



### From the DIRECTOR'S DESK



#### 'Reading make Man'

*"We don't need a list of rights and wrongs, tables of dos and don'ts: we need books, time, and silence. 'Thou shalt not...' is soon forgotten, but 'Once upon a time...' lasts forever." — Philip Pullman*

Dear Highlanders, it is so momentous to be, once again, face to face with my endeared ones – the young, the not so young, the teenagers and the ones about to enter the so called 'The Man's world.

Well as you all climb one more step in life, zestful of becoming educated I find myself keen to share one more secret to true success and happiness. This is a tool that gives us an edge over, so many others. Yes! Today I will share with you the secret ingredient in the plate of the statesmen and the leaders who have gormandized the delicacy, that has enabled them reach the zenith of success and made them and more so their words, immortal. The secret is 'Reading'. Well you will surely say we have heard it all and then I would say Yes Dear! You have heard it all so many times yet let us

revisit our resolutions and learning of the years gone by. Some will find that they adapted to the learning and are assiduously marching on the path of success and glory; the others who heard it and paid less attention to it well! where is the harm in re-visiting your learning and your resolutions. So let us get down to the basics once again and pull-up the figurative socks and tighten-up the proverbial belts and jump headlong into the mysterious world of fiction and whatever you love to have on your platter. My word of advice is well said in the words of John Waters:

*"You should never read just for "enjoyment." Read to make yourself smarter! Less judgmental. More apt to understand your friends' insane behavior, or better yet, your own. Pick "hard books." Ones you have to concentrate on while reading. And for god's sake, don't let me ever hear you say, "I can't read fiction. I only have time for the truth." Fiction is the truth, ....! Ever hear of "literature"? That means fiction, too, ....."*

Here I sign off with the most wonderful words penned down by yet another legendary writer. Read it, Appreciate it and Honor it --

*"There is no friend as loyal as a book." — Ernest Hemingway*

**Ms. Sudha Goyal**  
School Director

### Make Children Cyber Safe

*Treat your password like toothbrush. Don't let anyone else use it and get a new one every six months.*  
~ Clifford Stoll ~

The children of today are cyber savvy. They use the internet for many purposes ranging from education to entertainment. It is therefore important to ensure that children know how to keep themselves Cyber Safe.

Here are few tips which will keep children safe in the cyber world.

We need to supervise our children during their playtime to check whom they hang out with. A child who is aggressive in the play field might turn out to be aggressive online too. Internet access of children needs to be supervised, set agreements and boundaries regarding when they can get online and what they can do while on internet. Let there be consequences if agreements are not followed. Ensure children are cyber educated so that they can ask for help and nip the issue in the bud. We need to brief them that they should:

- Never friend anyone they don't know
- Unfriend people immediately if they feel uncomfortable with comments posted by them
- Never harass or put down people online

- Click on the button for reporting intimidation, which some social media sites have, doing that will prevent such a person from bothering others also in future

Be a friend to children, it is important that child feels comfortable about telling things that have happened online. If the behavior of the child is out of the ordinary, ask him or her repeatedly. Taking such issues seriously might save children from online harassment which otherwise can affect their confidence and self-esteem.

We can stop cyber bullying by empowering children with proper guidance and help. The first step is to take measures by gaining confidence of children, the second step is to teach children how to protect themselves, taking these steps will not guarantee that children will never have online issues; however, they will greatly reduce the odds. Lastly always keep the school informed of any type of concern or issue children are facing online. We are always ready to step in and help, because for us, our students' mental and emotional health is directly related to their overall well-being.

**Ms. Seema Bhati**  
Primary School Principal



# NEWS FROM THE WORLD OF INITIALS



**“You’re off to great places. Today is your day!  
Your mountain is waiting, so get on your way!  
~ Dr Seuss ~**

A new session means a set of parents and students entering a new environment which can be a daunting experience especially in the case of the pre-schoolers who would be setting foot into a formal school for the first time! In order to alleviate their anxiety and doubts and sensitize them with the setting and expectations of a formal school, an ‘At Home’ session was held on 28th March, 2017. The session had the Chairman and the School Director of the school addressing and welcoming the parents and introducing the core members and other staff members and giving a brief on the philosophy of the school. It also had the Initial School Principal, giving a presentation on familiarizing them with the routine of the school and later introducing the teachers of the Initial Chapter.

Here at Scottish High, the first day of the academic session 2017-18 commenced from 3rd April, 2017. A loving and an inviting ambience was created for the young learners to make their first day at school special and to make them feel loved, secured and safe. Bright, cheerful and beautifully done up classes, smiling teachers ready to welcome the kids in their warm folds, inviting corners to explore is what was there to welcome all the young ones on their first day of school. With the traditional welcome of the bagpiper playing the music,



colourful balloons donning the outdoors and indoors of the classrooms, famous Mickey and Minnie Mouse characters to draw the attention of everyone, the first day kick-started with much aplomb. It saw the young learners of the Initial Chapter- some eager, some unsettled holding onto the hands of their parents entering the premises with a new hope for new beginnings. While the older lot graduating into Kindergarten were seemingly more settled and suddenly looking very mature and responsible, eager to start their new journey of learning and refocus on their goals, the younger ones were slowly initiated into the formal school.







The first few days saw the young ones settling into the routine of a formal school, getting familiar with their new class settings, getting acquainted with their teachers and forming a bond with their peers. A healthy and sumptuous mid-day snack also made for a good break and treat for the children.

A plethora of activities were planned within and outside the classrooms to make the days at school exciting for the little ones. While activities like colouring, painting, having fun with clay moulding, playing with toys and exploring the puzzles, using a multitude of resources to create something, listening to stories, singing rhymes and poems to name a few kept the young ones busy; outdoor activities like horse riding, attending games, music and dance class and watching movies in the A.V room kept them constructively engaged. Spending time in the splash pool proved to be an inviting and exciting adventure for the little ones too.



Scottish High takes pride in maintaining a strong three tier bond between the parents, teachers and students and 'Home visits' wherein teachers visiting the students in their homes is one way of strengthening and deepening this bond. The Initial teachers started with their Home visits with an intent to meet the students in their 'comfort zone' and develop a rapport with the parents. While the visits motivate and generate enthusiasm amongst

the students, it gives the teachers an opportunity to establish a better and deeper understanding of the child by understanding the routine and learning about his/ her interests from the parents. These visits also provide a platform to share expectations about the child in an informal environment.

As the children settle in, they are also gearing up for their upcoming Annual Function cum Monkey Business, an event for all the new joinees to put up a grand show in front of the parents in the month of May. The practice sessions for the young ones have started and their enthusiasm is indeed endearing!

**Ms. Rupa Chauhan**  
Initial School Principal







# PYP



## An Energetic Beginning; An Enthusiastic Start

New beginnings, new ideas, new settings, and excitement! The new academic session began on 3rd April 2017. Commencement of a new academic session brings with it a fresh wave of enthusiasm and commitment. The session began with a bang, as all the students and teachers came forth with bubbling energy to fill the pages of this new chapter with all the drive, focus and determination needed to build yet another successful academic journey. Right from Grade Pre-Nursery to Grade 5, the students were seen settling into their classes, with a new facilitator and into their new environment. We believe that how you approach the first few days with your students is how you set the pace of learning for the remaining academic session. With the beginning of a session it is time to set goals, get familiar with the class and its expectations. This is what was endeavoured in the beginning few days. The children were seen drawing up their class essential agreements, establishing goals for themselves among many other things.

Our young Highlanders are settling into the new routines and are beginning to develop self-management skills. All the grades from Kindergarten to Grade 5 have begun work on their respective units of inquiry.

As a part of the learning process the Kindergartners under the Transdisciplinary Theme- How we organize ourselves, are delving into the need of educational institutions, its structure and its organization. The other young learners of the kindergarten section are busy inquiring about the natural resource; water and how it sustains and generates life under the Transdisciplinary Theme -Sharing the planet.

The young students of Grade 1 are exploring the Transdisciplinary Themes -How we express ourselves and Sharing the planet. Through these units, they are getting an insight into how people express themselves using various means. Exploring verbal and nonverbal ways of communication are making them realize the importance of communication, its means and forms. They are discovering their environment by going on field trips and developing a sense of appreciation for living things.

Grade 2 students are working on the Central Ideas- 'Plants sustain life on Earth and play an important role in our lives' and 'The Earth is made of different land forms that keep changing' simultaneously in their respective grades. Field trips to Aravalli hills and Botanical garden helped to observe various types plants and different shapes of landforms.

Grade 3 students continue with their journey of exploration and learning through different units of inquiries. Under the Transdisciplinary Theme- How the world works, the students are observing and reflecting on various designs of buildings. Their curiosity was brought fore when they explored their surroundings as a provocation as a part of the Transdisciplinary Themes -Where we are in place and time.

Grade 4 students are digging into the Transdisciplinary Theme -Where we are in place and time and understanding the significance of the various events in their life. They are working on different events and sharing their perspectives about the same. Whereas the other group under the Transdisciplinary Theme- Sharing the planet are inquiring about the various challenges, risks and opportunities children face worldwide.

The Grade 5 learners are inquiring into the Transdisciplinary Themes- How we express ourselves and How the world works. Various provocations related to expressions and feelings are arousing their curiosity and they are tuning into inquiry through a range of engagements. The other sections have been learning the importance of technology and its impact on human and environment.

Well begun is half done; with great enthusiasm and excitement we welcome the new session.







**Taking learning a step further-SAIBSA, 5th March 2017**

SAIBSA, the South Asia International Baccalaureate Schools Association meet was held at our school on 5th March, 2017. Ms. Monita Sen, Asia Pacific School Services Manager, Singapore, visited the school and took two Plenary sessions on ‘Learner Agency in the PYP’ and ‘Promoting Inquiry into PYP’. This proved to be an enriching experience for one and all amongst the PYP staff members of the school and the visiting teachers representing different schools. Different sessions like ‘Language Integration in PYP’, ‘Differentiated Teaching and Learning Practices’, ‘UOI and Collaborative Planning’, ‘Promoting International Mindedness’ to name a few were held. Teachers from 10 schools from Northern India participated enthusiastically. These sessions formed a perfect platform to collaborate, share practices and perspectives.

**Spreading Awareness**

World Down Syndrome Day was celebrated on March 21st, 2017. On this day, our young Highlanders and staff spread awareness and participated in activities and events to raise public sensitivity towards the ailment. The Kinderact Club of Scottish High went to each class to spread awareness and took part in sensitizing all the parents at the time of dispersal. Moreover, all the teachers at the school wore blue and yellow to mark their support for the cause, and held a ceremony to release blue and yellow balloons, as a symbolic gesture signifying the institute’s commitment to spread awareness.

**Asstt PYP Coordinators**







## Medley of Activities



The month of February started with the preparations of Inter clan athletic meet for middle school. School Director Ms. Sudha Goyal declared the meet open.

Almost more than 60 students from different clan participated in the meet. Clan Lamont got 1st position, 2nd position was shared by Anderson and MacArthur and Clan Boyd stood third. Now the students are busy preparing themselves for the coming final examinations. On behalf of sports department I wish all the highlanders Best of Luck.

**Darshan Singh Gahallot**  
HOD Sports



### The NCC

Scottish High NCC is indeed the School's pride. And not without reason. Almost all significant events in the School are preceded by one of the multifarious yet unique activity by the Highlander cadets. Be it felicitations or giving guard of honor to the distinguished visiting dignitaries, the NCC cadets are always in the forefront. In fact the vary first day of the new academic session begins with the NCC contingent conducting very solemn Reveille with the Army band in attendance and very respectfully joined by the parents of the new Highlanders, the faculty, the teachers, the students and above all our Chairman Sir himself.

It was also the month when the first year cadets bade an emotional farewell to the second year cadets, their seniors, on successful completion of their two years NCC tenure. The new batch of the cadets commence their NCC training next month for which the enrolment will be over by month end.

PS. "Wasting food is like stealing from the poor." The Highlanders firmly believe it and practice it in letter and spirit.

**God Speed - Scottish High  
Col Dilbag Dabas, Veteran**



### Art & Craft

The Scottish family witnessed the grand inauguration of its, 'Annual Art and Craft Exhibition', on 25th March by the School Director. Students from Grade VI to XII showcased their talent on the occasion.

On display there were wide range of art works in terms of medium and themes. Students had created 2D and 3D drawings, still life, scratch art, soft pastels, Tile work, canvas paintings etc.

In Craft optional activity, students were introduced to the different concepts of textile designing in which they learnt about tie and dye, hand painting and block painting which was displayed in the exhibition. In tie and dye students made T-shirts and dupattas in different designs like spiral, circle, checks, diagonal lines, vertical and horizontal lines. In hand painting, students painted different designs like roses, flowers, fruits and creepers on various table cloth. In block painting, students made bedsheets in bright and bold colours. Students also learnt the different adhesive techniques like paper mache masks, bowls of various shape and size were made. They also made lamp shade with wool and fevicol.



This exhibition was an effort that strives to bring the work of young and talented budding artists from our school to a large audience & to give them a chance to showcase their creativity.

On the other hand, beginning of the session was a great start for everyone. All the Primary grade highlanders were enthusiastic to design their art file with their name by doing word art as to have a beautiful place to store their drawings.

**Amita Gahallot**  
HOD Visual & Performing Arts



## IBDP

### ‘Sprightly steps ... with Surety... to Glory and Fame’

Come March and the tempo of academic pursuits moves to a crescendo.

The IB DP fraternity has been literally immersed in the procedures of uploading the Internal Assessments that would lay the foundation for the final grades that the students achieve. What a coincidence that just when the team was gearing up for uploading of the Internal assessments an IB initiated webinar was conducted on one of the most important components titled ‘How to use and interpret an Turnitin Report!’ An eye-opener, the webinar allayed lots of misconceptions that the education fraternity carries while studying a Turnitin Report.

Simultaneous to the uploads the students from the IB DP 2015-17 got busy writing their Mock Examinations and the students of IB DP 2016-18 got busy with writing their II Unit Cycle Tests.

It is indeed heartening to share that most of the students have done encouragingly well in their Mock Examinations and the more heartening is the fact that everyone from the batch is making efforts to outshine the others and to achieve it every single IB DP Highlander is burning the proverbial ‘Midnight lamp’. As a community of learners and educationists let us all join our hands in submission to the Supreme Almighty praying for the fulfillment and realization of the dreams of our Highlanders. Let us come together, to wish that they achieve grades, par excellence and uphold the glorious name of their Alma Mater.

Amen!

IB DP Coordination Team

## tGELF

### The Global Education And Leadership Foundation(tGELF)

‘Owning your future’ A three day workshop on Entrepreneurship was organised on 6th April by tGELF in partnership with the US based Network for Teaching Entrepreneurship (NFTE). The aim was to make the students 21st century skill ready so that they can succeed in the world. It is a program being offered to the students of Grade 11 to create an entrepreneurial mind set as well as business start-up skills so that they can become job creators. Using creation of a business plan as a final output, this course will help develop employability, skills, academic knowledge and life skills.

The workshop was attended by Ms. Pratibha Abrol who is now a certified Entrepreneurship teacher and will be taking the program forward with the students of Grade 11.

Geeta Bedi  
tGELF In charge

*“You can never understand one language until you understand at least two.”*

*~ Geoffrey Willans ~*

In today’s era, multilingualism has become more than just ‘important’. Knowing a foreign language other than your native language has evolved to be extremely beneficial. Whether viewed from the financial or social aspect, being able to communicate in a foreign language helps to make ‘real’ connection with people and provides a better understanding of your language.

This is the whole idea when our Highlanders choose one Modern Foreign Language from French, German and Spanish to enable them to explore the above mentioned quote. The Highlanders need to know the prospects of learning any MFL out of which few have been listed below:

1. To increase global understanding
2. To improve employment potential
3. To increase native language ability
4. To sharpen cognitive and life skills
5. To appreciate international literature, music, and film
6. To expand study abroad options
7. To increase understanding of oneself and one's own culture
8. To have more social interaction

To conclude, one must understand that learning a foreign language always gives you ample opportunities to explore and to understand that a second language always broadens your mind set towards another culture.

Ms. Isha Verma  
HOD Modern Foreign Languages





## HELP YOUR CHILD SETTLE IN THE SCHOOL

The new session has begun. Starting school is a big step for both children as well as parents. Many children experience some anxiety during the transition to school but in most cases it dissipates in the first few weeks of the term.

Parents have a big role to play in getting their offspring ready for their new school and helping to calm any fears they might have.

Below mentioned are a few tips which will for sure help your child settle well in school:

- ✓ The first and the most important thing is that the parents themselves should feel relaxed within. Only if they are calm they can help their child overcome the anxiety.
- ✓ Many parents worry that their child will not be able to cope up in a larger playground or eat lunch without prompting. Others are concerned that the jump to school and long days will be tiring and that they are handing their children into the care of others. Parents should be assured that the educators are dealing with the little ones on daily basis and are well trained to deal with any issue arising with the young ones.
- ✓ Make sure they get plenty of rest. Be strict with bedtimes during the school week. Tired, grumpy children are harder to manage so make sure they get to bed on time.
- ✓ Be prepared- starting from school uniform, stationary, child's bottle, tiffin – all things should be ready a day prior and the child must be shown everything so as to create enthusiasm in the little one.

## ISO



- ✓ Make sure your child is toilet trained. Toilet training a child is very important before he or she joins school. A toilet trained child will have a higher level of self-esteem and morale, he or she will reflect a sense of triumph as compared to those who are yet to be trained.
- ✓ In case your child is a walker make him wear his bag before he steps out of the car and let him walk till the classroom. This will make him independent. Carrying a child will make the separation bit more difficult for the young one.
- ✓ Always be punctual – cater for the traffic snarls. A child who reaches the classroom in time is always lesser nervous.
- ✓ Parents should always narrate positive stories about school and teachers to their children – this helps in removing the teacher phobia from a child's mind.
- ✓ Encourage a home visit by the teacher. It makes the child accept the teacher easily.

We all as parents should remember that going to school is an important life experience filled with opportunities for growth, skill development and fun. Like any new experience there are challenges for both the child and the parents. Schools support children to cope with the playground, ensuring they are safe and they enjoy their snack and lunch. Many schools have modified timetables and practices to assist children to gain confidence and independence in the social aspects of school. Hence in short motivate your children and help them settle in the new environment.

Ms. Rupa Chauhan  
MR ISO



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

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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 Bari Pasricha  
Contact No. 8526388400





## Clan News



### Lamont

*"Motivation is the power that activates the engine of success and moves you to act and do things."*

A very warm welcome to all the Highlanders to the new and exciting school year. With the new start, let's all join hands and strive hard to be on top. I am now endowed with an unquenchable thirst to make difference. Being aware of distinguished paradigm of our school in the field of moral values and discipline, I am filled with a feeling of apprehension and anxiety, hoping that my endeavor in fulfilling the duty entrusted to me will be fruitful. A feeling of responsibility looms large, but I am not afraid, as I share my yoke with my clan teachers and highlanders. Dear students, the year ahead brings with it many challenges and stiff competition. Each day would bring a new hurdle and we have to prepare to deal with every trial and ordeal with perseverance and determination. I can assure you that with your ability, talent and full support we will bring laurels to the clan and will have fruitful and splendid academic year.

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



### MacArthur

This year we need to lay down our priorities to create MacArthur Clan with a difference. A conscientious effort is made to inculcate in the care for trees. For an all-round development in the child's personality, besides gaining education of the highest quality, we will offer to cater to the palate of the young minds that include -drawing, painting, clay-work, origami, yoga, and music

And also work towards giving back to our society while working with- Orphanage school & kids, Water harvesting, Conserve energy through Solar light, engage in a wide range of learning activities for self-growth.

The thrust is to inculcate a positive approach towards life, perseverance, a spirit of cooperation, coordination and sportsmanship. We strongly believe in going beyond the classroom. Let us encourage to understand one another and assimilate the best of all cultures. Let us have an environment of Free Thinkers.

Wishing all my lovely children and colleagues a wonderful beginning ahead....

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



### Anderson

*"We do not need magic to change the world; we carry all the power we need inside ourselves already: we have the power to imagine better."*

*~ J. K. Rowling ~*

As the new session 2017-18 commences, and I get the privilege to administer Clan Anderson, I completely endorse and advocate this quote by Rowling and propagate it throughout my clan so that every Andersonite gets enthused and is motivated to give his/her best to elevate the position of the clan. There are numerous competitions arrayed for the year and with every competition we have to move ahead, step by step, dreaming big and giving our best shot every time.

Inter-clan competitions develop pride in the school and foster a school culture through a wide range of sporting and cultural activities. Clan Anderson closely observes its motto- "Probitate et Labour", meaning, 'By Honesty and Toil' and we take a pledge to imbibe these values and perform consistently with utmost honesty and toil ourselves up to achieve success.

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



### Boyd

*"The beginning is the most important part of the work"*

New session started with new zeal and all new hopes. We welcomed all the Boydians. The clan tutors were introduced.

Clan Boyd had a wonderful start with the first Inter Clan competition in the month of April. Annpurna Singh of Grade VI and Debyani Kishore of Grade VII bagged second and first position in the Inter Clan Hindi Extempore competition respectively.

Paridhi Pasrija of Grade IX stood first in Inter Clan Hindi self-composed Poem competition. She was well able to enthral the audience with her poem "Prakriti (Nature)". It is worth mentioning that Paridhi Pasrija and Rida Mumtaz were also entitled as the "Best team" for the same.

Overall clan Boyd performed exceedingly well. Congratulations to all the winners. Welldone!!! Let's try to have our vision straight towards our goals and be consistent in efforts.

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



# OUR PROUD ACHIEVERS

## About DHS

The 32<sup>nd</sup> Delhi Horse Show 2017 was conducted from 17<sup>th</sup> March to 02<sup>nd</sup> April 2017 in accordance with the guidelines of the Equestrian Federation of India (EFI) and Fédération Équestre Internationale (FEI) conducted by the Army Polo & Riding Club at the Army Equestrian Centre, Nicholson Ranges, Delhi Cantt.

In the days of Raj, the Delhi Horse Show was considered one of the main events on the Indian social calendar and took place on the grounds of the Red Fort. Today the Delhi Horse Show is one of the biggest and most sought after horse shows conducted in India.

This year the show had an enormous participation with 660 riders and 500 horse entries from across all age groups and from all across the country. The spectators saw a number of talented horses and riders flaunt their skills – be it the show jumps, tent pegging, eventing, gymkhana games, dressage or hacks.

### Following is the list of events and results:

S. No.	Name of Event	Position	Medal Won
1.	Show Jumping – Fault and Out (on 1 <sup>st</sup> & 2 <sup>nd</sup> Entry)	1 <sup>st</sup> & 3 <sup>rd</sup>	Gold & Bronze
2.	Show Jumping – Topscore (on 1 <sup>st</sup> & 2 <sup>nd</sup> Entry)	2 <sup>nd</sup>	Silver
3.	Show Jumping – Normal (Team)	3 <sup>rd</sup>	Bronze
4.	Dressage (on 1 <sup>st</sup> & 2 <sup>nd</sup> Entry)	2 <sup>nd</sup> & 3 <sup>rd</sup>	Silver & Bronze
5.	Show Hacks (Confined)	1 <sup>st</sup>	Gold
6.	Show Hacks	2 <sup>nd</sup>	Silver



Ceana Trehun of Grade VII participated in the, 'Delhi Horse Show', held at Army Equestrian Centre, Delhi Cantt and brought laurels to school by winning 2 Gold, 3 Silver and 2 Bronze medals. Cena participated in events such as show jumping, Dressage and Hacks.



## Ranveer has done it again

Ranveer Saini was the champion golfer at the golf masters Macau 2017 (19.04.2017- 21.04.2017) which concluded on 21.04.2017. He won the Gold medal again. This is his 4th gold medal in his 5 appearances at the Golf Masters. With over 100 golfers from around the world including USA, UK, Sweden, Finland, Australia, Korea etc. and with all age groups averaging 30 years, this 16 year old champion defied all odds of his intellectual disability and got the Gold medal for India.







## देश प्रेम

“देश से है प्रेम बहुत, कहने से ये बात कभी बनेगी नहीं  
 है अभिमान अपने देश पर तो काम बातों से होगा नहीं।  
 हृदय में है भरा प्रेम तो मातृभूमि के लिए कुछ करो  
 केवल अधिकारों की नहीं कर्तव्यों की भी बात करो।  
 स्वयं को ही उन्नत नहीं देश को भी उन्नतशील करो  
 त्याग कर स्वार्थ का भाव, सहिष्णुता का भाव भरो।  
 कर्मों से तुम्हारे कभी देश का मान घटे नहीं  
 बन्धनों की बेड़ियों तो कटे, पर टूटे एकता नहीं।  
 प्रेम है देश से तो आचरण में तुम्हारे प्रकट करो  
 देश की सुरक्षा, उन्नति और एकता के लिए सदा तत्पर रहो।”

रेखा श्रीवास्तव

हिन्दी अध्यापिका

### A Man With A Mission... Dr. Cdr. Kartikay Saini

It was indeed a proud moment for all the Indians and the Scottish High Fraternity to see the School's Chairman Dr. Cdr. Kartikay Saini leading the Indian Contingent at the Special Olympics World



Winter games held in Schladming in Austria. The 89 member contingent Along with Dr. Cdr. Kartikay Saini returned home with 73 medals.

## INTERESTING BRAIN TEASERS



Question 1: Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.

Question 2: How many times can you subtract the number two from the number fifty?

Question 3: Given these equations, what does 4500 equal?

8898=7 4566=2 1203=1 2313=0 4566=2 5464=1 7774=0

1003=2 9856=4 9955=2 1886=5 1231=0 8764=3 4500=

Question 4: Can you think of a common word that contains double C, double S and double L? Can you think of a second one?

Question 5: If you wrote all of the numbers from 300 to 400 on a piece of paper, how many times would you have written the number 3?

Question 6: I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I?

Question 7: Farmer is trying to cross a river with a bag of corn, a hen, and a fox. The farmer's boat is only big enough to take himself and one other item per trip. The hen cannot be left alone with the corn or she will eat it. Likewise the fox cannot be left with the hen, or the hen will be eaten. How does the farmer get all three items across the river?

Source: Internet

Compiled by: Dr. Sanjay Sachdeva  
Senior School Head



## MN's Corner

### To Let Go

To let go does not mean to stop caring, it means I can't do it for someone else.

To let go is not to cut myself off, it's the realization that I can't control another.

To let go is not to enable, but to allow learning from natural consequences.

To let go is to admit powerlessness, which means the outcome is not in my hands.

To let go is not to try to change or blame another, it's to make the most of myself.

To let go is not to care for, but to care about.

To let go is not to fix, but to be supportive.

To let go is not to judge, but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To let go is not to be protective, it's to permit another to face reality.

To let go is not to criticize, or regulate anyone, but to try to become what I dream I can do.

To let go is to fear less, and to love more.

Resourced by  
**Ms. Monica Jajoo**

## Golf News

Young golfers of Scottish High have created ripples on the lush green golf landscape swaying their shots to glory. Varya Garg of Grade VIII has made us proud by winning the runners up trophy in C +D category girls at 45th Lufthansa Junior Golf tournament held at DLF Golf & Country Club. Riya Yadav Grade XI won runners up trophy in Category A+B at Lufthansa Junior Golf tournament held at DLF Golf & Country Club and at Champions Golf Tournament held at Tarudhan valley Golf Course.

We at Scottish high are extremely proud of Varya and Riya and we wish them all the success for the future.

### Anitya's Golf Tip of the Month



In my previous column, I had discussed the role of a resistance tube in improving the backswing. This month we will focus on how to use the same tube for making your follow-through more effective and powerful.

Hold the resistance tube down on to your right side and then take your setup. Now, without taking your backswing, take your hands forward into a follow through making a big circle and going on to a high finish position and hold the finish position for three seconds as shown in the picture.

As you move forward from your set up position, the resistance tube will stretch and it will get tougher as your hands will move closer to the finish position. Working against this resistance will help you establish a big arc in your follow through.

As another variant of this exercise, do the same start to-finish position, but with this time, with your left arm only. This is especially useful as most right-handed juniors are right arm dominant. Doing the exercise with the left arm only will help improve the strength of the left side of the body and also improve your balance and stability.

Both the exercises can be done 20-25 times a day. This exercise will surely improve your stability, balance and power leading to more consistent and longer shots.

**Ankita Jain**  
Golf Coordinator

#### Answers to Brain teasers

- 1: 45 (1/5 of 45 = 9, 9 + 45 = 54)
- 2: Once. After that, you'd be subtracting from 48
- 3: 2 - Each answer given equals the number of circles present in the numbers. So, 5699 would equal 3 and 4444 = 0
- 4: Successfully. Unsuccessfully.
- 5: 120 (100 threes in the hundreds place + 10 threes in the tens place + 10 threes in the ones place)
- 6: A jigsaw puzzle piece.
- 7: The farmer takes the hen across first,

and leaves her on the other bank. Next, he comes back, loads the fox onto his boat, and takes him back across the river. He drops off the fox on the opposite bank, picks up the hen, and brings her back to the original bank. He swaps the hen for the corn, and returns to the far bank with the corn - leaving it with the fox. Then, he returns once more to the original bank to get the hen. Once he brings her across, all four are happy to be on the other side.



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Block-G, Sector 57, Sushant Lok - II, Gurugram - 122011 (Haryana)  
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  
Editorial Team : Ms. Virender Bhullar, Ms. Manya Jain, Ms. Tina Bali Pasricha