



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

## THE NORTH WIND

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### *From the* **DIRECTOR'S DESK**



#### **Let us Care to Share and Share to Care**

Life indeed has come a long way but the important question that haunts us time and again is, 'In our zest for development have we really cared for those with whom we need to share Life, Happiness and also our Concerns?'

Recent events in educational institutions in NCR have undoubtedly shaken us to the core. More importantly, they have posed serious questions for all of us to ponder upon. A mother, a parent and an educationist in me does not let me sleep. Every night as I retire for the day and every morning as I set out to begin a new day these thoughts compel me to Share with you how much we Care for our dear children, the future of not just a nation but also the torch bearers of future, the leaders and decision makers of the times to come.

As a child, I remember the times when my mother, my father and my elders would look forward to Share

my learnings of the day with them. Similarly, as we were growing up they would take Care to Share their experiences and concerns with us. My teachers too would see to it that classrooms were not just confined to subject teachings rather places of Moral teachings, Exploration of Social life and Counselling.

As a parent, I remember how it was a routine for us to Share the experiences and learning with one another especially at meal times and while we were travelling to and from the school. The Parent-Teacher-Student meetings were not mere platforms of discussing grades they were interactive sessions for Sharing the wholesome persona of our children.

I wish to make all of us The Parents, The Teachers and The Student community to open channels of Sharing with our loved ones and our mentors so that, we have more Happiness and more Love around us. Let us all resolve to face the challenges of life and development with this golden thought, '**Let us Care to Share and Share to Care**'.

**GOD SPEED**

**Ms. Sudha Goyal**  
School Director

### **Laugh and Be Human**

"Laugh and the world laughs with you. Weep and you weep alone." Ella Wheeler's quote conveys the importance of humour in our lives. The word humour means disposition, it does not mean ridiculing or being mean. Rather it means being ready to amuse or to be amused. It is a very human trait, and one that we obviously value highly. Wheeler feels that having a good sense of humour is like friendliness and civility, one of the oilers of the wheels of social interaction. Amusing people, and those who are ready to be amused by others are pleasant to be around.

There's one aspect that's more important, and that's the nature of good when attached to sense of humour. Making people laugh by being mean to anyone or making fun does not constitute sense of humour. Demeaning and ridiculing is not appreciated in the world of clean good humour. We need to share the same thoughts with our

kids. It is important to drive home the fact to children that making a joke on anyone or saying hurtful things is not amusement.

There are many benefits of a good sense of humour as humour is a great leveler. It is impossible to remain angry with someone who is making us laugh, even if they are children. Laughing at yourself and your own mistakes is a great way of making criticism more palatable. With humour, rather than anger and harsh words, the sense of the words can be taken on board without offence. Therefore, be a good friend to people by making them laugh and helping them forget their sorrows.

***"The only way to get through life is to laugh your way through it. You either have to laugh or cry. I prefer to laugh. Crying gives me a headache."*** Marjorie Pay Hinckley.

**Ms. Seema Bhati**  
Primary School Principal



# NEWS FROM THE WORLD OF INITIALS



In an endeavour to develop intercultural understanding and respect for the diversity that exists in the world, the little ones celebrated International Week from 21st August to 25th August '17. With the motto, 'Acting locally, thinking globally' the young Highlanders celebrated the differences existing in terms of culture, spoken language, food eaten, clothes worn, dining etiquette and the like. Creating awareness of the global issues that plagues everyone like pollution, scarcity of water, poverty and lack of education was also brought forth through discussions and read aloud sessions. The students were also seen exploring different dance forms, rules followed globally while playing a particular sport, imbibing the spirit of sportsmanship and understanding the universal appeal of music.



The month was also marked with festivals like Ganesh Chaturthi, Bakra Eid and Onam, the significance of which was shared with the children through a discussion and showing relevant videos. While the former is a Hindu festival that reveres God Ganesha, as the God of New beginnings and the remover of obstacles especially celebrated in Western Indian states; Bakra Eid, known as the feast of the Sacrifice, is celebrated by the Muslim community to commemorate the faith, devotion and

spirit to sacrifice one's all to serve and follow the Almighty God. Onam on the other hand, a major annual event for the Malayali people in and outside Kerala, marks the summer harvest and is celebrated with numerous festivities.

It's said, "Teachers plant the seeds of knowledge that grow forever". Teacher's Day, a special day dedicated to all the teachers, was celebrated on 5th September, 2017 in the Initial Chapter. With an intent to honour the teachers and appreciate their special contributions towards education, the Kindergarten students conducted a well-coordinated and entertaining assembly. Sharing the significance behind the origin of this Day, the young Highlanders gave a tribute to all the teachers by reciting a poem, singing and dancing for them and conducting fun games which had the teachers throwing caution to the wind and letting their hair down!



The National Sports Day celebrated on 29th August marks the birthday of Dhyan Chand, the hockey player who won gold medals in Olympics for India. Having served his country to reach its pinnacles of glory many times, the young Highlanders were made aware of his laurels and encouraged to inculcate the spirit of sportsmanship just like him.



As part of the Hindi Week celebrations during the week 11th Sep - 15th Sep'17, emphasis was laid on enhancing the expressions of the children in the said language. Ample opportunities were given in the class for children to pick up an object from the classroom to speak about, narrate a story or recite a poem of their choice. It was endearing to see the little ones honing their ability to express themselves in the national language enthusiastically.





Grandparents are gifts from above. They give unconditional love, kindness, patience, humour, comfort and most importantly, lessons of life. The Initial Chapter celebrated Grandparents Day on the 14th and 15th of September, 2017. It was an endearing sight to see the young ones bond with their grandparents. They welcomed them with a traditional 'Tilak', sang songs, danced, played fun games like 'Tambola' and 'Antakshari' with them. The celebration took the grandparents back in time to their childhood and made them have a wonderful time. It was an opportunity for the grandparents to have a glimpse into the day's routine of these little wonders and ways of making them feel special and make some beautiful memories. We also had grandparents bringing in memoirs of their grandchildren and sharing anecdotes of those special moments spent together as a family, with others.



The students of Kindergarten enthralled everyone with their endearing and brilliant performances during the Front Desk Programme. The event proved to be a perfect platform to give a preview to showcase in front of the parents what entails in the day of a young Highlander at school. The students were seen acquainting the parents to not only the academics part of their learning but gave an exposure to different co-curricular activities too, all of which was beautifully demonstrated. Be it showing their creative skills, cooking skills, display of their games skills and a dance performance, the children executed it all with much gusto, truly reflective of their learning. Moreover, taking up issues of global significance like 'Water conservation' and 'Pollution', 'Go Green' and the like, the keen learners took on the challenge of spreading awareness amongst the parent community and pledged for a greener and a brighter future for everyone. Giving a true picture of their holistic growth, the FDP was appreciated by one and all present.



The little ones of Pre-Nursery continue with their exploration about self under the Transdisciplinary Theme- Who we are. They have delved deeply into the importance of family for one and all. The discussions and observations made through interaction with the parents coming into the classrooms as guest speakers have further facilitated their understanding. Moving further, the students, growing up to be confident communicators, have been keenly sharing about their habits in terms of food preferences, fruits and vegetables, their favourite past time and much more with their classmates enthusiastically with their anecdotes duly recorded by the teachers in the form of mind maps. In the coming weeks, they will be exploring about the growth pattern.



The students of Nursery in the ongoing unit under the Transdisciplinary Theme, 'How we express ourselves,' have been enthusiastically listening to various stories. Making use of different visual mediums like flashcards, videos, big picture books and props is making them aware of the different ways of sharing stories and making it interesting for others. It is also encouraging them to hone their presentation skills. These skills will be further reinforced through engagements like story weaving sessions, creating stories based on their favourite characters in groups, conducting role play sessions, expressing a story through dance movements and many more.

**As we reach mid-way through the academic session, we must remember, "Knowledge is like a garden; if it is not cultivated, it cannot be harvested."**



**Ms. Rupa Chauhan**  
Initial School Principal





# PYP



## Transdisciplinary Learning for Transcendental Growth

The young learners of Pre-Nursery under the Transdisciplinary Theme 'How we express ourselves' have emerged to be open-minded and risk-takers towards new learning. The unit encouraged the little ones to be communicators with ample opportunities to share their perspective, be it about their favourite colour or the toy that they love to play with. Setting up simulation corners in the classrooms paved the way for their exploration and discovery through which they formed new understanding. Parents as guest speakers were encouraged to come in to share about their favourite game and the rules that need to be followed while playing the same. This also proved to be an enriching experience for the little ones. It helped in bringing forth deeper understanding about the need to cooperate and adopt certain codes of behaviour while playing a particular game.



Nursery students through the unit under the Transdisciplinary Theme 'Who we are' garnered understanding of importance of families and friends in one's life and how to be responsible towards them. Going through the various visual mediums like Power Point Presentations, flashcards and picture books; and innumerable brainstorming sessions led to deeper conceptual understanding about the unit. The same was visible when the children teamed up with their peers and engaged in questioning each other to learn more about the family. The unit also encouraged the young ones

to be principled and caring while playing cooperative games. Performing a self-assessment on one's understanding of following the norms while playing; brainstorming and drafting essential agreements for the games class were other ways that the students endeavoured to be responsible towards each other.



Few sections of Kindergarten on the other hand have been busy inquiring about the ways in which an image can help in communicating an idea or an information under the Transdisciplinary Theme 'How we express ourselves'. Watching Power Point presentations, going through visual mediums like resource books, the Internet and other learning aids helped the children understand about moving and static images and differentiate between them. Oral presentation on an image of one's choice gave the students an opportunity to conduct an independent inquiry and work on their research skills. Moreover, encouraging

the students to share their findings through a medium of their preference motivated them to share their perspective and hone their presentation and communication skills. The same was also evident when they chose to design a logo for their classroom and school bags. The other few sections of Kindergarten on the other hand delved into how spaces and facilities in and around buildings could be used under the Transdisciplinary Theme 'Where we are in place and time'. Engagements like planning and redesigning the class room layout, going through brochures and the Internet to observe the design layouts of various buildings are a few examples of the engagements that helped the children to work on their spatial and organizational skills. The unit saw the children delving deeply and comparing the usage of space and facilities provided in two different types of housing society. The visit facilitated their understanding and gave an impetus to their thinking skills in terms of facilities each one would individually prefer to have, if given a choice.

Grade I enthusiastically showcased their understanding of the Transdisciplinary Theme 'Where we are in place and time', when they represented their position locally and globally on maps. Through different story weavings, they could visualize and interpret various landforms. Students conducted surveys to understand how the place has changed over time and how places are represented accordingly. Their research skills surfaced when they found places where they used maps. Students reflected and critically analyzed places they would like to explore and about their geographical features. Whereas the other sections, under the Transdisciplinary Theme 'How we organize ourselves', explored their surroundings through a school tour; where they saw various community helpers performing their jobs. Students replicated their understanding of various profiles while relating them to different community helpers. Their inquiry skills further enhanced when they interviewed several community helpers during a field trip to Galleria Market.



Under the Transdisciplinary Theme, 'How the world works', students of Grade II demonstrated their perception of how humans use their understanding of scientific principles; the impact of technological advances on society and the environment. Watching power point presentations on different sources and forms of energy, the children understood the transformation of energy from one form to the other. A visit to a Physics laboratory and observing experiments helped them to understand that energy can be converted and transformed into different forms. Learners also showed their commitment by taking a pledge towards saving of energy for human progress. Children

enhanced their communication and research skills when they conducted different surveys and collected the information on sustainability of energies in their neighborhood. The other sections of students understood how to discover and express ideas, feelings, nature, culture and values under the Transdisciplinary Theme 'How we express ourselves'. Students evaluated how celebrations and traditions reflect deeper insights about people, their communities, cultures and societies. They expanded understanding on national, personal and religious festivals as they celebrated Independence Day, Janamashtami and Raksha Bandhan. They inquired into the significance of traditions and customs in a range of festivals and analyzed a local and a global light festival and compared them using a Venn diagram. A timeline on the events that are celebrated in school enhanced their awareness on the significance of rejoicing special events and the ways in which individuals, groups and societies interact with each other.





Grade III, under the Transdisciplinary Theme, 'Who we are', understood that every individual has rights and with every right comes responsibility. They connected rights with responsibilities through various learning engagements. They surveyed people from different domains like their domestic help, siblings etc. which made them aware about the roles, rights and responsibilities that various individuals play in the harmonious functioning of a community. In depth research on rights of people in India and abroad helped them to understand the sense of citizenship and

responsibility that transcends globally. The other set of sections under the Transdisciplinary Theme, 'How we organize ourselves', acknowledged the fact that the systems of measurement have evolved over the years to make life easier and its impact of scientific and technological developments. Their research skills graduated when they inquired into how and why people construct systems of measurement and implications of standard systems locally as well as globally. Students visited the Physics lab and MI room to observe the function of standard units of measurement to solve problems in real-life situations. Students shared their perspective as they prioritized the usefulness of measuring tools in their everyday life. They used a range of equipment like thermometers, weighing scales, measuring tapes which helped sharpen their analytical skills.



Grade IV children, under the Transdisciplinary Theme 'How we organize ourselves', inquired into the interconnectedness of human made systems both local and global which bring communities together. They comprehended the importance of markets and how they are an integral part of our local and global community. The unit moved on with sharing of ideas among children who then created a human graph on needs and wants of people around them and focused on their role as responsible consumers. A field trip to a market helped students to gain deeper insight into how consumerism is linked to demand and supply and forms of markets. Students connected and created their own market log and used different

strategies to move further with their understanding of different markets. Through dramatics and art children enacted a street play to highlight the attributes of a responsible citizens. The other grades under the Transdisciplinary Theme 'How the world works', developed an understanding on the different forms and functions of natural materials. An insight into the theme through different videos helped them to understand the conditions that cause reversible and irreversible changes. Visit to the Chemistry lab enhanced their observation skills on chemical changes that materials undergo. While observing different materials during a Gallery Walk students understood how materials change as per their use. They also understood that the things obtained naturally can undergo transformation. The concept of transformation was demonstrated through experiments on reversible and irreversible changes.



Under the Transdisciplinary Theme, 'How we organize ourselves', learners of Grade V inquired into how various styles of leadership function, and are interconnected considering the dynamics of taking appropriate decisions. They became aware of the different styles, structures and characteristics of leaders through personal inquiries, expert's talks and Skype sessions. They comprehended how decisions at personal, national or global level enable people to connect locally and globally. Guest lectures, videos, PPTs, learning engagements and discussions further enhanced

their understanding of the study of people, communities, cultures and societies; the ways in which individuals, groups and societies interact with each other is a direct outcome of good decision making. Under the Transdisciplinary Theme, 'How the world works', the other grade group predicted a new learning experience and rediscovered many facts about how our world works. The students made a connection when they observed that most of the technology around us is inspired by nature. They could connect the role of technological advancements and how they have impacted lives making it more comfortable and efficient. They comprehended the relationships between past technological advances, its influences on the present and its implications for the future in different spheres like education, transportation, communication, health care, trade and commerce. Students realized that technology is indispensable but its benefits can be reaped in the future too if used responsibly.



### What we learn becomes a part of who we are.....

The Front Desk Programme (FDP) is a perfect platform for the young Highlanders to demonstrate independence and responsibility of their own learning. Underlying the values of the PYP programme, the FDP is a collaborative experience. Right from addressing the IB Learner Profile to the display of the Transdisciplinary Units of Inquiry and the approaches to learning (ATL) skills developed through exposure to co-curricular activities, the event reflects each and every aspect of the child's holistic journey of learning. The last few weeks have had the students of Kindergarten and Grade IV busy showcasing their learning in front of the parents, enthusiastically. Children left the audience mesmerized and the parents were full of praises. The entire show was a package of confidence, enthusiasm, knowledgeable and enjoyment.

### Nukkad Natak - Spreading awareness

"A right delayed is a right denied", said Martin Luther King, Jr. and the only way for justice to prevail in capitalist society is for consumers to be aware of their rights. To this end, students of Kinderact Club performed a Nukkad Natak at Galleria market - on the rights of a consumer. This initiative made a big stride in spreading awareness amongst the general public about their consumer rights.



### An Enriching Experience .....

A visit to Gabriel India factory by Grade V to observe science and technology used in their daily lives under the Transdisciplinary Theme-How the world works. It was an enriching experience for the learners as they got insight into the world of technology and were able to satisfy their curiosity. The trip was an eyeopener when they interacted with the differently abled operators on the shop floor and appreciated their sincerity and hard work making them caring and tolerant young citizens.



## Medley of Activities



The month of August started with the preparations of Independence Day celebrations. School Director unfurled the National Flag. Parade Commander Chaitanya Nigania Commanded the NCC troop. The ceremony started with the

General Salute followed by National Salute.

Highlanders were busy participating in the SGFI Zonal and District competitions organized by District Education Office. Under 14, 17 and 19 soccer team participated in the SGFI Zonal soccer championship and won all the three age categories in a row. All the three teams qualified for District championship. In SGFI District soccer championship Under 14 and under 19 team won the SGFI District championship and qualified for SGFI State Soccer Championship. 25 Highlander were selected in all the three age categories were selected to participate in SGFI State soccer championship from Gurgaon District.

Under 17 Cricket team participated in the Zonal SGFI Cricket tournament and qualified for SGFI District championship. Cricket team won the District and 3 students Tejas Gahallot, Aviral Sagar and Dakshveer Singh were selected for State SGFI Championship.

Armin Kaur and Kaustabh Kaushal participated in the District SGFI Chess championship and were selected for SGFI State Championship in under 11 and under 19 age category.

Ruchitta Sapru and Satakshi participated in the District Tae Kwon Do championship and got selected for the State Championship.

SHIS under 14 boys and under 19 girls participated in the SGFI Tennis tournament and secures 2nd and 3rd position respectively. Agriya Yadav, Kaushal Thakran, Ishika Yadav and Mahika Rathod got selected for the SGFI State Tennis Championship.

**Darshan Singh Gahallot**  
HOD Sports



## The NCC

Any mega event in the school premises begins with the Highlander NCC cadets in the forefront. The highlight of the school NCC during the month was presentation of a special guard by the smartly turned out girl and boy cadets in honor of Mary Davis, the CEO Special Olympics International. Mary Davis was all praise for the Highlanders attired in combat fatigue. A special shabash from the Hon'ble Chairman was a morale booster for the cadets.

The yearly outdoor NCC camp is scheduled in the month of Sep. To familiarize the cadets with the camp life and to assist them put in their best, like the Highlanders have been doing during the past decade, special parades were conducted for the second year cadets since their participation in the camp is mandatory for them to become eligible to appear in the coveted NCC 'A' certificate exam. It was indeed an eventful month for the Scottish High NCC.

PS. The Highlanders realize too well that they themselves have to do their growing, irrespective of how tall their father is.

**God Speed - Scottish High**  
**Col Dilbag Dabas, Retd.**

## SUDOKU

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## My Journey in SHIS- from being a Highlander to a School Counselor & Teacher

The pre-Socratic Greek philosopher Heraclitus famously said, “No man ever steps in the same river twice, for it’s not the same river and he’s not the same man.” I stepped into Scottish High International School twice, once as a student of class VII in the year 2006, and again in August 2017 as a school counselor and teacher.

I wondered and questioned the wisdom of the idea given by Heraclitus. Is change the only constant? Has Scottish High completely changed from the year 2006 to 2017? I firmly believe that just like the speed of light and the gravitational force, there are few constants at SHIS that have not changed. These constants are Inspiring Leadership, Culture and Values, Spirit of Inquiry, Personalized Attention to Students, with a focus on their Holistic Development, and Safety of students and staff. What has certainly changed is the scale of operations, new benchmarks and continuous refinement in pedagogy. All these are definite indicators of the continuous value creation by SHIS.

As I rejoin SHIS, it is not easy for me to contain emotions. Let me walk down the memory lane and share a few of them. I vividly recall Bakhtawar Ma’am taking rounds in the dining hall and making sure all her students were having meals. She would be with us on the ground, under the scorching sun, while we rehearsed for the Independence Day parade. Her mere presence was an encouragement to us. One of the enviable benefits to all students at Scottish High and particularly the faculty members is learning leadership by role modeling. Leadership is all about

building the right culture and “walking the talk”. A few days back, I observed the Chairman, Cdr. (Dr.) Saini himself escorting and briefing the parents on the safety precautions instituted in the school. Safety continues to be on the top of the list of school’s priorities and is non-negotiable. I experienced it then as a student and am convinced about it even now. I was fortunate to be a student of Sudha Ma’am, albeit for a short duration. I recall how all of us took an instantaneous liking for her and literally become her fans. Sanjay Sir was my class teacher for three years. What a learning experience it all was! I am not one bit talking about the academics, which was just brilliant. As a student, I derived immense benefits by observing his persona, his ability to relate with people across age groups and his deft handling of situations. I cannot forget the magic of the Pygmalion effect that Pawan Mittal Sir did on me. He re-orientated my approach towards the ‘lifeless’ numbers and succeeded in kindling my courtship with numbers. I owe to him the marks I scored in Maths.

While I have the advantage of understanding the culture of SHIS and being in an energizing environment, I am conscious of my current responsibilities and am committed to contributing my bit for taking my alma mater to the next orbit of academic and overall excellence.



Sheena Bhatnagar



### INTERESTING BRAIN TEASERS

1. What number comes next in the following sequence? 2 4 8 10 20
2. A truck is stuck under a bridge and the driver cannot get it out. A man walks by and stops to help. He easily gets the truck unstuck. How did he do it?
3. A man wanted to encrypt his password but he needed to do it in a way so that he could remember it. He had to use seven characters consisting of letters and numbers only (no symbols like ! or <). In order to remember it, he wrote down “You force heaven to be empty.” What is his password?
4. What words are pronounced differently by merely capitalizing the first letter?
5. A man is looking at a photograph of someone. His friend asks who it is. The man replies, “Brothers and sisters, I have none. But that man’s father is my father’s son.” Who was in the photograph?
6. There are three houses. One is red, one is blue, and one is white. If the red house is to the left of the house in the middle, and the blue house is to the right to the house in the middle, where is the white house?
7. Guess the next three letters in the series GTNTL

Source: Internet  
Compiled by: Dr. Sanjay Sachdeva  
Senior School Head



# ISO

**Q** **qualityaustria**  
**central asia**

## CHILDREN are PRECIOUS – TEACH them to be SAFE

A child is the most precious resource an individual can have and to plan for their safety and security is of utmost importance to us. Children often lack the skills to protect themselves. It is our responsibility to safeguard children and to teach them the skills to be safe.

Following the below mentioned safety tips will definitely help our little ones be safe:

- ✓ Guide your children about **GOOD TOUCH AND BAD TOUCH**.
- ✓ Children should be aware that if anyone bothers them, they should get away from that person, and **TELL** a trusted adult like parents or teacher.
- ✓ If someone tries to take them somewhere, they should quickly get away and **YELL**, "This person is trying to take me away!" or "This person is not my father (mother)!" or "Help me."
- ✓ If some unknown person offers your child a lift or ride ask them to say **NO**.
- ✓ Always set a **PASSWORD** with your children and tell them not to share it with anyone. For e.g. an adult approaches your child stating, "Your parents have met with an accident, you need to rush with me." In that case ask your child to inquire for the secret password which has been decided between you and your child. If the stranger is aware of it, only then the child may go otherwise the little one should run away.
- ✓ If children want to change their plan after school, always ask them to **CHECK FIRST** with their parents.
- ✓ **NEVER** let the child play in a park or in a mall play area alone.
- ✓ **DO NOT** let the children download games or apps from Internet and never let them play video games unless or until under strict observation.
- ✓ Make your children aware No. 100 for police, make them learn your own phone no. **AWARENESS** is really important.
- ✓ **SPEAK** to your children like a friend, they should not be hesitant at any point of time to share anything with you.
- ✓ **GUIDE** your children not to accept sweets or gifts from strangers.

It has been rightly said by someone, "We are the key to our own security." Making our children aware of the above mentioned points will certainly help them a long way in keeping themselves safe and secure.

**Ms. Rupa Chauhan**  
**MR ISO**

# TEACHER A+

KIND Inspire honest

EXCELLENCE

dedicated

motivating

Hard ENGAGING

Working helpful

invested

PosiTiVe

CARING

committed

ATIENT

To fulfil your dreams  
of  
Being a teacher  
and  
To shape someone's life

Scottish High International School  
In collaboration with  
Cambridge International Examinations  
Offers  
Professional Development Course  
In  
Teaching and Learning

Recognised Centre  
Address : Scottish High International School, G Block, Sushant Lok II,  
Sector 57, Gurgaon-122011 (Haryana )  
Email : [programmeleader@scottishhigh.com](mailto:programmeleader@scottishhigh.com)  
Website : [www.scottishhigh.com](http://www.scottishhigh.com)  
Contact Person : Ms Tina Bali Peethia  
Contact No. : 8826388400





## Clan News



### Lamont

*"Technology is a life changing experience with the boundaries between virtual and real diminishing fast"*

In the present globalized world, we are living in an era of advanced technology. Every part of our daily routine is influenced by technology in one or the other way. In fact; we are so addicted to technology that life seems impossible without that. But, as they say everything has its own pros and cons and technology and its use is no exception. If we use technology in a destructive way then it will certainly be harmful for human life. If we use it for welfare of people then it can prove to be a boon to the mankind.

It's not practical to deny technology, but it is possible to limit the use of technology by following means.

#### **Limit screen time**

Children don't need to spend hours on gadgets. Limit the phone/tablet/ computer time to 30 minutes or so every day.

#### **Play outdoors**

This will not only set their mind free, but will also make them healthy and more sociable.

#### **Introduce yourself to the joy of reading**

There's nothing more exciting and inspiring like a good book.

In today's world everyone is getting addicted to the internet like social sites, online games, net surfing. Everyone these days is hooked to the social networking sites like Facebook, Twitter etc, living in a virtual world and unaware of all that is happening around them. We, in fact, have degraded our knowledge as we turn to the internet for every little piece of information. Let us support cognitive learning through holistic approach by judicious use of technology.

**Ms. Geetanjali Ahuja**  
Clan Elder - Lamont



### Anderson

*"It is never too late to be what you might have been." —George Eliot*

After the mid-term exams and at the commencement of another academic term, I applaud all the achievers for translating their diligence into wondrous scores. Your triumph is not just recognition of your virtuous performance but a testimony of the fact that you are different from the crowd. Retain this winning spirits high and continue to shine out always.

Nevertheless, I reiterate the quote above for all those who felt they were a little behind of what they had anticipated. Every moment is a fresh beginning. If you can let go of the past, liberating yourself of disillusionments and dissatisfactions, you can embrace a new perspective—a fresh look at the future and all the marvelous possibilities it holds. You still have numerous exciting days to mark your destiny. Seize this opportunity as this is the perfect time to pursue a new beginning.

To all my dear Andersonites; pull up your socks for an incessant array of Inter-clan competitions. The time has come to ascertain that we have it in us and we strive to be the victors. Western music, Band, Rangoli Making, MFL declamation, Economic symposium, GK quiz, E-poster making and web designing are some of the myriad competitions lined up for this term. We pledge to leave no stone unturned in accomplishing our goal.

If anyone can do it, it is you. If anyone I have faith and trust in, it is you.

**Ms. Ruma Jain**  
Clan Elder - Anderson



### MacArthur

*"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world." ~ Lucille Ball ~*

Everyone has a self concept, but if it is negative, it is not doing you any good. In fact, it is probably holding you back in many areas of your life and preventing you from making any progress. A self concept consists of all the snapshots of an individual's past, present, and future, so every individual's self conception is unique and relevant to them.

Self concept is how people identify themselves or others by answering this one question, "Who am I?" A self concept contributes to the outer actions and attitudes that the world sees by using the picture that is formed inside us and in our subconscious.

Self concept is very close to self esteem with one major difference: self concept is what describes the person, for instance, "I am a teacher." It is the cognitive component that the individual has stored inside and that gives them their perspective of their identity. Self esteem, on the other hand, is opinionated and qualitative. Self esteem puts a value on what the self concept includes. For example, a person might say, "I am a very good teacher." A person with a positive self concept will likewise have a high self esteem because they see the areas of their life in a positive and acceptable perspective.

A child who has developed a good self concept and self esteem is not likely to be bullied in school or to become a bully. Because they have a positive self concept, they do not feel that this is something they want to participate in. A healthy child would more often try to help another child who has fallen into the bullying game.

There are many ways to gain a positive self concept, thereby increasing your self worth and self confidence, which will improve the quality of your life in general. A positive self concept leads to a happier, healthier life.

There are self concept activities for preschoolers and people of all ages that can be implemented to improve self concepts. Anybody will experience great benefits as their self concept is adjusted into a more positive perspective. Here are a few activities to try. For older students, this is a good exercise to allow each person to develop and establish their own self concept:

Part 1: Take magazines, newspapers, etc. and have those participating cut out pictures, words, and symbols that represent their character traits, places they've been, jobs they have held, and things they enjoy doing. The participants should then paste their cuttings to a piece of cardboard and create a collage; they should write their names on the back.

Part 2: The collages are put up on a wall, and the other students or participants should take turns guessing which one belongs to whom. The owner of the collage then explains their pictures and statements.

Activity for high school students: Have students make a list of their top 10 character traits. Then have them go back to each trait and write a potential profession that identifies with it. Have students read their most significant traits and the profession that uses it and why they might want to work in that profession.

**Ms. Ramandeep Kaur**  
Clan Elder - MacArthur



### Boyd

*"Safety doesn't happen by accident."*

We are living in an era where our lives are entwined around internet and social media with deliberate avoidance of serious subject matters and detachment from responsible behaviour. "Safety" for anyone and everyone has increasingly gained widespread attention and concern these days. No matter what we are, be it a teacher, a parent, a senior, a friend, we have to keep in mind that we are a part of a bigger family. And it is our unsaid duty to be responsible or be ready for serious repercussions.

Technology is developing at a very fast pace and impacting our daily lives. But everything has its pros and cons. We therefore need to educate young minds to be vigilant, rational and sensible while using social media. Children and teenagers need to understand that befriending unknown identities and people hiding behind the screen is a risky business. Individuals need to be counselled and told that supervision isn't interference necessarily. Students need to be encouraged to respect themselves and to remove themselves from any situation where they are uncomfortable and feel that they are being bullied or are being attacked.

Whatever age group we belong to, there is always someone required. Someone, who we can rely on, who makes us comfortable and who can be trusted. As an educator and a parent, we need to encourage students to share their problems with someone for clarity of thought and guidance on further actions. So, let's keep our eyes open and stay safe.

**Ms. Akanksha Yadav**  
Clan Elder - Boyd



## The Strengthening the True Spirit of Patriotism - Donation Drive and 'Run for Security': Celebrating 71<sup>st</sup> Independence Day

Scottish High family firmly believes that as a responsible citizen of our nation, every individual should give back something to our community in return in every possible way to help the less fortunate sections of the society as our fellow citizens. As the fundamental facet of CAS (Creativity, Activity and Service) the students are exposed to various social responsibilities around them. Keeping this in view on 15th August 22, 2017- the Independence Day the Highlanders visited to the nearby slum areas of Gurugram. What else could be a better way to serve the nation on this great day than to serve the less privileged ones.



This trip brought great joy to the slum dwellers as Highlanders donated clothes, uncooked food items like clothes, toys books, uncooked food items like rice, pulses, juices and biscuits, toys, books, mosquito repellents, utensils and other items of their need. Students discovered that these people are no different from us, they have the same instincts and a lot of potential. They are the source of inspiration specially for the modern youth who are spending most of their time on social networking sites while these kids not only study but help their parents in their small businesses like selling tea, vegetables and contributing to do their bit to increase the family income and help them and in their day today work and household chores after coming back from school. A Visit to these slums was an enriching experience for our Highlanders as these visits encourage every student of this young generation to help others by enabling them to serve the poor in their own unique ways and contribute constructively in the nation building.



Students of grade XI IBDP participated in a run 'Run for Security' at Tau Devi Lal stadium Gurugram on Sunday 13th August 2017 at 4pm in order to felicitate the families of the martyrs of Indian Army and strengthen the feeling of patriotism in the younger generations. The run was organized by the 'Forum for Awareness of National Security' The proceedings of this run have gone to families of the Martyrs. The participants were felicitated by a certificate signed by the Sports and Youth Minister

Mr. Vijay Goel ji. The participants have also received a running kit. The efforts of our Student Jonghyun Yoo of grade XI IBDP were appreciated a lot He volunteered for the event and ran in 10 km category.

**Kavita Yadav**  
CAS coordinator

## Come September...

For the connoisseurs of music and dance September indeed is the month of nostalgia. For IB DP Highlanders it has different connotations. It has been the month of building up from the leaves that seemed to have lost relevance. Is it true that leaves when they fall down lose their relevance? Well, not for true environmentalists and lovers of nature just like our IB DP Highlanders. Things cannot be rather should not be taken literally, all the time. It is fun to look at the metaphorical notations, too.

To begin with yet another journey, through the life of our highlanders, we saw Zara Walia and Preksha Nagar holding up the torch of enlightenment and zest when they lead the school community through their participation in the PINKATHON, 2017. The run was organized to create awareness about Breast Cancer and its early detection and the two highlanders did succeed in bringing about this awareness, shedding their sweat, quite literally. Paying homage to the martyrs Jong Hyun Yoo represented Scottish High fraternity as he participated in the 'Run for Martyrs'. The run commenced from Tau Devial Botanical Park.

Riya Yadav has been making waves on the Golfing Circuit. She participated in the Golf Tournament at Dera Bassi.

Shivank Kamotra and Varin Agarwal did their bit by initiating and taking up the cause of the underprivileged sections of the society through a Donation Drive on Independence Day.

Kaustubh Kaushal Won the District Level SGFI Chess Championship and qualified for the State Level. At the State Championship, he

performed well and was duly appreciated for his game. We are sure that in the years to come he will hone his grasp over the intricacies of the game and win laurels.

Ananya Ravi led Clan Lamont to claim the Winner's Trophy in the Inter-Clan Art Installation Competition.

Varin Agarwal, Seok Jun Lee and Shaurya Ithikkat formed the core of the Scottish High soccer team that clinched the District and the Zonal Soccer Championship.

It was not just Sports and Co-curricular activities which marked this wonderful month. Highlanders also had their energy focused on academic pursuits. The XII IB DP as well as the XI IB DP students got down to experience the rigours of written examinations as they wrote their Unit Cycle Tests. Indeed, quite a learning experience for them to assess their understanding and appreciation of learning in various subject domains.

Hellenke Barnard of XII IB DP who is a Bi-lingual Diploma candidate found herself polishing her Written Assignment and her Individual Oral Commentary & Individual Oral Presentation. She has submitted her Assignments and Recording for her final submissions as she now gets ready to write her Afrikaans A: Literature Examination in the November 2017 series.

For the XII IB DP this was the month to finalise the particulars and documentation towards the Registration of Candidates for May, 2018 Examination Series.

**Team IB DP**






Global warming is one of the biggest problems the world is currently facing. Temperature continues to rise year after year, causing the polar ice caps to melt and sea level to rise which could cause global warming.



The greatest threat to our planet is the belief that someone else will save it.

But the fact is we belong to earth. So we all should come together and pledge to....

Let's make every day Earth Day. 

→ REDUCE  $\text{CO}_2$

→ RECYCLE

→ REUSE

→ REPLANT



## MJ's Corner

### Keeping the roots stronger

Once upon a time, there were two neighbours living next to each other. One of them was a retired teacher and another was an insurance agent who had a lot of interest in technology. Both of them had planted different plants in their garden. The retired teacher was giving a small amount of water to his plants and didn't always give a full attention to them, while the other neighbor interested in technology, had given a lot of water to his plants and looked after them too well.

The retired teacher's plants were simple but looked good. The insurance agent's plants were much fuller and greener. One day, during the night, there was a heavy rain and a wind due to a minor storm. Next morning, both of the neighbors came out to inspect the damage to their garden. The neighbor who was an insurance agent saw that his plants came off from the roots and were totally destroyed. But, the retired teacher's plants were not damaged at all and were standing firm.

The insurance agent neighbor was surprised to see it, he went to the retired teacher and asked, "We both grew the same plants together, I actually looked after my plants better than you did for yours, and even gave them more water. Still, my plants came off from the roots, while yours didn't. How is that possible?"

The retired teacher smiled and said, "You gave your plants more attention and water, but because of that they didn't need to work themselves for it. You made it easy for them. While I gave them just an adequate amount of water and let their roots search for more. And, because of that, their roots went deeper and that made their position stronger. That is why my plants survived".

Moral: This story is about parenting where children are like plants. If everything is given to them, they will not understand the hard work it takes to earn those things. They will not learn to work themselves and respect it. Sometimes it's best to guide them instead of giving them. Teach them how to walk, but let them follow their path.

Resourced by  
**Ms. Monica Jajoo**

## Golf News

### PLAYING FROM THE FAIRWAY BUNKER

As opposed to an ordinary shot from the fairway, a fairway bunker shot requires clean and precise contact, as the surface offers no forgiveness. For this, the following steps should be followed-

- **Set Up-** This is key towards making good contact and not catching sand before the ball. Start by shuffling your feet into the sand, as this will provide a stable base to swing the club. Choke down on the club slightly to compensate for this. Make sure the ball is in the middle of your stance and the swing center is slightly ahead of the ball, as this will encourage you to make contact with the ball first.
- **Swing-** You must stay centered in your backswing with not sway or lateral movement. The lower body should remain still and only your body and arms should be used to swing the club. In the downswing, drive with your left side, as this will help the club to strike the ball before the sand in the bunker.



### Answers to Brain teasers

Ans 1: 22 (the sequence alternates +2, x2)

Ans 2: He let the air out of the tires

Ans 3: Try to pronounce the sentence like these characters: u472bmt

Ans 4: There are several, and there could be more: 1. job, Job 2. herb, Herb 3. polish, Polish

Ans 5: his son

Ans 6: In Washington, D.C

Ans 7: I, T, S The complete sequence is the first letter of every word in the sentence

