



Uncertainty to Certainty

The month of March proved to be an unpredictable and uncertain month. North India witnessed serious earthquake tremors and unpredictable rain. Weather was fluctuating and there was some uncertainty about rising COVID cases. However, we witnessed the certainty of celebration of Holi after a long time. Now the certainty of our Indian New Year, Navratri and holy month of Ramadan being celebrated all around.

As a school, we are confident about our certain plans but equally ready for any uncertain situation. Kindergarten and Grade V students were certain about their Graduation to primary and secondary school respectively. Grade V to XII students were confident about their final exams and they gave their best. A feeling satisfaction was reflected everywhere during the PTM. Enthusiasm reflected in Grade X & XII during the Athletic Meet. The, 'Sports Fiesta' proved that these teens are certain to bring glory to their respective Clans. The enjoyment of in-house and outside camps was certain and was proved it with the smiling faces of the Highlanders

It is certain that we would be starting the new session from 3rd April, so estate was busy with building maintenance, bus route plans. HR department has done its procurements and has appointed the new teachers, Admission Department is ready with new their lists, I cards, updating of records, Accounts Department is ready with year ending calculations of balance sheets, and we as teachers are ready with curriculum, time table and giving a new look to the class rooms to welcome our students to the new session.

So let's begin the new session with the certainty of happiness and follow the spirit of the famous Sanskrit proverb:

"If you forsake a certainty and depend on an uncertainty, you will lose both the certainty and the uncertainty."

Dr. Sanjay Sachdeva
School Principal

Helping Children to Express Gratitude

“Acknowledging the good that you already have in your life is the foundation of all abundance”

- Tolle

Ending of the new session and beginning of new learnings is a time to appreciate and express gratitude for everyone around us. Gratitude is an abstract concept which can be challenging for children to understand because they are generally self-focused in early stages of development. As children grow with gratitude, they become more considerate to the needs and feelings of others. There are many tips that many child psychologist share to make children thankful not only for material things but for acts of kindness as well.

Firstly, teaching children to say thank you to the people who do things for them is where we can begin. Be it a server at a restaurant, a sibling who helps or a friend who gives a gift. Secondly, sharing with children why we are grateful for them is a wonderful way of appreciating them in our lives. The thought that they are special to us and we are thankful for their existence, will go a long way in motivating them to reciprocate the same feelings with others.

Telling children about the things we are grateful in our lives can help the children understand this important attribute of gratitude. Getting together during dinner table and thanking the person who has cooked the meal is an important tradition which can go on throughout their lives. Appreciating the work of people who help us daily in our lives, to make it run smoothly, can be a live example for our children.

Slowly and steadily as they learn to understand the power of being thankful we can explore and support charitable events or organizations. Whether we are donating clothes or toys, participating in a food drive or extending service with an organization for any cause will give them a first-hand experience, on why, they should be thankful for all the privileges they have in their lives.

Ms. Seema Bhati
Primary School Director



PYP

Grade Five Exhibition, the culminating project for the Primary Years Programme

The PYP Exhibition is an important milestone in the academic journey of an IB PYP student. The exhibition for the class of 2022-23 was held on 4th February, 2023 under the Transdisciplinary Theme - How We Express Ourselves. It enabled students to take on an inquiry-based approach to learning and enhance skills that allowed them to be independent, responsible and reflective learners. The PYP exhibition was a truly transdisciplinary event for our learners, as they combined their skills and knowledge from different subject areas, using technology, visual art and performing art to communicate their findings. Through inquiries and their understanding of UN Sustainable Development Goals they passionately addressed different issues and sub-issues such as good health and wellbeing, quality education, gender equality, sustainable cities and communities, life on land, life below water, climate action and many more. Taking ownership, our principled learners brainstormed, and collaborated extensively to raise awareness, find solutions, and take proposed

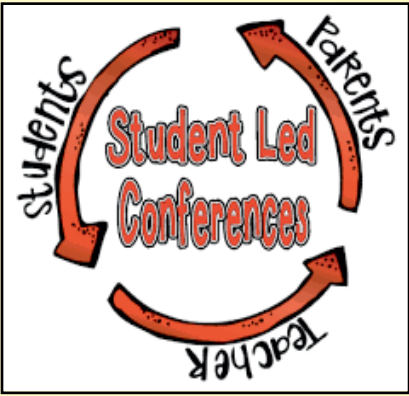
action towards achieving their selected goals. They demonstrated determination and commitment with focus on their local and global concerns. Our Graders V left the audience awestruck with their impactful performances through Nukkad Natak, enactments, and songs in different languages, rap, dance, puppet show and Bhagwad Geeta shloka chanting.

All the exhibits displayed were a showcase of our young Highlander's creativity, curiosity and critical thinking. We are extremely proud of our agentic learners to put up such an amazing show.



"A thousand words leave not the same deep impression as does a single deed."
- Henrik Ibsen

Our young Highlanders of Grade V took a noble initiative to organize a Blood Donation camp in collaboration with the Rotary Club as part of the Social and Emotional Awareness drive for the PYP Exhibition. The response from the parent and school community was over whelming.



The Student Led Conference along with the PTM on 4th February had our young Highlanders showing Agency. They used it as a platform to be leaders and display their growing communication skills through a presentation of a rhyme, a poem or a song. It was indeed a day of celebration of each child's growth and confidence as witnessed by their teachers and

parents collectively. The PTM also provided a clear picture of each students' progress and development over a period of time both as individuals and group learners. The proud Highlanders took this opportunity to take ownership of their work and familiarize parents of their learning process.





FRONT DESK PROGRAMME - SHOWCASING OUR JOURNEY OF LEARNING...

The Front Desk Programme of Kindergarten and Nursery students had the enthusiastic Highlanders in their element. It was heartening to watch the young active minds at work, reflective of their journey across the range of learning experiences in school. The event proved to be an overwhelming experience for all the parents and gave them an opportunity to witness meaningful, significant, relevant, engaging and challenging learning skills. The day drew in scores of parents, wide eyed, appreciative and in awe of their child's growth and progress.





*"What we learn with pleasure,
we never forget."*

- Alford Mercier

The most awaited day of the year, picnic, a full day outing to Aapno Ghar for the students of Early Years took place on 17th February, 2023. It had the young Highlanders of Early Years break into smiles and excitement. Filled with enthusiasm and anticipation, the students enjoyed their outing immensely. The day saw the young learners imbibing life skills and displaying their growing self-management and social skills to the hilt. It was truly a day to celebrate bonhomie, strengthen friendships and make merry. Ever the risk-takers, the children enjoyed the different rides to the fullest and danced their heart out on the musical beats. They relished the sumptuous food served to them right from the breakfast to a hearty lunch and returned back to school, full of anecdotes and memories to cherish for a lifetime.





**“Winners are not people who never fail,
but people who never quit.”**

Sports Day was another event held in first week of March which had the enthusiastic Highlanders of Early Years engage in physical exercises and imbibe and display attributes of sportsmanship. With the children so young, the main aim for this celebration was to encourage the students to have fun, be physically active and display their developing motor skills. Taking a pledge of 'Stay Fit, Stay Healthy', the young motivated Highlanders promised to be principled while running different races and cheer and appreciate the efforts put in by their fellow peers. With an eye catching display of athletics, strength and teamwork, the little champs set the pulse racing with their nail biting photo finish and 'Go for it' spirit. Though a few walked away with the medals, but in the end, with their spirited participation, for us, everyone was a winner!



Overnight Camp Grade I and II Personal Growth and Skills Development

Grade I and II had a full day adventure camp at Vishalgarh Farms. Children had fun and enjoyed activities like puppet show, rides, obstacle course and many interesting games. The dance party in the evening was the highlight of the day. Our young students displayed amazing interpersonal social skills during the camp.





Field Trip-Enhancing social skills

The young Highlanders of Grade II became open minded and principled as they visited Village Panchayat School, Gairatpur to get a perspective on traditional games as a part of the Transdisciplinary Theme -Who We Are. Children confidently conducted a survey to inquire on the influence of culture in the evolution of traditional games. This gave them an opportunity to interact and play with the children of another school showcasing good self-management skills.



Awareness Rally – Cyber Safety

As the proverb says, *“Awareness is like the Sun. When it shines on things, they are transformed.”*

The budding Highlanders of Grade I and II spread the awareness on Cyber Safety with enthusiasm and confidently conducted the rally within the school premises. They displayed their understanding and propagated through slogans and posters. Young Learners developed the attributes of IB PYP

Learner profile as they showcased the trait of being caring and communicators.



Primary Wing, Here We Come!

School round, eating food in the dining hall, regular counseling were a few steps taken to help the Kindergarten students to acclimatize to the new environment ahead of them as they move to the Primary Wing.





"The future belongs to those who believe in the beauty of their dreams."
– Eleanor Roosevelt

The passing out of the Kindergarten Highlanders from Early Years to the Primary Wing and Grade V to Middle Wing was commemorated with the Graduation Ceremony.

The young Highlanders of Kindergarten and Grade V, ready to embark on a new journey, stood tall and proud as they received their Graduation Certificates. Emerging from the cocoon of their primary years our Grade V students are now ready to spread their wings as they head into middle school. They successfully completed their journey of Primary years and thanked their mentors whole heartedly. An emotional moment, indeed.

We wish them all the best!



KG-A



KG-B



KG-C



KG-D



KG-E



KG-F

GRADE V GRADUATION



Deputy PYP Coordinators



Medley of Activities

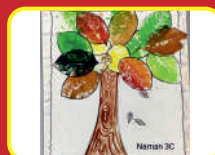


"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

~Albert Einstein

During the month of February and March, our Highlanders were busy showing their creativity in the form of own composition, related to the Transdisciplinary theme: How we express ourselves. Students expressed their understanding of elements and principles of art by creating a stylistic representation of their artwork. Different topic like lines and shapes, perspective view, flowers, dream land, landscapes etc. were created by the students. Each one of them made personal connections to their artworks and all of them did wonderful work.

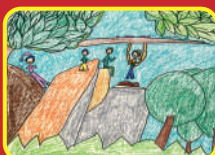
On the other hand, Grade I also learnt about the basic proportions of a human figure. Grade II students did pointillism and tear paste activity. Grade III completed their artwork related to the TD theme: "How we express ourselves". They learnt about the different folk arts like Warli art and Madhubani art. Whereas, Grade VI to VIII optional indoor activity students were doing final touch-up to their project works for the Annual Art & Craft exhibition. All the best to everyone!



Naman III-C



Miraaya III-D



Elina III-E



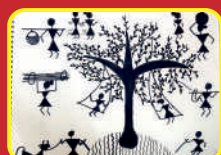
Samaira III-E



Vrisaaj III-F



Ishaan III-I



Anaya IV-B



Leisha IV-B



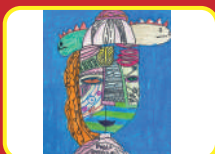
Advick IV-B



Anaya IV-B



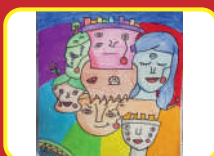
Kabir IV-B



Viren IV-C



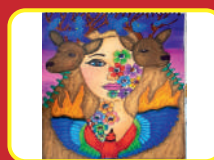
Chitraangada VI-C



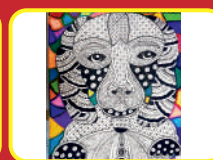
Avikaa IV-E



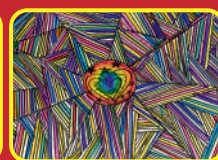
Samanyu IV-E



Vinisha IV-E



Vinisha IV-E



Jiana IV-F



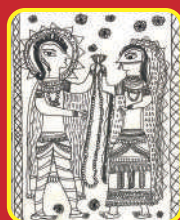
Swastike IV-G



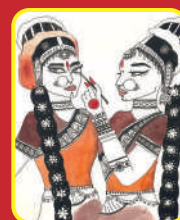
Tanishi V-D



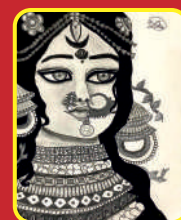
Vardan V-D



Hunar VI-A



Mahika VI-B



Mahika VI-B



Taesha VI-D



Aryaman VI-D



Siddhi VII-C

ARTS EXHIBITION



Ms. Amita Gahallot
HoD Visual & Performing Arts



Dance has occupied an important place in Indian culture throughout history. It is the most commonly defined as a way of human expression through movement. People have seen dance as a performing art on stage, on screen and in the media. In earlier days, dance was performed in rituals, worship, celebrations, and as a means of entertainment and self-expression. Nowadays, dance has become a part of traditional events and also an element of new innovative performing experiences. Primary and senior students revised all the dance routines they had learnt during the year. This year our Highlanders gave back to back spectacular dance performances on various school events. Students are all set to go to new classes.

Ms. Shreewarna Rawat
Classical Dance Teacher



February and March were two extremely eventful months for our Highlanders in primary, as they had been preparing for their Front Desk Programmes and PYP Exhibition for months, and finally it was time their efforts bore fruit. Students in Grade I & II gave their parents memories of a lifetime, singing their beautiful and melodious songs and hymns like Summer of 69', A Gift for You, Fight Song, A Surprise for You, and soulful bhajans like Acchutam Keshawam, and Teri Hai Zameen. While our Grade V students showcased their talents in the fields of rapping, singing and composition in their PYP Exhibition. But the events had not ended with FDPs and PYP Exhibitions, for it was time to celebrate our esteemed Chairman Sir's birthday, and students from primary, all the way till seniors prepared their songs and performed them beautifully on stage to celebrate.

Our senior Highlanders also continued to make progress in their singing and instrumental skills. They continued refining their rhythmic skills by practicing their drum rudiments, beats and continued their ear training. They learned to play songs like Demons by Imagine Dragons, In the End by Linking Park and Zombie by Cranberries on their respective instruments and continued to refine their voice modulation skills.

Shivam Srivastava
Western Music Teacher

From The Sports Field



The month of February started with the preparations of Annual Athletic meet for Grade VI to VIII. School Principal Dr. Sanjay Sachdeva and Primary School Director Ms. Seema Bhati declared

the meet opened. In Grade VI clan Boyd secured 1st position and clan Lamont and Macarthur secured 2nd position followed by clan Anderson. In Grade VII clan Macarthur secured 1st position followed by clan Anderson, Boyd and Lamont. In Grade VIII clan Boyd got 1st position followed by clan Lamont, Macarthur and Anderson.

Inter clan Annual Athletic meet for Grade X and XII was also conducted where in Grade X clan Macarthur secured 1st position followed by clan Anderson, Lamont, and Boyd where in Grade XII clan Macarthur got 1st position followed by clan Boyd, Lamont and Anderson.

Now sports department is busy with selections of Sports Fiesta for Grade X and XII for Basketball, Football, Cricket, Badminton and Lawn Tennis.



Darshan Singh Gahallot
HOD Sports

Modern Foreign Languages

SOFT-SKILLS FOR TEACHERS

To strengthen the soft skills of teachers and build self-confidence, Maxmueller Bhawan, Delhi organised a full-day training on 25.02.2023 at Holiday Inn, Mayur Vihar, New Delhi. Especially in the rapidly developing modern working world, soft skills such as teamwork, communication, flexibility and empathy play a crucial role. Our, German Teacher, Ms. Sakshi Puri participated in this professional development training. Various sessions on public speaking and team building were conducted by subject expert Ms. Rita Sen.

Teacher development training on soft skills involved in providing our teacher with the necessary knowledge, skills, and tools to teach and model these skills effectively in the classroom which include communication, collaboration, critical thinking, and problem-solving

It was indeed an effective learning experience and helped our teacher develop the skills she needs to teach and model these skills effectively in the classroom, leading to better outcomes for our Highlanders.



Intra Class Poetry Recitation Competition

Beauty is the realm of poetry; the students of Grade IV enthusiastically participated in the competition scheduled between 6th March - 10th March, 2023. The young Highlanders got an opportunity to exhibit their talent and confidence. The competition inspired the young poets to come forward and recite on stage. The students came up with different poems and recited them with great fondness and zeal. They enjoyed the perfection of expression, thoughts, emotions, rhythm and music of words. The participants from all the respective four languages left no



stone unturned to show their talent. Students were judged on the parameters like expressions, fluency, confidence, and overall presentation. The young poets enthralled the audience with their articulation and memory skills while reciting poems. It was a splendid opportunity for them to gain confidence and develop self-expressions, memorization skills and phonemic awareness. Everyone was delighted after seeing their pleasing performances.

Bravo and well done to all the young Highlanders!!



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

Middle School (VI to VIII)

The future belongs to those who learn more skills and combine them in creative ways."

At SHIS we provide our Highlanders with an exposure to varied opportunities. Students participated in a plethora of activities this month. Our Highlanders Aaradhya Nigam, Sanvi Aggarwal of Grade VI, Armin Kaur and Anya Nigam of Grade VIII and Vikrant Pethia of Grade IX participated in the state level round of Vigyan Vidhyarthi Manthan 2023. Armin Kaur made us proud by securing second position and getting nominated for National round of Vigyan Vidhyarthi Manthan. She also got a cash prize of three thousand rupees.

Astronomy Day was organized by the members of the Astronomy Club in association with SPACE India, where students from Grade V to VIII participated and showed their interest in astronomy. The students were also engaged in various other activities such as comet making, astrophotography, solar observation and so on. It was a thrilling experience for students with real life understanding of the universe.

Students of Robotics Club attended an in-house workshop conducted by Inventant Labs where students learnt that robotics is an effective tool to create engagement in students to learn to code and develop computational thinking. Students of Grades VI to VIII actively participated in Annual Sports Day. Two teams comprising of Sabeer Arora, Aarav Jain, Shubh Dalmia, Aaryaman Matoo, Kiaan Kapoor, Daksh Singh



of Grade VI enthusiastically participated in Avishkaar IRC League 2022,

Students' enthusiasm and performance was commendable and much appreciated. It is not about winning but inculcating the concept of making the students explore different dimensions of science and technology. Students are now busy preparing for their upcoming Final Examinations. Wishing them all the best!



Ms. Geetanjali Ahuja
Middle School Coordinator

IGCSE

Conceptual Understanding and Experiential learning: Preparing an Electrochemical battery

In a bid to enhance experiential learning and practical skills, on 24th Feb 2023, a group of IGCSE students undertook a Physics activity of constructing an electrochemical battery using potato and lemon. This activity was a part of their physics lab sessions, and it aimed to demonstrate how electricity can be generated using simple household items.

The students first learned about the science behind electrochemical batteries and the importance of voltage in the process. They then divided themselves into groups and gathered the necessary materials for the activity, which

included potatoes, lemons, zinc nails, copper wire, and a multimeter for measuring the voltage.

The students were instructed to connect the copper wire and zinc nail to the respective electrodes of the multimeter and then insert the zinc nail into the potato or lemon. They were then asked to measure the voltage generated by the electrochemical reaction taking place between the potato/lemon and the metal electrodes.

The results of the experiment were remarkable, as each potato and lemon generated a measurable voltage. The students were excited to see that the potatoes produced slightly higher voltages than the lemons, which they attributed to the higher acidity of the lemons. They also observed that the voltage increased when they connected multiple potatoes or lemons in series, indicating that the voltage generated was cumulative.

Throughout the experiment, the students applied their knowledge of physics concepts such as voltage, current, and resistance. They also learned to work as a team, follow instructions, and troubleshoot problems as they arose. The activity provided a hands-on experience that helped them understand the scientific principles in a practical way, which will be useful in their future academic pursuits.

In conclusion, the construction of an electrochemical battery using potatoes and lemons was an enriching experience for the IGCSE students, and it enhanced their understanding of physics concepts. It also helped them develop practical skills that will be beneficial in their future scientific endeavours.

Ms. Akanksha Yadav
Ms. Nikita Kalra

ICSE - ISC Bulletin

Students in Grade IX ICSE and XI ISC have completed their final examinations. The new academic session for Grade X ICSE and Grade XII ISC started in mid-February. Highlanders arrived at the campus with tremendous energy and zest to unveil the start of the new session. The students were given sound guidance on how to prepare and be regular in their work and assignments and have a focused, pleasurable learning experience. The teachers gave the students a warm welcome and offered words of advice and inspiration.

On the one hand, courses for the new X ICSE and XII ISC batches are in full swing, this month also saw the start of the ICSE/ISC 2023 Exams for the graduating classes. It's normal for students to feel anxious and have one's stomach turn as one approaches the exam room. However, witnessing our Highlanders with a positive outlook is greatly enhancing their sense of self-assurance. Moreover, Subject Instructors are fully supporting the Highlanders on an emotional and practical level. To obtain the blessings of the Almighty, each exam begins with grace. Parents are also encouraged to foster a supportive environment at home and assist their ward's mental health.

Additionally, preparations for the upcoming Grade IX and XI sessions are well underway. As our Grade VIII Highlanders will soon be moving from Middle School to Senior School, they were apprised about the ICSE Curriculum. An in-depth ICSE Orientation was also conducted with the parents of current Grade VIII students, in two batches. These are the years when students must make important subject and career decisions. The Subject



Option Form and an overview of the ICSE curriculum were delivered to the parents. They were told that the form had been developed in compliance with CISCE laws and rules as well as in consultation with the subject experts. Parents' questions about careers were answered for both domestic and foreign universities. All of the Parents' inquiries were satisfactorily addressed throughout the interactive session. Additionally, One-on-One Meetings with parents of Grade VIII students are currently in full swing in order to help them make the best subject choices.

Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP

New beginnings can be challenging, but they also offer opportunities for growth and personal development. Embracing the change and making the most of that experience is what makes it worthwhile.

With the new session starting from February for Grade XII DP, our students were enthusiastic and elated to come back and start their new journey. In order to make their arrival more engaging, we organized an International food fest for our students where students were assigned different countries and they prepared food of those places. They also answered some pertinent questions about culture and bias, which pervades our mind and hampers our understanding of a particular culture and country. Additionally, aligning with the spirit of CAS, our students visited the Blind School and learnt the importance of Service not just in practice but also spirit.

Further, our students were engaged in a myriad of activities both academic and co-curricular. The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth - all while tackling climate change and working to preserve our oceans and forests. With keeping in this mind, Group 3 conducted an activity on Sustainable Development goal for the students of Grade XII DP. Participants were encouraged to escalate their knowledge concerning the existing status and understand what they need to do regarding the targets. The workshop ended on an extremely positive note with participants highly appreciative of their own learning outcomes and eager to engage in the SDGs parallel reflection process.

Additionally, our students were part of the Athletic meet, Sports Fiesta, and school camps where they imbibed the value of team spirit, leadership and working together. Finally, our Grade XII DP students of session 2021-2023 gave their Mock 2 exams and have started gearing up for their final board examination. Their admit cards were distributed and they were wished well for their upcoming exams. A ceremony for the same was held to bless our students.

Group 4 project for students was also held in March which culminated in the understanding of physical activities and their effect on mental and physical well-being.

If our students are so dedicated, so are our teachers. Recently, a group of teachers and lab in charges attended a training session

organized by PASCO, to learn about the usage of laboratory equipment and sensors in the classroom. The training session covered a range of topics, including the fundamentals of data collection, analysis, and interpretation, as well as the use of various sensors such as CO2 sensors, temperature sensors, and DO sensors. By attending the training session, the teachers were able to enhance their own teaching abilities and provide their students with a more engaging and interactive learning experience.

Ms. Pooja Sharma and Ms. Sugandha Malhotra attended a workshop on CP and DP to gain in-depth knowledge about the two curriculums.

The DP meetings also worked in collaboration, aiming towards a holistic understanding of the curriculum, the evaluation and the intricacies of Unit-plans and more.

Lastly, the Self-Study for PYP and DP began on 16th February, with regular interactions with the PYP and DP Coordinators. The aim for the same remains our dedication towards both curriculums and developing practices to improve engagement.





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

CAS - Creativity, Activity, Service

We Care and Share: Spreading Smiles Among Visually Challenged

As a part of their CAS initiative, students of Grade XII DP session 22-24, visited the AICB (All India Confederation of the Blinds) Captain Chandanlal Special School for the Blinds at Village Berhampur, Sector 71, Gurugram for community service. Highlanders interacted with the visually challenged students and carried out many eco-friendly and fun-filled activities with them. During their visit to the special school for the visually challenged their interaction with them was no less enlightening. People may presume these differently-abled kids are destitute or consumed with sorrow or pain but while interacting with them, they seemed to be immensely proud of the way they were brought to this earth and have wisdom similar to that of intellectual and mature persona. Even with one sense numb, their remaining senses are highlighted more, allowing them the abilities that people are very detached from in today's world. They rely on physical touch and sound, proximity, and emotions.

Our Highlanders displayed a great deal of enthusiasm and zeal during the visit, showing a genuine interest in understanding the lives of visually impaired students. They had the opportunity to learn about their unique methods of reading, writing, and learning, including the use of specialized equipment such as German slates, Taylor frames for calculations and learn mathematics, special typewriters, and photocopiers to print in braille, their special IT labs with the computers having talking soft wares, etc. The visit also provided our Highlanders with valuable insights into the challenges and opportunities faced by visually impaired

individuals in our society.

Highlanders sincerely contributed to the welfare of the school and its students and conducted a tree plantation drive on their premises. They planted saplings of trees like curry patta, lemons, and jamun in the area near their kitchen and dining area. As a part of the beautification drive, they also planted saplings of trees like ficus and palms to beautify their front lawn and increase the green canopy of the school to improve air quality and the environment. They taught them how to skip ropes and gifted them the same along with chocolates, and refreshments.

During their visit, our Highlanders also had the opportunity to interact with the principal of the school Mrs. Nina Rani, who shared valuable insights into the funding and management of the school with them.

Our Highlanders also had meaningful conversations with the students, learning about their experiences and even teaching them how to skip rope. It was really an enriching and memorable experience for our Highlanders. They promised themselves to continue volunteering in many more such endeavours which will inspire them and other Highlanders to engage in meaningful community service and contribute more to the betterment of society.

Ms. Kavita Yadav
 CAS Coordinator

From The Counsellor's Desk

*"I am not what happened to me.
 I am what I chose to become."*

- Carl Jung

Counselling Department, at Scottish High International School, Gurugram, organised a series of one-on-one sessions with the parents and class talks for students in the month of February. Since middle school students will soon be appearing for their final examinations, Counselling Department conducted class talks on exam preparation, goal setting, stress management and time management.

A session was also conducted with the students of Scott Pride. The session was based on stream selection and career pathways post school. Students posed their queries regarding stream selection for high school. Regular one-on-one sessions are also ongoing with the parents and students of current Grade X, promoting to Grade XI, based on stream selection. Guidance is provided to the students and the parents in these individual sessions regarding selection of the right subjects in the high school.

Counselling Department has completed the application submission process for both Common App and UCAS in the month of January. All updated student reports have also been submitted for the university applications.

Regular meetings are conducted with the representatives of both national and international universities aiming at relationship building and students' skill enrichment for a smoother university applications process.



Parents and students are regularly informed about the upcoming Summer Programmes organized by both national and international universities. Details for the same are communicated via message updates.

A session based on Common University Application Test (CUET) is also organised for the parents and students of current Grade XII, to aid them in the process of filling the application forms and choosing right test subjects.

Counselling Department would like to convey their best wishes to the students for their ongoing as well as upcoming exams. All the very best!

Deeksha Saini
Counselling Department

Senior School Head

At the onset of the new academic session 2023-24, all at Scottish High are filled with zest and enthusiasm to fulfil the aspirations and dreams that the year started with. Whether it's the final examinations for Middle School, the start of a new academic session for Board classes or the Board examinations themselves, success in these endeavors can only come through unwavering determination and hard work.

Hard work and dedication are indeed essential for achieving success in any field. Here are some additional tips that might be helpful for the Highlanders:

- Set clear and specific goals: Having a clear idea of what you want to achieve can help you stay motivated and focused. Break down your goals into smaller, achievable steps and create a plan to work towards them.
- Manage your time effectively: Time management is crucial, especially during exam season. Create a study schedule that allows you to cover all the topics while also taking breaks and getting enough rest.
- Stay organized: Keep track of important deadlines, assignments, and notes to avoid any last-minute rush. Use tools like planners, calendars, and to-do lists to stay organized and on track.
- Stay positive and motivated: Surround yourself with positivity and motivation. Talk to supportive friends and family, read inspirational books or quotes, and remind yourself of your goals and why you started working towards them in the first place.
- Take care of yourself: Lastly, remember to take care of your physical and mental health. Eat nutritious food, exercise regularly, get enough sleep, and take breaks to relax and recharge. A healthy mind and body can help you perform at your best.

So, wishing all my Highlanders good luck. Keep going and keep working hard!!

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

From Our Budding Writers

YOUR FIRST DAY

When you first come,
You may be afraid
But never ever fear!
For us this school was made.
This place welcomes you,
Just like their own.
For all of us,
Their kindness was shown!
You are never alone,
We are always there for you.
Like all of us,
You're part of the Highlanders Crew.
We stand on top,
High and strong.
This is the place,
That we belong.
Just like cherries
On a tree,
We stick together,
Like a big "we"!

So don't be frightened
My dear dear friend!
Don't think the opposite,
We do understand.
Let the long vines
Come out and grow
Please don't hide,
Let your true self show!



Prisha Dua, Grade IV-F

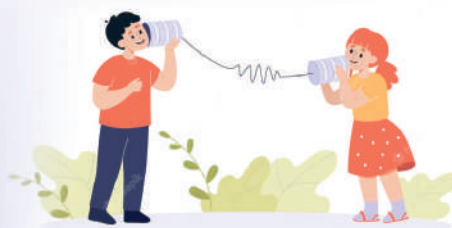
Listen Up!

Listen up boys and girls, we are all the same,
So now stand tall and say your claim!

There is no above and no below,
Be yourself and be your own.

You and I are on the same level.
Here, there is no angel or devil.

Female or male, we have the same standards,
Ignore the judgements, swallow it like custard!



Prisha Dua,
Grade IV-F

Green All Around Me

As I walk,
Briskly outdoors.
I look skyward
Above all the floors.
The birds chirping
As they fly so high.
Nowadays people hurt
And make them say goodbye.
Next I take my step
To the pleasant green plants.
Some were wilted, most were green,
It made me want to dance!
On a copy bed of flowers,
I comfortably lay.
While the dew drops fall gently on me,
I let the melodious rhythm of the birds play.
Until now I think,
Of what I was meant to see.
I let my thoughts wonder
On the Green All Around Me.

Prisha Dua, Grade IV-F

Amidst Spring's Dream

Spring is a long list memory come to life,
As February fades away,
The sweet, floral scent fills the air,
Shedding the foggy stabbing of winter,
The Daylight melts the snow away,
The sweet smelling damp soil
Brings in a canopy of flowers,
Chorus of the birds
Drift as steady as ocean waves,
Pulling away the smell of burnt wood,
New beginnings arrive,
The taste of fresh strawberries
Linger on my tongue,
Lush, sweet-smelling grass
Danced across the meadow,
Slowly the cuckoo bird's
Dawn chorus is heard distantly,
The whimsical memories of spring
Is more clear than i remember,
The sky unnoticed by me
Melts into a darker shade,
Leaving me in the reverie of spring-time

Siddheshwari Panchavaktra, Grade VII-B



Pure Souls

The Little smile of their face,
The smile of insecurity,
A lot of pressure but no haste,
Their minds, the perfect example of purity.
Walk in, A happy greeting,
Pummeled with questions and thoughts,
Even faster than breathing,
All the things that they have fought.
Some people might think otherwise,
Might say that they are different,
But when you only look at them likewise,
You see that they are very similar but more exuberant.
They have no evils clouding their minds,
No smoke fogging it up,
Betrayal you definitely won't find,
They are open and dup.
Having them as friends is my luck,
Listening to them share their knowledge,
No place that their mind is stuck,
Just comfort and encourage.

Sia Aggarwal, Grade VIII-F.

Home: A Feeling

A place that subsides all your pain,
A place where you forget all your worries and complains
Your presence: love,
Your embrace: warmth.
A familiar feeling, do you feel known-
By me, when I call you home?
Warm hugs while a breakdown,
A feeling of comfort in your arms.
A home that isn't just four walls,
Instead, the people that bring satisfaction, comfort and
tranquillity.
Knowing I have a place,
Where I won't be judged
A place where
I'm safe and loved!

Danicca Bajaj, Grade VIII-G



Life's Journey

A journey to find oneself, for that is life.

Moving on with our goal unclear.

Juggling ten balls at once,

As we slowly run out of time.

Unaware of who we are,

A star in the dark, or a sun hidden by the clouds.

Ignoring all the pain and sadness, and

Overlooking every struggle and scar.

At times broken, and at times happy.

These wild mood swings are what make us human.

Gently and slowly opening our eyes to the world,

It's not as bad as we thought it was?

Exploring the forbidden and finding the truth,

This world is full of joy and grief.

It may take a while to see the real me,

Because this is life's journey.

Riana Baijal, Grade VIII-A

The Abandoned Lighthouse

There once was a lighthouse on the shore,

Its beams shone brightly forevermore,

It faced winds and waves,

That it daringly braved,

And the seagulls made it their home, evermore.

But time brought its might and its skill,

And the lighthouse's beams grew still and still,

Its light no longer gleamed,

No longer a bright dream,

For the ships that once followed its signals to thrill.

It stood tall and proud in its prime,

Guiding sailors in the dead of night's climb,

Its beams shone so clearly,

No fear did they fear,

For ships in the wild seas, their journey to find.

But its legacy lives on, evergreen,

For the sailors who passed safely in between,

With grateful hearts, they recall,

The lighthouse on the wall,

That once guided them safely, through storm, wind, and sheen.

Its walls now lay crumbled and old,

Its roof bears rust and mould,

Yet it stands proud and tall,

Through it all,

A symbol of time, and the sea's stories untold.

There now is a lighthouse, forsaken,

Its beams no longer brightly awaken,

The winds and the waves,

Had left it in graves,

And the seagulls now call it their home, unshaken

Himanshi Aggarwal, Grade XI IBDP

LIMIT

Eagle eyes, locked sights,

Stop the steal, it's an early night.

Shoulder rub, dog bite,

Careful, the light's not green.

Stop the tease, it's far too yellow,

Let's start with a handshake, that should be fine;

I'll hold the goalpost, your protest mellow:

I'm breaking what's yours, and keeping what's mine

Look at the stars, that moonshine-

Visible as day, begging cornea.

Dilate this sun, and paint it red,

Paint my love, but not just yet.

Not a word, not in the air between our eyes,

Snatched by the wind, out like a light.

Better safe than sorry, words of the wise;

Caution lights on, watch my handbrake rise.

Strings of cotton, you've pulled them tight,

Butterfly, butterfly, you're taking flight.

Bump in the road, hold your sass,

Or my hand: foot on the gas.

Faster, faster, fly off the street,

Run like the earthquake running down my knees.

Palm on the wheel, don't fall over,

Not onto my chest, or you'll feel it skip a beat.

Draw me a rainbow, dust in the sky,

Hazy like your words, painful like your heel.

Crocodile's cry, til' my wells run dry:

You borrowed my kite, and threw away the reel.

I'll read you a story, and you'll lose in the end,

Left with all but a broken heart to lend.

Bluff my feelings, your love's all you hold;

Too bad to call, too good to fold.

Yash Moitra, Grade XII IBDP

NFT stands for "Non-Fungible Token."

It is a type of digital asset that represents ownership of a unique item or piece of content, such as a digital artwork, music file, or video clip. Unlike traditional digital files, NFTs are stored on a blockchain, which is a type of digital ledger that keeps a record of all transactions. This allows the ownership and authenticity of the NFT to be verified and tracked, making it different from other digital files.

NFTs have gained popularity in the art world as a way for artists to sell digital artwork and collectables directly to buyers, without the need for a middleman. They can also be used in gaming, virtual reality, and other digital industries. The value of an NFT is determined by the market and can vary depending on factors such as the rarity and uniqueness of the item, and the reputation of the creator.

Paarth Sud, Grade XII-A



Kindness costs nothing yet it is a precious gift.'
Having experienced this first hand, I would like to share my enriching experience with you all.
The winters have been merciless this year, and were at its peak around the whole of North India.
The Elderly and infants were most susceptible to cold related hazards.
So were the underprivileged, who due to the lack of resources were unable to protect themselves from the perils of cold season.
My friends and I decided to launch a blanket distribution drive for the guards and maids of our Apartment.
We began the process by buying good quality blankets at wholesale prices.
The guards and maids were duly informed about the day and time of blanket distribution.
On that particular day, I was moved to see a long queue of underprivileged people. Their faces were full of hope and anticipation.
As we gave away the blankets, we were showered with blessings.
This was a feeling like no other.
I felt truly humbled and over whelmed at being able to help the society in my own way.
Indeed, it is truly said that it is in giving that we receive the most.

Aryaman Sinha, Grade XII-B

wild, beating heart,
you've pulled it apart;
would you be the van,
if i'd be the child?
pulled over, what's your name?
no license, no traffic to blame.
no excuse, no misdemeanour,
so be on your way, but you should've seen her.

Yash Moitra, Grade XII IBDP

MIRAGE

your glance, distant
paradise.
black sailor, pupil,
white, ocean eyes.
sparkle, afar,
glitter, you star.
jump, and look my way,
but that glance, make it stay.
slight pink,
crinkled cheek,
closed lids,
meek.
tired breath,
long exhale,
hands in mine,
resting pale.
i said four words,
none of them magic,
like deadshot birds,
"cut", a scene so tragic.
"i like your outfit",
you smiled.
hands on my shoulder:
you've murdered this wild-



Clan News

ANDERSON

School education plays a substantial role in everyone's life. A child should go through various levels of schooling, Elementary, Primary, Secondary, Higher Secondary, etc, to ensure a prosperous future. All levels of education have their own special significance and place. Parents envision their wards at the summit of glory which is possible only through appropriate and befitting school education. The very foundation of Scottish High was laid with this aim in mind and we guarantee our parents that the school will leave no stone unturned to offer the best to our pupils.

Participating in Interclan competitions bring confidence and a feeling of loyalty in our clan tutees. Together they work towards elevating the clan position up the scoreboard. Team Anderson that comprised of gifted dancers from Grade VII made the clan proud by winning the Interclan Dance Competition. Clan Anderson secured second position in the Annual Athletic Meet for Grade VII. I congratulate all my talented athletes and wish them luck for their new academic session. Ayan (VII) and Prisha Pruthi (VII) bagged the second position in The Interclan Plan, Construct and Design Competition. Kaira Dhinra (VII) was the proud achiever of the second position in the Inter clan English News Reading Competition.

The School plays a crucial role in moulding the lives of our youngsters. The cozy and warm atmosphere that the teachers and staff of Scottish High provide to the students never let them miss their homes. Highlanders look forward to visiting school every morning, to meet friends and get involved in curricular as well as co-curricular activities that enhances their development and boosts their personality. Students learn various skills that help them connect with people and elevate their personal life. At the end of the academic session 2022-23, I would like to congratulate all my Andersonites for being a part of such a successful year and wish them luck for an even better 2023-24.

Ms. Ruma Jain
Clan Elder - Anderson

BOYD

"If you want to lift yourself up, lift up someone else."

Booker T. Washington

The month of February witnessed a plethora of Inter-clan activities at school, where students of various clans participated with enthusiasm and passion. These activities are always aimed at promoting healthy competition, teamwork, and overall development of the of the students. One of the most exciting events was the Inter-Clan Science Mock News Room Competition for High VI, where students showcased their creativity and knowledge by presenting news related to scientific discoveries and breakthroughs. The competition

helped in enhancing the research and presentation skills of the students, and they learned to work in teams and think critically. Soham Gupta (VI-IG) along with Sanvi Sengupta (VI-D) impressed our judges and won the competition. Inter-Clan Science Mock News Room Competition for Grade VIII, was also organized in the school premises wherein our team comprising of Divij Kumar and Anika Bhatnagar (VIII-F) once again bagged first position. Another event was the Inter-Clan Science Quiz Competition for Grade VI, where students were tested on their scientific knowledge and application. The competition was not only challenging but also fun, as it sparked the interest of the students in the subject and motivated them to learn more. Here our well-coordinated team of Advita Airi (VI-C) and Chhavi Bagga (VI-E) secured position. Grade VIII students also had the opportunity to participate in the Inter-Clan Plan Construct and Design Competition. In

this competition, the students were tasked with designing a plan for a sustainable living space, and they had to consider various factors such as energy efficiency, space utilization, and aesthetics. This activity encouraged the students to think creatively and outside the box, as they worked on their plans individually and in teams. Here once again our very talented Boyddians - Anya Arora (VIII-IG) and Ishaan Gupta (VIII-C) got first position.

I congratulate all our winners and participants, encouraging students to participate in various activities for their holistic development. The clan believes that these activities help in developing not only academic skills but also life skills such as teamwork, communication, and leadership. Best of luck for the session ahead !!!

Ms. Akanksha Yadav
Clan Elder - Boyd

LAMONT

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

— Vince Lombardi

Thomas Alva Edison once made a very nice statement. He said, "Genius is 1% inspiration and 99% perspiration." We may have an inspiration in our heart, that 1% strong burning inferno of an inspiration, but unless that inspiration is put in to action, dedication, committed hard work, that 99% perspiration, we are not going to be able to achieve what we want to achieve. In the month of February,

we had a plethora of Clan Competitions. First, we had Inter Clan Science Mock News room competition where Shanaya Singhal and Mishika Talwar showed their oratory skills and secured third position. In Inter Clan MFL declamation competition Aarav Gupta of Grade VII secured third position in language Spanish and Saavya Mittal of Grade VII got Third position in language German. In Inter Clan Dance competition for Grade VII, team comprising Naisha Khurana, Arshia Sheoran, Shivika Pandit, Samaira Gera Sonakshi, Sia Gupta, Kajal and Samaira showed their dancing skills and impressed judges secured third position. Sanskriti Yadav and Ananya Kaur of Grade VI showed their knowledge about science and technology in Inter Clan Science quiz competition and secured first position. In Inter Clan Science Plan, Construct and design

competition for Grade VIII Aarav Dua and Vansh Chandgothia made 'Automatic barrier using sensors piezoelectric crystals' secured third position. Students of Grade VI, VII and VIII participated enthusiastically in Annual Sports meet where in Grade VIII our clan secured overall second position and over all third position in Grade VI.

Congratulations to all the winners and participants for their efforts and hard work always. It is important to remember that it's not always about winning or losing, but to learn about team work, sportsmanship, discipline in life. The value of working together for a common goal. We are proud of our Clan and wish that our clan continues achieving more laurels in the future.

Ms. Geetanjali Ahuja
Clan Elder - Lamont

MACARTHUR

Famous Scottish proverb quoted here, "Begun is two-thirds done". With the fresh start of the February month, we got champions in our Clan MC Arthur.

In February, we have the Inter Clan MFL Declamation Competition for Grade VII, and we got winners in Spanish Emya Jain who secured first position and in French Ojas Lath who secured second position. Adding to the shining light we have Inter Clan Dance competition for Grade VII in

which Kanika, Maya, Akshita, Arshnoor, Ujjesh and Mehek secured the second position.

We also have in our clan innovative minds like Akshat and Aksh of Grade VIII who participated in Inter Clan Science, Plan, construct, and Design competition and secured third position.

And we have Inter Clan English Mock News competition in which our student Yash Dalal of VII standard secured first position by beating all the odds.

Finally, our VI Grade secured Second position, VII Grade secured First position and VIII Grade secured the third position in the Athletic meet.

All the students of our Clan have elevated this Clan MacArthur with sincerity, hard work and great ideas. This Clan continues to impress the other students and we thank everyone for their contributions.

Clan is proud of all the participants as well as winners.

Ms. Pooja Sethi
Clan Elder - Macarthur



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Golf

ANITYA'S TIP OF THE MONTH

This month and next, let's have a look at how the follow through needs to be in a chip shot and one of the most common mistakes that juniors make - they flip their hands on the way through.

As you can see in the pictures, I have hit a chip shot and the club is in front of my body in the follow through with the wrists staying passive. The club shaft and the club face should be an extension of the arms as you swing through rather than the wrists working independently which makes the club face open or close a lot. This movement of the wrists is

also a source of inconsistency and will lead to mishits on your chip shots and loss of control

It is a great idea to pause and check your follow through when you are chipping. A good follow through will inevitably mean that your chipping action and impact have been correct



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Golf Coordinator**



Printed & Published on behalf of School Director,

The Scottish High International School

(An ISO 21001:2018 Certification, a standard for Learning Services Management)

(Promoted by Ruptech Educational India Ltd.)

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