



From the **DIRECTOR'S DESK**



Come November, Joyous Highlanders

Come September! Well as I was growing up this was indeed a peppy music that made us twist with joy. How ironical! Today the same

SEPTEMBER does make us twist but not with joy rather with agony and suffocation. You must be wondering why do I talk like this. Can anyone of us forget how we have continuously suffered owing to the SMOG that has come to affect our outdoor activities not to forget how the schools had to shut down due to this menace.

As time goes by we might gradually adapt to medicinal aids and changed lifestyles. It would indeed be so tragic to see human kind taken hostage to its greed and erroneous practices.

Very recent studies and researches have suggested that apart from

government, as individuals, we too have a number of responsibilities. One research suggests that for a modern-day family of three or four adults our dwelling needs to have two grown-up trees to produce sufficient oxygen. Now most of us who live in high rise apartments must be wondering how do we do our bit. Well, there is a solution for every problem. Let us harvest greenery in our balcony and living rooms. Simultaneously, we need to discourage use of 'Use and Throw' products as most of them are made up of plastic that is a bigger burden on our environment. We also need to discourage the burning of open garbage in our surroundings and encourage our parents to adapt public transport, thereby reducing air pollution.

Believing in the eternal words of the Father of our Nation Mahatma Gandhi, "Be the Change you wish to see" I exhort you dear Highlanders that do your bit keeping in mind 'Every Drop Counts', to make this world a beautiful world to Breathe Healthy and Live Healthy.

Sudha Goyal
School Director

Unclutter Life- Get Organized

We all humans clutter ourselves with things we do not require. It is our innate need to keep hoarding things for a day which perhaps shall never come. Therefore, it is important to unclutter and get organized. Organization takes time, but when we get the hang of it, life becomes easy. To be truly organized, we need to organize our space and organize our time, making sure we keep track of all our appointments and commitments. We need to work in an organized way so that we are more efficient and get more things done in a shorter period of time. Being organized can reduce stress and anxiety, making us feel in control of our day to day activities. Here are some advantages of being organized shared by a popular psychologist Ms. Jean Piaget.

- ▶ **Less stress-** The more we unclutter the less stress we will have for we will find things in place and waste no time in hunting for them. Once we know what to get from where we are more confident of ourselves and less stressed.
- ▶ **More relaxed-** With things and materials organized and kept in their dedicated places, we will be able to relax more and spend time on things more useful. Being relaxed works well with our mental health as well.
- ▶ **Spending time with the family-** Getting clean and clear professionally and personally means we have got more time to spend with our dear ones. It will enable us to have a richer family time and indulge in activities we might like to do independently as well as with our loved ones.
- ▶ **Being ready for any emergency-** Organized spaces and cupboards help us to be ready for any emergency. Life can be unpredictable and throw unplanned situations, the more prepared we are the better we can handle sudden situations.
- ▶ **Increase in efficiency-** Organized people become efficient because it becomes a habit to be in control of things. We will

learn not end our day without ensuring that personal and office work is up to date. Being on top of things will become a habit which will in turn will increase efficiency.

- ▶ **Improved health-** The stress mentioned earlier, which we feel when things start to get out of control, does not promote good health. There are numerous studies that demonstrate a link between sustained high levels of stress and a variety of health problems. Therefore, a well-organized person will be have less stress and better health.
- ▶ **Good examples for kids-** When we are organized we feel productive, when we are productive we are in control. Being in control enables us to model positive behavior in front of our children. It not only enhances our self-management skills, it also sends a good message to our children. Setting good examples seeps in their subconscious tender minds which is automatically reflected in their behaviour.
- ▶ **Fewer little jobs-** Last minute things pile up when we are disorganized, it is then we have lots of pending small jobs. If we make and follow a schedule seriously we will not have any last minute pending jobs. Little things make big difference and improves our ability to function. Encouraging children to help in keeping the house organized by keeping their stuff in dedicated places will help them develop enhanced self-management and time management skills which will help in school as well.

Apart from material uncluttering, it is important to unclutter our minds also. When we are filled with clutter the chaos reflects in our behavior, speech and personality. Let us do away with all thoughts and feelings which clutter us, and help our children do the same. A happy mind will go a long way in achieving goals.

Seema Bhati
Primary School Principal



NEWS FROM THE WORLD OF INITIALS



The First Term handing of the Report Card took place during the Parent Teaching Meeting held on 23rd September, 2017 in the Initial Chapter of Scottish High International School, Gurugram. The day had in its fold, the parents interacting with the Home Room Tutor(s) and getting acquainted with the



fine nuances of their child's strengths and areas that need working upon. The teacher parent conference familiarized the parents of their child's strengths, behaviour, approach towards learning and the child's comfort in a specific learning style. The discussion included enrichment and intervention strategies to support the child's learning. As Einstein said, **"Creativity is intelligence having fun,"** an exhibit of each child's endeavour towards creativity was also on display for everyone to admire and get inspired from, outside each class. The splash of colours, beautiful handiwork reflected each child's ingenuity to express themselves using art as their medium.



The celebration of Dusshera was marked with burning of Ravana's effigy in the school playground for all to witness. The significance of the festival-'Victory of good over evil' was brought forth through a discussion in the classrooms and making the children watch a small relevant clipping. Imbibing the learnings, the little ones were seen reflecting about a bad habit or two that they wanted to do away

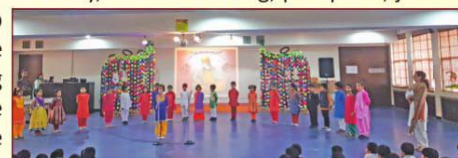
with. To mark the celebration of the festival, children displayed their creativity by making and decorating craftwork related to the festival. Intricately designed Ravana's with decorative headgears adorned the classes!

The celebration of Diwali, 'The festival of lights' came alive when the whole of Initial Chapter wore a festive look with rangolis, diyas and lanterns adorning the corridors of the building. The children coming dressed in traditional attire added to the festive fervour. The teachers talked about the significance of the festival and sensitized the children about the ill effects of bursting crackers and encouraged them to celebrate a 'Green Diwali'.



Keeping up with the Scottish High tradition and the festive fervour, the little Highlanders celebrated Halloween and Guru Nanak Jayanti through special assemblies conducted by students of Kindergarten. Delving into the origin of the festival Halloween, the young presenters laid emphasis on a night filled with candy, trick or treating, pumpkins, jack-o-lanterns and ghosts stories. Gurupurab assembly touched upon spreading the message of peace and harmony and sharing

verses from the sacred holy book Gurugranth Sahib. Like all other celebrations, the students ended their assembly with an enthusiastic and heart rendering dance performances, leaving everyone enthralled.



As Reg Revans says, "There can be no learning without action, and no action without learning," the young Highlanders have been busy extending their knowledge under various unit of inquiries.



The Pre-Nursery students launched into a plethora of engaging and relevant activities as they started their unit under the Transdisciplinary Theme- How we organize ourselves.



While they delved into the features of transportation systems, the students visited the school parking area to observe the various modes of transport parked there which sparked their curiosity to learn more about them. Their thinking skills were enhanced when they were encouraged to think independently the choice of vehicle to be used to travel to a certain place. A relevant example to assess the use of transport came up when they discussed the different modes of transport being used by the students of the class to reach school each morning.



Making a bar graph and standing under the appropriate heading later extended their understanding about how different children use different modes of transport based on their individual needs and family decisions. The children also went on 'City Tour' in the school bus to observe the different modes of transport and the road signs. The trip brought about enthusiasm and helped the children to relate to the importance of following traffic rules. An interactive session with the experts from Honda Group further deepened their conceptual understanding. Calling in guest speakers to talk about how the systems of transportation have responded to changing needs proved to be an enriching experience for the little ones too.



The students of Pre-Nursery are also pursuing their ongoing unit under the Trans disciplinary Theme- Who we are. Having gained confidence and better self-management skills now, they showcase great independence in doing tasks assigned to them. They can now reflect on their growth and about the stages of growth with ease.

The students of Nursery continue to delve into their ongoing unit under the Trans disciplinary Theme- How we express ourselves. Exploring the different culture and values through the stories being narrated and using different mediums like flashcards, watching videos, enactment sessions have been helping in provoking their creative and imaginative skills. At the same time, they are also delving into looking at the commonalities found in the characters of different stories heard. This is enhancing their critical thinking skills. The unit is helping them to be confident communicators as well as their organizational skills while presenting a story of their choice. Many perspectives came across when these young learners chose either a role play, through illustrations or by using clay modeling to present the story characters and the setting of the story in front of their peers.



Meanwhile, these students are also delving into the unit under the Transdisciplinary Theme- Where we are in place and time. Learning about different types of journey brought about many excited responses from the little ones, eager to share their experiences of the journey undertaken by them or by their family members.



Integrating it with mathematics, these young ones represented the number of children who have gone on short journey and those on a long journey through a Bar Graph. Parents too added to their knowledge by sharing their adventures thereby inculcating attributes of risk-takers to approach different things and be open-minded about the same. Developing a checklist of what decisions are

involved in making a short trip vis a vis a long trip became more clear when these young ones made a short trip to a nearby Mall. Later on, they will inquire further from the people around them by taking their interviews to find out the reason for their journey undertaken and the impact it is had in their lives.

The young Highlanders of Kindergarten of one group are using their imagination and extending their creativity under the Transdisciplinary Theme- 'How we express ourselves'. Using different strategies, playing the statue game, viewing of videos, going through magazines and newspapers, taking a city tour, creating images using shadow and doodling technique, designing a personal logo for their school bag, assisted them to observe different types of images and comprehend the information and ideas communicated by them. Growing up to be thinkers, they can now analyse and categorize the images into static and moving images, confidently. Communication and thinking skills were further enhanced when they depicted an image of their choice using the visual medium flashcards or through an enactment. This brought forth their perspective too. Reflecting about their favourite hobby/ food/ place was another such engagement that brought forth their conceptual understanding and the strategy- 'Make my Twin' wherein they paired up with their partner to recreate the image through a verbal assistance, showcasing their ability to be good listeners and presenters.



The students of Kindergarten belonging to the other group focused on the unit under the Transdisciplinary Theme- Where we are in place and time. This unit has encouraged the young inquirers to probe deeply into the different ways the spaces in and around different buildings can be used. Going around a gated society and an open society gave them a fair idea of the facilities that can be

provided in both. Later conducting a research of the society that they themselves reside in broadened their perspective and made them open-minded about the different ways space can be utilized. The same was also evident when they got an opportunity to reorganize their class and use the space as per their preference. This engagement threw a light on their growing self-management skills. The unit also focused on taking responsibility while sharing space with others.

As John Dewey says, **"Education is not preparation for life; education is life itself,"** we as teachers continue with our endeavour towards making the children lifelong learners.

Ms. Rupa Chauhan
Initial School Principal



PYP

Transdisciplinary Learning for Transcendental Growth

"Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step"

By its nature, the PYP fosters an inquiring mind and empowers students to become agents of their own learning. To facilitate this, teachers support, encourage and create an ambience for student ownership.

We define student ownership as, "Engaging students as active partners in their own learning, which gives them the skills and the space to make choices, show leadership and take action. Enabling student agency to create autonomous and self-organized learners."

The Action Cycle is an important component of PYP. At SHIS, we encourage students to act on what they are learning through the action cycle: Reflect, Choose and Act. By reflecting on learning, students can subsequently make choices and take action. Student initiated action demonstrates a deeper learning through their service to their peers, our school, our community or our planet. Teaching must extend beyond the intellectual to include not only socially responsible attitudes but also thoughtful and proper action. At SHIS, we design our curriculum which is relevant and action-oriented - inspiring our students to take action on what they are learning.

Student ownership can be recognized in many different ways. It can be as small as approaching a corner in a classroom of one's choice and using time constructively, selecting a book to read, arranging and setting up the corner after playing, choosing the way one wishes to present the understanding, where and how to work- be it individually, in pairs or with a teacher. Summative tasks for units of inquiry are another great way of exploring ownership in students. Synthesizing their understanding, evaluating situations posed, creating and designing are ways through which the students take ownership of their learning and understanding. Moreover, setting goals at the beginning of the session and evaluating the extent of their achievement towards the end of the session is another example of their taking ownership of their learning.

The students can recognize that it is possible to make a difference in their lives and that of the others and society if they feel empowered to make choices that may lead to action. As their independence grows, the students work with their peers and teachers to initiate and lead their own learning.

Students at SHIS are learning lifelong attitudes and becoming globally conscious every day. For instance, extending a supporting hand and thanking the support staff members for all their help

Water Conservation

"We should save water or else it will finish fast, then how will we cook food, wash clothes, take bath" were the words of little girl **Aanya** of KG, who learnt the importance of saving water in school. She showed her commitment and responsibility towards nature when she collected the raindrops in her mug for her plants.



Our Young Heroes



extended through a 'Thank you' card, sharing their joy and happiness on their special days like birthdays with the less fortunate ones, donating books, taking a 'Go Green' initiative and attempting to car pool and planting saplings, taking up a cause of water conservation and organizing a rally in the school premises, learning to be more responsible while sharing space with others and keeping it clean are just a few examples of how our young Highlanders demonstrate leadership and take action, albeit in their small little way.

Of course, learning is a lifelong process and the young ones have a long way to go beyond their primary years, but we are seeing authentic results of their actions every day. By going through the three steps of choosing, acting and then reflecting back upon the results of their choices, students are able to grow socially and personally, developing skills such as cooperation, problem solving, conflict resolution and critical thinking. This is an important part of student's participation in their own learning - an ability to reflect on the local and global consequences of their actions, how to make choices based on these actions, and the ability to carry these actions through. Little actions can grow into big ideas! It could be a small action - our second graders share and advocate for healthy food at home planted trees in the neighbourhood. Action could also be a large project as demonstrated by fourth grade students, as they decided to teach our school nannies to write their names and read simple words as part of a great initiative.

"Succeeding in life is as simple as being a good student. All you have to do is pay attention, work hard and give it your best shot."

Information and Communications Technologies (ICT) education is basically our society's efforts to teach its current and emerging citizens valuable knowledge and skills around computing and communications devices, the software that operates them, applications that run on them and systems that are built with them. ICT is making dynamic changes in society, it is influencing all aspects of life. The influences are felt more and more at schools, because ICT provide both students and teachers with more opportunities in adapting learning and teaching to individual needs.

ICT in the PYP encompasses the use of a wide range of digital tools, media and learning environments for teaching, learning & assessing. It provides opportunities for the transformation of teaching & learning, thereby enabling students to investigate, create, communicate, collaborate, organize and be responsible for their own learning action.

Though the use of ICT, learners develop and apply strategies for critical and creative thinking, engaging in inquiry, make connections, and apply new understandings & skills in different contexts. We integrate with Units of Inquiry, Math, Language, Arts, and PSPE by using relevant tools like - Microsoft office (Word, PowerPoint, Excel, and Publisher), Padlet, Kahoot, Phlaker, Prezi and online engagements to make them physically active and increase their concentration by using the Gonoddles tool.



Green Diwali

Jeet Samtani of Grade IV celebrated eco-friendly Diwali this year with his friends. He distributed green gifts and donated clothes and sweets to under privileged families. He along with his family did not burst crackers and used electric lights.



What Are Friends For...?

Kabir Tandon of Grade 1 showed signs of bravery when he saved his friend from drowning in the swimming pool. Kabir used his presence of mind, swimming skill and courage to anticipate the fatal problem and dealt with it bang on! The events unfolded on a day when the society pool, being closed for weekly cleaning, had no support and rescue staff. When asked how did he manage to do all this and think so fast, Kabir said, "He could have drowned What are friends for?"





Medley Of Activities

From The Sports Field

Scottish High under 19 Soccer team participated in the SGFI State Soccer Championship held at Karnal and Gurgaon District first time in the last 54 years won the SGFI State Soccer Championship. In the Gurgaon District team 11 players were from Scottish High. Jasraj Singh, Varin Aggarwal, Sunny Singh, Shaurya Itthikat, Parwaz Singh Gill, Rudraansh Kotra, Ayaan Taragi, Ishaan Yadav, Seok Jun Lee, Hansit Varshney and Rishab Batra were the Part of The Gurgaon SGFI District Soccer Team.

SHIS under 14 and 17 soccer team also won the SGFI District Soccer Championship and qualified for the SGFI State Soccer Championship.

SHIS Tennis u 14(Boys) & under 17 Girls (girls) team Participated in the SGFI District Tennis Championship and got 2nd Position.

Agriya Yadav, Kaushal Thakran, Ishika and Mahika Rathod participated in the U 14 and U 17 SGFI State Tennis Championship and got 3rd Position.

Three Highlanders Tejas Gahallot, Aviral Sagar and Dakshvir Singh got selected for the SGFI District Cricket team and participated in the SGFI State Cricket Championship held at Jhajjar, Haryana.

Ruchita Sapru participated in the SGFI District Taekwondo Championship (Gold Medal) and got selected for the State Championship.

Shatakshi Singh, Ruchita, Aaruni and Gayatri participated in Khel Mahakumbh District Taekwondo Championship and got Gold Medal. All four also got selected for the State Khel Mahakumbh Taekwondo Championship.



District Taekwondo Association also organized District Championship where SHIS Taekwondo team won 1 Gold (Shatakshi) , 2 Silver(Tanisha and Akriti Gupta) and 5 Bronze (Arshya, Gayatri, Lavanya, Amiara and Aarunii). Shatakshi Singh got selected for State Championship and won Gold in the same. Now she will be giving trials for Nationals.

SHIS Judo team participated in the Khel Mahakumbh. Lisa Aggarwal got Gold, Adel silver, Sragvi Silver and Judo Coach Neelam Grewal got Gold medal and both Neelam and Lisa got selected for the State Championship. In the State Championship Neelam Grewal secured 2nd Position.

SHIS swimming team (Vrinda (1 Gold, 1 Silver), Diwij (1 Silver), Kriday (2 Gold), Diljit (1 Bronze), Chetanya (1 Bronze) and Kiran (1 Silver, 1 Bronze) participated in the District Khel Mahakumbh and got 3 Gold, 3 Silver and 3 Bronze. Vrinda and Kriday also got selected for the State Khel Mahakumbh Swimming Championship.

Darshan Singh Gahallot
HOD Sports



The NCC

Bursting of crackers on any religious or social festivity results in collateral damage to the environment. Besides sending crores of hard earned money down the drain, the deadly pollution it spreads is unimaginable. To spread awareness about this avoidable menace, the

Highlanders conducted " say no to crackers" rally on 16 Oct wherein NCC cadets walked in the lanes and bye lanes of the neighboring residential sectors carrying banners and posters. Many local residents too joined the walkers.

Routine institutional training was conducted during the month as per training directive issued by the DG NCC from time to time. To assist and groom the young ones for the glorious career in Armed Forces as commissioned officer, an additional feature to clear SSB has been added in the curriculum for which the interest shown by the cadets is praiseworthy.

PS. For Highlanders, it is either this way or that way - no "may be".

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

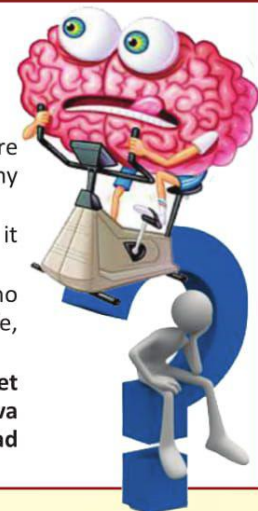
Interesting Brain Teasers

1. In a one-storey pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower- everything was pink! What color were the stairs?
2. A house has 4 walls. All of the walls are facing south, and a bear is circling the house. What color is the bear?
3. What starts with the letter "t", is filled with "t" and ends in "t"?
4. I am an odd number. Take away one letter and I become even. What number am I?
5. What word looks the same backwards and

upside down?

6. I have a large money box, 48 centimeters square and 42 centimeters tall. Roughly how many coins can I place in my empty money box?
7. What belongs to you but other people use it more than you?
8. A girl is sitting in a house at night that has no lights on at all. There is no lamp, no candle, nothing. Yet she is reading. How?

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





Career Guidance

Making Students University Ready

Acknowledging the pressing need to provide students with information about various new and innovative courses and careers, Scottish High International School has partnered with **Univariety** to provide its senior students, from Grade IX - XII career guidance services. These services have been paid for by the school and thus made available for its students for free.

Univariety is an online service provider who gives career counselling and University guidance assistance to students. Univariety partners with progressive institutions around the world to provide global exposures and opportunities to the students & faculty by engaging them over a defined university access program. The company started its journey in 2011 and since then has partnered with more than 8000 educational institutions.

Univariety creates post-school college planning systems within schools in India and abroad that empower thousands of school students to plan their career.

Students can log into the univariety portal using their Gmail id and password that they created for the registration at school. The registration process done on the 18th and 19th of September for all students from grade IX to XII, across all boards of IBDP/IGCSE/ICSE/ISC.

Some of the services Univariety provides to students are:

- ▶ Personalised guidance and admission details of universities from around the world.
- ▶ Scholarship offers and application fee waivers from relevant universities.
- ▶ Ability to analyse over 3,000 universities and 60,000+ courses from 8 countries
- ▶ Free access to a guidance centre that will answer all questions within 48 hours.
- ▶ Periodic webinars on specific universities and courses.
- ▶ Information about application deadlines to courses.

The flow of the career guidance system for the student:



- ▶ Finalizing what the student wants to study and where s/he can afford to study (country)
- ▶ Understanding what entrance tests need to be taken and if coaching is required.
- ▶ Recommended coaching institutes to the student
- ▶ Short list best fit colleges and finalizing a list of universities.
- ▶ Apply to short listed colleges

Univariety shares a monthly report with the school management and counsellor, to see how actively students are engaging on the portal.

The school also conducts Expert Talks for high school students to give them a taste of university level education. These talks are delivered by well qualified professors of universities visiting India. Such events allow students to evaluate if they are really interested to study the subject at the university level.

I encourage all students to access the Univariety portal on a regular basis. This will help them determine their streams, subject choices and avail career guidance. Attending webinars will allow students to compare their choices and identify their interests.

We hope students will engage effectively in opportunities provided by the school and make a well informed choice about their career.

Shilpa Sengar
Senior School Counsellor

The Global Education and Leadership Foundation (TGELF)

The Harmony Regional Final 2017 was held on October 25, at Shiv Nadar School, Gurugram. Competitions were held for Mind Games (Chess), Street Blenders (Street Play) and Sense Reason & Intellect (Debate). A workshop for the members of the Leaders Club was also held.

Nripesh Nahlawat of Grade X B, Juhi Dewan of Grade X A, Arya Khemani of Grade X C, Samarth Narang of Grade X B and Kanishka Yadav of Grade 11 DP bagged the first prize in the Street Play Competition.

Niharika Mehrotra of Grade XI was adjudged the Best Speaker in the Debate Competition.

Geeta Bedi
TGELF In- Charge





ISO

Control Pollution...Save Earth



Pollution prevention is a major global concern. It has many harmful effects on people's health and the environment. We should all collectively join hands to save our mother Earth from deteriorating. It has been rightly stated by someone "If we heal the earth, we heal ourselves."

Hence below mentioned small changes at our individual level can help control environmental pollution to a great extent.

- ▶ Share a ride or do car pool
 - ▶ Choose to walk or ride a bicycle whenever possible.
 - ▶ Do not burn or dispose off waste material in open
 - ▶ Follow the policy of 3 R's i.e Reduce, reuse and recycle.
 - ▶ We should stop using polythene bags
 - ▶ We should start composting leaves and clippings from our yard and food scraps from our kitchen to reduce waste while improving your soil.
- ▶ We should avoid burning crackers for celebrating an event or festival
 - ▶ We should plant more trees or at least maintain a garden in each house
 - ▶ Switching off fans and electrical switches when not in use will help us to a great extent
 - ▶ We should dry clothes on a clothes line instead of using a dryer
 - ▶ Take care to properly dispose of your pet's waste.
 - ▶ We should not litter our surroundings
 - ▶ Avoid use of pesticides
 - ▶ Avoid smoking in public areas
 - ▶ We should save water.
 - ▶ We should not honk on roads unnecessarily to avoid noise pollution



It is high time, we should all realise that we need the environment for our own survival and for the survival of other life forms. Hence, we must learn to respect nature and act responsibly to save nature.

Ms. Rupa Chauhan
MR ISO



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

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

Recognised Centre :
Address : Scottish High International School, G Block, Sushant Lok II,
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Email : programmeleader@scottishhigh.com
Website : www.scottishhigh.com
Contact Person : Ms Tina Ball Pasricha
Contact No. 8826388400



Clan News



Lamont

"If everyone is moving together, then success takes care of itself".

School is the first social structure the child encounters, and it provides an excellent opportunity for character-building. School is not just about learning concepts; it is also a place where the foundation can be built for becoming upstanding adults. The school sets a tone of respect, honesty and genuine kindness for all students. A significant amount of schoolwork throughout the grades is dedicated to helping children become expert problem solvers and solution-seekers, skills that will come in handy in just about every personal and professional aspect of a child's adult life. All these aspects are kept in mind in our esteemed institution. Also co-curricular activities provide abundant chances to make us realize our concealed abilities to soar high and reach the zenith of our ability to perform a particular task. Co-curricular activities are important because even though they may not necessarily be a part of the core curriculum, they are important in giving the students the ability to shape themselves to turn in to an all rounder as an individual.

As it is distinct from the accomplishments of the Clan Lamont students in various Inter Clan competitions that these activities build one's personality and change capabilities into abilities. Music has eloquence of expression, greater than any other art. The art of music is infinite yet complete in itself. The following students did us proud by winning the western singing competition, Ronak Lal Sinha stood first in grade VI, Gia Verma of grade VIII and Aishna Mittal of grade IX bagged the second position. Clan Lamont was adjudged second in the Inter Clan Band Competition and the participants were-Aryan Gupta, Mahek Mishra, Diya Syal, Seung Hun Lee, Ananya Ravi, Yoshita Singh and Gibraan Khan.

It gives me tremendous happiness to share the above mentioned laurels won by the clan. It will not be incorrect to say that if effort is made having a clear focus and goal in mind it is not only reachable but achievable as well. Ultimately hard work always pays!!!!

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



Anderson

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do". - Pele

Kudos to all my dear Andersonites. Your perseverance and diligence has ensued success. You saw the obstacles, overcame them and carved out your own path to victory. Needless to say, your performances won immense applause and commendation.

Clan Anderson amazed everyone by bagging the first position in numerous inter-clan competitions consecutively. We were adjudged first in the Band competition, Rangoli making competition, Hindi Debate, MFL declamation and Heritage Quiz. Also, we grabbed a good second position in the GK quiz competition resulting in a substantial elevation in the clan points. I would specifically like to acknowledge Vansh Tevatia and Tejinder Saini of class IX for their exemplary execution of knowledge and prompt responses in the GK quiz as well as the Heritage quiz. Also, I would like to laud Arnavi Rauthan of grade XI and Yashi Awasthy of class X for their exemplary recital in the MFL declamation. The clan also gave a tough competition to its opponents in various inter-clan sporting events.

The target is near and the time is less, so we have to not miss a single opportunity and keep striving towards triumph. It is only our persistent assiduousness and commitment that will bring us laurels because we know there are no angels to assist us and there is no magic that can transport glory to our doorsteps.

**Ms. Ruma Jain
Clan Elder Anderson**



MacArthur

"Focus on your goals, not your fear. Focus like a laser beam on your goals."
- Roy T. Bennett

THE LIGHT IN THE HEART

The Five Golden Rules

1. Set Goals That Motivate You

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make

them happen are slim. Motivation is key to achieving goals.

Set goals that relate to the high priorities in your life. Without this type of focus, you can end up with far too many goals, leaving you too little time to devote to each one. Goal achievement requires commitment, so to maximize the likelihood of success, you need to feel a sense of urgency and have an "I must do this" attitude.

2. Set SMART Goals

There are many variations of what SMART stands for, but the essence is this – goals should be:

- * Specific.
- * Measurable.
- * Attainable.
- * Relevant.
- * Time Bound.

3. Set Goals in Writing

The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. As you write, use the word "will" instead of "would like to" or "might."

4. Make an Action Plan

This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all of the steps that are needed along the way. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal. This is especially important if your goal is big and demanding, or long-term.

5. Stick With It!

Remember, goal setting is an ongoing activity not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals. Your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change significantly. Make sure the relevance, value, and necessity remain high. Following students of MacArthur have proved by successfully accomplishing their goals.

Category I (X to XII) : Dhanvi (XI C), Siddharth Singh (X D) and Niharika (XI C) bagged the first position in G.K Quiz.

Category II (VIII to IX): Adelle of grade VIII and Manasvini of grade IX participated in Western Music also bagged the first position. Vanshika (IX A), Tejaswi Singh (IX C), Arnaaz (IX A), Chetali (IX D) and Aditya Goel (VIII C) brought laurels to our clan by winning first position in Rangoli competition.

I feel proud to announce the above mentioned names of my clan students.

Hope to see the other students by aiming goals and achieving them.

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



Boyd

**"Good, better, best. Never let it rest"
"Till your good is better and your better is best"**

Individual commitment to a group effort that is what makes a team work, our clan work.

Every Boydian is striving hard to join all the dots and reach to the final level. Month of September & October brought a lot of good moments for our clan. A structured approach towards our goal is what we are following. And during the course of this journey, so many new faces having hidden talents were encountered.

I feel proud to share that Boyd is shining bright and will shine even harder.

Students of grade 6 & 7 secured 1st position in Interclan Rangoli competition. Grades 8 - 9 and 10 - 12 both were 2nd in the same, depicting different themes. And another feather in the cap, when our team from grade 6-7 and 8-9 secured 1st position in the Interclan G.K. Quiz competition. Team from grade 10-12 secured 2nd position in the same. Nehal Singh of grade 7 and Ishana Katiyar of grade 6 bagged 1st and 2nd position respectively in the Interclan Indian and western singing competition, mesmerizing the audience with their performance.

I cannot afford to miss the mention of spirited performance by our sports persons in the sports week held in the month of October. Our team of girls (grade 10 to 12) won the basketball match arresting the audience. Once again Boyd registered its victory during the sports week by winning Football match boys (grade 10 to 12) and there are many more.

Kudos to all the Boydians. We are just so close to our final stop towards the triumph. Let's keep the fire inside us, keep burning. All the best.

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



IBDP CAS

Pinkathon - a Revolutionary Step towards Empowering Women

'Empowerment is not a gift of society; it is a gift you give to yourself'



The motivated Highlanders of Grade XI IBDP, Preksha Nagar and Zara Walia participated in the 'Pinkathon- the Biggest Run for Women' which was held at Jawahar Lal Nehru Stadium New Delhi on 17th September 2017. To the Pink Sisters Preksha and Zara, the Pinkathon was more than a run. It was the seed of change, a revolutionary step towards empowering women to adopt a healthy and fit lifestyle. It was the beginning of a movement for them to carry forward the message by a growing community of empowered women across India, who share a belief that for a healthy family, a healthy nation and a healthy world begins with empowered women.

Preksha and Zara participated in 10 Kilometers run to spread awareness about women's health related issues, breast cancer in particular by motivating them to adopt health and fitness in their daily lifestyles by means of running. As most of the women spend their lives towards the service of their family and hence, ignore their health through Pinkathon they tried to influence them to stay fit on a regular basis as the first step in empowerment is by taking control of their own health, respecting themselves and understanding and celebrating the value that they bring in to their family and society. They tried to make them realize the importance of an active lifestyle for women and health issues that put their lives at risk. It was a great experience for them with an initiative to run for a cause to spread awareness against the deadly demon called cancer. Well Done Preksha and Zara keep doing the good work!

IBDP-A Glimpse

Students of IB DP visited KAPKONES for understanding the various aspects of how a private enterprise works especially, with reference to Economics, Business Management and Environmental Systems and Society. Internal Assessment submissions are underway for the students preparing for May, 2018 Examinations.

Kanishka Yadav and Srijan Saxena earned accolades through their Theatrical and Oratorical Skills at the tGELF Regional Competitions hosted by and held at Shiv Nadar School Gurgaon.

Shaurya Ithhikat, Varin Agarwal and Seok Jun Lee were an integral part of the Scottish High International School Soccer Team won the SGFI Soccer State Championship for U-19 Boys.

Class XI IB DP students are leaving no stone unturned to make the Annual Day, 2017 a great success through their enthusiastic participation.

IB DP students have benefitted greatly as they participated in interactive Trans-disciplinary classes in Psychology and History, respectively. The classes were conducted by Experts who had come from various universities.

IB DP Highlanders left a mark on their peers during the 'Quo Vadis' an Inter-school TOK Conference hosted by and held at Pathways World School, Aravali.

IB DP students writing their May, 2018 Examinations came up with thought provoking issues for their final TOK Presentations, that have been duly recorded for IB DP Assessments.

Students pursuing Biology as one of their IB DP Subjects visited Regional Centre for Biotechnology, Faridabad.

Grade XII IB DP students are busy finalizing their Internal Assessments for the final submissions and simultaneously preparing for their forthcoming Semester 3 Examinations.

We will be back with more in the next issue.

Renuka Bhasin
Assistant IB DP Coordinator



From The Editor's Desk

The Power of Smile



A smile is a beautiful thing. It's a universal symbol of happiness and a force of nature. Yes, a force of nature. Have you ever observed what happens within you when you smile, or better yet, forced yourself to smile when you're feeling down?

Give it a try right now. No matter how you're feeling or what's going on in your life, close your eyes and smile. Observe the feeling of warmth that wells up in your belly as you do it. Observe the shift in your energy as you turn that frown upside down. If you're still not convinced, go in front of a mirror and notice how you look when you're smiling. Once again, observe how you feel within and how you feel about the reflection looking back at you as your facial expression changes. If you're feeling particularly cheeky, look yourself in the eyes, smile and say: "You're awesome!"

I believe that a smile is one of the most powerful and most underrated gifts that we, as humans, possess. It embodies our ability to create and our ability to express the infinite love that is within us. So many of us go through our days dragging our feet, lamenting our struggles, waiting for this or that to happen to cheer us up and we forget that all the while, we have this incredible tool at our disposal to raise our spirits. When we smile, something lights up inside us; we connect to our Source and we are actually able to alter our mood. What's even more amazing is that we can share this gift with others. The only thing more powerful than one person smiling is two people smiling at each other. We all know that wonderful feeling we get when we look into someone's eyes, and with the simple exchange of a smile, a world of meaning is communicated. It can be an expression of love, of joy or of laughter. Smiling is contagious, as is laughter, and the only thing they cost us is whatever suffering we are holding on to.

In the same way that each of us has a unique smile that can bring joy to ourselves and others, we also all have unique creative gifts that were meant to be expressed in the world. Similarly, it is up to us to use these gifts to spread joy, love and inspiration, to pick ourselves up when we're low and to lift the spirits of those around us when they need a boost. For one person, that gift could be having a way with words; for another, it's a knack for creating culinary delights, still another has a gift for photography and another makes beautiful floral arrangements. There are an infinite number of these little gifts and talents in the world and they live in each and every one of us. If you're not sure what

yours is, take a moment and think about things that you'd really like to do but have never tried. Then pick one, give yourself permission to be a beginner and get busy discovering your gift!

When we use our gifts and share them, much like a smile, our creations move out into the world around us like little bundles of love in motion. They have the power to heal, to move and to inspire. What a shame it would be to let these gifts go to waste.

So today, smile and smile often. Smile at yourself, smile at a loved one and smile at a stranger. And whatever that thing is that you love to do, do it and share it with someone. Play a song for a friend, write a poem for a loved one, paint a landscape for your sibling, photograph your favorite nooks of the city, sing your heart out for the birds, pick some flowers for your mom. And do it all with a smile, knowing that you are spreading love, joy and inspiration.

Resourced By
Ms. Kanchan Khanna

SUDOKU

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



MJ's Corner

The Value Of Knowledge

A giant ship engine failed. The ship's owners tried one expert after another, but none of them could figure out how to fix the engine.

Then they brought in an old man who had been fixing ships since he was young.

He carried a large bag of tools with him, and when he arrived, he immediately went to work. He inspected the engine very carefully, top to bottom.

Two of the ship's owners were there, watching the man, hoping he would know what to do.

After looking things over, the old man reached into his bag and pulled out a small hammer. He gently tapped something.

Instantly, the engine lurched into life. He carefully put his hammer away. The engine was fixed!

A week later, the owners received a bill from the old man for ten thousand dollars.

"What?!" the owners exclaimed. "He hardly did anything!"

So they wrote the old man a note saying, "Please send us an itemized bill."

The man sent a bill that read:

Tapping with a hammer\$2.00

Knowing where to tap\$ 9,998.00

Effort is important, but knowing where to make an effort makes all the difference!

**Resourced by
Ms. Monica Jajoo**

Golf News

The need to participate and perform in live competition can never be less emphasized in Scottish High so an In House Putting Competition was organized for all the students of Scottish High International School on 15th Sep 2017. The competition received an overwhelming response with more than 300 students participating. Saanvi Kumar Verma- IV D and Kabir Gupta IV D were the winners in Category B (10 years and below). and Gaurang S Sharma- VII C and Aarzo Dahiya- VI E were the winners in Category A (11 years and above). The winners were awarded trophies.

"What other people may find in poetry or art museum, golfers find in the flight of a good drive."

Keeping this in mind the golf academy students were taken to Hamoni Golf Camp on 16th September 2017. Students started with warm up session by hitting balls in the range. It was a learning experience for all the students and they enjoyed thoroughly.

The golf team participated with lot of zeal during the festivities of Diwali Mela held at Scottish High on 07th October, 2017. The golf coaches got together and put up a golf stall which was a new and enthralling experience in itself. Children as well as parents enjoyed playing their shots and winning exciting prizes.



LAG PUTT

Putting needs to be a key strength for every golfer playing competitively and being a good lag putter is one of the main facets of being a good putter.

This is especially tested on fast greens where the break becomes more pronounced and judging the speed becomes hard. To approach this effectively, you should always try and miss the ball on the higher side of the hole.

When lining up the putt, pick the highest point between the ball and the hole as this then becomes the intermediate target. You should then putt the ball towards the intermediate target. During this process, it is important to remind yourself that the ball should be hit at least as high as the intermediate target, because anything lesser will run away from the hole on the lower side, potentially gathering more speed and leaving a tester coming back. This will make you more prone to three putting.

Hence judging the correct speed and identifying the right amount of break are two key factors.

Answers to Brain Teasers

1. There weren't any stairs; it was a one storey house.
2. The house is on the North Pole, so the bear is white.
3. A teapot
4. Seven (take away the 's' and it becomes 'even').
5. SWIMS.
6. Just one, after which it will no longer be empty
7. Your name.
8. The woman is blind and is reading Braille.



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