



Let us be more Humane in the Year 2023

The current year has been an unprecedented year that brought forward challenges for almost all of us. We were affected adversely by the two years of harsh Covid upsets, and learnt precious lessons in our own unique ways. It was sheer courage, determination and faith in each other that helped us sail through these tough times. Therefore, we all need some hope, positivity and cheer to have a fresher outlook and make newer beginnings in 2023. The New Year's Eve and the celebratory moment the clock strikes midnight will be celebrated very differently this year, especially for the kids. They have been inescapably observers of the biggest pandemic of the decade. Many of them have witnessed things they would not want to remember, in their family or neighbourhood. So, what do we do for our kids to start a great new year? How do we make a difference to their anxious minds? How do we help them understand the many lessons that Covid taught us?

My suggestion is that we start by helping our children to make resolutions which build on mental strength, it will equip them to face any sort of crisis in life. Developing on attitudes like kindness and compassion for people around us, is first on my list as New Year's resolution for young kids. It is a great idea to help children understand the importance of kindness and compassion

towards other humans, animals and the environment. We need to focus on resolutions that target such traits and during this process, when the kids are trying to achieve their resolutions, we will get an army of kind adults. Here are some ways in which we can help kids achieve their resolution of being kind by leading through example.

Stopping and halting a little in our busy lives and ensuring that we take out time to help others can be therapeutic in the New Year. Trying to use polite words and refraining from use of sarcasm in everyday language, is another good suggestion. Being a good listener is another trait that can be a good resolution, patiently listening and being empathetic to a person who wants to be heard can be developed for a strong relationship.

Let us therefore, aim at making great relationships with people around us, be more tolerant and inculcate compassion and global empathy. What the New Year 2023 brings to us will depend on what we bring to the New Year, so Get Set Go!!

Ms. Seema Bhati
Primary School Principal



From the EDITOR'S DESK

*Picasso said he would paint with his wet tongue
on the dusty floor of a jail cell if he had to.*

We have to create;

It is the only thing louder than destruction;

*It is the only chance the bards are going to
break.*

Our hands full of colour

*Reaching towards the sky- a brush stroke in the
dark-*

It is not too late.

The starry night – is not yet dry.

Andrea Gibson Yellowbird

Existence – bursts out of passion, tinges and hues. All it takes is creativity- a spark of desire, a; longing for something more than what we have right now. A need for being better, of changing oneself as it is only in the darkest of our days when we see the ember of fire- a reminder that something out there is better, and that something is worth fighting for. When there is nothing left to save us, it is this passion, this creativity that fills our minds that takes us where we always wanted to be. Yes, I am talking about the creativity in writing. Give wings to your creativity and imagination. There would be rejections but that should not pull you back, write again, think again. Turn dreams, into reality. Grab your thoughts and pen them down and I am sure the budding writer in you will soar.

Ms. Kanchan Khanna
Editor



PYP



“Christmas is like candy; it slowly melts in your mouth sweetening every taste bud, making you wish it could last forever.”

– Richelle E. Goodrich

The month of December brought with it an air of festivity. With Christmas around the corner, a season of joy and giving, children soaked in the merriment and sang Christmas carols with gay abandon. An exquisitely vibrant reception area in the Initials with a beautifully adorned Christmas tree, Santa Claus on a sledge full of wrapped gifts and a nativity display had the young Highlanders curious and excited about the festival. In the Primary Wing, children dressed up in colours befitting the festival, took part in the Christmas Carol Singing Competition with zeal and raised the temperature with their infectious enthusiasm. With a hope for a better and beautiful New Year, children ardently expressed their wish and expectations to be fulfilled by Santa. Christmas craftwork such as making a Santa, Snowman and Christmas tree kept the young ones completely engaged and looking forward to the festival. Children, through a discussion and talk by the Home Room Tutors understood that Christmas is a season not only of rejoicing but also of reflection. It encouraged them to imbibe the true spirit of this festival and spread the message of love, peace and harmony. As we bid adieu to this year, we wish everyone a Happy New Year, a year that is filled with new hope, new aspirations, new beginnings and new happiness!





"Do you know what my favorite part of the game is? The opportunity to play."
-Mike Singletary

The Annual Sports Day for Primary wing, was held on the 8th and 9th of December, 2022. It was a memorable event in which the Highlanders got an opportunity to develop their physical, social and emotional well-being further. The participants showcased their skills, strength, and talent with the positive sense of

sportsman spirit. The students took part in flat race and recreational races such as Dribbling the Ball, Balancing the Book, Balance the Ball on a racquet and Wear the Shirt race. The events were designed keeping the age groups of the participants in mind.





*"Great works are performed not by strength
but by perseverance".*

- Samuel Johns

Grade III Highlanders serenaded and regaled during one of the much awaited grand event of the year-Front Desk Programme. The wait was finally over, parents thronged the auditorium in the full support of their ward. Children mesmerized all with their theatrics, dances, songs and confident performances. The overall theme across the Grade through their programme was an earnest appeal for the care for the environment, which is a burning issue globally. The event was much appreciated and cherished by parents.



IB PYP EXHIBITION

Team work in progress

Grade V students are leaving no stone unturned to achieve another milestone in their IB PYP Journey. Our young Highlanders are gearing up to put up the exhibition on 4th February 2023, under the Transdisciplinary Theme - How we express ourselves. The curtain raiser for the event started with the briefing by the Primary School Principal. The learners participated in an interactive session with Seema ma'am to get an insight on the exhibition and to gear up for their independent in-depth inquiry. From the onset, learners collaborated and brainstormed to form essential agreements. They are displaying the understanding of Academic Integrity by agreeing to give credit to the sources from where they take information while researching. Understanding of descriptor created awareness about expressions and helped them to infer the keywords. By connecting their inquiries with UN Sustainable Goals, children grasped the basic objectives of SDG - Respect Earth in all its diversity, secure Earth's bounty and beauty for present and future generations and build societies and communities that are sustainable and peaceful. Engagements to understand IB Mission Statement and School Mission Statement followed by creating 'My Mission for Exhibition' helped learners to exhibit commitment, perseverance and responsibility. The active involvement of parents as mentors is enabling the learners to have a better hold in their respective inquiries. Students are using online tool Canva to create an e-invite for the parent community. By making a timeline they understand the importance of planning and collaboration. They gained insight into how one's passion, interest and concerns can be used as a tool for expression. They analyzed and shared their perspectives on how different ways of expression can be applied to spread awareness in the community about various issues in the World.





WORLDWIDE CONNECTION

A Fun-filled food fiesta was organized by Grade IV students. The main objective behind the activity was making the children aware of the names of various cuisines and the cultures they come from.

Students took part enthusiastically and shared signature dishes, drinks and desserts of different countries. International Mindedness was inculcated as they showcased the attribute of being open-minded by presenting the dishes in different languages (Sanskrit, French, German and Spanish).



For an Education that is Meaningful...

Early Years and Primary Years teachers attended interactive Jodo Gyan workshops spanning two days wherein innovative teaching practices were shared. With a purpose to make Math learning a joyful experience, the teachers were exposed to a plethora of specially designed learning tools for providing hands-on-experiences to children to develop an understanding of different concepts.



Deputy PYP Coordinators



Medley Of Activities



The Highlanders of Grades I-V were enthusiastic to learn Christmas drawings. Reference sheets were provided. Students came up with their own creativity and made personal connections to their artworks. They deepened their understanding on how the whole world celebrates Christmas in different ways. In the optional activity classes, students have started working on their canvas and project work for exhibition. In craft activity students made different types of candles like silicon mould candles, T-light candle, layered candle and textured candle.



Dance is an art form that utilizes the body, mind, and the range of movement of which the body is capable. One of the basic motives of dance is the expression and communication of emotion. People dance as a way of releasing powerful feelings and also for the pleasure of experiencing the body and the surrounding environment.

Our Highlanders of the primary section learned to dance on a Christmas song. On the other hand, middle school optional activity students learnt dance steps on different foot tapping music.

For Graduation ceremony, our classical dance students gave a wonderful performance, which was well appreciated by one and all present on the occasion.

Ms. Shreewarna Rawat
Classical Dance Teacher



Students of Middle School continued their classes after the completion of Annual Day 2022. With the festive season around the corner students were divided into two teams to produce and perform a play on the life of Jesus. The students did their research and presented a very accurate and entertaining play within the class. A real time activity including all

the elements of theatre like body, language, awareness and improvisation was conducted wherein the students participated enthusiastically and enjoyed the process.

Rohit Kumar Kalra
Theatre Arts - Instructor



Come December and it's non-stop activity in the music classes. The students are busy preparing for the carol singing competitions and performances. Carol singing competitions were held for Grades I, II, IV and V where the children sang melodious carols. Grade IV performed in a nativity play where the birth of Jesus Christ was enacted. The senior choir performed at the 'DLF Golf Club' for the Christmas lunch. They sang soulful carols which enthralled everyone at the gathering.

Tony Fernandes
Western Music Teacher



Ms. Amita Gahlot
HoD Visual & Performing Arts

From The Sports Field



The month of December started with the preparations of Sports Competitions for Grades VI to VIII.

Mihira Prabhu of Grade IX participated in Junior National Rhythmic Gymnastics competition and secured 3rd position. She represented Haryana State in the National Championship. She got 4 Gold medals in 4 different rhythmic events.

Anvii Jain participated in Roller Skating State Championship conducted by SGFI and won 2 Gold and 1 Bronze medal.

Daksh K Malik, Muskaan Arora and

Saanvi Garg participated in CISCE National Athletic meet held at Pune, Maharashtra.

Inter clan Basketball and football matches were organized for Grades VI to VIII. Results are shared below:

Basketball

Grade VI: 1st Position Boyd followed by Lamont, Anderson and Macarthur.

Grade VII: 1st Position Macarthur followed by Anderson, Lamont and Boyd.

Grade VIII: 1st Position Macarthur followed by Anderson, Boyd and Lamont.

Football

Grade VI: 1st Position Boyd followed by Lamont, Macarthur, and Anderson

Grade VIII: 1st Position Macarthur followed by Anderson, Boyd and Lamont.

Grade VIII: 1st position Boyd followed by Lamont, Macarthur and Anderson.

Darshan Singh Gahallot, HOD Sports

Modern Foreign Languages

Cooking with love provides food for the soul!

To bring together the important theme of 'International Mindedness', a fun-filled food fiesta was organised at Scottish High International School for Grades IV and V. The main objective behind the activity was making the children aware of the names of various food items and the cultures they come from. Beautifully showcasing the signature dishes, drinks and desserts of different countries like quiche, chocolate mousse, cookies, croissants, pizza, crepes, bruschetta etc, the fiesta was a huge success. The students also decorated their dishes and presented them in their respective third language (Sanskrit, French, German and Spanish). Dressed in chef attire and in the native costume of each country, the Highlanders relished this flavourful learning experience.



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

Middle School (VI to VIII)

"Chill December brings the sleet, Blazing fire, and Christmas treat." - Sara Coleridge



The arrival of the month of December reminds us of two great occasions. The first occasion is Christmas which is followed by the celebration of New Year and winter break. Our Highlanders celebrated Christmas in their classes by playing Secret Santa and decorating their classes with decorative materials created by them. With full energy and excitement, they shared how they will be spending the winter break and the new resolutions that they are planning to decide for the New Year. We will wait for our Highlanders to enjoy their vacation and come back rejuvenated with a smile, for the remainder of the session.



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



IGCSE

Global Perspective - Fundraiser Activity

As a part of their Global Perspective team project, students Amish Chawla, Gangesh Aggarwal, Jhanvi Raghav, Ojas Saran, and Toshhani Momaya, from 10 IGCSE, organized a fundraiser to raise awareness and funds to donate to an organization working on mental health, the topic their project is focused on. While taking care of hygiene standards by ensuring to wear gloves and masks while serving their customers, the students have raised over ₹6000 by selling lemonade and brownies,



making their fundraiser to be a success. This amount has been donated to two organizations that support and aid people with disabilities and mental illnesses- In for the Cause and Earth Savior foundation.

"We visited the Earth Savior foundation to donate the funds we raised. It was an eye-opening experience as we got to meet all the people rescued by the organization, which included people with mental health issues, disabilities, abandoned and homeless individuals, etc. They

told us stories, shared with us things about themselves and their words of wisdom. We also took a look at the workings of the organization, and learnt a lot about it and its residents. Furthermore, seeing the team of caretakers running the NGO truly inspired us, as their work exhibited team-work and their enthusiasm towards serving the community and the basic aspect of giving back to the society", said the students, sharing their experience.



Ms. Garima Yadav
Global Perspective Facilitator

ICSE - ISC Bulletin

Our Highlanders in Grades X and XII were actively involved in exam cycles. Pre-Board Exams for Grades X in ICSE and XII in ISC were held. The answer sheets were distributed and a detailed discussions held so that students are aware of not to make same mistakes. PTM was also held to share feedback on the students' performance. Parents were given a general assessment of their children's performance along with

recommendations for development. Post their pre-boards, both ICSE and ISC Highlanders were occupied in completing their Internal Assessments and project work. In order to adequately prepare the ISC students for the finals, Mock Practical and Viva were conducted, wherein students got their projects evaluated by their subject teachers. Following that, the Final Board Viva/Project Evaluation and Practical were held in the third week of December, by the external examiners who were appointed by the Council.

The Council has also released the schedule for the Grades X ICSE and XII ISC Board exams in 2023. The X ICSE Exams will be organised from February 27 to March 29, 2023. The XII ISC Exams will be held from February 13 to March 29 in 2023. The most significant moment in every student's life is when they bid goodbye to the school where they have studied for so many years. The students in Grade XI organised Farewell to say a fond goodbye to the graduates of this year. This solemn occasion was celebrated with nostalgia, joy and laughter. It was a gentle reminder to the graduating batch of 2023 that how their journey was culminating but a whole world of opportunities lay ahead of them. The main highlight of the event was short film presentation by the juniors for seniors. Senior students were felicitated with various titles. After the titles were given, the seniors were given opportunity to share their experience. Certain students came forward to share their experience with juniors.

With emcees' vote of gratitude, a lovely day filled with joy, grief, and a tons of love came to a conclusion.

Wishing all the graduating students the very best for their upcoming endeavors!

Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP

As the year comes to a close, we look back, reminiscing at all the fond memories and all the accomplishments of our students. The session which began with much enthusiasm is ending with the same.

Firstly, A Huge congratulations to all our students who got offers of admissions from their Universities. They have been accepted to the top Universities and all their hard work has paid off. The application process is also coming to a close as the deadlines are approaching soon.

With one thing ending, we initiated an interaction with the students of XII IBDP on International Mindedness through a fun and immersive activity called the Cultural Fest. Each group of students was assigned a country wherein they had to cook the traditional dish of that country. They also reflected on this cooking with a TOK question along with a subject question of their choice. They discussed the importance of food and perspective and how that corresponds to different cultures and TOK Concepts. It was an activity which ensured that learning was not limited to just a classroom setting with books but grappled with real world application through something as simple as food.

Our XI DP students were not far behind as they participated in the farewell celebrations with great ardor. They danced, sang, played and acted, engaging with all forms of arts to bid adieu to the graduating batch. They also attended an In-House



Chocolate making workshop facilitated by Ms. Shuchi Chopra and doused in their creativity to make scrumptious chocolates. The focus for next year now will predominantly be on their studies as Grade XII will be submitting their Extended Essays and other Internal Assessments and Grade XI will be appearing for their Final Examinations.

If our students are so full of zeal, why should the faculty members be left behind?! Our teachers attended the SAIBSA Job Alike session at Prometheus School, Noida, discussing their Subjects and assessment patterns, networking and getting to know IB Facilitators from across the country. Mr. Neeraj Pant, our Physics faculty also facilitated a session at SAIBSA, sharing his knowledge as a veteran and helping those who are new to the curriculum. Our Deputy Diploma Programme Coordinators along with the Librarian and CAS Coordinator also attended the Liferarian Conference in American School, Bombay, enriching their learning and updating their knowledge in accordance with the changing systems and curricula.

An Orientation session was also taken for the parents of X IGCSE who will be transitioning to IBDP next year. The session was to apprise the parents about the IB Diploma Programme and its requirements. It was a great session and the parents discussed subjects and the benefits of IB, along with its universal acceptability.

The Verticle and Horizontal Collab meetings are a fixed entity for the DP faculty but it was refreshing to see a plethora of In-house workshops conducted by our teachers on Extended Essay, PSP, CAS and TOK, engaging everyone in interesting and insightful discussions.

“Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.”

So here we are signing off for this year, hopeful for the new year!



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

CAS - Creativity, Activity, Service

BRING THE NATURE IN

Ways to Improve Indoor Air Quality and Reduce Air Pollution in Your Home Naturally.

Plants are nature's natural air filters. Buying a few indoor plants can do wonders to improve the indoor air quality in your home while enhancing your home décor. They not only add some colour to the room, but they also act as natural air purifiers. Depending on your space, there are plants that thrive in sunlight and those that need little light and hardly any maintenance. Add a spider plant or a terrarium to brighten your space and help clear the air. Small plants like ferns and lilies (which bloom indoors) and larger palm trees are the best options to pull contaminants out of the air.

Here are 10 plants that can clean up the air indoors for you:

1. Aloe Vera (*Aloe barbadensis*)

Aloe Vera is a succulent, perennial plant that has the ability to filter benzene and formaldehyde.

There are about 250 varieties you can choose from. It is easy to grow and requires a lot of sunlight.

2. Spider Plant (*Chlorohytum comosum*)

NASA has named the Spider Plant is one of the best indoor plants to remove formaldehyde from indoor air. It also battles benzene, carbon monoxide, and xylene. You can neglect this plant all you want, but its resilience keeps it alive.

3. Snake Plants (*Sansevieria trifasciata* 'Laurentii')

Also known as mother-in-law's tongue, this plant is one of the best at filtering out formaldehyde. It also helps in eliminating nitrogen dioxide. Even at night, it takes in carbon dioxide and releases oxygen. This makes for a good bedroom plant. It requires minimal sunlight and water and is not very difficult to maintain.





4. Areca palm (*Chrysalidocarpus lutescens*)

This plant is a natural humidifier which can be beneficial in areas with dry air. It helps eliminate carbon monoxide, xylene, benzene and formaldehyde. Areca palms filter out harsh chemicals including acetone, xylene and toluene, which accumulate from products such as nail varnish, detergents, wooden furniture, poor ventilation, gasoline, cosmetics, etc.

5. Golden Pothos (*Scindapsus aureus*)

This fast-growing vine is great at battling formaldehyde. It grows in any type of light with an exception to sunlight and is very easy to maintain. However, it is toxic if consumed. So, if you have kids running around indoors, this one is not for you.

6. Chrysanthemum (*Chrysanthemum morifolium*)

The colourful, bright flowers do a lot more than brighten up the place. It is a seasonal flower, and for the six weeks that it does bloom, it is great at combating benzene. It needs a lot of sunlight to bloom; you can place it at a place where it receives direct sunlight.

7. Red-edged dracaena (*Dracaena marginata*)

The red-edged leaves of this plant remove xylene, trichloroethylene and formaldehyde. It is slow-growing and add colour to the environment. However, it is poisonous if consumed by pets.

8. Gerber Daisies (*Gerbera jamesonii*)

Gerber Daisies have bright and colourful flowers. Not only do they look beautiful, they are great at absorbing carbon monoxide and benzene. This plant gives off oxygen at night; it is ideal for bedrooms.

9. Weeping fig (*Ficus benjamina*)

This plant is useful in fighting benzene, formaldehyde and trichloroethylene. It is a little difficult to maintain this one. It needs a lot of attention vis-à-vis water and sunlight.

10. Warneck dracaena (*Dracaena Deremensis 'Warneckii'*)

This plant can reach a height of about 10 feet. It makes for a rather striking houseplant. It helps eliminate VOCs, benzene, formaldehyde and trichloroethylene. It doesn't need too much light to grow and thrives in room temperature.

Other than nurturing indoor plants you can further improve your home's indoor air quality naturally by following these simple tips

Check Your Furniture

Some of your furniture may be made with toxic glues that can contain harmful chemicals. In addition, finishing products such as lacquers and varnishes may cause problems for some people with allergies and asthma. Avoid furniture made with woods that have been treated with formaldehyde and put together with toxic glues.

Reconsider Your Paint

Some paints in the market that may cause you to feel faint or dizzy due to the fumes. Look for paints that are labeled "Zero VOC" or "Low VOC" to cut down on harmful chemicals.

No Smoking

Don't allow guests to smoke in your home. Secondhand smoke not only causes odors but also increases the chance of developing asthma and cancer, among other health risks.

Go Fragrance Free

Fragrances found in many cleaning products can impact those with asthma and allergies. Look for fragrance-free products, including laundry soap and kitchen and bathroom cleaners. Try using natural cleaners such as lemon and baking soda to make your home sparkle.

Cut Out Aerosol Sprays

Aerosol sprays can release harmful chemicals into the air. Instead, opt for non-aerosol versions of hair sprays, deodorants, furniture polishes and air fresheners

Tackle Mold and Mildew

Mold and mildew can lead to air quality problems, especially for those with breathing issues. Reduce the chance of mold by fixing any leaking plumbing and emptying the drip tray of your window air conditioner.

Try Beeswax Candles

Candles help a space feel cozy, but many candles contain paraffin which is made from petroleum and can impact your home's air quality. Instead, try beeswax candles which emit almost no smoke so they are great options for those with allergies and asthma.

Control Humidity In Your Home

Add Humidity, But Not Too Much. Keep your home's humidity at the right level, around 30 to 50 percent. This will help keep indoor allergens under control.

Take Off Your Shoes and Boots

Who knows what's on the bottom of your shoes, so be sure everyone removes shoes when coming at home.

Keep Floors Rugs And Carpets Clean

Allergens can accumulate on your floors, especially if you have rugs or carpeting. Use a vacuum with a HEPA filter to reduce harmful pollutants and regularly mop hardwood, tile and vinyl floors.

Change Your AC Filter And Other Air Filters And Use Cooking Vents And Chimneys.

Natural ventilation can also improve indoor air quality by reducing pollutants that are indoors. Examples of natural ventilation are opening windows and doors. window shading such as closing the blinds. Turn on exhaust fans and use cooking vents and chimneys while cooking.

Ms. Kavita Yadav
CAS Coordinator

Enhancing Creativity Through Chocolate Making

As a part of the students' CAS programme a Chocolate Making workshop was organized for the students of Grade XI DP in School on 8th Dec 2022. The workshop was conducted by Ms. Shuchi Chopra Mother of Aarna Chopra of Grade XI DP. In an hour-long workshop, students learned to prepare different types of chocolates in attractive shapes and fillings, and flavours. From explaining the essential equipment to the required ingredients Ms. Shuchi explained the entire process of chocolate making in detail to the students.

While there are plenty of top-notch places to buy fancy and yummy chocolates, making chocolate confections in our own homes is a treat. Chocolate-making takes research, practice, and plenty of patience, but the finished product from dark chocolate to melt-in-mouth confections makes the process worthwhile. She recommends saving money by using fillings that students already have in their kitchens. Making chocolate doesn't have to be an expensive endeavour, jams and peanut butter are fantastic fillings

Ms. Shuchi also told the students that making chocolates requires patience, organization, and an attention to detail, and patience plays a big role. It's important to not rush throughout any of the stages and one should not forget the clean-up after making the chocolates. Students have already planned to make chocolates for the coming Christmas and New Year during their winter break.



Ms. Kavita Yadav
CAS Coordinator

From The Counsellor's Desk

"Being able to be your true self is one of the strongest components of good mental health."

-Loren Fogel Mersy

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

Counselling sessions were organised separately for the boys and girls of Grade IX on the possible downsides of social

media. The sessions aimed to touch upon the risks involved in misusing social media in a wrongful manner and the future repercussions of such actions. These sessions proved more effective as raising awareness on the hazards of social media is the need of an hour.

Anger in adolescence is a persistent issue which needs to be addressed effectively. Counselling department organised a session for the students of Grade VII on anger management. The session involved meaningful discussions on anger as an emotion, expressions of anger in verbal, physical and emotional manners, finally followed by an activity. The activity aimed at assisting students in identifying their emotional state and making conscious efforts to manage the anger.

Decision on course and career post school is a pivotal decision for the senior students. Psychology students from Grades XI and XII attended a session by a renowned psychologist Dr. V.S. Ravindran, wherein he elaborated on the possible and famous psychology related career paths in India and the course requirements for each. The students gained insights and further clarity on possible career options in the field of Psychology, from the session.

Counselling department at Scottish High International School, Gurugram is determined to provide emotional, psychological and social guidance to the students at all steps and keeps organising helpful sessions for their betterment.

Students have embarked on the journey of applying to colleges and universities for higher education. Submissions of applications into various international universities is ongoing by the students in coordination with the counselling department. We wish our students all the very best for their application process and may they get admitted into the best university of their choice.

Deeksha Saini
Counselling Department

*"What we see changes what we know.
What we know changes what we see."
- Jean Piaget*

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

Counselling sessions were organised with the students from Middle School to address exam related stress, time management, and other adolescence related challenges. Various sessions were organised for the students of Grade VI addressing time management challenges and general exam related worries. This session was scheduled right before their Unit Test II, so as to assist students in managing their time judiciously to prepare well for the upcoming exams without worrying much about them. They attempted a self-scored assessment to assess their general tendency to worry on certain occasions.

Guest lectures were organised for the students of Grade VI to VIII, of the prominent speakers belonging to Fortis Healthcare. Ms. Stuti Sood, Counselling Psychologist, conducted a session on the pertinent issue of 'body image'. In this session, students could assess their perspective of their own bodies and how to rectify it, if need be. They understood that the way we perceive and regard our own bodies, impacts



our self-esteem and confidence in general.

Dr. Mantosh Kumar, Sr. Consultant Psychiatrist and Clinical Lead at Fortis Healthcare, conducted sessions with the students of Grade VII and VIII on 'Sex Education' and 'Risky behaviour among adolescents' respectively. In the session with Grade VII, Dr. Mantosh touched upon the physiological changes that occur in the bodies of males and females respectively at puberty and their associated behavioural and psychological effects. He answered the anonymous questions asked by the students during the session.

In the session with Grade VIII, Dr. Mantosh addressed the various kinds of risky behaviour that teenagers tend to get involved in, their possible reasons and potential consequences. He provided various helpful strategies to the students to assist them in stopping themselves from engaging into any risky behaviour in the future.

Another valuable guest lecture was organised for the students of Grade XI. Ms. Meaghan Blight, President Wesleyan, accompanied by Mr. Abhishek Gupta, High School Moms, conducted the session on "Empowering Teenagers for Leadership Position" for the students of Grade XI. Ms. Meaghan shared the role of taking initiation and being part of different groups to enhance the leadership skills. She shared the importance of internship and benefits of interning. She shared her experience of the ways networking helped her in advancing her career. Mr. Abhishek Gupta shared the skill set one requires to gain leadership positions later in one's career and are required in enhancing leadership skills. He shared the role of communication, networking, internship and gaining experiences in sharpening one's leadership skills.

These sessions have proved to be extremely beneficial for not just the students, but also for the faculty members as they share the insight into the thinking patterns of the students. This way, these sessions empower students to strengthen their skillsets and empower the teachers to be better prepared to address the needs of the students.

The Counselling department also shared the admission details of the upcoming national and international summer programme with Grades VIII to XI. Interested students have started to explore the opportunities to utilize their vacation period in order to strengthen their skillsets via these summer programme.

It gives us immense pride in sharing that Grade XII students have started receiving admission offers from some of the most prestigious universities across the globe. The Counselling Department at Scottish High aims to provide best possible support to all the students in all their endeavors.

Deeksha Saini
Counselling Department

From Our Budding Writers

Ambush

The wind, oh such a mysterious thing.
You never show your face,
Light and soft, to a roaring wind
The burden on my shoulder you erase.

The whisper of the wind in my ear,
Give me the chills.
You can be gusty and biting, truly a nightmare

But I love the comforting feeling you give

The soft brush against my cheek,
That was you, wasn't it?
Embracing my insecurities
The ray of hope inside me you lit.

Never know your next move,
The wildest mood swings you have.
Unbreakable and unshaken,
You are invisibly stronger than I imagined.

Riana Baijal, Grade VIII-A

Creativity

What are some thoughts that are free from the confines of reality? According to me, creative thinking is the originality of expressive artistry. Creativity is discovering something ground-breaking. It gives rise to new ideas and various opinions. It lets us think outside the box and far from reality. The imaginative hunch that ponders around in this little brain of ours is remote from the boundaries of the real world. Creativity is giving rise to new ideas and being able to express our flow of thoughts. Being exposed to different point of views brings receptivity and open mindedness. Creative thinking is the ability to perceive the world in new ways, to innovate different ideas for effective problem solving and achieving solutions. It requires avidity and commitment towards work. Let us take an example of the person who invented electricity-Benjamin Franklin. Life would've been so different had he not thought out of the box, the world would have no power, no phone signals and mobile phones would be useless as the battery dwindles. At times critical thinking is said to be the key to success, but at the same time creative and analytical thinking are equally essential.

Danicca Bajaj, Grade VIII-G

FAME

I feel those gazes penetrating my skin, making me feel vulnerable and exposed. Each movement is measured and well thought out; the sinister thoughts of error creep through my mind as it flashed all the possible ways this could go wrong. I suddenly feel a sensation equivalent to a hand grabbing my neck, as my body struggled under its hold, fighting for air; leaving my face pale and blue. The air grows heavier with every ascending move, my stride slacking from the pressure. Working my gaze from the deep red carpet, I looked around for help only to find fake smiles and pretense surrounding me; they could see right through my act of confidence, knowing gossip I haven't known myself, judging my actions, and viewing it with a spectrum of conclusions. Sometimes I was left wondering how gullible people were, just when I thought the height of my intolerance could not reach any further.

While pondering upon the spectacle, the reassurance of life reminded me that everyone is pretending to strive, which should presumably bring a sense of validation, only brought bitterness of false reality. Even in a room full of people,

Loneliness congested the atmosphere. It amplified the hollow void inside me into a dark abyss, consuming me bit by bit. "I have no other choice!" I wanted to scream, and I did, even though it only echoed through the rigid walls of my mind; everyone has a choice. Fame doesn't taste so sweet for something that reeks of raw money. It loses the shimmer, the glamor, the adrenaline, and its drive, the very moment it grows to pollute your consciousness. "What's it worth?" they inquire, eyes filled with what seemed to be pity and parental concern. It's too late to look back.

Disha Singh, Grade XI IBDP

MIDWINTER

The freezing frost of December,
feels too nostalgic to remember,
the Earth beautiful;
whilst the funeral
of the crisp autumn surrender.

Winter, an icy serenade,
the snow a bittersweet nightshade,
glistening in awe,
until the sun's flaw,
sparks during winter's masquerade.

The river basks in tranquility,
flowing beneath the ice typically,
gleaming with the gift,
of the nascent drift;
the haven of dreams fittingly.

As if the heavenly dam had burst;
great snowfall gave way to the worst.
Ice petals that bloomed,
air subtly perfumed
the storm consequently dispersed.

Himanshi Aggarwal, Grade XI IBDP

REPENTANCE

She blinked away the tear that was threatening to spill,
She fixed her eyes onto the horizon
Her mind danced, and her heart raced.

She was so far gone,
She had lost herself in the way.

For a second of happiness,
She gave away years to agony.
Torment, ache, struggle,
Her mind knew she deserved better but her heart said
otherwise.

She was conflicted for months,
Should she listen to her conscience or the fiend?
She was torn between her mind and her heart.
The dilemma taking up every second of her existence.

Ruled by her desire in the end,
She went along with the wish of her heart.
The darkness overruled the few moments of joy,
She went into denial.

Swirling in a hurricane of self-pity and affliction,
She chastised her heart for being a fool.
She swam in repentance, wishing she had attended to her
mind instead.
But it was too late.

Dlicia Lal, Grade XI-D

Simple Boys

Bright old smile, that cheerful voice:
"Good morning you guys!", the silence broken.
Magnum quake, the plates rejoice,
The door creaks to a close, his steps have spoken.

Disruptive little boy, happy joyful menace,
Sight for sore eyes, Titanic in Venice:
Fill that canal, spill that water,
Once again, this boy shatters the world order.

Not such a bad thing, not at all,
Ignoring the establishment, breaking the glass wall;
He walks right through it, as if it isn't there,
He does what he wants to without a single care-

For what the world thinks, or how the world sees-
His all-too-small stature, his little set of keys;
Keys to his solace, keys to some odd peace,
Peaceful is his aura, like an autumn-fallen tree.

His world is one of strangers, strangers who remember-
Him saving them from dangers, dangers like the embers-
of the pandemic that burned through his community,
And so he did his part, and gave the world immunity.

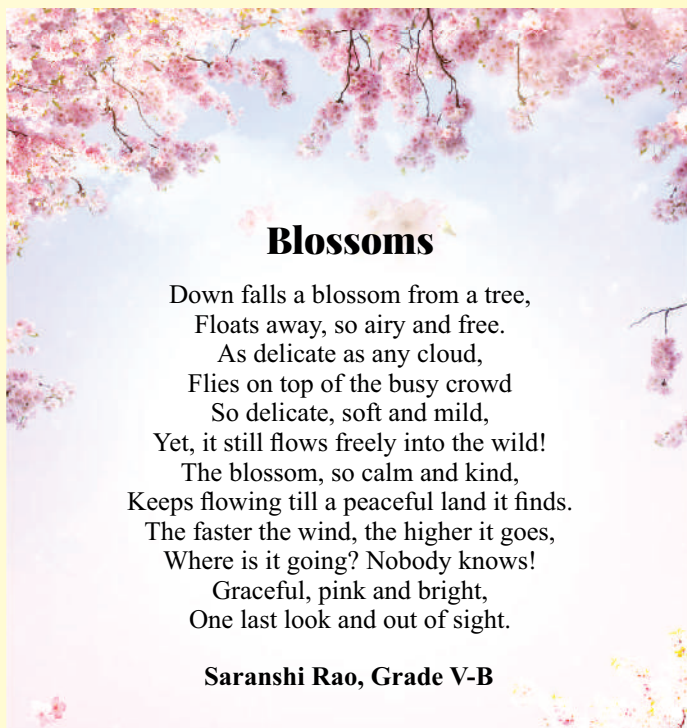
Behind those curtains, however, comes off his cape,
Remove these blinds, and come find out,
How his world takes shape,
What he's all about.

This boy is about singing in stairwells, and lifts and lobbies,
About sending long voice notes, and embracing his hobbies.

This boy is about speaking, and laughing and writing,
Book flipped open, there's nothing he's hiding.

That's who he is, and that makes him proud,
His poems so silent, and his singing so loud.
He knows that his voice will be critiqued and loved and
heard,
But he doesn't care for it, for he's a free bird.

Yash Moitra, Grade XII IBDP



Blossoms

Down falls a blossom from a tree,
 Floats away, so airy and free.
 As delicate as any cloud,
 Flies on top of the busy crowd
 So delicate, soft and mild,
 Yet, it still flows freely into the wild!
 The blossom, so calm and kind,
 Keeps flowing till a peaceful land it finds.
 The faster the wind, the higher it goes,
 Where is it going? Nobody knows!
 Graceful, pink and bright,
 One last look and out of sight.

Saranshi Rao, Grade V-B

Dreams

We close our eyes and go to sleep,
 Fast away, not a peep!
 Now on a journey to a place so afar
 Reached by not a plane, but the brightest star!
 Yet this place is closer than home,
 Here has your version of India, Mexico or Rome!
 You can be a fairy, wizard, or whatever you dream to be,
 Even climb the tallest mountain, or dive into the deepest sea!
 Here the limit is none,
 Just a place for you to enjoy and have fun
 But you wake up and realize, "Oh it's just a dream!"
 But is it? That's only what it seems.
 Have faith and become whatever you like
 Work hard and your future will always be bright!

Saranshi Rao, Grade V-B

THE ISLANDS OF GAYLAND

It was December 29th in the Gayland Islands. The time was 7:30 am. Two friends were meeting each other.

"Hey Jacques! How are yeh?" asked one of them.

"Good" said Jacques "Malan, do you think that the government is not helping at all?"

"You're right Jacques" replied Malan "All the government is doing is to catch the criminals, not save our country from all these unknown and mysterious things."

There is flooding continuously in Golhami." says Jacques

"Even our island of Gayland seems as if it is sinking! And where were they when the tsunami hit Alani? There wasn't a single warning and most of the people were found dead and the others unconscious! Mark my words 'The government is not functioning properly'. You know what? I'm going to take this matter to court. Infact I'm going there now."

"Jacques, Jacques, Jacques" said Malan shaking his head "Calm down. Your anger will not get us anywhere at all. Come on now. I'll come with you as witness"

At the court room hours later. The Judge spoke "Would you take a seat? Good.

Now please state your problem."

"I... I mean we have an issue with the government." said Jacques "We would like to know what they are doing. Where were they when the tsunami crashed on the coast of Alani? Most importantly, what is happening to our country? It's mid-winter and it's supposed to be 20° and it's currently 27° Celsius outside. Also, our Island is sinking! What..."

"SILENCE!" shouted the Judge. "The government is working according to the orders of the President. So, if you have a problem, talk to the President yourself. Infact why don't you talk to her now? She went to the cafe to get a cup of coffee.

She'll be back. Till then do you have any other queries?"

"Yes," replied Jacques. "To be truthful I do. This is a democratic country, right?"

"Correct"

"Then I want a new President, I..."

"Was someone talking about me?" came a voice from the door. Out came a woman in her thirties wearing a pale pink dress. She had blue eyes and red hair. She looked very still and had a bored look on her face. She was President Lalcam McLogan.

"This kind gentleman here..." began the Judge but Jacques cut him across.

"I demand you to tell me what is happening to the country."

"I don't know, and I don't worry about that. Our people are not safe, and the complete government will only find those criminals." came the reply angrily.

"Well then mark my words. You will not be President soon and I promise you that. Your actions will have consequences." with that Jacques left followed by Malan.

A year later Lalcam was out of power and a new President was elected. During that year Jacques had found out about global warming, got a solution and gathered followers. After Lalcam was out of power he was elected to be President. He used his power wisely and did everything to reduce the effects of Global Warming. Now if you go to Gaylands you would see solar panels, windmills, cycles, gardens, forests, lakes, dams, farmscrapers, rainwater collectors and much, much more. As for Jacques? So far, he has been elected President 3 times in a row!

Aryaman Palit, Grade V-F



Unity

**Where is it?
Where's it gone?
Binds us together,
Makes us strong.**

**Misguided emotions,
Filling a dark void,
Like scattered atoms,
Unable to bind.**

**This is how it's taken,
and always divides,
Total disagreement,
No more confides.**

**Entropy ensues,
Sickness in sight,
Hope though, will always lift,
This Darkness hates light.**

**It reveals the truth,
Makes it ashamed,
With mercy, forgives,
Now it's reclaimed.**

**So what is it?
What can it be?
That which is gone,
It's Unity.**

Prisha Abrol, Grade VIII CS B

WHO AM I?

- 3) Black or white and just plain flat,
Use me to write, draw or just say a fact
I have and opposite side
With the opposite supplies
Riddles like this you can use me to write

WHO AM I?

- 4) My fight can be played on a board
Most of my pawns pass out cold
In this battle, only one side can win
All the chances are equally slim
Yet in this game you have no need for power, but a sharp mind,
The perfect strategy to win is one only some can find.

WHO AM I?

- 5) Legs I have many, thick and strong,
Learn to love us and nothing can go wrong
My giant hair, very often will fall
With some of us it may take time, for we are very tall
I help in keeping this world alive,
But now its slowly getting harder for us to strive

WHO AM I?

Answers

- 1) Earth 2) Venus 3) Blackboard
4) Chess 5) Tree

Saranshi Rao, Grade V-B



Question & Answers

- 1) I'm a sphere, some say a big ball,
I appear to be the biggest one of them all.
If seen clearly, every so often I am visible both day and night
Light is not mine but I shine bright.

WHO AM I?

- 2) I am known as the morning and evening star
From Earth I am not as afar
Me and Earth are sisters, some say,
Because we primarily remain the same
Land on my surface I dare,
But remember, none and I spare

Sudoku

		7	3		8	1		
	4		9		2		8	
		9		5		7		
9	5						1	6
3	8						2	7
		1		4		2		
	7		2		6		5	
		5	1		7	9		



Clan News

ANDERSON

At Scottish High, we give equal emphasis on both academic and co-curricular development of our Highlanders. This assists in the social, emotional, and physical development of our children and teach them important life skills such as teamwork, communication, and leadership. Participating in co-curricular activities also helps in improving a child's self-confidence and decision-making abilities. It helps them discover their interests and passions, enabling the student to evolve into a mature individual.

I congratulate Abhirup Bhattacharya (VII) for securing first position in the Inter-clan Hindi Doha Vachan Competition. Also, I am proud of my Anderson team members Rian Sanghi (VIII) and Riana Baijal (VIII) for standing first in the Inter-clan Web Designing Competition. Team Anderson that comprised of Fagun Beniwal (VII) and Arjun Mudgal (VII) attained second position in the Inter-clan Science Rapstar Competition. Andersonites are strong team players and this is depicted in the way Snigdha Saxena (IX) and Prakhar Dikshit (IX) performed and bagged second position in the Hindi and Sanskrit Quiz. Anurag Pareek (XI) and Himanshi Aggarwal (XI)

grabbed the second position in the Inter-clan Science Breakthrough Competition. Kudos to all the achievers!

Clan Parents of Clan Anderson put in their best effort to encourage more and more children to participate. Tutees are educated about the benefits of cocurricular activities and how both academics as well as non-academics can go hand in hand. Other than teachers, the parents also play a huge role in encouraging their wards to participate in more non scholastic activities at school. Hope to see more Andersonites participate in the upcoming competitions.

Ms. Ruma Jain
Clan Elder - Anderson

BOYD

Don't count the days, make the days count.
-Muhammad Ali

Days and hours spent in school are meant to be utilized in a way so as to add to the child's personality in all positive ways. We at Scottish High strive to do the same with our continuous efforts. Clan Boyd has definitely performed well after our students came back from their examination schedule. Month of December brought a series of competitions for our Highlanders.

To have a slight glimpse of the same, our talented team of won first position in the Inter clan Vigyan Sabha Competition (Grade VIII). Advita Airi (VI-C) got second position in the Inter clan Drawing Competition (Grade VI). In the Inter clan Science Rapstar Competition (Grade VII), Ayaan Singh (VII-A) and Advait Palakeezhil (VII-E) made their mark and secured first position in the same. Once again, Anikait Raj (VIII-G) and Harsh Kashyap (VIII CS) bagged first position in the Inter clan Maths Quiz Competition (Grade VIII) and exhibited great teamwork. We left no language untouched, so our talented singer Zitin Tiku won second position in the Inter clan Solo Singing Competition (Grade IX) and

mesmerized the audience with her performance. Our team of two very talented boydians namely Ojas Jain (IX-C) and Kabeer Viren (IX-C) secured first position in the Inter clan Sketch Your Imagination Competition (Grade IX). In the Inter clan Video Making Competition (Grade VI), Hiren Solanki and Devansh Kanwar of Grade VI-B, secured second position.

I congratulate all our winners and participants. Glad to see students who are exploring their talents in varied fields through the platform here in the school. Wishing everyone all the very best for the session ahead with a prosperous new year.

Ms. Akanksha Yadav
Clan Elder - Boyd

LAMONT

"Success is not final, failure is not fatal, it is the courage to continue that counts."

— Winston S Churchill

Success is most desired feeling that all of us want to experience in the pursuit of our goals and also in day to day life. It is very important for every individual to define their own concept of success rather than following someone else's footsteps. We must analyze what makes us happy, what gives us contentment, and what motivates us. No one can list out our needs better than us. True success means understanding our dreams and working joyfully to make those dreams come true. Many great people have suggested various ways to

achieve success. But the real secret ingredient to nail success is to believe that we are already successful. With this strong affirmative thought, success can be easily achieved and if we follow our passion, build confidence and discipline. When we work in a disciplined manner, things will automatically fall in place. If we stick to these three factors, nothing can stop us from tasting success.

In the month of December first, we had Inter Clan Digital Marketing competition for Grade XI where Diljeet Singh and Aksh Jawar create beautiful presentation and secured second position. In Inter Clan English Parliamentary Debate competition Myra Mehra, Vikrant Pethia and Aarya Pagalla secured first position. In Inter Clan Science Vigyan Sabha Competition for Grade VI Mishika Talwar, Aayushman Kaushik and Praneet Kapoor presented Power point presentation on theme 'Nuclear war' and impressed

judges bagged third position. In Inter Clan Hindi and Sanskrit quiz competition Aadyansh Saxena and Ruhaan Seth of Grade IX showcased their knowledge and skill for Hindi secured first position. In the Inter Clan Solo singing competition for Grade XI Simran Gupta sang beautifully and mesmerized the audience and secured second position. In Inter Clan Mathematics quiz competition Hetavi Doshi, Dhairya Gupta and Arjun Gaba of Grade VIII showed their mathematical skills and secured second position. In Inter Clan Science Stretch your imagination competition Vikrant Pethia and Aarya Pagalla of Grade IX bagged second position

Heartiest congratulations to all our winners and participants for the month. Let us work hard to make our clan proud again and again. Keeping that spirit alive and work hard for upcoming competitions.

Ms. Geetanjali Ahuja
Clan Elder - Lamont

MACARTHUR

A famous proverb quoted here, "Don't judge each day by the harvest you reap but by the seeds that you plant".

Our Clan has many creative intellects who helped the clan bag different positions in different inter-clan competitions. In Video Making Arin Sharma and Parth Bareja of Grade VI-B were adjudged winners who secured the first position. Adding to the shining light Avika Kalra of Grade VI-F and Krishay Yadav of Grade VI-E were declared winners of the Inter-Clan Drawing competition they secured the first position for the clan.

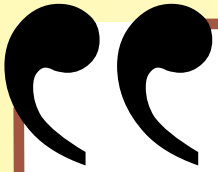
Ujjesha Srivastava of Grade VII-E secured the second position in Hindi and Sanskrit Doha recitation and proved that our clan is connected to Indian roots. Devashish and Rohit Sarna of Grade VII CS secured the third position in Science Rapstar.

Clan Macarthur has the trail of champions Manisha of Grade VIII-D, Saanvi of Grade VIII A, Atharva Vyas, Aadya, Ehaan, and Shreyas of Grade VIII-E, Samaira and Reet Mathur of Grade VIII-F secured the First position in a Dance competition. Our clan students Akshat of Grade VIII-A, Rishika Abrol, and Rishit Agarwal of Grade VIII-B exhibited their mathematics skills by securing the first position in Maths Quiz. Our budding Web Designer Rishika Abrol and Tejaswat Singh of grade VIII CS secured first position

in Web designing Competition. Suhavi Khara of Grade IX-F, Agastya Trehan of Grade IX-A, and Vaishnavi Vinod Sharma of Grade IX IG secured the third position in Parliamentary Debate. Our nightingales Swarnika Joshi and Swara of Grade IX-F secured the first position in Solo singing. In Sketch your imagination Competition we have Shaurya Singh and Abier Raj of Grade IX-F who secured the third position. Last but not least Shaurya Mathur of XI Grade secured the third position in Solo singing.

And we thank all the participants for putting in their hearts and soul together to attain the different positions for the clan.

Ms. Pooja Sethi
Clan Elder - Macarthur

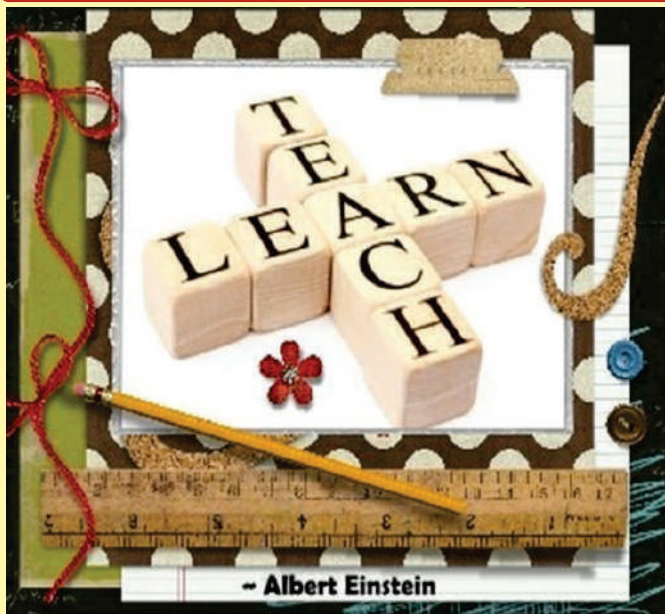


Famous Quotes

December

1. "You only live once, but if you do it right, once is enough." -Mae West
2. Don't judge each day by the harvest you reap but by the seeds that you plant -Robert Louis Stevenson
3. "Live in the sunshine, swim the sea, and drink the wild air." -Ralph Waldo Emerson
4. "Go confidently in the direction of your dreams! Live the life you've imagined." -Henry David Thoreau
5. The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions.: -Chanakya
6. "Do not let making a living prevent you from making a life." -John Wooden
7. "Life is ours to be spent, not to be saved." -D. H. Lawrence
8. Life is all about a card game. Choosing the right cards is not in our hand. But playing well with the cards in hand determines our success. -Bal Gangadhar Tilak

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



**"I never teach my pupils.
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 a very common problem that happens with junior golfers when they are chipping

Once you have taken a good set up for a chip shot, use your arms and shoulders to swing the club back and through making a pendulum sort of an action that can produce consistent contact and control over the distance of the shot. A fault that is commonly seen in junior golfers is when they use too much of wrist action in the backswing and this causes the club face to open up when the club goes back. You can see this in the picture and notice how my wrists have opened up the club face with the face pointing up to the sky rather than towards the ground. This will need a player to compensate when they come back to the ball else the ball will go off to the right side and have less distance



Using the arms rather than the wrists is the correct way to swing the club back in chipping and ensures that your contact with the ball is crisp and you have good control over the shot.

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



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