



The Changing Weather at Scottish High

It seems like there is a lot going on in the school during this spring period. The changing weather and the different events and activities happening in the school are creating a lively and dynamic atmosphere.

It's great to see young kids confidently presenting their skills in PYP Exhibitions and SLCs, and giving their parents a reason to smile. At the same time, parents attending orientations for senior classes may have concerns about subject selection and future paths for their children. It's important for them to explore the best options available and make informed decisions.

For those who have completed their exams, it's time to relax and enjoy some leisure activities like movies and parties. However, for board exam students, the exams are just around the corner, so they need to focus more on their studies and prepare well.

Middle school students are busy participating in the Annual Athletic Meet, while younger ones are busy with their FDPs in the school auditorium. It's great to see students engaged in different activities and showcasing their skills and talents.

It's also important to note that the senior academic and admin wings are in full swing preparing for the new academic session for Grades X & XII. The exam department is also working hard to prepare for the forthcoming final exams.

Finally, it's great to see students making important notes and staying organized, and receiving a pleasant surprise in the form of an innovative calendar. All these events and activities create a vibrant and exciting atmosphere in the school during this spring period.

So many changing colours every day and that reminds me of the famous Sanskrit quote:

Parivartanmev Sthiramasti: *Change is the only constant. So, we are enjoying this changing weather of February.*

Dr. Sanjay Sachdeva
School Principal

Developing Social and Emotional Skills

Social emotional wellness is our ability to understand and manage emotions, make responsible decisions, build and maintain relationships, and understand and empathize with others. These skills help us to achieve our goals, develop healthy identities, and manage emotions.

So how do we develop them amongst kids in school? Social and emotional skills come up all the time, during breaks, in group work, during all areas of learning. We intentionally identify opportunities to practice the skills with our students. Role play conflicts that might arise on the playground or talk to students about listening and collaboration before group work. We allow students to ask questions when they don't understand something, be unafraid to make mistakes, explain their thinking, listen to how other people think about a problem, and be open to suggestions. We design the curriculum in such a way that there is time for students to focus on letting students interact with each other while the teachers observe how they're feeling, and how they're behaving.

At home we would encourage parents to respect kids and make them feel cared for as an individual. Providing leadership opportunities at home, showing them that we trust them, and

letting them lead conversations confidently. Broadening the definition of success at home can help all children, we need to emphasize beyond scores and marks. When parents applaud and celebrate resilience, when they encourage persistence in facing challenges, the mental and emotional strength of kids is developed. Making discipline more inclusive is another way of developing social and emotional well-being at home. We need to make sure that discipline is more focused on healing relationship than punishment. Having a heart-to-heart talk and counselling works better for kids after a bout of tantrum or misbehaviour, because they get to understand that there is a room for improvement and rectification. A child who can self-reflect and regret his wrong doings will be able to make and keep healthy relationships with peers, because all children have within them the potential to be great kids, it is our job to create world where this potential can flourish. I agree when Rike says that it is up to us to make healthy choices. Not choices that are just healthy for our body but for our mind too.

Ms. Seema Bhati
Primary School Director



PYP

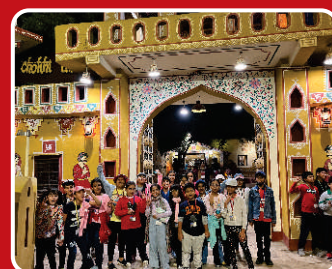


“Appreciate yourself and others will follow....”

We at Scottish High give high precedence to children eager to be part of school and come with a smile as it is only then they can enjoy the process of learning! However, the Pandemic did play a big havoc in the minds of our Highlanders, making them emotionally and socially at a disadvantage having lost many precious months, thereby affecting their ability to relate to people around them and to respond in different situations, positively. Hence as a community of PYP learners, we decided to focus more on SEL as part of our Professional Development Plan this academic session of 2022-23. It is believed that social and emotional skills determine how well people adjust to their environment and how much they achieve in their lives. But the development of these skills is important not only for the well-being of individuals, but also for wider communities and societies as a whole. Social-emotional learning helps children develop a more positive attitude toward themselves and the people around them, to be able to make mistakes, learn from them and grow; to be empathetic, confident and persistent. Throughout the year, the Home Room Tutors across the Grades Nursery to V, emphasized on building a happy and a strong teacher-child relationship so that the children take opportunities to stretch, risk a little bit, both socially and emotionally. They became risk-takers and showed courage to experience the joys of learning through expressing feelings. From having a special early morning greetings to morning action songs, there were Special Assemblies that were conducted at regular intervals based on feelings. Moreover, creating a well-being corner in their classrooms reflecting the learners' inner thoughts- their likes and dislikes, spending time with the Highlanders catering to their emotional wellness through games like Countdown '5-4-3-2-1', 'Mood-o-meter', 'Gratitude Jar', stories and songs on feelings and emotions and so on gave them many opportunities to reflect, share and express their feelings. Furthermore, in order for them to feel better, stronger and cared for, the Home Room Tutors and Single Subject Teachers extended themselves to create a better, happy environment for the learners to enable them mirror their inner self freely. Making use of extending learning space to create 'Me' spaces for learning such as Calming Space, having regular Yoga and Meditation sessions, movement breaks and breathing exercises in between engagements are some other ways through which SEL was achieved this year more so than any other year.

Taking cognizance of the research findings that the emotional well-being of children is directly tied to the emotional functioning of their caregivers and their families they live in, counselling

session across the Grades Nursery to Grade V for the parents was organized and conducted by the School Counsellor. A lot of emphasis was laid on developing a growth mindset in the children through way of conversations, providing positive and meaningful feedbacks because it is only when the students feel happy and excited, they are truly ready and able to learn, both at home and in school. These sessions helped us in partnering with parents to strengthen and multiply the impact on our children's well-being and development. SEL



this year was also used as a strength-based approach to building relationships and a positive mindset within our school community i.e. amongst the staff by having enriching sessions encompassing mediation, sharing of insightful and interesting videos, dancing



and singing during PD time. Here's a sneak peek of the development of SEL throughout the year!



Wonders of Air – Air Fest by Grade I Highlanders

The agentic inquirers of Grade I enhanced and gained knowledge on the different properties and applications of air under the Transdisciplinary theme – How the World Works. The budding scientists were brimming with confidence as they conducted different experiments to showcase their understanding exhibiting good communication, research and self-management skills.

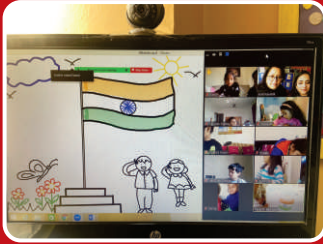
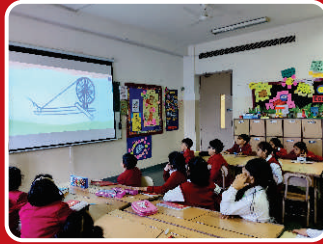




Republic Day Celebration The spirit of patriotism

The young Highlanders were filled with a feeling of pride for the country as they learnt about the significance of Republic Day. Our young learners saw videos on the importance of this day instilling in them a spirit of patriotism. The children enthusiastically displayed the national symbols of India and sang the national anthem with pride. They understood the significance of how and when our constitution was adopted. Children were encouraged to watch the live telecast of the Republic Day parade to get an insight into the country's military might and rich cultural heritage.





"All our dreams can come true if we have the courage to pursue them."

- Walt Disney

Vikram Singh our skating instructor won laurels for the school by winning a gold medal in the district Roll Ball Competition. He further along with his team bagged second position in the state level competition held at Karnal.



Congratulations to Kiaan Juneja of Grade III-I who bagged the Silver medal (primary 2 level) in the final round of World International Mathematical Olympiad. Krishay Juneja and Ronav Bandopadhyay Bhattacharya of Grade III-I also bagged the Bronze medal for the same. Well done and Keep it up!



Deputy PYP Coordinators



Medley of Activities

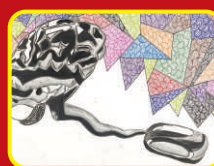


"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

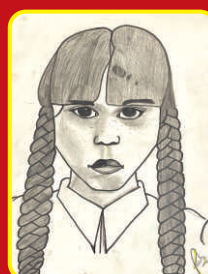
~Albert Einstein

Arts engage students in creative processes through which they explore and experiment in a continual cycle of action and reflection. Such creative processes are the driving force in learning through inquiry. After the winter break, the primary students were excited to share their feelings and experiences with their classmates and teachers, so everyone created artwork in response to a range of stimuli. By responding, students became more mindful of their own artistic development and also helped them in sharpening their powers of observation. On the other hand, the process of making and appreciating arts is gratifying and encourages students to continue creating throughout their lives.

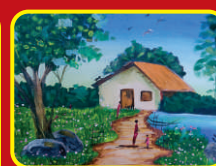
Grades VI-VIII art activity students were completing their exhibition work. And in the craft activity, Grade VI has started learning the technique of glass painting. Grade VII students E weaving with wool. Grade VIII Highlanders were working on their exhibition project on the theme "Best out of waste". In this they have to show their creativity to design a 3d art piece to be displayed on the exhibition day.



Aryaman VI-D



Taesha VI-D



Siddhi VII-C



Abhirup VII-D

Ms. Amitta Gahallot
HoD Visual & Performing Arts

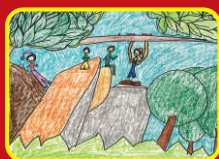


Dancing involves moving the body rhythmically, often in a choreographed way and usually to music. Dance can express aesthetic ideas and emotions as a form of performance art presented to an audience. People also dance to release energy, express emotion, connect with other people.

In Primary our Highlanders learnt various dances on patriotic songs for Republic day.

On 25th January our Highlanders gave wonderful performances for Republic Day.

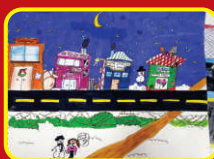
Ms. Shreewarna Rawat
Classical Dance Teacher



Elina III-E



Demyra IV-A



Tvisha IV-B



Avikaa IV-E



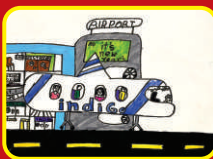
Isha IV-E



Japneet IV-F



Swastika IV-G



Amora IV-G



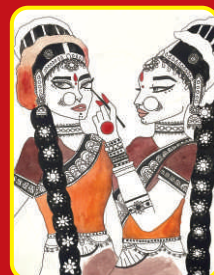
Adya IV-G



Hunar VI-A



Aditya VI-A



Mahika VI-B



Students of Middle School started preparing for their final performance for which students are following both the pre-production and post-production process, the process will be completely student led from conceptualising a concept to writing and Directing the performance with their fellow classmates acting in it.

Students also worked on IN Scene Performance in which students were asked to create characters and scene without use of any tangible aspect of theatre like costumes and dialogues. In this activity students used body language and expression to create the scene for the audience.

Rohit Kumar Kalra
Theatre Arts - Instructor





Our Highlanders in primary wing continued learning more challenging songs like Radioactive, Teri Hai Zameen, A Surprise For You, The Calendar Song, In their online classes due to the extended winter break. Grades I to II started their preparation for the upcoming Front Desk Programme, preparing songs like the Fight Song, Summer of 69', A Surprise For You, and bhajans like Teri Hai Zameen, Acchutam Keshawam, Grade V started preparing for their upcoming PYP Exhibition, trying to showcase their unique musical talents such as creating an original song, rapping, and choir singing.

Our senior Highlanders worked on enhancing their understanding of the core elements of music, and learned about concepts like Reharmonization, Chord Progressions, new guitar strumming patterns, vocal training, and learn to play along and sing challenging rock songs like the Wake Me Up When September Ends, Nothing Else Matters, etc. They also learned some new drum beats, practiced their rudiments and also learned to play along with songs and maintain consistent rhythm.

Our Scottish High Choir started preparing for Republic Day and performed with great patriotic spirit to commemorate our constitution.

Shivam Srivastava
Western Music Teacher

From The Sports Field



The month of January started with the preparations of Republic Day celebrations. Dr. Sanjay Sachdeva School Principal unfurled the National Flag. Primary School Director Ms Seema Bhati also graced the occasion. Pilots Gaurisha and Pearlpreet escorted School Principal to the stage where Sir first took General Salute and then unfurled the National Flag followed by National Salute. NCC troop commander Harshvardhan led the NCC contingent. The NCC Cadets performed General salute followed by National salute.

Now the sports department is busy preparing with the selections of Annual athletic meet for Grades VI to VIII where students are being selected clan wise for various field and track events.

Darshan Singh Gahallot, HOD Sports

Modern Foreign Languages

MODERN FOREIGN LANGUAGE INTER-CLAN DECLAMATION COMPETITION

"The limits of my language mean the limits of my world."
— Ludwig Wittgenstein

The Modern Foreign Language Department hosted an Inter-Clan Declamation Competition on 24th January 2023 in the school auditorium for Grade VII. Four participants each from three different languages participated in the competition. This event was held with a view to creating an opportunity for young speakers to come forward and share their ideas on the given topic.

It was a treat to hear all the participants delivering the speeches with keen enthusiasm and perfection. The students' perspectives regarding the topics were acknowledged and applauded by the judges and the audience. Such activities enhance students' critical thinking and improve their communication skills thus making them multifaceted and



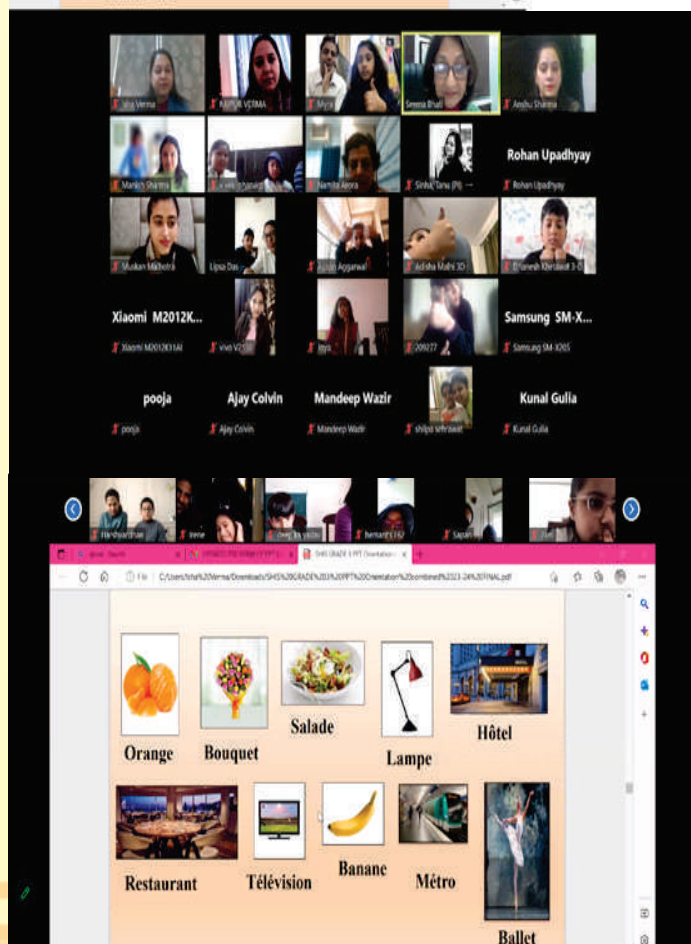
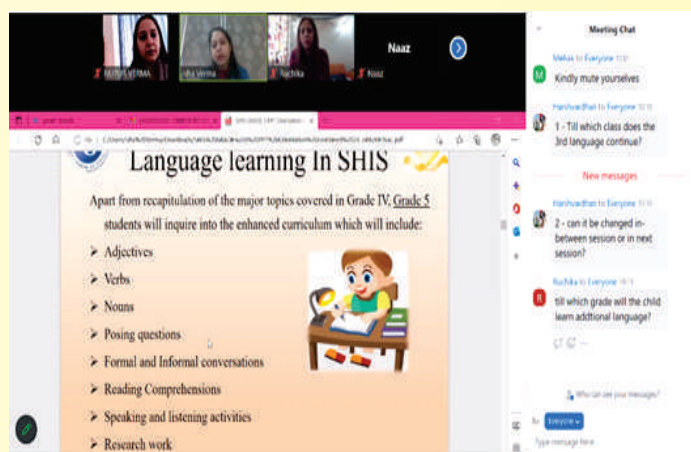
ADDITIONAL LANGUAGE ORIENTATION (Grade III)

"Together may we give our children the roots to grow and the wings to fly."

To help with the crucial decision of choosing the Additional Language between French, German, Spanish, and Sanskrit for the upcoming academic session 2023-24, the Additional



Language Orientation online session was conducted on Saturday, 21st January 2023 by Scottish High International School, Gurugram for the learners and parents of Grade III. The Primary School Director, Ms. Seema Bhati warmly welcomed and addressed the parents. The Senior School Head and HoD of Modern Foreign Language, Ms. Isha Verma gave an insight into different Additional languages through a brief power point presentation and it was also attended by the respective Additional language facilitators. This was followed by a Q&A session addressing the queries of the parents. It was an enlightening session and it concluded with the vote of thanks extending a heartfelt gratitude towards all for being a part of the session and making it a grand success.



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

IGCSE

Why learning multiple languages is important?

Our world has become more interdependent and new technologies have allowed us to work in close contact with people all over the world. As relationships with countries grow, so does the need to speak multiple languages. Strengthening following four skills of language learning process: listening, speaking, reading and writing, aids student to more clearly understand point of view of people speaking different languages and communicate their ideas to a broader global audience. Also, bridging the gap of understanding and communicating between different audiences presents one as a competent global leader.

Khaled Hosseini correctly said that "If culture was a house, then language was the key to the front door, to all the rooms inside". Language on a personal level is a gateway to different cultures. Understanding different cultures broadens a student's perspective which helps a student understand a problem through multiple lens and decode them by capturing different mode of solutions. Typically, effective problem-solving skills result in "happier, more confident, and more independent" student and these students can develop greater situational and social awareness.

IGCSE curriculum gives an opportunity to learn different languages by building foundation in listening, speaking, reading and writing a language. In IGCSE building these foundations are not only limited to what a student studies in class rather the curriculum pushes a student to immerse in the language they want to learn. A student needs to engage with the language they want to learn by reading articles and magazines, watching videos, movies and tv series, listening to songs and engaging in social media by communicating with the same language. This immersion helps student learn languages faster and enriches student culturally.

Dr. Rekha Srivastava
Assistant IGCSE Coordinator
Hindi Felicitator

ICSE - ISC Bulletin

An in-depth ISC Orientation was conducted with the parents of current Grade X students, in two batches. These are critical years for students to choose their subjects and career paths. Parents were given an overview of the ISC curriculum, as well as the subject option form. They were informed that the form was created in accordance with CISCE laws and regulations, as well as in conjunction with the heads of relevant departments. Career related queries of the parents were addressed, for both national and international universities. Parents were informed about the regular career counselling meetings held throughout their children's Senior School years. A brief review of the various documents, such as transcripts and letters of recommendation, that are necessary for university admission after Grade XII was given to the parents and how Counselling team readily supports in the same. It was indeed an interactive session in which all of the Parents' questions were satisfactorily answered. Furthermore, One-on-One Sessions with parents of Grade X students are also in full flow to assist them in the correct selection of the subjects. Additionally, Examination season is in full swing in Senior Block. Our Highlanders are working extremely hard to meet their goals. Here are few tips for the students to prepare for the exams:

► Stick to your routine

Crucial for maintaining a healthy and balanced lifestyle, sticking to a routine during exam periods can help you achieve your academic potential, in addition to instill good habits which you can take to other stages of your life. Building and sticking to a good routine will protect your physical and emotional health under pressure.

► Get a good night's sleep

We all know how much harder it is to concentrate and retain information when we're tired. While you might be tempted to pull all-nighter to cram for your exam tomorrow, it may have the opposite effect.

► Have a good meal

Eating a balanced diet helps with mental energy, emotion regulation, concentration and memory. In the lead-up to exams, make sure you are eating plenty of fresh foods and avoiding processed 'junk' foods. This will help you study for longer, remember more, think clearly and ultimately perform better on exam day.

► Hydrate for the next day

Drinking water and brain functions are directly linked, which means it's no surprise that not drinking enough water can cause problems with focusing, forgetfulness, mental fatigue, headaches, and sleep problems. Aim to drink 8 to 10 glasses (2litres) of water before and on the day of your exam.

► Get organised

Have your pens, pencils and everything else you may need (calculator, ruler, notes, etc.) for your exam ready to go the night before. Make sure you set an alarm, allowing yourself

plenty of time for a big, healthy breakfast, and to get to your exam destination with ample time.

► Don't stress yourself out

Although it may seem like it right now, exams are not the be-all and end-all. Exams don't define you as a person and even if the worst occurs – there are many different pathways to achieve your goals, including enabling courses which can qualify you for a multitude of university courses.

ALL THE BEST!!



Ms. Barkha Anand
ICSE/ISC Coordinator

IBDP



The year 2022 has been one of the most celebrated for our IBDP students, winning laurels, getting placed in extraordinary Universities and finally coming back to offline school life in entirety. Continuing with the same tradition of making the school proud, our Highlanders, Akarsh Jain and Shreshtha

Chaturvedi of Grade XI DP were selected in the top 18 out of over 6500 students pan India for a Business and Economics competition hosted by Masters Union. The final round for the same will be judged by Mr. Ashneer Grover, founder of Bharatpe.

Some of our Grade XII students have received offers from prestigious universities like Manchester, HKUST, Warwick, and more, and are gearing up for the last leg of their Diploma Programme. With submissions underway, their hands are full, managing and culminating all their hard work since the last two years.

The IBDP vertical collaboration meetings have been happening on a regular basis with a special focus on Evaluation 2024. This month, the DP meetings were collaborated with the PYP programme, to highlight the continuum programme and focus on PDP. The faculty members engaged in discussions about how to ensure that International Mindedness remained the focus area and collect evidence of the same.

Ms. Pooja Sharma and Ms. Sugandha Malhotra attended the Leadership and CPL workshop in Pathways School, Gurgaon. The workshop's focus was on understanding the difference between outcome and impact and how to come up with good impact statements for the PDP. An in-house workshop was also



undertaken by the two for the DP faculty to share their learnings with them.

Moreover, as the Final exams are approaching for XI DP, a review of their syllabus along with sample papers and answers were also discussed.

Wishing the students All the Best for their upcoming Final Examination.



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

From The Counsellor's Desk

"We all take different paths in life, but no matter where we go, we take a little of each other everywhere."

– Tim McGraw

Scottish High International School organised its second Alumni Meet on Friday, 30th December 2022. The event was filled with nostalgia, remembrance of golden old days and emotional meet-up with teachers and old friends. Faces were lit with joy, love and emotions, and pride in the eyes of the teachers who witnessed their school children growing into successful adults. The event included recapitulation of old school days, musical performance by teachers, classical dance performance by a present Highlander and heartening and exhilarating speech by respected Chairman Sir, Dr Cdr Kartikay Saini. This was followed by a networking session over music, dance and hi-tea. Catching up on years continued over dinner and it was apparent that 'nothing had really changed'. Once a Highlander, always a Highlander. Alumni were and will always be an integral part of the Scottish High family. We wish our dearest alumni and present Highlanders triumph in all their future endeavors.

Counselling Department at Scottish High International School would also like to send its best wishes to all the students appearing for the board examinations, 2023. Here is a small message for the students:

Next few weeks are crucial as your hard work is about to reap fruits. Maintaining calm, and a positive attitude throughout will boost one's ability to deal with the pressure. Concentration and confidence are two qualities that will help you achieve your goals. You can achieve anything your heart desires providing you hold faith in your remarkable abilities. Sending best wishes and blessings!

All the best!

Deeksha Saini
Counselling Department

From Our Budding Writers

A Majestic Creature

The swish of a leaf,
The movement of a herb,
You look left and right,
Lo and behold, a bird!

A flick of a head,
A black-beaded eye,
A stare on the back,
A bird in sight!

A little chirp,
The noise of wings,
Just a speck,
A birds sings.

A dance of wiggling feathers,
A song sung,

Or a screechy noise,
A bird exerting its lungs.

Showing off a long tail,
Vibrant colours in the sunlight,
Beautiful flight,

You see a bird flying off into the light.

Sia Aggarwal, Grade VIII-F.

Happy Family

What is a "happy family?" Everyone has their perspective on how one describes a happy family, but has this burdensome term ever met one's expectations? In my opinion, a family who is poor or rich, cruel or kind, famous or ordinary, all of them face their struggles in life. Having the hope for a happy family only brings pain and misery to oneself. The human mind is so intriguing. We want to say our thoughts out loud, but we can't, due to fear. We want to be understood, but don't want to understand. We want to be loved but can't reciprocate that feeling. Similarly, it is our mind stopping us from doing what we want to do. So go out in that storm and tell your parents that their words can sting. It won't hurt them if you say "I want this." Tell them that you want to choose your career path yourself, or put your ego down and apologise to them because you messed up. Go out in the wild and explore the hidden treasure. I don't know about a happy family, but a family will love you and forgive you and stand by your side no matter what crime you have committed. There might be ups and downs and regrets but cherish your family, because a "happy family" does not exist.



Riana Baijal, Grade VIII-A



The Passage of Time

Time waits for no one,
Makes us feel like we're always on the run.

Make the most of the time you have,

For it will never come back,
Let the hours be cherishable,
Instead of losing its track.

We can't regain the moment that passed already,
Seize the day as the future is all about uncertainty.

Life's essential asset is time,
Its value is immensely precious and prime.

As time passes by as it does,
We can't have it back like it was.

Grab the opportunities
For it will get you success,
As the lost time will only make you reckless.

Time waits for no one,
Makes us feel like we're always on the run.

Danicca Bajaj, Grade VIII-G

Thank You

I Care! Thank You!

More often than not, I question myself, is it okay to have a stiff lip? To be stubborn and refuse to acknowledge and express gratitude to people who matter and have touched us in more beautiful ways than just one? If not, then why does this pretence of 'esteem' and 'ego' stop us from expressing that we value one's existence and force us to act all thankless because that for us is called "serving dignity"?

I have had my moments of being turned down, and that one missing 'thank you' is hard enough to make me dampen my day and dawn.

Standing at sixteen today, I am the same as all. There are past decisions I regret and wish to take back, however, what's different compared to the rest is the realisation that owning up to how people have impacted my life and influenced it for the better will not lessen my dignity but will only bring a smile onto the face of someone worthy of the admiration, and maybe be a push to make things even better.

You will realise how easy it is to make someone else's day just by saying two words, and letting them know they matter and how much their existence means before you no longer can. Why then the delay, why then the pause, and why then the 'should I' and not 'Yes I should'?

"Don't let the sun go down without saying thank you to someone, and without admitting to yourself that absolutely no one gets this far alone."- Stephan King

Disha Singh, Grade X-B

ECHOES

The essence of summer, captured well
Memories, forever, in a spell
Nostalgia, a cloak so grand
A motif that forever will stand
The intricate dance, of time, forever to dwell

The seashore is a place of peace
A tranquil vista, never to cease
Solitude in waves that crash
Thoughts that forever dash
Etched in mind, forever to increase.

Golden rains, a melodious beat
Bringing melancholy so bittersweet
Serenity, it does evoke
For days when life was soak
Dispatched in our minds, a tale incomplete

The summer eve, a harmonic scene
Where nature's splendour, in full sheen
A harmony of tones
From cicadas and fireflies drones
A canvas painted with stars, an eternal dream.

A summer breeze, a symphonic sigh
A harmony of emotions, they'll lie
Enshrined in my mind, a tale to be told
Of warmth and nostalgia, a story to hold
Weaved with intricate care, a euphoric high.

Himanshi Aggarwal, Grade XI IBDP

Pit Stop

There's an earthquake,
A high chair; a barstool to dangle my legs from.

There's a shake,
A tremor unseen by the world.

It's thinly veiled, the vibration,
But destructive nonetheless.

Primal warning, tsunami:
Of the mind.

Primal attachment: some strapping bind,
This ungrounded hind, with no rest to find.
It's hitting me, my vision has these spots,
They tease me, these disappearing dots.

Blurry universe, don't you see?
Or is it foggy, just to me?

Geothermal eruption, this body of mine,
My body's protesting, crossing the line.

I don't see it though, this line's too fine,
Transgression's the game, and I'm the player.

Starry night, like the moon I shine:
No tears, no tannin in this one-dimensional wine.



Allergy, can't stand this world's smallest rumble,
Lost: I'm a mosquito in this jungle.
Forest green, like my lover's eyes,
Lost in this ocean, and now I pay the price.

Yash Moitra, Grade XII IBDP



From the EDITOR'S DESK

A Timeless Tale (Book Review of 'The Time Keeper')

"It is never too late or too soon..."

'The Time Keeper' is a tale that seems to take humanity's biggest flaws and present it as the purest element of life. It speaks of how this rat race we have subjected ourselves to, is a cycle we must break out off. This book revives all that we, in this modern era of life, have forgotten. It talks of the strength of Faith, the power of peace and the mortality of men. There are three protagonists in this timeless tale: Sarah Lemon, a socially ostracised teenager who learns of the talons of 'love'; Vincent Delamonte, a rich businessman with the want to control everything and Dor, the creator of time who is sentenced to being the timekeeper of the world. Each one of these faulty people come with layers of emotion, all dependent on one thing: Time. While Sarah wishes for the end of her life, Vincent aims to live long enough to outlive the current knowledge of medicine in order to cure his cancer. On one hand, the young teenager wishes to give up her time and on the other, the eighty-six-year-old wishes to extend his forever.

The beauty of this book is that it brings to life what we all know but none acknowledge: that man is the only earthly creature that is a slave to time. To quote the author, "Birds are not late. A dog does not check its watch. Deer do not fret over passing birthdays." This is testament to the fact that human beings think we are ahead of time simply because we schedule events and create routines. However, in choosing to measure the seconds, we create a new fear that controls us: The fear of running out of time.

"....It is when it is supposed to be."

Samiha Bellani, Grade XII-F

Kindness, A word that evokes a range of responses in an individual. The nicest thing is when one is reminded of friends, parents and teachers who have gone out of their way to be caring, loving and kind; the worst is when one is reminded of those who through their actions have proven to be less than soothing in difficult times.

I am blessed to be a part of a profession that gives me several opportunities to prove through simple acts and gestures that kindness truly impacts individuals in a positive manner. It helps create many more individuals who understand how precious this value is and in turn pass it on to others.

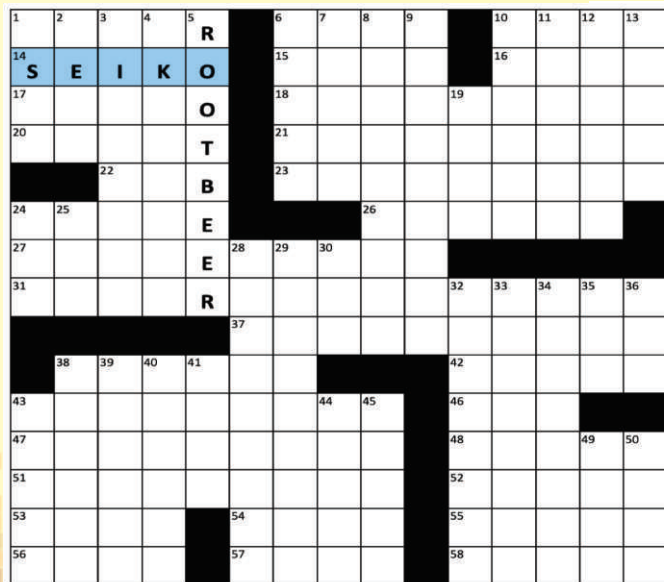
It is not necessity to do 'Big' things to show kindness – even simple gestures such as being gentle, speaking softly and being even tempered are acts that reflect the soft core of the individual. Just being there for someone in times of need or standing up for someone at the receiving end of injustice are evidences of kindness too.

Children can do much in their own way to make the world a better place for all of us. A major way they can do this is by ensuring conscious efforts not to become bullies or rude and disparaging of others. Their efforts should, instead, to be help older people in daily chores, spend time with grandparents and parents and also prove through their body language that being simple, humble and kind is the way to go.

So, let us join hands to become givers than seekers and create a better tomorrow. A small act of kindness by us can have a massive influence on others and that too a positive one. We need not leave the world only to generous philanthropists – even our small gestures matter. Let us begin with at least one kind act everyday.

Ms. Kanchan Khanna
Editor

Crossword



Across

- 1 Regarding
- 6 Take back, in a way
- 10 Start of an aside
- 14 Omega competitor
- 15 Something hitting a nerve?
- 16 Papyrus, e.g.
- 17 "Take me with you!"
- 18 Begin flirting with someone, so to speak
- 20 Assign
- 21 Hoth, in "Star Wars"
- 22 ___ rule
- 23 They don't hold water
- 24 Feudal figure
- 26 Panegyric, e.g.
- 27 Sci-fi enemy collective, perhaps
- 31 Ones born beginning in the early 2010s
- 37 They might cut to the chase
- 38 Electrically balanced, in chemistry
- 42 Leaders at the Kaaba

Down

- 1 Home to 41-Down
- 2 Convince
- 3 "I wanna know all the details"
- 4 Start of a modern inquiry
- 5 Drink similar to sarsaparilla
- 6 Co-star of 1984's "Ghostbusters"
- 7 Right on
- 8 Aces with aces?
- 9 Like some households
- 10 Designer with an eponymous hotel in the Burj Khalifa
- 11 Currency units in West Africa
- 12 Grievous
- 13 "Golden Boy" playwright
- 19 Actress Shawkat of "Arrested Development"
- 24 Assignment for an anchor
- 25 "___ noticed ..."
- 28 Great Hindu sage
- 29 Late-Triassic flier



Clan News

ANDERSON

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence

-Helen Keller

As the exam fever commences the most common problem that teachers and parents face is lack of student motivation. Motivation can either come from within the student (intrinsic) or from outside (extrinsic). A child who is intrinsically motivated performs a task due to the joy that comes from learning. A child who performs in school to gain parent

approval, Grades, or rewards is externally motivated. While research shows that those children with internal motivation may achieve greater success, teachers and parents often find that many children seek external reinforcers. Rewarding a child with any sort of materialistic benefit, every time he or she achieves success, will stimulate less motivation. Putting forward such questions that lead the child to experiment, discover and generate new questions and new discoveries is a successful technique in developing intrinsic motivation. Children are advised not to be afraid of making mistakes or facing failures. In fact, they should accept these as challenges and strive to overcome them not just to be

successful but to find meaning in their lives through it. Anxiety, fear, depression or perhaps problems related to home could interfere and not let the child focus making him/her to vent it out on the parents. In truth, this is the best time to confide in your parents or teachers and seek help from them. They are always your best friends and mentors.

For parents and teachers; attention for children is a powerful motivator. It is important to regularly talk with your students and wards and listen to their thoughts, opinions and views without imposing your own on them. To motivate them to achieve academically can be especially challenging.

Ms. Ruma Jain
Clan Elder - Anderson

BOYD

Don't stop when you are tired, stop when you are done

Very aptly said, our continuous effort towards the goal is the only key towards our success in achieving it. We ought not to stop and give up on anything, take a start over may be after a short break to continue the journey but remember to keep walking. It's a fresh year with all new hopes and opportunities. The session is still left with few competitions. We should all try to make use of these to the

fullest by considering them as ways of finding out our respective strengths.

To name a few of the achievements for the month, we had Inter Clan Science Rapstar Competition for Grade VIII, where our very talented team of Anya Arora (VIII-IG) and Anika Bhatnagar (VIII-F) secured first position. Their mesmerizing performance got high appreciation from the judges and the audience.

In the Inter Clan MFL Spell Bee Competition for Grade VI, Chhavi Bagga (Spanish) and Aratraika Data (German) secured first and second position respectively.

In the Inter Clan Ad Making Competition for Grade IX, our team of two- Kabeer Viren Bhagat (IX-C) and Sumer Singh Mundair (IX-IG) bagged second position.

In the Inter Clan Sketch Your Imagination Competition for Grade IX- Ojas Jain (IX-IG) and Kabeer Viren Bhagat (IX-C) presented their idea to impress their judges in a way no less than securing first position in the same.

I congratulate all the winners and participants and look forward to see more and more Boydians coming forward in giving trials to express their strengths and talents. All the best.

Ms. Akanksha Yadav
Clan Elder - Boyd

LAMONT

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

— Winston Churchill

Competitions provide a myriad of opportunities, a platform to demonstrate your talent, stepping stone to achieve more in life and build confidence. You will learn new things and develop new skills and even if you don't win you learn. So, there's no losing. You win the fight or you learn. Keeping that spirit of competitions high Clan Lamont took part in all the competitions with full gusto. We had

plethora of competitions during this month. First, we had Inter Clan Science Break through Challenge competition for Grade XI, where Diljit Singh and Aksh Jhawar performed very well and secured first position. For Grade VI, Inter Clan Modern Foreign Language spell Bee competition Ahaan Patheja secured first position in German, Nikunj Negi secured second position in Spanish and Mishika Tanwar secured first position in French. In Inter Clan Ad making competition for Grade IX Sahaj Khanna and Kashvi secured first position. In Inter Clan Mathematics Quiz competition for Grade VII mathematics enthusiast Abir Basu, Advay and Aarav Khurana showcased their mathematical

skills received first position.

Next we had Inter Clan Video making competition for Grade VI where Nikunj and Ahaan presented their video confidently and secured third position. In Inter Clan Science Rapstar competition for Grade VIII Jennifer and Sharanya did well and secured second position. In Inter Web designing competition Hetavi Doshi and Riddhi Sehdev bagged second position.

I congratulate all the winners and participants for working hard and participating in all the competitions with great zeal and enthusiasm.

Ms. Geetanjali Ahuja
Clan Elder - Lamont

MACARTHUR

"Continuous improvement is better than delayed perfection."

— Mark Twain

Students of Clan Macarthur Maisha Sharma and Harshbardhan Tripathi of Grade VIII proved the above quote true by bagging first and second position respectively in the Inter Clan English Mock Interview. Our young Highlanders Sahil Sahoo and Kiara Kuthra of Grade VI exhibited their language skills in German and French by securing first position in the Inter Clan MFL Competition.

It's a new year, a time to start with new hopes,

desires, expectations and resolutions. All these give us an edge and excitement while entering the New Year with a fresh start.

Step boldly towards the direction of your dreams, stand tall and show the world what you are made of. Remember, the only way you can fail is if you give up. Every time you fail, you come one step closer to success. A fire burning inside you is mighty; it is waiting to burn bright. You are meant to do great things.

So, every activity you participate in is meant to make you learn a new capability with joy and enthusiasm for our Clan. Wishing and looking forward to an amazing year.

Ms. Pooja Sethi
Clan Elder - Macarthur



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Golf

ANITYA'S TIP OF THE MONTH

This month, let's have a look at one of the easiest and most practical shots that every junior golfer should play whenever they get the opportunity - the low chip and run shot. The low chip and run shot is played when you are at the edge of the green and have a small area of fringe or rough that you need to carry the ball over before it lands on the green and starts rolling like a putt towards the hole. This is a shot where you want to pop the ball into the air and let it roll on the green as early as possible.



The set up is the key to this shot. The ball is positioned a little behind the center of the feet and the weight is on to the lead leg. You can also see that my hands are ahead of the golf ball and there is a shaft lean towards the target side. This will ensure that the club travels on the way down as it come to strike the golf ball and the club face is delofted at impact. Both these factors combine to give a ball first contact as well as a lower trajectory of the ball resulting in a low chip shot.

Use this shot when you are at the edge of the green and you will see some really good results with relative ease

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



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Block- G, Sushant Lok - II, Sector 57, Gurugram 122011 (Haryana)

Phone: +91 124 4112781 to 90 Fax: +91 124 2573590

Email: info@scottishhigh.com, Website: www.scottishhigh.com

Editor	: Ms. Kanchan Khanna
Editorial Team	: Ms. Virender Bhullar, Ms. Shivani Johri, Ms. Anshu Bhatnagar, Ms. Bhawna Rajput, Sumit Gupta, Ms. Remya Brijesh, Ashok Mahakur
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