



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

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From the Principal's Desk

CELEBRATING APRIL: A MONTH OF DIVERSITY AND SIGNIFICANCE

April, the fourth month of the year, brings with it a series of events that span cultural, social, and environmental significance. It marks the beginning of the financial year for many and holds deep cultural and historical importance for others, making it a month of celebration and reflection across the globe.

One of the most light-hearted celebrations in April is April Fools' Day, observed on the 1st. Though its origins are covered in mystery, this day reminds us of the joy in harmless pranks and laughter, fostering a sense of fellowship. April is also a time for solemn observance. On April 2nd, World Autism Awareness Day shines a light on understanding and supporting individuals with autism, promoting inclusivity and compassion. April 5th is dedicated to the International Day of Conscience, emphasizing the moral values that guide human actions.

On one hand, April 7th is cherished by the World Health Organization and health-conscious individuals worldwide, as World Health Day, April 13th there is a happiness of Baisakhi and on the other hand, is observed as the Jalianwala Bagh massacre in 1919 reminding us of the struggles for freedom and the importance of honoring collective memory. Moving ahead in the series, 14th April which honours the legacy of Dr.B.R. Ambedkar who was a champion of social justice & equality and Earth Day on 22nd April reflects our relationship with the planet and our responsibility towards the conservation of nature and environmental management.

As April nears its end, we celebrate World Book and Copyright Day on the 23rd, recognizing the profound impact of literature on culture, knowledge, and human connection. This day also coincides with English Language Day, highlighting the importance of linguistic diversity and communication. Concluding the month is World Dance Day on the 29th of April, upholding the recognition and appreciation of dance as an art form that transcends boundaries and celebrates cultural expression

As beautifully expressed in Sanskrit "विविधता मध्ये एकता" which means "Unity in Diversity", April, with its vibrant series of celebrations and reflections, invites us to embrace diversity, nurture our well-being, preserve our planet, cherish our heritage, and celebrate the arts.

Dr. Sanjay Sachdeva
School Principal

Academic Integrity- the need of the Hour

Academic integrity is an important part of teaching and learning in a PYP school. The students are prepared from the beginning to move towards this educational journey so as to understand ethical conduct, critical thinking and responsible behaviour at a young age.

So at Scottish high, what do we mean by academic integrity and how do we insert it in the foundation years of our students? Academic integrity encompasses honesty, responsibility, fairness, and respect in all areas of learning. It involves acknowledging the ideas and work of others and upholding ethical standards even when faced with challenges or temptations. In the PYP context, academic integrity extends beyond assessments to encompass everyday classroom practices, collaborative projects, and interactions within the learning community.

Advantages of developing academic integrity are many. When we stress on developing not only academic skills but instilling values as well, we develop character of students. Enhancing values of integrity from a young age shapes students into principled individuals who can demonstrate honesty, empathy, and accountability in all the phases of their lives. Academic integrity

nurtures a growth mind-set. When students understand the importance of integrity, they are more likely to respect other people's work and learn with curiosity and openness. They understand the hard work that goes in producing anything, which needs to be given due credit to.

We ensure that teachers too play a pivotal role in modelling ethical behaviour and explicitly teaching students about the principles of academic integrity. Through discussions, role-playing activities, and real-life examples, students develop a deep understanding of why integrity matters and how it applies to their learning journey. It is important to keep all the stake holders aware of the significance of being academically honest. We need to inform the parent community that the development of academic integrity is not an isolated initiative but an integral part of the educational ethos. By nurturing a culture of integrity from a young age in the PYP, we lay the foundation for students to become principled individuals. This will enable students to approach learning with integrity, empathy, and a commitment to excellence, in doing we not only prepare students for academic success but also for a lifetime of ethical leadership and contribution to society.

Ms. Seema Bhati
Primary School Director



PYP

You can learn new things at any time in your life if you're willing to be a beginner.



With the onset of a new academic session, we extend a hearty welcome to all the Highlanders, old and new! As the doors of our school swing open to welcome new faces, we were filled with excitement and anticipation for the adventures that lie ahead. Here at

Scottish High, we believe in creating a nurturing environment where every child can thrive. The classrooms for little ones are more than just rooms; they're spaces filled with laughter, learning, and endless possibilities. To kick off the day in style in Early Years, we had a special visit from some of our favourite cartoon characters- Teddy and Minnie Mouse, who brought along a whole lot of fun and laughter. From singing songs and reciting rhymes to dancing to catchy tunes, our students were swept away on a magical adventure right from the start! Adapting to a new environment can be challenging, but our little ones are showing incredible resilience and determination every step of the way. As they explore their new environment, they are being encouraged to be part of daily mindfulness activities, social-emotional learning, exploring the different corners of the class, getting acquainted with peers and being involved in plenty of uninterrupted play. This in turn is helping the students to develop the skills they need to succeed, both inside and outside the classroom. With the support of their teachers and peers, they're learning to navigate this new chapter of their lives with confidence and grace. So here's to our brave little learners, as they embark on this exciting new journey of discovery and growth. With their curious minds, adventurous spirits, and hearts full of courage, we know they're destined for greatness!



**"The Earth is what we all have in common."
- Wendell Berry**



The Earth Day was celebrated on 22nd April 2024 in school with great enthusiasm and joy. It was a day filled with fun, learning, and a promise to be caring and principled towards Mother Earth. A discussion about the importance of taking care of our planet, encouraged the young ones to be conscious of their action, every day! Listening to a story and watching a relevant video helped them to understand that by making

small changes in our daily lives, we can all contribute to a healthier planet for ourselves and future generations. The Highlanders promised to be 'Green Ambassadors' and pick up litter, save water, conserve energy, and plant more trees. The Earth Day celebration was marked by a special assembly wherein children spread awareness about the need to save Earth. Children participated in Earth Day Poster making activity, each poster telling a story of its own. They even put thoughtful slogans to convey their opinions briefly. The young Highlanders becoming caring as they participated in card making and planted trees as action oriented PYPians. Children developed international mindedness while they participated in the largest civic event on Earth. Participation in activities like planting a sapling, collectively making a bright and a colourful earth in class and the like further helped in bringing forth the valuable lessons about environmental conservation and the importance of being responsible global citizens.



Teachers as community helpers to inculcate the value of respect.

Moving on with the journey of learning, the young Highlanders of Grade I inquired about community helpers under the Transdisciplinary Theme- How we organize ourselves. As a part of the provocation engagement, the teachers came dressed up as different community helpers to gauge the learners understanding of the same. The children displayed good thinking skills and were able to guess and share perspective and highlighted the importance of community helpers in our daily lives.





Extending boundaries beyond the classrooms.



Field trips to Tau Devilal BioDiversity Park was an incredibly enriching experience for the Grade II Highlanders. The visit offered them the opportunity to engage with real-world contexts that complement their classroom learning. Surrounded by the beauty of nature, our students had the opportunity to explore and appreciate the diverse array of plants that thrive within the park's ecosystem. They observed fascinating plant species and participated in discussions about the importance of biodiversity and conservation.



Congratulations!!!

Nivan Gupta of Grade III-G received the World Star Junior Award in International Olympiad Exam for his exemplary performance. Keep it up!



"A beautiful day begins with a beautiful mindset."

Our first assembly of the new session coincided with the harvest festival Baisakhi and what better way to celebrate than assembly presentation. Highlanders of Grade IV put up an electrifying performance as they danced to Bhangra beats creating a happy atmosphere in the auditorium. Apart from enlightening the students about the origin and cultural heritage associated with Baisakhi, the dance performance evoked happy endorphins and dopamine (the happy hormones) as all danced and rejoiced as one unit. This cultural fiesta surely fostered social and emotional well-being among the Highlanders.



A special assembly was conducted by our Highlanders of Grade V to highlight the significance of Earth Day and the urgent need for collective action to protect our planet. Through their creative presentations which included songs, dances, slogans and rap, inspired the young onlookers to think critically toward the need of a sustainable future thus evoking a spirit of mental and social well-being with their collective efforts.





Field trip to Urusvati Museum - learning about our diverse and enriching culture!

Grade V students embarked on an enriching educational trip to the Museum of Culture and Folklore. The primary objective of museum visit was to deepen their understanding of cultural heritage and folklore. Through immersive exhibits they explored the traditions, customs, and stories that have shaped societies over the time.



Deputy PYP Coordinators



Medley of Activities



"You can learn new things at any time in your life if you're willing to be a beginner."

If you actually learn to like being a beginner, the whole world opens up to you."

- Barbara Shur

New session began with new energy and fresh new vibes. It is time for new hopes and renewed dreams. To begin something new is always amazing: Do you also feel excited? Sure, we all do. In fact, Highlanders were also thrilled to embark on a creative journey, adorning their art files with expressions of self-discovery. They personalized their files by intricately inscribing their names in various styles and depicting their favourite things through drawing.

The results were truly remarkable, reflecting the vibrant tapestry of their personalities.

Our approach commenced with a standalone planner focusing on the Transdisciplinary Theme: "How We Express ourselves," centered around the Central Idea: "Visual representations can express, explore, interpret ideas and feelings." To ignite curiosity and pave the way for inquiry, students engaged in the "See, Think, Wonder" strategy, prompting them to keenly observe artworks and delve into reflective interpretations.

Further, students will inquire about the basic elements and principles of art throughout the year. Grade I was introduced to line and shape in which they are going to design the hairstyle of a portrait. Grade II is doing a recap of line, shape, colour and patterns by drawing a composition. Grade III is introduced to one point perspective view with geometric shapes and patterns. Students of Grades IV and V are learning about famous artists Pablo Picasso and Wassily Kandinsky respectively.

In the art optional activity, Grade VI is introduced to mural art through different motifs and designs. Grade VII Highlanders learned how to sketch a figurative composition and a Landscape with pencil shading using a variety of visual art methods. Grade VIII introduced to basic human figure anatomy drawings and students will be learning the composition drawing of popular cartoon images and caricatures. On the other hand, our craft students from Grades VI and VIII have started with the introduction of clay modelling by sculpting simple geometrical forms. Students enjoyed making sense organs like eyes, ears, nose and lips to get knowledge of face and explored it by creating joyful expressions of their own imaginative characters. In the way of exploring new mediums students are using waste material like newspaper pipes by starting with basic flowers and moving forward to sculpture paper pipe sculptures inspired from daily life figures that they observe around them.



Tiara I-E



Krishaa I-E



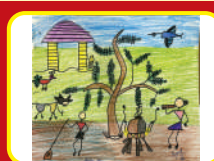
Nivan II-G



Aditi III-B



Aira III-B



Advay III-B



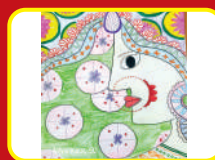
Smayan IV-A



Kavan IV-H



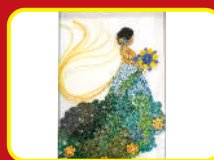
Krishay IV-H



Aliya V-C



Ojal VI-D



Dia VII-F



Pragya IX CS-A



Hetavi IX CS-B



Arana XII-B

Ms. Amita Gahallot
HoD Visual and Performing Arts



Scottish High reverberates with the harmonious echoes of preparation and anticipation as our students immerse themselves in musical endeavors. The spotlight shines on the upcoming "Monkey Business" event, where creativity takes center stage with the formation of choirs and bands. In preparation for this lively event, students come together to form choirs and bands, fine-tuning their performances to perfection. With each practice session, they harmonize their voices and synchronize their instruments, creating a symphony of talent that promises to captivate audiences.

Meanwhile, in the primary Grades, young musicians delve into a repertoire of uplifting songs. From the timeless melodies of "Let It Be" to the infectious optimism of "A Million Dreams," their voices ring out with joy and inspiration. Beyond these specific events, music continues to weave its magic throughout Northwind. From impromptu jam sessions in the hallways to spontaneous performances during lunch breaks, the school is alive with the sound of music. Each note, each rhythm, is a testament to the passion and creativity that define our vibrant community. As April unfolds, our school remains a sanctuary for musical exploration and expression. With hearts full of melody and minds brimming with possibility, our students embrace the transformative power of music, enriching their lives and the world around them.

Mr. Shivam Srivastava
Western Music Teacher



From The Sports Field



The month of April started with the preparations of Annual Athletic meet for Grades IX and XI and ASISC Zonal Sports Competitions. Annual Athletic Meet for Grades IX and XI was held where in Grade IX Can Macarthur secured 1st position followed by Clan Anderson, Boyd and Lamont. In Grade XI Clan Anderson got 1st position followed by Clan Lamont, Macarthur and Boyd.

Scottish High hosted ASISC Zonal level sports competition for Football, Badminton, Skating, Swimming and Taekwondo from 25th to 29th of April 2024. In Football SHIS under 14 boys team brought laurels by winning the Zonal Football tournament. Under 17 boys' team secured 2nd position, Under 19 Girls team got 2nd position and Boys team got 3rd position. In Badminton competition Under 14 Boys and Girls secured 1st position, Under 17 and 19 Girls team got 1st position and Under 19 boys' team got 2nd position.

SHIS Swimming and Skating team qualified for the regionals competition after winning the ASISC Zonal Skating and Swimming competition.

SHIS Under 14 and 17 boys' football team is now participating in the Delhi Soccer League organized by Delhi Soccer Association.

All the best to all the Highlander!

Mr Darshan Singh Gahallot,
HoD Sports

Modern Foreign Languages

Embracing Diversity: Foreign Languages in the New Academic Session

In a world increasingly interconnected through technology, commerce, and culture, the importance of multilingualism cannot be overstated. As the new academic session unfolds, there is a growing emphasis on introducing different competences of the Foreign Languages into the curriculum, fostering diversity, and preparing students for the challenges and opportunities of an interconnected world.

Embracing Linguistic Diversity

The decision to introduce all four competences of Modern Foreign Languages stems from a recognition of the rich tapestry of languages spoken across the globe. By incorporating languages beyond the native tongue into the curriculum, our Highlanders are encouraged to embrace linguistic diversity and acknowledge the inherent value of

multilingualism. This shift signals a departure from monolingualism towards a more inclusive and globally-minded approach to education.

Global Competence

In an era characterized by globalization, proficiency in Foreign Languages is increasingly viewed as a cornerstone of global competence. Mastery of a second or third language enables individuals to navigate diverse cultural landscapes with ease, fostering cross-cultural understanding and communication.

Practical Applications

The integration of Foreign Languages into the curriculum is not merely an academic exercise but also a practical endeavor. Proficiency in the language learnt opens doors to a myriad of opportunities, ranging from international travel and cultural exchange to career advancement in multinational corporations. A range of activities done during the first month included all four competencies to give an impressive introduction to the Highlanders on how they will be learning the target language in connection with the chosen curriculum.

As the new academic session commenced in April, the introduction of all 4 competencies of the Foreign Languages represented a pivotal step towards embracing diversity, fostering cognitive development, cultivating global competence, and providing students with practical skills for success in an interconnected world. The Highlanders were super excited and they look forward to embrace the language in all aspects.

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

Middle School (Grade VI to VIII)

Co-curricular activities provide students with opportunities to explore interests beyond academics. These activities contribute to a well-rounded education and help shape students' personality. These activities provide practical experiences that enhance the learning process of the students.

Co-curricular activities are designed to balance with academic curriculum so that every student gets to learn beyond subjects. Best aspect of co-curricular activities at school is that they are part of academics, and makes teaching and learning experience exciting for both students and teachers. These activities along with academics are essential part of every student's life.

Let's see some benefits of co-curricular activities.

Better physical and Mental Health

These types of activities are required for students to stay active. Students pursuing some or other hobbies get better results in their studies.

Create Opportunities

In this highly competitive world, better Grades act as game changers while taking admissions in other schools, colleges, or institutions. Co-curricular activities provide better opportunities as students pursuing these activities are



given more preference over those who are not involved in such types of activities.

Sense of Responsibility and Confidence

When at an early stage of life, children are given tasks of responsibility to handle; they become much better in handling different situations in their later life too. This fosters a sense of self-confidence, accountability and responsibility within them.

Development of Special Skills

Co-curricular activities improve the learning experiences of students, help them identify and develop their inner talents. These activities promote skills like communication, teamwork, time management and leadership qualities. Co-curricular activities offer students an opportunity of thinking unusually and getting the innovative ideas of their own. These activities help the students develop an enriched learning experience by providing them a chance of imagining new ways of solving an issue or answering a question.

Exposure to New Activities

Students are introduced to a wide range of activities that give them better strength while letting them choose what they wish to learn what they enjoy.

Co-curricular activities plays vital role in shaping well rounded individuals who are prepared to face challenges of the future. Moreover, these activities significantly contribute to a student's building foundation for their future careers.

Ms. Geetanjali Ahuja
Middle School Coordinator

IGCSE

Culture around the Globe

The Grade VI students at Cambridge Secondary conducted a presentation aimed at exploring the rich tapestry of cultures from around the world in their Global Perspective class. This initiative sought to broaden students' understanding of global diversity and foster appreciation for the unique customs, traditions, and lifestyles that define various societies.

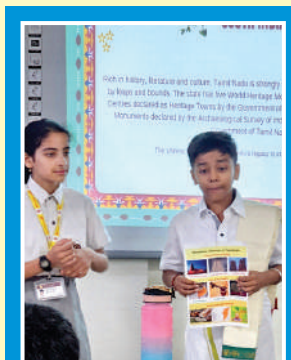
The presentation was structured to encompass a comprehensive examination of cultures from different countries across continents. Students were tasked with researching and presenting on a specific country, highlighting its cultural landmarks, festivals, cuisine, attire, language, and societal norms. Through a combination of visual aids, interactive demonstrations, and engaging narratives, the students endeavoured to provide their peers with an immersive experience into the cultural fabric of nations worldwide.

The presentation featured a diverse array of countries, including but not limited to, India, Japan, Mexico, Germany, Italy, Korea. This ensured a broad spectrum of cultural exploration, enabling students to appreciate the multifaceted nature of global society.

Throughout the presentation, emphasis was placed on

identifying commonalities and connections between different cultures. By highlighting shared values, traditions, and customs, students underscored the universal aspects of human experience, fostering a sense of interconnectedness and empathy across borders.

The Grade VI presentation on cultures of different countries proved to be a resounding success, offering students a comprehensive and immersive journey into the rich tapestry of global diversity. Through their research, creativity, and enthusiasm, the students demonstrated a profound appreciation for the myriad ways in which culture shapes and defines societies worldwide. This initiative not only expanded students' cultural literacy but also fostered a sense of curiosity, empathy, and respect for the diverse perspectives that enrich our global community.



Ms. Bincy Thomas Gour
Global Perspective Facilitator

ICSE - ISC Bulletin

As we reflect on the events of April 2024, we celebrate the resilience, dedication, and spirit of our Highlanders, who continue to inspire us with their unwavering pursuit of excellence in all endeavors. The halls of our beloved school are once again alive with the bustling energy of our Highlanders, as we usher in a new academic session.

As we reflect on the events of April 2024, we celebrate the resilience, dedication, and spirit of our Highlanders, who continue to inspire us with their unwavering pursuit of excellence in all endeavors. The halls of our beloved school are once again alive with the bustling energy of our Highlanders, as we usher in a new academic session.

In the realm of academics, Unit Cycle I for Grades X ICSE and XII ISC has been completed, with satisfactory performances



from our students. For those who may require additional assistance, remedial lessons are in the works, ensuring no student is left behind. As we gear up for the remaining ICSE/ISC classes' Unit Cycle I next month, students have been provided with the necessary timetables to stay on track.

Our dedication to academic excellence extends beyond the classroom, with extra classes in full swing during zero periods, facilitating in-depth coverage of syllabi and ensuring comprehensive understanding. In the afternoons, our commitment to holistic development shines through as we provide academic assistance to our students of X and XII, nurturing their academic growth and fostering a culture of continuous learning.

Meanwhile, our graduating XII Highlanders are diligently preparing for their upcoming entrance exams, including the prestigious JEE, Medical, and CUET. True to our commitment to leaving no stone unturned in supporting our students, the school is offering CUET sessions to further aid in their preparation.

Amidst the academic rigors, our Highlanders showcased their prowess on the field in the CISCE Sports Zonals, emerging victorious and exemplifying excellence in all areas, be it Soccer, Badminton and many more. Their achievements serve as a testament to the well-rounded education we strive to provide, where academic pursuits are complemented by a thriving sports culture.

Together, we look forward to the challenges and triumphs that the coming months will bring.

Ms. Barkha Anand
ICSE-ISC Curriculum Head

IBDP

Grade XI embarked on their academic journey on April 4th, brimming with enthusiasm and eagerness to learn. They actively engaged in diverse activities, fostering a deep understanding of the IB program and its underlying philosophy, setting a strong foundation for their educational odyssey. Excitement permeates the air as students embark on this new adventure. Ms. Pooja Sharma (DPC) led an induction for the students and teachers, fostering understanding of the IB philosophy and programme.

Moreover, on the 15th of April, 2024, Scottish High International School celebrated ATAL Community Day with great fervor, paying tribute to the visionary Dr. B.R. Ambedkar. This event underscored our commitment to fostering innovation and creativity among our students, laying the foundation for a brighter future. In alignment with the global theme of "Planet vs. Plastics" for Earth Day 2024, the Highlanders of SHIS showcased their unwavering commitment to environmental protection and sustainability. Spearheaded by our esteemed School Principal, Dr. Sanjay Sachdeva, and Primary School Director, Mrs. Seema Bhati, the students of Grade XI IBDP took a significant step towards greener pastures by planting saplings of Ashoka (*Saraca asoca*), a perennial, evergreen tree known for its ornamental flowers and medicinal values, within the school premises on the 22nd of April.

In a momentous ceremony on the 24th of April, the Investiture Ceremony saw students of both Grades XI and XII being bestowed with significant roles in the Student Council. This not only acknowledges their leadership potential but also instills in

them a sense of responsibility towards the school community. In the realm of sports, the SHIS swimming team showcased their prowess at the 'CAS Summit' hosted by DPS International Gurugram on the 23rd and 24th of April. With an exemplary performance, they clinched the Overall Trophy, reaffirming our school's commitment to holistic development and sporting excellence. Additionally, we were privileged to host an expert talk session by our esteemed alumna, Adelle Vincent, for Grade XI IBDP Visual Art students. Her insights and experiences served as a source of inspiration, igniting the creative spark within our budding artists.

Continuing on the path of skill enhancement and creative expression, Panasonic organized an enriching workshop on filmmaking as part of their esteemed program, Panasonic's Kids Witness News (KWN), on the 25th of April. This initiative aims to empower students by honing their communication, scriptwriting, and video production skills, all while addressing the United Nations' Sustainable Development Goals (SDGs).

Grades XI and XII IBDP students embarked on a culinary adventure, participating in a cooking expedition that honed their culinary skills and fostered teamwork and creativity in the kitchen. Parent-Teacher Meeting is scheduled for the 27th of April, providing an invaluable opportunity for parents to engage with teachers and gain insights into their child's academic progress and overall well-being.

Meanwhile, as the academic year progresses, the Grade XII batch of 2022-24 is diligently preparing for the upcoming IB board examinations. Their hard work and dedication are commendable, and we wish them the very best in their endeavors. The spirit of innovation and skill development was palpable as the school gears up for the ATL/PPS Exhibition scheduled for the 30th of April. This platform will showcase the multifaceted talents of our students, reflecting their prowess in various activities and projects, thereby highlighting their holistic growth and development. As we reflect on these recent events, it's evident that the Highlanders of Scottish High International School are not just learners but leaders, paving the way for a brighter, greener, and more innovative future.





Ms. Pooja Sharma
Diploma Programme Coordinator
Ms. Smriti Dudeja
Deputy Diploma Programme Coordinators

Dr. Neha Singh Maurya
IBCP Coordinator

IBCP

Commencing the International Baccalaureate Career-related Programme - IBCP

The IBCP Programme has officially commenced at our school this April onwards, marking a significant milestone in our educational journey. Students and parents were warmly welcomed to this new curriculum, which combines academic excellence with practical application. To further enhance the experience, our students received a personalized welcome call from the World Academy of Career Professionals (WACP) Director Ms. Sneha Asar and an induction by the School Principal and IBCP Coordinator. As we embark on this new journey, we are excited to witness the growth and development of our students, fostering critical thinking, creativity, and collaboration to shape the leaders of tomorrow.



CAS - Creativity, Activity, Services

SHIS Swimming Team Clinches Overall Trophy at DPSI 'CAS Summit 24'

We are thrilled to share some incredible news with our SHIS community! Our swimming team has showcased outstanding talent and dedication at the 'CAS Summit 24' hosted by DPS International Gurugram on April 23, 2024. Out of the 8 participating teams, we are immensely proud to announce that Scottish High has clinched the 'Overall Trophy' in swimming at the event. This remarkable achievement reflects the hard work and commitment of our talented swimmers and serves as a testament to their perseverance and skill.

Special congratulations to our exceptional swimmers who have brought home medals in various categories:

Kabeer Singh (Grade XII C)

2 Silver Medals in 50m Breaststroke and 50m Freestyle

Kabir Bhasin (Grade XI E)

1 Bronze Medal in 50m Breaststroke

Samriddhi Verma (Grade X E)

1 Silver Medal in 50m Breaststroke
1 Bronze Medal in 50m Freestyle

Aryaman Suri (Grade X F)

1 Silver Medal in 50m Butterfly
1 Bronze Medal in 50m Freestyle

Nadish Namish Bhardwaj (Grade XI DP)

1 Bronze Medal in 50m Backstroke

Their hard work and dedication have truly paid off! Let's come together to celebrate this momentous victory and continue to strive for excellence in all our endeavors. Congratulations once again to our remarkable swimming team!



Embracing Sustainability: Highlanders Lead the Charge on Earth Day 2024

In harmony with the Earth Day 2024 theme, "Planet vs. Plastics," Highlanders exhibited their steadfast dedication to environmental preservation and sustainability. Under the guidance of School Principal Dr. Sanjay Sachdeva and Primary School Director Mrs. Seema Bhati, students of Grade XI DP along with the students the Initial Sections took action by planting saplings of Ashoka (Saraca asoca), a perennial, evergreen tree renowned for its ornamental and medicinal properties, throughout the school grounds.

Dr. Sanjay Sachdeva, during the event, inspired students to embrace a daily commitment to environmental conservation, highlighting the indispensable role of trees in



nurturing life on Earth. Trees not only supply vital resources like food and oxygen but also act as natural guardians against climate change and habitat degradation.

The Earth Day festivities at Scottish High transcended mere tree planting, encompassing a diverse array of eco-friendly initiatives and activities. From raising awareness about the perils of plastic pollution to participating in educational discussions, quizzes, and creative projects, our students showcased their unwavering dedication to safeguarding our planet and fostering a sustainable future.

As we commemorate Earth Day, let us rekindle our commitment to prioritizing environmental stewardship in our daily lives, and join hands in forging a path towards a healthier, greener planet for generations to come.



Introduction to Filmmaking, a day long workshop organized by Panasonic under their Kids Witness News (KWN) Programme.

On April 25, 2024, 11 students from Grades XII ISC and XI DP, along with their CAS Coordinator and teacher in charge Ms. Kavita Yadav and Mr. Vishal from the ICT Department, participated in a workshop on the "Introduction to Filmmaking". The workshop was organized by Panasonic and was held in the school's AV room. The workshop was aimed to equip participants with essential skills in filmmaking, preparing them for the KWN Panasonic Filmmaking Competition. Led by Mr. Jassi Oberai, a distinguished photographer and filmmaker, the workshop emphasized fostering creativity and skill development in the art of filmmaking.

The workshop commenced with Mr. Oberai providing insightful guidance on the various stages of filmmaking, covering pre-production, production, and post-production processes. Participants received hands-on training in video camera operation, engaging in practical activities to reinforce their understanding of filmmaking techniques.

Under Mr. Oberai's mentorship, participants had the opportunity to experiment with cameras and capture footage, gaining practical experience in filmmaking. They were also exposed to notable submissions from past editions of the KWN Panasonic Filmmaking Competition, gaining familiarity with the competition's standards and requirements.

Mentors provided quick tips on initiating the scriptwriting process and brainstorming initial ideas. Additionally, participants were provided with a Lumix camera and accessories such as tripod stand, microphone, SD card, and camera holding devices for 21 days, enabling them to shoot a short film of 3-5 minutes' duration on any of the Sustainable Development Goals (SDGs) and kick start their filmmaking journey. All the participants have also received T shirt with the SDG's Logo printed on it.

The workshop proved to be an enriching experience for all participants, fostering their creativity and enhancing their film making skills. The hands-on activities allowed participants to apply theoretical concepts in a practical setting, deepening their understanding of filmmaking techniques.

The Introduction to Filmmaking workshop organized by Panasonic was a resounding success, leaving participants feeling inspired and empowered to explore the world of film further. As they prepare to participate in the KWN Panasonic Filmmaking Competition, participants are enthusiastic about utilizing their newfound skills to raise awareness about the Sustainable Development Goals (SDGs) through film.



Overall, the workshop served as a catalyst for personal and artistic growth, setting the way for an exciting journey into the realm of filmmaking.



Ms. Kavita Yadav
HoD, CAS Coordinator

Senior School Head

A Celebration of Leadership: The Investiture Ceremony

As the school year kicks off with renewed energy and enthusiasm, one event stands out as a beacon of leadership and empowerment: the Investiture Ceremony. This annual tradition not only marks the beginning of a new chapter but also serves as a testament to the values of integrity, responsibility, and service that define our school community. The Investiture Ceremony, held in the grandeur of our school auditorium, was a sight to behold. The CMT members, parents, teachers, and students gathered to witness the symbolic transfer of authority from the outgoing student council to the newly elected leaders along with cultural performances by our Highlanders. Against a backdrop of pride and anticipation, the stage was set for a momentous occasion.

With great honor comes great responsibility, and our newly appointed leaders wasted no time in embracing their roles with gusto. The solemn oath-taking ceremony, underscored the solemn commitment of the student council members to uphold the ideals of our school and serve as role models for their peers. The Investiture Ceremony was also a platform for inspiration and motivation, as the honorable School Chairman Dr. Cdr. Kartikay Saini motivated the newly elected Student Council with his inspiring words. He encouraged the student leaders to lead with integrity, empathy, and vision, emphasizing the importance of teamwork, communication, and perseverance in achieving collective goals. His words served as a rallying cry for excellence and reminded everyone of the transformative power of leadership.

The Investiture Ceremony was a celebration of leadership, empowerment, and unity. It reaffirmed our commitment to

nurturing the next generation of leaders and provided a glimpse into the bright future that lies ahead for our school community.





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

From The Counsellor's Desk

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education."

- Martin Luther King Jr.

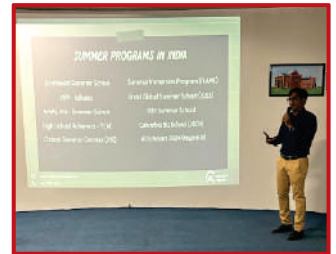
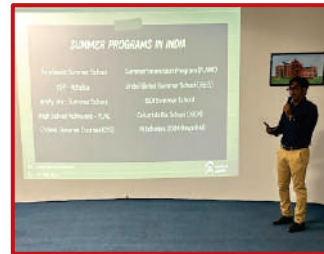
To start the new academic year with enthusiasm and purpose, Counselling Department recently hosted a series of sessions aimed at welcoming students and preparing them for success ahead in the new session. Led by the dedicated school counsellors, middle school coordinator and guest speakers, the sessions included insightful topics related to new academic session.

Ms. Gitanjali Ahuja, Middle School Coordinator, conducted a welcome orientation session for students of Grades VI and VIII. These sessions served as a platform to familiarize students with the nature of the academic, co-curricular and extra-curricular expectations. In addition, Dr. Neha and Ms. Geetika Setia, went into depth on important topics like building good relationships, welfare of students, upcoming career prospects etc. The students eagerly participated, expressing excitement for the year ahead.

Ms. Anju Deoskar, Director of Admissions Outreach at Flame University conducted presentations on liberal education and summer programs for senior school students. They gained insight into interdisciplinary courses and learning of opportunities. The sessions encouraged students

into higher education pathways beyond traditional beliefs. These students also had the enlightening talks on summer schools and upcoming careers by visiting experts Mr. Anand from Mentors Capital and Mr. Ritesh from Pratham Education.

In addition, recognizing the importance of parental involvement, Grade VI Parents were invited to a special orientation session conducted by Dr. Neha, to better understand the transition into middle school and support their child's educational journey. The school is dedicated to preparing students for academic, personal, and socio-emotional success by cultivating close relationships with parents.



Dr. Neha Singh Maurya
(HoD, Counselling)



Church comparison exploration: Understanding Protestantism and Catholicism.

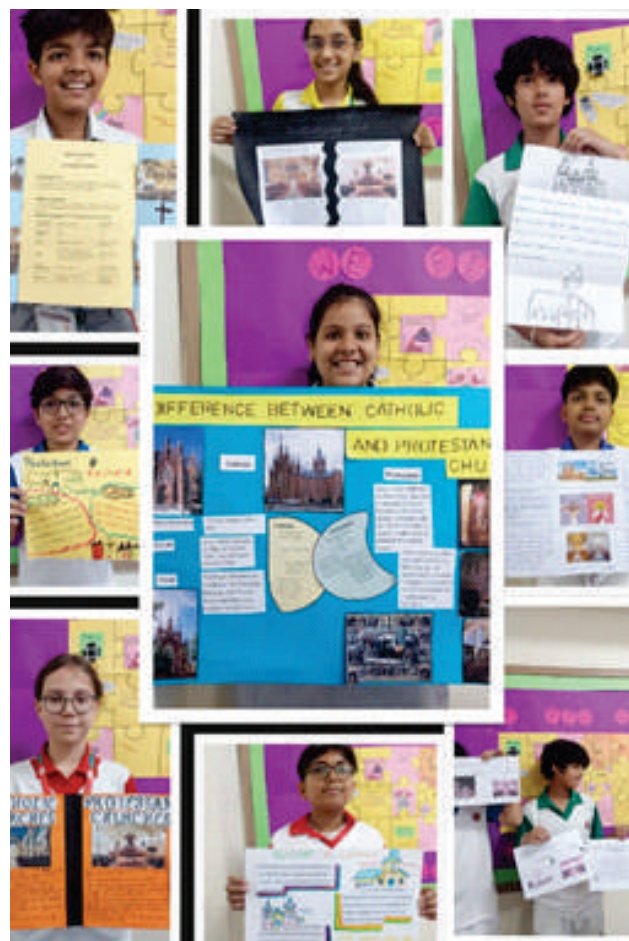
The objective of the “Church comparison Exploration” activity scheduled in third week of April month aimed to deepen participants' understanding of the differences between the Protestant and Catholic churches through research, analysis and presentation.

Participants were tasked with researching specific aspects of the two denominations, such as doctrine, worship practices, structure, sacraments, and historical origins.

Using reliable sources, participants gathered information to create a comprehensive comparison chart or presentation.

Cambridge Learners' Attributes:

- Confident in working with information and ideas- By actively engaging in this comparative study, participants not only broaden their knowledge of religious diversity but also cultivated skills in research, critical thinking, and effective communication.
- Engaged intellectually, socially and respectful of others- The activity promoted respect and understanding across religious differences. Also encouraged participants to approach interfaith dialogue with curiosity and open-mindedness.



Throughout the research process, participants were engaged in critical thinking and analysis, considering the historical context and theological perspectives that have shaped the development of Protestant and Catholic traditions.

After completing the research, learners presented their findings to the rest of the participants. This provided an opportunity for participants to share insights.

Ms. Neha Srivastva
Social Science Department

Amolika Artwork





From Our Budding Writers

The Cherry Blossom Trees

*I was walking back home with a heavy bag,
I couldn't bare the weight and wanted to sit on a bean
bag.
My thoughts were truly dreamy, where could I find a bean
bag on the road? Even a sack was hard to find.
Just then I found cherry blossoms uplined.
Wow! What a sight it was...
Millions of trees with the beautiful cosmos!
The moon was gleaming with shine,
Oh! How much I wanted all of that to be forever mine.
I forgot all about the load of my bag and went deep into
the ever-growing world of cherry blossoms
Which glows every day and night, being my favourite
place of mine.*

Krishna Nagpal, Grade V-G

Resonance of Action

**When I was tiny,
Not to understand the world so clear,
It was my mom's cozy lap,
which gave me love and cheer.
She never has to tell me how much she cares,
because her actions speak louder than her words,
ever.**

**When I didn't know how to walk,
My father held my hand and taught me to tought,
He never has to tell me how much he cares,
because his actions speak louder than his words, ever.**

**The first time, I had to face the world all alone,
I was shy and timid, even to dare,
It was my teacher who showed me the new world,
Which gave me confidence and made me bold.
She never has to tell me how much she cares,
because her actions speak louder than her words,
ever.**

**When I was lonely, and did not want to face the world
alone,
It was my friend who held my hand and made me own,
She never has to tell me how much she cares,
because her actions speak louder than her words ever.**

Ananya Ajit Kumar, Grade VIII-A

The Amazing Sunset

*What an amazing sunset it was,
In it my eyes got lost.
The hilltop was just at the back,
There was nothing that lacked.
My eyes kept staring at the sunset,
As the moon and sun met.
The sun started to go to his home,
As the moon came shining white all around Rome.
Darkness did fall but moon took off
Taking the place of sun showering his light, the moon
took off.*

Krishna Nagpal, Grade V-G

Eloquent Lies

Thought of all people as stalwart,
Looked aside for ephemeral hindsight,
Saw hatred coruscating,
A stare enough to ensnare beasts.
Disquieting how people are mutable,
Antecedent actions left in primordial times,
Neoteric rules of mundane cognizance,
What use are they without coruscating candor?
Trust, a rare sight in this odyssey,
Thought stark veracity would prevail,
But lies and lies take the perturbation away,
Ending with morose ghosts gliding everywhere.
Beguiling, this enmity, fleeting like sand,
Never thought these shattered hourglasses
Would ever reconstruct into a numinous shell,
Depiction of truth, taken as gospel.



The tenebrous mask has fallen away,
All those feelings of aversion betrayed,
Never will such an erroneous wrong happen again,
If mind clouded, unobtrusive, no thoughts shared.

Sia Aggarwal, Grade X-F

Orange

My love for people
Is in every orange slice,
And I have none
Left for myself.

Your demons
Creep onto me
As if I
Created them.

You leave the hurting
To me,
As if I
Deserve it.

You abandon me
With your thoughts
In a luring
Abyss.

You carelessly
Step on the jars
Filled with my love
For you

(because I may run out of cherry jam, but never of love).

I give
And you take,
As if I
Exist for you.

I am made up of
Billions of atoms too,
You see.

I need you
Like you need me,
In the tough days,
And the not-so-tough days alike.

You know you've got a smile
That could light up this whole town;
Why then,

Do you choose to smirk and make me cry?

Aanya Nigam, Grade X-B

Yes, Tupperware!

In kitchens far and wide, a marvel does exist,
It's not the stove or oven, but Tupperware, for instance!
With lids that snap and seal with ease,

They keep our leftovers safe, oh, what a breeze!
But beware the Tupperware cabinet, boasting confusion,
Where mismatched lids reign, causing quite the illusion.
You search and you sift, through the plastic maze,
For that one missing lid, lost in the craze.

Tupperware, now a social constant,
Where friends gather 'round to share and compare.
'Oh, this one's round, that one's square,
But both keep your food fresh with flair!'

So here's to Tupperware, a sight for sore eyes,
Keeping our food fresh day and night.
Though sometimes quirky, always handy,
In the world of food storage, I guess it's pretty dandy!

Prisha Abrol, Grade X IGCSE-A

Beyond Four Walls: Forest Schools

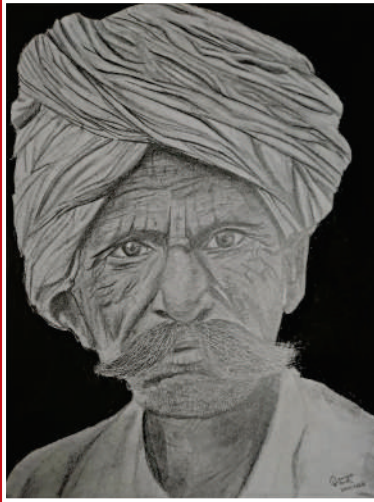
Imagine the classroom walls vanish, and instantly you find yourself amidst the wilderness. Wind whistling through tall and proud pine trees, birds chirping in the distance, and sunlight peeking through the thick canopy. Elevating schooling, the countries of Finland, Sweden, and beyond have integrated the outdoors into their classroom environments. As the screeching tables and chairs are replaced by the rustling of leaves, lessons are taught amidst the symphony of birdsong. These innovative and revolutionary institutions are called Forest Schools and are redefining the way we perceive learning.

These schools offer a variety of conceptual learning methods, ranging from the identification of certain plants and wildlife to appreciating the wonders of nature that surround them. Besides science and ecology, such schools also promote holistic development. Music, dance, sports, and more are examples that help develop students' real sense of the world.

The benefits of outdoor education are multiple. Research has shown that spending time in nature can improve concentration, significantly reduce stress levels, and enhance overall well-being. By building a deep connection to the natural world, these schools instill in students a sense of belonging and responsibility towards the environment, nurturing the environmental leaders of tomorrow.

In spite of their unconventional approach, the popularity of forest schools and outdoor education continues to grow around the globe. From the rolling hills of rural America to the urban parks of bustling metropolises, educators are embracing the power of nature to inspire learning and ignite a passion for discovery in their students.

Myra Mehra, Grade XI-D



**Vanya Malpani,
Grade X-E**

GREAT EXPECTATIONS

The walls are blank,
An ashy grey,
As vacant as my mind seems,
As I stand outside and lie
In wait, staring at the looming door,
Black, like the fear in my mind,
Casting a shadow on the floor.

The silence is deafening,
Broken only by the tick of my watch,
Accompanied by the thud of each heartbeat,
As my breath seems to catch
In my throat, blank walls closing in on me,
Feeling them pressing against my chest,
My brain beginning to spiral, overheat.

The narrowing corridor
Offers no escape,
The storm in my head seems to spill out,
Dripping down over the nape
Of my neck. 'Come in,' I hear the invitation,
Square my shoulders, exhale, I open the door,
Weighted under great expectations.

Swarnika Joshi, Grade XI-C

Nature's Performance

In fields where wild daisies are strewn,
I wandered beneath the pale moon.
The night air was crisp, my mind at ease,
My footsteps soft on the whispering breeze,
As stars danced to a silent tune.

The river, a ribbon of silver thread,
Flowed gently through its weedy bed.

I pondered life's ebb, its flowing grace,
Each ripple a dream, each wave a trace,
Reflecting thoughts that often fled.

In the embrace of an ancient tree,
I found a quiet sanctuary.

Its bark bore the scars of many years,
Yet stood so proud, despite past tears,
A testament to history.

Clouds above drifted in peaceful fleets,
Over valleys rich and sweeps of heath.
Their shadows kissed the hills below,
A dance of light and shade they show,
A canvas vast where earth and heaven meet.

As dawn awakened the slumbering land,
Rose hues stretched wide, a soft command.

Birds chorused the arrival of light,
Their melodies lifting the last of night,
A symphony too rich to have been planned.

With nature's rhythm, my soul aligns,
Its whispers deep, intertwining vines.

Here, amidst the eternal and divine,
My heart beats in harmony with the sublime,
In this sanctuary where tranquility defines.

Himanshi Aggarwal, Grade XII-DP



आइए स्वर्गों से सीखें पी वाई पी

अ से होता पी वाई पी का अपार अध्ययन ज्ञान
आ से ज्ञानालोक रूपरेखा से बनने आत्मनिर्भर और ज्ञानवान
इ से इरादा है सैद्धांत आइडिया तक पहुँच कर
ई से ईमानदारी के साथ टी डी थीम को अपनाने का
उ से आई वी के उपवन में उत्सुकता के साथ
ऊ से ऊर्जा जागृत कर स्वामित्व के महत्व को अपनाने का
ऋ से ऋषियों के ज्ञान को पूर्ण नैतिकता से
ए से ए टी एल्स के साथ एकसूत्र में बाँधकर
ऐ से स्कूल के ऐश्वर्य को बढ़ाने से लेकर
ओ से सबको ओजस्वी बनाने तक
औ से छः टी डी थीम को बनाकर औज़ार
अं से अंत करें अज्ञानता और परंपरागत अधिगम का
अः से अक्षरः सम्मान करे आधुनिक शिक्षण पद्धति का।

स्वरचित : सपना धीमान और सीता पांडे





Clan News

ANDERSON

Diligence and perseverance are the cornerstones of achieving success in any endeavor. Diligence, characterized by consistent effort, attention to detail, and a strong work ethic, lays the foundation for progress. Perseverance, on the other hand, is the unwavering commitment to continue striving towards success despite facing adversity or encountering failures along the way.

April marked the inception of a new academic session 2024-25, bringing forth opportunities for fresh starts. The month witnessed the initiation of interclan activities, highlighted by the Annual Athletic Meet catering to Grades IX and XI. In these events, Clan Anderson distinguished itself by securing the second and first positions respectively. I applaud the efforts and performances of all my athletes who secured a gold medal each, adding up to this phenomenal victory. I congratulate Rishit Sharma (XI) for attaining two individual gold medals, one

in 200m and the other in shot-put, Atharva Khosla (XI) for bagging a gold in discus throw and Jhanvi Aggarwal (XI DP) for gaining a gold medal in hurdles. Team Anderson demonstrated its prowess by clinching gold medals in both the boys' and girls' relay races for Grade XI and in the girls' relay race for Grade IX. I commend Fagun Beniwal (IX) for grabbing two individual gold medals, each in 400mtr race and discus throw. Also, the performance of Arjun Mudgal (IX) in shot put brought a gold home again.

Samiddhh Bhatiya (VIII) impressed the judges with his impeccable diction and articulation, earning the top spot in the Interclan Hindi Samachar Vachan Pratiyogita. Team Anderson, comprising Lisa Marli Fourie (VII CS) and Siddhangana Kumar (VII CS), bagged second position in the Interclan Everyday Science Competition. The collaborative spirit of Andersonites shines through in their adeptness at teamwork, exemplified by Team Anderson securing the second

position in the Interclan Street Play Competition held for Grades IX and X.

During the month, interviews were conducted to select Clan Captains, drawing the interest of numerous enthusiastic students. Following two rounds of rigorous interviews, during which applicants navigated challenging questions from the panel, two Clan Captains and two Deputy Clan Captains were appointed. I extend my heartiest congratulations to our newly appointed Clan Captains, Anmol Aggarwal and Snigdha Saxena, as well as Deputy Clan Captains, Prakhar Dixit and Nihareika Rohatgi, for their victory and commitment to duty, marked by their oath-taking during the Investiture Ceremony.

Andersonites demonstrate resilience in the face of adversity, maintain a steadfast commitment to their goals, and refuse to be deterred by temporary setbacks. They understand that success is not achieved overnight, but through consistent effort and determination over time.

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

BOYD

Every strike brings me closer to the next home run.— Babe Ruth

As we dive deeper into the current academic session, it's time to embrace the exhilarating world of Inter-Clan Competitions! These events not only ignite a sense of healthy competition but also serve as a platform for us to showcase our talents and creativity beyond the classroom walls. Let's take a moment to celebrate the remarkable achievements of our fellow clan members in recent competitions:

Ada Kalra (VI CS) secured the second position in the Inter-Clan English Extempore Competition, showcasing her impeccable speaking skills and quick thinking abilities.

Our talented team, consisting of Jinisha Sharma and Samaksh Das from Grade VI, clinched the first position in the Inter-Clan ICT Quiz Competition, proving

that knowledge coupled with teamwork leads to victory.

Once again, our clan emerged winner in the Inter-Clan Street Play Competition, captivating the audience with our creativity and passion for storytelling rolling around a burning theme- Global warming.

Furthermore, this month witnessed the triumph of our budding scientists in clan Boyd. We secured the first position in both the Inter-Clan Everyday Science Competition for Grade VII and the Inter-Clan Innovative Idea Competition. Arnav Goel and Kiaan Kapoor (Grade VIII) mesmerized the judges and audience with their groundbreaking ideas on leveraging technology for the benefit of the physically impaired. Meanwhile, Vikrant Sinha and Kashvi Sachdeva (Grade VII) demonstrated the possibility of electricity generation from unconventional sources, challenging conventional wisdom.

Congratulations to all the winners! Your hard work, dedication, and passion have

brought glory to our clan.

But the journey doesn't end here. As we celebrate these achievements, let's remember the importance of continued participation in Inter-Clan Competitions. These events not only provide a platform for recognition but also foster personal growth, teamwork, and camaraderie.

So, dear students, I urge each one of you to step forward, participate wholeheartedly, and unleash your potential in the upcoming Inter-Clan Competitions. Together, let's continue to inspire, innovate, and excel!

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



LAMONT

“Setting goals is the first step in turning the invisible into the visible.”

—Tony Robbins

With these words of wisdom, it's a happy beginning of the new session at Scottish High. All our Highlanders are well prepared to learn new skills and reach the new heights of excellence. The key to growth and progress is to do a bit more each new day than you did the previous day and make small improvements as you move along. For holistic development of our students, it's always necessary to maintain an equilibrium between academics and extra-curricular activities. Keeping this as our routine we started new session with clan meetings, competitions and Annual Athletic Meets. Firstly, we had Inter Clan English Extempore Competition for Grade VI where Vinisha Aggarwal made our clan

proud by winning first position. Ruhika from Grade VII made our clan proud by securing second position in Inter Clan Hindi Samachar Vaachan Competition. We also had our Annual Athletic Meet for Grade IX and XI in which our Highlanders participated with a good sportsman spirit and a lot of enthusiasm.

Advay Aggarwal from Grade IX showcased his unbeatable strength and skills in Long Jump and won silver medal. From Grade XI Atharva Chaudhary poured his full energy in to 400 meters Race and Long Jump and won Gold Medal in both categories. Aarika showed her sporting capabilities won Gold Medal in Shot Put. She also made the clan proud by winning silver medal in 200 meters Race and Discuss Throw. Vikrant Pethia crossed all hurdles on his way to won gold medal in Hurdles Race. Mihira Ghanshyam Prabhu won silver medal in Hurdles Race and 100 meters Race both categories. Abir Natu took a leap with a faith in himself and won Gold Medal in

100 meters Race. Kabir Bhasin also won silver medal in 200 meters Race.

Congratulations to all the winners and participants to work so hard and pushed their abilities to make these victories happen. We are proud of our Clan and wish to continue achieving more laurels in the future.

To conclude, I would like to share my belief with this quote by Henry Ford: If everyone is moving forward together, then success takes care of itself. So, let's all join hands to take off on this journey to higher orbits of excellence.

Ms. Kiran Cacoria,
Clan Elder - Lamont

MACARTHUR

“Setting goals is the first step in turning the invisible into the visible.” — Tony Robbins, American Author and Speaker

Embrace the power of setting goals to chart your course forward! By defining clear objectives, we pave the way for success and fulfilment. Without them, we risk drifting without purpose. So, dear highlanders, let's ignite our passion and dive into the new session with unwavering determination. Let's strive for excellence and fortify our positions with dedicated effort. Our hunger to excel should be fiercer than ever as we embark on this journey towards our aspirations.

Our clan has proudly chosen Raisa Bhardwaj and Karandheer Singh Gahlot as our new captains and Swarnika Joshi and Aarav Munjal as our deputy Captains for the session 2024-2025. I have full confidence that they will lead us to soaring heights.

At our recent Athletic meet for Grades IX and XI, our budding athletes showcased remarkable talent. In the track events, Sara (Grade IX-D) claimed gold in both the 100m and 200m races, while Naman (Grade IX-E) triumphed in the 400m. Vihaan and Jhalak (Grade IX-F and D) excelled in the hurdles. The relay team comprising Naman, Vihaan, Rivaan, and Uday secured gold as well. In the field events, Naman (Grade IX-E) secured gold in the Discus throw, showcasing remarkable strength and technique. Ujjesha (Grade IX-D) emerged victorious in Shotput, demonstrating exceptional power and precision. Meanwhile, Jhalak (Grade IX-D) clinched gold in the Long Jump event, displaying outstanding athleticism and skill. In the track events of grade XI, Skandha (Grade XI D) secured gold in both the 100m and 200m sprints, showcasing incredible speed and agility. Swarnika (Grade XI C) claimed gold in the 400m race, displaying remarkable

endurance and determination.

Switching to the field events, Raisa (IBDP B) excelled by clinching gold in both the Discus throw and Long Jump events, demonstrating versatility and skill across disciplines.

Additionally, as the new session commences, our grade VII students Aarav Pandey (VI-G) and Yohaana Narang (VI-C) have already made us proud by securing the second position in the Inter-clan ICT Quiz.

Congratulations highlanders! Let us make a solemn vow to spare no effort in our quest to conquer every challenge that comes our way. Together, we shall leave no stone unturned in our pursuit of excellence and victory.

Ms. Pooja Sethi,
Clan Elder - Macarthur



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Golf

ANITYA'S TIP OF THE MONTH

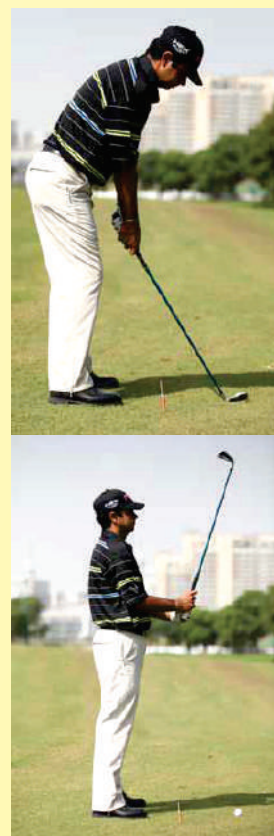
Good Posture

Leading golf professionals around the world lay a lot of emphasis on the three basic points that are vital when you set up to a golf ball—grip, posture and alignment. Most golfers will tell you they work on these on a regular basis. It's vital you spend time every week with your instructor working on these basics to achieve your golfing potential.

The posture is a very 'ready' position from where you can start the swing and strike the ball. Develop an athletic setup position as it will go a long way in making you play good golf by not only providing you with the base on which you can make a good turn and swing, but also keeping you injury free.

Here is a good way to achieve a correct setup position: start by standing straight with your club—hands in front of your body and feet shoulder width apart. Bend from your hip joint and flex your knees with your hands automatically hanging down to reach the ball and getting your body into a ready position. When you bend from the waist, ensure your lower back is relatively straight and not rounded. When you bend your knees, they should be over the center of your foot or over the laces of your shoes.

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



The Scottish High International School

(An ISO 21001:2018 Certification, a standard for Learning Services Management)
(Promoted by Rupteck Educational India Ltd.)

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