



# SCOTTISH HIGH<sup>TM</sup> INTERNATIONAL SCHOOL

## THE NORTH WIND

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### From the PRINCIPAL'S DESK

## New Beginning

**O**n a sunny Monday morning of 3rd April '23, the school was abuzz with excitement as it welcomed a new academic session. The air was filled with anticipation, and the atmosphere was festive with the melodious tunes of the band and colourful balloons. The following day, despite the rain, the high spirits of the initial Highlanders remained undaunted. It was a new beginning for the Nursery students as they took their first steps into formal schooling. Similarly, Grade I students experienced a fresh start as they began having meals in the Dining Hall with their Homeroom Teachers (HRTs). Grade VI students also began a new chapter as they were introduced to new subjects

such as Science and Social Science, along with specialized indoor, outdoor, and entertaining club activities.

The school mornings are now marked by the News Bulletin board, which proudly stands at the entrance and heralds a new beginning every day, thanks to the Clan Elders and their tutees. For Grades XI and XII, the new academic session brought a fresh start with the ushering in of the new student council, along with added roles and responsibilities. The young leaders took an oath in their new office, signifying a new beginning in their lives.

For the outgoing batch of XII IBDP, it is a new beginning as they write their final exams and prepare for their journey beyond school. As we get ready to embrace the summer, it is essential to stay hydrated and indoors to remain fit and healthy. The foundation for a new beginning lies in the treasure of previous experiences, and with this spirit, the entire Scottish team is all set to make this year another grand success. To sum this up, let us remember this famous Sanskrit quote:

**“navarmBa: AnyaarMBasyaaMtadayaait”** : “Every new beginning comes from other beginning's end”

**Dr. Sanjay Sachdeva**  
School Principal

## It is OKAY to make Mistakes

**W**e love our children to infinity. The day they are born we pledge to look after them and protect them forever, we are always there to nurture and support them as they grow from infants to toddlers and beyond. We protect them with all our might when they stumble and fall, all the while trying to make their lives as smooth and comfortable as possible. But as many noted psychologists say, even if we feel uncomfortable we should provide opportunities to our children to learn from making mistakes. We need to step back consciously, and let them make mistakes even when we know the consequences. Letting children make mistakes will make them resilient and confident to be able to handle situations which may arise when there is no adult support. When children are given the opportunity to struggle and fail, we allow them to develop important social and emotional skills. Our role should be to support and guide, rather than do for them what they need to do and learn to do for themselves. Coping skills are like muscles, we don't know how strong they are until we need to use them. Therefore, the question is how we make opportunities for learning from mistakes? When children ask for help allow them to complete that task on their own from tying shoe laces to completing the home assignments. Idea is to let the children try

and if they do not succeed offer help to do it in collaboration. Similarly, when children ask for answers, a common paternal instinct is to share wisdom immediately. But what actually is required is to cooperate with them and guide them to the best possible source of information. If they get the wrong solution, support them as they will learn a very important lesson discovering new strategies when they are not right.

Another learning opportunity is reacting in a balanced manner when your child has let you down your expectations. From a low Grade to a lost game life can be riddled with disappointment and failures, this is the time you need to be more patient and begin the process of reflection. Instead of focusing on fixed marker of success like a Grade or a win it is better to reflect together on what children did, where they excelled and where they need to put more effort.

Need for patience, time, effort, energy and perseverance is the key to raising resilient and confident children. It is correctly said that we can pick up a mistake and carry it as a burden, or you can set it down and use it as a stepping stone to greatness”

**Mrs. Seema Bhati**  
Primary School Director





# PYP

**“You are off to great places.  
Today is your first day!  
Your mountain is waiting,  
so get on your way.”  
- Dr. Seuss**

The new academic session at Scottish High, commenced in the month of April. An important milestone in the lives of these young Highlanders, it was indeed a time of new hopes, aspirations, new dreams and beginnings. The teachers ensured that the classes were bright, colourful, warm and inviting for the new students. A lot of effort was put in to create the right ambience; playing of soft music, a display of plethora of resources for the children to explore and engage with, music, dance and games classes and much more, helped in settling the students faster and in keeping them purposefully involved. The parents, on the other hand, displaying mixed feelings themselves, anxious and excited, were seen capturing the special feeling of the first day of the school by clicking photographs of their child at different selfie stations, and along with the cartoon characters- Peppa and Coco Melon, enthusiastically.

The Home Room Tutors devoted the first few days towards making the Highlanders comfortable in their new surroundings. Emphasis was laid on developing self-management and social skills through sessions including self-introduction, familiarizing oneself to the different corners of the classroom, discussing and drafting the essential agreements for the classrooms. Singing rhymes, hearing stories, going for a joy ride on horseback and working with manipulatives were other engagements that kept them engrossed and happy. The young learners also focused upon setting goals for the new academic session. This exercise, entailed discussion on goals with the kids and encouraged them to share what they are interested in and their specialty lies. It motivated them to think about adopting new skills and capabilities beyond what they already know. It was a great opportunity for the teachers to get an insight into what the student is curious about and where their interests may already be, help nurture them and shape their ideas. With the belief that learning is a continuous journey and not the destination, we wish all the young Highlanders the very best as they begin with their journey anew!







*"When we heal the Earth, we heal ourselves." - David Orr*



In order to promote environmental awareness and to remind us that we can protect the Earth in our everyday lives through our small actions and responsible behaviour, Earth Day was celebrated on 21st April, 2023. The build up to the Earth Day, a weeklong celebration helped in bringing forth significance of this day and in championing our endeavour to make every day, Earth Day! Story

narration leading to discussions, singing rhymes, creating posters on water conservation and save electricity, learning the significance of recycling, reusing and reducing. This helped in creating awareness amongst the young learners and encouraged them to take ownership to keep our mother Earth, clean and green, always!







The first PTM of the new academic session was held on Saturday, 29th April. This interaction was primarily to apprise the parents about the wellbeing of the students and how well they have settled in their new class and environment. With a focus on the welfare of the child and steps leading to their holistic development, the Home Room Tutor's exchanged notes and shared insights about the various learning experiences in school with the parents. This partnership with the parents at the beginning of the session formed a stepping stone to support students' learning wherein shared decisions, exchanging of ideas, building on experiences and providing support formed the basis of this collaboration.



### HOME VISITS - TO STRENGTHEN TEACHER-CHILD-PARENTS CONNECTION



Keeping with the Scottish High tradition of maintaining and strengthening the bond between parents, teachers and the learners, the Home Room Tutors began with the Home visits. With an intent to meet the students in their 'comfort zone' and develop a rapport with the parents, this initiation was met with enthused and happy children welcoming their teachers to their homes. The teachers on the other hand through this visit, established a deeper understanding of their routine and learnt about their

interests and perspectives from the parents and took a step forward towards their shared responsibility for their student's learning, health and well-being.







**Thank you  
for coming  
Antima Mam**

❤ Luv ❤  
**Kartik**



## Counselling Young Minds For Emotional Wellbeing.



We at Scottish High impart knowledge to the students through creative and innovative ways. To keep up with our aim of 'Education First', the counsellor's talk was organized for Grade V. This was held keeping in mind the ongoing Transdisciplinary Theme 'Who We Are'. The motive of the session was to broaden the students' perspective and introduce them on how to play different roles at different places and the values they uphold such as being compassionate and respectful. Ms. Deeksha Saini, the school counsellor asked the students to introspect how they have to fulfil various responsibilities at specific times. The students also put on their thinking caps and came up with numerous roles such as that of a student, sibling or even a friend during different situations. This was an enriching activity for the Highlanders as it incorporated in them the attribute of being open-minded and honed their values, social and emotional skills.



## Orientation for Grade I

Giving a running start to the students moving from early years to IB PYP. Primary School Director Ms Seema Bhati conducted an At Home Orientation Programme for them and their parents to make smooth transition.



## Young Achiever

Atharv Pratap Singh Rathore of Grade IV made us proud by winning two bronze medals in the national level event - Delhi Horse Show under category 14 in the month of March.

**Congratulations!**



**Deputy PYP Coordinators**





# Medley of Activities



*"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you."*

~ Barbara Shur

New session began with new energy and fresh new vibes. It is time for new hopes and renewed dreams. To begin something new is always amazing: Do you also feel excited? Sure, we all do. In fact, our students of Grade I to V were also thrilled to start something new. They expressed "Who they are" by making a visual presentation on the first page of art file by writing their name and drawing their favourite things. All the students have done wonderful work with more creativity and have shown more sincerity in their work. After this, students have started learning about the basic elements and principles of art in all the Grades. In Grade IV and V, students are learning about famous artist, they are Pablo Picasso and Wassily Kandinsky. Students will recreate anyone artwork of the artist.

Middle school also started with their optional activities as well. Grade VI to VIII art students started drawing different compositions using different mediums.

Whereas in Craft optional activity, students are learning about Mandala art, Quilling and Fluid art respectively. Mandala art is a process of creating round on a grid, and using motifs in symmetrical images. Carl Jung described a mandala as "a representation of the unconscious self". It is used to relax and is beneficial from a healing perspective. This art form is used as art therapies to promote mindfulness, focus attention and to calm. On the other hand, Quilling involves using strips of paper that are rolled, looped, curled, twisted and otherwise manipulated to create different shapes, and glued together to create decorative designs. Quilling designs can be used to decorate greeting cards, pictures, boxes, eggs, and to make models, jewelry, mobiles etc. Whereas, Grade VIII craft students learnt about Fluid art and tried their hands on 3 different techniques: Flip, Pouring and balloon smash technique. All the Highlanders are enjoying doing the activity.

An Inter Clan 3D sculpture making competition was conducted by Visual and Performing arts department for Grade XI and XII. Highlanders came up with wonderful ideas and concept as per theme "Environmental and Social issues". Judges were motivated with the presentation and conceptualization of the students. Overall it was a great exposure for the students.



Saesha I-A

Nysa II-G

Ira III-C



Yaana IV-A

Ujjwala IV-A

Shreyas IV-H



Avikaa V-E

Vinisha V-E

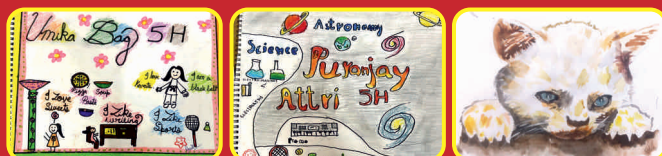
Isha V-E



Amora V-G

Swastika V-G

Pragnay V-H



Umika V-H

Puranjay V-H

Siddhi VIII-C

## 3D COMPETITION



**Ms. Amitta Gahallot**  
HoD Visual and Performing Arts



Students of Middle School started their Drama classes with lot of excitement. Students were introduced to the curriculum and its nuances. Students played ice breaking and introductory games to start the course.

Students were also given an opportunity to showcase their talent within the class and were asked to perform any act, monologue, and story, skit with 1 or more performer. The performances were performed fantastically by the students and were enjoyed by their classmates, they appreciated the performances and also gave feedback to their peers on how to perform better.

**Rohit Kumar Kalra**  
Theatre Arts - Instructor





April was a very eventful month for our junior musicians and singers, as our Highlanders, all the way from Initials, to Primary, to Seniors were absolutely engrossed in preparing for the upcoming Monkey Business on 6th of May. Our primary Highlanders learned to co-ordinate their dance moves to the Scottish Choir while our Middle School students formed the said choir and were preparing the song Better When I'm Dancing by Meghan Trainor. Our senior students created an entire band performance and practiced to their heart learning classic songs like Zombie by Cranberries, I want to break free by Queen and I Will Survive by Gloria Gaynor. Our primary Highlanders continued to learn new songs like Overcomer, Una Paloma Blanca, Fireworks, 500 Miles, Jhoomke tu Chanda Mama, Itti Si Hasi, Socha Hai, etc in their music classes, while our senior students continued enhancing their instrumental skills by learning songs like Amazing Grace on Guitar, and core rudiments on Drums. Overall, April was a challenging month for our students, where they were able to test their musical limits and explore new directions in their musical journey.

**Shivam Srivastava**  
Western Music Teacher

## From The Sports Field



The month of April started with the welcome of Highlanders for the new session. Students from Grade VI to VIII are going through Physical evaluation test where all are being tested on 5 test batteries: Shuttle run, 50 mtr sprint, 400/600 mtr run or walk, standing broad jump and sit ups. Sports department is now busy in preparation of coming sports fiesta and ASISC zonal sports events.



Mihira Ghanshyam Prabhu participated in Rhythmic Gymnastics trials for Junior Asian Championship and got

selected for the same. She is the only rhythmic gymnast from Haryana to participate in the Asian Championship.

**Darshan Singh Gahallot, HOD Sports**

## Modern Foreign Languages

*"Imagination...is the elixir of life, the seed of greatness."*

An activity "Me on a Map" (Ich auf einer Landkarte) in German language was conducted in Grade V on 18th April, 2023. The students shared information about themselves including their name, origin, and current residence. The activity involved presenting this information in a circle, each one of which provided a visual representation of the student's backgrounds and current location. It provided an opportunity for the students to learn about their classmate's background and practice their German language skills. While also allowing them to explore and appreciate the diversity within the class. During the activity, each student took turns sharing their personal information, such as their name, where they are from, and where they currently live. Overall, the "Me on a Map" activity was a fun and engaging way for the German language class to learn more about each other and to improve their German language skills. It fostered a sense of inclusivity and understanding among the students and encouraged them to embrace their cultural identities.



**Ms. Isha Verma**  
Senior School Head,  
HoD - Modern Foreign Languages

## Middle School (Grade VI to VIII)

*"Don't judge each day by the harvest you reap but by the seeds that you plant."*

The month of April witnessed a plethora of activities and





competitions being organized for our zealous Highlanders. We had expert sessions for the students of Grade VI, VII and VIII conducted by the School Counsellor. Furthermore, a Counselling Psychologist from Fortis Mental Healthcare, Ms. Stuti Sood, conducted a session with the keen students of Grade VII on the topic 'A to Z of Empathy', Ms. Tanushree Sangma from Fortis Mental Healthcare imparted a valuable lesson to the students of Grade VI on perseverance and resilience through her session 'Building Resilience with Storytelling' and Grade VIII had an interactive and insightful session on 'New Beginnings and Resolution'.

We provided our Highlanders with an exposure to a number of opportunities. Enthralling demonstrations were given by the Robotics Club, Space Club, F1 Club and Photography Club that left the students completely awestruck and spellbound. To inculcate the values of leadership, teamwork and healthy competition, various Intra-Class and Inter-Clan competitions were organized for the students. Students also showcased their talent during ATL Community Day by making models and presenting them confidently. International English Day was celebrated with full gusto by the students of Grade VI to VIII. The celebration aimed to entertain as well as inform, with the goal of increasing awareness and respect for the history and culture of the English language. The students were zestfully engaged in various activities, workshops and quizzes conducted by the Department of English during their regular classes. The young chefs of Grade VII showcased their culinary skills by preparing no-heat balanced diet dishes in the Science activity, Healthful Delight. They sure did cook some lip-smacking delicacies.



**Ms. Geetanjali Ahuja**  
**Middle School Coordinator**

## IGCSE

### Developing critical thinking and collaboration skills through a debate on government taxes.

Taxes are levied in almost every country of the world primarily to raise revenue for government expenditure, although they serve other purpose as well. As part of a Economics class activity, Grade X IGCSE economics students were given the topic of whether the government should impose taxes or not. The students were divided into two teams, with one team assigned to argue in favour of the topic, and the other team to argue against it. The purpose of this activity was to provide students with a better understanding of the role of taxes in the economy and to develop their critical thinking and analytical skills.

The students were required to research and gather information on the different types of taxes, their purposes, and their impact on the economy. They were also required to prepare their arguments and counter-arguments based on their research.

The students who argued in favour of taxes highlighted their importance in funding government programs and services, including infrastructure development, education, healthcare, and national defence. They also emphasized that taxes are necessary to promote social equality and reduce income disparities.

On the other hand, the students who argued against taxes pointed out that excessive taxes can lead to economic inefficiencies, discourage investment and entrepreneurship, and increase the cost of living for individuals and businesses.

After the debate, the students were asked to reflect on their arguments and consider the viewpoints of their opponents. They were able to recognize the complexity of the issue and appreciate the opposing perspectives. They also learned how to conduct research, prepare and present arguments, and engage in constructive dialogue.

Overall, this activity helped students develop critical thinking and analytical skills, as well as improve their communication and teamwork abilities. It also provided them with a deeper understanding







of the role of taxes in the economy and the impact they have on various economic factors, such as economic growth, inflation, and income distribution. By engaging in the debate, the students gained a deeper understanding of the economic and social implications of government taxation policies.

**Ms. Pooja Sharma and Ms. Surbhi Sharma**

## ICSE - ISC Bulletin

This month, the new academic session for all ICSE/ISC Grades began, and it was wonderful to see our high-achieving students return from the session break revitalised and energized. The board exams for Grades X in ICSE and XII in ISC have been completed, and results are expected in mid-May. After a fun-filled break, Grade X students have now enrolled in Grade XI with various streams based on their skills and interests. One-on-one student subject counselling is still ongoing, and our graduating XII students are working hard to prepare for their upcoming entrance exams such as JEE, Medical, CUET, etc. The school is leaving no stone unturned in assisting our students in their preparation by offering CUET sessions.

In addition, Unit Cycle I for Grades X ICSE and XII ISC was conducted, and students' performance was satisfactory. Remedial lessons are planned for students who require additional assistance in a particular subject. The remaining ICSE/ISC classes' Unit Cycle I is also scheduled for the subsequent month, and the students have been provided with the relevant timetable.

Furthermore, our high-achieving students are consistently earning laurels for the school in numerous competitions. Shourya Mathur (XII) was awarded the Certificate of Distinction in the Pascal and Fermat Math Contest conducted by the University of Waterloo, Canada. Well done!

**Ms. Barkha Anand**  
**ICSE-ISC Curriculum Head**

## IBDP

**The International Baccalaureate Diploma Programme (IBDP) is a rigorous academic program that prepares students for higher education and life beyond. The culmination of this program is the board exams, which are a critical moment in a student's academic journey. With the exams approaching, we have some tips to share with our students.**

**1. Start Early:** The earlier you start your exam preparation, the better. Make a study schedule that covers all your subjects, including revision and practice tests. This will help you manage your time effectively and reduce stress as the exams approach.

**2. Understand the Exam Format:** Knowing the exam format is essential for effective preparation. Understand the structure of the exam, the number of questions, the time limit, and the marks allocation. This knowledge will help you strategize your exam approach and allocate your time effectively.

**3. Focus on Conceptual Understanding:** The IBDP is designed to promote conceptual understanding rather than memorization. Focus on understanding the concepts, theories, and formulas, and how they apply to real-world scenarios. This will help you answer complex questions and score higher marks.

**4. Practice Past Papers:** Past papers are a great way to get familiar with the exam format and style of questions. Use past papers to practice answering questions, manage your time, and identify areas where you need improvement.

**5. Stay Healthy and Focused:** Exam stress can take a toll on your physical and mental health. To stay healthy and focused, make sure to eat a balanced diet, exercise regularly, and get enough sleep. Take regular breaks during your study sessions, and practice mindfulness or relaxation techniques to reduce stress.

**6. Seek Support:** Don't hesitate to seek support from your teachers, classmates, or parents. They can provide you with guidance, feedback, and moral support during your exam preparation. Joining a study group or online forum can also be helpful as you can exchange knowledge and ideas with your peers.

**7. Believe in Yourself:** Finally, believe in yourself and your abilities. Remember that you have come a long way to reach this point, and you are well-prepared to face the board exams. Stay positive, confident, and focused on your goals.

Apart from this, Our newly appointed Student Council has finally stepped in, with many students from DP representing the same. Furthermore, Grade XII DP gave their Unit Test exams and discussed problem areas with their respective subject teachers.

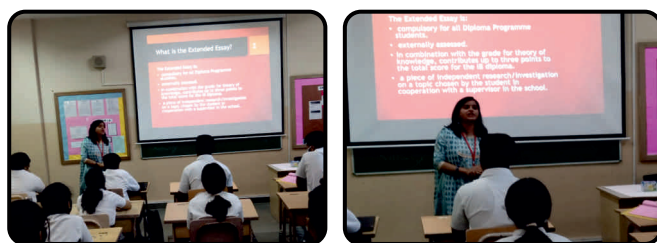
The new IBDP session with Grade XI began with full zeal and our students were eager to begin their process of learning. They were acclimatized with the DP curriculum through various subject orientations in the first week along with TOK, CAS and Extended Essay orientations. Interdisciplinary classes with Psychology, Economics and TOK was conducted, focussing on cultural and economic aspects, tying in the TOK Exhibition through household objects. Another interdisciplinary session took place between Physics and SEHS, engaging the students with scientific nuances.

On the faculty front, the Verticle and Horizontal collaboration meetings took place, discussing various aspects of the programme. Furthermore, our school principal attended an IB Education - Lead workshop from 14th - 16th April in Delhi. The DP Coordinator also attended a workshop, Leading and Managing teams in Hyderabad.

Lastly, as school has begun in full swing, practices for the Monkey Business are underway, with our students participating in different areas of the same.







**Ms. Sugandha Malhotra**  
Deputy Diploma Programme Coordinators  
**Ms. Pooja Sharma**  
Diploma Programme Coordinator

## CAS - Creativity, Activity, Services

### Invigorating Our Commitment to a Better Tomorrow

*“Ancient trees are precious. There is little else on Earth that plays host to such a rich community of life within a single living organism.”*

— Sir David Attenborough

### Planting Trees to Celebrate Earth Day: Investing in Our Planet

With aims to raise environmental awareness and inspire others to take action towards environmental protection to address global challenges, Highlanders celebrated Earth Day with a lot of zeal and enthusiasm. On the eve of Earth Day, along with the students of Grade XI DP participated in the Tree plantation drive. School Principal Dr. Sanjay Sachdeva and Senior School Head Ms. Isha Verma planted the saplings of Amla (*Phyllanthus emblica*) also known as Indian Gooseberry in the school premises.

While interacting with the students' School Principal Dr. Sanjay Sachdeva motivated the students to plant trees and celebrate each day as Earth Day. He also emphasized the benefits of trees in our everyday lives. Other than providing food, they filter clean air, provide fresh drinking water, help curb climate change, and create homes for thousands of species of plants and animals. Trees are extremely important in regulating the temperature and making the weather conditions conducive to rainfall and helping save the Earth from climate change and biodiversity loss.

Some of the event's key focus areas include climate action, environmental education, social impact, pollution, global warming, conservation, and restoration. Activities like class discussions, screening of videos, poster making, quizzes, creating useful items with







waste, and taking pledges to plant and nurture trees were conducted in the school.



**Mrs. Kavita Yadav**  
CAS Coordinator

## Senior School Head

**“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.”**

Investiture ceremony is an important occasion where the school entrusts its upcoming leaders with certain roles and responsibilities. Delegation of responsibility and giving authority to children is important as it teaches them lifelong skills of being powerful and caring at the same time.

The Investiture Ceremony for the academic year 2023-24 was again a memorable event bearing its quintessential essence and charm. The ceremony was attended by the School Chairman, Dr. Cdr. Kartikay Saini, members of CMT, parents of the newly elected Student Council, the academic staff and students.

This prestigious Students' Council was formed after several rounds of scrupulous interviewing and selection. The ceremony commenced with song and dance performances by our school students. The proud parents were then called upon the stage to confer upon their wards the sashes and the badges for their respective posts. Thereafter, the graduating student council was invited to hand over the flags and their responsibilities to the newly selected council members. The newly selected Head Boy and Head Girl administered the oath of office to the entire Students' Council who took the oath in unison. The sight of the new student council, on the stage, with their flags, sashes and badges, taking the oath of responsibility was truly a grand and mesmerizing spectacle. The audience was overwhelmed and applauded with enthusiasm. The solemn ceremony came to an end with the School Chairman congratulating the parents and the students and assuring them that the School, management and staff will always be by them in all their endeavours. He also commended the students for their astounding achievement and said that holding their respective positions is just one step towards the grand success that they will acquire in future with their relentless efforts and diligence.



**Ms. Isha Verma**  
Senior School Head,  
HoD - Modern Foreign Languages





## From The Counsellor's Desk

**“Do not become a mere recorder of facts,  
but try and penetrate the mystery of their  
origin.”**

**- Ivan P. Pavlov**

Series of Expert Talks were organized for the students of Middle and Senior School. Mr. Andy Raeburn, admission officer at Carleton University, conducted a session with the students of Grade XI DP and XII ISC and DP. The session aimed at 'Digital Dependency'. The speaker spoke about the judicious use of digital networks and its positive as well as negative dependence on college readiness. He also threw light on the admission process, eligibility criterias and fees for admission into Carleton University. School Counsellor, Dr. Neha S Maurya, along with the Head Boy, Divit Chopra, conducted sessions with the students of senior school wherein they emphasized on the importance of academics to get admissions in good colleges, both nationally and internationally. He spoke about the significance of focusing on making best use of the senior school years for profile building. He also spoke about the differences in the admission criterias in India, USA, UK and other countries. In another session by Dr. Neha S Maurya, students were oriented about the ore-requisites of university admissions, both nationally and internationally. School Counsellor, Ms. Deeksha Saini, oriented students about Bridge-U platform and its applications. Students were guided to create their profiles on Bridge-U, and start working on strategy advisor as well as writing builder.

Expert talks with Grades IX and X have been focused on profile building and career orientation. In the sessions, learners were made aware of the importance of working on strengthening their overall profile, starting from Grade IX, as per the requirements of university admissions. They were enlightened on the various ways of building and strengthening their profiles. This was indeed an eye opening session for the students. In one of the sessions by the School Head Boy, Divit Chopra, he motivated students to start recognizing their passion and that would set their career path. He also touched upon the importance of discipline and leaving a positive impression on the juniors and school, especially in the final leg of the school life. Ms. Randeep, representative of IDP, along with Mr. Nishant, conducted a session with Grades IX and X on 'Sustainable living' wherein they presented a real-life business idea of sustainable living. This inspired students to aim towards sustainable living, reducing waste and recycle and reuse whenever possible.

Expert talks were conducted with the middle school on an array of topics. To begin with, the sessions aimed on 'Identifying interests, strengths and skills'. In these sessions, learners gained insights on their underlying virtues and values that drive them and created a resolution for themselves to follow for the rest of the session. In another session, students of Middle School reflected on core values and how they can incorporate them in their daily lives and behaviour. Students of Grade VI did a reflection activity on acceptance and appreciation. They watched a video and reflected on three different parts of the video. They even

shared the ways in which they find the video related to their real lives. Externalists were also invited to conduct expert talks with the Middle School students. Counselling Psychologists from Fortis Mental Healthcare, Ms. Stuti Sood and Ms. Tanushree Sangma, conducted sessions with Grades VII and VI respectively on the topics, 'A-Z of Empathy' and 'Building Resilience with Storytelling'. These sessions were aimed at identifying and strengthening virtues. Math department, led by Mr. Pawan, along with Mr. Saurabh and Ms. Shruti, conducted an expert talk on 'Vedic Math' for the students of Grade VII. This session aimed at expanding the horizon of the students towards math as a subject and also instill interest in them for the subject. The session also aimed at teaching Vedic Math techniques to the students so that their fear of the subject is also lessened.

These sessions have been fulfilling and helpful for the students in all aspects as they not only focus on their personality development but also contribute in their academic, career and social development.

**Ms. Deeksha Saini**  
**Counselling Department**

## From Our Budding Writers

### EXPRESSING IMAGINATION

I am a toy on an adventure  
Saw these things while I ventured  
I wander through places where- I do not know  
Places where others dare not go.  
I wander through mountains blanketed with snow  
A place where others would cower before  
I wander through gardens, embedded with flowers  
With all aromas sweet and sour.  
I climb up the highest height  
And saw the most beautiful sights  
I break up the secrets and turn them hollow  
But don't worry I'll be back tomorrow.

**Tanush Mishra, Grade IV- H**

### Elysian

#### Blissful & Delightful

I have been chasing paths  
to a place unknown...  
treading carefully,  
Steps uneven  
as I drift aimlessly.  
Stop!  
Stop... my restless trance!!





Stuck in life's chaos,  
I forgot...  
Happiness lies in  
stopping by and soaking in  
the small joys.  
I rid myself of any trepidation,  
tucking it away  
in a pocket of blissful oblivion,  
Never to be seen again  
as I drift into a state  
of unperturbed Nirvana.  
I breathe in tranquillity,  
exhuming flames of my angst.  
It fills my awaiting soul  
with showers of dandelion wisps.  
What is happiness?

I ponder...  
As I wake up to inhale  
mists of mystical possibilities,  
the sun peeking through the window  
in its morning glory.  
I find happiness  
where the daffodils roam.  
Auroras sprinkling light  
over the linen sheets  
singing to me  
golden lullabies  
that tingle my sleep.  
Pouring unblemished love  
in the dark corners of my mind  
And lighting an everlasting lavender candle  
in every nook and cranny,  
A phrase of music  
from the window of a passing car.  
Innocent and free spirited...  
This is what  
Happiness is to me.  
Like the cycle of the moon,  
I become whole again.  
Stardust wraps me  
In silver dreams.  
Happiness engulfs me  
draped in a warm cloth  
of the dappled sunlight  
that wanders through broken branches.  
My heart at peace...  
The golden seeks me  
Even when all I see around  
Is black.

**Aanya Nigam, Grade IX-B**

## अग्नि

मैं जीवन की रोशनी, मैं ही जलता चिराग हूँ।  
मैं ही जलती ज्वाला, श्राप, क्रोधवाला  
मंदिर में ज्योत नाम से मुझे जलाएँ,  
मैं भगवान तक पहुँचने का रास्ता,  
गरमी मेरी जिंदगी, सृज मेरी आस्था  
वरदान मेरी रोशनी, सबसे मेरा वास्ता।।  
सर्दी में खास हूँ, सब याद करें इस मौसम  
अगर आसपास हूँ, गरम करूँ मौसम।  
जिंदगी मेरी दुख भरी क्योंकि मैं बदले की आग हूँ,  
जो तुम अपने मन में गाओ, मैं दुख भरा राग हूँ।  
जो मनुष्य ना कर पाया, मैंने वो कर डाला।  
मैं जलता अंगारा, श्राप, क्रोधवाला।।  
अनाक्ष नागपाल आंठ फ

## Bittersweet Memories

Memories are like sand,  
Trickling through closed fists.  
The sparks of joy or bouts of pain,  
Old times: good but soon dismissed.  
Childhood memories, sweet and bright,  
Of endless days and starry nights.  
Childhood memories, precious as gold,  
Like treasure that can't be bought or sold.  
Talking of memories reminds  
Me of her, who  
Nurtured me and raised me.  
I remember your warm hugs while breaking down,  
The feeling of comfort in your arms.  
The magic in her healing touch,  
Her bright and radiant smile,  
The abundant love she showered,  
Made my childhood fruitful and worthwhile.  
Her voice still echoes in my mind,  
Recalling tales of her times,  
Of tough times faced and battles won,  
And the strength that kept her going every time.  
I remember her hands so soft and kind,  
That would hold me close when I was confined,  
To the terrifying world that was unknown.  
Her love and care were my guiding stone.  
I had never imagined your day of depart,  
You left us all behind with shedding tears and broken  
hearts.  
I still smile the brightest,  
But with tears in my eyes,  
Wishing you had said at least one last goodbye.

**Danicca Bajaj, Grade IX-C**





## Letting Go

People come and people go,  
 That's what we are told.  
 It's alright, you will find your people,  
 You will find your space,  
 One day you will be okay.  
 But it hurts on the inside, letting them go.  
 Everyone left, but you stayed.  
 In the end, you also got tired,  
 You also left. I feel betrayed.  
 All those happy memories that I leave behind,  
 I walk away as I leave you in the past.  
 I don't want to let go yet,  
 The day I met you, how could I forget?  
 For I did love you with all my heart,  
 But all I got back was a thorn.  
 You didn't fight for us, you didn't fight for this,  
 All that we built has gone to waste now.  
 I await the day that we meet again,  
 But maybe not in this world.  
 Maybe not as we are now,  
 But as strangers.

Riana Baijal, Grade IX-B

## India's Position in the Russia Ukraine War

On 24th February the whole world was plunged into a state of shock when the first bomb from Russia fell in the Ukrainian city of Kharkiv. A war which no one expected, despite multiple warnings by Russia, and which everyone dismissed as a meaningless threat had now become a reality.

A war expected to last only for a few days with the emergence of Russia as the victorious power, surprised people by continuing for over 8 months and still going on with Ukraine successfully thrashing its invaders.

Talking from a domestic viewpoint, the war has greatly impacted India's role in international relations as it has assumed a "Neutral Role" not siding with either Ukraine or Russia. Although India's neutral stance has been called into question, multiple times on numerous occasions this stance has been supported by the citizens of the country. The reason for this neutral stance is India's foreign policy. Around 70% of the equipment of the Indian Air Force is of Russian origin. Russia has always supported India whether in 1971 or for India's demand for a permanent seat in UN Security Council. Moreover, Russia is an oil-rich country and India having fewer oilfields is bound to be dependent on it to some extent.

India neither has bad nor good relations with Ukraine. Ukraine has never supported India in international affairs such as in the United Nations. Thus, India contemplated the possibility of siding with Ukraine and upsetting its strongest ally-Russia.

Thus, not wanting to upset its strongest ally India adopted a

neutral position.

When called into question India's neutral stance has rightly been justified by the External Affairs Minister of India, "Europe has to grow out of the mindset that its problems are world's problems, but world's problems aren't Europe's problems."

Stuti Khanna, Grade XII-D

## Seven Husbands of Evelyn Hugo

The Seven Husbands of Evelyn Hugo is a story of many ideas in one novel; a fiction piece by Taylor Jenkins Reid that achieved over half a million sales in the UK, portrays the story of an aging Hollywood star, Evelyn Hugo, who chooses a little-known journalist, Monique Grant, to interview her one final time, with nothing but the whole truth. The first-person viewpoint of the entire story gives a moving impact on the readers where they experience the place from which the protagonist was taking action.

- We notice that after each marriage, she finds herself falling in deeper than she intended to, going further to show how she had a fragile heart that sought love and attention, regardless of whether those emotions were true.
- Beauty is the central theme of the entire story. It was the very essence of her being and identity; to the point that she would not be considered herself without it. Through the context of the book, there was also a stereotypical definition of beauty that she possessed, leading her to the attention and spotlight.
- At a young age, she was aware of her asset, her beauty. It was seemingly her only option to success. Throughout the book, she used her assets as a vessel to reach the top, showing us the filthy truth of reality where you get what you want if you are willing to bow and submit first. It also highlights the master/slave dialectic where one is always occupying the position of follower and one of a master - Evelyn had to go through being the follower before she could rule hearts.
- The dynamics of her family in the story also greatly impacted her decision to begin her journey towards Hollywood. Her desperation for escape was too deep-rooted that it almost became inevitable.
- It also discusses the aspect of a fallen hero. When the main protagonist is expected to do the good thing, the right deeds, the character of Evelyn Hugo is quite the contrast. Whether it is her manipulation, selfishness, guilt, or even insecurity, all the characteristics may seem right given the circumstance but are not suited to the main character.
- As Evelyn persistently continued to link up with various men, whether, for the benefit of true love, she was always heartbroken with its end. It indicates how she somehow was tired of her own game and wanted to settle down, hoping that the marriage would work. And in that process gets her heart broken a little each time.
- The novel also widely explores the aspect of Good versus Evil but more as a contradiction instead of the staple. Even while she does the worst things, she may



not be defined as evil in the scene. It shows how necessary evil is always present and needed for the better - the irony.

- During the story when she finally thought she found love, it was also the first toxic she was involved in, touching upon the aspect of appearance vs reality where not everything is not what it may seem to be. But it also discussed the helpless nature of love, where the author portrayed how Evelyn loved him till the day he died. It was then that the character faced true heartbreak.

Overall, the book was refreshing, with many modern aspects that were considerably new in 2017.

**Disha Singh, Grade XII IBDP**

### Scaffolding of Pain

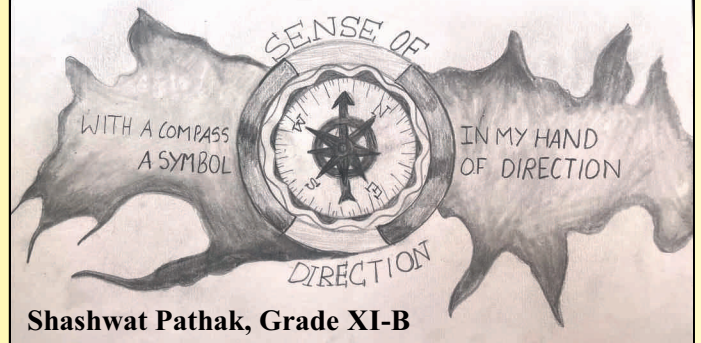
The absence lingers, a persistent ache,  
A void that nothing seems to fill or break.  
The uneasiness and emptiness within,  
Weigh heavy on my heart and wear my skin.  
The silence is deafening, the stillness stark,  
My thoughts race on, lost in the dark.  
The void is vast, a gaping hole,  
Where once there was love, now only a soul.  
The hurt is deep, a wound that won't heal,  
A scar that remains, a reminder of what I feel.  
The tissues that hold me together,  
Are frayed and fragile, ready to weather.  
The days pass by, but the pain persists,  
A constant reminder of what I've missed.  
The laughter and joy, the warmth of touch,  
Now replaced with sorrow, a void that's much.  
But still, I hold on, to the scaffold of my pain,  
Hoping one day, I'll feel whole again.  
For though the hurt may linger, the void may stay,  
I know that I'll survive, to fight another day.

**Himanshi Aggarwal, Grade XII IBDP**

### Sense of Direction

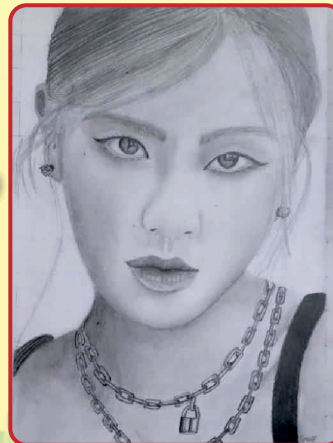
With a compass in my hand, a symbol of direction,  
I'm not lost in life but filled with reflection.  
Its needle pointing north, steady, and strong,  
It's more than a guide, it's where I belong.  
Through the thickets and thorns, it's my trusted ally,  
A beacon of hope that never runs dry.  
In the darkest of nights, it glows with a light,  
Leading me to safety, away from the fright.  
The compass is more than just a tool,  
It's a friend that stays, never playing it cool.  
A symbol of protection that brings peace to my soul,  
Reminding me that I'm not alone in my goal.  
With it, I've travelled the world, from east to west,  
Guided by its power, I've been truly blessed.  
It's shown me new vistas I'd never thought I'd see,  
And revealed the wonders that life can truly be.  
For it's not just a compass, it's a metaphor for life,  
A guide to the journey, amidst all the strife.  
A reminder to stay true and never lose sight,  
Of the path that we're on and what's truly right.  
So let the compass be more than just a tool,  
Let it be a friend that's always so cool.  
And when you face challenges, just hold it tight,  
For it will be there to guide you through the darkest of night.

**Himanshi Aggarwal, Grade XII IBDP**



**Shashwat Pathak, Grade XI-B**

*Budding Artist*



**Vanya Malpani, Grade IX -E**





## Clan News

### ANDERSON

At Scottish High, clans have been an integral part of the school curriculum and with each passing year this innovative system is evolving and gaining prominence. Inter-clan competitions develop pride in the school and foster a school culture through a wide range of sporting and cultural activities. Clan Anderson closely observes its motto- "Probitate et Labour", meaning, 'by honesty and toil' and Andersonites take a pledge to imbibe these values and perform consistently with utmost honesty, toiling themselves up to achieve success.

Clan Meetings were conducted for all Grades in the first two weeks of the month where students were briefed about the clan culture, competitions and activities. Clan Parents and Clan Captains elaborated upon the importance of clan competitions in not only the personality building of an individual but also in the profile building of every student and how it enables them to enrich their LORs.

I congratulate Aditya Singh Chauhan (VI) for securing the first position in the Interclan English Extempore Competition. I commend the performance of Laura Anika (VI) and Anya Gandhi (VII) for bagging the

second position in the Interclan Hindi Poetry Recitation Competition and Interclan English Declamation Competition respectively. Team Anderson that comprised of Dhiti Bhanot (X), Prisha Pruthi (IX) and Meher Kaur Aulakh (X) stood second in the Interclan Parliamentary Debate.

As the new session 2023-24 commences, every Andersonite gets enthused and is motivated to give his/her best to elevate the position of the clan. There are numerous competitions arrayed for the year and with every competition we have to move ahead, step by step, dreaming big and giving our best shot every time.

**Ms. Ruma Jain**  
Clan Elder - Anderson

### BOYD

*"Believe in yourself, you are halfway there."*

Scottish High International School organized a plethora of Inter-Clan competitions in the month of April, providing a platform for the students to showcase their talents in various fields. These competitions were conducted with great enthusiasm and spirit among the students of different Grades. The Inter Clan Hindi Poem Recitation Competition for Grade VI saw students exhibiting their flair for poetry recitation in Hindi. The competition was judged on the basis of diction, expression, and pronunciation. The participants mesmerized the audience with their eloquent recitation and left everyone spellbound.

The Inter Clan Self-Composed Poetry Competition for Grade IX was an opportunity for students to exhibit their creativity and originality. The participants displayed their poetic talent and imagination through their self-composed poems. Danica

Bajaj of Grade IX-C secured first position in the competition. The Inter Clan Declamation Competition for Grade VII was an impressive event, with students presenting their oratory skills on a given topic. The competition was judged on the basis of clarity of thoughts, confidence, and presentation skills. The participants showcased their opinions and beliefs through their speeches, leaving a lasting impact on the audience.

The Inter Clan Talking Titans Competition for Grade VIII was a platform for the students to showcase their debating and persuasive skills. The participants engaged in a healthy debate on a given topic, putting forth their arguments with conviction and confidence. Navya Malik of Grade VIII-D secured second position in the competition. The Inter Clan English Extempore Competition for Grade VI was an event that tested the spontaneity and quick thinking ability of the students. The participants were given a topic on the spot and were asked to speak on it for a given duration of time. The competition was judged on the basis of fluency, content, and relevance. Maleeha Jasif (Grade VI CS B) secured second position in the competition. The Inter Clan Plan Construct & Design Competition for Grade VIII was a platform for the students to

exhibit their innovative ideas in reinforcing sustainable development. The participants were asked to design a plan for a given structure, keeping in mind the aesthetics and functionality. Team from Boyd with its members being Saksham Jain 8D and Aarav Malhotra -8F secured first position. The Inter Clan 3D Art Making Competition was an opportunity for students to showcase their artistic skills in a three-dimensional form. The participants created unique and captivating art pieces, showcasing their creativity and imagination. Our very talented team comprised of Josika Ahluwalia, Aadya Sarna, Arushi Bist (Grade XI) and Nitsa Rehan (Grade XII) won the competition.

Overall, these Inter-Clan competitions were a grand success, providing a platform for the students to showcase their talents and skills. The participants displayed their abilities with great enthusiasm and spirit, leaving a lasting impression on the audience and judges alike. The school management appreciated the efforts put in by the students and encouraged them to continue to hone their skills and talents in their respective fields. I congratulate all the winners and participants.

**Ms. Akanksha Yadav, Clan Elder - Boyd**

### LAMONT

*"Never underestimate the power you have to take your life in a new direction."*

— Germany Kent

As the new session commences, April is the month which gives our Highlanders a new spark to lit their energy to start a new journey towards excellence and success. New promises are made to oneself to be more active in terms of academic and co-curricular activities. Participation in itself has many benefits, it will help you to boost up your confidence, challenge the inner self that helps you know more about you, realize your forgotten or present dreams, showcasing your talents and most of all being able to

live completely to the fullest. Our Highlanders showed their different skills and creative ideas with their enthusiastic participation in various competitions.

First, we had Inter Clan Hindi Poem Recitation competition where Ruhdrika Marwaha and Samridh Ahluwalia from Grade VI showed their oratory skills and secured first and second positions respectively. In Inter Clan English Self Composed Poetry competition Vamika Bansal of Grade IX made our clan proud by securing first position. In Inter Clan Declamation competition for Grade VII, our Highlander Shiv Malhotra secured second position. Aarav Gupta of Grade VIII enthusiastically participated and bagged first position in Inter Clan Talking Titans competition. In Inter Clan Shloka and Doha Vachan Competition Ruhika from Grade VII secured first position. In

Inter Clan Science Plan, Construct and design competition for Grade VIII Divyansh Anand and Tanish Mohan presented their model " and secured second position.

Congratulations to all the winners and participants to work so hard and pushed their abilities to make these victories happen. These amazing accomplishments is just one step on our journey. Our abilities to relentlessly search for solutions to problems and find innovative ways to improve ourselves is the key to this success and many to come.

We are proud of our Clan and wish to continue achieving more laurels in the future.

**Ms. Kiran Cacoria**  
Clan Elder - Lamont

### MACARTHUR

*Success isn't Always about Greatness.  
It's about Consistency*

— Dwayne 'The Rock' Johnson

Starting the academic year with a positive mindset and a sense of responsibility towards the clan can make a huge difference in achieving success and accomplishments. The new academic session brings along new challenges and responsibilities, but aiming high and striving to excel in even the smallest tasks can lead to great success. Macarthur students have always given their best to showcase their abilities and prove their worth.

The session commenced with a range of Inter-Clan competitions, wherein several Highlanders demonstrated their skills and emerged victorious. For instance, Ashwika Ahuja from Grade VI secured the third position in the Inter-Clan Hindi Poem Recitation, while Naaomi Mudgil from Grade VII E won the first position in the Inter-Clan English Declamation Competition. Moreover, Emya Jain and Jhalka Rustagi from Grade VIII clinched the third position in the Science Plan and Construct Competition, and Sia Aggarwal from Grade IX secured the second position in the English Self Composed Poetry Competition. Finally, Anshika Chhabra, Vanshika Gupta, Chanaan Randhawa, and Jayesh Banerjee won the second position in the 3D Art Competition.

This is just the beginning, and there is still a long way to go. So dear Highlanders, keep your energy levels high and continue your good work towards achieving more success and laurels.

**Ms. Pooja Sethi**  
Clan Elder - Macarthur



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## Golf

### ANITYA'S TIP OF THE MONTH

Last month, we discussed how we play the chip shot with a correct follow through where the club shaft and the club face should be an extension of the arms as you swing through. This month, we will see one of the most common mistakes that juniors make - they flip their hands on the way through while chipping leading to various inconsistencies in the result of the shot

As you can see in the picture, I have hit a chip shot and in the follow through, my right hand has flipped over my left.



This leads to the club face getting shut as seen in the image. This flipping of the right hand over the left produces two major inconsistencies. One, it changes the bottom of the arc or where the club makes contact with the ground. This makes the contact with the ball inconsistent leading to lots of shots that are thinned or topped.

Secondly, use of the wrists through impact changes where the club face is aiming and this causes the ball to deviate in its direction. Both these factors will not allow you to have a consistent result in your chip shots

Check your follow through when you chip as a good follow through will inevitably mean that your chipping action and impact have been correct

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



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**Anitya Chand**  
**Golf Head Coach & Coordinator**



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