; they are caught. Little children are like parrots, they will repeat what they hear around them. Let children catch the flavor of polite talk through the adults around them, at home and in school. They will just be a mirror image of the adults they see around them.
- ◆ Last but not the least, Acknowledge and appreciate children- The saying that children should be seen and not heard is passé. It is imperative to convey to children that they are little citizens who will one day become responsible adults. Even at a young age their thoughts and ideas need to be heard and appreciated in order to develop self pride and dignity. In order that children respect adults, the adults need to honour and respect them. Good manners should be a way of life and not a tutored lesson.

Therefore, helping children learn good manners will help us preserve the civility of culture and society in which we live. Children will grow up to be kinder and more considerate of others if they learn how to be that way when they are young. Good manners will equip our children to face the challenges in their lives with confidence.

Seema Bhati  
Primary School Principal





# NEWS FROM THE WORLD OF INITIALS

*"Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment."*

**- Maria Montessori -**

With the beginning of the new session, while the process of making the children familiar with the norms of the school and the classrooms continued, at the same time, keeping with the Scottish High tradition of creating bonhomie amongst the new joiners, practices for the Monkey Business and Initial's Annual Day began. While learning to dance to the beats of rhythmic music and going on the stage and encouraging them to perform to the best of their abilities, trying out colourful costumes made the young ones excited and look forward to showcase their talent in front of their parents. And so very admirably they did so on 9th May through the musical extravaganza called 'Cinderella and the Beanstalk.' A combination of two very popular fairy tales, 'Cinderella' and 'Jack and the beanstalk', it transported one and all to the world of fantasy and joy. The young ones indeed stole everyone's hearts with their scintillating performances.

Earth Day was celebrated on 22nd April by explaining the little ones the significance of the day and the need to protect one's environment. Showing pictures and documentaries on You Tube helped the children comprehend better the need to keep the planet clean and green. Discussion on the 3 R's- 'Recycle, Reuse and Reduce', planting saplings, conserving water and electricity were some ideas that came up and with a firm belief that even a small little change on each one's part would make a difference; the young citizens pledged to do the same.

The first Parent Teacher Meeting of the session was held on 25th April'15. While the interaction was too soon to make a comment on each child's development, but it did gave the teachers an opportunity to interact with the parents, make them familiar with the work ethics of the school and apprise them about the overall expectations in terms of holistic growth of their child for the academic session.

One relationship which is always with us is the one we share with our mothers. They are our guiding force and are responsible for making us who we are. Mothers also shape our lives and our personalities and crediting them for the same is something one should do at every opportunity. The little ones, painstakingly decorating the cards for their mothers on this special occasion of Mother's Day, demonstrated their love and affection for them in their own special way!

The Initial teachers, in keeping with the Scottish High tradition, also paid visit to their students home to know them better and develop a deep three tier bond between students, parents and themselves.





Celebrating the contribution made by working women and men across all sectors and class, a special assembly on 'Labour Day' was conducted by students of Kindergarten. Acknowledging and appreciating the work done by their nannies in the classrooms, TPT's and house boys, the children of Initial Chapter were seen handing out decorated cards to each one of them, making them feel special and loved. Emphasis was laid on celebrating the bond of togetherness and valuing each one's work and effort however small or big it may seem.

The deluge of devastation caused by the recent earthquakes in Nepal have been deeply agonizing and there is sense of apprehension and anxiousness amongst everyone. While we all prayed for speedy rehabilitation and restoration of normal life in the region, we at Scottish High, in order to brace ourselves for any contingency, carried out an Emergency Evacuation Drill and also demonstrated precautions and steps to be taken in case of

any such eventualities. Encouraging our children to be empathetic towards the less fortunate, the young global citizens were seen donating food items and other essentials.

With the onset of summer vacations, Scottish High organized a two week summer camp for the little ones, offering an excellent opportunity for the students to foster the feeling of bonhomie and develop a sense of self-reliance. As an endeavour to make the experience enriching, a range of age appropriate and exciting activities for the little ones were planned. With an option to choose from either of the two capsules: 'Beat the heat' and 'Movers and shakers' the children were given an opportunity to explore and extend both creative and physical aspects for their holistic growth. While the former capsule offered a burst of activities like art and craft, storytelling sessions, puppet show, clay moulding, dramatics, splash pool time and much more; the other capsule focused on enhancing gross motor skills through dance and sports. While different dance forms like Jazz, Bollywood, Hip Hop, Contemporary, Ballet, Salsa and more were in the offering to increase the fun quotient; games like soccer, basketball, tennis, cricket, yoga and the like were included for the overall development of mind, body and soul.

Looking forward to greeting the children, refreshed and rejuvenated after the long summer break, ready to take on their journey of learning!

**Ms. Rupa Chauhan**  
Initial School Principal







# PYP

## Getting to know each other



School commenced on 1st April 2015 for our students and everyone looked forward to yet another exciting year of learning opportunities. The session started with new hopes and dreams. Everyone was filled with great enthusiasm, and children were eager to meet their old classmates and friends. The onset of the new academic session began with making the little ones familiar and comfortable in their new environment. With an attempt to encourage the children in becoming knowledgeable and caring young learners; the little ones were initiated into the world of inquiry from the word go.

The youngest of the lot, students of Pre-Nursery are seen focusing on personal profiles, identity and self-awareness through the unit under the trans disciplinary theme 'Who we are', to be developed continually throughout the year. Delving into the nature of self, children were encouraged to talk about their family, their likes and dislikes. With a focus on developing their self-management skills, children were inspired to manage their resources like putting their school bag and water bottle in the respective places, removing their Eric's and placing it on the teachers table; independently. Their attempts were duly appreciated. A discussion on importance of healthy eating habit initiated the changes that comes about as one grows. The same was followed by observing the physical changes that would take place over a period of time by maintaining a growth chart and keeping a record of one's height, weight and hand impression.

The students of Nursery are also seen exploring ways of expressing themselves through stories under the trans disciplinary theme, 'How we express ourselves.' The unit, to be developed continually throughout the year will allow the young ones to explore beliefs and values of different cultures through narration of different genres of stories. Moreover, they will develop abilities to communicate in a variety of ways, clearly and confidently. Looking at different cover pages and flashcards representing different stories provoked the children to share their favourite story and characters with others. Exploring the Initials library and observing the display of variety of books proved to be an eye opener for the little ones too.

The young learners of Kindergarten on the other hand are inquiring about water and how it sustains and generates life under the theme 'Sharing the planet'. Discovering about water facts, learning to represent the distribution of water through a pie chart; brainstorming about uses of water and rearranging the pictures depicting the same through a collage; discussion on dependence of living things on water are some engagements that kept the children involved and engaged. Children were seen taking a round of the school premises, observing areas of water leakage. Taking action of their learning, they were seen reporting their findings to the respective heads. Performing a self-assessment of one's own ability of conserving water by observing pictures has also initiated them to be more responsible towards using water, a finite resource, judiciously.



On 17th April 2015, we had the Poster Making Activity to celebrate our love for Mother Earth. Children from Grades I to V participated and exhibited their idea of an ideal planet. They penned down their thoughts and ideas with relative captions and slogans. It was with pride and hope that we observed these young minds trying to create their ideas of a better environment.

First Parent Teacher Meeting (PTM) was held on 23rd April 2015. The process of parents and teachers getting to know each other was initiated. PTM is an important forum for creating harmonization, coordination and synchronization among parents and teachers so that they can jointly contribute in the development of the students' personality thru education, training, mentoring and coaching.

Monkey Business for the new students who have joined Scottish High family was held on 9th May 2015. The objective of this annual event is to give opportunity to the new students to mingle and develop confidence to adjust to the new environment.

On the occasion of Mothers Day students of Grade I to V made cards and wrote letters to their mothers to express their feelings and gratitude towards them.

The International Dance Day was celebrated on 1st May. All students of Grade 1 to V gathered in the auditorium and danced on different songs from around the world. This art form was celebrated across all political, cultural and ethnic barriers. Students experienced that language of dance brings people closer into a large one global family. Dance is a language of communication that promotes bonding of people from across the world. D.E.A.R Time (Drop Everything And Read) is a much sought after session that enhances self and group reading habits. Under D.E.A.R we will now have a fixed. The goal of the program is to prompt students to make reading a regular part of their routine, whether they're reading solo or together with their classmates, or teachers. Since each student selects a book of his/her favorite genre that he or she wishes to read, D. E. A. R. time conveniently accommodates variety of student interests and ability. Reflections using graphic organizers enables students to make their thinking visible for a fruitful journey.

***Reading is a basic tool in the living of a good life.*** (Mortimer Adler)

**Asstt PYP Coordinators**





***"Success is not determined by the outcome. The outcome is the result of having already decided that you are successful to begin with."***

— T.F. Hodge —

## How PYP helps child to become "Inquirer"

***Millions saw the apple fall, but only Newton asked why.***

Bernard Baruch

The world is becoming flat. In present time, knowledge is constantly developing and students gain knowledge differently, comprehend differently and have different vernaculars. The Primary Years Programme (PYP) is an inquiry-based educational framework designed to foster the development of the whole child as an inquirer, and focuses on the total growth of the developing child, touching hearts as well as minds and encompassing social, physical, emotional and cultural needs in addition to academic development.

The PYP prepares students to be active participants in a lifelong journey of learning. As they develop into lifelong learners, students realize that learning is about being curious, inquisitive, inquirer and asking questions and finding answers. While the learning of information is still a major part of the PYP program, an emphasis is placed on the process of learning and students' awareness and understanding of how to learn.

Naturally curious, children love to ask questions. PYP encourages students to generate deep, thought-provoking questions, exploring, investigating, wondering and questioning, making connections between previous learning and current Learning, making predictions and acting purposefully to see what happens, collecting data and reporting findings, clarifying existing ideas and reappraising perceptions of events, researching and seeking information, solving problems in a variety of ways.

***"We can't solve problems by using the same kind of thinking we used when we created them."***

Albert Einstein

**Vandita Pateriya**

ICT Instructor

Board exams are pretty much the first milestone in the life of an Indian student. The IBDP May 2015 batch recently appeared for their final examinations after going through a process of rigorous assessment system for two years. Now it's time to enjoy the results of the hard work and toil. Before our students pass out of School and get into the rat-race, I would like to remind them that learning is so much more than just securing grades, numbers, and college placements. All your Teachers have faith in you and we are sure you will secure a great result. You may be stressed but remember that you cannot change whatever you have written in your exams hence it is advisable to be positive and pray for a wonderful outcome. We all wish you good luck!!

It is time for our present batch of May 2016 examination session to get their acts together so that their scores reflect the effort that they have been putting in and shall put in, in the next ten months. You must not only prepare well, but also ensure that you study through the year and not wait till the countdown starts. Time management, good health and stress control are important ingredients to success in everything that you do. At this time of the year, you must put in your best efforts to the completion of the Extended Essay and all other Internal Assessments including CAS and TOK. Don't take them lightly and do approach them with the kind of seriousness you'd invest in your final examinations.

On behalf of all DP Faculty I extend a warm welcome to the new students who have joined us in the first year of the IB Diploma Programme. We look forward to this journey with you and ensure you that it will be enriching and full of explorations. Our mission at Scottish High is to support you and create a living-learning community where you thrive, belong, and are engaged world citizens. You are the heart and an integral part of our School. I hope your time on our campus will be exciting, challenging you in new and different ways. Your academic success is our top priority, hence study hard, enjoy and experience Scottish High. Have a terrific year!

**Jyotika Singh**

Astt DP coordinator

Each one of us is born with a unique potential. There is enormous zeal and capacity inherent in all of us that we just require a spark to visualize the power within us and reach the epitome of achievement. This thought was concretized to reality by our Highlanders who made their dreams an illustration from the book the soul is writing about. They not only proved their mettle but also came out with flying colours in various scholastic and co-scholastic areas.

Inter Clan Hindi and English Extempore Competition was held for the students of Grade VI-VIII and IX-XII on April 22<sup>nd</sup> 2015 to provide a platform for public speaking amongst the Highlanders. To provide an opportunity where the students could vent out their innermost expressions, an In House Essay Writing Activity in Hindi/English/Foreign Language was conducted for highlanders of Grades VI-XII.

Once again, as is customary, the 'Monkey Business' was celebrated on 9<sup>th</sup> May, 2015 with alacrity to encourage bonhomie amongst new members and the veterans of the Scottish High family.

The School Assembly is both sanctimonious and informative for the students updating them with the rich heritage and culture of India, based on specific themes as Earth Day and Baisakhi which were celebrated colorfully.

Adolescence is the transient phase of life where the students face a lot of turmoil and the major area of concern is "Peer Pressure". To sensitize the students about the same an enlightening Doctor's Talk on 'Peer Pressure' was organized for the students of Grade VI-VIII on May 13, 2015 to enable them to deal with it tactfully.

Safety of the students is our prime concern at Scottish High. Due to recent spur of earthquakes that have destructive effects in all respect, an emergency evacuation drill was held for the students to apprise them with the Do's and Don'ts following the natural disaster –Earthquake, which shook Nepal and some parts of North India. This was knowledge empowerment which is deemed essential to combat any calamity. The students understood the gravity of the situation and wholeheartedly contributed for the Nepal victims so that their life can start at a normal pace again. This was a unique value of sharing, caring and bonding they imbibed through their exemplary conduct.

**Renuka Bhasin**

Activity Coordinator – Senior School





# Medley of Activities

## Art & Craft



In the month of May, Grade 1 students made a composition by using basic geometric shapes. They were encouraged to observe the surroundings and to see what all shapes are around them in different forms. Grade 2 made a composition related to the TD theme "Sharing the planet" and made beautiful compositions like garden, beach and jungle scene etc. Grade 3 to 5 continued with their earlier compositions. Senior school art and craft students compile their work towards the final submission.

On the other hand, summer camp was a hit with the students. Many activities were planned for the students. Activities were as follows: candle making, tie and dye, bag painting, fevicol work, experimental work, basic of drawing a composition, egg activity. Senior students were made to do portraits, landscapes and painting on canvas also.

**Amita Gahallot**  
HOD Visual & Performing Arts

## Visual Art

New students, new session, new connections and fresh ideas triggering many more new creative endeavors in visual art. We bid adieu to session 2014 -15, congratulating all our students on their outstanding performance through their final examinations. We also warmly welcome the batch 2015 – 16 and look forward to their journey ahead.

Art and design syllabus is already on the go and students are settling in as they explore basic techniques and introductory lessons towards their forthcoming assignments. We begin with a photography project with them emphasizing on usage of light, composition and articulation within their chosen themes.

ISC art students explore advanced level in observation study.

As the Highlanders go for their much awaited summer vacation break, the visual art students take back some inception point of thoughts to further develop upon in technique and observation, as part of their holiday assignment. That sets the prelude for art endeavors ahead through the coming months.

**Dhara Mehrotra**



## NCC

Most of the time during the month gone by was devoted to enrolment of cadets for the current academic year. Since the response from the students to join NCC was overwhelming, we had to screen the volunteers to fulfill the vacancies, and the NCC training of Highlanders commenced on a favourable note.

The highlight of the NCC schedule during the month was demo by the local Artillery Regiment where in the cadets not only saw the mighty 'BOFORS' artillery gun from close but also handled its fire control instruments. The Highlanders also saw the small arms & their live ammunition held by an Infantry Battalion. It was a lifetime experience not only for our NCC cadets but also for the 200 students of our school who were lucky to witness the demo. The aim of the demo was to motivate the young ones to don the Military uniform and join the elite officers cadre of the Indian Armed Forces.

PS. The Highlander cadets do not wait for the perfect moment, they grab the moment & make it perfect.

**God Speed - Scottish High**  
Col D S Dabas, Retd.

## Dance

*"If u dance with your heart, your body will follow."*



**Mia Michaels**

Put your heart into dance and dance will never leave your heart...these words echo day in and day out as the students are busy exploring this art form. Students of Grade I and II are venturing into Bollywood/freestyle dance forms of dance trying to construe words into actions. Grade III to Grade IX are exploring their emotions and connecting the feel through imagination and relaxation session. The Highlanders staged a musical dance drama called 'Cinderella and The Beanstalk'. It was a remarkable performance full of sparkle, a breathtaking show indeed. In the summer camp students learned exercises, stretching, balancing and core strength exercises. they also learned contemporary and lyrical dance. The students of Grade IV and V went for Raahgiri, the theme being "Tribute to Nepal". The Highlanders gave a splendid performance.

**Deepak Negi**  
(Dance Instructors)

## IIMUN

Youth represents the Modern India, young mindsets, young visions and new perceptions. The youth today feels an urge to speak up, to stand by itself and its beliefs and ideals. Model United Nations is an academic simulation of the UN where students get the opportunity to speak their mind, channelize their energies and don the hats of diplomats and try to solve global issues. This year IIMUN Opened its Delhi chapter in Suncity World School from 17th April to 19th April, 2015. Thirteen students of Scottish High School participated in this mega event. Shivang Singh and Tapakshi represented UK and NewsLand in UNSC. Isha Sharma, Vitasta, Avantika and Shagun represented Libya, Singapore, UK and Australia respectively in HRC. Radhika Saluja, Aakriti and Esha Pathak represented Belgium, UK and Mexico in the DAVOS Committee. Anamit represented JCC as Head of Middle East and Africa and Utsav was delegated as Transport Minister in the committee of Delhi Council of Ministers, Kshitij Rao and Anshula Handa represented UK and Singapore in SOCHUM. The Inaugural session was presided by Mr. M.J. Akbar, the leading journalist, author and former Editorial Director of 'India Today'. The young audience of about 20 schools from the NCR region was spell bound by the passionate speech of Mr. Akbar. Next two days the students were discussing and debating big and complicated issues like 'Reforms in P5', 'CIA vs SVR', 'Combating poverty around the world', 'Protection and welfare of Endangered Indigenous tribes' and not to forget Delhi Council of ministers to outline the next 5 years of governance. It was heartening to see 14-16 year old going into serious and deep discussion of global politics, speaking with an amazing amount of confidence and conviction and making worthwhile resolutions. Shivang Singh once again created the magic by winning the appreciation of his Committee Chair and received the 'best delegate' prize. This all reflects the kind of intricate research he had done. Vitasta Singh, Isha Sharma, Utsav Dutt, Esha Pathak and Kshitij Rao also made a mark and received commendations which means the school won the participation for the IIMUN Champion Conference to be held at Amby Valley in the month of August and the school has already enrolled for this. This conference will take place as the Grand finale of the 30 chapter conferences.

MUN is a passion among the youth. Once you are a part of it there is no going back. Students are looking forward to attend some more MUNs in this session.

**Sudha Miglani**  
MUN Coordinator

## t-Gelf

Training sessions for the new teachers from grade VIII -XII on "The Leadership Curriculum called Skilling and Knowhow Initiative for Life Long Leadership Development (SKILLD)" were organised in April by tGELF. The training programme was attended by following teachers; Ms. Spandita Ms. Anupama Chopra, Ms Seema Pasrija, Ms. Maya Sharma, Ms. Divya Kapoor, Ms. Anjali Mehra, Ms. Kiran Cacoria, Ms. Anjali Saxena Ms. Neeru Ratta, Mr. Neeraj Pant Ms. Charu Malhotra and Ms Geetika Makkar. The sessions focused on familiarizing the teachers with the curriculum of SKILLD in their grade and at the same time preparing them to conduct the modules in the classroom. Along with the training the teachers were also informed about the tGELF online Programme. The programme was motivating and inspiring for the teachers.

Ms. Depali Joshi and Ms. Shilpa Sengar also attended a workshop on 'Brain Gym' organised by tGELF on April 16, 2015 at Tagore International School, Paschimi Marg, Vasant Vihar, New Delhi. The facilitator for the workshop was Ms. Varsha Shah, (M.A., OTR,) a practicing occupational therapist for the past 30 years and a licensed Brain Gym and Movement Based Learning (Building Blocks) instructor.

The workshop was an introduction to the principles of Brain Gym along with the involvement of participants in exercises that would enable the teachers to explore the application of the same in a classroom. It also focused on specific techniques that would bring about rapid gains in concentration, memory, physical coordination, reading, writing, and listening .and thus equipping the participants with the core principle of the workshop - moving with intention leads to optimal learning.

Geeta Bedi  
t-Gelf Incharge



### Professional Development Workshop

*"He who learns but does not think, is lost! He who thinks but does not learn is in great danger."*  
-- Confucius --

The meaning to life is lost if the goals intended are not achieved. The Chairman of the school Mr. Kartikay Saini conducted a workshop for the teachers of the Scottish High family to remind

them of how important it is to be consistent with our efforts in order to ensure that you have desired results. The workshop left the entire staff in awe. There were motivational videos which compelled one and all to introspect the very purpose of their existence. People got inspired to imbibe the vigour of achieving the ultimate. However the Chairman advised that one should not become completely oblivious to the practicality of the system one exists in. The workshop also stressed that one should not give up after failures, rather than one should work on the reasons for the failure, assess them and work towards achieving success overcoming all fears. This is very important to sustain ourselves in a given situation. Talking about the tools of teaching, the Chairman pointed that there are times when as educators we forget the main goals and rather focus on the paraphernalia- things which have nothing to do with teaching. Citing examples from today's educational system, the Chairman asked us to remain focused on the teaching goal and how best it can be achieved so that the learners are able to acquire what we aim for. Though the students these days are learning from varied sources, the teacher should be perspicacious to guide them in the right direction.



## SPORTS

### SUBROTO QUALIFIER CUP DELHI – NCR

Our Soccer U- 14 & U - 17 team participated in the "Subroto Qualifier Cup Delhi – NCR "held at Heritage School from 25<sup>th</sup> April to 17<sup>th</sup> May. U - 14 soccer team played the finals with Shriram School and got the runners up trophy.

Coach: Mr. Deepak Jha & Mr. Rahul Kukreti.

### INVITATIONAL RAJPUTANA ROLLER SKATING CHAMPIONSHIP

Our 16 Highlanders participated in the Invitational Rajputana Roller Skating Championship held on 26<sup>th</sup> April, 2015 at Swiss Cottage School. 10 Highlanders got the medals.

Coach: Mr. Vikram Singh

S.NO	NAME	CATEGORY	POSITION
1	Nav	Inline	II
2	Arohi	Inline	II
3	Siddhant	Inline	III
4	Manan	Quads	III
5	Aryaman	Quads	III
6	Inika	Inline	III
7	Lakshay	Inline	II
8	Tanisha	Inline	II
9	Aditya	Inline	III
10	Yathartha	Quads	III

### 18<sup>th</sup> DISTRICT JUNIOR & CADET (GIRLS & BOYS) TAEKWONDO CHAMPIONSHIP

Our 23 highlanders participated in the "18<sup>th</sup> District Sub Junior & Cadet (Girls/ Boys) Taekwondo Championship" held on 9<sup>th</sup> of May at Gurgaon. Arushi Bist of Class 3 represented Gurgaon District in the State Championship.

Coach: Ms. Harpreet Hajela

S.NO	NAME	POSITION
1	ArushiBist	Gold
2	AhaanaBhteja	Silver
3	SuhhaviUppal	Silver
4	Kyra Iyer	Silver
5	Angha Mishra	Silver
6	GayatriPatil	Silver
7	Krishna Sachdev	Silver
8	Samaira Jain	Bronze
9	Channan	Bronze
10	TiyaChadda	Bronze
11	Aarish Jindal	Bronze
12	AvikSingla	Bronze
13	Girek	Bronze

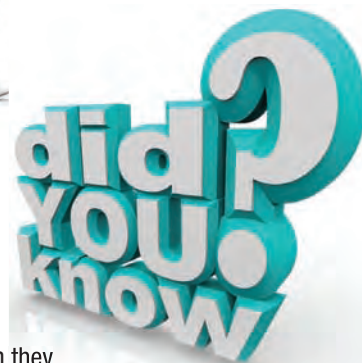
### SUMMER CAMP AT SCOTTISH HIGH INTERNATIONAL SCHOOL

Summer Camp was held in 15 activities from 18<sup>th</sup> to 29<sup>th</sup> May, 2015. 175 children from class 1 to class 12 participated with full enthusiasm. Children from other schools also enjoyed and learnt in the Summer Camp. Activities were Archery, Badminton, Basketball, Cricket, Golf, Judo, Soccer, Swimming, Skating, Scuba Diving, Tennis and Taekwondo.

Ekta Jha HOD – Sports

### INTERESTING FACTS

- “Buckingham Palace has over 600 rooms.
- “Every person has a unique tongue print.
- “New York was once called New Amsterdam.
- “The Titanic was the first ship to use the SOS signal.
- “Sea otters hold hands when they sleep so they don't drift away from each other.







**TEACH**  
encourage  
instruct  
MENTOR  
PRAISE  
influence  
GUIDE  
INSPIRE

### *Teaching with love, thumb rule for all*

If you want to influence learners for good, you should not only love to teach; you should love each person you teach. As you show your love for those you teach, they become more open to learning from you and more aware of their eternal worth.

Seek to understand those you teach. As you do, you will be better able to teach lessons that meet individual needs. Reach out to each individual in your class, remembering that “the worth of souls is great in the sight of God”.

Search for ways to help new members and those who have been less active feel welcome in your class. Invite them to come, and introduce them to other class members. Invite them to participate by asking them questions you know they can answer and otherwise helping them feel comfortable in class.

#### Things you can do

1. Care for each member of your class.
2. Do all you can to know class members’ interests and needs.
3. Learn class members’ names and call them by name.
4. Listen attentively to class members and express sincere appreciation for their participation

Remember a child learns better when taught with love and affection. If a child is made to learn something forcefully with anger he might remember that lesson, but for a short while. The job of a teacher is to help a child learn and remember theories and chapters for a life time

#### Rupa Chauhan

Programme Leader

Professional Development Qualifications



### *Too Much of Television hampers child’s growth*



Most kids plug into the world of television long before they enter school. The first 2 years of life are considered a critical time for brain development. TV and other electronic media can get in the way of exploring, playing, and interacting with parents and others which encourages learning and healthy physical and social development.

As kids get older, too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family.

Of course, TV in moderation can be a good thing: Preschoolers can get help learning the alphabet on public television, grade schoolers can learn about wildlife on nature shows, and parents can keep up with current events on the evening news. No doubt about it — TV can be an excellent educator and entertainer.

But despite its advantages, too much television can be detrimental:

- Children who consistently spend more than 4 hours per day watching TV are more likely to be overweight.
- Kids who view violent acts are more likely to show aggressive behavior but also fear that the world is scary and that something bad will happen to them.
- TV characters often depict risky behaviors.

That’s why it’s so important for you to monitor the content of TV programming and set viewing limits to ensure that your kids don’t spend too much time parked in front of the TV. One of the things I, as a parent who doesn’t watch television, struggle most with is allowing my children to watch television.

I have fond memories of watching TV as a kid, but, I have stronger memories of playing outside in the woods, building dirt and twig forts and running free, hosting tea parties for all of my dolls, playing school and spending hours recording stories on a cassette recorder. Which of these memories bring back happier memories?

Not the ones about watching too much TV. Those are barely in my memory bank. But ask me about playing on my grandparent’s 50-acres and I can go on and on.

Children, for lack of knowing any better, will always choose to watch TV or go to the computer unless we teach them to think outside the box.

**Rupa Chauhan**  
MR ISO





# Clan News



## Anderson

***"To accomplish great things we must not only act, but also dream; not only plan, but also believe."***

-- Amatole France --

I extend a warm welcome to all Andersonians namely the Clan Tutees and the Clan Parents. I am sure we have come rejuvenated and are geared up for the activities in the session ahead.

I would like to take this opportunity to uphold the sanctity of our Clan Motto - Probatate et Labore (by honesty and toil) by reinstating a quote by John Ruskin which I staunchly believe in. John Ruskin says about hard work and perseverance -- "The highest reward for a person's toil is not what they get for it, but what they become by it."

In the month of April our laborious students brought laurels to the clan by securing the following positions:

1st position - S. Adi Aiyar (8G); 2nd position - Shrishti Khurana (Grade VIII A) in the Inter-Clan English Extempore Competition (Grade VI –VIII) and 2nd position was secured by Radhika Saluja (XB) in the Inter-Clan Hindi Extempore Competition (IX-XII). To add to the glory, 1st position was bagged by Bhavya Yadav (Grade VII) and S. Adi Aiyar (Grade VIII) in the Inter-Clan Hindi Extempore Competition (VI-VIII).

I also congratulate all the other students for their efforts and achievements. I am sure that this year again we will bring out a lot of hidden talent and ensure maximum participation of our Andersonians.

**Indu Yadav**  
Clan Elder



## Boyd

***"Every second brings – a fresh Start,  
Every hour holds- a new potential,  
Every night our dreams – can bring hope and  
Every day is what you- choose to make it"***

On the behalf of Clan Boyd I would like to extend a warm welcome to you all to the New Session. This session begins with new promises, new hopes and new aspirations. Clan Boyd started well with Shubhang Abhijeet Singh of Grade VIII and Ahana Jain of XII making the clan proud by winning 2nd and 3rd positions in the Inter-Clan Hindi Extempore competition held in month of April. Further glory was added to the clan by sincere efforts of Helenke Bernard Grade X and Sam Vishnu both winning 1st position in the Inter-Clan English Extempore Competition. I would like to congratulate Arrush Talwar, Ishita Sharma, Shivani Shenoy (Xth) and Jai Raina of XII for spectacular board result.

As Mr. Robert Browning has stated, "The best is yet to be."

I would like to instil in each Boydian this spirit of enthusiasm and vigour to take on every challenge that is going to come their way in future. I would thank Ms Mamta Nath our mentor for providing guidance and inspiration to the Clan and I'm sure this will continue. I seek co-operation of all the Clan parents. All the very Best and God speed.

**Every moment you live is a possible new beginning,  
a new chance and a new hope.**

Muhammad Nusair

**"The best is yet to be" --Robert Browning--**

**Bhawna Dhull**  
Clan Elder



## MacArthur

***"My message, especially to young people is to have  
courage to think differently, courage to invent,  
to travel the unexplored path, courage to discover the  
impossible and to conquer the problems and succeed.  
These are great qualities that they must work towards."***

-- A.P.J. Abdul Kalam --

I, Dr Gurpreet Sodhi, take this oppurtunity to introduce myself as new Clan Elder for clan MacArthur. I shall work to the best of my abilities and shall strive to keep the clan flag flying high.

The begning of the new session saw some great competitions. English and Hindi Extempore competitions were organised. Mac Arthurities put in their best efforts. They worked very hard and participated enthusiastically in various competitions. Our students spoke fluently and their performance was praiseworthy during English Extempore. Harini Gurumurthy of VII F bagged first position and Riya Dutt of VI B won 2nd position (Grades VI-VIII). Shimona Agarwal of XII B was execptionally confident and spoke flawlessly. She won first position (Grades XI- XII). Aakriti Gupta of X-B bagged second position in Hindi extempore competition (Grades IX- XII). I hope coming months will bring more accolades for MacArthurities and will provide a platform to showcase their talent.

**Dr. Gurpreet Sodhi**  
Clan Elder



## Lamont

***"If you believe you can, you might. If you know you can, you will."***

Clan Lamont students have made us believe this quote by Steve Maraboli, by excelling in the field of academics, at both ICSE and ISC levels. This Board result has proved to be the reward for their sleepless nights and sacrifices throughout the year. They have made both Clan Lamont and SHIS proud of them. I take great pride in congratulating Keerthana Srikanth and Vaidehi Das for becoming the overall school toppers at ICSE and ISC levels respectively. Ashwin Katyal, Charizma Gupta, Gunjan Atri, Rohan Hariharam, Shaurya Chaudhary, Sagar Mittal, Shivang Singh and Tanish Gaur also made their clan proud by scoring above 90% in their ICSE Board Examinations.

Not only in academics but also in co curricular activities Clan Lamont students have brought laurels to the clan by bagging positions in various Clan Competitions. Akul Grover of Grade XII secured first position in Hindi Extempore, Aliya of Grade VI and Shrishti of Grade VII secured first and second positions respectively in English extempore, Tapakshi Magan of Grade XII and Aarushi Rana of Grade X secured first and second positions respectively in English extempore, Manas and Ada Budhiraja secured first and second positions respectively in Hindi extempore.

This has been a wonderful and joyous beginning of the session for Clan Lamont.

On the onset of achivements of our clan i am reminded of a saying

**" Well begun is half done."**

**Pooja Sharma**  
Clan Elder



## ICSE & ISC BOARD RESULTS

### Session 2014-15

The Highlanders of Scottish High International School have made their alma mater proud by bringing laurels for us by getting a hundred percent result in grade X & XII.

All students have secured first division.

Pass Percentage in Class X – 100%

Pass Percentage in Class XII – 100%

26 Students appeared in XII standard. 6 students have secured an overall of more than 90% marks while 30 students out of 57 who appeared in X standard have secured more than 90% marks.



Subject wise distinctions in X : 284

Subject wise distinctions in XII : 97

Total Subject wise distinctions > 90% in class X : 166

Total Subject wise distinctions > 90% in class XII : 34

#### ICSE CLASS X RESULT 2014-15

Overall topper: Keerthana Srikanth 98.2%

#### Subject wise toppers

English	Keerthana	96%
Hindi	Keerthana & Shivang	97%
History, Civics & Geography	Keerthana	98%
Mathematics	Shivang	100%
Science	Keerthana	98%
Art	Sagar Mittal & Simran Yadav	94%
Commercial Applications	Shivang & Tanya Wahi	100%
Computers Applications	Shivani Shenoy & Keerthana	100%

Overall School Result – 57 Students Appeared

Above 95% - 12 Students out of 57

Above 90% - 30 Students out of 57

#### ISC CLASS XII RESULTS 2014-15

Overall Topper Vaidehi Das 95.5%

#### Subject wise Toppers

English	Vaidehi Das	97%
History	Harmehar	97%
Political Science	Harmehar	92%
Economics	Shruti Shreyas	96%
Accounts	Shruti Shreyas & Vaidehi	95%
Commerce	Vaidehi	96%
Mathematics	Ayush Garg	96%
Computer Science	Jerry & Parth	99%
Physical Education	Ashwariya Hooda	94%

Overall School Result – 26 students appeared

Above 90% - 6 students out of 26

Congratulations to all the students.

We wish them success in all their future endeavours.

Meena Kapoor  
ICSE – ISC Coordinator

## Sudoku

5		1				6		4
	9		3		6		5	
				9				
4								9
			1		9			
7								6
				2				
	8		5		7		6	
1		3				7		2

## SCRAMBLE

Rearrange the letters in the four word jumbles:-

◆ LTAE

◆ ATRIP

◆ ASUYLM

## Bird Word Search

AVOCET  
BLACKBIRD  
COOT  
CRANE  
CURLEW  
DOVE  
DUCK

EGRET  
GOOSE  
HAWK  
HERON  
IBIS  
KILLDEER  
LARK

LOON  
OWL  
PELICAN  
ROADRUNNER  
TERN  
WARBLER  
WREN

A	B	B	C	R	A	N	E	N	A
C	L	T	O	O	C	D	E	A	V
H	A	W	K	A	E	R	F	C	O
E	C	E	O	D	W	K	W	I	C
R	K	L	G	R	C	H	A	L	E
O	B	R	I	U	E	G	R	E	T
N	I	U	D	N	J	O	B	P	K
K	R	C	O	N	O	O	L	L	R
M	D	N	V	E	O	S	E	P	A
Q	R	S	E	R	T	E	R	N	L



## The Hare and the Tortoise with a twist

Once day Flopsy the hare asked her mother, "Mother why did great-great-great grand father loose the race against the tortoise?, you know every one laughed when the teacher told us the story. Besides laughing at me they started teasing me too! "Flopsy the slow hare, Flopsy the slow hare, I was very angry at them but I let it go." "Well Flopsy, your great-great-great grand father was a very proud hare when he was a little hare that is why he lost the race!" said mother hare "but I will race again with daisy the tortoise and defeat him. I will show him that only the fast win in races." Mother rabbit tried to reason with her daughter but Flopsy did not listen and marched strait up to Daisy's house. "Daisy I challenge you to a race tomorrow we will start from here and finish the race at the bridge," announced Flopsy. The next morning, the race began. Slimy the frog was the judge. But ho! To everyone's great wonder once again Daisy the tortoise was the winner! He had put on super fast roller skates!

By-Ahaana Guleria 6-E  
Clan: MacArthur



### "DAR KE AAGE JEET HAI"

They say, "What doesn't kill you makes you stronger". The truth is, we learn more in defeat than in victory. One of the greatest fears is the fear of failure itself, of the consequences of failing. So great is this fear, that most people choose status quo. They'd rather do nothing than face the consequences of failing at doing something... nothing ventured, nothing lost.

The march of mankind is the story of glorious failure and the ability to rise from it. Imagine a world where no one wants to fail. What kind of a world will it be where everyone plays it safe, nobody ventures out, no one tries to tread where no man has been before?

What would have become of mankind with that attitude? What of progress? What of new ideas and knowledge without the heroes who were willing to lose, to fail, to be wrong, to suffer consequences? They allowed their feet to wander on paths yet untraveled, their minds to think new thoughts; to ask "why not?" where others would give up by asking, "why?". Think Copernicus, think Columbus, think Da Vinci, think Steve Jobs... fortunately for mankind, the list is endless.

Life is not a road map, it's a road-trip. We mustn't stop giving it a chance. To lose is to learn, to grow, to introspect, to get better at the game. To win or lose is not important, what's important is to participate in this adventure without fearing its consequences. Dar ke aage jeet hai.

Ms. Kanchan Khanna  
Editor



## My Fabulous City

Welcome! To the Gurgaon city,  
Where the streets are oh! So pretty.  
And the people are so nice,  
You will visit it at least twice.  
You can buy almost everything here,  
cars, bikes, fancy bow ties  
and even delicious pies.

Sarah Masih (IV-E)



कश्मीर जिसे धरती का स्वर्ग कहा जाता है आज उस ज़न्नत की स्थिति देख कर मन में भाव कुछ इस तरह उमड़े

### सैलाब

खुदा के नवाज़िशों ने, ज़मीन पर मुझे ज़न्नत बना दिया।

लहलहाती वादियों ने, ज़हों को मेरा तराना सुन दिया।

चिनार और देवदार के पत्तों से, झलकती नर्म किरणों ने, चोंदी सा वदन मेरा बना दिया।

ना जाने कब खुदा के बंदों ने, मुझे ज़न्नत का दर्जा दिला दिया।

अपने पर रश्क करने के खुमार ने, नजाकत का जामा पहना दिया।

हसीन लम्हों को अभी समेटा न था, दरिंदों ने मेरे पाक दामन को, लहू के सैलाब में बहा दिया।

दुखों की दास्तों को, आँसुओं के सैलाब ने सुन दिया।

सब का दामन अभी छूटा न था, खुदा ने अपना कहर ढाह दिया।

उमड़ते हुए सैलाब के दानव ने, खाक में सब कुछ मिला दिया।

तबाही के मंजर ने, ज़न्नत होने का गरूर मिटा दिया।

अपने ही आगोश में छिपाए है वर्वादी की दास्तों, जहाँ ने इसे एक मुद्दा बना दिया।

ज़न्नत होने का गुमान खाक में मिला दिया, ज़न्नत होने का गुमान खाक में मिला दिया।

अविनाश ( हिन्दी विभाग )



### AM I A SOCCER FREAK

As I entered the world of Scottish...  
And started my academic stroll,  
Very soon did I realize that...?

In Scottish, soccer had taken a toll

With dad being a cricket buff...

And Bhaiyaa tennis lover,

I don't know when and how...

Soccer fever took me over

I made my interest known...

And dad being my best friend,

Made me join soccer...

Unlike the family trend

I love the game every which way...

And want to be a soccer star,

Ronaldo, Pele, Freddy and Becham...

Deserve to be the stars they are

My day starts with soccer update...

And with a club match it ends,

My family calls me a soccer freak...

Is that what you think friends?

SMYAN NARANG (III-F)



## MJ's Corner

### The Black Dot

A small town chamber of commerce invited a speaker to address its annual dinner. The community's economy was bad, people were discouraged, and they wanted this motivational speaker to give them a boost.

During her presentation, the speaker took a large piece of white paper and made a small black dot at the center with a marking pen. Then she held the paper up before the group and asked them what they saw.

One person quickly replied, "I see a black dot."

"Okay, what else do you see?"

Others joined in agreement: "A black dot."

"Don't you see anything besides the dot?" – she asked.

A resounding "No" came from the audience.

"What about the sheet of paper?" – asked the speaker. "I am sure you have all seen it", she said, "But you have chosen to overlook it."

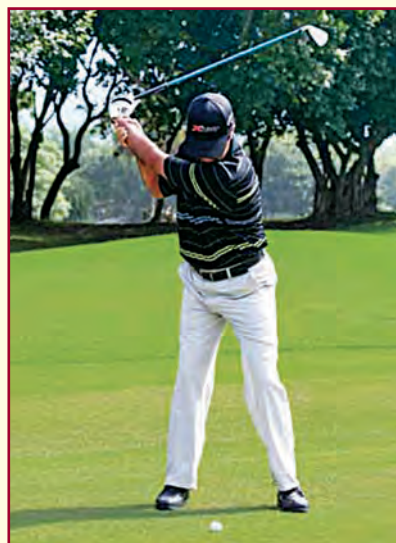
"In life, we also tend to overlook and take for granted many wonderful things that we have or happen around us and focus our attention and energy on small, dot like failures and disappointments. The so called 'problem' that we have are usually like the black dot on the paper. They are small and insignificant if we can widen our horizon and look at the whole picture."

Are you one of the people who focus your attention and energy on dot –like problems?

Resourced by **Monica Jajoo**

## Golf News

The SHIS summer season kicked off with a GOLF SUMMER CAMP organized from 18th May, 15 - 29th May, 15. Many budding Golfers enrolled enthusiastically for the Camp under the guidance and training of dedicated Golf Professionals. The summer camp became an excellent venue to improve, practice and develops golf skills. The Camp helped to develop confidence and positive thinking in each budding golfer. This is what the GAME OF GOLF is all about. The summer camp ended in HIGH SPIRITS CERTIFICATE OF PARTICIPATION will be given to all.



### Anitya's Golf Tip of the Month

A very common problem that I see with a lot of juniors is they make very narrow arcs in the backswing as they simply pick the club up on the way back rather than swinging it all the way to the top. This is especially the case if a youngster is playing with heavier clubs. This puts him into a weak position at the top, resulting in a lot of mis-hits.

Try this drill to develop a strong backswing and also a strong left arm.

Take your normal grip, set up on the ball and then put your right hand on your left forearm as shown in the picture. Now, using the support of the right hand, take the club up to the top of the backswing with the left arm being extended all the way to the top.

The left arm being straight maintains the wide radius of the backswing circle as well as gets the club into a more parallel and stable position at the top. This help in making the left arm stronger as the left arm will do the bulk of the work of getting the club to the top of the backswing and holding it in a stable position.

Another reason for this narrow arc as well as inconsistent top of the backswing position is that most right-handed juniors are right hand dominant and have developed their right hand strength far more than their left hand, making it far stronger. As a simple test, if you ask a right handed junior to pick up a weight with either of his two hands, the right hand will be able to pick up far more weight than the left. This also causes the right hand to dominate the back swing and put the club into an unstable position.



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