



From the **DIRECTOR'S DESK**



The Importance Of Kindness

We hear this word often, taught in school, at home and everywhere else. When we practice kindness either to other people or towards ourselves we can experience positive mental and physical changes through lowering stress levels and increasing the body's production of feel-good hormones such as dopamine, oxytocin and serotonin. Being kind helps boost the immune system, reduce blood pressure and reduce stress and anxiety.

Showing kindness to others does not have to mean doing something big or life changing. Often it's the smallest acts of kindness that can have the most impact. A moment of support in a time of need, a quiet word of encouragement, a helping hand to

carry a heavy load, or just a smile that says 'I see you' can make a world of difference.

The purest form of kindness may have no audience and offer no credit. Kindness to accumulate thanks is self-serving at best. Some may even say it's an effort to control or make the recipient feel indebted. But when we are kind even if — maybe especially if — there's no such payback, the rewards may be all the sweeter. As we grow up, we get better at the superficial mechanics of kindness — but not necessarily better at understanding why kindness should matter as it does. The subject remains under some of the strict or sentimental cloud beneath which it was first introduced to us as small children. We simply succumb to its dictates more readily and are a little swifter with the cards.

Kindness reaps great benefits for the giver. Research at Mayo Clinic shows that it can increase self-esteem, empathy, compassion, improve your mood and even help you live longer. Kindness can increase your sense of connectivity with others. It lessens loneliness and enhances relationships.

So, go ahead and astound someone with your random act of kindness today. As the Dalai Lama says, "Be kind whenever possible. It is always possible." After all, we become kinder with practice.

Ms. Sudha Goyal
School Director

Thinking Outside-the-Box

The future is uncertain and automation is taking over every aspect of our lives, the skills needed to be successful after a decade would be different from what we are teaching our students at present. The need of the hour is to start cultivating attributes in students which will enable them to solve real life issues and **think-outside-the-box**. So what do we exactly mean by that? How do we develop skills for it? I would like to share that when we encourage our kids to explore and experiment, discover and investigate can we build skills which will engage them in critical thinking. It is allowing our students to **question the answer** - will stimulate their brains and develop curiosity.

To raise independent and creative thinkers we need the support of our parents so that the methodology used in school can be extended at home. Here are few strategies to help students think differently and thinking outside the box can not only help children but adults as well.

Children are amazing problem solvers and can see things in different light as compared to adults. We can start by providing ample of opportunity for creative play-time. Good old uninterrupted play time has changed to supervised play dates where an adult is always watching over them and interrupting without realising it. Children need gift of time to just do nothing

and merely play. Unstructured play has many benefits, it not only helps children to resolve conflicts but also helps them to pretend-play real life issues. Secondly the adults can develop critical thinking skills in children by asking a lot of open-ended questions while having informal conversations. How can we do this differently? How can we fix this problem? What would you do if you were in this situation? How would you handle your emotions if you were upset or sad over something? The best way is to let children have some free time, they should be encouraged to embrace boredom for this is the time, when thinking outside the box will happen to discover ways to entertain themselves. Lastly, letting children solve/resolve daily household problems is a great way to involve them in understanding real life issues. Asking for their involvement in decision making of family's financial and non-financial operations will make them responsible and creative thinkers. This way we shall raise confident kids who can lead from the front in any situation.

I agree with T D Jakes when he says that - "Big ideas come from forward thinking people who challenge the norm, think outside the box and invent the world the see inside rather than submitting to the limitations of current dilemmas."

Ms. Seema Bhati
Primary School Principal



PYP

"Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children."

- Alex Haley

Grandparents are a delightful blend of laughter, caring deeds, wonderful stories and love! They give unconditional love, kindness, patience, humour, comfort and most importantly, lessons of life. The Early Years celebrated Grandparents' Day on the 11th and 12th of October, 2022 with much enthusiasm. It was an endearing sight to see the young Highlanders welcome their dear grandparents with a traditional 'Tilak', sing songs, dance, play 'Antakshari' and ask interesting riddles. The celebration took the grandparents back in time to their childhood and made them have a wonderful time. We also had grandparents sharing anecdotes of those special moments spent together as a family, with others. The small token of love handed over by the children, joyfully accepted by the grandparents added in making them feel special. It is true that an act of kindness and caring can go a long way....Grandparents' Day was a memorable one for the grandparents, who left with pleasant memories, loads of appreciation and heaps of blessings to the school and its management.





The greatness of a culture can be found in its festivals...

The month of October was full of celebrations at school. Our Highlanders celebrated the festivals, Dusshera and Diwali, with much fervour and gaiety. During Dussehra celebration, our risk-takers wrote about their negative traits which they would like to do away with, displaying their honesty towards themselves by accepting their shortcomings. The young Highlanders of Early Years too were encouraged and motivated to embrace good habits and grow up to be caring and compassionate human beings. They witnessed Ravan Dahan on the school grounds, signifying the victory of 'Good over Evil' with much enthusiasm. Diwali, the

festival of lights, brought with it, sparkle and liveliness all around. The Diwali Mela came back with a bang after a long hiatus of two years and our Highlanders along with their family and friends thronged the numerous game stalls, dance floor, maze, Ferris wheel and much more and savoured delicacies like never before. The display of beautiful eco-friendly idols of Lord Ganesh and Goddess Lakshmi were a huge attraction and had everyone admiring the same. Our learners too displayed their craftsmanship by making diyas and lanterns. Beautifully decorated classes and the corridors adorned with Diwali decorations, all hand crafted by our creative Highlanders uplifted everyone's mood. The joyous occasion was marked with children coming dressed in traditional attire and taking part in festive fun engagements. Conscious of doing their bit towards keeping Mother Earth green, the young ones pledged to celebrate a safe and green Diwali.





“When witches go riding, and black cats are seen, the moon laughs and whispers 'tis near Halloween.”

Halloween celebration in school on 31st October, 2022, fostered global perspective and motivated the students to be Internationally Minded. The occasion gave the learners an opportunity to be creative, use their imagination and participate in the festivity by playing dress up. Dressed up as scary monsters, witches on broom sticks, ghosts, bats, skeletons and more, the enthusiastic young Highlanders had a whale of a time listening to spooky stories and trick or treating on the occasion of Halloween. The excitement was palpable as they reveled in the day with peers.





“Living is learning and when kids are living fully and energetically and happily they are learning a lot, even if we don't always know what it is.”

~John Holt ~ in a letter to Joan Pitkin, October 22, 1971; from A Life Worth Living

As our consistent efforts towards the holistic growth and development of our young learners, a Counsellor's Talk was organized for the parents of Early Years i.e. Kindergarten and Nursery, on 10th and 14th October, 2022, respectively. The sessions conducted by the School Counsellor, were based on crucial developmental aspects of young children and ways to support them with their social, emotional and psychological needs. It helped in bringing forth important aspects of a child's

development such as acquiring new vocabulary, temper tantrums, food habits and routine, social play, separation anxiety, emotional awareness, physical activeness and friendship dynamics. The sessions were interactive, engaging and indeed purposeful for the parents, who came forward in sharing personal anecdotes and experiences about their child, the challenges faced and appreciated the valuable inputs gained through the session.



“Things work out best for those who make the best of how things work out.” - John Wooden

Well done to all the young Highlanders for bringing laurels to school in the competition conducted in Lancers International School.

Name of Event	Class	Name of Participant	Position
Listen - Imagine - Draw	KG-B	Virangna Arora	II Position
Mental Mathematics	I-D	Riaan Raj Vaid	II Position
Solo Singing	I-D	Kyra Mehra	III Position
Mask Making	II-D	Geashna Mehta	II Position
Book Cover Illustration	III-E	Samaiara Jain	III Position
	III-C	Anika Raj	II Position
Solo Instrument (Piano)	III-E	Adhrit Banerjee	I Position
	III-I	Advitya S Dafraik	III Position
Poster Making	IV-G	Shivansh Bansal	III Position
	IV-F	Jiana Saini	II Position
Creating a Jingle	IV-C	Vinmay V Solanki	II Position
Solo Indian Classical Dance	IV-C	Chitraangada Sinha	II Position
	IV-F	Azalea Toteja	III Position
Solo Instrument (Violin)	V-D	Maira Yadav	I Position

Deputy PYP Coordinators



Medley Of Activities



Art class is a place where 'Joy of learning' exists, students are given appropriate levels of challenges and are able to make decisions about their learning. When students face difficulties, there should also be a support system in place to help them

In the month of October, the Highlanders showcased their creativity by making lanterns, decorating diyas and cards on the eve of Diwali festival.

SHISFEST an inter school competition was hosted by Highlanders and there were Three art competitions organized by visual and performing arts department. They were What a colour! Burlesque and 3D designing competition. It was a great platform for all students to display their unique ideas and creativity. All the participants performed with great zeal and enthusiasm. Each participants effort was appreciated by all the attendees and judges.

Ms. Amita Gahallot
HoD Visual & Performing Arts



Dancing is an inseparable part of one's life. In order to dance with freedom, we must accept ourselves for who we are, as we are...

For dancers, their body is the medium of communication. Their body must be available to us to do what we require it to. We must be able to command it, control it and use it to express our inner thoughts and journey with articulation and clarity.

Our Highlanders have started practicing for Annual day. All the students participating in this year's annual day are way too excited as it's happening after 2 years. Grade V and senior school students are working very hard in learning new dance forms.

All the best to everyone for the upcoming Annual function.

Ms. Shreewarna Rawat
Dance Instructor



In Drama optional activity, our middle school Highlanders are working on body language and reactions through an improvisation wherein they were asked to play cricket and act like players in a league match, some students were asked to do commentary and narrate the scenario as and when it changes. Students worked on their reactions when they were asked to react to what is happening in the match. They also played Theatre games like Mafia and Rajnikant to work on their body language and improvised on the characters given to them.

Practice for annual day have started in full swing, auditions for the Bishop's Candle sticks and the dance drama play are almost done. Highlanders are enthusiastic to perform on stage.

Rohit Kumar Kalra
Theatre Arts - Instructor



The month of October started with a lot of excitement. Our Scottish High Choir enjoyed performing on Dusshera with a lot of energy and fervor. Primary students of Grade III started practicing for their

FDPs, while other Grades learned songs like The Nights by Avicii, Fight Song by Rachel Platten, The Birdie Song, Badal Pe Paon Hai by Hema Sardesai and hymns like God is Good and Subah Savere Lekar Tera Naam Prabhu.

Our senior students created a band for the Annual Day covering rock classics like I Will Survive by Gloria Gaynor, I Want to Break Free by Queen, Jailhouse Rock by Elvis Presley, Dancing Queen by ABBA, etc, while our Indian Music Choir started preparing for songs like Milo Hum Aa Gaye, Khulaa Aasman by KK & Salim Merchant. It's going to be a great show full of delight for all the performers and the audience alike! All the best.

Shivam Srivastava
Western Music Teacher

ART & CRAFT



SHISFEST



STANDALONE PLANNER



Middle School (VI to VIII)

Long awaited Camp to Explore, Dream and Discover.

CAMPS!!!! A voyage to explore new adventures, learn various life skills and discover the 'Real You'. This year Grade VIII students packed their bags for three nights and four days on a venturesome camp to Ranikhet, Uttarakhand which is the land of celestial beauty. The Camp was loaded with innumerable intriguing indoor and outdoor activities such as slithering, trekking, and team-building activities. Children also got a chance to get enlightened about the lives of martyrs who sacrificed themselves for the country. Children were excited to see the arms and ammunition which were captured during World War I & II and Indo-Pak Wars. They explored the shawl factory and bought tokens of love for their loved ones. The Highlanders came back with their hearts packed with fond memories which they can relive lifelong.



'In Conversations with the Students'

A session was conducted with the students of Grade VIII by the Middle School Coordinator, Ms. Isha Verma, and School Counsellor, Ms. Deeksha Saini on 28th September 2022/Wednesday from 2:30 pm - 3:30 pm in VMH on basic mannerism in the school premises. The session started with a game to lighten the mood and catch the attention of the students. Post the game, the Middle School Coordinator shared a few observations made by the teachers in the past few days. Various instances of inappropriate and unacceptable behavior were shared. To make the session interactive, students were

asked to share their opinions on the repercussions of such behavior. Important points were covered in the discussion, including school uniform and personal hygiene, washroom and corridor etiquettes, language use among friends, dining hall etiquettes, and dangerous behavior.

The session ended with yet another fun filled session as the discussion on camps was done and the children are really looking forward for the upcoming camps.

Overall, It was a fruitful session as students were engaged in the discussion and shared their valuable thoughts and opinions.



"Travel opens your heart, broadens your mind, and fills your life with stories to tell."

There's no denying the fact that the Coronavirus pandemic has changed our worlds, and this is going to last longer than one can imagine. As things have started getting back to the so-called new normal, travel, especially domestic, will look very different. So, as the roads opened, Scottish High planned an adventurous camp for VI and VII Grades. Highlanders were full of vim and zest as they went on camps after three years. Grade VI went to Bhowali and VII to Jim Corbett. They did all the fun filled activities such as zip lining, rock climbing, etc. Every Highlander had a smiling face when they returned to school that shows camps were successful.





Ms. Isha Verma
Middle School Coordinator
HoD - Modern Foreign Languages

Modern Foreign Languages

Inter Clan Modern Foreign Languages Poem Recitation Competition

"Poetry is when an emotion has found its thought and the thought has found words"

– Robert Frost

The Inter Clan Poem Recitation competition for Grades IX and X students was organized by the MFL Department, in the VMH on Monday, 10th October 2022 from 2:30 to 3:30 pm. It is truly said that poetry doesn't only enhance the speaking skills but it also enhances the listening skills especially in the target language. Recitation is one of the important and effective modes of learning a language and appreciating a piece of literature. Taking all these facts into consideration the children got an opportunity to exhibit their talent and confidence. The competition inspired the children to come forward and recite on stage. The children came up with different poems and recited them with great zeal and enthusiasm. It also helped children to develop correct respective foreign usage along with building up self-confidence and more importantly the recitation skills involved in the competition.



Spain National Day

The MFL department celebrated **Fiesta Nacional de España**, the Spanish National Day on 12th October 2022, Wednesday. The students from Grades IV–XII participated exuberantly in the different activities designed for them throughout the week from **10th October to 14th October**. All the students learning Spanish language, wore small Spanish flags indicating their ardor of accepting and appreciating the new culture.

The Primary students made posters of attires of the flamenco dance form and shared beautiful facts through posters in the target language along with bookmark and card making activity. The students from Grades VI–VIII made bookmarks and posters on the themes like famous food, famous monuments, National parade and Spanish culture depicting what Spanish language means to them. The students of Grades IX–XII prepared various Spanish activities and presented them in the class. The students actively took part in all the activities and while learning more about the language and the culture at the same time, their love for continuing Spanish language was eminent.





Annual Inter School Spanish Language Festival

"A different language is a different vision of life"

The Annual Inter School Spanish Language Festival was hosted by Delhi Public School International, Saket on Friday, 14th October 2022. The main objective of this festival was to create awareness and interest amongst the youth about the Spanish Language. The children participated in the competition with great enthusiasm on the given theme "Paleta de mundo hispano" 'Palette of the Hispanic Realm'. Sia Aggarwal of Grade VIII exuberantly participated in the Story Writing & Presentation competition and manifested her talent and credence in Spanish language. She performed remarkably well by portraying the self-imaginary story and its presentation and made the school proud by securing 2nd position in the same. Anika Aaggarwal of Grade VIII also participated enthusiastically in the Brochure making competition and exhibited her talent and capabilities in Spanish language. She exhibited her dazzling artistic skills by making a full handmade brochure and made the school proud by securing 2nd position in the same. We are looking forward to more such competitions to boost the confidence of our students and to give them a good exposure to learn the language in a creative way. The participation was very encouraging and all the students had a bewildering experience.



Ms. Isha Verma
Middle School Coordinator
HoD - Modern Foreign Languages



IGCSE

Looking to the future: equipping young learners for Industry 4.0

With the growing sophistication of AI robots and the programs that control them, a report by McKinsey and Company in 2017 estimated that the current jobs of 800 million global workers could disappear by 2030. However, a Dell Technologies report of the same year asserted that 85 per cent of the jobs that will exist in 2030 hadn't yet been invented.

What these statistics tell us is that Industry 4.0 is transforming how we work. Having a strong set of transferable and adaptable skills will provide learners with the best opportunities in a working environment that is being increasingly automatised.

Alongside these skills, learners need to develop the creative thought processes that will enable them to problem solve and innovate as part of their daily working lives, as well as to follow recognised processes or protocols.

Developing skills and mindset early

A worker will be better equipped to solve problems and think creatively if they have been doing so all their lives, which is why the Cambridge IGCSE and Lower Secondary Computing curriculum has been developed to support young learners in this way of working and thinking.

Cambridge IGCSE and Lower Secondary Computing has been designed with Industry 4.0 in mind. It supports learners to recognise the role of computer science in a range of industries, to develop computer science skills of their own and to recognise the role that computer science will play in their future careers.

Regardless of whether learners become computer scientists or move into a more traditional industry such as manufacturing, farming or the arts, we want them to realise the likelihood is that they will be working as part of a technology-driven industry as a result of Industry 4.0.

The World Economic Forum recognised, as far back as 2016, that even those who will work in traditional industries such as medicine, engineering, design and architecture will need to combine the new industrial tools of computational design, additive manufacturing, materials engineering, and synthetic biology within their work.

Preparing every student for the world of work

The content of the Cambridge Lower Secondary Computing curriculum has been designed to align to the Cambridge IGCSEs in Computer Science and ICT and to contextualise the role of computers for everybody, including those who are not likely to follow a computer science path in the future.

Essentially, we want learners to understand that, although they may not grow up to become computer scientists, there is an increasing likelihood that they will work alongside computer professionals during their adult lives – and the earlier they start to prepare for this future, the better equipped they will be.

Making ethical technology decisions

It is equally important that learners are able to make ethical decisions about the use of new technologies. Learners are

equipped to make these decisions throughout the Computing curriculum, starting with understanding where robots are present in the real world, through to considering the benefits and risks of Industry 4.0.

Skills and knowledge developed through the Computing curriculum are complemented by those developed in other Cambridge IGCSE and Lower Secondary subjects – for example, Digital Literacy includes the impact of emerging technologies on individuals and supports learners to evaluate the positive and negative aspects of digital disruption on our everyday lives.

The development of Cambridge Global Perspectives skills (analysis, collaboration, communication, evaluation, reflection and research) also prepares learners to be contributors to the workplaces of the future, as will studying the global topics that they encounter.

ICSE - ISC Bulletin

As communicated by the Council, the candidates registered for ICSE 2023 Examinations are required to prepare Project work as per the subject guidelines provided by the CISCE. The Internal Assessment Examiners will assess ICSE projects in accordance with the subject-specific criteria listed in the ICSE Year 2023 syllabus. In light of this, ICSE Grade X students are occupied with finishing their project assignments while taking into account all the given guidelines.

The detailed, subject-by-subject instructions and other relevant papers pertaining to the conduct and evaluation of the Practical Examination for ISC 2023 Examinations have been made available by the Council. The practical examination will be conducted in different batches, which will be decided by the school. The Council has mandated that the same be finished by the end of the month of February. A suitable examination schedule will be created.

Additionally, the registration process for Grades IX and XI was ongoing this month and is now finished. Students have successfully registered for the ICSE/ISC 2024 Examinations.

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Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP

The month of festivities came as a breath of fresh air after 2 years of radio silence. Diwali, since the past two years, had been a mellow affair, with barely anyone coming together and celebrating. The school held its much awaited Diwali Mela and the students were overjoyed to celebrate. Moreover, the Ethnic day before Diwali was also celebrated by our students with Rangoli decorations outside their classrooms. The IB students were ecstatic about the same and left no stone unturned in



beautifying their classes.

Following the upcoming examinations, the IB registrations for May 2023 have begun in full swing and will go on till the next month. Along with that, students are also applying to their choice of universities, finalizing their profiles and sorting their resumes for the same. To ensure that the students are aware of all their options, University fairs are consistently being organized for both Indian and Foreign Universities, in all areas of study.

Additionally, the horizontal and vertical collab of teachers continued with a discussion on PSP and PDP, with a sustained focus on International Mindedness. Many activities were planned for the evaluation groups to come to a cohesive decision about their PDP. The meetings have been interactive and very fruitful in explaining and discussing the requirements of and various facets of the evaluation process.

Ms. Sugandha Malhotra
Ms. Pooja Sharma
Deputy IBDP Coordinator

CAS

Community Outreach Programme

“Gifts of Happiness” Initiative - Spreading Joy and Festivity on Diwali

To bring Joy, light, and laughter into the lives of children living in the orphanages of Gurugram, the Highlanders collected fancy party clothes like Lanhngas, Kurtas, frocks, ethnic wear, etc. which they have outgrown and were in mint condition. The collected clothes were packed nicely into the 12 cartons and handed over to Ms. Shalu Johar Sahni, the representative of the NGO 'Pure Hearts'.

These clothes were customized further by the volunteers of the NGO 'Pure Hearts' and distributed among all the 505 children living in the orphanages Aarushi Homes, Udayan Boys, Udayan Girls, The Shelter run by the District Council for Child Welfare Department Haryana, Gurugram, Home for Homeless Children and from the children of bastis in Gurugram. The volunteers of 'Pure Hearts' along with the Highlanders, lighted and decorated the orphanages and shelters with lights, Diyas, and rangolis, provided snack treats, and hygiene products, and distributed these customized outfits collected by our caring Highlanders to bring joy and festivity on Diwali. We are proud of the good work done by our Highlanders and their sentiments to be a family to those who don't have one and spread light and joy in the lives of children living in these orphanages and shelters! Continue doing the good work Highlanders! These small gestures will definitely help bring real change in society.



Ms. Kavita Yadav
CAS Coordinator

From The Counsellor's Desk

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, “Soften the orange a bit on the right hand corner.” I don't try to control the sunset. I watch with awe as it unfolds.”

- Carl R. Rogers, A Way of Being.

Counselling Department at Scottish High International School, Gurugram organised a number of events for students in the month of October, 2022.

World Mental Health Day was observed in the School by the students and staff members. Informative posters were put up at different locations and talks were conducted in the classrooms based on significance of mental health. Staff members wore badges to remind each other of the significance of the day.

Representatives of University of Toronto and University College London visited the school campus to guide the interested students of Grade XII, about the application process, courses and colleges, eligibility criteria and scholarships. These university visits proved to be extremely helpful to the students in their application process. University Career Fair was also organised for Grades IX to XII, wherein representatives from various Indian universities, including Ashoka University, Flames, Amity University and IILM, visited the school campus to orient students about their admission process. A session was conducted for the students of Grades IX and X based on AP exams and Fulbright fellowship. They were made aware of the benefits of the AP exams in the future.

Workshops were conducted for the students to enhance their understanding of the subjects. Workshop on Financial Market was organised for the students of Grade XII to talk about NSE and BSE index such as Nifty and Sensex, capital market, multitudes of risks, misconceptions/myths of the financial market were discussed. The session was facilitated by Mr. Alok Sharma from Pratham Education. Manchester Masterclass was conducted for the students of Psychology based on Neuroscience Psychology. The session was hosted by



Dr. Silke Conen, who covered topics of sensation and perception and other related topics including somatosensation, proprioception and nociception. The session was fruitful to the students as it furthered their understanding of the concept.

Students and teachers visited a school for underprivileged children where they conducted card making activity and played games. It was a fun-filled day for the students and an eye-opening experience.

Applying into the colleges is a special experience for the students as they undergo a process of course and college selection and set the path for their future career. Submissions of applications into various international universities have started by the students in coordination with the counselling department. We wish our students all the very best for their application process and may they get admitted into the best university of their choice.

Deeksha Saini,
Counselling Department

From The Sports Field

Highlander participated in the CISCE National Lawn Tennis Championship held at Calcutta where Under 14 boys Lakhay Dhiman, Nabhya Kinha, Adhrit Gautam and Rishik Tandon secured IInd position. Lakshay Dhiman also got selected for SGFI nationals.

Riyaa Ahluwalia participated in CISCE Taekwondo Nationals and got IInd position.

Now the department is busy preparing for the coming CISCE National Cricket and Basketball competition.

Darshan Singh Gahallot, HOD Sports

From Our Budding Writers

SPREAD LOVE, NOT HATRED

Once upon a time, there lived 2 brothers who were born to a very experienced and humble couple. They were provided unconditional love by their family, and had a very close childhood. They were name Tim and Tom. As the grew up, it turned out that Tom was very compassionate, caring and loving. He did his duties and always did the right karma irrespective of jealous peoples' comments while on the other hand, Tim was smart and Intelligent and also talented but, unfortunately he boasted and loved showing off. Tim and Tom both choose different paths while growing up. Tim grew up to be a wealthy and rich man, had a very good job while Tom helped the needy and spread peace and love irrespective of class and wealth. Tim ended up as a self-centered person regularly showing off and boasting. According to him, things were going in a very nice manner. One day Tim, dropped a cent on the road, and huffed "It is just a cent, I am rich and great! What value is a cent to me?" and walked by kicking it

across the road. He looked towards the side and saw a needy and homeless person picking up the cent and thanking god for his gift. Tim just sighed and went on his way. The next day, Tim found out that he had been robbed his entire life savings. He fell on his knee and cried in sorrow, questioning himself why it happened. With no other option, he walked out to the street and begged for money every day to bring food to the table. He prayed that somebody would help him. Not far away, he saw his brother and shouted trying to get his attention. He told him what happened. Tom said "Brother, you turned out to be wealthy and a very busy man, but your benefit did not help any one and was totally for selfish purposes. It is like a date palm tree, tall and high, hanging with fruits (money in this case) and lots of branches, despite all of these qualities it yet did not provide shade to any species or travelers walking underneath. Not only this, your actions have a way to come back to you. The day you kicked the cent and stated it had no value to you, that very cent was one of the most valuable achievements of the needy person.", "It is important to respect everyone and everything. Today I will help you but promise me that we will together help the needy". Tim nodded and said "Sure, "Thank you brother." From that day onward, they both developed love for all species around them and made their parents proud. Their help was always appreciated.

Moral – Your actions always have a way of coming back to you and You should spread love not hatred.

Gyansh Malik, Grade V-G

GLOBAL WARMING



Global Warming is massively affecting the world negatively in many ways. Transport, Mass production and factory pollution, burning of fossil fuels for electricity and petrol/diesel, Nuclear Fusion to create electricity etc can be some of the causes. Global Warming is posing threats which we cannot ignore and must act upon. This situation has troubled us since years as we cannot find solutions to manage our waste which can cause it to be harmful towards nature. Our actions have consequences which can be a threat to all life on the planet. Pollutants disposed of in the atmosphere, on land or even in water cause temperature increases every year alongside with the greenhouse effect. Our emissions harm the environment not only affecting lives of humans, but also other forms of life. It is important for us to prevent global warming to sustain life. Currently, there are several NGO's and Government Organizations and Initiatives working to avoid further continuation of Global Warming. These initiatives have a meaningful impact on the situation but not enough to totally



avoid it. It is important for us to solve this problem with unity and generate adequate efforts to help work towards avoiding Global warming. Educating the youth, unaware and polluters of this situation about its cons and solutions so that we can have a more continuous and stronger impact. Avoiding cars and motorized transport when unnecessary, finding eco- friendly replacements to motorized transport and other alternatives towards harmful pollutants released from factories and chimneys could set a positive path against Global Warming. Our actions can make a change and it is our sum of efforts which can drive this revolution and encourage the end of pollution and Global Warming. 'Success is the sum of small efforts repeated day in and day out,' Let us hope we avoid Global Warming in an united manner.

Gyansh Malik, Grade V-G

Diwali The Festival Of Lights

The much-awaited festival of light is here. Diwali, also known as Deepavali, is celebrated across India with great enthusiasm as it symbolizes the victory of good over evil. Derived from the Sanskrit word 'Dipavali', which means a row of lights, Diwali has been celebrated since time immemorial.

This five-day festival starts with Dhanteras, which celebrates and welcomes good luck, wealth and prosperity. On Dhanteras people buy jewellery and utensils because any kind of metal is believed to ward off bad luck and usher in wealth and prosperity. Dhanteras is followed by Chhoti Diwali, Diwali, and Govardhan Puja and finally, Bhai Dooj marks the end of this festival. 'Cleanliness is next to Godliness' and none can explain this better than people who celebrate Diwali. The preparation for this grand festival starts much ahead with people cleaning their houses and offices. Then they decorate their places with flowers, lamps, lights and rangolis. Like all other festivals in India, food too plays an essential role in Diwali. From delicious sweets or delectable savories, every household prepares a fare worth feeding a kingdom. A lot of people also gift sweets to their friends and families to wish them luck and prosperity for the coming days.

The celebration starts with people buying jewellery and utensils on Dhanteras. This is an auspicious occasion to buy any kind of metal as it is believed to ward off evil and bring in prosperity.

The next two days—Chhoti Diwali and Diwali—are the most-awaited days of the festival when people enjoy the most. The evening starts after performing puja and offering prayers to the gods. People then light diyas and burst crackers. The entire atmosphere reverberates in a festive note. On the fourth day, Govardhan puja is performed and the festival of lights ends with Bhai Dooj, which is very similar to Raksha Bandhan as it is a celebration of love between a brother and sister.

Although it is a tradition to burst crackers on Diwali, we should now refrain from doing it because of the increase in air pollution. We should aim to celebrate Diwali in an eco-friendly way and respect nature. Instead of bursting crackers, we can light diyas, decorate our house and surroundings with fairy lights and spend a magical evening with friends and family. Now let's understand why Diwali is celebrated. There are many stories associated with Diwali.

In ancient times king Dasharatha had 3 wives Kaikeyi, Kausalya and Sumitra who had 4 sons Shatrughan, Bharat, Lakshman and Rama. They were part of Lord Vishnu with Rama being the lord, Lakshman being the snake he resides on Shatrughan being his chakra and Bharat being his conch shell. Later Kaikeyi sent Ram, Lakshman and Sita on a 14-years exile so that Bharat could have the throne. It is believed that on their way they met with many difficulties and finally on the day of Diwali They returned but on their journey it grew very dark and so people cleaned their homes and also lit lamps to invite the lord to their homes, later the lamps helped lord Ram find his way to Ayodhya. This is the reason why we light lamps in front of our homes. This is the most highly believed and known story behind celebrating this wonderful festival, now let's know the reason behind praying to lord Lakshmi on this day.

Many years ago there was a fight between the devas and the asuras, the Devas made a plan to obtain the nectar of immortality to defeat the asuras for that the ocean needed to be churned, so the devas tricked the asuras to help them in the churning, so it began, finally on the day of Diwali Lord Lakshmi was born out of the churning and that day itself she and lord Vishnu were married. So we worship Lord Lakshmi this day. We also worship Lord Ganesh because many years ago after the Mahabharata war Sage Ved Vyasa called upon lord Ganesh to write the Mahabharata, The lord however had a condition he said he would only write if the sage could recite the story without stopping even once. The sage replied by asking the lord to write everything only after he understood and thus the recitation begun after three long years did Ved Vyasa finally stop on the day of Diwali and so lord Ganesh was known as the lord of knowledge is worshipped on this day.

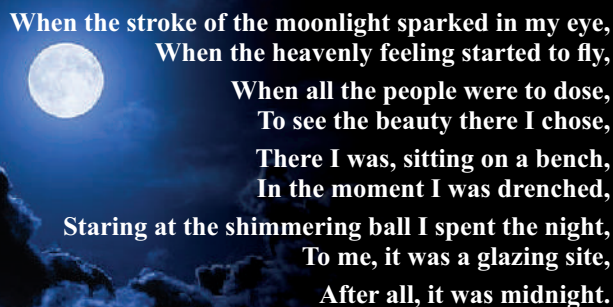
Happy Diwali!!!!

Ojas Lath, Grade VII-D

A sorrowing man, drenched in chardonnay
 Stood under a streetlight
 Eyes shut, head down
 Burnt like the sunsets he forgot to admire.
 His heart still longed for her gentle caress
 Her golden tresses
 & her contagious smile
 His eyes yearned to lock with hers, one last time.
 She was hasty brush strokes
 Wishing for slow serenades
 Accidentally triggered
 Buried in the ruins of bitter resentment.
 Pale skin
 Lit with flames of desperation
 For a downtown love
 Stuck in a deafening crescendo.
 "We'll grow as we go"
 Their nascent joy
 A calm sage green
 But
 Blaring red
 Electric blue
 Roaring sirens for thoughts
 Aanya Nigam, Grade VIII-C



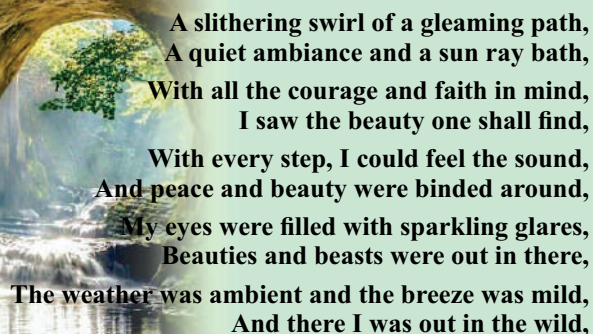
MIDNIGHT



When the stroke of the moonlight sparked in my eye,
When the heavenly feeling started to fly,
When all the people were to dose,
To see the beauty there I chose,
There I was, sitting on a bench,
In the moment I was drenched,
Staring at the shimmering ball I spent the night,
To me, it was a glazing site,
After all, it was midnight.

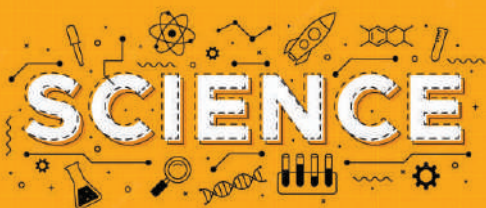
Ruhika Sethi, Grade VI-E

OUT IN THE WILD



A slithering swirl of a gleaming path,
A quiet ambiance and a sun ray bath,
With all the courage and faith in mind,
I saw the beauty one shall find,
With every step, I could feel the sound,
And peace and beauty were binded around,
My eyes were filled with sparkling glares,
Beauties and beasts were out in there,
The weather was ambient and the breeze was mild,
And there I was out in the wild,

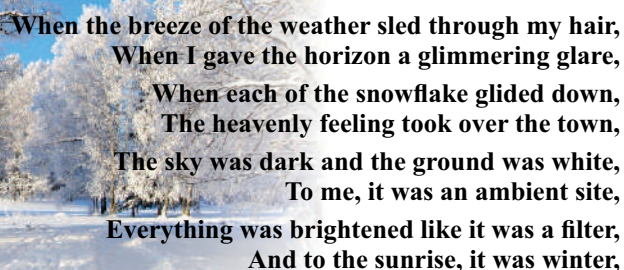
Ruhika Sethi, Grade VI-E



With the grappling study of natural laws,
With the glamorous beauty and ample flaws,
With all the inspiring and mystique stories,
It tells us about its abstract theories,
It's a path to reach our desired ends,
With many difficulties and winding bends,
In the tangled texts lies the puzzling curiosity,
And the cerebrum glides at a high velocity,
It's an illustration of the simplicity of nature,
Highlighting it's each and every creature,
It's a perfect illusion of alliance,
After all the world is science,

Ruhika Sethi, Grade VI-E

WINTER



When the breeze of the weather sled through my hair,
When I gave the horizon a glimmering glare,
When each of the snowflake glided down,
The heavenly feeling took over the town,
The sky was dark and the ground was white,
To me, it was an ambient site,
Everything was brightened like it was a filter,
And to the sunrise, it was winter,

Ruhika Sethi, Grade VI-E

SKY



A gleaming shade of blues above,
With the ambient chirps of shimmering doves,
In the herd of all the heavenly clouds,
Lies the beauty of the perching crowds,
It's a fusion of the vibrant colours,
A whole new dazzling world it covers,
With us, it has a perfect ally,
And a heaven there is,
In the sky.

Ruhika Sethi, Grade VI-E

Delhi NCR is the hotspot of pollution
For which we haven't yet found a solution
And here we are, further aggravating the situation?

By taking away the heritage green stretch of the oldest Aravallis,
We are endangering biodiversity as well as ground water availability
And exposing ourselves to heat and dust
For a lifeless concrete jungle which will only cause disgust!

With no green patch, we will struggle to breathe
Our lungs will collapse, struggling for clean air they need

Let's pause and ponder, what will we achieve by risking innocent lives,
Flora or fauna, it's only together that we thrive!

So let's join hands to save the Aravallis
As it's our right to live a HEALTHY life!!!

Aradhyan Nigam, Grade VI-ICSE

Nature

Nature, what a beautiful thing,
It is magical, though somethings might sting!
Like how dangerous some places are,
Only the bravest can journey into the mysterious afar.
Or how animals eat one another,
Just the thought of the brutal food chain can make you shudder!
But that is how life goes on,
Everything has its pro and con.
The majestic flora and fauna, animals, insects, or flowers,
It is dying and needs to be preserved, ultimately it is all ours.
There are creatures as giant and strong as the oldest trees,
They hunt for their prey, on land or in the seven seas.
There are creatures as small as a grain of sand,
Looking for a home, in a vast, barren land.
After all, our lovely nature has everything you need, from good to bad,
Once you learn the ways, you can never be sad.
But we must protect it at our best,
For if we are successful, everything will be good for the rest.

Saranshi Rao, Grade V-B

**By Artwork
Vedika Basnal, Grade VIII-E**





Clan News

ANDERSON

Great Achievements Always Require Great Sacrifice – Robin. S. Sharma

Success is the consequence of having earned a series of accomplishments. Being successful means the achievement of desired visions and planned goals. Life is nothing without success. Life has no taste if there isn't success. We can only achieve success if we fail one or two times. And this is true that failure can eventually lead to success, because we actually learn from our mistakes.

Andersonites have been putting in the best of their efforts and shining brilliantly in whatever competition they took part this month. Team Anderson comprising Veer Kapoor (XI) and Akarsh Jain (XII) stood first in the Interclan Business and Economics Quiz. Sashya Sharma (VII) and Aarav Upadhyay (VII) secured the first position in the Interclan Science Quiz. Arjun Mudgal (VII) got second position in Interclan Hindi Extempore Competition. Nimesha Shama (X) bagged the second position in Interclan MFL Poetry Recitation Competition (Spanish). I Congratulate all our achievers and wish them luck for all their future endeavors.

The application of focused and persistent efforts will always lead to satisfaction and a satisfied person is actually successful. Andersonites are satisfied that they take no short cuts to success. Their toil, their sweat, their struggle, everything counts in elevating the position of their Clan. Thus, diligence is required and expected from all my clan members as it is the key ingredient for success.

Ms. Ruma Jain
Clan Elder - Anderson

BOYD

A goal without a plan is just a wish.
— Antoine de Saint-Exupéry

Every living soul holds number of wishes within the heart. But only few of us have a plan to turn those wishes into a goal which can be achieved. All it takes is a streamlined plan and dedicated efforts towards the same. At Scottish High it is a continuous practice of providing such opportunities to our Highlanders which can push them to work beyond expectations and get closer towards their goal every time they participate in a

competition. Month of October brought us back with the various inter clan competitions and activities after conclusion of half yearly examinations.

To begin with, Toshanni Momaya (X IG) secured first position in the Inter Clan MFL Poetry Competition (IX-X). In Inter Clan Hindi Extempore Competition (Grade VII), Adhrit Gautam VII-F and Shlok Janghala VII-F got first and second position respectively. Next in the row is Inter Clan Business and Economics Quiz Competition (XI-XII), where our team comprising of Paarth Sud (XI-A) Vihaan Bakshi (XI-B) bagged second position. Once again, our team comprising of Prakrit Nijhawan (VI-D) and Anika

Ishank Jain (VI-F) marked second position in the Inter Clan Hindi and Sanskrit Quiz Competition (Grade VI). Boyddians know how to work in a team, another evidence of which is the second position secured by our team comprised of Ojas Jain (IX-C), Riya Gupta (X-A) and Smayan Narang (X IG-B) in the Inter Clan Math Quiz Competition (IX-X).

I congratulate all our winners and participants for their achievements. Every participation of the Boyddians opens up new dimensions to the ideas and plans you can incorporate it in achieving goals more effectively. I hope to see new faces giving their best shot in the competitions lined up for the session ahead. All the best Boyddians and work hard.

Ms. Akanksha Yadav
Clan Elder - Boyd

LAMONT

*"Our greatest glory is not in never falling,
but in rising every time we fall"*
— Oliver Goldsmith

'Never give up' is the attitude that one should carry and live life with no matter what is the situation. Even though you might have failed in any process, you should stand up and do it again, but you should never give up on your dreams. Never give up, keep trying is very powerful in itself and fills one with a vast energy and lot of positiveness. Failures are the stepping stones to success. Lamont did well in all the competitions held in the month of October.

First, we had Inter Clan Hindi and Sanskrit quiz competition for Grade VI where Sanskriti Yadav and Kishika Arora did well and secured third position. In Inter Clan Science quiz competition Aryaveer Sharma and Prakhari Mishra of Grade VII showcased their knowledge and skills about science and technology secured first position. In Inter Clan Vigyaan Sabha competition Vamika Bansal, Kartikeya Arora, Dhairya Gupta, Aarav Dua, Aishani Srivastava and Ananya Gupta presented role play on theme 'Marine pollution' and impressed judges bagged first position. In Inter clan Rangoli Making competition Girima Vaishnavi, Sohana Chakrobarty, Gayatri Sarin and Aishi Kumar depicted beautiful design on theme 'Diwali' bagged first position. In Inter Clan Rap star competition Ruhika Sethi and Shreya

Agarwal presented rap beautifully on topic 'Pollution' bagged second position. In Inter Clan Hindi Extempore Advay Aggarwal of Grade VII secured third position. In Inter Clan Business and Economics quiz competition Zena Sharma and Stuti Khanna of Grade XI bagged third position. In Inter Clan MFL poetry competition Sheuli Verma of Grade X bagged third position in French and Inika Rao bagged second position in Spanish.

Kudos to all the participants for working tremendously well in all the competitions. Looking forward to another rewarding month for such inspiring competitions.

Ms. Geetanjali Ahuja
Clan Elder - Lamont

MACARTHUR

*Famous Scottish proverb quoted here,
"Wherever you are be there if you can
be fully present now you will know
what it means to live"*

Our Clan MacArthur lived to its full potential this month with great intellects and creative heads coming together and set an example of working with perseverance.

Highlanders, In October, filling in the infectious energy which made everyone else energetic we have our Dance Competition in which Aaradhya Nigam, Aalya Dua, Mahie Chopra, Ahana of Grade VI-C, Annika

Singhal of Grade VI-B and Pearl of Grade VI-E secured second position.

Taking the science tour on we have Kandarp and Ethan of Grade VI-CS who secured first position in Science Rap star Competition. We also have in our clan intellects of our Indian roots Naomi of VI-E and Swastik of VI-F securing first position in Hindi Extempore Competition. Our Debate champion Ojas of VII secured third position in English Debate Competition.

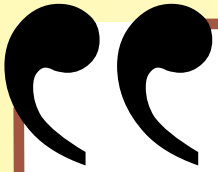
And we have trails of champions Harshbardhan and Armin Kaur of Grade VIII-D, Manan and Akshat of Grade VIII-A, Atharva Vyas of Grade VIII-E, Adria of Grade VIII-F and Ishaan of Grade VIII-G securing second position in Science Vigyan Sabha

Competition

Showcasing his talent Karandheer of Grade IX-D secured first position in MFL poetry recitation Competition. Our clan students Eklavya of Grade IX-F, Tanay of Grade X-D and Anant of Grade X-IG showed mastery on the clan's math standards by securing first position in Maths Quiz.

Continuing with the tradition, Clan MacArthur simply keeps adding feathers to its cap with sheer hard work and dedication. And we thank all the participants.

Ms. Pooja Sethi
Clan Elder - Macarthur

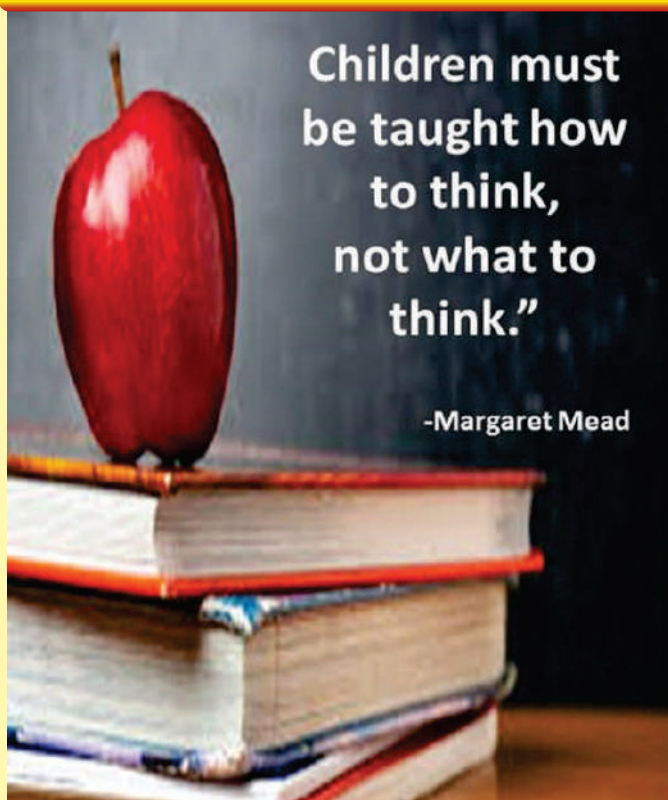


Famous Quotes

October

1. "Everything you've ever wanted is on the other side of fear." -George Addair
2. "Dream big and dare to fail." -Norman Vaughan
3. "You may be disappointed if you fail, but you are doomed if you don't try." -Beverly Sills
4. "Life is 10% what happens to me and 90% of how I react to it." -Charles Swindoll
5. "Nothing is impossible, the word itself says, 'I'm possible!'" -Audrey Hepburn
6. "It does not matter how slowly you go as long as you do not stop." -Confucius
7. "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." -Henry Ford
8. Don't take rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just luck -A. P. J. Abdul Kalam

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



Children must
be taught how
to think,
not what to
think."

-Margaret Mead

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Golf

ANITYA'S TIP OF THE MONTH



This month, we will look at how sometimes, junior golfers hang back at impact. This makes their upper body and spine tilt to the right side and puts undue pressure on their lower back, along with resulting in poor ball striking.

In the correct impact position, a player's weight has already transferred to their left side and the right foot is off the ground. When a player hangs back, the weight of the hips and the upper body is not able to transfer on to the left side by the time the club comes into impact. As you can see in the picture, my upper body is tilted too far right and a majority of my

weight is on the right leg even as the club comes to strike the golf ball. This will make the club strike the ground behind the ball and restrict the amount of power and speed that you can generate.

Learning to transfer weight on to the left side is important as it is very difficult to play good golf hanging back on your right leg.

Compiled by:- Ms. Ankita Jain
Golf Coordinator



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