



From the **DIRECTOR'S DESK**



How to Stop Making Excuses?!

As we open the internet, write in the search bar, 'How to stop making excuses', we are overwhelmed by the vast number of articles which come our way. From extensive lists, to tips and tricks, to motivational speeches and even music to help us in our quest to stop making excuses.

As human beings, we are fantastic at limiting our capabilities. It is always easy to come up with an excuse to not study for an exam, not finish our work and to do everything the next day. We categorize things as important but not urgent yet, and when the deadlines come knocking at our door, we rush and struggle to finish what we started and left behind. Excuses are rationalizations we make to ourselves about people, events, and circumstances. They are invented reasons we create to defend

our behavior, to postpone taking action or simply as a means of neglecting responsibility. Sometimes, it is our own inability to cope with stress, our fear of failure, our lack of a specific goal, and oftentimes, our laziness hindering our own efficiency.

To overcome excuses, we must first admit that we are making them. This can, of course, be difficult. However, it's entirely necessary if we want to avoid succumbing to the inevitable consequences and regret later. Complaining about something that's bothering us directly or indirectly is a form of passive, reactive behavior that leads nowhere. If we like to see a change, we must take full ownership of what's happening in our life. By taking a more proactive, responsible role, we can either resolve the situation or accept it, let it go, and move on. Moreover, we must make specific goals, follow them through in order to reach the next step. This can be done through small tasks everyday, planning small details and picturing the final result. Lastly, the fear of failure must not overpower us and neither be forgotten as it keeps us rational, but should be used as a force which pushes us to do more than what we are currently doing so that even if things don't work out, it is not because we didn't try.

It's enticing to rely on excuses to give us a way out of an uncomfortable situation. But at the end of the day, these constant justifications wear us down and leave us complacent. As human beings, if there is one thing we must find our way out of, it is complacency.

Ms.Sudha Goyal
School Director

Developing Academic Integrity at an Early Age

At Scottish High, we start early to create a culture of academic integrity in learners. It is our responsibility as educators to instill the concept of being academically honest as early as possible so that the values of respecting and giving credit to other people's work is a step towards being honest human beings. The International Center for Academic Integrity defines academic integrity as a commitment to five fundamental values: honesty, trust, fairness, respect, and responsibility. The center believes that these five values, plus the courage to act on them even in the face of adversity, are truly foundational to the academy. To have integrity means being consistent, whole, and honest, in what you say, think and do. The truth is that the good and bad things we do and say start with our thoughts. No matter how good we talk about ourselves, our behaviors and attitudes reveal what's really going on inside of us.

Academic integrity is more than just plagiarism; it is a matter of ethics and moral principles. In their adult lives children will deal with different people and work with a lot of material created by others. The strong sense of ethics if drilled in school life itself, will help children to learn to give due credit to any work selected by them, from any source. Our job as educators is to help children

know and understand that while presenting their work, it is fair and just to credit the thoughts and ideas of people whose work they have used in making their presentation worth sharing.

In the Primary Years Programme students learn to make presentations through posters, reports, enactments, slogans, brochures. The facilitators ensure that the children learn to make a bibliography at the end of every presentation, which proudly awards credit to all the respective sources. Therefore, academic honesty is not about not getting caught instead it is about respecting the dignity and rights of people, and because it is the right thing to do. To reinforce the same values at home, we encourage parents to inspire children to cite the source from where they submit any body of work. They may read, write, recite, sing or make presentations by getting motivated by great work people have done around them, but as parents and facilitators we need to remind them to always cite the source. This will enable them to be principled for the rest of their lives because integrity of character is the foremost value.

Ms.Seema Bhati
Primary School Principal



PYP

“Education needs inspiration, not just information. Only inspired human beings can transform their own lives and lives around them.”

- Sadhguru

NURSERY

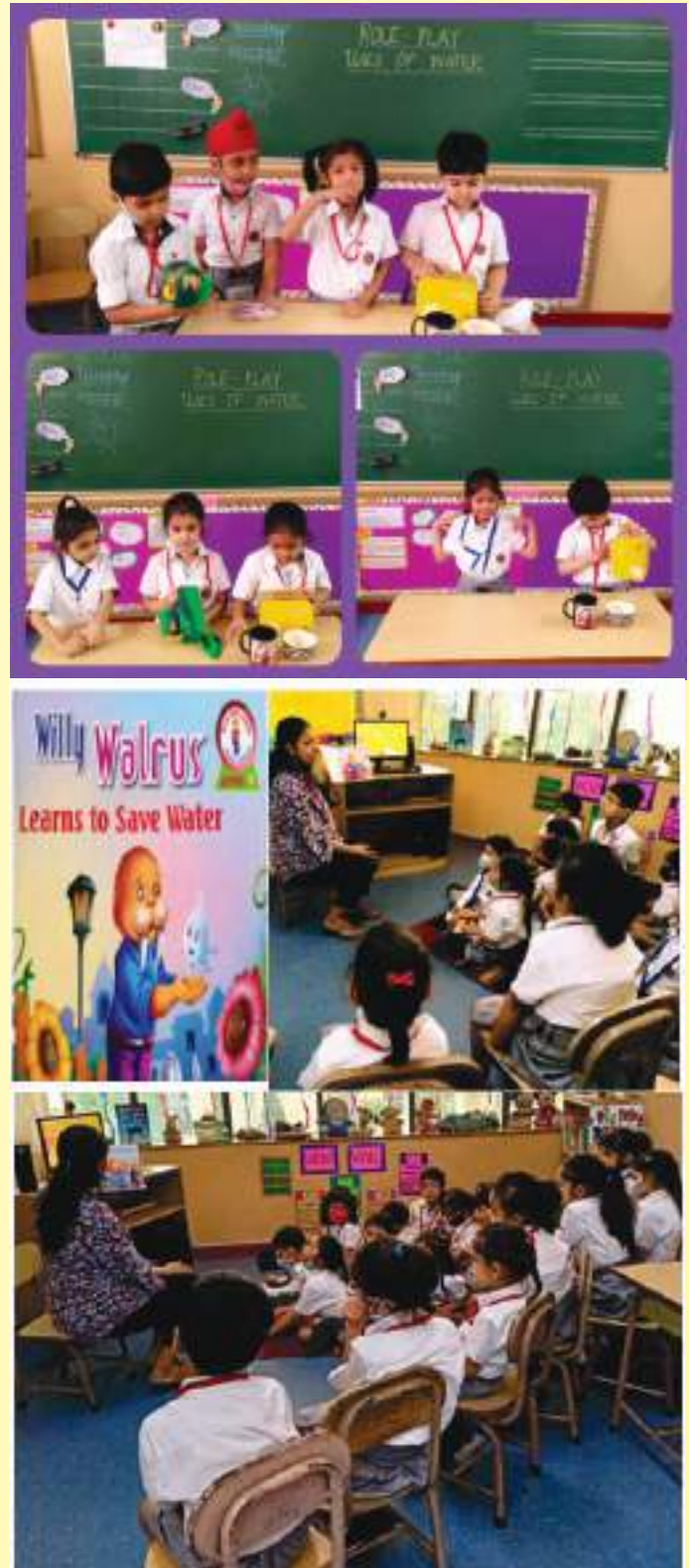
The young learners of Nursery, as they settled down in their new environment, have indeed been demonstrating attributes of being risk-takers and shown resilience towards this endeavour. As part of the Primary Years Programme, the students began their journey of learning by delving into the unit of inquiry under the Transdisciplinary Theme- Who we are. The focus in these last few weeks have remained on building self-awareness by dwelling into one's identity and how each one is unique and different through many discussions, purposeful and interesting engagements. Children were motivated to talk about self, their family members and were seen delving into their unique personal profiles and reflect about their likes and dislikes, what sets them apart from others. Rhymes, story narrations and craftwork related to the unit added to their conceptual understanding and made for playful learning and catered to symbolic exploration and expression. As children became more forthcoming, an inquiry into human relationships i.e. families was initiated through a role play and going through the photo album of the teachers.



KINDERGARTEN

The young students of Kindergarten kick started their learning enthusiastically. The last few weeks saw them constructively engaged through an inquiry about the natural resources especially water and its significance to living things under the Transdisciplinary Theme- Sharing the planet. Brainstorming sessions on uses of water, role play sessions in small groups, exploratory sessions incorporating magic painting, learning 'Jal Tarang'- a technique to create music using things water, making lemonade and so on helped in bringing forth conceptual knowledge about the many functions of water. Further on, observing and analysing the distribution of water on Earth and hence the imperative need to conserve it, performing a self-

assessment on one's ability to take action in conserving water, story narrations and reflecting about the ways of preserving water are a few examples through which *Agency* was promoted. The keen learners, enhanced their research skills as they explored the process of filtration and visited the RO plant of the school. Taking *ownership* of their learning, the children were seen enthusiastically involved in making posters and going around the school community to spread the message of water conservation. Feedback from the parents and steps taken to conserve water at home as shared by the learners during an oral presentation reflected their growing commitment towards being '*Water Smart*' and learning to be responsible citizens.





GRADE I

The young Highlanders of Grade I inquired about community helpers under the Transdisciplinary Theme- How we organize ourselves. To give an insight of the unit as a part of the provocation engagement, the teachers came dressed up as different community helpers. Delving further into the unit, the students went on a school round to enhance their knowledge of the different people performing diverse jobs to ensure the smooth functioning of the school. The learners strengthened their research skills by conducting an interview of the various school community members. Parents too became a part of the learning by participating as experts and sharing their knowledge. The unit culminated with the children coming dressed up as community helpers of their choice for the Pretend Shop. They shared the role they play in the community and the tools they use.





GRADE II

At the onset of the unit -Sharing the planet, keen Highlanders of Grade II took a nature walk to explore living beings we share our planet with and became aware of the importance of plants. Students enriched their knowledge with hands on experience about germination by sowing seeds in pots in their classrooms and observing it. They became caring as they nurtured the plant by providing it with the right conditions. Their research skills were enhanced as they passionately recorded their daily observations in an '**Inquiry Booklet**'. The children honed their critical thinking skills as they pondered over the topic 'Life without plants'. They further dug deeper and added to their knowledge base by learning about different categories the plants can be divided into- namely food, utility, medicinal and ornamental.



As a part of the ongoing assessment, the zealous learners once again put on their thinking caps and creative skills and created an imaginary plant using strategy- Research Web and showcased their proud creation to their peers.





GRADE III

Under the Transdisciplinary Theme– Sharing the planet, students explored their immediate environment and identified the natural and human made elements that it is made up of. A virtual Gurugram city tour gave them an insight on how local environment addresses human needs. They reflected on the same through 3-2-1 strategy. Learners observed pictures related to the environment and analysed the need for conserving the natural resources. They presented their findings through See-Think-Wonder routine wherein they identified the issue and suggested possible solutions. The story 'The Whispering Palms' helped them connect with the unit and ponder over the need for conserving aquatic resources. By conducting a survey on various methods of conservation practiced in our school and their locality, children enhanced their communication and self-management skills. The data collected was compiled and represented through a bar graph. They honed their research skills by creating a layout of an environment friendly town (Eco-town) for a sustainable future as a part of the ongoing assessment, highlighting the judicious use of natural resources and being responsible for our planet. They confidently presented their Eco-town designs elaborating on the sustainable features incorporated.



GRADE IV

Under the Transdisciplinary Theme- Where we are in place and time, the Grade IV Highlanders inquired into the central idea- A community's response to significant events provides an insight into the history and values of that community. They employed their remarkable research skills and inquired into the

significant events in their lives and created a time line in a chronological order. Developing international mindedness, they analysed a few local and global events and their impact on the society. The learners were encouraged to find, discuss, interpret and share their perspective on world events like, Rally for Rivers, Earth Day etc. which were facilitated through multiple audio visuals and brainstorming sessions. As agentic learners, they chose an event and exhibited their perspective about its importance and impact through the POOCH (Problem Opinions Options and Choice) strategy. The unit was culminated as they demonstrated their magnificent research skills and took action as they organised a 'Talent Show' independently keeping in mind the importance of organising an event with a focus on venue, adherence to COVID protocols, tools and software, social media outreach etc.



GRADE V

At the onset of the new academic session, children with enthusiasm took a step ahead which encouraged and discovered the door to a new dimension of inquiring, exploring and understanding, under the Transdisciplinary Theme– Who we are. Learners became aware about the cultures, by researching deeper into their own family traditions, and demystified the concept of culture. They exhibited the understanding of the different constituents of culture by conducting an independent inquiry and interpreted that there are multiple components involved to form the culture. Grouping and regrouping enabled Highlanders to exchange information and collaborate effectively to highlight the core human values by creating the 'class culture'. Through a visual thinking routine along with a partner, children shared their perspective about beliefs similar in India and other countries using the 'Now, There and Then' strategy. They inquired deeper into the chosen customs, beliefs and values of Japan, Korea and



France, then critically evaluated and creatively redefined the same to be carried on for future generations. By doing this engagement, learners were able to understand values and belief systems, both locally and globally. They also inferred that cultural and social norms not only have an influence on us, but also make our status or image. Students also demonstrated the understanding of the role of cultural beliefs and values, and how it shapes a persons' identity.

LABOUR DAY

There is dignity in work and we must respect that....Labour Day celebration took place on Friday, 29th April 2022. The significance of the day was discussed and children were made aware of the importance of all those who work for us and the help they provide us in many ways, in school and at home. To express their gratitude, the young Highlanders made badges, cards and presented them to the class nanny, TPT coordinators, and school guard. Children recognised and appreciated the helpers at home and in their locality. Overjoyed and overwhelmed by this act of kindness and recognition, the day proved to be a happy occasion for all of them.



SAFETY SENSITIZATION

Spreading awareness on health, hygiene, social wellbeing, safety and security sessions were conducted by Dr. Rajiv Mishra and the school doctor Dr. Kirti Sunder on 20th May'22. Students of Grades I to V attended the informative and engaging session and understood the importance of being mindful about their actions to stay safe with their trusted people.



“Winning means you are willing to go longer, work harder and give more than anyone else.”

- Vince Lombardi



“Naisha Bansal of Grade II-F brought laurels to the school by winning bronze medal in 31st North East India ITF Taekwondo Tournament held at Dalhousie.”

The winners of monthly Golf Competition in category C held in school in the month of April' 22



**Aadita Oberoi
Grade V-A**



**Vansh V Arora
Grade V-D**

Deputy PYP Coordinators



Medley Of Activities



"This world is but a canvas to our Imagination"

- Henry David Thoreau

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

In continuation with the learning done in the month of April, Grade I students made more drawings to learn how to use the basic elements of art: line and shape in different compositions.

Grade II students learned how to draw Japanese doll with patterns and were introduced to Warm and Cool colours.

Grade III learned about the Ant's eye view and made a city view. An ant's eye view or a worm's eye view is nothing but a view of an object from below, the surface or ground.

Grade IV students finished their artwork Starry night and most of them have tried doing the texture very nicely. In continuation to this, a video was shown on Impressionism and Post Impressionism art movements. They reflected on their learning through a Venn diagram and were able to differentiate the changes between the two art movements.

On the other hand, Grade V students reflected through See, Think and Wonder strategy on their understanding of Claude Monet artwork "Water lilies".

Primary students were given the option to draw anything of their choice in the last week of May to sharpen their power of observation and imagination skills.

Grades VI to VIII students continued with mural & pencil shading work in art optional activity. In craft activity, Grade VI students made Zentangle art work and started with dot art work on peddle. Grade VII students completed their alphabet quilling work. Grade VIII Highlanders learnt the cube box pop up card. It's amazing to see students working so passionately on their projects.

Ms.Amita Gahallot

HOD Visual & Performing Arts



"In the Indian culture, the god sing and dance. A god without melody or movement would be too mudane and misaligned with the rest of creation."

- Sadhguru

Imagination, creativity, learning & intelligence don't just come from the brain alone, but from the entire body. We observe the need for children to move throughout the day.

In dance, movement combinations enhance memorizing capacity, and sequencing of the skills. Creating choreographies of songs boosts self-esteem which plays a vital role in learning. Our Highlanders are always excited to learn new dance forms.

Students of Grades I and II are learning dance on believe song. Grade III Highlanders learned dance on the song, 'Every move I make'. Students Grades IV and V are continued to hone their dancing skills on Bhangra and Rajasthani folk dance forms. Middle school children are learned semi classical dance on the song, 'Nagade sang dhol baje' and jazz dance.

Ms.Shreewarna Rawat

Dance Instructor



Our Highlanders in primary continued their musical pursuit this month and learned many melodious songs in Western and Indian Music like Happy World, Hai Junoon, Love you zindgi, Oh Susanna, A Million Dreams, and even a multi-lingual piece! They also learned about the elements of music like alankaars, raagas and melody. Grade IV students learned about the change in music in recent years and in Grade V they learned about the role of music in maintaining the beliefs and values in our school under their ongoing unit links.

Our senior students prepared for their performance in the Investiture Ceremony. They also learned to play songs like Believer, Seven Nation Army on their instruments, along with music theory concepts like major and minor tonalities, rhythm keeping, and vocal exercises to improve their skill, control and knowledge.

Shivam Srivastava

Western Music Teacher



Students of Middle School continued Theatre skill learning with the help of Theatre games and activities, students learned About Stage Awareness and its importance in performance. Students started learning about story telling and its components and were introduced to this concept through an activity in which students were sitting in a circle and one student started narrating a story and the student stop after saying a couple of lines then another student continued from where the last student stopped and this continued till everybody is done in the circle.

Students also started working on play making though creating a story from an idea and later on will transform that concept in a stage performance.

Rohit Kumar Kalra

Theatre Arts



Middle School (Class VI to VIII)

Happy Mother's Day

"God could not be everywhere, and therefore he made mothers."

- Rudyard Kipling

Kipling compared mother to God. According to the saying, God considered mother to be as loving, responsible, and caring as Himself; so, he entrusted her to look after all the people of the world. Our Highlanders expressed their gratitude and love towards their mother by celebrating Mother's Day in the school. Though one day is not enough to express what we feel for our mothers. A mother undergoes a lot of pain and suffering to raise a child. Our students left no stone unturned and poured their heart out on the papers and expressed their feelings for their mothers. They made cards for their mothers with heart melting messages. They also wrote a short note to their mothers stating how they feel for them. This activity showcased that a mother plays a vital role in a child's life. It was really an emotional and overwhelming day.



Ms. Isha Verma

IGCSE

EXPERIMENTAL LEARNING

Experimental learning is an innovative technique which has been around for eons now. It was Aristotle who wrote that "for the things we have to learn before we can do them, we learn by doing them."

Over the years, that way of thinking changed and developed and for a time was lost once computers were integrated into schools. It's only been in recent years where schools have adopted this technique again. It's clear why teachers are encouraging this as it offers five big benefits.

1. It's More Engaging and More Memorable

The first benefit is that it's more engaging and memorable. Since this requires action on your part, you're not going to be able to weaken your performance. This is big since,

traditionally, you'd learn from lectures, books, or articles, and learners could easily read—or not read—the text and walk away with no knowledge at all from it. When you are forced into a situation where you have to do what you need to learn, it's easier to remember those things. Every action provides personalized learning experiences, and it's where motivation is built. That motivation connects to what is learned and felt. It teaches that learning is relevant and meaningful. Beyond that, this experience allows the opportunity for learners to go through the learning cycle that involves extended effort, mistakes, and reflection, followed by refinement of strategies.

2. It Is More Personal

Stemming from the reason mentioned above, learning by doing offers a personal experience. Referring back to the cycle of effort, mistakes, reflection, and refinement, this cycle is only possible through personal emotions—the motivation and realization of knowledge of a particular topic tying into your values and ideals.

This connection is powerful and thus, offers a richer experience than reading from a book or articles such as this one. That personal connection is more important as it encourages exploration and curiosity from learners.

If you've always wanted to bake a cake or cook a unique dish, you could read up on it or watch a video. Or you could get the ingredients and start going through it all yourself. Even if you make mistakes now, you have a better grasp of what to do for the next time you try it out. You're also more invested in that since that's food that you made with the intention of you having it.

3. It Is Community-Connected

Learning by doing involves the world at large rather than sitting alone in your room or a library stuck in a book. Since the whole city is your classroom technically, you're able to leverage all kinds of things. You're able to gather local assets and partners and connect local issues to larger global themes.

This leans more into the personal aspect that this technique encourages. You are part of a community, and this form of learning allows you to interact more and make a connection with it—not necessarily with the residents but certainly the environment around it.

4. It's More Integrated Into People's Lives

This form of learning is deeply integrated into our lives as well. Deep learning occurs best when learners can apply what they've learned in a classroom setting to answer questions around them that they care about.

Even though there is a lot of information out there, people are still always asking "what's in it for me?" Even when it comes to learning, people will be more interested if they know that what they are learning is vital to their very way of life in some fashion. It's forgettable if they're unable to tie knowledge in with personal aspects of their lives. Thus, experiential learning makes the application of knowledge simpler.

5. It Builds Success Skills

The final benefit of learning by doing is that it builds up your skills for success. Learning by doing encourages you to step out of your comfort zone, discover something new, and try things out for the first time. You're bound to make a mistake or two, but this technique doesn't shame you for it.

As a result, learning by doing can build your initiative for new things as well as persistence towards growth and development in a field. This could also lead to team management and collaboration skill growth. These are all vital things in personal growth as we move towards the future.

Activity

A practical application of these theoretical concepts was done in Grade IX IGCSE, Economics class, wherein the students



were divided in groups and were given a task to innovate a unique product and incorporate the concept taught in class on factors of production. Students in their groups recognised the use of various factors of production and introduced their unique products to the whole class. It was a very interactive activity and students learnt a lot more on the topic.



Ms. Pooja Sharma
Economic Teacher

ICSE - ISC Bulletin

The Grade tenth Board were concluded successfully. The students graduated to the new class having made a choice from various streams that were available to them. The studies started in right earnestness. There were number of counselling sessions that were organised and the one that stands out is the one which was the introductory session done on the very first day of Grade XI. The students were guided about building up of their portfolios, summer internships and career choices. It was also shared that they have a golden opportunity of utilising the upcoming summer vacation for undertaking internships which will help them further when they are applying in colleges in the country and abroad.

Grade twelfth has been given holiday home work. The students have to do the home work and projects, they have ample time and therefore they will be able to give their best in doing this home work. This home work and projects are assessed and Grades awarded, as these are included in the internal assessment which is further sent to the Council.

The graduating twelfth has completed their ISC board exam and are ready to start a new phase in life. Certain students have gained admission in gamut of Universities across the world and the rest are preparing for the common entrance exam of the Universities. They are wished the very best in life for a bright and prosperous future.

Sessions were taken for Grades IX and X about the importance of doing the holiday home work diligently as the score for this shall be added in the internal assessment for Grade X. A detailed guide line is shared with them so that they are able to complete their work easily and diligently.

Looking forward to an enriching academic year!!!!

Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP News

Summer season has been eventful for DP students. As the temperature is rising, so is the list of achievements. The students of XI DP recently went as ambassadors of 'Save Soil' to Karma Lakelands, representing the school in front of many well known individuals. Moreover, Aarna Chopra of XI DP represented the school at the Gurgaon U-19 State Basketball Championship organised by Haryana Basketball Association. Aarna was positioned as Shooting Guard and contributed to the team winning the Quarter Finals.



Counselling sessions for Grade XI and XII were organised over the course of these past few weeks, informing them about profile building, admission deadlines, focussed portfolios and college applications.

The Investiture Ceremony 2022 took place on 18th May, Wednesday, where the newly appointed Student Council was called to Office and were officially handed over their duties. Many XII DP students are part of the council, highlighting a cohesive intermingling of the National and the International curriculum, all working together towards a common goal.

Disha Singh of XI-DP, Amara Arora and Vaanya Kaushal of XII-DP will be attending the Young Scholars Programme with Ashoka University. Viraat Arora, Kabir Mathur, Ray Verma, Savar Bishnoi and Tanush Zutshi of XII DP were awarded distinction in the Sir Isaac Newton physics exam by Waterloo. Lavya Kumar of XII DP took part in the Hindi News Reading Competition and bagged the third position. He also attended an online course by Yale called Financial Markets and also undertook a Virtual Internship at J.P. Morgan. Sana Chabra and Yash Moitra of XII DP was awarded as the FEELL 150 Changemaker by the Future Egalitarian and Ethical Liberal Leaders Global Council for impact leadership for driving significant impact in local communities.

Teachers continued with their regular vertical and horizontal collaborative meetings discussing Expert Talks, DP Evaluation



and IB Board Exams. IB Board exams finally came to an end on 20th May, 2022, attended by all students. A CAS in-house workshop along with a TOK in-house workshop was conducted for all DP teachers.

Students of XII DP are working on their IA's as the summer break is about to begin from June.

Ms. Sugandha

Ms. Pooja

Deputy IB DP Coordinators

CAS

ENCOURAGING INCLUSIVITY

**Orientation Session by Dr. Rajiv Mishra, Dean,
Department of Integrated Studies for the Students of
Grade XI DP**

Realizing the fact that for a long, people with autism and ADHD have been neglected and left out of mainstream society due to the COVID-19 Pandemic, an Orientation Session was conducted in school by Dr. Rajiv Mishra, Dean of the Department of Integrated Studies for the students of Grade XI IB DP on 11 May 2022. This session was aimed to increase understanding, and break down stigmas regarding autism and ADHD. Dr. Mishra explained to the students about Attention-Deficit Hyperactivity Disorder (ADHD) which is a chronic condition that affects millions of children and often continues into adulthood. ADHD is one of the most common neurodevelopmental disorders in childhood. Dr. Mishra emphasized that it is important to diagnose these symptoms early in childhood so that proper measures can be taken at the early stages. Children with ADHD, (Attention-Deficit Hyperactivity Disorder) may have trouble paying attention, controlling impulsive behaviors like acting without thinking about what the result will be or being overly active.



The Idea behind conducting this session was to make societies more inclusive for people with these conditions. Since the onset of the COVID-19 pandemic, schools were shut and classes were held online. This had a disproportionate impact on students suffering from autism. In his talk with the students, Dr. Mishra highlighted what more can be done to provide inclusive and quality education for people with autism and students with special needs.

DR. Rajiv Mishra advised the students to educate themselves as awareness starts with each person taking responsibility for themselves and we understand more about what autism is (and isn't) and how one can interact more effectively with individuals with autism and ADHD and other learning disorders. He also suggested to the students to keep an open mind and focus on everything these individuals do and know their talents and strengths, rather than what they may struggle with. Once they have a better understanding of autism, ADHD and other learning disorders faced by the students with special needs, they can help others to do the same.

FROM THE SPORTS FIELD



The Month of May started with the preparations of Pathways IOT Athletic meet. Under 13 and under 15 Athletic team of boys and Girls participated in the competition and Highlanders won 4 gold medals 6 silver medals and 2 bronze medals. Muskaan Gupta was adjudged the best athlete in girls for under 13 age group.

Highlanders also participated in Gurugram Cup Taekwondo championship where Hetavi Doshi of 8CS won 1 gold medal in Khreogi and 1 silver medal in Poomsae category.

Riyaa Ahluwalia of Grade XII won a gold medal in Khreogi.

Now sports department is preparing for the summer camp which includes Football, Basketball, Cricket, Badminton, Taekwondo, Lawn Tennis, Yoga, Judo and Golf.

Darshan Singh Gahallot, HOD Sports



From Our Budding Writers

From Readers to Leaders

Our Highlanders recently conducted a sanitary pad distribution drive to spread menstrual awareness under the banner of their establishment, Global Awareness Organisation, also known as GAO. GAO was founded by Rida Mumtaz and Sidhant Bhardwaj of Grade XII to provide SHIS students with an open platform to freely discuss global issues as well as social taboos.

The student-led organisation, which has enthusiastically been supported by the school, has blossomed into an official club that mentors young Highlanders from Grades 6th to 8th. It has been instrumental in raising awareness about a variety of important issues and has amplified the socially conscious and welcoming atmosphere at the school.

Recently, Sidhant and Rida, along with other members of GAO, felt the need to combat the stigma against menstruation which persists in society. They talked with middle-school students to get a better idea about the general attitudes and perceptions that surround periods. After receiving an overwhelmingly positive response, they decided to go ahead with the drive.

Their endeavour was directly encouraged by the School Director Ms Sudha Goyal, the Senior School Principal Dr Sanjay Sachdeva and many other teachers. School authorities were also directly involved in the drive, which involved collecting donations to procure the required funds, distributing sanitary products and raising awareness about periods among both school students as well as staff.

In totality, about 8000 sanitary pads were distributed to the school's help and staff members. This drive was immensely successful and the initiative helped enhance awareness about an important issue in the minds of our budding Highlanders.



Riti Aggarwal, Grade XII ICSE,
Tvisha Singhal, Grade XII IBDP

BIDING TIME

Time is the moving constant in our life. The one thing we can count on to always be present and yet can never truly trust. Like slipping sand and moving clouds, time waits for no one.

It leaves every port, regardless of the travellers aboard and sails across our life. A second of hesitance can result in an eternity of regret and a minute of patience can reap moments of success. Time is the one thing that man cannot control, and hopefully will never be able to control.

There is something peaceful about man not being able to dictate the constraints of time. As if there is still something

greater than the ever-superior race, 'humankind'. I hope we never learn to get the best of time and that it always remains a step ahead of us, ready to deal checkmate the minute we falter.

The ticking clock, however tricky, is not fiendish. It silently watches and never commands, it only teaches. Time moves with an impressive indifference and walks with focused ease. It knows where it has to go, and yet never seems to be in a rush until it slips away and leaves us stranded.

The thing about life is that we always need more time than we think but we are too blind and ignorant to see it.

To conclude, I leave you with a quote by William Penn:

"Time is what we want most, but what we use worst."

Samiha Bellani, Grade XII-F

A Splendiferous Day

Pulling down the windows of my car,

Oh, such a pleasant day it is!

With the wind rushing in,

Whipping through my hair.

Letting our hands out of the window,

Enjoying the beauty of this magnificent weather,

Just living in the moment,

Out on a long drive, with destinations unknown.

Gazing at the surreal sky,

Enjoying the brisk winds' embrace.

Vibing to the favourite music been played,

*After all, a long drive and good music,
are like duct tape for the soul.*

The car pulling back into the driveway,

I roll up the windows back and

Find me back home,

with a beaming smile.

Danicca Bajaj, Grade VIII-G

RESILIENCE

The capability to endure adversity and recover from it is known as resilience. Everyone goes through misfortune that radically alters their lives, but because of resilience, they can persevere and heal.

Possessing resilience does not imply that you will never face challenges or that you will be able to overcome them instantly; rather, it involves adapting to conditions and even benefiting from them in the form of personal growth.

Although some individuals are more resilient than others and can bounce back quicker from tough situations, it is not something that cannot be mastered. Because resilience is a skill and behaviour,



it can be developed over time. When you think about it this way, it's clear that we all have the resilience to some degree; although some of us are more resilient than others in certain circumstances, we've all been knocked down and have risen ourselves. Hence, it is not the adversity itself that defines the outcome, but our resilience to overcome it.

Taanusia Chakravorty, Grade XII-F

A Salute to Workers International Workers' Day

Each year, International Workers' Day is observed on the First of May to commemorate the achievements of the working class and the Labour Movement.

In India, the first Workers' Day can be traced back to the mid-twentieth century when Chennai's trade unions peacefully rallied against the exploitative colonialists and were martyred.

Workers have always been the backbone of our country's economy. Their blood, sweat, and tears are what sow the seeds in farms, operate the machinery in factories, and forge the little things that we take for granted. But besides being given a public holiday, there is little we do to help them.

The plight of daily-wage earners and migrant labourers is heartbreaking, to say the least — exploitation, mass unemployment, poverty, hunger, and despair. And 40 crore of India's workers are at the risk of sinking deeper into poverty, the International Labour Organization (ILO) warns.

So, on this day, while saluting the working class, let us pledge to resume our fight for a society free from exploitation. Let the workers rise, once again, against the exploiters as they have done in the past.

Akanksha Mallick, Grade XII-D



The Earth

We live on planet Earth
And make it suffer for all its worth
We shouldn't litter
Unless we want the world to be bitter.
We will run out of resources in a few years
Then will be left with our tears
Wasting water, paper, and food
That's not cool Dude!
So keep this in mind
And be kind
Mother Earth helps us breath
Yet, the world is filled with greed.
So lets take a moment to appreciate Earth
Because it helped give us birth
Global warming, Greenhouse effect, Climate change
Shouldn't they be sounding strange?
HAPPY EARTH DAY TO ONE AND ALL
This is Earth's natural call
Hopefully people change their ways
As limited are our days.

Samaira Shergill, Grade VIII-A

A Fairytale

All my friends envy me
But the thing they don't see
Is no matter how hard I try, I always fail
MY LIFE IS NOT A FAIRYTALE!
When in the mirror, I see my face
I feel my parent's embrace
I will not lie they love me even if I'm a monkey without a tail
MY LIFE IS A FAIRYTALE?
At times I feel hurt
Want to be buried in the dirt
I have dreams which might put me in jail
MY LIFE IS NOT A FAIRYTALE!
Yes I have insecurities
No I am not witty
I wish my life was a fairytale
And fortunate enough for me I have a family who
MAKES MY LIFE A FAIRYTALE!

Samaira Shergill, Grade VIII-A

Ferris Wheel

Life goes on and on,
No matter where, no matter who,
No matter how we feel,
Its just a Ferris Wheel
Hate, anger, sadness
We repeat the cycle till we live.
At last, where do we end up?
In hell or heaven?
Start from the bottom,
Take time to reach the top.
But once reached there,
Its just a plain old view, I don't see anything new
Can I see the world with colours?
Or is it always going to be dark, without a sound.
Can I wind this fight? Or will I just be stuck?
After all, it depends on the man how to see the view from up
No one's there.
No light, no sound.
There she is alone,
All she wants is for someone to hold her, even if unknown
You live if your heart beats, but die if you lose faith.
As we go in circles, we come to reality.
Its harsh, lonely, depressed, misunderstood.
We just don't know what the future holds
As I look into those cold eyes of hers,
Her heart closed off, noting left.
Were those feelings real?
Because, its ending now, this Ferris wheel

-Riana Baijal, Grade VIII-A

SORRY

A word with so much emotion
Has the power to break the commotion
Do you really mean it
Or is it just not to be hit?
You need to apologize
Or the anger will rise
Only said when something done wrong
It won't last long.
Needed when sad
Will make you glad
Replies like 'it's fine'
Only received when not crossed the line...

Samaira Shergill, Grade VIII-A





Clan News

ANDERSON

"Life has its ups and downs. You will never appreciate the ups unless you experience the downs"

There's no getting away from the fact that life is full of ups and downs, as well as twists and turns, but success depends on how you choose to approach the ride. One day we can be sitting on top of the world and the next day we can be hit with a major problem that we do not know how to deal with. Dealing with life's ups and downs is like being on one big ride on the roller coaster.

I congratulate Rayena Chakravarty (VI) and Aditi Singhal (VII) for securing first position in Interclan Solo Singing Competition and Interclan MFL Spell Bee Competition (German) respectively, whereas Riana Bahl (VII) came second in the Spanish category of the same competition. I also commend the performance of team Anderson that comprised of Ojasvi Singla (VII) and Agastya Bhatia (VII) for bagging the second place in the Inter-clan Geo Genius Quiz. Japneet Singh and Arjun Tyagi stood second in the Interclan Chess Competition. Akshada Mishra (X) and Kazmaira Sharma (X) impressed the judges with their unique presentation and attained the third place in the Geo Buzz Competition. The panache in her responses and the honesty in her content led Naintara Bhatia

(IX) to achieve third position in the Interclan English Mock Interview Competition.

We all go through seasons in our lives, seasons of joy and seasons of sadness and trials. It is in those seasons that we learn a lot about ourselves which we never perhaps even knew before. Clan Anderson will, with the motivation and diligence of all its members, brave the turmoil of failures and disappointments to emerge as a leader and a winner.

Ruma Jain
Clan Elder - Anderson

BOYD

Sometimes we are tested not to show our weaknesses but to discover our strengths.

Even without realising, we undergo various tests in our everyday life and eureka! one day we land up to understand our hidden strength. Accumulation of such small positives make it a big victory one fine day. And getting proper opportunities to get ourselves tested is any day a very good idea. These opportunities are provided to our dear students by Scottish High every day. We found a lot of our winners during different clan competitions held in the month of May.

To start with Kavin Sood of Grade XII ISC secured third position in the Inter clan 3-D Product Designing Competition. Judges were quite impressed with his idea and explanation of safe and secure smartphone compartment. Following this, Saanvi Kumar Verma of Grade IX bagged first position in the Inter clan Mock Interview Competition. Not leaving behind any language and motivating students to explore their speaking skills in Hindi, Scottish High organized an Inter clan Hindi News Reading Competition. Here, Debyani Kishore of Grade XII bagged first position. Judges applauded her for an unmatched confidence while reading out her news in front of the audience.

I congratulate all our winners and participants for

the month. Hoping to see a lot more new faces in the months coming ahead. Making your clan proud definitely gives immense pleasure. Let us all try to make Boyd proud again and again. Keep working tough Boyddians. All the best.

Akanksha Yadav
Clan Elder - Boyd

LAMONT

"Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit."— Conrad Hilton

Every activity in school life plays a significant role in development of students. Co-curricular activities are as essential part of school life and helps in enhancing learning process of students at school. In our school co-curricular are designed and balanced with academic curriculum so that every student gets to learn beyond subjects. While students learn many of the lessons in structured classroom, extracurricular activities

enable the students to explore new avenues of thinking and to collaborate in a more relaxed environment. Student's participation in co-curricular activities in school help in sharpen their communication skills, public speaking and specially sense of belongingness to the clan through different activities. There are many benefits of extracurricular activities.

- Academic performance is improved
- Time management skills are improved
- One can learn new and useful skills
- Sense of commitment

Boosting the confidence in the students we continue with number of Inter Clan competitions conducted during the month of May. First in the

row we had 3-D Product Designing competition, Keith Cedrik Perevia and Aditya Tomar of Grade XII enthusiastically presented their product through Power Point Presentation and bagged first position. Students proved their mettle in Inter Clan Hindi News Reading competition where students of Grade XII Lavya Kumar and Aashna Khurana presented news very well and secured second position.

Students performed tremendously well in all the competitions held so far and we look forward to another rewarding month for such inspiring competitions.

Geetanjali Ahuja
Clan Elder - Lamont

MACARTHUR

Dr. Daisaku Ikeda renowned philosopher and writer said, "Efforts and hard work construct the bridge that connects your dream to reality."

The students of our clan showed persistence in brining laurels to the clan. Our Highlanders showed how closer they are in turning their vision, hopes and dreams into a reality.

Our Clan has a budding singer Sahil Sahoo of Grade VI CS who stood first position in the Inter Clan Solo Singing Competition. Yash

Dalal of Grade VII E and Harsimar Singh of Grade VII C grabbed the III position in the Inter Clan Geo Genius Quiz Competition. The geniuses of Macarthur Ayaana Sahdev of Grade X B and Jayesh Banerjee of Grade X C together grabbed the first position in the Inter Clan Geo Buzz Competition.

It is aptly said by someone, "Preparation for future should start from an early age". It has been ensured with the Inter Clan Mock Interview Competition in which our student Swarnika Joshi of Grade IX F secured second position and made the clan proud.

Amazingly we are proud to share we have an

amazing 3-D designer too in our clan. Pranav Achante studying in Grade XII C grabbed second position in the Inter Clan III-D designing Competition.

We appreciate every student who participated and shared their energy, time and courage into it. They may not be in the winners' list but they are the shining future who have true participation spirit and are always willing to put efforts in it that itself is a win.

Ms. Pooja Sethi
Clan Elder - Macarthur

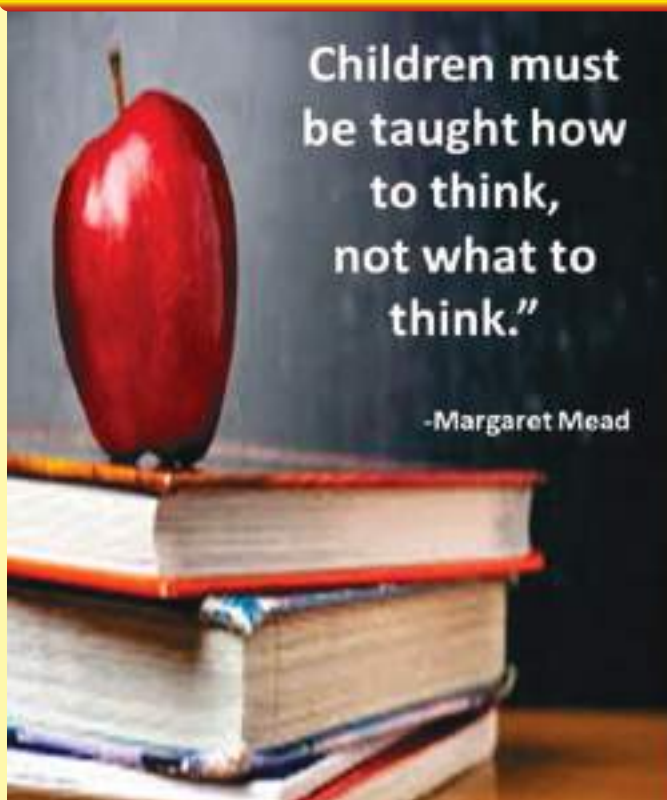
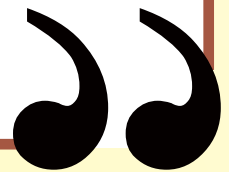


Famous Quotes

May

1. Always remember that you are absolutely unique. Just like everyone else. *Margaret Mead*
2. Don't judge each day by the harvest you reap but by the seeds that you plant. *Robert Louis Stevenson*
3. The future belongs to those who believe in the beauty of their dreams. *Eleanor Roosevelt*
4. Tell me and I forget. Teach me and I remember. Involve me and I learn. *Benjamin Franklin*
5. The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart. *Helen Keller*
6. It is during our darkest moments that we must focus to see the light. *Aristotle*
7. "First, have a definite, clear practical ideal; a goal, an objective. Second, have the necessary means to achieve your ends; wisdom, money, materials, and methods. Third, adjust all your means to that end." *Aristotle*
8. Freedom is not worth having if it does not include the freedom to make mistakes. *Mahatma Gandhi*

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



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Golf

ANITYA'S TIP OF THE MONTH

Reverse Pivot



As we have discussed, the turn of the hip and the torso helps you to load the body in the back swing storing a lot of power that can be released in the down swing and follow through. As the body turns in the back swing it is important to load onto the trail side or the right side for a right handed golfer. This is loading or coiling the body away from the target and results in an unloading or recoiling towards the target which allows a player to hit the ball with power and accuracy.

Sometimes, we see players who turn the hip and torso in the back swing but the axis of turn is on the lead side or left side for a right handed golfer causing them to have a 'Reverse Pivot'. As you can see in the picture, my body has turned in the back swing but my weight is on the left leg instead of being centered or slightly on the right side. This will put a lot of pressure under my left foot and also cause the resulting unloading to be in the opposite direction. In the down swing, we commonly see these players shift their weight away from the target on to the trail side thereby significantly reducing the power and efficiency of their swing.

This type of a swing is called a Reverse Pivot as the pivot of the player is on the opposite axis both in the back swing and the down swing. Turning the hips and torso in the back swing and then finding the axis a little bit towards the right side for a right handed golfer is the correct pivot and helps in gaining both power and consistency.

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



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Block- G, Sushant Lok - II, Sector 57, Gurugram 122011 (Haryana)

Phone: +91 124 4112781 to 90 Fax: +91 124 2573590

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

Editor-in-Chief

: Ms. Sudha Goyal

Editor

: Ms. Kanchan Khanna

Asst. Editor

: Ms. Ankita Jain

Editorial Team

: Tina Bali, Virender Bhullar, Shivani Johri,
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