



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

Volume LXXIV, Issue 74

April 2022

From the **DIRECTOR'S DESK**



The Power of Conversation

One of the most important things I have learned over the years is, how impactful a conversation is. Most issues can be traced back to a lack of dialogue, misunderstandings, and wasted effort that results from this. Conversation is a form of interactive, spontaneous communication between two or more people. Although there have been many changes in our society, technology changing our lives, in-person conversations still holds much power and is a crucial part of our wellbeing. A conversation can invoke emotion, establish bonds between people, and can make or break a first impression. Conversations are real, driven by what feels right in the context of the moment.

There's no artifice, no couching words, saying what they think someone wants to hear or holding back for fear of being judged. With new devices and more technology vying for our attention, it's incredibly easy these days to replace human interaction with screen time. However, we must always remember, as humans, we require the element of personal touch. No technology can comfort us in our time of need, what comes through is a conversation with our close ones. It is in that conversation that we derive comfort.

Similarly, it is a conversation which solves the most intricate conflicts, resolves unresolvable issues and brings forth an understanding which is shared by the collective.

What we must remember is that when we speak, we must also listen. When we speak, we must also allow speech, and when we are silent, we listen to the conversation without words. The aim of great conversation is to organise, to connect, to unify

Ms. Sudha Goyal
School Director

Raising Respectful and Ethical Children

Research conducted in Harvard on human development was shared recently through a paper on how to raise respectful and ethical children. There were many points that resonated with me, which are worth sharing. The research completely showed that the seeds of empathy, caring and compassion are present from early in life, but that to become caring, ethical people, children need adults to nurture these seeds into full development. If we work to cultivate children's concern for others, they are likely to be happier and more successful. They will have better relationships their entire lives and strong relationships are a key ingredient of happiness. In the global scenario, collaborating effectively with others is of utmost important and success often depends on it, and to be an active collaborator we need our children to develop some attitudes that makes them amiable and trustworthy.

We need to start by working to develop caring, loving relationships with our children, they will learn caring and respect when they are treated that way. Planning regular, emotionally intimate time with them and tending to their physical and emotional needs will make them feel secure. Nightly bedtime reading, shared activities during weekends can help in developing a happy bond with our kids. Happy and secure kids will grow up to be empathetic people. Secondly, being a strong role model and mentor helps children to logically be caring and ethical because they see it happening around them. Children learn ethical values and behaviours by watching actions of other adults they respect,

they will listen to our teaching when we walk the talk. We need to pay close attention when we are practicing honesty, fairness and caring ourselves and modelling skills like solving conflicts peacefully and managing anger and other difficult emotions effectively. We also need to understand that we are not perfect ourselves, therefore, acknowledging our weaknesses and working on them by discussing with our family is a great way of teaching reflection and introspection to our kids.

Lastly, providing opportunities for children to practice caring and gratitude is great way to raise respectful and ethical children. It is important for them to express appreciation for the many people who contribute to their lives. Studies show that children who are encouraged to engage in the habit of expressing gratitude are more likely to be helpful, generous, compassionate and forgiving- and are likely to be more happy and healthy. It is said that learning to be grateful and caring is in certain respects like learning to play a sport or an instrument, daily repetitions make it into a routine which embeds into the personality of a child. Therefore, involving children in making plans to improve family life teaches perspective-taking and problem-solving skills and gives them an authentic responsibility to be able to be an important part of becoming co-creators of a happy family.

I would like to end with an interesting quote, which will provide all the readers some food for thought. ***"Respect your kids. Too many adults demand respect from kids without showing any respect in return. Doesn't work."*** Lyle Perry

Ms. Seema Bhati
Primary School Principal



PYP

New Beginnings New Mindset New Focus New Start New Intentions....

The new academic session at Scottish High commenced on Monday, 4th April, 2022. It was a delightful sight to see all the students back in school in full strength after a gap of 2 years since the pandemic Covid-19 broke. With the traditional welcome of the bagpiper playing the music, colourful balloons adorning the outdoors and classrooms, and famous cartoon characters-Mickey Mouse and Jerry to draw the attention of everyone, the first day of the academic session kick-started with much aplomb. For Early Years students, young as they are, to make the experience of coming to a formal school a pleasant experience and to ease out their anxiety, bright colourful classes and cheerful smiles of the teachers were there to welcome the young Highlanders into their warm folds. The first few days saw the children settling in their new environment slowly and steadily, drawn towards the innumerable interesting engagements planned painstakingly by the Home Room Tutors to keep them happy and at ease. Going for a walk to see the splash pool, swimming pool area and for a joy ride on a horse back and playing in the play area were eagerly looked forward by these young learners as much as the dance, games art and music classes. As we see these young Highlanders getting better acquainted with the school routine, surely and steadily, here's wishing each one of them a fruitful and a productive year ahead with wonderful learning and setting of new goals and intentions to achieve.



Mother Earth is so generous and effervescent. If only we give her the chance, she will restore everything in absolute abundance and beauty." - Sadhguru

Resonating with the IB Mission that the young Highlanders grow up to be compassionate and caring young human beings, Earth Day was celebrated on 22nd April. Teachers and students together brainstormed about the urgent need to sustain natural resources and be mindful towards its usage. Small steps such as ensuring the tap is closed so that water is not wasted, turning off the lights while moving out of the class, recycling the paper, planting a sapling and so on were some measures that the young Highlanders decided to take it on in their endeavour



towards making the Earth more green and beautiful by designing creative posters to commemorate this day. They also pledged to celebrate Earth Day not just for a day but every day! As Greta Thunberg says, “When enough people come together, then change will come and we can achieve almost anything. So instead of looking for hope- start creating it.”



Parent Teacher Interaction----
***“Children are the priority. Change is the reality.
 Collaboration is the strategy.”***
- Judith Billings

With the beginning of the new session, the first interaction with the parents scheduled on 23rd April was eagerly attended by the parents of students in the Initial and Primary Wing. It gave them an opportunity to interact with the Home Room Tutors' and apprise themselves of the daily routine and discuss the ways adopted to enrich their learning experience. It proved to be a right occasion for the parents as well as the teachers to collaborate, exchange notes and draw out the expectations for a holistic growth of the child during this new academic session. As we settle into the new academic session we look forward to providing our Highlanders the right environment to hone their individual personalities. Here's wishing everyone a fruitful journey of learning this year and for years to come.



"Change is the heartbeat of growth"
- Scottie Somers

Keeping in mind the significance of nurturing the emotional and social well-being of children from an early age so that they grow into well-rounded, competent and healthy adults. An interactive session was conducted by the two school counsellors for the Highlanders of Grade IV and V of the Primary Wing on 26th and 27th April'22. The session engaged the students to find ways to resolve a concern or an issue in a friendly manner. This will enable them feel more confident and also perform better in school, think clearly, mature socially and acquire new life skills.



Deputy PYP Coordinators



Medley Of Activities



"It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs."

— Jillian Michaels

By putting in the effort, we know what we are capable of and do not need to be afraid. Effort teaches us that we can do more than we thought. We learn new skills and abilities when we take the time to put in consistent effort. Highlanders were also thrilled to learn something new and to put their efforts. Grades I to V students have decorated their art file by expressing themselves on the theme "who we are" by writing their name in different styles and making their favourite things. All of them did wonderful work.

Further, students have started learning about the basic elements and principles of art. Grade I is introduced to line and shape in which they are going to design the hairstyle of a portrait. Grade II is doing a recap of line, shape, colour and patterns by drawing a composition. Grade III is introduced to one point perspective view with geometric shapes. Students of Grade IV and V are learning about famous artist Vincent van Gogh, starry night and Claude Monet, water lily artwork respectively. Middle school also started with their optional activities. Grade VI to VIII art students are introduced to mural art. They are learning about different motifs and designs used in Kerala mural art. Grade VII students are introduced to sketching and how to do pencil shading technique. All of them have started making their compositions as per their choice. Whereas in craft optional activity, Grade VI students are doing Mandala art. It's a process of creating round on a grid, and using motifs in symmetrical images. Carl Jung described a mandala as "a representation of the unconscious self". It is used to relax and is beneficial from a healing perspective. This art form is used as art therapies to promote mindfulness, focus attention and to calm. Grade VII students are learning the basic technique and shapes of quilling. Quilling also known as paper filigree is an art form in which strips of paper are used to create various decorative designs that are rolled, shaped and glued together. On the other hand, Grade VIII craft students are learning how to make pop cards.

Keep striving!

Ms.Amita Gahallot
HOD Visual & Performing Arts



"Theatre is the art of looking at ourselves."

— Augusto Boal

Middle School started their indoor drama classes and were introduced to the drama curriculum. Students started learning the observation and improvisation skills of theatre. Improvisation, in theatre, is basically playing of dramatic scenes without written dialogue and with minimal or no predetermined dramatic activity. It is one of the core techniques used by actors. It stretches the imagination, sparks spontaneity and can lead to unforgettable performances. Highlanders started exploring and learning these two theatre skills with the help of Ice Breaking Activity, "Use the Prop". Everyone was given the same prop but they were asked to use it for different actions. They have started learning team building skills to understand the importance of a team in a production. To focus on improvisation skill, students were asked to create a play on the story narrated to them.

Rohit Kumar Kalra
Theatre Arts - Instructor



"To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it".

— Osho

Dance is an integral part of our life, and it's important to realize its benefits and true potential. It increases stamina & flexibility, strengthens muscles and helps in balancing the body. Dance also increases the cognitive development of the child. Highlanders are very curious and enthusiastic in learning different dance forms. Grade I is learning dance on an English song- I can do it and Grades II & III students are learning dance steps on Scooby doo and save your tears. Grade IV students have been introduced to folk dance of Punjab i.e. Bhangra related to the unit of inquiry "Where we are in place and time". They will be learning about how bhangra has evolved with time. Grade V students are learning facts and dance steps of Rajasthani dance. Middle school students are learning semi classical dance on a seniorita instrumental song and some jazz dance moves are being thought on crank it up song.

Ms.Shreewarna Rawat
Dance Instructor



"Enthusiasm is the inspiration of everything great".

— Christian Nestell Bovee

Our Highlanders are extremely excited to sing and learn their favorite songs with their friends. In primary, students in Western Music are learning new songs and hymns like A Gift to You, Summer of 69, The Nights, This Is the Day, Give Me Oil in My Lamp. Whereas, in Indian Music are learning they learned melodious songs like Oh Palan Hare, Hey Ram, Bhagwan Hai Kahan Re Tu, etc. Students are learning the tunes and sang together enthusiastically. Grade IV have started an integration with the unit of inquiry "Where we are in place and time" learning about the change in music styles in the last 15 years. On the other hand, Grade V students are learning about the music culture of our school related to the unit of inquiry "Who we are" keeping in the mind perspective as the key concept. Our senior school students participated in the Inter Clan Solo Singing Competition. The finalists were well prepared and the competition was so fierce that the judges ended up having a hard time deciding the winners. Scottish High Choir started preparing for the Investiture Ceremony. In activity classes, students are learning and preparing themselves for various performances.

Shivam Srivastava
Western music teacher



Modern Foreign Language

SPELL BEE COMPETITION

The new academic session began with full enthusiasm of learning a new language for the beginners and recapitulating the same for the intermediate level taking it further to advanced level. To inculcate the importance of lexicon and vocabulary along with pronunciation skills, the MFL department hosted its 1st academic competition for Grade VII students.

In the time and age of auto-correct, predictive text and spell check, the Spell- Bee competition for Grade VII students was held in the School Auditorium on 19th April 2022. The Highlanders participated with great enthusiasm and dueled through the toughest words to prove their mettle. The students enjoyed the challenging questions and participated enthusiastically.

Bravo and well done to all the Highlanders!!



Ms. Isha Verma
HOD - MFL

ICSE - ISC Bulletin

With high energy and fresh vibes, we commenced the new academic session for Grade IX ICSE in the first week of April. Highlanders felt elated and entered the campus with great zeal and zest to unveil the beginning of the new session. To give a spark to the new beginning and to have disciplined and joyful learning experience, valuable tips were given to the students. Class teachers welcomed the students with their words of wisdom and motivation.

In the first week of April, students of Grades X and XII resumed classes with the Unit Test. Following that, a Parents-Teachers meeting was held to discuss the students' feedback and performance. On the one hand, classes are in full swing, ICSE/ISC Semester II Examinations for the graduating class of X ICSE and XII ISC also began in the last week of April. Highlanders are working extremely hard to meet their goals. Here are few tips for the students to prepare for the exams:

➤ Stick to your routine

Crucial for maintaining a healthy and balanced lifestyle, sticking to a routine during exam periods can help you achieve your academic potential, in addition to instill good habits which you can take to other stages of your life. Building and sticking to a good routine will protect your physical and emotional health under pressure.

➤ Get a good night's sleep

We all know how much harder it is to concentrate and retain information when we're tired. While you might be tempted to pull all-nighter to cram for your exam tomorrow, it may have the opposite effect

➤ Have a good meal

Eating a balanced diet helps with mental energy, emotion regulation, concentration and memory. In the lead-up to exams, make sure you are eating plenty of fresh foods and avoiding processed 'junk' foods. This will help you study for longer, remember more, think clearly and ultimately perform better on exam day.

➤ Hydrate for the next day

Drinking water and brain functions are directly linked, which means it's no surprise that not drinking enough water can cause problems with focusing, forgetfulness, mental fatigue, headaches, and sleep problems. Aim to drink 8 to 10 glasses (2 litres) of water before and on the day of your exam.

➤ Fit in some cardio

Not only will exercising help your physical well-being, it can also help your exam preparation and relieve feelings of stress. Fitting in some cardio exercise on the evening before your exam will get blood, oxygen, and nutrients pumping to your brain, improving your memory and problem-solving skills. It doesn't mean having to go to the gym either – something as simple as walking the dog or a quick swim is enough.

➤ Get organised

Have your pens, pencils and everything else you may need (calculator, ruler, notes, etc.) ready for your exam, the night before. Make sure you set an alarm, allowing yourself plenty of time for a big, healthy breakfast, and to get to your exam center with ample time.



► **Don't stress yourself out**

Although it may seem like it right now, exams are not the be-all and end-all. Exams don't define you as a person and even if the worst occurs – there are many different pathways to achieve your goals, including enabling courses which can qualify you for a multitude of university courses.

ALL THE BEST!!

Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP News

Farewells and Goodbyes are a part of life. With the session coming to a close, our Grade XII students took to the stage to pass on the light of knowledge to their juniors. The ceremony which took place on 30th March, saw all our students donning their caps and gowns and ceremoniously bidding goodbye to their school life.

To compliment their goodbyes were the University offers which came in for our DP students with many getting into privileged universities like University of Toronto, UBC, Parsons, and many more. As someone who has seen these students attain their goals, it makes me feel extremely proud.

The University fair for Indian Universities was held on 18th April, Monday, where students and parents interacted with representatives from the universities and gained further insight into their future courses and programmes. University representatives from Plaksha, Ashoka, OP Jindal, Amity and more were present.

Students of Grade XII DP also engaged in a collaborative activity working on their research and thinking skills in relation to Visual Arts. For their TOK Class, students worked on individual artists and their artwork and shared their knowledge and perception with the class. Apart from that, they also engaged in English Day activities, presenting a



reworking of their literature text in the modern world.

Yash Moitra from Grade XII DP has been selected as one of four kids across the globe to host the UN MUN Refugee challenge ceremony. Moreover, he has gained direct entry in the IIT Delhi Debate finals due to his performance for Team India at Harvard and Oxford Debates. Our students Viraat Arora, Lavya Kumar, Ray Verma, Tanush Zutshi and Kabir Mathur also participated in the EUCLID Math Contest held by the University of Waterloo. Furthermore, Viraat and Tanush were also selected for the summer programme at Plaksha University. Manya Bansal from XII DP has also been shortlisted for the 5 day summer programme at Ashoka University. Teachers continued with their regular vertical and horizontal collaborative meetings discussing interdisciplinary classes, DP Evaluation and IB Board Exams.

Students of the session 2020-22 have submitted their coursework and are gearing up for their final IB Exams to be conducted in April. We wish them all the very best of luck!

Ms. Renuka Bhasin
Deputy IB DP Coordinators

Middle School (Class VI to VIII)

After so many days of silent hallways and empty classrooms, it was a delight to welcome all of our Highlanders back into their home away from home. It really was quite wonderful to see shining eyes peeking over the tops of their masks, as students arrived ready for the school. Meeting friends and teachers and resuming their indoor and outdoor activities was a delight for all the Highlanders and along with their other regular activities, an Earth Day activity was conducted in the class for the students of Grades VI to VIII.

As it is rightly said:

***“A nation that destroys its soils destroys itself.
Forests are the lungs of our land, purifying the air
and giving fresh strength to our people.”***

—Franklin D. Roosevelt

Our Highlanders left no stone unturned to let everyone know what mother earth means to all of us. To do their bit towards their planet they celebrated Earth Day in the school on 22nd April. To make them aware of the importance of the Earth Day,



various activities were conducted in the middle school such as poster making for Grade VI and VII and self-composition for Grade VIII. Young minds of our students turned up with stupendous ideas and compositions. Their work depicted their future plans to save the earth. They promised to be a responsible citizen and make others also aware of their role toward our mother earth. The students were given the well done cards to boost up their motivation and confidence.



CAS

Unlock Education: Highlanders Turn Teachers for Underprivileged Kids

Whenever I used to go for jogging or just for stroll after the pandemic, I used to see a school for underprivileged Children outside our society, Jalvayu Towers in Sector 56, Gurugram. After interacting with the students I felt the need to teach them mathematics. Initially I started going there almost three to four times a month mostly on weekends and started teaching them some basic mathematical concepts. I started off with basic addition, subtraction, multiplication and division, to which they responded quite well. A lot of them were good at mathematics. So, I slowly started teaching them some tougher concepts like tables. After a few months I developed a strong bond with all of them, for me, the most rewarding part of working with these underprivileged children has been watching those moments of victory when they overcome a frustrating hurdle in their work. Because, really, that's all that school is: overcoming a hurdle, a small obstacle in life that won't last forever. Kids can get stuck in a deadlock mindset when they believe that failure at school means the end of chances for a good life. And, with horrendous pressure placed on kids in school, it's not hard to see why this happens. For them basic education is important and they have shown me that they want to work harder and learn more about mathematics, these kids have been very cooperative and keen to learn. When I told about this to my friends they also expressed their willingness to join hands to teach them. So now I am making time table and planning to schedule in such a way so that they can study English and mathematics and rest of their subjects every day. Now I am looking forward to working more with them and planning to teach them regularly along with my friends: for a brighter future.



Atharv Rajkumar, Grade XII IB DP



From Our Budding Writers

Santa's Travels

*Fairy lights dangle above the stalls of cloth,
Hot to touch by the light, moist all over by the frost.
The smiling cook hands a platter to a charming boy,
Red are his cheeks from the winter, sparkling are his eyes
with joy.*

*Fangs of smoke rise from the orange delicacy,
As slippers and shoes and feet line up in ecstasy.
A loose hanging gown scaffolds in crystal white,
As vibrant shawls caress the shoppers at night.*

*Hanging stars of plastic light up the shops subtly and
slightly,
As a marble cross looks on and smiles lightly.
Crumpled by footwear of all walks, a red carpet lays loyal,
Contrasting with a bell and gifts dressed in a blue royal.*

*Atop the wooden stage stands an energetic dance crew,
As little children run like reindeer, blushing like their
noses true.*

*Adjacent to the bricks of the minaret,
Rises a layer of dew, cool and wet.*

*Above the fog, a bird's eye takes flight,
Lapsing shut, intoxicated by droplets of wine.
Looking atop from sickening heights,
Wings flutter above a strait of the Seine.*

*Feet make touchdown, lured in by golden threads,
As a veiled woman exits a bakery, carrying a world of
breads.*

*Ragged children chase her in hopes of a miracle,
As their mother hides face under her beret.*

*Their father, a painter, makes his office on the curbside,
In a world of his own, commissioned by a frowning
flower.*

*Gracious tourists let half a Euro slide,
Gifted by sights of the arched tower.*

*Scraping the peak, the hinds of a leg fly into the distance,
Bound to it by ropes, to a carriage in flight they provide
assistance.*

*Onto the roof of a shingled house they descend,
And let their captain into the chimney's upper end.*

*Under the tree a pair of gifts he throws,
As he swipes a cookie from below the garland of
mistletoes.*

*With an empty bag, he climbs back on his vessel,
And into the stars it shoots like a missile.*

*Greeting the moon, the deer wish her a merry,
And re-enter orbit, from their flight planetary.
Waving to the liberty, they shiver under the snow,
As they fly above the Hudson, mimicking a ferry.*

*Frost in the air, even Santa pulls on a sweater,
Rather senile, he remains at mercy of the weather.
As he makes touchdown, he is greeted by an unseemingly
fellow,
"What is the purpose of your visit?", he asks in a voice
mellow.*

*With neither passport nor visa, his visit is denied,
Amused more than confused, his reindeer look at him,
cross eyed.
Taking back off, they crumble under the cold,
And head back where they came from, to the North pole.*

Yash Moitra, Grade XII IB DP

BLOOMING METAPHORS

A quiet walk along the hidden path,
Dew wets my bare feet.
And in the coloured flowers I see,
The life I am yet to meet.

The daisies are sprinkled all over,
Like joyful girls in ribboned plaits.
While the petunia looks from far away,
Like a snooty lady with seven cats

The jasmine reminds me of stars in the sky,
As it sweetly fills the breeze.
And the buttercups hang invitingly,
Like a tea – set for fairies.

The tulips are closed to the world,
Like people who bloom quietly.
And the iris so odd and intricate,
Like humans and all their complexity.

And there, the poppies shyly sway,
Like a ballerinas steps, so tender.
While the lotus gracefully floats,
Like swans on a lake, so splendour.

In the bougainvillea, lies hidden flowers,
Like hushed secrets in the night.
As the lily welcomes new beginnings,
And in the past, leaves all her plight.

The roses remind me of a first love,
And how you'll never forget their face.
While the orchids line the trees,
Like sophistication in grace.

And then, I turn and look once more,
At life and all its doors.

I wish I knew who planted them,
For they created blooming metaphors.

Samiha Bellani, Grade XII F



Let's Talk Business, LITERALLY!

It's not just you- everything is slowly becoming more expensive. Take petrol, for example, the price of which has increased every single day this past week. But, why is this? It's probably not what you think.

Inflation is a consistent rise in the general price level over a period of time. To understand why this happens, we need to understand that the price of something is determined by how many people want to buy it and how many people want to sell it. For example, if a lot of people want to buy onions but only a few farmers want to sell them, onions will become expensive. Now, this price can change in two ways. Firstly, the demand might increase all of a sudden, meaning that onions might become more fashionable and so more people want to buy them. Secondly, the supply might decrease, meaning that onion farms might get destroyed by insects and so less people can to sell them.

But, there is no such rise in demand or fall in supply that affects India in particular today, so why is it that we face rampant inflation? The answer lies in Governance—or the lack thereof. As excise duties and import taxes have gone up, Indian producers face much higher costs of production due to expensive raw materials from other countries, and so must raise prices. On the other hand, lower interest rates encourage more borrowing, which means Indians are more likely to take out loans and EMIs to make purchases, increasing demand artificially. Hence, these factors combine to give us the extremely high prices we see in all industries in India today.

Yash Moitra, Grade XII IB DP

WHAT'S HAPPENING IN SRI LANKA

Sri Lanka has been facing its WORST economic crisis in years!!

Brought about by a great rise in external debt due to economic inefficiency and mishandling, depleting foreign exchange reserves and rising prices of basic goods.

It has been caused by multiple factors like tax cuts, new policies to shift and adapt to organic farming and the high impact of the Easter bombings (21st April 2019) and the Covid 19 Pandemic. Sri Lanka has even lost access to the overseas markets.

Around 25 cabinet ministers stepped down recently, even the Governor of the Central Bank resigned. Sri Lankan people want the leaders to take accountability, not resignations. They demand for systematic change and increased efficiency in the working of the government. Their currency has been majorly devalued.

Since Sri Lanka is facing shortage of foreign currency, the government is unable to pay for essential imports like fuel, leading to long duration power cuts.

In these weeks, the shops have been forced to close since they can't run fridges, fans, etc. Families are fearing that they may run out of essentials like gas, medicine and food.

By Danicca Bajaj, Grade VIII-G

The batch of 2022, signing off!

It's been quite the ride. From burning the midnight oil for mock exams to waking up early for camps, Scottish High has become a family for yet another batch of budding scholars, leaders, learners and torchbearers.

As this phenomenal graduating batch gears themselves up for a new phase in their life, they were enthusiastic to share few memories and parting advice for their alma mater, filled with bittersweet appreciation and reminiscence.

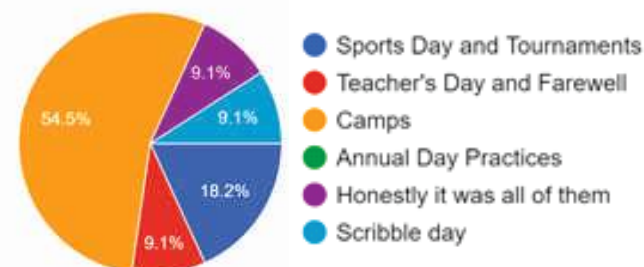
"Enjoy the small moments in this remarkable time in your life, you may not remember that one last hour of hustling, but you will remember the relationships that you make, the people you help and the experiences you have." The traditions that they've made and the belonging they've had to every red brick wall fills them with nostalgia as they enumerate their favourite experiences. They found true joy in simple moments like spending weeks preparing for the annual day or simply attending fire drills in anticipation to get a free period.

They shared anecdotes of their times in class sneakily eating chewing gum in the back row trying to escape the eyes of a watchful teacher and hastily preparing for an exam in the hallway. School life for the batch of 2022 was a rollercoaster, from COVID-19 to a farewell ceremony that was as full of mishaps as it was of fun.

And now as it's drawing to an end.... "Enjoy the time you have, make memories with those you adore and live every moment consciously for it will end sooner than you think," is the parting message they leave us with.

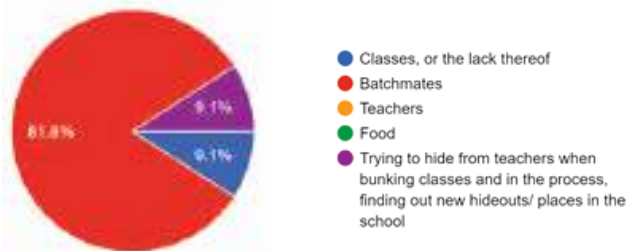
Survey results of a poll conducted:

Which school event is your favourite?

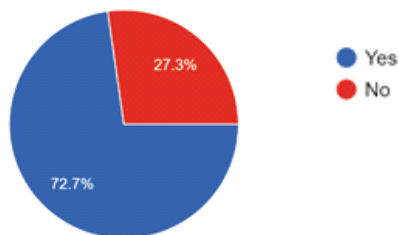




What will you miss most about school?



Do you feel allegiance to your clan?



Riti Aggarwal, Grade XII-F
Tvisha Singhal, Grade XII IBDP

Rida Mumtaz - Head Girl Essay

Benjamin Franklin once said,

"TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN."

The Scottish High community has been a kosher key accompanying my ups and downs, my strive and rewards, my dedication and achievements. It has been one community, I'm involved with, that imparted me with crucial lessons along the way; lessons engraved in our hearts, one with our soul.

During the rush of our breaks, I learnt about friendships in the school corridors. Eating meals in the dining hall, I found family in the people around me. I was taught sportsmanship on the tennis court and in the bigger picture, understood that there are wins and losses in life. True creativity sprouted in me in the ground floor staffroom, brainstorming over projects for the next business competition or pitching ideas with Sidhant for the new edition of 'Let's Talk Business' column in the Northwind. Somewhere along the line, giving extempores and reciting self-composed poetry in the auditorium, I found my voice. And in the rush of all of this, the four walls of the SST lab taught me to never forget where I came from and I learnt to embrace my roots in the cultural celebrations which were commemorated with utmost zeal. Sanjay Sir's door was always open for any guidance and support and his kind words always pushed me to become a better version of myself. Furthermore, the wooden boards outside Sudha Ma'am's office were encouraging reminders of something more to work towards. The Student Council meeting in the AV Room, and coordinating events with a thirty-eight member team taught me the joys and pains of collaboration.

Reflecting on these lessons, I witnessed this school develop an atmosphere where we were involved, and thus we learnt.

As we further traverse through different paths of life, it is these lessons and these principles that Scottish High has imbibed in us, which will prepare us to take on whatever life throws at us, headstrong, resilient and with the Highlander blood flowing through our veins.

Signing off,
Head Girl '22
Rida Mumtaz

Tatva Rawal - Head Boy Essay

'Building personalities, not just people', I read this line on the banner outside the school as I walked through the main gate of the school for the first time. I was a bit nervous, a bit curious about the new world that I was stepping into and so I could not understand its true connotations. 4 years and an incredible journey later, I have truly been able to grasp the significance of this phrase. Since the day I stepped into this school, the teachers and the administration have been a constant support and the driving force behind all my successes. Coming from a CBSE school, I was concerned about my transition into this school's set-up and wondered as to how well would I be able to adjust but thanks to the guidance and mentorship of the teachers, Sudha ma'am and Sanjay Sir, I quickly felt at ease and soon this school became my second home. This school acted as a catalyst in my growth both as a student and as a person, exposing me to new challenges and entrusting me with strong leadership roles. Every opportunity presented to me encapsulated a new lesson and every lesson taught ever so sincerely. From scribbling gibberish on SHISMUN notepads as a young delegate to organising the event as its Director General, my journey at Scottish High has been transformative in ways that I could never imagine. The sights, the scents, the ever-smiling faces of this school are conducive for a student's growth and motivate one to strive for greater success. In my 4 years in this school, I have made friendships that will last a lifetime, friendships that are not just confined by the 4 walls of the school, surely the proudest achievements of my school life. Even when the whole world was disconnected because of the pandemic, Scottish high stayed united, the work done by the faculty and the administration during the pandemic to keep all the students motivated is remarkable. Organising various events via zoom while being given the responsibilities of a council members has been the highlight of my school life. Consequently, becoming the head boy of this school is and always will be one of my most cherished experiences. As the head boy, I got to contribute to this great school's legacy, solving multi-layered school issues and student conflicts made me realise the true dimensions of being a leader and has acted as an invaluable life lesson. I am at loss of words when it comes to describing how thankful I am to this school for shaping me as a person and enhancing my intellect and my creativity, Scottish High spear-headed by the Chairman sir's vision is redefining the paradigms of education, being a highlander is a stamp of excellence and I am utterly grateful to this school for being a propeller in my life's journey to achieve success. Proud to be a highlander!

Signing off,
Head Boyl '22
Tatva Rawal



Clan News

ANDERSON

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

As the new session 2022-23 commences, I completely endorse and advocate this quote by Rowling and propagate it throughout my clan so that every Andersonite gets enthused and is motivated to give his/her best to elevate the position of the clan. There are numerous competitions arrayed for the year and with every competition we have to move ahead, step by step,

dreaming big and giving our best shot every time. Clan Meetings were conducted for all Grades in the first two weeks of the month where students were briefed about the clan hierarchy and clan culture. The existing Clan Captains elaborated upon the importance of clan competitions in not only the personality building of an individual but also in the profile building of every student and how it enables them to enrich their LORs. After a long hiatus of two years we finally began with the offline mode of competitions.

I congratulate Chitwan Kwatra (VII) and Kaira Dhingra (VII) for securing second and third positions respectively in the Inter-clan Soliloquy Competition. I commend the performance of Raina Chakravarti (VI) who stood third in the Inter-clan Hindi Self-composed Poetry

Competition. Angel Chugh's (VIII) melodious singing in the Interclan Solo Singing Competition was appreciated by the judges and she bagged the second position in the same.

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

Ruma Jain
Clan Elder - Anderson

BOYD

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into smaller manageable tasks, and then starting on the first one." - Mark Twain

Scottish High has already started implementing the secret so mentioned above. After a good long time of having seen almost everything online, we have started with everything getting absolutely physical and in place. Month of April brought to us with the commencement of various Inter clan competitions right from Grades VI to XII.

To start with, in the Interclan Hindi Self Composed Poem Competition, Irvaan Pilani of Grade VI secured second position. He absolutely mesmerized the judges and audience with his composition. In the Interclan English Soliloquy Competition, Parnika Paresch Potdar of Grade VII bagged third position. In another Interclan English Extempore competition, Devanshi Koul of Grade VI secured third position. In Interclan Hindi Debate Competition, Kaashvi Kumar of Grade X made her spot for third position.

We believe in all round development of the child and hence leave no stone untouched. Working in the same directions, school conducted Interclan Solo Singing Competitions. Anya Arora of Grade VIII secured third position in the same.

In the Interclan Spell Bee Competition (Grade

VII), Abeer Bajpayi Haque (German) and Aditya Daga (French) both secured second position. Arav Malhotra secured First position in the same competition for French.

I congratulate all the winners and hope for an avalanche of participants coming forward for a lot many competitions coming ahead in the session. What more one can ask for where you are building your personality contributing to your clan alongside. I wish everyone a healthy and active competitive spirit. Keep going Boyddians.

Akanksha Yadav
Clan Elder - Boyd

LAMONT

"All our dreams can come true if we have courage to pursue them." —Walt Disney

The beginning of a new session is a great opportunity to make a change and gain new experiences. Yesterday's dream is today's hope and tomorrow's reality. Each day is new beginning of new hopes and dreams. Setting goal is as important as oxygen to breathe. Setting goals keeps you focused and gives you the strength to continue despite uncertainties and difficulties. The beginning of the new session is the right time to set yourself for some new goals. We need courage and confidence to fulfil these

goals. Sometimes the difference between success and failure is just trying one more time. The new session gives us an opportunity to clear old slate and write new chapter on it. The impossible is completely possible. In the oddities of life, we have the power and privilege to decide in any way we want. The kitchen of the house also gives the option of many food items, life is also like this, but there is need to take bold steps. If there are no challenges in your life then you will never be able to become what you can be, remember that difficulties give birth to opportunities.

In the month of April, we had a plethora of Clan Competitions. First, we had Inter Clan Soliloquy Competition where Aarav Gupta of Grade VII showed his oratory skills and secured first position. Aashna Sud of Grade VIII showed her

talent in Inter Clan Solo Singing competition and made her clan proud by bagging First position. In Inter Clan English Extempore competition Ruana Sharma of Grade VI spoke confidently and bagged first position. In Inter Clan MFL Spell Bee competition for Grade VII Sahana Razdan secured third position in language German, Advay Aggarwal bagged third position for Spanish followed by Sourish Arora secured third position in language French.

Kudos to all the participants for working hard and participating in all the competitions with great zeal and enthusiasm

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

As Napoleon very well said 'A quitter never wins and a winner never quits'. Our clan Macarthur at the start of 2022 marked the glorious victory by continuously striving. Each student in our clan worked hard to reach the epitome of brilliance and sangfroid clan victory.

We started the session with concrete planning towards our clan Macarthur which included

conducting clan meetings for Grade VI to XII standard. We discussed agendas thoroughly to be carried out in this academic session and started implementing them. This resulted in magnificent growth of our students.

The students of our clan proved their metal in various inter clan competitions which were held at the school. Grade VI Students enthusiastically participated in Inter-Clan Hindi Self-Composed Poem Competition in which our Highlander Aaradhya Nigam bagged first position. Naaomi K Mudgal of VI E and Advik Trehan of VI F secured second position in the Inter-Clan English Extempore Competition. Rivan Barola of VII F won accolades for the clan by winning second position in the Inter-Clan English Soliloquy Competition. Karandheer Gahlot of IX D

secured first position and Sabeer Bhatia of IX IG secured second position in the Inter-Clan Hindi Debate Competition. Seher Shrivastva of Gade VII A proved his caliber by securing first position in the Inter-Clan Spell Bee Competition. We are proud of our team and wish that our clan continues achieving more heights in the future.

Ms. Pooja Sethi
Clan Elder - Macarthur

“

Famous Quotes

April

1. The greatest glory in living lies not in never falling, but in rising every time we fall. -**Nelson Mandela**
2. The way to get started is to quit talking and begin doing. -**Walt Disney**
3. Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. -**Steve Jobs**
4. If life were predictable it would cease to be life, and be without flavour. -**Eleanor Roosevelt**
5. Life is what happens when you're busy making other plans. -**John Lennon**
6. Spread love everywhere you go. Let no one ever come to you without leaving happier. -**Mother Teresa**
7. When you reach the end of your rope, tie a knot in it and hang on. -**Franklin D. Roosevelt**
8. You must be the change you wish to see in the world. -**Mahatma Gandhi**

Source: Internet

Compiled by: Dr Sanjay Sachdeva
Senior School Principal

”

FROM THE SPORTS FIELD



The month of April started with the welcome of Highlanders for the new session 2022-23. Outdoor activity choice form was given to the students. Brief introduction of all outdoor activities was shared with the Highlanders. Physical evaluation test for Grades VI to VIII had started and is in progress. Highlanders will be evaluated on 5 test batteries. 50 mtr Sprint, 1 km run or walk test, Standing Broad Jump, Shuttle Run and Pushups.

Darshan Singh Gahallot, HOD Sports



Beat the pollution with Dyson air purifiers

Air quality matters, particularly if you suffer from allergies or a respiratory condition.

The Dyson air purifier is scientifically tested to capture 99.95% of pollutants as small as 0.1 microns, including bacteria and viruses¹.

dyson pure



**Call 1800 258 6688 to book
a free video demo or visit Dyson.in**

¹See the Purifier of Air (Dyson DP150) on 2.3 in section 'Your work goes back to work'.

Golf

ANITYA'S TIP OF THE MONTH Maintain Arc Width 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. This 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 maintain the width of the arc that ensures that the club is making a big circle around your body.

With the length of the club being a constant, the width of the arc is primarily controlled by the straightness of the left arm and the bend of the right elbow. In the picture, you can see that I have bent my left arm in the back swing and that has caused the right elbow to bend with a very acute angle. This causes the width of the arc or

the circle that my club makes in the back swing to become small or narrow and is a major source of inconsistency along with a being a major power leak. It also gets my hands too close to my body and give a feeling of being cramped to the golfer

A narrow arc restricts my body turn as you can see, resulting in a less than optimal loading up in the back swing. To maintain the width of the arc in the back swing, try and keep your left arm straight and extended (but not stiff). This will compliment the turn of your body and get you into a fully loaded position at the top of the back swing

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



Printed & Published on behalf of School Director,

The Scottish High International School

(An ISO 21001:2018 Certification, a standard for Learning Services Management)
(Promoted by Ruptech Educational India Ltd.)

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,
Anshu Bhatnagar, Bhawna Rajput, Sumit
Gupta, Remya Brijesh, Ashok Mahakur

Student Editorial Names :

Pinza Aggarwal, Tarushi Rohilla, Tvesha
Anand, Girek Kumar, Lavya Kumar, Divit
Chopra, Siddhant Bhardwaj, Rida Mumtaz,
Yash Moitra, Samiha Bellani, Riti
Aggarwal, Aaliya Roy Kundal, Taanusia
Chakravorty, Tvisha Singhal, Akanksha
Mallik