



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

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From the **DIRECTOR'S DESK**



High flies the Scottish High Flag

Well what would a farmer yearn for? A good harvest, indeed. What would a mother want? A radiant smile of happiness on her child's face. What would an educator wish for? Well the answer would indeed be an expression of contentment and a shine of aspirations in the eyes of the students.

When I look back at the last few months I see all the three coming to the fore as Scottish High has harvested adulations and applauds with Highlander scoring astounding grades irrespective of curricula.

Amidst all the jubilation and celebratory notes and speeches I wish to share something very basic but of immense importance. Once, the results are declared we see a number of students and their parents and mentors join an interminable debate and a barrage of agonising comparison. Dear Highlanders, let us not forget that everyone of us is a unique individual born with and gifted

our own tastes, likes and dislikes. Our own dreams and aspirations. Let us develop a respect for the achievers and at the same time create space of appreciation for the goals and targets we set for ourselves. Let us learn to appreciate our uniqueness and foster a spirit of exploration of our dreams. Today, thanks to open economies and the advancement of technology, we live in a world where marks and percentages and handful universities are no longer realms and guarantors of success, happiness and progress. Just like the bounteous nature there is a meadow and a bower and an arbor for every single one of us where in we can create something and carve a niche for ourselves. I share this with an experience of a number of years. Hardly, if any, in my life, have I seen a student of mine not becoming successful. I am sure that every one of us have a special talent and a place for ourselves. What we require is a little faith, a little perseverance and a lot of passion and what comes to us is plentiful servings of Happiness, Success, Health and Contentment. These I believe are true jewels to adorn ourselves with.

Wishing you the best and blessings to all Highlanders.

Adios for the interim

Ms. Sudha Goyal
School Director

Enabling Children to be Self-Motivated

In today's fast paced life, many of us find ourselves in motivational slumps that we have to work to get out of. The pressures of our lives seep down to our children's lives as well, therefore it is important to talk to children regularly and encourage them to self-motivate themselves. Sometimes it's like a continuous cycle where children are motivated for a period of time, fall out and then have to build things back up again. A good way to be continuously self-motivated is to build concrete defense mechanisms shared by Ian McKenzie, a renowned psychologist. There's nothing more powerful for self-motivation than the right attitude. We can't choose or control our circumstances, but we can choose our attitude towards our circumstances. While we are developing these mental steps, and utilizing them regularly, self-motivation will come naturally when we need it. So what do we need to do to motivate our children? Encourage them to keep motivators around them in school and other areas— things that give them that initial

spark to get going. Let them try and make more regular encounters with positive and motivated children. It could be with peers or friends who have optimistic thoughts. Reading and trying new things is another way children can be motivated. The more they learn, the more confident they become in starting new projects. Help children see the good in bad. When encountering obstacles, they should to be in the habit of finding what works for them to get over challenges. Music, dance, sports etc. are factors that can help in maintaining high morale in the worst of times, so ensure that children develop hobbies to safeguard them against their slump periods. The strongest factor for success is self-esteem and self-motivation, if we empower children with these tools they will be able to face all the storms of life with poise and calm.

Ms. Seema Bhati
Primary School Principal



NEWS FROM THE WORLD OF INITIALS



Since the onset of the new session, many activities and events have kept the young Highlanders of the Initial Chapter on the move from the word go.

The first Parent Teacher Meeting of the session was held on 22nd April'17. It proved to be a right occasion for the parents as well as the teachers to collaborate, exchange notes and the draw out the expectations for a holistic growth of the child during this new academic session.



With an initiative to make a conscious effort towards keeping our Earth 'Green', Earth Day was celebrated by having a talk in the classrooms where the need to be responsible citizens was highlighted. Becoming aware that even a small change in their attitude would make a difference, the children were encouraged to switch off the lights while leaving their classrooms and close the water taps tightly to avoid water wastage. Small



they may be but they were seen taking a pledge to plant a sapling and not use plastic for a better and greener planet. Viewing of relevant videos facilitated in this thinking and in reinforcing their commitment.

To honour and celebrate the contributions made by the workers and to acknowledge their hard work, the little ones painstakingly made cards and little something for their class nannies, TPT coordinators, house boys and other support staff members. This gesture, small it maybe, brought smiles to the faces of these unsung heroes, making them feel loved and special.



Whatever endearing term we may call her, mothers with their nurturing nature and undying love that they



exude in many ways gives everyone a sense of belonging. A day, specially commemorated for her greatness, 'Mother's Day' was celebrated in the school with much zeal and enthusiasm. As a token of love, gratitude and appreciation, the little ones made colourful cards for their mommies to mark this occasion.



Keeping up with the Scottish High tradition of building a sense of comradeship amongst the new joiners, the young learners were initiated into the world of drama, music and dance during the Initials' Annual Day cum Monkey Business on 13th May'17. Displaying attributes of being risk-takers, the little ones took to the stage courageously. The display of energy was indeed infectious and it was heartening to see the little ones dancing with no inhibitions, matching steps and moving to the rhythmic beats of the music enthusiastically. The colourful costumes, their bright excited faces and synchronized steps indeed kept everyone spellbound through the musical extravaganza called 'An Endearing Escapade', an adaptation of the famous classic tale of 'Aladdin'.



With the onset of summer vacations, Scottish High organized a two week summer camp for the little ones. It was a perfect time for the little ones to become more independent, hone their social and life skills; be creative and devote time to unstructured play and unplug from technology; to bond, develop friendship and

create memories of a lifetime. With the option of choosing from either of the two capsules, 'Beat the Heat' and 'Movers and Shakers' there was plenty in the offering to keep the children constructively engaged and for their holistic development. While the former focused on activities like 'Cooking without fire', enhancing creativity through clay moulding sessions and other art and craft activities; communication skills through story telling sessions, drama and play; the latter category aimed at building the children's physical strength and endurance through sports and dance. Exposure to an array of sports like cricket, basketball, soccer, tennis and various dance forms not only helped in the enhancement of gross motor skills but also brought forth a sense of sportsmanship and rhythm in all of them.

Professional Development forms an integral part of teaching and learning. It is a great way to collaborate and share, enhance professional knowledge, competence, skills and gain effectiveness in one's field. Keeping this in view, in-house IB workshops naming, 'Making PYP Happen', 'Workshop on Concepts' and 'Teachers as Researchers' were conducted for the teachers. Later, through cross over sessions, teachers collaborated and shared their new learning with each other. The teachers also took part in the workshop on 'Good Body



Language and Non-Verbal Communication' and gained insight of its impact in one's classroom management.



It's said, "What we learn becomes the part of who we are." With the students joining back the school after the summer vacation, fresh and rejuvenated, we hope to make their learning experiences, not only relevant, engaging, significant and challenging but a lasting one, enriching and empowering them for their future endeavours.

Ms. Rupa Chauhan
Initial School Principal



PYP



The highest education is that which does not merely give us information but makes our life in harmony with all existence.” - Rabindernath Tagore



The last couple of months saw the youngest of the lot, the little Pre-Nursery students getting used to their environment, settling in, understanding the fine nuances of being in a formal educational set up. Discussions on one's identity, listening and following the instructions given, focusing on developing their self-management skills was what that kept them engaged under the Transdisciplinary Theme – Who we are.

The Nursery students on the other hand, began with their inquiry about stories and how they can be used to communicate meaning and be used as a medium of expression under the Transdisciplinary Theme – How we express ourselves. A visit to the Initials' library initiated an excited discussion on one's favourite story and story character, bringing forth many perspectives. Using different ways of narrating stories and linking them to attributes of the learner profile is what the children were seen delving into in the last couple of months.



The Kindergarten students, divided into two groups, delved into different units of inquiry simultaneously. Under the Transdisciplinary Theme – How we organize ourselves, the little inquirers of KG sections were seen exploring the Initials department to understand how it's organized. Later they took a round of the whole school and recorded their findings in their inquiry booklet. The other group, on the other hand, under the Transdisciplinary Theme – Sharing the planet, delved into natural resources with a focus on water, a natural but limited resource; its function and necessity and one's responsibility towards conserving it. The young ones were seen visiting the school R.O. Plant and the chemistry lab to see where the water comes from and observe the filtration process respectively. Performing a self-assessment to demonstrate and reflect on ways one can take corrective action towards conserving water and later collectively as a class conducting a water rally in the school premises were ways to show one's commitment towards conserving water.

Students of Grade 1 enthusiastically explored the Transdisciplinary Theme – How we express ourselves. Students made their own story books, wrote letters and posted them. They sent emails to parents, learnt to share their ideas with others in numerous ways and developed the profile of being a communicator and risk-taker by adapting new means of communication. Students made different types of puppets and added sound effects to the puppet-show which enhanced their creative skills. Whereas the other group, under the Transdisciplinary Theme - Sharing the Planet, went for a nature walk to observe the flora and fauna within the school environment. They learnt about living things that are present all around them and developed a sense of appreciation and respect for them all. They delved deeper into the inquiry of the relationships between living things and found out the importance of living beings, the interdependence between them, and how they are dependent on each other. Through various graphic organizers, students understood their responsibility towards animals, plants and themselves. Students went to different classes for awareness rally to spread their awareness about earth and living beings and our responsibility towards them.



Grade 2 embarked on how the landforms have changed through time under the Transdisciplinary Theme – Where we are in place and time. Through classroom discussions and audio-visual aids, they understood that the earth is made up of different landforms that keep changing. A visit to the Aravalli Hills gave them an insight into different landforms followed by the reflection. Watching videos on various natural disasters and measures to be taken during such mishaps enhanced their awareness about personal safety. Parallely the

other group, under the Transdisciplinary Theme – Sharing the Planet, exhilarated their thinking process as they collaborated and used different strategies to understand with whom they shared the planet. The visit to the botanical garden helped them observe various species of plants. Children also displayed their concern for plants by sharing various ways to take care of them. They demonstrated their sense of responsibility and the importance of working towards the survival of plants by sowing seeds and taking care of plants.



Grade 3 inquired into various kinds of buildings and structures under the Transdisciplinary Theme – How the world works. Students appreciated the aesthetic and ethos behind these architectural creations and human ingenuity. Taking a drive through the city helped our young learners to observe and understand different



structures and buildings. Their perspective was brought forward when they created their own structure using knowledge of different shapes and human resourcefulness. Simultaneously another group explored their classrooms, and discovered places in the school premises as a provocation, under the Transdisciplinary Theme – Where we are in place and time. Students studied the famous explorers with emphasis on why exploration take place and the impact of exploration on land and people. Students explored the city and reflected their understanding using different strategies. Students discovered new areas and become aware that exploration lead to discovery of new places and things.

Grade 4 pondered over the Transdisciplinary Theme Sharing the Planet, and realized the importance of their rights and responsibilities. They observed, identified, described and categorized their opinions on child rights and responsibilities all over the world. Students shared their ideas and opinion on diverse issues during learning, and examined a range of problems that children face across the globe. They represented their thinking and analytical skills on the challenges, risks and opportunities children encounter worldwide - like save and educate the girl child, education for all, and child labour which fostered their understanding. A visit to the NGO, Muskaan, made them realize the challenges, risk and opportunities present for children world over. Students went a step ahead and arranged books for underprivileged students and created a library for their class. The other set of students, under the Transdisciplinary Theme – Where we are in place and time inquired into how communities respond to significant events. They enhanced their communication skills by sharing their perspective on their personal and family events. Working through different strategies helped them grasp the impact of these events. They understood how events can change the perspective of people. Students collected information on various local and global events and shared their viewpoint.



The learners of Grade 5 inquired into the Transdisciplinary Theme – How we express ourselves. Through a plethora of learning engagements, videos, presentations, surveys and interviews, different aspects on appearances and behaviour, peer assessments, expert talks and a visit to a fashion house, they could imbibe and understand that people dress up and express themselves differently in different situations. Students worked in pairs to design apparel, and put forth their plan of action along with a message for the buyers. The other group contemplated over the Transdisciplinary Theme – How the world works. The learners enthusiastically observed, researched and surveyed to find how technology is inspired by nature. The in-depth inquiry was primarily governed by engagements that enabled the learners to understand how technology has advanced over the years and has impacted various fields, which in turn has made life more comfortable. Creating a Science and Technology Corner in the class, students could relate to the change in technology globally. Videos, presentations, field trips to car workshops, fire station visits, guest lectures helped them to visualize futuristic technology in different spheres like education, transportation, communication, health care, hospitality, trade and commerce. The students understood that advancement in scientific knowledge and technology are inter related.

Professional Development for Teachers

Scottish High looks closely at training and professional development. In school PYP workshops were conducted for teachers on 20th and 21st June 2017. Four IB PYP Workshop leaders took workshops on 'Making PYP Happen', 'Concept Base' and 'Teachers as Researchers'. The sessions were engaging, relevant, and fruitful for teachers. They were extremely insightful, with several eureka moments peppered in, for those who were experiencing the programme for the first time. Experienced teachers came across many opportunities to hone and further develop their skills. In conclusion to the session, all the PYP teachers devised action plans that reinforced the inclusion of concepts in the three areas of curriculum: written, taught and assessed.



Asstt PYP Coordinators



Medley of Activities



The month of May started with the planning of summer camp during the vacations. A number of activities like, soccer, swimming, cricket, basketball, tennis, tae Kwando, judo, dance, drama and art and craft were given to the students to opt 2 activities during the camp.

Around 200 students participated in the summer camp and got training for their respective selected games. The school reopened on 19 for the students of grade 9th to 12th. Students are busy preparing for their coming unit tests.

Darshan Singh Gahallot
HOD Sports




The NCC

Scottish High NCC is on a all-time high. Volunteers to join NCC this year surpassed the previous years and a deep selection had to be done to fill the vacancies for the sanctioned strength of the cadets. This year again, the girls outnumbered the boys. The introductory parades were as usual devoted to the institutional training where in the freshly enrolled cadets were put through orientation programme.

The cadets were offered Eleven Commandments of the NCC and were instructed to memorize and also follow them not only during their NCC tenure but also in their daily routine whatever they be doing. The physical part of the training was purposely kept on a low key to start with. All the fresher's appeared enthusiastic. I wished them all eventful and rewarding NCC tenure.

"When you really want something, the entire universe always conspires in your favour." The Alchemist.

God Speed - Scottish High
Col Dilbag Dabas, Veteran



INTERESTING BRAIN TEASERS

1. What is always coming but never arrives?
2. A man is pushing his car along the road when he comes to a hotel he shouts, "I'm bankrupt" why?
3. What occurs in every minute, twice in every moment but never in a thousand years?
4. Who makes it has no need of it. Who buys it has no use for it. Who uses it can neither see nor feel it. What is it?
5. What can travel around the world while staying in a corner?
6. What makes this number unique: 8549176320 ?
7. In 1990 a person is 15 year old. In 1995 that same person is 10 year old. How can this be?

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



Art & Craft

Budding artists came up with a unique and interesting visual art work. Many children were able to understand what we are learning?, why we are learning? And how we are learning? Along with so much of attention and curiosity.

In the Primary school, Grade I (A-D) students used their creativity & imagination to depict themselves using different elements of art. On the other hand, students of Grade I (E-H) have learnt how to make different types of puppets and later they used this skill to communicate their story through puppets to a variety of audience.

Grade II (A-D) students had learnt about the Gradation (tints & shades of a colour). They used different resources like leaves, crayons, shade cards etc. to arrange them according to the Gradation effect through which their power of observation was enhanced. Grade II (E-G) learn ED similarities & differences between the abstract, realistic, cartoon and folk art. Further students created their own art form with oil pastels.

Students of Grade III (A-D) have learned what 2D and 3D geometrical shapes are and how to convert 2D shapes in to 3D. Students are able to draw a 3 D building out of this concept. And Grade III (E-I) had done a craft work in which they created a human figure out of silver foil and observed the effect of light on an art work in different time periods.

Grade IV (A-E) have beautifully created an optical illusion art through one point perspective related to the concept Change. On the other hand, students of IV (F-I) made posters to spread awareness in the society on issues related to children. They have taken an oath to fight against any atrocities towards children.

Grade V (A-C) students had created beautiful drawings through Gradation technique and V (D-G) students had designed a beautiful dress for their model figure by using different materials.

Middle school students from class 6 to 8 had learned the skill of pencil shading as well as colour pencil techniques in their optional art activity. In Craft activity, students have learnt different adhesive techniques like paper mache (strips and pulp method) and are making 3D projects like bowls, lampshades, masks etc.

Whereas in the Summer camp, students have shown a special interest in doing each of these activities with very much enthusiasm, to name a few Bag making, 3D M-Seal work, melting art, texture work (Van Gogh Starry nights) etc.

Amita Gahallot
HOD Visual & Performing Arts



That Special Gift

I have come across some #specialchildren, be they #slowlearners, #autistic children, #dyslexic children and children who are perfectly “normal” but are #introverts. I often wonder what their parents must be going through. They must be special people, to look after such #specialchildren.

It probably takes a lot to be such a parent.

Having seen such parents, I guess that being a parent of such a child probably means

- Watching your child wait for evening playtime – and waiting eagerly by the door or more important, by the intercom, to hear the bell ring. And learning a lesson forever – that silence is not golden.
- Knowing that your child is not included in the friend circle – and watching your well-behaved child accept it, without telling you or your better half. You see the child carrying a lot of pain within and trusting only one God – the parents – who for the child, are nothing but one entity residing in two bodies.
- Knowing that your child yearns to play, has tremendous energy within, and an urge to be with the others – but is not given a chance and summarily dismissed. And knowing that your child’s longing looks as he eyes the cricket ground, where his so-called friends play, hide a dream and a pain.
- Walking past a cooing-collegian couple, as they seem lost in their mesmerising world, and knowing that your child will never ever experience that joy. You are aware that your child’s longing looks as s/he passes by such couples is not lust, but a yearning for companionship and simply to be accepted.
- Watching your child at family weddings where everyone is in a jovial mood, backslapping and raconteur, as their children yap with each other while your child quietly sits a few seats away – confused, ignored and lost.
- Knowing that your child will probably not be called to the party, and that the best way to wangle an invitation for your child, into such parties, is to send an expensive gift through her innocent hands.
- Watching your society/club/community’s event organisers calling out names of the children who will perform various roles in the annual day play – while your child’s name never ever appears in the list. If the society people are mature, they might just give a token role – and in the process probably boost the child’s morale for years to come.
- Knowing that while you are away at a meeting, you have left an already lonely child to a world that for her, is devoid of pleasure.

- Knowing that even the few who are good to that child, are okay because the interaction is for a few minutes, or maybe a few hours. And is because s/he is your child.

Having been through all this, you have one major concern in mind as you lie awake, work, sleep or laugh – who will be with this child, after you are gone.

You have probably woken up at night, in a sweat – after seeing a dream of your child being alone, being bullied or not being able to look after himself/herself.

My message to you – don’t despair. Your child was sent with a purpose. Probably the world needs some such #special children. Children who later on in life, are not corrupted by thoughts or experiences of money, lust, greed, jealousies, and happiness. Probably – they are on that last leg in this entire journey of birth and rebirth. That last phase – the ultimate test – before they are given the glorious role of watching over all of us, and protecting us.

Surprisingly, this is one adversity, where you have never ever asked God – “why me?” The only thing you have probably repeatedly asked is “why him/her”.

There was a reason why HE chose you.

HE knew that there was only one set of people who HE could trust to look after His #specialchild. A child who is on her/his last leg to glory. To Nirvana. And that person is You....

With the greatest respect and admiration for all such parents, I say that you have been specially chosen by God to look after His most special creation. Stay blessed!

A note to all other parents

We all probably have friends, relatives, neighbours, or even office colleagues whose children might be in a similar situation. Let us, internally and quietly, resolve that we will do something for their children when the parents are not around.

Let us teach our children that inclusion is a kind of a prayer offered to God. Let us, by our actions, give these parents some hope – that the world does understand after all, and that they will be leaving their children to a world that will look after them or at least, not shun or ignore them.

We really don’t know what these parents must be going through. Let us learn to include – for we never know what journey we will be taking or what kind of help we will be needing, in the life hereafter.

Stay Blessed.

Authored by

Mr. Ajoy (Ms. Bakhtawar Saini)



splurge into
the Joy of learning!!

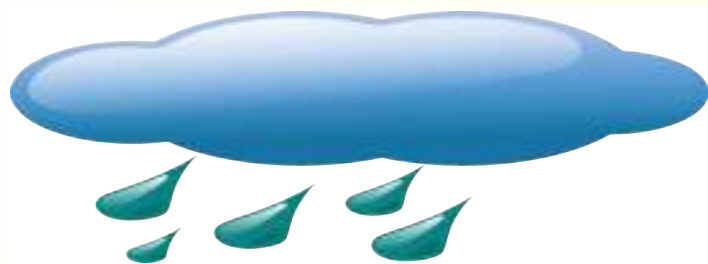
At Scottish High, there is lot of room to create and discover.

Learning through real objects and visuals makes it interesting to explore and inquire further. The curriculum at Scottish High (Primary Years Program) makes it all accessible through its various innovative and successive methods, thus turning a classroom into a joy of learning!

*** Extended Crèche Facility - for Pre Nursery, Nursery & KG till 6 pm on weekdays, Saturdays and school holidays**

*** Extended Transport Facility- till Vasant Kunj Delhi & all over Gurgaon upto Manesar**

NOW, ADDING MORE EXCLUSIVITY TO ITS FEATURES...



Welcome Monsoon's

The much awaited monsoon season is round the corner. Children love to play in rain and to splish splash in puddles of water. But along with the fun and merriment tag along a number of germs and virus which may lead to a gamut of diseases. Hence keeping the child safety in mind a few tips have been mentioned below:-

- ✓ Avoid eating outside food
- ✓ Do not buy cut fruits and vegetables
- ✓ Drink boiled /filtered water
- ✓ Children should carry raincoat in their bag whenever they go to school
- ✓ Taking bath before going to bed is a must as it is very important to get rid of the germs before sleeping
- ✓ Keep the children warm and dry
- ✓ If feet get wet, dry them immediately and do not stay in wet socks or shoes.
- ✓ If your clothes get wet, do not sit in an AC environment and change them immediately.
- ✓ Damp walls are home to fungus growth and an absolute no-no if you suffer from asthma or any other breathing problems
- ✓ Accumulated water is a breeding ground for insects and mosquitoes

ISO

Q **qualityaustria**
central asia



- ✓ Eye infections like conjunctivitis, sty or dry eyes are common during the monsoons. Refrain from touching eyes especially with dirty hands

As we all know that prevention is better than cure, so taking a few precautionary measures will help us and our children enjoy the monsoon season to the fullest.

Ms. Rupa Chauhan
MR ISO



Teaching is a work of "heart"

Rupa Chauhan
Programme Leader
Professional Development Qualifications
Cambridge International Examinations



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Recognised Centre : Scottish High International School
Address: G Block, Sushant Lok II, Sector 57, Gurgaon-122011 (Haryana)
Email : programmeleader@scottishhigh.com
Contact person : Ms. Tina Bali Pasricha.
Contact no. : 8826388400
Website : www.scottishhigh.com
Website : www.scottishhigh.com



Clan News



Lamont

"Action is the foundation key to all success"
-Pablo Picasso-

Winning the sports trophy has been a fantastic end to the session 2016-17. The clan has strengthened and united as a pride and we have succeeded in our mission. Now we have huge shoes to fill. These three months have just passed so quickly and we can't believe, we are handing over captaincy of Lamont already.

This time competitions were held at a vast area. So, we had more number of participants. Competitions such as Hindi Extempore, Self composed were very fruitful in which the participants showcased full enthusiasm and brought laurels to the clan. Yoshita Singh of Grade X B bagged first position in the Inter Clan English Extempore. Another little champ Vikhyant Kant Upadhyay of Grade VI won two certificates in Inter Clan Hindi Extempore and Self Composed poem. Sung Jin Lim of X IGCSE secured first position in English Parliamentary debate followed by second position which was bagged by Mahima Anand of Grade XII B. Not only this Sanjana Gupta of Grade XII B and Hita Kumar of Grade VI B won second position in Hindi and English Extempore respectively. The list is endless. But, 'The more you get the more you want,' this was proved by our budding actors in the Inter Clan street play competition of Grade VIII and IX on topic 'Make in India' where they got second position. It is rightly said by someone so many of our dreams at first seem impossible, then they seem improbable, and then, when summon the will, they soon become inevitable. So get ready for the upcoming competitions and let's have the vision to take hold of the best clan trophy.

Ms. Geetanjali Ahuja
Clan Elder - Lamont



Anderson

"A job well done is the epitaph of mediocrity and
a prologue to excellence"

I commence this writing by commending Clan Anderson for displaying a brilliant performance in all the competitions held till date, resulting in an encouraging elevation in the clan position. I acknowledge and appreciate the diligence and team spirit depicted by Andersonites and I am assured that we would continue to work effortlessly, with equivalent motivation, to stand at the utmost plinth.

Andersonites shone radiantly in both Hindi and English Extempore with Simran Kakkar of grade IX and Vivaswan Nawani of grade X astonishing everyone with their content and expressions of speech. Team Anderson won the street play competition as well, receiving a special mention by the judges for the best script. There was an exceptional initiative by all the clan elders to organize an enriching yoga session during the clan meetings and I am grateful to the staff members and students for their whole-hearted contribution, making it an efficacious experience.

While summing up I reiterate that every Andersonite should keep his/her head high as we have already written an 'epitaph of mediocrity' by our committed assiduousness and we will persistently strive to write a 'prologue to excellence' by displaying allegiance and earnestness to the clan.

Ms. Ruma Jain
Clan Elder - Anderson



MacArthur

"Coming together is a beginning. Keeping together is progress.
Working together is success." ~Henry Ford~

It's so easy to beat up on ourselves. Many of us spend a lot of time thinking about the things we've done wrong, the mistakes that we've made or how we haven't yet achieved all of the things that we want to achieve. Although we understand logically that we will never be "perfect," we still fault ourselves for our imperfections. However, despite having a few inevitable flaws, there are so many reasons to be proud of yourself exactly as you are.

With this in mind, when you feel the urge to criticize yourself, take a moment to remember all of the reasons why you are a great person who is worthy of love and respect. In hard times, sometimes a boost of self-confidence may be exactly what you need. Though you might find it easy to beat up on yourself when things aren't going your way, self-criticism won't make life any easier or solve any problems. Believing in your greatness is what inspires you to find solutions and make things better.

Children of Grade VI Jaanvi Pande and Shaurya Mathur brought laurels to the clan by bagging first position in English Extempore and Hindi Self Composed Inter Clan Competition respectively.

Ms. Ramandeep Kaur
Clan Elder - MacArthur



Boyd

"Don't stop when you are tired. Stop when you are done."

Each Boyddian is striving to work hard on the above written philosophy of life.

May and June 2017 had witnessed the glory of clan Boyd in many Inter-clan competitions and events. Boyd is filled with plethora of talents in different areas which was evident during these competitions. It was perplexing to see Paridhi Pasrija getting first position in the Interclan Hindi debate competition. Aarshi raina secured second position in Hindi extempore. Boyd's performance in English Parliamentary debate was appreciated by all where we again secured second position. Following this, a team of students from Grade VIII-IX stood first in the inter-clan street play competition based on the theme "Make In India". They transfixed the audience with their amazing comic timings. After this victory, Inter-Clan Chess competition was held which was won by another sparkling Boyddian, Anya Agarwal, of grade VII. To make clan periods more meaningful, an enriching Yoga session was conducted for students of Grade VI-XII to make them aware about the body and mind workout.

We are the winner for now; let's work to keep the momentum going to maintain our winning streaks.

Well done Boyd. We have a long way to go. So keep energising yourselves to make every event and day a count.

Ms. Akanksha Yadav
Clan Elder - Boyd



IBDP HIGHLANDERS HARVEST GOLDEN FRUITS OF LABOR

Come July and team IB DP headed by the School Director and the IB DP Coordinator Ms. Sudha Goyal wait anxiously for the clock to strike 5.45 pm. It is this moment when the IBO releases the results of the students who have written their May Series Examinations. This year too everyone was waiting with bated breath. As the results started pouring in there was a great hoorah of congratulations that reverberated in the office of the School Director. Setting a new benchmark and emerging as the new School topper was Bansuri Aggarwal scoring an exceptional 43 out of the maximum of 45 Grade Points. She was closely followed by Hyun Ju Choi & Rishabh Gandhi who had scored a 43 and Devika Sholapure with 40 out of 45 Grade points.

A total of 23 perfect seven Grade Points have been scored by Highlanders across the various subjects. With a number of A Grades in Extended Essay and in Theory of Knowledge a good number of students had earned a perfect 3 in the Core subjects of IB DP. We are indeed proud to share that all the students who had opted to appear for a Diploma have been granted the same and for yet another year Scottish High has achieved a perfect pass result. The joy is multiplied with the news of all the students getting placed in Universities and subject specialisations of their choice, across the globe.

The Chairman of the school Dr. (Cdr.) Kartikey Saini extended his heartiest congratulations to Team Scottish for this astounding performance of the students. He was joined by The School Director Ms. Sudha Goyal, Director Operations Ms. Bakhtawar Saini and the Senior School Head Dr. Sanjay Sachdeva in applauding the efforts

of the mentors who had worked tirelessly, to help students realise their dreams and their potential.

With the team spirit soaring and the motivation level at an all-time high it is evident that a perfect 45 and zenith of glory is just around the corner. We wish Team Scottish 'Congratulations and an All the Best'.

Keeping abreast with the society and its trials & tribulations Grade XII students of IB DP organised a fiery debating session on 'Goods and Services Tax' and its merits & demerits. The keenly debated sessions laced with updated facts and figures and enlightening research work saw Heleenke Barnard and Saumay Aggarwal coming out as best Speakers in the two sessions respectively.

Signing off for the month, assuring of more exciting news of the events to come and more success stories of IB DP Highlanders.

Adios!

IB DP Coordination Team

Diploma Result :100%

Total Students Appeared :17

Toppers :

Bansuri Agarwal : 43

Rishabh Gandhi : 43

Hyun Jo Choi : 42

Deviks Sholapure : 40

Above 40 25% Students

Above 30 : 75% Students

Highest Grades in each subject

ESS	7
Mathematics HL	7
Business Management	7
Economics	7
Physics	7
French	7
Spanish	7
Computer Science	7

THE MASTERS STRIKE ONCE AGAIN!!

FIRST IT WAS ISC, ICSE EXAMINATIONS AND THIS TIME ITS IBDP!!

THE HIGHLANDERS HAVE ONCE AGAIN PROVEN THEIR METTLE BY THEIR BLISTERING PERFORMANCE IN THE IBDP EXAMINATIONS 2017. HERE IS HOW THEIR SCORE CARD LOOKS LIKE...

TOPPER
Bansuri Agarwal-
43 out of 45



TOPPER
Rishabh Gandhi-
43 out of 45



Hyun Jo Choi-
42 out of 45



Devika Sholapure-
40 out of 45



SCOTTISH HIGHTM
INTERNATIONAL SCHOOL
BANGLORE

Address: 6/10th, Subash Lal - 8,
Sector 12, Gurgaon - 122002, NCR
IN - 91-0120-4212791, 9911311001

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Website: www.scottishhigh.com
Email: info@scottishhigh.com




THEY BROUGHT LAURELS FOR US

Once again!!
Scottish High International School
'CRAFTS A BREAKTHROUGH'
in the ISC Board Examination


**STAR HIGHLANDERS WHO HAVE TAKEN
THE COUNTRY'S ACADEMIC WORLD BY STORM**

ALL INDIA RANK
2
DELHI NCR TOPPER
1



Keerthana Srikanth
99.25%

DELHI NCR RANK
2




Shivang Singh
98.75%


The two Highlanders scored a Perfect 100% in Physics, Economics, ICT & Mathematics

SCOTTISH HIGH TOPPERS


GRADE XII ISC



Keerthana Srikanth
99.25% [Science]




Vrinda Batra
98% [Commerce]



Shaurya Chaudhary
96.5% [Humanities]

GRADE X ICSE



Mahek Mishra -96.8%

ISC/ICSE

Scottish High Flag flutters high with the Proud Highlanders Keerthana Srikanth ranked ALL INDIA SECOND POSITION HOLDER and DELHI NCR TOPPER with an astounding 397/400 i.e. 99.25% and Shivang Singh being ranked SECOND TOPPER IN DELHI NCR with 395/400 i.e. 98.75%. The two Highlanders scored a Perfect 100% in Physics, Economics, ICT & Mathematics, respectively.

The overall Scottish High topper in Grade X ICSE is Mahek Mishra with 96.8%. Highlanders bring pride to their Alma-mater with a 100% first division in ICSE X Grade as also in ISC XII Grade. There are 300 subject wise distinctions in Grade X ICSE and 130 subject-wise scores above 90% in X ICSE.

The overall Class XII ISC topper is Keerthana Srikanth from Science stream with 99.25%. In Commerce stream Vrinda Batra topped with 98%. In Humanities stream Shaurya Chaudhary topped with 96.5%. There are 157 subject wise distinctions and 92 subject-wise scores above 90% in XII ISC.

RESULTS AT A GLANCE

ICSE CLASS X RESULT 2016-17
Over all Topper : Mahek Mishra - 96.8%
Subject - Wise Toppers

Subject	Student Name	Percentage
English	Kinshuk Soperna	92%
Hindi	Mahek Mishra & Kinshuk Soperna	92%
French	Arnavi Rauthan	95%
HCG	Mahek Mishra	98%
Mathematics	Mahek Mishra & Priyana Ganguly	100%
Science	Mahek Mishra	98%
Art	Swarna Gauri Dutta	97%
Commercial Applications	Damandeep Kaur, Kavya Agarwal, Parwaz Singh Gill, Rishabh Batra, Ritwik Gupta, Rudransh Kotra	100%
Computers Applications	Mahek Mishra	100%
Economics Applications	Kinshuk Soperna	98%

Overall School Result – 64 Students Appeared
Above 95% - Out of 64 Students : 5
Above 90% - Out of 64 Students : 27
Subject Distinctions Above 75% : 300
Subject Distinctions Above 90% : 130

ISC CLASS XII RESULT 2016-17
Keerthana Srikanth : 99.2% (Science)
Vrinda Batra : 98% (Commerce)
Shaurya Chaudhary : 96.5% (Humanities)
Subject - Wise Toppers

Subject	Student Name	Percentage
English	Keerthana Srikanth	97%
History	Shaurya Chaudhary	99%
Political Science	Shaurya Chaudhary	97%
Sociology	Shaurya Chaudhary	96%
Psychology	Christine Anika Keelor	96%
Economics	Shivang Singh, Chirag Goel, Kamna Karthik	100%
Accounts	Chirag Goel	99%
Commerce	Chirag Goel, Kamna Karthik, Vrinda Batra	93%
Mathematics	Keerthana Srikanth, Vrinda Batra, Shivang Singh	100%
Physics	Keerthana Srikanth & Shivang Singh	100%
Chemistry	Keerthana Srikanth	95%
Biology	Shubhangi Anand	99%
Computer Science	Keerthana Srikanth & Sonal Bhatia	100%
Physical Education	Diwakar Singh	97%

Overall School Result – 42 Students Appeared
Above 95% - 07 Out of 42 • Above 90% - 19 Out of 42
Subject Distinctions Above 75% : 157
Subject Distinctions Above 90% : 92



THE PROUD ACHIEVERS

100% Attendance awardees





Earth Day 2017- Environmental & Climate Literacy

Education is the foundation for progress. Each of us has the power to act for change in our daily lives. We need to build a global citizenry fluent in the concepts of climate change and aware of its unprecedented threat to our beautiful 'Emerald Planet, Our Mother Earth'. We need to empower everyone with the knowledge to inspire action in defense of environmental protection.

The theme of this year's Earth Day 2017 'Environmental and Climate Literacy' is the engine not only for creating green citizens and advancing environmental and climate laws and policies but also for accelerating green technologies and sustainable development for the future generations to come.

With this aim A Special Morning Assembly was organized in the school to celebrate 47th Earth Day. The Students of IX A and XI IBDP conducted the assembly. This Day was commemorated to sensitize the students towards their role in addressing global environmental challenges at grass root level. It was a great day to showcase environmental education, highlight efforts to green the school and engage the whole student community in making a difference. Dwij Dutt and Saumya Jain of Grade XI IBDP gave motivational speeches in which the suggestive measures were given to combat global warming like increasing the green cover by planting more trees, the water and waste management, developing green buildings, traffic control, reduction of air pollution, use of renewable energies, growing our own food (or buy locally-grown produce), going paperless, stop drinking bottled water, start carpooling (or take up cycling), Investing in green power and the judicious use of natural resources.

Students performed street play 'the Story of Earth' explaining to the rest of the school community on how earth can be saved from global warming. They stressed that we are consuming more resources annually than the Earth can replenish and If we don't act now to reduce this unsustainable behavior, we will cripple the planet and threaten the living conditions of future generations. The performance of Srijan Saxena of grade XI IBDP and Satakshi Singh of grade IX E were appreciated by all.

Banners, posters and colourful charts were put up all over the school, reading the slogans like 'Save Earth for its Worth' Go Vegan and Organic' and 'Plant a tree today' to make the students learn the importance of preserving planet earth.

The Highlanders took the pledge that together we can make everyday Earth Day and each one of us in the school can make a difference in which all of us have the opportunity to participate through the choices we make every day as consumers and as the responsible green citizens.

The morning at Scottish High, reverberated with the excited and melodious song on Mother Earth by our green warriors who were there to create awareness on environment. A Green Quiz was also organized by the Students of grade XI IBDP. Tejasvi of grade IX D recited a poem 'Meri Maa – our Mother Earth' to sensitize the school community to save mother Earth by adopting simple changes in our lifestyle and making a balance between how much natural resources to use and how much to rejuvenate and preserve for the coming generations to use.

Later the School Director Mrs. Sudha Goyal appreciated the Students efforts and emphasized the importance of environment conservation and motivated the students to work towards it and to plant more trees as a first step to change to make this planet lush green again.

Kavita Yadav
CAS Coordinator





From the Counsellor's Desk

It is that time of the year.... yet again! The anxiety levels are slowly going up, conversations with friends are being directed towards how much syllabus has been completed and our bed time is gradually moving up the clock. Exams can be a stressful time for most students however there are possible ways to stay calm and positive during this time. Below are some tips to help you power through the exams:

1. Have a study routine

- If you haven't yet made one then maybe you should now. Many students have benefitted through creating a personal study plan. Having an organized study plan helps you feel motivated, productive and in control of your time as you approach closer to your exams.
- Make a daily timetable or to do list on all that needs to be done. It is important that you set realistic targets and try not to cram everything in one day. Your schedule should be balanced in a way that it allows you to take enough rest and do other enjoyable activities as well.
- An ideal study strategy would be to schedule 45 minutes study time followed by a break of 5-10 minutes, before getting back again to the task.

2. Get enough sleep

- A good night's rest is critical for your mental and physical stamina. Sleeping well helps you stay focused, alert and goes a long way in decreasing stress levels.
- Try your best to have a consistent sleep schedule- try to sleep and rise at roughly around the same time.
- Avoid using any electronic device before going to bed as that can affect your quality of sleep. Ideally, you should spend 20 minutes before going to bed doing something relaxing such as reading a light novel or listening to soothing music.

3. Eat healthy

- Providing your body with the correct nourishment is necessary to preserve a good energy level.
- It is important that you maintain a well balanced diet that includes plenty of fruits and vegetables.
- Further, do not forget to drink lots of water to stay hydrated. Always keep a water bottle next to you while studying.

4. Exercise

- Exercising is a great way to help you clear your head and stay refreshed. It releases feel good chemicals that work as a great stress buster!

- Try making it a point to get some fresh air every day for 20-30 minutes.

- You can use the time to take a walk, go for a jog, play a sport or even dance!

5. Positive thinking is the key

- To stay motivated, it is important that you think positive. Regularly practicing self affirmations such as 'I am doing my best', 'I am feeling calm' and 'I can do this' whenever you feel distracted or anxious can help.
- You can decide your set of self affirmations and practice saying them to yourself before you sleep at night or as soon as you wake up in the morning or when you are just about to start writing your exam.
- Alternatively, you can maintain a diary in which you write daily self affirmations to yourself.

6. Break free from distractions

- If you find yourself frequently getting distracted with your phone, computer or any other gadget, then it is essential that you practice self control.
- When you add up the total time spent on your devices, you realize how it amounts to a significant waste of time.
- It can be hard to detach from your life outside of studying but keeping the end goal and timeframe in mind will ease the process. Therefore it is important that you find a way to set a limit on the time spent on your devices.

7. Stay connected with your family or a close friend

- Sometimes you just need to talk to someone to help put you in a better mood and energize you.
- Regularly speak to a family member or close friend who can help empower you to rise above the exam stress.

8. Don't forget to breathe

- Lastly, however most importantly practice mindful breathing.
- While studying or during moments of high stress, take a few minutes to practice this. Gently close your eyes and breathe in to a mental count of 4, hold your breath for a count of 7 and then breathe out to a count of 8.
- Do this cycle several times and you should find yourself a little less stressed than before.

Ms. Priyanka Goyal

Counselor

MIDDLE SCHOOL LIFE

Welcome to a new life, a new road to begin, where the study and the homework wars you'll have to win.

More responsibilities and priorities and being more mature, but you will have fun too, i'm sure.

Here you will get lots of loads that you will have to carry, indeed its true,
but we all must learn to distress our minds, not only me and you.

There has so been so much change and so much evolution,
but to an illness like stress, no one has ever found a perfect solution.

Here you'll have to blend in, but its okay to be you,
because everyone is unique and possess something new.

There is nothing impossible for those who try,
with this I would like to say goodbye.

Sarah Masih 6-E



TED-ED Club at Scottish High

At Scottish High we believe that the most important aspect of the modern day education is building up of the communicative skills in our students, who are already excelling in various facets of education. We explore every opportunity to hone the oratorical skills in our highlanders so that the world hears their voice. Yes! you HEARD it correct VOICE. From this year, Pratham Gupta, a student of IX IGCSE, has as an initiative introduced a club that gives young children an opportunity to build and fine polish the enunciation of their knowledge that too in an interactive manner through 'TED-ED Club'. This is to ensure that even those students who are good with written expression but have the proverbial 'butterflies in the stomach' speak up and share their views and thereby enrich the society with their wisdom.

TED Talks is a Bill Gates initiative, to spread knowledge and ideas to change the world for betterment.

The club has been designed with research and presentation based activities and would be a One-Year Cycle. This would help the young highlanders shape their ideas and share with others to make the world a better place to live.

TED-ED Club members would also be getting an opportunity to interact with speakers like Melinda Gates and Salman Khan.

The best club in the world we would get a chance to go to New York and deliver a speech in the TED-ED Headquarters. Let us join hands and give a clarion call heralding the coming of age of Highlanders in a new world order.

Pooja Sharma
Coordinator, Department of Economics
International Curriculum Studies



Visit to "Alliance française de Gurgaon"

22 Highlanders from Modern Foreign Language Department for French went to Alliance Française, Gurgaon for a cultural afternoon where the students watched a French movie "Le Petit Prince" with English subtitles. It was a good opportunity for our young Highlanders to understand and appreciate the target culture and make new alliances.

There was a library visit followed by the movie and few activities based on vocabulary were done in the library. After the visit the students also savoured the delicacies of the French cuisine.

It was a great platform for the students to explore more about French culture and gastronomy. Overall it was a great opportunity for the students to enhance their knowledge in French.

Ms. Isha Verma
HOD Modern Foreign Languages





MJ's Corner

Team Work Can Build Wonders!

A flock of hungry pigeons were flying across the sky in search of food. Having traveled a long distance, they felt tired and settled down on a tree. Just below the tree, they saw grains strewn all over the ground. The pigeons were happy to have found enough food to eat. All the pigeons came down from the tree and started eating the grains. As they were doing so, a huge net fell on them and trapped them all.

The pigeons were taken aback. They noticed a hunter sitting at a distance from the tree, a bow and arrow in hand. The pigeons realized it was the hunter who had attracted them by strewing the grains and it was he who had trapped them in the net. The hunter got up and began to move towards the pigeons.

The leader of the pigeons spoke, "Friends, we are in great trouble. The hunter will catch us if we do not act swiftly in a few seconds. There is only one option available at this moment. Let all of us use our force together and fly up along with the net. If all of us use our force and fly together, we can fly carrying the net along with us. Let us start now."

All the pigeons agreed with him and flew high carrying the net along with them. After traveling sufficient distance away from the hunter, the pigeons settled on a tree and carefully came out of the net one by one and thus escaped the evil design of the hunter.

POINTS TO PONDER:-

1. Teamwork can work wonders.
2. A group of a people becomes a team when members have a common goal, and is goal links members to the team.
3. In a good team, members use each other's strengths to balance their weaknesses.
4. Teambuilding requires great care. It is important to choose the right people who can and will work in tandem.
5. Focus should be on the team's progress, not individual growth.
6. Coordination between team members helps in completing the toughest job!

Teamwork leverages the strength of each team member and works around the weaknesses. Teamwork represents a set of values that encourage behaviors such as listening constructively, respecting different views and recognizing the achievements and interests of others.

There is frank and open exchange of ideas, and the team leader helps in increasing trust and mutual respect among the team members.

Good teamwork of team and individual goals. It also ensures that collectively team is far more effective than the sum of individual effectiveness results in alignment, and each member experiences pride and belongingness.

Resourced by
Ms. Monica Jajoo

Golf News

The SHIS summer season kicked off with a GOLF SUMMER CAMP organized from 15th May, 17 – 26th May, 17. Many budding Golfers enrolled enthusiastically for the Camp under the guidance and training of dedicated Golf Professionals together with the indoor audio visual room, artificial putting/chipping area, driving range, Golf Simulator, the summer camp became an excellent venue to improve, practice and develops golf skills. These sessions cover not only the intricacies of golfing techniques such as rules & regulations, golfer's etiquettes, grip perfection, field set-up, putting instructions, swing tips etc but also feature interesting as well as motivational golf videos and movies. 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 .

Anitya's Golf Tip of the Month

Position the Right Elbow Correctly in the Backswing

The best ball strikers keep their right elbow in a correct position. The right arm needs to be in a tucked in, stable position which stays in front

of the chest. From here, the right arm can come in front of the body, leading to a good delivery position, such that the upper body does not hang back and the player does not have to rely on his hands to square up the clubface.



In the ideal sequence-

1. The shoulders have turned completely in the backswing and the chest aims away from the target.
2. The wrists are fully cocked and the hands fall to the right of the head.
3. The right elbow lies in front of the chest and points away from the target.

This will help to get the club quicker to the ball.

The best players use several drills to practice staying connected with the arms and body such as keeping a towel under the right arm.

Practicing on working to get the club and the body in the correct position will improve consistency of the swing.

Ankita Jain
Golf Coordinator

Answers to Brain teasers

- | | |
|--|--|
| 1: Tomorrow | 4: A Coffin |
| 2: He was playing Monopoly. He lands on a property with a hotel and doesn't have enough money to pay the rent. | 5: A Stamp |
| 3: The letter 'M' | 6: It contains each number zero to nine in alphabetical order. |
| | 7: The person was born in 2005 BC |



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Tel : +91 124 4112781-90, Fax : +91 2573590, 4112788.
Email : info@scottishhigh.com, Website : www.scottishhigh.com

Editor-in-chief : Ms. Sudha Goyal
Editor : Ms. Kanchan Khanna
Asstt Editor : Ms. Ankita Jain
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