



From the **DIRECTOR'S DESK**



Anger Management

Why do we feel angry?

Anger is a common response to frustrating or threatening experiences. It can also be a secondary response to sadness, loneliness, or fear. In some cases, the emotion may seem to arise from nowhere. The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival.

Managing how we express our anger is a fundamental skill needed to live peacefully with others. It is essential to managing conflict. If others cannot trust that you will speak to them calmly and rationally, they often respond with withdrawal and avoidance. Letting our anger spill over in angry words and voice is not productive nor is it healthy.

If you have a hot temper, you may feel like it's out of your hands and there's little you can do to tame the beast. But you have more control over your anger than you think. With insight about the real reasons for your anger and these anger management tools, you can learn to express your emotions without hurting others and keep your temper from hijacking your life.

Recognize Your Warning Signs
Step Away from the Triggering Situation
Talk Through Your Feelings
Focus on the Facts
Distract Yourself with a New Activity
Breathe and Relax

Anger causes more problems than it solves. It is that one response which can be avoided when faced with a challenge. Mastering the art of anger management takes work, but the more you practice, the easier it will get. And the payoff is huge. Learning to control your anger and express it appropriately will help you build better relationships, achieve your goals, and lead a healthier, more satisfying life.

Besides, anger when channelised can lead to a more productive aspect. So why not make use of that impulse and turn it into something more fruitful?!

Ms. Sudha Goyal
School Director

Teamwork – The skill needed for Success

There are many skills which are pertinent in these modern times, and therefore, students ought to be exposed to them at an early age. Teamwork is one of the skills which is in most demand in this modern world. This is the era of teamwork and most of the successes come in teams, through teams and is facilitated by teams. Individually we are islands and together we become a country because we get stronger when we are united. Most of the time we notice that today's tech-centric kids are more focused on themselves and their own individual efforts rather than on collaboration. There are some well researched techniques that can help children recognize the importance of teamwork.

Placing children in activities that involve collaboration with a group in a great way to teach value of teamwork. This will be especially useful if the child comes from a single-child household. It is suggested that the youngsters be enrolled for activities that interest kids like dance, team sports, group reading and discussion clubs etc. The adults around the child can help organize various opportunities like play dates and birthday parties to hold team games so that children get used to cooperation and collaboration. Group socializing will encourage bonding, affability and team spirit.

Getting along and engaging with others is the building block of many things in life. As per Claire, a clinical psychologist we need to ensure that from a young age children need to learn how to give and take, share, take turns, play to their strengths and draw in other people to fill gaps. It is the core of social skills. The best teaching experiences will happen at home under our own roofs. We can make our homes a hub of teamwork through positive emphasis on collaborated efforts in all aspects of duties. Encouraging students by demonstrating that a successful household thrives because of cooperation from all members. Giving young members household chores, asking them to help their siblings and grandparents will inculcate not only a sense of responsibility but will foster a positive attitude towards teamwork. I agree that working on a team is not easy, kids disagree and their personalities might clash. However, it is in the team setting that kids will learn valuable problem-solving skills and build defining character traits. I would like to end by sharing a beautiful quote by Mother Teresa- "None of us, including me, ever do great things. But we can all do small things, with great love and together we can do something wonderful."

Ms. Seema Bhati
Primary School Principal



PYP

"While we teach our children all about life, our children teach us what life is all about."

- Angela Schwindt

Children's Day was celebrated with fervour, laughter and love to celebrate the beautiful blessings in our lives. Dressed in their favourite attires, flashing beaming smiles and a carefree skip in their step, our tiny tots were greeted with hugs and chocolates by the staff. A special breakfast prepared for the children set the mood for the day to follow. The Early Years commemorated the day with a lot of enthusiasm, immense joy and happiness. On this special day, celebrating the innocence of kids, they were indeed made to feel precious in every way. The young Highlanders were kept engaged with a variety of fun filled activities and games like tambola, musical chairs, puppet show, action songs and a fun filled dance party in the VMH with their peer group. In the Primary, a special assembly was organized for the young Highlanders on their special day. The Children's Day get-together included lively song and dance performances by the little ones and teachers which led to a beautiful conundrum of camaraderie and fun. The day was celebrated with fun and laughter, and the children went home smiling and feeling loved and cherished.



As the Chinese proverb says, ***"To learn a language is to have one more window from which to look at the world"***, English Week was celebrated in Early and Primary Years from 21st to 25th Nov'22. The week witnessed the children of Early Years participating enthusiastically and honing their language skills through a plethora of activities planned for them. Calling in parents for a Reading Programme, 'Show and Tell', play based engagements like miming, scavenger hunt and so on were purposeful and meaningful ways through which linguistic skills of the children were strengthened. The English Week celebration by the Highlanders of the Primary commenced with an eclectic array of learning engagements which showcased their remarkable language skills were conducted across Grade I to Grade V. Some of the learning engagements being scrabble, word building, poetry, comic strips, well-being T-shirt, acrostic poems, story weaving, tongue twisters etc. The English Week was culminated with the enthusiastic participation of the Highlanders in the English Elocution Competition, wherein they unveiled their outstanding oratory skills and perspectives upon a variety of topics. The week indeed turned out to be a true celebration of the most widely spoken language in the world!



***Mahatma Gandhi once rightly said,
“Dance is the hidden language of the soul.”***

The students of Grade V put their heart and soul into their dance performance for the school's Annual Day. It was a new and



exciting endeavour for our children after the pandemic. The performance aimed at fostering the attributes of IB PYP Learner Profile among our learners! The energetic and charismatic performances by the young Highlanders mesmerized the audience. Preparing for the grand event, children imbibed teamwork and collaboration skills. It not only helped them to manage themselves well, but also made them responsible and independent. Their energy and expressions during the song and dance sequences enthralled all of us!! The dances were choreographed by our expert instructors which contributed to enhancing our learners' social and emotional wellbeing.



“The greatest gifts you give your children are the roots of responsibility and the wings of independence.” - Denis Waitley

Students of Grades III and IV visited Jaipur, Chokhi Dhani and Sanganer as a part of an educational excursion. The overnight camp was an opportunity for the Highlanders to develop self-management skills, bond with their peers and explore various aspects of educational and historical importance. The children comprehended the cultural significance of the places visited as they experienced the rustic charm of Chokhi Dhani and enjoyed the elaborate sumptuous traditional dinner served. They became knowledgeable after visiting the paper factory in Sanganer

famous for handmade paper and block printing wherein they observed how paper is made after recycling waste. The tour of Jaipur City Palace and museum gave them a glimpse of its rich history with collection of Rajasthani costumes and armory of Rajputs.



The students of Grade I moved further with their journey of learning. They inquired and explored how good and bad choices affect their health and well-being under the Transdisciplinary Theme 'Who We Are'. As they further delved into good choices a guest speaker, 'Yoga Specialist' shared with the young Highlanders the benefits of doing yoga daily and also taught them a few easy asanas. The PE instructors shared the importance of exercising daily to maintain a healthy body and mind, taking further steps the learners displayed their creative and critical thinking skills by creating their own exercise. Health and Wellbeing were the bigger ideas during the unit.



Providing engaging learning environments that encourage the process of inquiry, action and reflection!

As the students of Kindergarten explored about the growth patterns of living things under the Transdisciplinary Theme- How the world works, a special guest, pet Togo, paid a visit to the school for the children to observe closely and understand the growth pattern of a dog from his pet parents. The interaction also encouraged the learners to be caring and compassionate towards animals!



The students of Nursery, while exploring about different modes of transport in the unit under the Transdisciplinary Theme- How we organize ourselves, enhanced their research skills as they went on a bus ride to observe different vehicles on the road. Making connection with the conceptual knowledge gained through the unit, they formed a deeper understanding as they observed the traffic rules and other safety measures to be taken while travelling. The experience proved to be engaging and significant as the learners recounted their experience enthusiastically.



The students of Nursery were further provided with flexible learning spaces during their exploration about different modes of transport and their function. These experiences accounted for interactive group learning and spaces for the children to be agentic learners, demonstrate ownership of their learning through a fun and engaging role play session. Here's a glimpse of the children demonstrating road safety rules and going on a mock fun bus ride!



Congratulations to Laura Anika for securing the first position in 'Talking Titans' during the Inter School competition - SHIS Fest held in Scottish High.

Deputy PYP Coordinators



Medley Of Activities

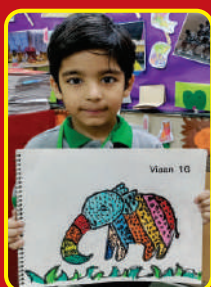


"The beautiful thing about learning is that no one can take it away from you"
- B.B. King

Primary students are learning new creative skills and are putting wholehearted efforts to make their artwork beautiful. Grade I students sharpened their observations skills and made different drawings in Gond art technique in Vibgyor colour theme. Grade II students strengthened their creative skills by learning to make decorative items like lamps and steamers with coloured paper related to the Transdisciplinary theme "How we express ourselves". They made their personal connections by identifying and using the material of their choice for the process. Grade III learned how to execute gradation method in one point perspective view. Grade IV students were introduced to soft pastel a colouring medium. They learnt how to use them for colouring in the vegetables composition.



Saira I A



Viaan I G



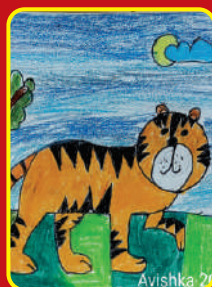
Vrinda I G



Vivaan I A



Twisha II B



Avishka II G



Nivaan II C



Avni II G



Tisha II G



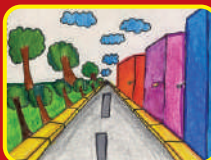
Anya II G



Dhwani III I



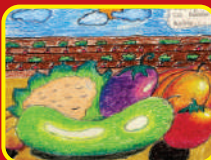
Dhwani III I



Saanvi III E



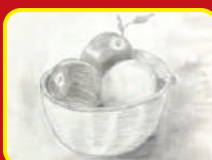
Prisha IV A



Japneet IV F



Swastika IV G



Lisa V A



Devrachit V C

ART INTEGRATION



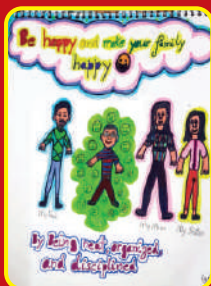
Avikaa IV E



Isha IV E



Saisha IV E



Laksh IV H



Samaksh IV H



Tvisha IV H



Ms. Amitta Gahallot
HoD Visual & Performing Arts



Dance is called the hidden language of the soul as we use it to express ourselves when words fall short. The joy which comes with dancing helps us get over our sorrow and adversity sometimes. Dance unites us and helps us come together to celebrate ourselves to the fullest. Hence, we should dance without worrying if we are doing it right or not. After 2.5 years our Highlanders gave spectacular performances for Annual day. This year the audience was awestruck while seeing different forms of dances. Two shows happened with the house full audience. Parents were delighted to see their child's performance. Congrats to everyone!

Zafir Ali
Dance Instructor



Come November and it is action time in Scottish High. The Scottish High Band was all geared up and rehearsed consistently for their forthcoming performance at the Annual Day function that was held

on 23rd November. They put up a splendid performance which classic songs of the 70s, 80s and 90s like Dancing Queen, Jail House Rock, I want to Break Free, etc. They got a thunderous applause for their stupendous performance. The school choir performed on the song Moment of Truth along with the live band which also received plenty of accolades. The children were shining bright and oozing with confidence on stage. The Hindi choir too performed Meelon Hum Aa Gaye and Khula Aasman.

Shivam Srivastava
Western Music Teacher

From The Sports Field



The month of November started with the preparations of CISCE National Basketball and Cricket tournaments. 12 Highlanders Arushi Bist, Chitra Singh, Taniasha Sachdeva, Anshika Chabra, Nitsa Rehan, Reet Mathur, Fagun Beniwal, Maisha

Sharma, Anya Nigam, Ayana Sehdev, Ehaan Khan and Mann Gupta participated in the CISCE National Basketball Tournament held at Tuticorin, Tamil Nadu. Jai Khetra Pal and Parnav Sharma also participated in the CISCE National Cricket

tournament held at Lucknow.

Samaira Kohli and Khushi Gaur participated in the SGFI State Lawn Tennis Championship and secured 1st position. Lakshay Dhiman and Adhrit Gautam also participated in the SGFI State Lawn tennis competition and secured 2nd position.

Lakshay Dhiman,. Samaira Kohli and Khushi Gaur also got selected for the SGFI National Lawn Tennis Competition.

Darshan Singh Gahallot, HOD Sports

LEGAL LITERACY REPORT

In the first week of October, the Legal Literacy Club of Scottish High International School organized 'Senior Citizen's Rights Awareness week'. This was dedicated to honouring and recognising the efforts of the senior citizen in guiding and building modern India.

The students of Grades VI-XII were made aware of the rights of the Senior Citizens through posters put up on all the important notice boards in school and also in the library. A special poster was also put up at the school front desk for parents to read and understand. Students were encouraged to discuss these rights with their grandparents. To drive the message home a speech was written by Samiha Bellani Grade XII and presented by Prisha Singhal of Grade XI in the school assembly on 7th Oct 2022. All in all, the school tried to popularise the message of the rights of Senior citizens.



Ms. Bhawna Dhull
Club Co-ordinator

Modern Foreign Languages

Go to Goethe

"Go to Goethe!" is a monthly event organized by Maxmueller Bhawan, New Delhi for school students with a focus on aspects of the country in order to give them a broader view of Germany, German and the Germans. Recently, our Samaira

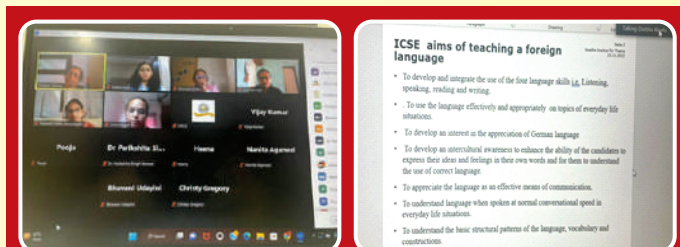


Kohli and Yashica Mohan of VIII CS visited Maxmueller Bhawan on 15th November'22, Tuesday and participated in this fun-filled learning session. The Goethe library tour was conducted wherein students could broaden their knowledge on various German books and authors. They also participated in a workshop where they could learn new German words, phrases and idioms in a playful manner. Our Highlanders participated in this workshop with great zeal and enthusiasm and could broaden their horizon towards the language.



German at the ICSE level

Online ICSE German workshop was conducted for all the facilitators on 23rd November 2022, Wednesday from 2:00pm – 6:00pm by Ms. Durbha Alivelu. The agenda for this session was to promote a greater understanding of the ICSE curriculum. It provided an opportunity for the German teachers from ICSE schools to get together and share good teaching practices, teaching ideas, their expertise, and explore issues and challenges. The teachers were given task to access writings of students and Grade them according to their understanding. Explicit discussions were conducted thereafter.



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

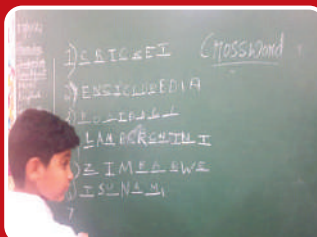
Middle School (VI to VIII)

Talent is a pursued interest. Anything that you're willing to practice, you can do.

- Bob Ross

This month had been a very busy month for our talented

Highlanders as they burned midnight oil to present a flawless and successful Annual Function in front of their parents. While the participants were busy to attain perfection in singing, dancing and drama; non participants were enhancing their writing, speaking and general knowledge by doing different activities in the class. They wrote impressive essays, had good debate, made dishes without fire, played Taboo game, solved crosswords



puzzles, etc. To celebrate Guru Purab the students presented their views on it. This month gifted the school with many budding dancers, singers, orators, artists which proves that Scottish High Students excel in every field be it academics or co-curricular.

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

IGCSE

Accounting is a valuable field to make a career for students. Knowledge of accounting is beneficial for the students, not only if they are keen to pursue accounting as a career, but it also helps them in their day-to-day dealings, as it equips them with the basic knowledge of how to effectively handle money, calculate how much money they need, handle their expenses, and learn how money can be generated.

A group activity was conducted with the Grade IX IGCSE Accounting students in order to brush up their accounting concepts learnt in class and apply them practically. The activity



required the students to work in a team of two, each running a Furniture Store. One of the team members acted as a buyer and the other as a seller. The students were then asked to list out four business transactions each, that involved dealings between both the parties, i.e. the buyer and the seller. In doing so, the students interacted with each other and learnt how to formulate business transactions, which usually are given to them while solving the questions in class, this process was quite engaging for the students.



After listing out the business transactions, the students were then required to record the transactions in the relevant books of prime entry (Sales/Purchases Journal, Sales Return/Purchases Return, Cash Book Extract) which was a practical application of the concepts they had learnt in class earlier. In this process both the buyer and the seller were required to prepare their own set of accounting records. The students with some guidance were able to successfully apply the theoretical concepts learnt in class in a practical scenario.

Overall, the activity was an enriching learning experience for the students and it also boosted their confidence level.

Ms. Surabhi Sharma
Accounting Facilitator

ICSE - ISC Bulletin

The Highlanders in Grades X and XII are preparing for their examination cycle as the year is about to conclude. Throughout the month, there were additional classes in full swing where the students were occupied working on revision tasks. Teachers created worksheets and small group examinations to help students get ready for their forthcoming Pre-Board Exams. The Final VIVA/Project Evaluation and Practical of Grade XII ISC will begin from December 16th, 2022. In order to adequately prepare the students for the Final, Mock Practical and VIVA will also be conducted. Schedule of the same is sent to the students. A formal invite has also been sent to the Supervising Examiner and Visiting Examiners for the above-said exams.

Additionally, our Highlanders are consistently earning laurels for the school with numerous competition. Akshat Mehndirata, Divyesh Ramesh and Nikhil Bhasin of Grade XI secured First Position in Mock Stock event in Communique held at Strawberry Fields High School, Chandigarh. Angella Jeff and Prisha Singhal secured First Position in Sketch-A-Comm, a Commerce Competition held at Lotus Valley International School. The saga continues with team SHIS comprising of Divit Chopra and Raghav Gupta lifting the Second Runner's Up Trophy at Outspoken '22, a debating event hosted by DPS R. K. Puram. Divit was also adjudged as the Best Speaker in the Turncoat event.

Well Done Highlanders!

Grades IX and XI Highlanders showcased their skills by putting up a stupendous Annual Function. Needless to say, Annual Function has always been a hallmark celebration of the talent and creativity at SHIS. However this time, after 2 years, the amount of dedication and relentless practice that students put in its execution is unparalleled.

Kudos to all the Highlanders in putting so much efforts and bringing out this incredible show!

Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP

**And the dead leaves lie huddled and still,
No longer blown hither and thither;
The last lone aster is gone;
The flowers of the witch-hazel wither**

As fall has approached and winter is knocking on the door, the IB programme has picked up pace to run the last leg for out Grade XII students. With registrations for the May 2023 Examinations done, our students are preparing for the Mock I exams. As University deadlines are approaching, our students are busy filling up their forms and applying for their programmes of choice. However, this does not limit their capacity as individuals to do other things as well.

Our student Council from Grade XII was part of the Annual Day celebration which took place on the 23rd November. Moreover, Grade XI were seen performing with enthusiasm and zeal on their favorite dance numbers for Annual Day.

The teaching faculty was also equally involved with the Annual day celebration but made time to ensure the horizontal and vertical collab meetings went on smoothly. The agenda discussed was the upcoming Evaluation plan along with some fun activities to make it interesting.

Ms. Sugandha Malhotra
Ms. Pooja Sharma
Deputy IBDP Coordinator

CAS

Aravalli Adventure Expedition

Highlanders of Grade XII ISC and IB DP both had gone for the "Aravalli Adventure Expedition" at Equestrian Sports Academy, Bhondsi, Aravalli, Gurugram on 5 November 2022. They were accompanied by their CAS Coordinator Ms. Kavita Yadav and HoD Sports Mr. Darshan Singh Gahlhot. The day-long expedition included activities such as trekking, horse riding, and cooking on an open fire. Highlanders participated in many team-building activities and spent quality time exploring nature - the flora and fauna of Aravallis. Students identified some common birds of Aravalli like the weaver bird, kingfisher, common babbler, common cuckoo, purple sunbird, etc. They also spotted some beautiful butterfly species like Lime Butterfly, Danaid Eggfly, Blue Pansy, Plain Tiger butterfly, and Small Blue to name a few. It was good to witness that the Government has started taking steps for the protection of the Aravallis near Bhondsi. This motivated the students to pitch in their support towards this cause. The students enjoyed the cooking expedition the most and got firsthand experience of cooking on an open fire independently and prepared some mouth-watering dishes like pasta, paneer tikka, chickpea salad, noodles, sandwiches, etc. The students had an enriching experience and created memories forever.



Ms. Kavita Yadav
CAS Coordinator

From Our Budding Writers

A BETTER TOMORROW

We started off as nature friendly beings. We didn't have machines, factories or anything that pollutes the environment. Humans were created to protect the earth, to nurture the earth and in the starting we did compute with this idea. After some centuries humans started evolving and getting more advanced. Now, we live in the comfort of our homes, not even thinking about what stood at the same place centuries ago. A tree? A boulder? Some plants? And now, we will never know. We, as humans, should put more thought into spreading greenery rather than pollution. Use simple methods. Reuse, Reduce, Recycle. If you do not want to reuse an object, donate it. Help the needy. If we think about it India's population is 138 crores approximately. If 45% of them are experiencing poverty, that leaves approximately 76 crore people. If each of these people, including us donate 5 Rupees than we will have approx. 380 crores collected. We spend so much money on one dress, one accessory, everything. According to me, donating 5 rupees won't stop our life but will start lives for others.

During the Paleolithic Period, or Old Stone Age tools were made of bone and wood. There were no houses, no lights, even fire wasn't there. They used to make it work with the things they had. I am not saying that we should cut ourselves off of civilization and live on the roads but I am suggesting the fact that we should be a little content with our lives just as we are. While buying a new house, a new car or even a new television we should think about how many people worked on it but are still poor. Some people don't get enough credit for doing their work. Suppose if a delivery person comes to our home and we give him/her a tip, the restaurant/service company etc. will take it from them even if they came on a bike while it was raining. We should make sure that this doesn't happen.

People are wasting water nowadays and by people, I mean us. Suppose when we water plants, let's be honest, how many

of us use dirty water from the washing of utensils etc. Very less. Why? Because we simply don't care about the people who will be living in the future and fight for water rights, who will fight even for drinking a sip of water. We treasure precious metals right now, but in future we might have to sell those only to buy water which we waste so freely right. Please stop wasting water. It's never too late to break a habit that's not good for you.

There are times, when we are bored and we think, what should I do? My suggestion is to make use of your free time and educate an unlettered child. Teach him or her the letters, numbers etc. Due to your education, in the future maybe the child will become a doctor and help you out. You never know what anybody can do.

If we visit Chandigarh or a hillside, we always say, there is so much greenery here, I will definitely come here again. Why? Because we as human beings will always like breathing in a surge of fresh air. But if you think it through you can get fresh air near your house. Fresh is there because of plants and trees. Plant a tree every year. As I said before if 76 crore people plant a tree each year, it will not take long for India to become as green as it was a 1000 years ago.

A better future is what wears living for today. The truth is- Everybody thinks about tomorrow, how it will be and how it should be, but no one takes an action upon it. I only have handfuls of tomorrows that I can think of and most of them do not turn out good. Tomorrow is an obscured territory, we will always think of the best and hope for the best, what happens tomorrow is not in our hands. But if before doing something, anything we think about what the consequences of that action will be and take a small action upon it, I think that tomorrow could be better than today.

Sia Aggarwal, Grade VIII-F

A flower's Hardships

A seed there grows,
Into a tiny plant,
After the gardener sows.
Sometimes a flower it grants.

A tiny stem,
A root shoots through,
Hard work for them,
But we just boo.

The first leaf of success,
The first time it shines,
It's difficulty it tries to confess,
But nobody pays attention to the signs.

Then comes a bud,
A little a ward,
But dirtied by mud,
Cracked by a glass shard.

The first bloom it shows off,
Nothing to condemn,
Finally it's time to shine and laugh,
Success always comes if courage you expend.

Sia Aggarwal, Grade VIII-F



TSUNAMI

There was a vast dichotomy between the scene that was before and after. Earlier, the almost shimmering golden hue of the earthy sand supplied a steady warmth, the intricate motifs of carefree footsteps etched into the sand. Refreshing water lapped onto the shore, as it delicately caressed the sand. The orange-tinged sun peered through the clouds, spreading its rays to bathe the earth with its warm glow, whilst the liquid sapphires glittered below in the limelight. Stimulating aromas of saltwater and fresh air wafted throughout the beach, but that was before the storm. Thunderous winds killed trees and plants, stripping their leaves and branches, uprooting and toppling them onto the immaculate sand and sea, spewing damaging saltwater everywhere, devastating local ecosystems and ruining the pristine beach. The ever-so-gentle sand was polluted with murky tree branches and dead sea creatures, washed onto shore by the unforgiving sea during a storm, the sea's wild lashes still etched onto the surface of the sand. The sea had not only washed sea creatures, but also litter, the beach resembling a vast landfill. The smell of dead fish and saltwater lingered throughout the atmosphere. The only sounds that were heard was the waves of the sea, and the occasional seagull that flew around, only to leave at the havoc. The sea was still as pristine as ever, the azure blue waves rhythmically drew into the shore and out again, unbeknownst to the disaster. Ominous clouds drifted near the horizon, the sun peering upon the clouds, gently spreading its rays to bathe the earth in its warm glow. Further along the coastline, chestnut brown pieces of wood lie utterly shattered in shambles, beyond repair. The crumbled pieces of wood were nothing more than a ghostly silhouette of the previous existence of a cosy inn. The wind whistled through the empty air, bringing with it the laughter of the past families who once used to play here cheerfully before the storm.

Himanshi Aggarwal, Grade XI IBDP

Walking through the Forest

I was walking through the Forest when suddenly I found a wonderful sight to see.

Beneath the moss & dew strewn leaves, it was a snake slithering under a tree.

How serene, perfectly drawn out of a painting, the little unwary creature of God!

Nature can be inspiring for many of us you know.

To behold, absorb, appreciate and respect-

It is our greatest responsibility to protect it and the creatures living in there too!

We need to save it before it falls into a poacher's trap.

So that we can all celebrate the achievement of a goal that was long overdue.

Ajooni Randhwana, Grade V-B

SECRET HAMARTIA

People are afraid to proclaim and are several times consumed by it. Something that can prove in your favour and other times end up against you. Possessing the darkest, most raw truths to stories that we only hear vaguely - secrets. Kept unknown and untold; it's curiosity around which this world strives. The unspoken words one may take to their grave, deny the world of its enlightenment. Transparency may almost be a myth today; the plain thought of being "see-through" is a reeking fear in people. Being viewed as their most vulnerable, honest, and exposed; is mere horror in a world of people who exercise control, security, power, and confidence. Unleashing those weaknesses and opting to channel their candid energies – isn't what helps them control. Being unable to do something, having some insecurity, some guilt, something stopping you from revealing yourself to people. The past? Maybe the pending tomorrow? Or is the static present? But could you even begin to comprehend the capacity it holds to make you different; it's only a weakness until you classify it as one, by already discarding it from the radar. You hiding from people will only amplify the guilt – try to free yourself. It's the imperfections making all the difference in our lives, introducing a contrast that enables us to strike a difference, and makes us unique. Own it like it's almost like an asset. One that draws attention rather than making them run away. It is ALL those flaws that make you stand out. Stop giving it a reason to wear you down. Appreciate you, celebrate you, value you, and love YOU; before anyone else.

Disha Singh, Grade XI IBDP

Photovoltaic Pavements

Looking forward towards a sustainable future, we demand ground-breaking inventions. I have recently come across one; Photovoltaic Pavements.

What are roads traditionally made up of? Concrete, cement, asphalt and much more. However, now these are being replaced with materials which can provide renewable energy, are sustainably approved, and are efficient. This introduces the idea of photovoltaic pavements, also known as solar roads.

Solar roads are built using photovoltaic technology. Surfaces of roads are fitted with solar panels or cells that are used to generate electricity directly from the sun. This concept is also being used in residential driveways and parking lots.

Though these are extremely costly and can't take too much traffic load, the benefits include:

- It provides electricity which can be used by societies, in street lights, etc.
- It can also charge electric cars while driving.
- The high technology used, helps in melting the ice/snow to clear out the roads and ensure they are passable.
- They are long-lasting and have low maintenance costs.

Solar roads have so far been tried and installed by various countries like France, Spain, the USA, China, the Netherlands, etc.

There is ongoing research on solar roads and we can see them being implemented even more when the manufacturing costs become lower.

Danicca Bajaj, Grade VIII-G



Violin Away Time

Flakes of rosin gently fall as I aggressively slide them against my bow. The frustrating piece of music sits before me smugly on a rickety stand that seems like it will topple just as quickly as my patience for this wooden instrument that has caused me more woe than hope.

When I first picked the violin, I understood what I was getting into and yet, years later, I find myself wishing I had put it aside because now I am too much of a slave to it, to let it go. This instrument has me breaking and building myself with every note I play, it has consumed me completely and a day without it leaves me waning. Time passes quickly when I am surrounded by it and I always wish I have more moments with it.

I will never be able to perfect my playing: there will always be a note out of key, a bow-stroke quivering and a finger missing the mark.

And so, as I place the shoulder rest and position my violin, I optimistically begin to play, aiming to achieve not the perfect note, but a better version of the music I have forced upon myself. There is not much improvement, but my muscles grow familiar with the odd placements until eventually, a shaky tune is audible and a spark of accomplishment shoots through me.

For now, I continue to dedicate myself to this agonisingly vital part of my life, knowing that I am whiling away my time.

Samiha Bellani, Grade XII-F



even if eventually they'll drown in shallow ponds.
And you'll think you know me, but it might just be a sham,
an odd, curious soul: that's who I am.

Yash Moitra, Grade XII IBDP

Nostalgia

The feel of my feet on the sand,
Warm and soft near the boundless ocean.
Brings me back to those sweet memories, which are left in the past,
But still hold a special place in my heart.
The happy and funny memories we made,
So stubborn, they won't leave my mind.
Ever since you left,
I feel empty inside.
We all have an image of happiness we want to feel,
Keeping that in mind,
I believe that day will come again.
Those nostalgic days will return.
Collecting my thoughts, I looked up at the sky,
It looked dull and a little gloomy, it sympathized with me.
I left the beach with my body in the present,
And my soul stuck in the past.

Riana Baijal, Grade VIII-A

Who am I?

I'm the front and the back of the same old tide,
the same old sides of the same old coin.
A closeted bride with a gown by her side,
the gown that she'll tear, the gown that'll hide,
What you won't bother to see, to lift the white cloth.
Uncover me, and you will have bought-
a one-way ticket, you're not coming back,
a single engine train, on a mind that's one track.
Beyond this veil, lie truths that make no sense;
uncover the paper trail, and sneak past the old fence.
Look into my eyes, and row through this stream,
either you'll capsize, or you'll find my dream.
A vision that this pupil sees, in every little fold and crease.
Autumn calls, my little leaf: fly away with her breeze.
Fly, songbird, and watch me yearn,
for all I want to do is learn.
Learn why you choose to sing on my branch,
and learn why your song leaves me in a trance.
Learn what lies behind all those feathers;
or learn why you cry when you can't bear the weather.
Dark little park, and sold-out souls,
interminable faces, all masks and trolls.
To take off your mask, and hear your voice-
is the only solace that'll make me rejoice.
For I want to know you, and build new bonds,

Spooky Season



Among my happiest childhood memories is putting on a dilapidated witch hat and flowy black dress every year on October 31st and knocking on doors across my neighbourhood with my friends in tow. It was a carefree time before the advent of my health-conscious journey- when I would devour tons of sweets and manipulate the neighbours into giving me more by pouting.
Halloween has always been a jolly time. For my mom, it meant replenishing our annual supply of candy and keeping her children happy. For my dad, it meant getting to photograph his little girl smiling while looking the exact opposite of scary. For me, it meant making memories both happy and funny, such as the time a clueless old lady gave us toothbrushes as treats due to not knowing what Halloween was.
When I grew older, finally throwing that worn-out witch gear, I began experimenting with different costumes. By then, I had developed an interest in fashion and the American pantheon of Halloween in which all costumes weren't even spooky! I dressed up as a unicorn with a handmade horn once, then as a generic ghost in black and even a cat. In the past few years, Halloween has become a distinct marker of my changing maturity from year to year. Graduating from trick-or-treating to Halloween parties where we dance into the night, what stays constant is that I've never really gotten the "spooky" of Halloween because it's always been an excuse to have fun and celebrate with my community. Spooky season is a misnomer. Next Halloween, no matter who you are, I advise you to put on a silly costume, call your squad and have a fun night.

Riti Aggarwal, Grade XII-F



The Sound of Silence

She stumbled into the silence,
To cut herself from the noise.
She wanted to be alone with her thoughts and struggle in peace.
Pain, grief, agony- she felt everything at that moment.
She could hear the clock tick,
But it felt as if time stood still.
Her heart was pulled out of her chest
That void she felt,
She knew it could never be filled,
She was all alone in the silence with just her thoughts.
She drifted into an endless abyss.
She broke down sobbing silently, tears rolling down from her eyes.
She tried to make a sound but she choked on her tears,
She could feel her throat close in.
She struggled to breathe.
Every breath felt like acid.
Every tear stung.
Everything was so silent that she could hear her unsteady breath
And the blood rush in her veins.
Everything stood silent and mute,
She could even hear the rhythmic beat of her heart.
The eerie silence chilled her to the bones.
She played and replayed the memories in her head,
Wishing she had then known what was to happen in those moments next,
She reminisced the heavenly times but all of a sudden she was struck with the memory-
Of her holding that cold and lifeless hand.
The air felt heavy, and so did her heart,
She looked outside and saw the world go.
She felt rage burn inside her, everything outside should be chaotic she thought, it should roar and thunder-
After all, she had experienced a dreadful loss.
The hellfire in her heart grew by the minute.
She was all alone in the silence with just her thoughts.
Just then she heard the voice,
She died and was revived in that moment.
She looked around but the room was empty.
It got silent for a moment; she felt the silence before the sound,
Then she heard the voice again.
“Remember me with a smile not tears because I know we'll meet in a few years. I'm not really gone; I'm here with you till the end, I'm still alive in the silence.”
Confused and vexed,
She looked around to find only still and calm.
She cursed the Sound of Silence for the merciless delusions because she knew the person with that voice was gone.

Dlicia Lal, Grade XI-D

Adversity

Showing resilience in the face of adversity is the paramount

goal of human existence. Whether it be Darwin describing natural selection or Plato discussing the role of necessity in innovation, “Survival of the fittest” has become a universal truth in society.

This truth is derived from the inference that suffering is inevitable. Through its dynamic manifestations, suffering is faced by everyone at all given stages of life. Adversity does not discriminate. Right from a young student of sixteen, struggling to survive public humiliation and social pressure, to the wounded soldiers in the battlefield surrounded by death; suffering is seemingly without cause. It appears to be unfair but it is not detrimental.

In a world of instant gratification, hardships keep us grounded. The ability to grow from adversity has a direct correlation with one's determination to succeed. Vincent Van Gogh dedicated blood, sweat and tears to his art in an attempt to overcome his mental illness. This struggle later led him to be one of the most celebrated artists in history. By not giving us a choice, adversity forces us to see our shortcomings and overcome the barriers we create for ourselves.

Contrary to popular belief, adversity is not a nemesis, it is a teacher. The pain that we feel subsides with time but the lessons we learn from it remain with us. Above all, adversity has led to the formation of cultures. In the search for support and guidance during misfortune, we as a people have learnt to preserve our knowledge in order to prevent future generations from making the same mistakes.

Life is a journey of self-discovery and adversity may be seen as a hurdle on the path to the finish line. It teaches us to take a break from the sprint and analyse the problem with which we are presented. It is essential for us to make the next right choice and keep moving forward.

Tvisha Singhal, Grade XII IBDP

एक तारा

जीवन एक तपस्या है...
तप कर निखर मुझे आना है,
दृढ़ संकल्प, दृढ़ निश्चय मेरे,
हौसला है पर्वत सा...
दिल रही साफ़ मंज़िल मुझे |
आँखों में मेरी कुछ सपने हैं...
जाना है क्षितिज पार मुझे,
मैं क्यों रुकूँ अब
जब साथ मेरे सब अपने हैं,
मैं क्यों सोचूँ क्या लोग कहें
क्यों बन्धू मैं जग के बंधन में,
डर के कब लिखी गई...
कहानी सफलताओं की |
मैं जुनूनी चल पड़ी हूँ
मंज़िल तो अपनी पाऊँगी,
लौट कर आई कभी तो
अपनी मुठ्ठी में...
एक तारा भी साथ लाऊँगी,
एक तारा भी साथ लाऊँगी !!

अनन्या निगम, कक्षा आठ सी



ANNUAL DAY 2022-23

To recognise the overall development of Highlanders in all aspects of life the 16th Annual Day at Scottish High International School was conducted on 23rd November'22; 'Spectacula' represented the zeal and energy of everyone involved right from students' academic, activity staff to all the support persona. It was epitome of blending of artistic, cultural and synthesis of technology which created a tremendous show called 'Spectacula'. The performances of Highlanders were enchanting and a show stopper which left the audience enthralled.

The school, Director Ms. Sudha Goyal, in her welcome address presented the annual report and she was all praises at the efforts of the Highlanders on their successes in various fields be it academic or sports. She further emphasised how this institution has been able to overcome all odds and has been able to achieve accolades in all-encompassing aspects of academia and the sports arena. It has been an excellent year with our students' winning awards in all spheres.

The release of 'Highwriter' the Annual School Magazine was done by Ms. Bakhtawar Saini, the Director Operations.

In his speech the Chairman of the school, Dr Commander Kartikay Saini espoused on the component of responsibility, promise and loyalty and how the Highlanders have exceeded all expectations. He also highlighted that in spite of facing various challenging situations in the past two years with the unstinted support of all stake holders, the school has been able to uphold all the values it represents and present 'Spectacula'. The Highlanders who had created history by being awarded the top three positions in the ISC examinations were lauded for their efforts and each was given a Trophy.

The program 'Spectacula' was combination of Western, Indian, Gangnam dance and variety of music. The Highlanders presented an incredible and vivid performance of songs, an adaptation of Bishop's Candlesticks, a skit on online classroom. All the performances captivated the audience violin recital, were an integral part of this 'Spectacula'.

The Annual day concluded with the singing of the school song and National Anthem.







Clan News

ANDERSON

Scottish High celebrated its Annual Day 2022 on the 23rd of November and Highlanders were therefore busy the entire month preparing for the same. The excitement was at an all time high as they got this opportunity to showcase their talents and for experiencing teamwork with their peers, after a long two year gap due to COVID-19 and the subsequent lockdowns. Due to the ongoing daily practices and run throughs, Interclan Competitions were not conducted and are

now rescheduled in the month of December.

Only one competition was conducted in this month which was Interclan Hindi Self-composed Poetry Competition where Siddharth Kapoor (VIII) and Aryan Khanna (VIII) both secured the second position. I congratulate the efforts of these two Highlanders. Looking forward to more of their participation in the upcoming competitions and motivating all Andersonites to pull up their socks so that we can together work towards elevating our clan position.

The Annual Day 2022 was a gala event appreciation and applauded by parents and guests alike. From dance performances to plays and musical events to speeches, from costumes to light and sound, everything was at its best upholding the Scottish High ideology and what it stands for. This is also a day when achievers are felicitated for their accomplishments in the academic year. This arouses a sense of pride in the hearts of young students for their institution and encourages them to work hard and achieve the same feat.

Ms. Ruma Jain
Clan Elder - Anderson

BOYD

Emotions led success

To have success in your life, you must master thoughts and emotions.

Emotions are very powerful gift to human life. Every second of a minute and every minute of an hour, we are occupied with different emotions. Life is an absolute dull and worthless business if we delete all our emotions from it. We keep saying that life is a festival but how can anything be celebrated without smiling, laughing and dancing. At the same time, one can

enjoy these happy emotions if only if there has been an experience of lack of the same. Having control on our emotions as per the situation is one of the most powerful skills we can learn to create a successful and fulfilling life.

Speaking of students' life, they experience a variety of emotions following achievement outcomes which definitely influence the way they learn and perform in their academic field. Patient listening is one of the most important aspect a student need to learn. This gives ample time and opportunity for the brain to assimilate information to generate a more effective piece. Personality of an individual is the mirror image of his acts and emotions while handling

different situations. Showing various gestures to others strengthens the level of compatibility in a relationship. Our Highlanders are also getting trained in the direction of representing their emotions through different competitions. To name a few for the month, Anjaneya Kaul (Grade VIII) bagged first position in the Inter Clan Hindi Self Composed Poem Competition. Tatvam (Grade VI) secured second position in the Interclan Hindi Extempore Competition. Anika Bhatnagar second (Grade VIII) drawing competition.

Congratulations to all the winners and the participants. Keep upgrading your skills and doing wonders.

LAMONT

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination and dedication. Remember all things are possible for those who believe."

— Gail Devers

Competition is and will always be a part in our life and is a component that regularly effects life experiences. We will always be motivated by the idea of winning, to get something, to achieve and to beat others. Competition play a role in motivating students to perform and excel and offer a lot more

reward than just the winning prize. It offer a chance for participants to gain substantial experience, showcase skills, analyze and evaluate outcomes and uncover personal aptitude. Achievements through competitions can leave great imprints on your resume. They provide proof of your outstanding skills and distinguish you from your classmates. Competitions put you at an advantage when applying for higher studies. It provide a great platform to display the knowledge and skills you have amassed over the years. Competition is an indispensable part of our lives. Competition at every walk of life is inevitable. Keeping that spirit of competitions high Lamont participated in Inter Clan English Debate competition where Gaurissha Angel Singh of Grade VIII showed her oratory skills and secured second position. In Grade VIII Inter Clan

Drawing competition Manya Bansal painted beautiful drawing on topic 'Wings to Freedom' and secured third position. In Grade VIII Inter Clan Hindi Self composed poem competition Hetavi Doshi secured third position. Ruhika Seth proved her mettle in Inter Clan Hindi Extempore Competition and bagged first position.

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

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

— Conrad Hilton

Ms. Geetanjali Ahuja
Clan Elder - Lamont

MACARTHUR

"There will be obstacles. There will be doubters. There will be mistakes. But with hard work there are no limits."

- Michael Phelps, Olympic Swimmer

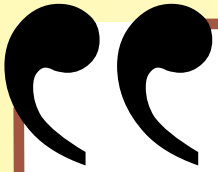
Clan MacArthur performed fairly this month with multiple achievements in hand.

In the Inter-Clan Hindi Extempore our Highlander Advik of class VI secured second position. The victory was rejoiced and continued by our VIII Graders as our budding artist Adrita of VIII secured first

position in the Inter-Clan Drawing Competition and Harshbardhan secured third position in the Inter-Clan Hindi Self Composed Poem Recitation. Last but not the least our Debate champion Anaya Dogra secured first position in the Inter-Clan English Debate.

Clan MacArthur will keep working hard to give better performance and results.

Ms. Pooja Sethi
Clan Elder - Macarthur

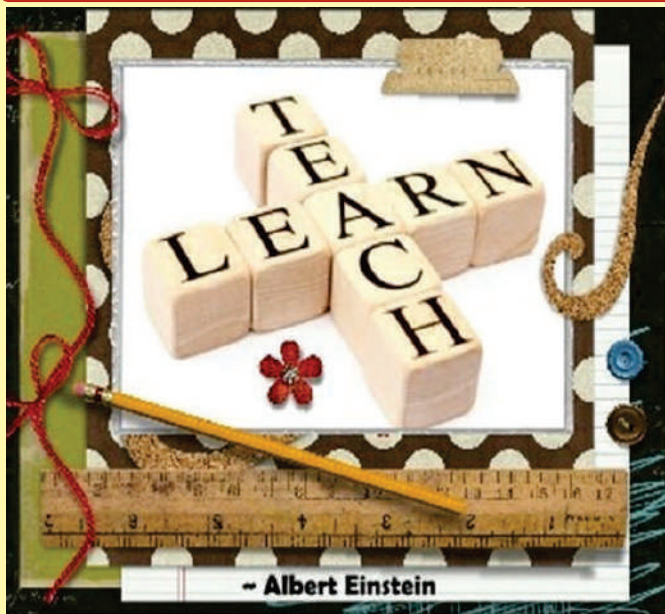


Famous Quotes

November

1. "Too many of us are not living our dreams because we are living our fears." -Les Brown
2. "I have learned over the years that when one's mind is made up, this diminishes fear." -Rosa Parks
3. "I didn't fail the test. I just found 100 ways to do it wrong." -Benjamin Franklin
4. "If you're offered a seat on a rocket ship, don't ask what seat! Just get on." -Sheryl Sandberg
5. "I attribute my success to this: I never gave or took any excuse." -Florence Nightingale
6. "I would rather die of passion than of boredom." -Vincent van Gogh
7. "If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough." -Oprah Winfrey
8. We want deeper sincerity of motive, a greater courage in speech and earnestness in action. -Sarojini Naidu

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



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I only attempt to provide the
conditions in which they can learn."**

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Golf

ANITYA'S TIP OF THE MONTH

This month, let's have a look at what a good set up for a standard chip shot should look like. This is a shot that is played from the edge of the green and can save you a lot of strokes if you execute it well.

The chip shot is easy to execute if you get the set up correct. Take a note of the two things with respect to the ball position and the weight distribution that you can see in the picture. The ball is positioned approximately in the middle of the feet and under the sternum. This is to ensure that when we swing the club through the ball, the bottom of the swing arc comes under the ball and the contact with the golf ball is good. The weight is slightly favoring my lead leg or my left leg and it does not shift from here as I swing the club back and through. This ensures stability of my body through the swing, making the club connect with the golf ball before it strikes the ground.

Setting up correctly for a chip shot is fairly simple and goes a long way in ensuring that your contact with the ball is crisp and you have good control over the shot. Practice it on a regular basis.



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



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