



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



#### **Envisioning Glorious Return**

As we approach April 2022, we have survived this global pandemic for two years, which wreaked havoc on our world. The lives of each and every individual had been affected in some way or other and to some to an irreversible degree. We have surmounted the challenges this pandemic has caused, and we have done this as a family. A family which stood together through every thick and thin that had to be faced. This amply proved that how Scottish stood not only for Highlanders but for staff may it be academic or administrative.

Schools and colleges saw an immense disturbance in their functioning, and students were left without an option but to attend online classes. This caused them to miss out on crucial social interactions with their peers, teachers and other social groups. This age in a student's life is significant in building social skills and abilities beyond textbook learning.

Students have attended virtual classes for two years, and there is concern among the higher levels of decision-makers that this would leave these students at a disadvantage.

The return to physical school and classrooms is one we support at SHIS. As we all are aware that it is integral for the holistic development of any student. We shall provide our students with a safe environment that is conducive to all-inclusive learning and overall development. At SHIS, we have enacted a rigorous system designed to ensure compliance with the rules and regulations set by the authorities. There have been check points established for the smooth running of our esteemed institution.

We have planned a session of learning inside the classroom and outside. Our students will benefit from peer interaction and being in proximity to their teachers and guides.

It will be our endeavour that the students get to experience school life once again and it helps in their overall development. It indeed would be great pleasure for all to see the students going about their classes and following the routine. What they missed out the most on having a regular routine and following a set pattern. Returning to school would also help them to evolve into well rounded individuals

We must learn to live our lives fully, adjusting to the changes required to exterminate this pandemic. We look forward to cooperation from all quarters to ensure we can be the best version of ourselves and learn and enjoy as the SHIS family.

**Ms.Sudha Goyal**  
School Director

## **Inculcating Love for Learning New Words**

Language development takes place very quickly when children are small. It starts rapidly at the age of two, which means within first two years of a child's life the language progress is phenomenal. Little children learn new words mainly by hearing them used by adults around them. Therefore, reading to and with kids is a great way of building vocabulary, engaging them in conversations is another effective way of learning new words. If exposed to new words multiple times and in different ways, they can fully understand the meaning and usage of it in a relevant way. Here are some great ways by which we can expose our children to new words. The first is to speak to children about their day, conversing on what the child has done throughout the day will enable them to make describing sentences. Expressing feelings will also develop when children will share the happenings of their day.

Making family literacy habits is another exciting way of building vocabulary. Reading daily, choosing books with illustrations and providing clues as to what the word means and repeating the same book a number of times helps in understanding and learning new words. Singing happy kiddy songs is an excellent way of

developing music and melody skills. There are many songs that not only build vocabulary but also teach lessons of life in a friendly manner along with many more concepts which are required to make one a well-spoken person. Making it a family practice to visit a library regularly is one of the most successful way of increasing vocabulary and love for reading. Children learn a lot by just browsing through the racks of books, by holding them in the hands and by flipping through random books. Encouraging reading and taking turns to enacting the story also goes a long way in building dramatic and acting skills. It is said that once you read you will be forever free. So, once we develop the habit of reading and learning new words our children will never be lonely, because a book is like thousand friends!!

**Ms.Seema Bhati**  
Primary School Principal





# PYP

“The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.”

- Bobby Knight



The much awaited Sports Day for Initials at Scottish High International School, Gurgaon, was held on-campus on 8th and 9th March, 2022 for Grades Nursery and Kindergarten, respectively. The event saw participation by the young Highlanders of Early Years, with great zeal and enthusiasm.

With kids as young as these, the main aim was to encourage them to be physically active; to be engaged in physical movement and in exercises involving gross motor skills. Invigorated and cheered by the Home Room Tutors', the young Highlanders mesmerized everyone with their energetic performances. Sharing the motto, ***'Do Exercise, Stay Fit and Stay Healthy'***, the physical education teachers, emphasized on the importance of one's well-being, be it physical, mental and social and how staying fit and healthy encourages the same. The young students displayed true sportsmanship as they cheered each other's routine and participated in different races with utmost diligence. The event gave a glimpse of self-confidence, responsibility, and self-discipline amongst the students. With children putting in concerted effort, for the teachers, all winners, were awarded with a participation E-card as it is said, “Winning is not everything, but making the effort to win is.”



The Primary Athletic Meet was a resounding success. It helped bring cheer and bonhomie amongst all. Children from Grade I to V participated with enthusiasm and competed with their classmates in a spirit of healthy competition. It was heartening to see them cheer for each other and their teachers all through. The children took part in the Flat Race (50 metres/100 metres), Hurdle Race and Balance the Book race with immense zeal. It helped drive home the fact that fitness and health are our real strengths. It also helped recognize and teach children the importance of participation. Winning or losing are part of the game and that is how we should approach life. Sports teaches us how to play by the rules or as part of a team; most importantly it teaches us how to rely upon yourself.





*"After climbing a great hill one only realizes that there are more hills to climb."*

*- Nelson Mandela*



Graduation Ceremony for the young Highlanders of Kindergarten was conducted in school on 10th and 11th March, 2022. An important milestone in the lives of these young students, ready to embark on a journey anew, to the Primary Wing, they displayed excitement and pride during the in-

house ceremony. The unprecedented times had the children proving themselves to be truly resilient and risk-takers in each aspect of learning and we all at school commend their positive attitude. Displaying attributes of being principled, these young learners, armed with the requisite knowledge and skills, raring to go, did their teachers proud as they cheered and sang celebratory songs. To help the students acclimatize to the new environment ahead of them, not only were they regularly counseled by their Home Room Tutor, but were also taken to the dining hall to have breakfast.







The Primary Years Programme Graduation ceremony for Grade V of 2021-22 was held on 21st and 22nd March, 2022. Learner's enthusiastic participation in the event was appreciable as they reflected with mixed feelings. The school organized and celebrated the ceremony with a lot of warm memories of the past and big dreams for the future as it was an exciting milestone for Grade V students. The certificate giving ceremony was conducted and the proud learners received the honour with great enthusiasm. Celebrating their accomplishments of both Early Years and Primary Years, Ms.Seema Bhati, Primary School Principal, congratulated everyone and encouraged them to be great learners. Her motivation added new dimensions to their school life and the journey they are about to begin towards higher knowledge and education.

*As we bid adieu to them we are left  
with the thought,*

***"Take pride in how far you've come.  
Have faith in how far you can go.  
But don't forget to enjoy the journey."  
- Michael Josephson***







***"The harder you work for something, the greater you will feel when you achieve it"***  
- Susan Johanson

The academic session 2021-22 was culminated by a fruitful interaction between the parents and the teachers of the Primary and Initials wing. The parents were extremely appreciative of the efforts made by the teachers. They acknowledged that teachers have put in their sincere best in providing continuous guidance for their children.



**Deputy PYP Coordinators**





## Modern Foreign Language

### THE TEACHERS TRAINING PROGRAM

Ms. Vridhi Mittal, French facilitator attended a teachers training program for relaunching French classes with latest creative activities and classroom games on the above mentioned date and day in New Delhi. The session was conducted by Mr. Haru Mehra, President & CEO, Le Frémin - Paris.

The session taught the teachers how to bring the students culturally & linguistically closer to today's France via:

- 1) Relevant/latest PPT's
- 2) On demand Phonetics
- 3) Free live virtual tours
- 4) Finding Relevant + Adaptive text
- 5) Free collaborations with French institutions.
- 6) Continued round the year free teachers Trainings programs.

They taught the teachers how to provide holistic French teaching & discovery experience to our students based on today's ever evolving Francophone culture. I look forward to attending more such events for my professional growth and to further enhance my knowledge.



**Ms. Isha Verma**  
HOD - MFL

## ICSE - ISC Bulletin

The timetable for Semester II 2022 examinations for Grade X (ICSE) and XII (ISC) has been issued by the Council. Grade X (ICSE) Exams will begin on 25th April, 2022, and end on 19th May, 2022. Grade XII (ISC) Exams will begin on 26th April, 2022, and end on 13th June, 2022. According to the Council, the Timetables were created with the dates of several competitive tests in mind. The ICSE/ISC 2022 Board Art Examination has already been conducted in the school premises from March 11th to 14th, 2022, as per the Council's timetable. CISCE had decided to conduct one day Teacher Training Programmes, pertaining to the Semester 2 Examination for ICSE and ISC from 7th March, 2022 onwards. 27 teachers from various subjects enrolled for subject-specific training and updated our students with the knowledge gained from the same.

In order to prepare pupils for their ICSE/ISC Board examinations, Pre-Board Examinations for Grades X ICSE and XII ISC were held in the school premises from 7th March, 2022. Answer sheets for the same were delivered, and a PTM was held to share feedback on the students' performance.

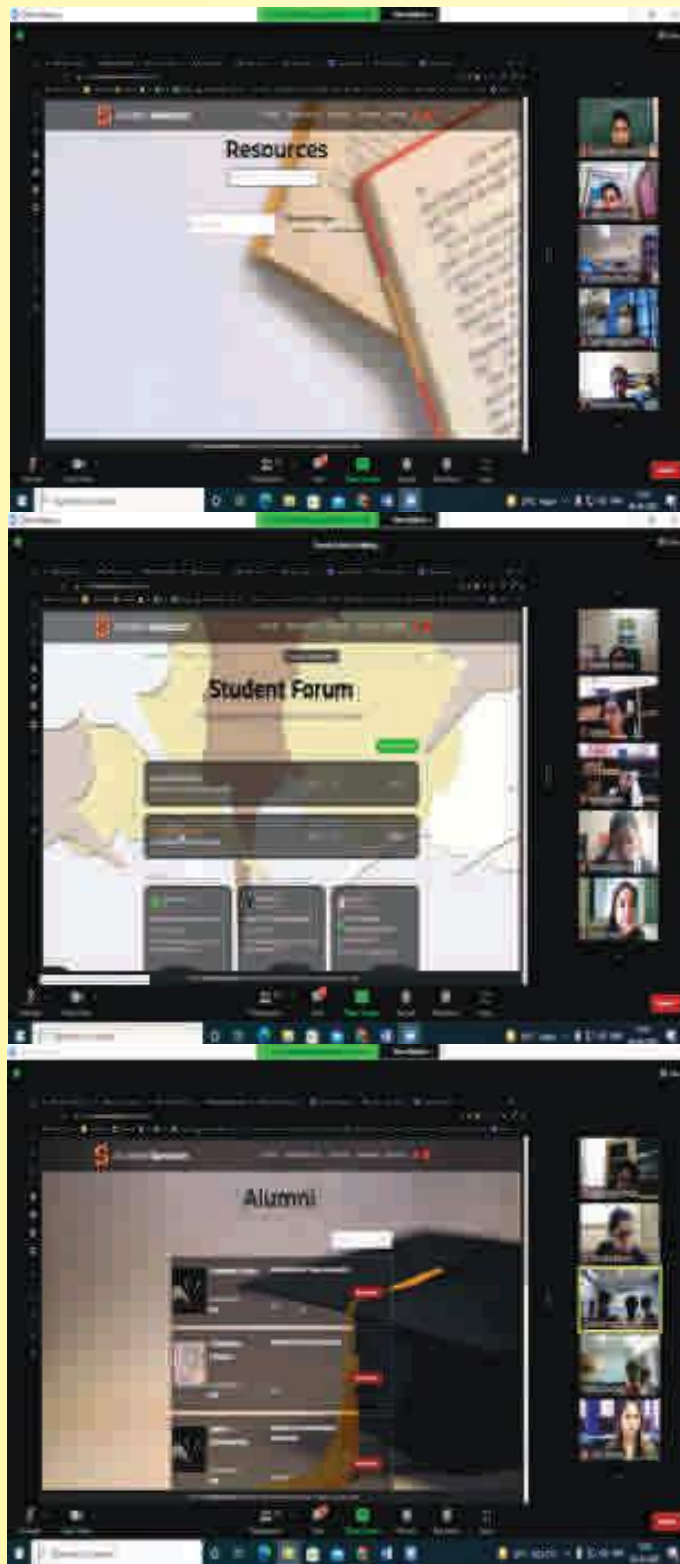
The new academic session for Grades X (ICSE) and XII (ISC) (2022-23) is likewise in full swing, with the syllabus being completed on time. Orientation session for the parents and students of X (ICSE) was conducted on Tuesday, 22nd March 2022, the purpose of which was to inform them about the Academic Schedule, which included several tests and internal assessments. The official website of the Council was introduced to the parents, and they were taught how to utilise it. The Publication Tab was displayed to them. The advantages of Pupil Analysis Reports, Specimen Papers, and Scope of Syllabus documents were explained to them. The dates of several exams for session 2022-23, such as UT I, Half Yearly Examination, Pre-Board I, and Pre-Board II, were communicated to parents. In addition to academic conversation, parents were given advice on how to help their children's mental health and create a supportive environment at home. It was an interactive session in which all of the Parents' questions were satisfactorily answered.

**Ms. Barkha Anand**  
ICSE/ISC Coordinator

## IBDP News

With the final year of school, Grade XII students have become more responsible for their future endeavours. Inspired by their peer group and alma mater, they also realize the significance of a student's profile as an important aspect of the college applications. This aspect of college applications is well translated by most of our Grade XII students.

Viraat Arora, Ray Verma, Kabir Gupta, Tanush Zutshi and Lavya Kumar from XII IB DP took a training session for all teachers to use 'Student Sanctum', a student led school website on 8th March 2022. As a facilitator, I found the website very user friendly and convenient for both the teachers and students to use. The training session facilitated a smooth understanding of how to use the website at its best.



March 2022 and presented their findings and data collected on specific fields related to “Artificial intelligence and its use in Sciences” with everyone. Students also attempted well to answer questions and each one of them was entrusted with some or other responsibility by their group leader.



Students of Grade XII exhibited an exemplary showcase of collaborative and communication skills during their Group IV project presentation, an important IB assessment on 16th March 2022. Students from different subject disciplines researched and collaborated as a group during the month of





It is a matter of immense pleasure that Savar Bishnoi of Grade XII has been accepted in Summer Science Program in Astrophysics at the University of North Carolina with substantial fee waiver.

And many of our students did appear for the SAT examination on 12th March 2022, though an optional standardized test but an important assessment taken into consideration during college applications. School has also planned an Alumni Networking session for Grade XII students on 26th March 2022, giving them a platform to interact, discuss and seek guidance from their alma maters regarding college / course / country specific requirement.

Teachers are also continuing with their regular horizontal and vertical collaborative meetings and preparing them for their next evaluation and this month we had our last Visual Arts Job Alike session on 5th march 2022.



Students of the Session 2020-22 also have finished writing their Mock-2 exams which were conducted offline and busy giving their final submission of the IB Coursework and preparing for their Final May 2022 examinations. We wish them all the very best of luck!

**Ms. Renuka Bhasin**  
Assistant IB DP Coordinator

## IGCSE

### **Business Studies-A subject to create confident Entrepreneurs.**

Business studies is the study of the management of individuals to maintain collective productivity, which accomplishes particular creative and productive goals, usually to generate profits. It is the study of subjects connected with money and managing a business. Wherein, a business is an organization that is legally recognized and designed to provide goods and services.

As an academic subject, Business Studies is taught in schools in India and many countries. Its study combines elements of accountancy, finance, marketing, organizational studies, human resource management and operations.

Business studies course provides knowledge and training pertaining to planning, execution, supervision and analysis of a business enterprise. In this field of education, one learns about the establishment of a company or an organization and various functional levels such as production, financial, administrative, human resources, sales & marketing and operation.

Students gain experience through activities, such as group discussion, role play, discussion on current affairs, research





work and debate . These activities enhances the Learner's profile in the students ie. Confident, Responsible, Reflective, Innovation and Engaged

The concepts of Business Studies are not only taught through academic books but by engaging the learner to be part of the session by playing an active role. Students understand the concept through power point presentations, group discussions, role plays, inputs sharing, demonstrations etc.

These methodologies bring in clarity, boosts confidence, enhances skills and prepares one well, to be able to take change, appropriately.



**Ms. Pratima Upaadyay**  
Business Management Facilitator

## CAS

Recently, I was given the opportunity to become the United Nations Volunteer Force Coordinator. Through this experience, I was able to get in-depth knowledge and understanding of the predominant issues we face as a country, and I was able to help organize webinars and sessions to raise awareness and understanding about them.

I helped organize sessions for International Women's Day, LGBTQIA+ Rights, and bring to light United Nations' Sustainable Development Goals. I gained exposure in the fields of planning and advertising.



It also allowed me to have meaningful conversations with like-minded people and educate myself on topics I wasn't aware of.



**Manya Bansal, Grade XII DP**





## From Our Budding Writers

### SELF LOVE

It's time to give yourself all the love,  
By putting yourself first and above.

Accepting the flaws and imperfections,  
You're not bound to live up to expectations.

Look at yourself with softened eyes,  
Turn blind to the narrow-minded advice.

Have faith in your magnificence,  
Don't neglect your brilliance.

Nurture yourself and take your time,  
Putting yourself first isn't a crime.

It's time to shower yourself with care,  
tune into a self-love affair.

It's time to give up the worldly affairs,  
And put yourself under the process of repair.

Caress yourself with gentleness,  
Heal the broken ties with yourselves.

- By Danicca Bajaj, V-G



### What Covid-19 has taught us

Covid-19 has truly put into perspective how fleeting and out of control our lives are, emphasising how important it is to do things we genuinely enjoy and how awful it is to waste the life we have in a never-ending cycle of materialistic gain and fleeting pleasure. The pandemic has been a necessary evil that has taught us the value of spending each moment of every day being appreciative of the time we have and using that opportunity to achieve our purpose and genuine desires. It has taught us the value of freedom, which not everyone has the opportunity to experience and which, if we do, we ought to find it in our hearts to ensure for those who don't

The pandemic has sparked an outpouring of compassion and empathy from individuals around the globe. We've seen humanity's solidarity manifest itself in numerous acts of authentic heroism and philanthropy toward one another. It has compelled most of us to put our best efforts toward encouraging and assisting one another, giving our lives substantial and inspirational purpose. This is the realisation we must carry along into the post-Covid-19 era. The time has come to utilise this newfound generosity in ourselves rather than push it to the sidelines.

Taanusia Chakravorty, Grade XII-F

### Eulogy for a Friend

*"Unseen, unheard, but always near; still loved, still missed and very dear."*



**Udaj Preet Singh Chawla**  
(2005-2021)

*Udaj was more than a son, brother, friend and student. He brought light with his sardonic humour and carefree smile. No matter how tough his own going, Udaj was a mentor who taught people around him to live on as if each day was their last- to the fullest.*

*Even after his cancer diagnosis, Udaj never wanted to be treated differently. He did not want to be reduced to a shell or defined by a disease- but rather loved for his unique charms & talents. Our English teacher, Ms Anshu Bhatnagar, once remarked in awe that his thoughts were much beyond his age, and he wryly replied that he was an old soul- which he truly was.*

*He was a nerd in every sense. He digested media in numerous forms, although his favourites were definitely books and anime. In some ways, he was a geeky teen like any other, obsessed with the Internet and video games that'd he play till midnight with his friends on Discord- but he was also smart and sensitive in a way few others our age are.*

*Perhaps the bonding over those multiple nights playing video games is what led a group of his friends to honour his legacy through a Minecraft world- what they lovingly dubbed the 'Udaj Project'. It is a picture-perfect representation of him. It is an ingenious and eternal time capsule.*

*Nobody can ever quite be like Udaj- he was truly in a league of his own. His passing struck a chord in each of our hearts- tears were shed and hearts were broken in the March of 2021. And yet, knowing Udaj, it's clear that he wouldn't want the first anniversary of his demise to be an occasion of mourning, but rather a celebration of the short yet fulfilling life he lived.*

*We'll always remember you, Udaj.*

***Riti, Tvisha and the Scottish High Fraternity***





## WHEN YOU FISH UPON A BOOK

***“Sometimes the bravest thing you can do is ask for help”***

'Fish in a Tree' by Lynda Mullaly Hunt is a story about Ally, a middle school student whose dyslexia has gone undetected for years.

Due to the fact that she cannot read properly, she is often made fun of and struggles through school. She veils her inability with disinterest and hides behind misbehaviour and dry humour. Being labelled a 'problem child' by the faculty and being the punchline of hurtful jokes, Ally gets used to having no ally.

However, when she gets a new homeroom teacher, things begin to change. Mr. Daniels realises that Ally is dyslexic and while she may not be able to read, her eyes see much more of the world than the other children her age.

What I loved about the book was that Ally's dyslexia did not disable her. She struggled in some areas but shone in others. It made one realise that these labels that we put on people and these barriers we create, exist even among those we consider 'normal'. While Ally was dyslexic, she was no lesser than her classmates.

Another thing I enjoyed about the book were the stories that each student brought. Some adored baking cupcakes with pretty art, others collected Japanese blocks. And each interest gave the characters in the background, life. No matter how small the role of a character, they all left a deep impact.

To conclude, I want to say that this book is one that makes you truly feel, and it allows you to accept and yet not glorify, every part of yourself.

**Samiha Bellan, Grade XII-F**

## THAT WHICH DOES NOT KILL US

Life tests us constantly. It brings us to near destruction to see whether we sink or swim. These tests are not punishments, rather, lessons in adversities.

***A smooth sea never made a skilled sailor.***  
— **Franklin D. Roosevelt**

Ships are safe in harbours, but they are tested only when they set sail to face the harsh realities of the sea. The same quote holds true when we draw a parallel to human life: to survive, we must conquer.

Adversity is, dare I say, a blessing in disguise. I say this because adversity brings out our greatest asset — our fight. Now, adversity, itself, does not make us stronger; conquering it does. There is one thing common among all the great men and women of history. They unflinchingly found a way to overcome every obstacle, not go under.

The term Post-Traumatic Stress Disorder (PTSD) is well known, but Post-Traumatic Growth (PTG), rarely. Richard Tedeschi and Lawrence Calhoun theorized that people who recover from a traumatic experience often discover a newfound sense of personal strength. In other words:

***That which does not kill us makes us stronger.***  
— **Friedrich Nietzsche**

To cower before adversity would be the greatest injustice we could inflict on ourselves, for we cannot realize our dormant potential, our fortitude, and our grit without facing up to all of life's tests.

So, lend me a boat; toss me into the ocean. Let there be rain; let there be thunder. In the end, I will emerge stronger. For that, I thank adversity.

**Akanksha Mallick, Grade XII-D (ISC)**



## Conflict: The impact of the Russian Invasion of Ukraine and other conflicts on Global Markets

The month of March signaled the start of the Russian Invasion of Ukraine, the single largest and most impactful European conflict since the Second World War. Apart from the geopolitical and humanitarian consequences of this provocation, it has inflicted significant damage on global markets, inflicting a state of volatility marked by consumer harm.

Considering the status of Russia as one of the world's largest oil exporters, supplying 40% of Europe's oil and natural gas, the Western imposition of economic sanctions, complemented by market uncertainty have driven up global oil prices, along with domestic prices in the US and European countries. This has had a considerable impact on consumers, facing hefty prices at oil & petroleum stations. With the Organization of Petroleum Exporting Countries (OPEC) ignoring US requests to increase production to tackle increasing oil prices, the US and the majority of global powers face steep prices, at least for the next 6 months.

The status of Russia and Ukraine as wheat exporters also rings symbolic alarms, as agricultural and food markets are affected by restricted exports and rising prices.

Additionally, India's reliance on Ukrainian sunflower oil has sent the Government scrambling for alternate sources of import, due to its impact on Indian households. Overall, the Russian invasion of Ukraine has inflicted lasting market volatility, akin to the Russian invasion of Crimea in 2014 and Georgia in 2008. Every small change in the status quo will have a lasting impact on global markets, and significantly affect global relations and the global economy.

**Divit Chopra ISC and  
Yash Moitra DP**





## Clan News

### ANDERSON

*"Physical fitness is not a hobby or a habit, it is a matter of self respect." — Dr. Nandi*

Sports develop physical as well as mental strength in students. Daily physical exercise is essential for students because exercise not only helps students to stay healthy but it also enables them to improve their emotional fitness. Sports should be a major part of the school curriculum because if students stay emotionally and physically healthy, they can easily focus on their studies.

Students must participate in school athletics and other sports activities to boost their self-esteem, confidence, and mental attentiveness. Sports are vital in schools because they assist children to acquire a variety of abilities such as leadership, patience, teamwork, and social skills. With this importance in mind, Highlanders enthusiastically engaged in several Inter Clan Sports Events like jogging, skipping, yoga, and plank.

Heartiest Congratulations to all the achievers of Grade VI. Ayan Khandelwal and Shourya Agarwal stood first in skipping and jogging respectively. Kaira Dhingra secured second position in yoga. Applauding all the top performers from Grade VII,

we have Nirvana Chettri bagging the second position in yoga. I would also like to commend the champions from Grade VIII. The first position in jogging was acquired by Rishik Tandon. Rishit Sharma and Nihareika Rohatagi both secured second position in plank and skipping respectively. The second position in yoga was grabbed by Snigdha Saxena and the same in jogging was taken by Nihareika Rohatagi.

I congratulate all our winners and participants for the month, on their outstanding efforts and dedication to the clan.

**Ruma Jain**  
Clan Elder - Anderson

### BOYD

*Sports do not build character. They reveal it. — John Wooden*

Sports are very important for an individual which keeps them mentally and physically fit. People have different interests in sports but the action is the same in all sports. Playing sports builds our personality and teaches us to live in a better way. The person starts to have a positive outlook towards life. It reduces stress and starts the person taking all the challenges and tasks with positivity. Hard work and dedication help us to reach our goal. Sports have the capacity to connect youth with positive thinking and provide positive development. For any sportsmanship, high

education is not mandatory but required to be the best sportsman. Sports can be played in both indoor games like chess, carrom board, which helps to improve the thinking ability and the sports which are played in outdoor like football, cricket helps to improve our physical strength. Many eminent sports personalities have brought laurels to our country by proving their mettle on various sports grounds. Some of them are - Sachin Tendulkar, Viswanathan Anand, PT Usha, Sania Mirza etc. Taking the same thought further, Scottish High International organized an Inter Clan Online Sports event (VI-VIII) for the session 2021-22. Here, we could students participating enthusiastically in all the categories. To name a few, in the Inter Clan Sports Event - Category: Plank

1st and 2nd Position was secured by Harshit Narang VI-F and Muskaan Arora VIII- A

respectively.

In the Inter Clan Sports Event - Category: Yoga, 1st and 2nd position was bagged by Tanya Gupta VIII-A and Samit Batra VIII-G respectively. Muskaan Arora VII-A, once again proved herself securing 1st position in her category.

In the Inter Clan Sports Event - Category: Jogging, 3rd position was bagged by Boyd in all three grade namely Anirudh Sikdar VI- A, Vidheep Chanana VII-F and Anadya Verma VIII-F.

I congratulate all my winners and participants. Hoping to see added participation every next time. Play sports on regular basis and keep our body fit. It should not be neglected but it should be mandatory to each and every one. All the best Boydians

**Akanksha Yadav**  
Clan Elder - Boyd

### LAMONT

*"Take care of your body. It's the only place you have to live." — Jim Rohn*

Sports are very essential for every human life which keeps us fit and give us physical strength. Just like healthy diet is required for nourishing the body, playing sports holds great significance in enhancing our lives. In today's era of excessive competition and changing environment, one has to take care of its health. There several benefits of physical activity and fitness. Exercise help in reducing feeling of anxiety and promotes psychological well-being. Keeping the importance of sports in mind Lamontians participated in different Inter Clan sports Events (Jogging, skipping, yoga and plank) whole heartedly. In Inter clan sports Event category: Plank Saanvi Khanna of Grade VI did very well and secured third position. From Grade VII,

Samaira Kohli bagged Second position and Eshanya Kamra of Grade VIII got First position in category Plank. In Inter Clan Sports Event: category Skipping, Hetavi Nemish Doshi of Grade VII got First position and Lakshit Aggarwal of Grade VIII secured third position for the same category. In Inter Clan Sports Event Category: Yoga Tanish Handa of Grade VI did Surya Namaskar and bagged First position and from Grade VII Hetavi Doshi got third position. In category Jogging, Aashna Sud of Grade VII received first position and Adyansh Saxena of Grade VIII bagged second position. We commence with Clan activities for session 2022-23 with Athletic meet for Grades X and XII. Every participant of Clan displayed immense passion and zeal in all the sports events held in Athletic meet. From Grade XII, in 200m race Jai Khetrapal bagged third position in boys. In 400 m race Pranav Sharma got third position. In Long Jump boys Jai Khetrapal got second position. and for category girls Sanoja Swain got third position. In shot put Mann Gupta bagged second position. In

category Discuss throw Mann Gupta and Aashna Khurana bagged third position. In Relay race Category boys Jai Khetrapal Lavya Kumar, Mann Gupta and Gunbir Walia received second position for their collective efforts. In Relay race for girls Sanoja swain, Aashani, Anisha and Teeya bagged third position. From Grade X, 100 m race Fateh Singh in category boys and Girima Vaishnavi in category girls bagged First position. In 400m race Fateh Singh and Girima Vaishnavi bagged first position. In 800m race Kabir Singh got first position. In long Jump Nihaal Singh Bajwa bagged third position and Girima Vaishnavi got first position. In shot put Arshia Nath got second position. In discuss throw Arshia Nath bagged first position and Fateh Singh bagged third position. It gives immense pleasure to announce the above-mentioned achievements of the clan. I congratulate all our winners and participants for the month for their great efforts and working hard for the clan.

**Geetanjali Ahuja**  
Clan Elder - Lamont

### MACARTHUR

*"If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make it a reality." — Dr Roopleen*

Without sports in human life it seems too boring, sports activate all the cells and keep the body active, fit and slim. Sports improve thinking ability and reduce the stress of the mind. Those people with not so much interest in sports are less active and also have chances of getting a disease in the early stage of life and also show lethargy in work.

Playing sports builds your personality and teaches you to live life in a better way. Getting involved in such activities teaches good values, ethics, and skills in your life. The person starts to have a positive outlook towards life and can easily deal with obstacles in their life. Not only this, but it also reduces the stress level in the person as such people start taking challenges with positivity. Their efficiency increases, so they can easily take up challenges confidently. People can learn lots of important skills through their sports. Every sport teaches us the skills of handling difficult situations, quick-decisions making and problem-solving. By playing sports, one can learn the art of living and managing things and taking leads.

Keeping the importance of sports in mind Macarthritis participated in different Inter Clan

Sports Events (Jogging, skipping, yoga and plank) whole heartedly.

In Inter clan sports Event category: Plank Ehan Khan of Grade VII did very well and secured first position. From Grade VIII, Karandheer Gehlot also bagged First position. In Inter Clan Sports Event: category Skipping, Rivan Barola of Grade VI got Second position, Daksh Malik of Grade VII got Second position and Karandheer Gehlot of Grade VIII secured first position for the same category. In Inter Clan Sports Event Category: Yoga Sashrika Prasad of Grade VI did Surya Namaskar and bagged Second position and from Grade VII Aanya Nigam also got Second position. In category Jogging, Rivan Barola of Grade VI and Mannan Sharma of Grade VII bagged second position.

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

## FROM THE SPORTS FIELD



The month of March started with the preparations of Annual Athletic Meet for senior school and primary school. School Director Ms Sudha Goyal declared the meet open. Torch ceremony was performed by the athletes followed by oath ceremony. Both track and field events were organized for the athletes. In Grade XII Clan Macarthur secured First position followed by Clan Boyd, Anderson and Lamont. In Grade X clan Lamont got First position followed by Clan Macarthur, Boyd and Anderson.

Sports Day for Grades I to V was also organized where students performed Flat races and fun races. Primary school students also took the oath for fair participation before the events.

Athletic meet and Sports league of Basketball, Football and Cricket was organized for the students of Grade XII ISC and Do of session 2021-22. All students participated very enthusiastically. The event went of very well. Clan Elders presented the certificates and medals to the winners.

Sports fiesta for senior school was also organized for Cricket and Soccer. Final matches were organized in school in the evening under flood lights. Students enjoyed the sporty evening with full enthusiasm.

Sports department also played cricket match against academic teachers. It was really an interesting match. School Director presented the winning trophies of Sports fiesta and teachers match trophies.

Now Sports department is busy with Sports League of Basketball, Football, Cricket and Lawn Tennis for students of Grades VI to VIII.

**Darshan Singh Gahallot**  
HOD Sports



## Test Your I.Q

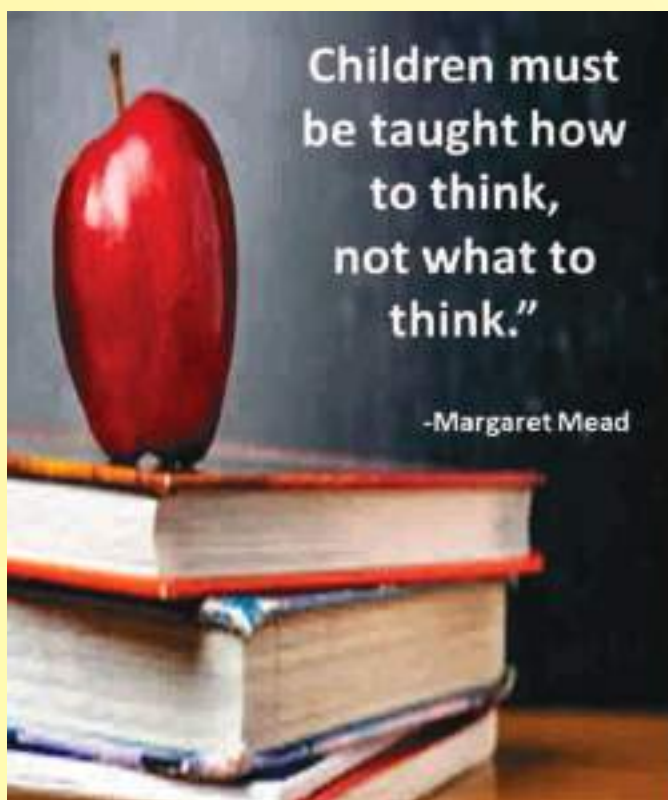
**Q. Give the full form of following regional political parties in India:**

- 1 TMC
- 2 AIADMK
- 3 SAD
- 4 BJD
- 5 BSP

**Q. Give the full form of following investigation and intelligence agencies:**

- 1 CBI
- 2 CID
- 3 IB
- 4 RAW
- 5 NTRO

Source: Internet  
Complied by: Dr Sanjay Sachdeva  
Senior School Principal



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<sup>1</sup>Source: British Airways (2014/02/16/03) Dyson, 'No harmful substances with HEPA'

## Golf

### ANITYA'S TIP OF THE MONTH

#### Turn your Hip in the 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. This turn of the hip and the torso not only helps in creating torque and power but also allows you to control the golf swing with the big muscles which is a key to consistency. Turning the hips and torso goes a long way in attaining a powerful and stable top of the back swing position from where the uncoiling can

start and lead to a consistent strike with the golf ball

You can see in the attached picture that as I have taken my back swing, my right leg has maintained the angle that it started with and right hip has turned inside the position that it was at address. This turning or rotation of the body enables my hips and right leg to stay within the starting position rather than move to the right side and sway

Another point to note is that my chest and shoulders have turned approximately 90 degrees from the starting position and are ready to recoil back to start the downswing. This turning back and through of the hips and the torso in the back swing and down swing is the key to making a stable and consistent golf swing

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



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