



SCOTTISH HIGHTM

INTERNATIONAL SCHOOL

THE NORTH WIND

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From the **DIRECTOR'S DESK**



BACK TO SCHOOL

After two years of global pandemic, school closures and nationwide remote instruction, now the dust seems to have settle from this year, and this makes the role of schools more crucial and more critical. Scottish High has never failed to meet any challenges that came its way. It takes quick and pivotal decisions and focuses on continuous growth and smooth upward trajectory of education for its Highlanders. We aspire to empower our students to be innovators and leaders of this constantly changing world and that is needed now more than ever.

Although there were concrete chances of gaps and disparities being created in the teaching-learning process, due to the intermittent lockdowns, our teachers and students have worked in tandem to overcome such impediments. Now when our students

are slowly coming back to their second home, we feel it as our duty to recognize their needs, cater to their well-being and be their support systems.

Teachers are the individuals who frame the future minds of the nation. The role of teachers in a community is irreplaceable. We also know that human connections and interactions are at the heart of education. When in school, this connectivity will thrive, resulting in the best tutoring and grooming of our Highlanders. A strong bond between the teacher and the taught is like a building block that improves academics and takes it forward. This can happen only when both are available physically, offline.

When all students finally return to school, their social, emotional and physical well-being is also taken care of. Indoor, outdoor, clan and club activities boost the development of students and enrich their skill tank. Their interactions with friends and classmates are imperative for their social and psychological enhancement. Thereby, it is our responsibility to provide a safe, hygienic and conducive environment to our students so that they love to come back to school every day. We look forward to seeing all our Highlanders take classes from school, enabling us to serve them better and being an indelible part in their holistic development.

Ms. Sudha Goyal
School Director

We Are In This Together!!

Physical schools have started again and all adults are full of joy! We are so happy to see students back on campus with their cheerful smile and happy gait. Last few months have been the most challenging months for all the student fraternity, they have gone through many emotional and mental upheavals due to the many waves of Covid -19. Therefore, as adults it is imperative to ensure that we are there for our children in body, mind and spirit to ensure that they enjoy the experience of getting back to the school. Students today are reluctant to return to school because they have been at home for months, hence, we need to be honest with them and share that they will be required to make many changes in their behaviour. These requirements will be like essential agreements, which will be pretty different from the last attended school year. The Covid-19 protocols will be mandatory now, therefore, physical distancing and masks will become a part of their daily routine. They may experience challenges in following them but we need to help them unlearn and relearn new ways of bonding with their teachers and friends. Staying connected with their peers is of utmost importance, and we shall encourage them to devise new and innovative methods to stay connected.

Approaching their issues with empathy is the most required attribute as of today, they may be worried about safety measures and whether they are following the safety measures as prescribed or if they are flouting them unknowingly. Keep the safety measures in mind is not an easy task for these little ones. Washing hands, wearing masks and coughing or sneezing into their elbows have to be reinforced again and again by all the adults around them. It is important to make time to talk with children when they are worried, they need to know they can express their feelings and ask questions. The understanding that their questions are important and will be answered honestly is the confidence we ought to be providing them with. Thus, inviting children to talk about their feelings will help them to understand that it is normal to feel depressed, anxious, hopeless and angry at times. These are all normal reactions which can be overwhelming at times and it is our responsibility to notice these signs and take appropriate action as soon as we can. All of us need to know that we are in it together and together we shall pass through these challenging times with perseverance and resilience!!

Ms. Seema Bhati
Primary School Principal

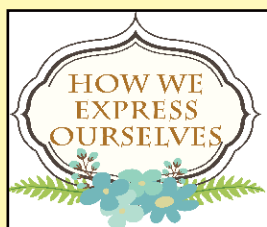


PYP

"Be the Change that you wish to see in the world".

Mahtama Gandhi

PYP Exhibition: The Culmination and Celebration of our journey of learning...



This academic year has brought in immense challenges and learnings for all of us alike. We had to adapt to a new form of teaching without compromising on quality of learning. The PYP Exhibition this year is a feather in our caps. Our young Highlanders successfully conducted their self-initiated digital PYP Exhibition. The PYP Exhibition is the

culmination of the IB Primary Year Programme wherein they synthesized the essential elements of the programme. All through they were principled and were engaged in extensive collaboration and also led independent inquiries not only on the concerns close to their heart but also which they felt very strongly about under the Transdisciplinary Theme 'How we express ourselves'.

These balanced minds connected with the UN Sustainable Development Goals with much conviction, confidence and clarity on the chosen subjects highlighting the articulation of their perspectives on them. The children displayed commendable research and presentation skills and integration of multiple mediums of communication like self-composed poems, role plays, songs, games etc, leveraging all of it with technology to keep the virtual audience engaged.

It was a brilliant display of their PYP years of learning which left us spell bound with their never weaning enthusiasm and innovative thinking.

Kudos to them! It is imperative for us to acknowledge their relentless efforts. Even the sky is not a limit for them. Our future is in their tender but firm hands and they will emerge into responsible global citizens.

Wishing them all the best for their future endeavours!!







It is said, “Engaging students in the educational process is an integral piece of student leadership and development.”



The same was visible during the Student Led Conference (SLC) which was held online on 5th February and 12th February, for the Early Years and Primary Wing, respectively. The Student Led Conference with a difference - Celebrating Talents gave the young Highlanders the opportunity to present their

passions, hidden talents and hobbies with confidence on an online platform. With an intent of creating a learning environment, this SLC with a difference, promoted collaboration and a shared sense of purpose and belonging. It inspired true Agency in the learners in terms of creativity and innovation, encouraging them to experiment and explore and thereby take their learning to new and uncharted directions. The kids explored and chose from a plethora of activities - martial arts, origami, mono-acting, yoga, hula hoop, storytelling, finger puppets, dance, art, music and even a magic show, walking the ramp to dancing, performing a puppet show, or asking riddles to tongue twisters, or sharing one's fitness regime to singing a song or playing an instrument of one's choice, the event saw the students taking ownership and deciding for themselves what they wanted to project and showcase through this platform. As the students cheered and watched each other's performance, it enhanced camaraderie between them while giving a glimpse of their growing self-management, communication and social skills. Kudos to our young netizens who brought a smile to everyone and left us longing for more.





“There is no secret to success, it is the result of preparation, hard work, learning from failure, loyalty and persistence.”

- Colin Paurell

Our young Highlanders made us proud by bringing laurels to the school. Congratulations to all the winners for their achievements.

**Jayshree Periwal International School
Inter School Competition
- Over Booked 2021**

S.No.	Event	Grade	Name of Participant	Position
1	Shelf Indulgence	KG	Anaira Prakash	1 st Position
2	Open Windows	KG	Kyra Mehra	1 st Position
3	Craffulicious	Grade 1-A	Rae Ghosh	1 st Position
4	On The Same Page	Grade 1-B	Arianna Rajput	2 nd Position
5	Between The Covers	Grade 2-B	Shreyas Goyal	1 st Position
6	Transfiguration	Grade 3-A	Aiyana Chaudhuri	3 rd Position
7	Whoppsy-Whiffing	Grade 4-B	Plaksha Gandhi	2 nd Position
8	Remembrail	Grade 4-E	Daiwik Abrol	1 st Position
9	Acromantula	Grade 5-A	Aaishi	1 st Position
10	Oblivate	Grade 5-C	Mishiika Bhaskar	1 st Position



Asst PYP Coordinators



Medley Of Activities



“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.”
~ Albert Einstein

After the winter break, Primary students were excited to share their fond memories of the break with their classmates and teachers, so everyone made drawing related to it and later shared it.

Further, Grade I to V students learned to create a composition on "Republic Day". Later they were guided on the average body proportions of a human figure, how to draw human figures and even learned to create a composition using the same. Students did amazing work.

Grade VI and VIII art students learned about different folk-art forms of India as well as International folk arts. They did detailed study and composed an artwork of their own. Grade VII learned about how to arrange, observe and create still life composition virtually.

Whereas, in craft activity Grade VI to VIII students were working on their incomplete projects and some of them even compiled a video presentation of their work.



Aira I-B

Shanaya I-E

Hrida I-G



P.Ramya II-C

Amayra II-F

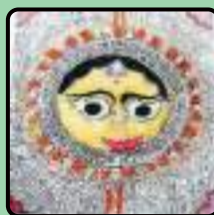
Akshaj II-H



Advaya III-E

Samanyu III-E

Avikaa III-F



Aarav III-F



Azalea III-F



Nitya III-F



Jiana III-F



Japneet III-H



Kimaya III-F



Peahen III-H



Ananya IV-G



Anvesha IV-G



Damiya IV-G



Devrachit IV-G



Evika IV-G



Laura IV-G



Parisa S. IV-G



Prisha C. IV-G



Vitasta IV-G



Arthava V-G



Hriday V-E



Ms.Amita Gahallot
HOD Visual & Performing Arts



Dance is a spiritual experience which connects us to the purest form of ourselves. It's a powerful medium of expression, an emotion that binds us and is appreciated by all.

Students at Scottish high open and connect themselves through dance very well. In the month of January, primary classes learnt to perform on Patriotic songs as a celebration of our 73rd Republic Day. Senior students were trained on more complex movements and advanced choreography/dance.

In February, Highlanders learnt different dance forms & gave a spectacular performance for Chairman sir on his birthday. Further they were trained in western & classical dance forms on popular English songs.

Dance is an integral part of our life, and it's important to realise its benefits and true potential. It's a way of expressing, defining and affirming one's own identity.

Ms.Shreewarna Rawat
Dance Instructor



Students did rehearsals and performed their final production in the form of an online story telling reading. Under this reading, the students played their respective parts, read their dialogues, did some bits of improvisation and also emoted according to the requirement of their characters. In addition to this, they're also displayed their learning of how a production is designed from scratch incorporating the nuances

of acting and performance. Students also played theatre related games and activities to revise and revisit the concepts of observation, improvisation, body language and stage awareness.

The session concluded with the students displaying a keen attitude towards learning more about the depths of theatre in the coming session.

Rohit Kumar Kalra
Theatre Arts - Instructor



Our Highlanders in primary continued learning more challenging songs like The Calender Song, Fight Song, Hall of Fame, etc. Their patriotic spirits also grew tenfold while learning songs like Mere Desh Ki Dharti, E Watan Humko Teri Kasam for Republic Day. Our students performed these songs at various venues and felt the love for their nation. In February, our Highlanders prepared for and celebrated the birthday of our esteemed School Chairman with peppy songs like Khula Aasman, Better When I'm Dancing, etc.

During January & February, our senior Highlanders worked on enhancing their understanding of the core elements of music, and learned to play and sing challenging songs like the Fight Song, Octopus' Garden on guitar. They also learned some new drum beats, practiced their rudiments and also learned to play along with songs and maintain consistent rhythm. They also celebrated Republic Day & Chairman Sir's birthday by recording their voices and videos for a combined virtual choir ensemble, and performing in live choir on the grand events.

Tony Fernandes
Western Music Teacher

Creative Hands At Work

Ishika, Grade IX -E





Modern Foreign Languages

I. Additional Language Orientation

A virtual orientation program was conducted for the parents of Grade III on zoom on 29th Jan, 2022 for selecting the additional language for the academic session 2022-23. The Primary school Principal Ms. Seema Bhati welcomed the parents and introduced all the additional languages and their respective teachers to the parents. Ms. Isha Verma, the Head of the MFL department, gave a presentation on the importance of learning an additional language at an early stage. She shared the importance of each language in the various fields, language curriculum in Grade IV and V, teaching methodologies and the co-scholastic activities. The parents were given the opportunity to interact with the HOD and Primary School Principal to learn more about the target language. Overall, it was a fruitful meeting and the parents were in high spirits after attending the orientation program.



Ms. Isha Verma
HOD - MFL

ICSE/ISC BULLETIN

Due to the pandemic and sudden closure of schools again, Internal assessments (VIVA-Voce and Project Evaluation) of Grade XII ISC students were conducted on the digital platform, which were initially intended to be completed in the school premises. External Examiners from Shikshantar School came to our school to take the VIVA and evaluate the students' project work. Practical examinations in Science, Computer Science, and Physical Education were postponed until February since virtual assessment was not possible and students were needed to be present exclusively on school grounds. These practicals were later held in batches during the second week of February.

While our Grade XII Highlanders were busy with their Practical Exam, Council announced the ICSE/ISC Semester I 2021-22 Examination results on Monday, February 7th, 2022 which was satisfactory. Students are now working hard to prepare for the Semester II Examination. According to the Council, the tentative start date for Semester II Examinations will be in the last week of April 2022. In light of this, Optional Test Series and revision classes for students in Grade X ICSE and XII ISC are scheduled in the school.

Students in Grade IX ICSE and XI ISC have completed their final examinations, and the new session (offline) started on Thursday, February 17, 2022. For students in Grade VIII and X, as well as their parents, an in-depth ICSE/ISC Orientation was held (for upcoming Grade IX ICSE & XI ISC session 2022-24). These are critical years for students to choose their subjects and career paths. Parents were given an overview of the ICSE and ISC curricula, as well as the Subject Option Form. They were informed that the form was created in accordance with CISCE laws and regulations, as well as in conjunction with the heads of relevant departments. Parents were informed about the regular career counselling meetings held throughout their children's Senior School years, as well as the importance of profile development beginning in Grade IX. A brief review of the various documents, such as transcripts and letters of recommendation, that are necessary for university admission after Grade XII was given to the parents and how Counselling team readily supports in the same. It was an interactive session in which all of the Parents' questions were satisfactorily answered.

Ms. Barkha Anand
ICSE/ISC Coordinator

II. A Festival of Languages Chapter III 2021-22

An Online Inter School Competition- 'La Fete De La Langue- 2021' A Festival of Languages Chapter III 2021-22 under the aegis of GPSC was held on Saturday 21st January & 22nd January 2022 hosted by Blue Bells Model School. This platform was open for all the students from Grade VI-XII to celebrate the magnificence of languages and appreciate them in their diverse moods and genres.

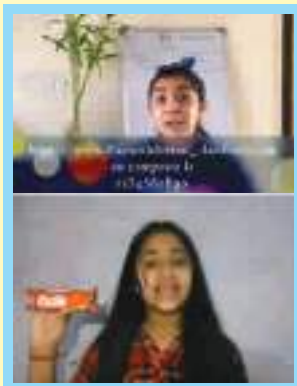
The whole competition happened online through Zoom. The students of Scottish High International School participated in:

French: 'La Publicité Gastronomique En Inde'

Spanish: 'Bienvenido Al Mundo Español'

Spanish students made us all proud by securing 1st position in their respective category.

We always look forward for more such competitions to boost the confidence of our students and to give them a good exposure.



IBDP News

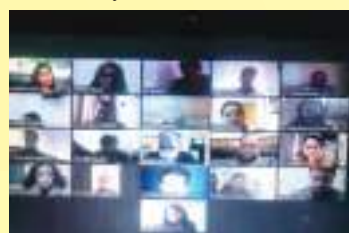
With the cold breeze, comes a ray of new hope this year, to have smooth teaching and learning opportunities. With this, our students began the year with a winter break to rejuvenate, prepare themselves for their upcoming examinations and/or complete their internal assessments.

Few of the students of Grade XI are also going ahead applying to the summer programs in various institutions to lay a solid foundation to their college applications process next year. Grade XI students are busy preparing for their Final Examinations due in this month itself. As a part of their TOK curriculum requirement, all diploma candidates of Grade XI enthusiastically participated in the TOK Exhibition held virtually on 13th January 2022, witnessed by DP faculty and senior school facilitators. The Exhibition began with a short video compilation by students who shared their thoughts about the subject and how they engaged with the Exhibition. Students took up various interesting subjects about their personal life, real world objects and real world happenings. The exhibition was very fruitful and all the students presented their work flawlessly. Teachers from the DP curriculum also attended the Exhibition and were happy to see the work of students.



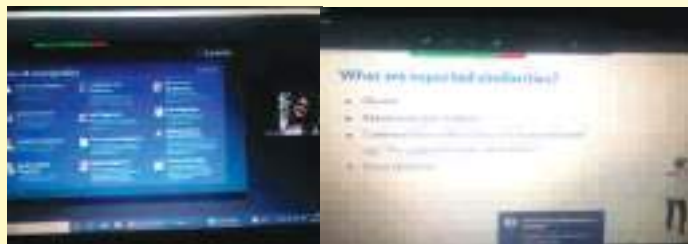
Also Grade XI students attended a webinar on T1-Nspire CX II on 15 January 2022 to gain complete knowledge on using the Texas instrument.

For the collaborative meetings, DP faculty discussed curriculum related documents as a part of their evaluation preparedness, where in all facilitators gave their inputs. Both horizontal and vertical collaborative meetings are attended by DP faculty.



As a part of their professional development, DP faculty regularly attends various webinars and events. On 19 January, they attended a 'User Awareness Session: Turnitin Feedback Studio', to give them more insight about the use of Turnitin presented by Ms. Purna Bose and Mr.

Akshay Prasana. Also, Ms. Renuka and Ms. Spandita attended Wakelet School Program workshop on 15 January 2022.



The role of education is to facilitate students to equip them with a set of skills to grow as an all – rounded personality. This holistic education is catered at SHIS to empower its students.

Students of Grade XII DP are busy in the completion of their Internal Assessments/ e- coursework. Teachers are looking at the final draft and are giving subject specific feedback to the students. To support the students during this online/ hybrid teaching and learning, we specially crafted online IA Roster for the students so that students can meet and interact with their supervisors to discuss their work and areas of concern on internal assessments.

The month of February is actually the month of assessments for both Grade XI and XII. While Grade XII is preparing alongside their internal assessments for the Mock-2 examinations, Grade XI appeared for their Semester-2 examinations and got successfully promoted to their final year of the DP with an astounding highest academic result of 42/42 Grade Points.

Few of our Grade XI students have also applied to summer programmes/ courses in reputed universities like Kings College, Brown University and many more as a part of their learning process. To assist them to make informed decisions about their career, counselling department is regularly apprising them with virtual webifairs / webinars like Career Walk 2022 to meet academic and industry experts, Building a scholarship worthy profile by High School Moms, IC3 virtual fair and symposium are just a few to name.

At SHIS, DP teachers are also continuously evolving with regular Professional development experiences. Teachers' representative from the Counselling Department attended the IC3 Regional Forum on 19 February 2022 at DPS Sushant Lok and met various university delegates in person, which was altogether an enriching experience.

Ms.Renuka Bhasin
Asstt. IBDP Coordinator

IGCSE

Finding a Life in History

The Mystery of History What was His-tory?

People live in the present. They plan for and worry about the future. History, however, is the study of the past. Given all the demands that press in from living in the present and anticipating what is yet to come, why bother with what has been?



"History is the story of change over time. It also demonstrates that human nature has remained fairly constant."

"History demonstrates that circumstances and technologies change, but humans still want the same things that they wanted in previous civilizations: wealth, security, happiness, power, spiritual and social fulfilment, etc."

History is important. In centuries past this statement would have seemed self-evident. Ancient cultures devoted much time and effort to teaching their children family history. It was thought that the past helps a child understand who he is. Modern society, however, has turned its back on the past. We live in a time of rapid change, a time of progress. We prefer to define ourselves in terms of where we are going, not where we come from. Our ancestors hold no importance for us. They lived in times so different from our own that they are incapable of shedding light on our experience. Man is so much smarter now than he was even ten years ago that anything from the past is outdated and irrelevant to us. Therefore the past, even the relatively recent past, is, in the minds of most of us, enshrouded by mists and only very vaguely perceived. Our ignorance of the past is not the result of a lack of information, but of indifference. We do not believe that history matters.

History helps us understand our own society

Through the study of history, we can come to understand ourselves. Why do we do things the way we do? How did these social structures and traditions come to be? Looking at history in this light illuminates the forces acting on our own society through history and into the present. The student of history draws on politics, sociology, economics, and anthropology, all of which feed into the history of individuals and societies.

History helps us understand our own identities

History is the story of the past, and of everybody in it. Every individual had a place in shaping the historical narrative we know today, and every individual today has a place in molding the history that unfolds today. In order to understand our place within society, within our culture, and even within our own family, it is essential to realize that our present is the product of what came before, and the past provides a context for everything we do as an individual. Knowing where you fit into history gives you a context for yourself, your culture, and your world today

History allows us to learn from the past

Those who don't know history are doomed to repeat it." This oft-quoted saying tells a great truth: history has patterns. One of the continuities in history is the mistakes that are made century after century as people live in pursuit of the same self-interested motives. Wars are fought for the same reasons. Regimes topple through the same shortcomings. Riots and revolts accompany the same abuses. Men and women take stands against the same oppression time and time again. This is why history is essential to the repertoire of the politician and the ruler, because understanding the failures of the past puts us one step closer to addressing the shortcomings of the present.

A history major can lead to all kinds of careers. Some of the

more popular options include government positions (e.g. Departments of Foreign Affairs, Immigration and Aboriginal Affairs), all kinds of NGOs, teaching, journalism and the media, tourism, heritage consultancy and planning, museums, libraries, archives, public history, and project management. Some of the world's most influential business leaders share a common experience of studying history at university.

Ms.Ruchi Mathur
IGCSE - History Teacher

tGELF

Company of the year Competition' 2021

Our Highlanders bagged the Encouragement Award for their business idea and presentation for their project '**PROTRAKT Pvt. Ltd.**' in the **tGELF/JA India LEAD Company of the Year Competition**. They prepared GPS enabled handbags, laptop bags, wallets and school bags.

The competition is held with the mission to create an entrepreneurial mind set and work readiness in the youth of today. Through this curriculum and competition, they seek to empower the youth to become problem solvers and job creators instead of job seekers. It provides authentic real-world experience that helps them develop self-awareness, entrepreneurial thinking, and confidence. Students gain business start-up, financial and presentation skills. Through this engagement, students realize that their acquired skills address real needs and have real life opportunities.

Our students were among the top 12 teams who qualified for **Harmony National Finals' 2021**. In the finals there were two rounds and they were judged by a panel of six jury members.

Our team comprised of Debyani Kishore (XI), Kunal Dewani (XI DP), Pratyush Taing (XI), Atvika Gaur (X), Shourya Mathur (X), Anshika Gupta (XI), Pinza Aggarwal (XI), Aakarsh Jain (X IG) and Paarth Sud (X).



Ms.Geeta Bedi
tGELF Incharge

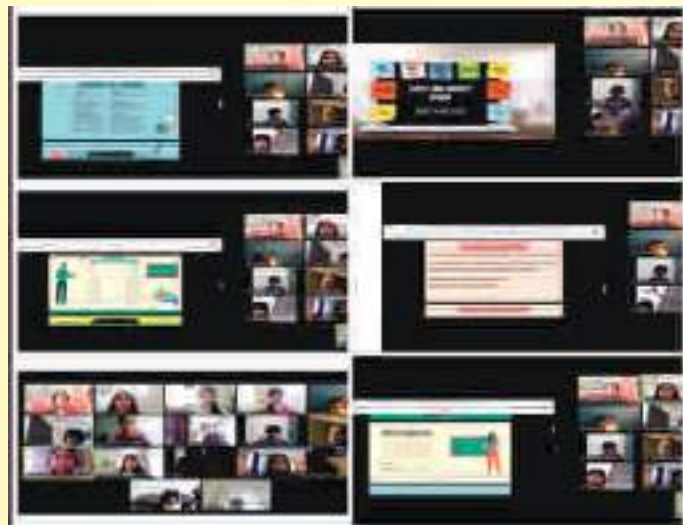
Middle School (Grade VI and VIII)

Greek culture influenced the Roman Empire and many other civilizations, and it continues to influence modern cultures today. To understand more on Greek civilization and its rulers, students of Grade VI CS had group presentations on the topic- Alexander- Hero or Villain and Greek Culture and Myth. Through PPT and role play students portrayed life of Alexander and Greek Culture. One of the key points of Ancient Greek philosophy was the role of reason and inquiry. The Greeks made major contributions to Math, Science, Literature etc. We owe our basic ideas about geometry and the concept of mathematical proofs to ancient Greek mathematicians such as Pythagoras, Euclid, and Archimedes. Students through their animated videos and slides discussed and inquired about various aspects of Greek life. It has been a privilege to witness gifted students compile extensive research on each topic of Greek Civilization.



Ms. Bincy Thomas
History Facilitator

Our Grade VII students presented through a PowerPoint presentation "Direct and Indirect Speech." There were so many notable points that were presented by each student of the group. The main aim of the presentation was to give the students a better understanding of the topic and strengthen their knowledge. All the students participated enthusiastically and expressed their views. There was a flurry of answers if any question was asked. The PPT was very innovative and creative.



Ms. Maha Lakshmi
English Facilitator

This January, the students of middle school (VI-VII Grades) presented their self-researched winter break homework in the class (virtual). Every student got an opportunity to share their unique findings through a PPT and relevant elucidation. Each presentation was followed by open interaction by peers and teachers alike. The students not only enjoyed their task, but also learned critical qualities like planning, independent research, creative designing and conceptualization and group discussion. Students explored and demonstrated plethora of interesting topics like transmission of electricity, working principles of electrical appliances, experiments on plants and animals' physiological processes etc. It was quite an educative and enriching experience and positively boosted the morale of the class.



Ms. Sananda Das
Science Facilitator



Project: Disease Information Campaign

Students were asked to make an informatory presentation on the disease assigned to them like Diabetes, Cancer, Cholera, Covid-19, Ebola, Small Pox etc. The students used various means to present their research, like a PowerPoint Presentation, video, information booklet, and even a website. They added preventive solutions and long-term eradication methods for the diseases assigned to them. They used images, charts, graphs and relevant background music, including fascinating facts and used credible sources of information. It was very interactive and a good way of spreading awareness regarding various diseases and their prevention in a creative yet informative way.



Ms. Tarika Sanduja
Global Perspective Facilitator

Embracing The Exams

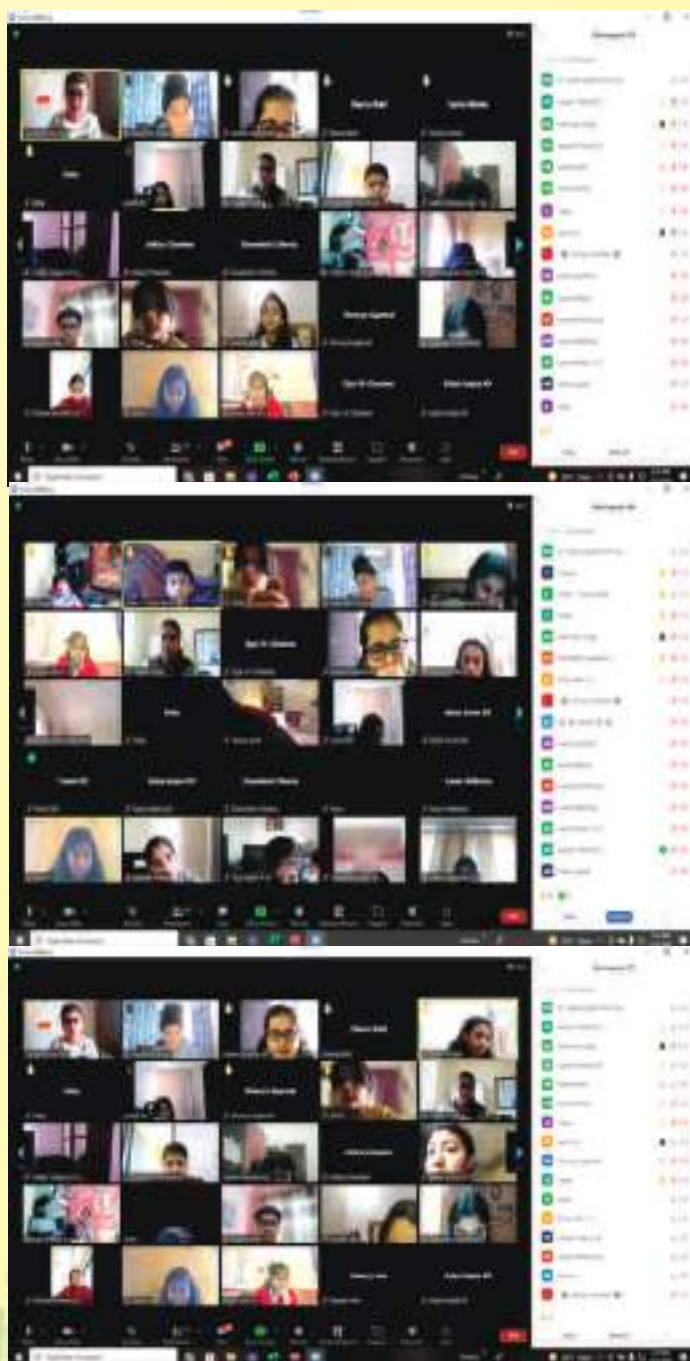
A little concern around exam time can be beneficial because it drives you to work more. But, especially at the end of an academic year in a hybrid mode of learning, stress levels might be dwelt upon. The development of a plan of action by properly arranging and organizing the time and syllabi is a simple and extremely practical step. Our school counsellors have been assisting the middle school students in doing exactly what they needed at this pivotal juncture.

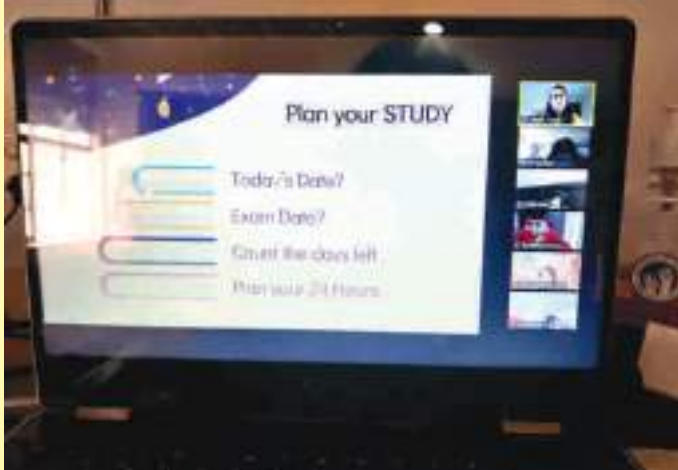
Counselors initiated by discussing different types of schedules that students follow during exams. Students were made to understand why they would forget what they have learnt. They were given help to plan their day and include revision time in their schedule. They assisted students with goal setting and exam preparation. Students were given tips on how to improve their concentration so they could make the most of their study time.

Following several candid and relatable examples,

students discovered how simple it was to master their exams. Finally, the need of de-stressing as well as goal-setting strategies and time-management tips were shared. Students were reminded of the Dos and Don'ts during the examination time. The students were enthusiastic about the session and provided favorable feedback afterwards.

A few take aways for the students were: To take right amount of rest, having healthy meals, take breaks in between study hours for few minutes, highlighting makes content handy, set Goals, be hydrated, test yourself, express your thoughts to someone you trust and **BE CONFIDENT!**







Dr.Neha Singh Maurya
School Counsellor



Clan News

Dear Highlanders,

Do you know the meaning of Ethics and Integrity?

Ethics can be defined as rules and regulations that have been formed which allow an individual to work in accordance to moral principles

- Integrity can be defined as the quality of being honest and fair.
- Ethics are more external whereas integrity is internal.
- Ethics is not a choice whereas integrity is a personal choice.
- Ethics can be imposed on individuals, but integrity cannot be imposed on.

How to Have Everyday Integrity

Students, just imagine what the world would be like if everyone followed these guidelines:

- Keep your promises, even if it takes extra effort.
- Ignore someone's advice on how to cheat in the exams and not get caught.
- Go back to a store and pay for something you forgot to pay for.
- Inform the shopkeeper he gave you too much change back.
- Return money that you noticed someone dropped without expecting a reward.
- Never betray a friend's trust even if you get in trouble.
- Do not gossip or talk badly about someone.
- Remain true to your elders.
- Do not let someone else take the blame for something you did.
- If someone gives you confidential information, never tell anyone what you know.

STUDENTS SHOULD HAVE ETHICS SKILLS

- Children should have skills in:
- listening to each other
- how to work in groups
- taking turns to speak
- building on others' ideas
- respectfully disagreeing
- evaluating evidence, giving reasons for their opinions
- carefully considering views that are different to their own
- helping each other express ideas
- putting a counter view and asking questions
- using logic and reason.

Classes support students to become critical thinkers with a strong capacity for questioning and inquiry. The overall aim of ethics classes is to help children develop a lifelong capacity to make well-reasoned decisions about ethical issues.

Due to the ongoing online classes, we thought of having Sports Event this year in the month of February for (VI-VIII) Grades. So, it was decided to have four different events Grade wise Plank, On the Spot Jogging, Skipping and Surya Namaskar and judgement to be made on the basis of the given criteria. Videos for the same was shared to the students and the same was expected from them.

Clan Elders
Mac-Arthur, Aderson, Boyd, Lamont

CAS Article

CAS: Student's Initiatives for Community Reach out Programme

Project Urja: Ensuring Healthy Lives and Wellbeing for All at All Ages

Project Urja is an initiative that was started by Tvisha Singhal of Grade XI IB DP and Palak Bothra from Grade XI ISC. Through this project, they focused on tackling the problem of sensitizing the youth about physical changes during adolescence and eco-friendly menstruation. This project targets Sustainable Development for Good Health and Well Being for all, Gender equality and empowering all women and girls and to create sustainable cities and communities.

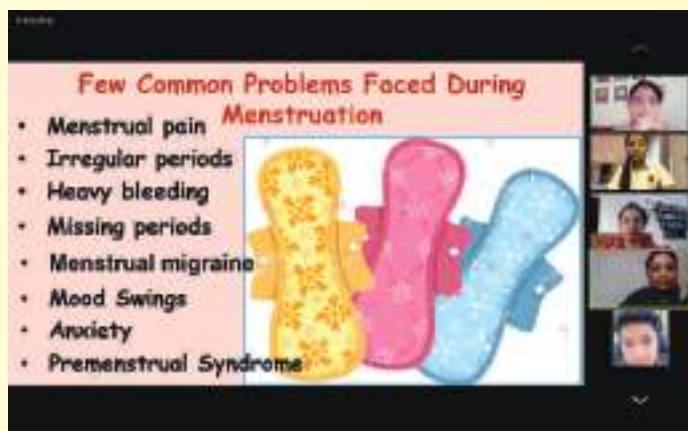
The project was divided into three stages. First was creating awareness about menstruation, changes in health, menstrual products and their environmental impact. The second stage was distributing eco-friendly menstrual products among women from different backgrounds and the last stage was implementing the Red Dot disposal campaign.

In order to achieve this, they held In-person seminars with schools from the underprivileged sections to create awareness among the less fortunate sections of the community and distributed eco-friendly menstrual products. The usage of all the products were first explained through in-person meetings, they were then tested with the target audience while keeping the women's lifestyle preferences in mind and enough products were distributed to last for at least a year with prospects to buy them at subsidized rates.

Online webinars with the middle school students at our school were also held. They also organized webinars and worked on-ground for distribution of menstrual products with women of different ages from urban slums and rural villages. In collaboration with the Happy Days project, they were able to reach the girls and women from the underprivileged sections of the community to create awareness as well as distribute eco-friendly menstrual products. The correct method of usage of menstrual products was discussed with them. Other initiatives through this project include procuring a sponsorship from SMS India. These funds were used to purchase period products from healthcare partner PeeSafe. They Collaborated with the NGOs: Gramiksha, Neev, Yellow Streets, The Happy Days Project, GOONJ and girl students of Government Schools. All the menstrual products were distributed to young girls and women from marginalized communities thereby moving closer to 'Ensuring Healthy Lives and Wellbeing for All at All Ages'.

Continue doing the good work!





Ms. Kavita Yadav
CAS - Coordinator

FROM THE SPORTS FIELD



The month of January started with the preparations of Republic Day celebrations. School Director Ms Sudha Goyal hoisted the National Flag. Senior School Principal Dr. Sanjay Sachdeva and Primary School Principal Ms Seema Bhati also graced the occasion with all the Heads and Staff. Student council escorted Director Ma'am for the ceremony. Taekwondo and Yoga demonstration were performed by Ms Harpreet and Ms Bandana followed by cultural activities.

Now Sports Department is busy in planning Sports Fiesta for Basketball, Football, Lawn Tennis and Cricket.

Darshan Singh Gahallot
HOD Sports

From Our Budding Writers

AN AUTOBIOGRAPHICAL POEM

This is an autobiographical poem of a dustbin and the pain he goes through as he wishes to improve his lot.....

I Am A Dustbin

I stand in the corner with a long face
I see the class room be defaced
Seeking attention from a munchkin
So he comes and ask me 'How have you bin'???
Hungry for a feed
Your trash is I what I need
Black and Blue with all colours of the hue
Scattering and Littering all over the floor, boo-hoo-hoo
Smack! Thump, a kick here and a dunk there
Jordan, Lisa all running into the fair
Creating a stir here, there and every where
Crunch, scrunch, munch...
The wrappers falling in a bunch
10000 gallons I collect,
No choice of what I want to select
But so Alas! I stand alone
With peeling colours and a tough groan
I would like a fellow pair
Cheerful, kind, maybe with a little more hair
I wait for the day when I will shine
With efforts of yours and mine
Not sparkling clean, but full to the brim
With the litter and glitter, I will stand with a grin
And keep the floor in a clean spin!!!!!!
I am a dustbin!!!!

Daiwik Abrol,
Grade IV-E

Save Girl Child

Let me live, Let me bloom
Let me shine like a moon.
Let me come and see the world,
let me fly like a bird.
DON'T BE CRUEL!
OH SELFISH! LET ME
SWIM LIKE A FISH!
It's my cry, it's my **SCREAM!**
LET ME FULFIL ALL MY DREAMs.
Let me come and see the world.
DO NOT kill me before my birth!
DAUGHTERS ARE BLESSING! NOT CURSSSSSEEE
Ayesha Middha, Grade V-A



Poem

Judge Me Not
 Judge me not by my face
 Judge me not by my hair
 Judge me not by my appearance
 Judge me not by my looks.
 I belong to no religion,
 my religion is love.

Ayesha Middha,
 Grade V-A



INDIA REPUBLIC DAY JANUARY 26

The 3 colours shining bright,
 Every indian rising to their maximum height,
 Singing the national anthem,
 This is not a phantom.
 Bright smiles shining on everybody's face,
 Raising the Indian flag with grace.
 The parade with its floats racing through the Indian Gate,
 This day is special, A lot of pride but no hate.
 At home we are sitting freely with no obligations,
 Partially due to this day and its celebrations.
 Rules were created, rules are followed,
 Even animals smile and climb out of their hollows.
 The president giving his speech,
 A lot of things this day teaches.
 The 73rd Republic day is being celebrated with pride,
 Smiles spreading nationwide.
 The Indian constitution was created on this day,
 Happy Republic Day!
 Sia Aggarwal, VII -F.

**23RD
 JANUARY**



**PARAKRAM
 DIWAS**

The day of Valour

► 23rd January is the birth anniversary of Netaji Subhash Chandra Bose and this day is celebrated as Parakram Diwas.

► About Netaji

♦ He was selected for the Indian Civil Services but refused because he did not want to serve the British Government.

♦ He started the Newspaper 'Swaraj' He also wrote a book named 'The Indian Struggle'.

♦ He Gave us the slogan 'Give me blood and I will give you freedom'

► About Parakram Diwas

♦ This year it was declared as a festival in India.

♦ Celebration of republic day starts from this day.

♦ A hologram image of Netaji was also placed at the India gate on this day.

The Constitution of India



► We all know that Dr. B.R Ambedkar is the father of the Indian Constitution after all he was the one who wrote the constitution.

► It was adopted by the government of India on 26th January 1950 which started being celebrated as the republic day of India.

► Facts

♦ It is the Longest Constitution in the World containing 1.46 Lakh Words!

♦ The Whole Constitution was handwritten!

♦ It recognizes 22 Formal Languages while it was written in Devnagri (Hindi).

♦ It tells us about our fundamental rights and responsibilities.

♦ Our 8 fundamental rights –

- Right to Equality
- Right to Freedom
- Right against Exploitation
- Right to Freedom of Religion
- Right to Life
- Cultural and Educational Rights
- Right to Constitutional Remedies
- Right to Privacy

♦ Our fundamental Duties –

- To abide by the Constitution and respect it
- To uphold and protect the sovereignty, unity, and integrity of India
- To promote harmony and brotherhood
- To preserve the rich heritage of our culture
- To safeguard public property
- To strive towards Excellence
- To protect and improve the natural environment



A Book That Rules

'The Rules for Vanishing' by Kate Alice Marshall is a thrilling novel that is laced with bone-chilling horror elements. It is set in a somewhat desolate town that is rumoured to have a paranormal addition. Sara, the protagonist, believes that this paranormal presence is the reason of her sister's disappearance a year ago and so, she and a group of distrustful allies and forgotten friends, seek to find the girl who vanished.

The story, dripping with veiled darkness, begins to reveal itself the deeper you delve. With staggering twists and whispered hints, this book leaves you analysing each and every word.

My favourite part of the book is that after every chapter, there is a case file that documents the unconventional group's horrifying tale. It includes detailed descriptions of video recordings on their phones and questioning sessions with detectives. It shows how the characters manipulate and change the truth to suit them. This adds a sense of realism and also keeps you wondering on what the true story is.

The book is like a dish you're hesitant to try, but once you've taken a bite, you cannot help but dig in. Through the weary hours of nightfall, this story kept me glancing at my door and looking up every time I heard a faint sound. And yet, I kept wanting to read another page and finish another chapter.

'The Rules for Vanishing' is a well-crafted book that binds together the chill of horror, the pain of loneliness and the way people are so easily forgotten.

By Samiha Bellani, Class XI - F



A Puzzling Analogy

Towards the end of 2021, I received a thousand-piece puzzle from my parents. This puzzle got half made and then was forgotten. It lay on the ground, taking up space because the partial picture gave a false sense of accomplishment. Every day, I'd look at it, sometimes sparing a moment to help a lost piece find their way home but other times barely acknowledging its presence.

Over time, my mother got fed up of the broken image. A couple of days before the new year arrived, she told me to pack it up and put it away, complying, I did as she asked.

The borders went into the box first, holding onto each other like the fraying threads of hope for a kinder year. After that, I put in the parts that I built and pieced together. If I would ever choose to make the puzzle again, I would have some of it already done, like the wisdom and wit of yesterday that makes us a wiser person today. Lastly, I put in the pieces that I still needed an answer to. The ones that lay in wait for me to place them wherever they belonged. For now, I am lost and

unfortunately, so are they.

Closing the box, I reached up and placed it on the shelves. One day I will listen to the story it holds and make sense of the wandering pieces. To conclude, I leave you all with a quote by Cynthia Lewis:

"Every piece of the puzzle that doesn't fit, gets you closer to the answer."

By Samiha Bellani, Class XI - F

No Gifts under the Christmas Tree

Walk into a mall in the month of December, and you'll be thrust into the world of Christmas Consumerism. On top of the already tempting "Buy Two Get One Free" is the societal expectation and pressure to put tangible (and pricey) gifts under the Christmas tree.

Money can't buy happiness — we've heard it said again and again. Even though many of us accept this age-old adage, there seems to be an exception around the Holiday Season.

Companies capitalize on the notion 'the more you spend, the more you show love'; we, time and time again, fall for this fallacy. Every year, malls are flooded with businesses touting their devious and disguised schemes, and an increasing number of us acquiescently splurge on gifts to impress family and friends. But by splurging on 'material stuff' that will eventually end up somewhere in a landfill, we're contributing to the environmental issues that we are otherwise so passionate about fighting for the better part of the year.

Now, this isn't about being the Grinch or cancelling Christmas altogether; it's about rediscovering the true meaning behind the tradition of gift-giving. Is it possible to break out of and veto the consumerist mindset that demands we constantly buy things for the sake of buying? The answer is yes.

Christmas and gift-buying don't have to exist parallelly. This year, more than ever, we should focus on gifting experiences (online or in person). Of course, the panacea to consumerism is more than the mere substitution of a gift — we need an overhaul of the entire system. But it starts with change those rooted in overconsumption and indulgence.

But it's possible! After all, it's the days — what better time for a holi miracle?



By Akanksha Mallick, XI-D ISC

From Unicorns to IPOs: A month of evident Business Activity

India's growing startup culture is spearheading wealth creation since the last decade. Small businesses growing to dominate industries and capturing large market shares has become commonplace in India. The term 'Unicorn' has taken a vastly different meaning from its fictional origin: a startup crossing a market valuation of a Billion Dollars. What did seem fictional in the early years of the Indian economy has now become a stark reality.

Entertainment and Business are Industries that intermingle, and reflect similar trends. In line with this philosophy, the



popular American show 'Shark Tank' has also been brought to India, touching a novel market with a well known concept: a panel of successful entrepreneurs turned angel investors or the so called 'sharks' exchanging equity for investment that can turn small businesses into wealth creating powerhouses in the longer run. Irrespective of the show's praise or criticism, it indicates the potential of India to become an even bigger economic giant akin to the present dominance of the United States.

Another lucrative event that could draw flocks of investors to the Indian share market is the significant IPO of the Life Investment Corporation. India's leading state-owned investment corporation is a hub of cash flow, with LIC handling assets worth 31 Lakh Crore Rupees. The investment giant has shown increasingly positive business and economic performances in the past, and its IPO will accelerate, if not revolutionize its performance in the future.

Divit Chopra, XI ISC A
Yash Moitra XI DP

From Readers to Leaders: Fundraising

The process of gathering voluntary financial contributions towards a cause one deeply cares about is pain-staking and time-consuming. It takes a lot of effort and willpower on the part of organisers to find people generous enough to donate to a fundraiser, yet many Highlanders have taken up this pursuit and served as an inspiration for those seeking to make a change in the world.

The impact the pandemic has had in the past two years has been hard on everyone, but it has especially affected impoverished communities. Children from underprivileged families have had to suffer in various domains, such as receiving less education due to a lack of proper infrastructure and health problems.

Samya Gera, one of our Highlanders, organised a fundraiser known as "Melodies of Change" to raise funds for Save the Children, a child rights NGO that operates in over 80 countries. It is devoted to providing every child with a bright future and provides a variety of services including education, healthcare, crisis relief and more. This heart-warming event used the power of music to attract attention to the cause and was held in association with the Noida Drum Circle and TheMachineGun Band.

To add to the roster of causes the Highlanders have helped bring forth into the public consciousness, Riya Singh of XI B helped raise funds under Project Muskurahat that focuses specifically on menstrual hygiene. Realising that there was a disparity in access of period products for rural women, she decided to raise money for the same.

Riya worked tirelessly to draw attention to her campaign by designing projects and co-ordinating a team of volunteers. Her endeavours succeeded in raising over Rs. 20,000 that were used to distribute sanitary napkins to underprivileged women. These young leaders are exemplary examples of how passion for social issues can drive real change.

Tvisha Singhal XI - IBDP
Riti Aggarwal XI F



COVID-22?: The Impact of the Omicron Variant on Economic and Business Growth

COVID-19 has yet again traversed into the Global Landscape with the advent of the Omicron Variant, and an ongoing third wave in India. It is common knowledge that the pandemic inflicted heavy blows on heavyweight economies with high growth rates. India's economy bore the brunt of this impact, entering into a steep recession in Q4 of 2020, that persisted throughout 2021, reaching negative GDP growth rates of -10%. The end of 2022, however, signalled economic revival, as countries around the world were starting to heal the impacts of the pandemic.

Steady growth has been indicated in the RBI predicting a growth rate of 9.1% in Q1 2022. However, the question to ask is will the Omicron variant and the third wave hamper this economic growth?

The answer is yes and no. A common trend that has been witnessed in economic recovery is that the subsequent impacts of waves of COVID-19 infections on economic recovery decreases. The Omicron Variant will certainly target the Service Sector and Migrant Labourers due to imposition of Government curbs, but these will not have a drastic impact on growth rates. Large Scale Vaccination Drives, such as for 15-18 year olds and the Booster Dose for frontline workers and 60+ year olds have upheld investor confidence, ensuring stability, if not growth of financial markets. Additionally, the low mortality rate of the virus and its mild nature has allowed businesses to maintain a majority of their workforce with infrequent disruptions. Thus, a K-shaped economic recovery with strong GDP growth rates is imminent, signalling the growing resilience of the financial markets to the pandemic as the world is learning to live with the pandemic.

Divit Chopra, XI ISC A

Sounds of Silence

A poem about silence on crimes in India

The Sounds of Silence,
That plague the hallway,
The frequent, disrupting cadence,
That fastens the floor's decay.
The hallway to liberation, they call it?
The path to a better reality,
The gateway to a dome of stimuli, isn't it?
Where sounds reverberate after every calamity.
The cadence is striking,
It adds an effect to fate,
The silence is not considered frightening,
But the impact is worse than hate.
The floor looks wooden from afar,
The planks look cracked and flayed,
They are actually nails, burnt and charred,
Metal in nature, but naturally attained.



The floor looks wooden from afar,
The planks look cracked and flayed,
They are actually nails, burnt and charred,
Metal in nature, but naturally attained.

There are paintings on the walls,
Different shapes and sizes, different paints,
But all of them are panicked calls,
Blotched and disfigured by blood stains.

The first painting is bright,
Of two men, a quarter of the way late,
They are red as if bathed by a shield of
sunlight,
But it's piercing their bodies, deciding their fate.

The second painting is bucolic,
Covered by a field of sugarcane,
But there lies a body, like a note unmelodic,
In the rhythm of silence, looks like a minor
pain.

The third painting is different,
It's of a bus, travelling in the rain,
With pedestrians raising placards, like a
deterrent,
But the traffic of silence, is the driver's disdain.

When a child walks through this deserted
hallway,
He slips on the floor, his foot falls in a hole,
Hoping to see the paintings, hoping to hear
what they say,
But his body goes limp, out of his control.

As the nails grow bigger, swallowing him like
prey,
He tries to make a noise, tries to tell the world,
But he is consumed, only his hands left grey,
And his nails join the lot, pale and curled.

There goes another voice,
Another bright spark of light,
Another fire put out, the spirits in the hallway
rejoice,
What could he have done, they say, it isn't his
fight.

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Divit Chopra, XI ISC A

Editorial Submission in Poetry

Title: Hypnagogia

Switch off the door as I push close the light
And go back into storage, and die for the night
But I lie in disparage and put up a fight
Against my own thoughts as they race in my mind

I tell them to stop but they don't seem to mind
While I'm trying to sleep, and I try to remind
These vivid conjectures to stop intertwining
Pieces of the past as my mind keeps on whining:

Oh, why can't you stop, I just want some peace
Just stop it and drop all these thoughts and just cease
And they come to a halt, not skipping a beat
The thoughts slow down, and the visions recede.

I calm myself down and let myself breathe,
And keep my hand on my chest to feel my heartbeat
Slowly but surely it starts to repeat
So I brace my pillow while I clench the bedsheet

And I try to resist this new wave of threats
Against my own mind as it's violently swept
Across all the shores and coasts in my head

The thoughts turn to images and sensations alike
And sounds as they set my eardrums alight
I look around and see streaks of blue
As I pinch myself because I know it's not true

And I tell my mind I know it's just you
 You're playing tricks on me again
 You're not thinking this through
 I'm trying my best I'm trying to rescue

For the one last time, my head, and my mind
 From this chaotic storm which I now find
 Myself in while I try to unbind
 And cope with the truths that surround me from behind

Which one are you, the stress or the lies?
 The ones I tell without blinking my eyes,
 Or are you my dwindling hope in humanity?
 Driving me to the brink of insanity
 I must face you, for it really seems
 As if you've come to haunt my dreams

When I sit awake, I can lock you away
 And do my best to keep you at bay
 Even in my sleep, I'm trying to act mature
 Who am I kidding, I can't even obscure,

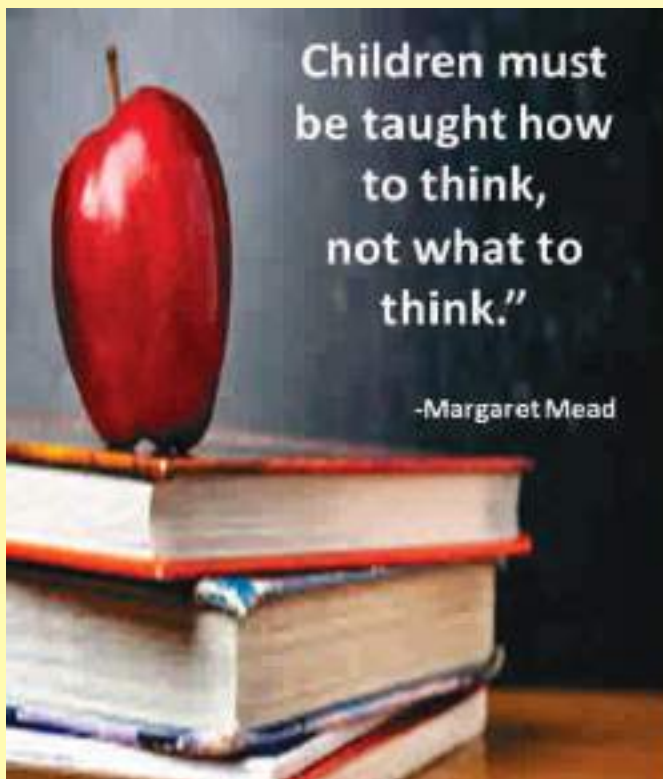
Your omnipresence, your demeaning vibe
 How scary you are, I cannot even describe.
 And I beg you now, for god's sake,
 Please, just let me fall awake.

Yash Moitra, XI IBDP

A Stroll In The Park

Stepping into the green lush,
 Touched by the warmth of the setting sun.
 Following the path,
 Seeing unknown faces.
 Being in an open space,
 Gazing at the surreal sky.
 Enjoying the brisk winds' embrace,
 Without worrying of the time passing by.
 The dew on grass,
 On a misty day.
 Soaring laughter of the elderly,
 Chatting on the benches.
 The thrill of swings, exciting thoroughly,
 Can be seen on the children's faces.
 Beds of flowers, tall trees.
 Inhabiting flora and enjoying the breeze.
 Under branches of trees shaped like creatures
 Witnessing the sparrows quarrel and fight
 The small joys of rejuvenating with the nature
 As the Earth finally prepares for the night.
 Following the path,
 Seeing unknown faces.
 Stepping into the green lush
 Touched by the warmth of the setting sun.

By Danicca Bajaj VII-G



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^aSample size of survey (294, 422, 165, 1, 100, 000). No weighting is shown with 100, 000.

Golf Article

ANITYA'S TIP OF THE MONTH

Turn and not Sway in Back swing

Once you have taken your set up on the golf ball and are in balance, the next step is to start the back swing with a turn of the body. It is very common to see juniors swaying their bodies to the right side in the back swing rather than turn their hips and torso to attain a powerful and stable top of the back swing



You can see in the attached picture that there is a red line that shows the starting position of my right leg. As I have taken my back swing, my right leg and right hip has moved to the right side and gone outside of the red line. In golfing terms, I have swayed to the right side rather than enable my hips and right leg

If a player sways laterally, they need to shift their weight back on to the left leg by the time the club comes to strike the ball or else they will hit behind the ball. Swaying also causes a player to slide in the down swing wherein it becomes very difficult to strike the golf ball well and creates some pressure on the lower back

Learning to turn within the red line in the back swing and not swaying goes a long way in ensuring that you become a consistent ball striker

**Compiled by
Ms. Ankita Jain
Golf Coordinator**



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