



SCOTTISH HIGHTM

INTERNATIONAL SCHOOL

THE NORTH WIND

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From the Principal's Desk

JULY: MONTH OF SHAKTI

July is the month of Sawan or Shravan month, the fifth month of Hindu lunar calendar which is devoted to Lord Shiva. However in India Doctor's Day is observed on the 1st of July to mark the importance of doctors hold in our lives. Another set of professionals, the Chartered Accountants celebrate 1st July as Chartered Accountants Day. On 1st July 1949 The Institute of Chartered Accountants of India (ICAI) was established in India and it is the second-largest professional accounting and finance body in the world.

The first week of this month is an important month for North American Countries Canada and the USA. Canada celebrates Canada Day on 1st of July to mark the anniversary of the formation of the Union of the British North American Provinces in a federation under the name of Canada.

4th July in USA is celebrated as its Independence Day as on this day in 1776 the Declaration of Independence was signed with the Great Britain. On 7th July 1550 the chocolate was first brought to

Europe and we celebrate this day as World Chocolate Day. The ever-increasing population is a serious concern for mankind. We observe World Population Day on 11th July every year to draw people's attention to this issue and the urgent need to find solutions for the same.

For France also July is an important month. 14th July 1789 was the turning point of the French Revolution. This day marks the anniversary of the Storming of the Bastille and the French people celebrate this as Bastille Day or French National Day. Famous African leader Nelson Mandela's life is an inspiration for many of us. On 18th July we celebrate International Nelson Mandela Day.

Indian tricolour was designed by Pingali Vekayya. On July 22, we observe the National Flag Day and celebrate the adoption of our Tricolour. In 1999 we fought our battle with Pakistan in the hills of Kargil. After two months of fight on 26th July we won the war. It was called Operation Vijay. To honour the Kargil War Heroes we celebrate this day as Kargil Vijay Diwas.

One of the most beautiful and powerful animal of the cat family is Tiger. To spread the awareness about the conservation of tigers and to promote the protection of their natural habitat we observe International Tiger Day on 29th July.

So July is the month with the messages of the importance of struggle, courage and never to say die attitude. As mentioned in Sanskrit Language:

“शक्तिः दुर्दम्येच्छाशक्त्याः आगच्छति।” *“Strength comes from an indomitable will”*

Dr. Sanjay Sachdeva
School Principal

Power of Reading

“Reading is essential for those who seek to rise above the ordinary.” -Jim Rohn

At Scottish High we believe in developing an army of readers. The habit of reading is cultivated from the early years and moves up to primary years where the love for books become a habit. Thereafter consistent scaffolding in the higher classes makes reading into a lifelong passion, enriching minds and expanding horizons at every stage of life. Developing a reading habit is one of the most beneficial activities for children, offering a multitude of advantages that contribute to their overall growth and development. Firstly, reading enhances cognitive abilities by stimulating the brain, improving concentration, and fostering critical thinking skills. As children navigate through different tales and information, they learn to process complex ideas and think logically. Additionally, reading significantly expands vocabulary and language skills. Exposure to new words, phrases, and sentence structures enables children to express themselves more clearly and effectively, which is vital for both academic success and everyday communication. Reading also fosters creativity and imagination. Immersing in different worlds, characters, and scenarios encourages children to think creatively and develop their own ideas. This imaginative engagement can inspire children

to create their own stories, enhancing their creative writing skills, thus developing all the attributes of the IB learner profile. Reading instills a love for learning, when children develop a habit of reading, they become more curious and eager to explore new subjects, fostering a lifelong desire for acquiring knowledge. This significant motivation to learn is invaluable in their academic journey and beyond. The emotional and social benefits of reading are equally significant. Books often present various emotions, relationships, and social scenarios, helping children develop empathy and understanding. By identifying with characters and their experiences, children learn to navigate their own emotions and understand others better. Reading can also be a calming activity, providing a sense of comfort and reducing stress.

Lastly, regular reading habits set a strong foundation for not only academic achievement but it makes individuals more empathetic and compassionate human beings. Studies consistently show that children who read regularly perform better in school, as reading improves comprehension, memory, and focus. The skills acquired through reading translate into better performance in all subjects. In essence, cultivating a reading habit in children is a gateway to a well-rounded development, equipping them with the cognitive, emotional, and social tools they need to thrive.

Ms. Seema Bhati, Primary School Director



PYP

"The only limit to your summer camp adventure is your imagination."

Summer camp from 27th May to 7th June 2024 in the Early and Primary years was a fortnight of boundless fun and frolic, a cherished time dedicated to creating lasting memories and forging new friendships. During this period, children honed their self-management and social skills through myriad engaging experiences. From exhilarating science experiments that sparked curiosity to lively music karaoke sessions that filled the air with laughter and rhythm, every day bringing new adventures. Dance and games infused the days with energy, and brought smiles on every face. Creative expressions thrived through craft and artwork and a pottery session, with each piece telling a unique story. Involvement of children in storytelling and role-play sessions enabled children to express their emotions in a healthy way encouraging them to be imaginative and transporting them to a magical world.



The bouncy castle was an instant favourite amongst the kids as they jumped and played to their heart's content! As the summer camp drew to a close, each child not just made memories but culminated the camp with their crafted treasures and a certificate honouring their enthusiastic participation.



“Happiness is...the laughter of children”

The Social-Emotional Learning Day celebration in early years, coupled with a 'No School Bag Day', had the children all excited and proved to be an enchanting and memorable experience for all the young Highlanders! They came dressed in their favourite attire. The home room tutors meticulously planned a series of engaging experiences such as fun collaborative games, lively dance sessions to upbeat music, and so on to create an atmosphere of joy and excitement. An expression corner was set up, encouraging children to capture and create memories by clicking pictures together, fostering a sense of belonging and shared experiences. One of the highlights was a special craft session where the entire class participated in creating something together. This not only encouraged creativity but also promoted cooperation and mutual support among the children. Additionally, a movement song added rhythm and physical activity to the day, ensuring a well-rounded experience. A specially curated menu added to the festive spirit of the day. Children particularly enjoyed decorating cookies, which sparked their creativity and allowed them to express themselves through edible art. Munching on popcorn added a touch of comfort and enjoyment to the proceedings, making it a truly delightful culinary experience for the kids.

Overall, the SEL Day celebration was a day filled with enriching experiences



that focused on nurturing students' personal growth and happiness.



HARMONY AND
HAPPINESS!





As J.K Rowling said, “I do believe something very magical can happen when you read a book.”

Library Week in early years was celebrated with a host of engaging activities designed to ignite children's love for stories and reading. Story narration sessions brought tales to life with props, encouraging active participation through role-play, allowing children to express themselves symbolically. D.E.A.R time (Drop Everything and Read) saw little ones immersed in big picture books, enjoying shared reading experiences with their peers. Dress-Up Day added to the excitement, as children came dressed up as their favourite storybook characters, showcasing their love for reading. Experiences like creating bookmarks, designing cover pages for favourite stories, and illustrating reflections on stories kept the buzz alive



throughout the week. Upper Kindergarten students were enthralled during a visit to the school library, eagerly exploring new books. Moreover, a story narration session, featuring dramatic voice modulation by a theatre teacher, captivated their imaginations and kept them engaged.





“Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.”

– Robert Alan

During the International Week, Primary Highlanders participated in a wide array of enriching activities designed to broaden their global perspectives and enhance their academic capabilities. Celebrating International Week, the enthusiastic Highlanders explored different ways of greetings and folk tales all around the world in different languages and reflected on what it means to be a global citizen. They drew flags of different countries and sang together to greet each other in different languages. It definitely highlighted a spirit of international mindedness as the young learners connected in multifarious ways.

They created detailed brochures that highlighted the rich and varied cultures, traditions, and customs of different countries around the world. Each brochure was a testament to the students' dedication, as they delved into the history, food, clothing, festivals, and other unique aspects of the countries they researched about. The young learners researched extensively on sustainable goals for the Paris Olympics using Tabs. They came to know through research that The Paris Olympics will implement innovative solutions for energy, food, venues, transport and digital services, making it a model for future sustainable events.

Overall, the International Week activities enabled our young students to expand their horizons, fostering a sense of curiosity and openness towards the world. Through this immersive experience, they not only grew academically but also gained a profound appreciation for the richness of the global community.



“La culture, c'est ce qui fait de nous des êtres humains.”

“Culture is what makes us human.”

– André Malraux

Le Quatorze Juillet, or Bastille Day, is celebrated on 14th July as the National Day of France. Our school, true to its ideology of international mindedness, encourages and promotes the celebration of all cultures. In the spirit of being 'International Minded,' a variety of activities were conducted to give students exposure to French culture and language. Students made posters, cards, bookmark designing, and did fabric painting were in the classes. Learners of Grade IV and V also adorned attires soaked in the colours of the French flag and shared interesting facts, tongue twisters, and rhymes in French.





“Field trips provide authentic hands-on experiential learning opportunities where students can connect to what they are learning in classroom in a real world context”
- Stephanie Smith Budhai

Aimed at providing students with tangible experiences and with the strong belief that field trips make learning more engaging, memorable and relevant, we inquired into different landforms around the world in the unit - Where we are in place and time by organising a field trip to Leopard Trail. Understanding the significance of field trip and believing they promote critical thinking skills, enhance observational skills, and nurture a sense of curiosity and wonder, the children explored the beautiful and serene Leopard Trail in Aravalli. Lush and green after the rains with the sun shining brightly, the

trip was magical and mesmerising. The glistening tree laden hills, rocky paths, still ponds with quacking ducks and the loud calls of peacocks, and bustling plains awakened the senses and curiosity of our young Highlanders. They returned from the trip full of wonder, a whole lot of questions and beautiful memories.



RENDEZVOUS WITH SCHOOL COUNSELLOR

An enlightening well-being session with the school counsellor was held for Grade I students in the school auditorium. Apart from developing essential skills, children were able to connect to the attributes of IB learner profile by integrating it into various activities and understood how the inculcation of learner profile support and maintain their overall wellbeing and personal growth. Children were counselled about the importance of being mindful in their actions.



Interactive Leadership Session with School Head Boy and Head Girl

Engaging with leaders within their own school community made the concept of leadership more tangible and relatable. Under the ongoing unit -How We Organise Ourselves, the students of Grade V had an interactive session with the school head boy and head girl. The session was an inspiring and insightful experience that left our young minds buzzing with ideas about what it means to be a leader. They shared their personal journeys to becoming leaders of student's council. They spoke about the challenges they faced, the responsibilities they took on, and the joy of contributing to the school community. Their stories highlighted the important traits of an efficient leader which are- perseverance, hard work, positive attitude, open-communication, adaptability, flexibility and

many more. The attributes of IB learner profile developed by our primary Highlanders included 'risk-taker' and 'balanced', as a leader is always open to try new ideas and manage emotions in a way that fosters positive relationship and harmonious environment, thus significantly enhancing the social and emotional well-being of his/her team. This session not only inspired our students to reflect on their own leadership potential but also equipped them with practical ideas and self-management skills to develop in their everyday lives.



Highlanders' Initiative: "Har Haath Kitaab" Book Donation Project



In a heart-warming display of empathy and community spirit, our Highlanders embarked on the meaningful project 'Har Haath Kitaab' to collect and donate books in collaboration with "Inch paper" and "Iamgurgaon" NGOs. Action Coordinators systematically carried out the procedures by spreading awareness about their drive in all primary classes.

By taking on roles and responsibilities within the project, students developed leadership

skills and confidence in their ability to make a difference in society. This campaign not only benefited the recipients but also enriched the students' understanding of community engagement and the power of collaboration. It inspired them to think beyond themselves and take concrete actions to foster a love for reading and learning among underprivileged children. The movement aimed to build connections with different segments of the community, fostering a sense of unity and mutual support.

Deputy PYP Coordinators

**Taking Care
Of Our
Well Being!**

Elements of Healthy Lifestyle

Washing-hands
Making-friends
Take-bath-everyday
Yoga
Singing
Brushing-Teeth
Healthy food
Exercise
Relaxation
Taekwondo
hygiene
Relaxing-Music
Om-Chanting
Emotional wellbeing
Bee-Buzzing



Medley of Activities



"Creativity people are curious, flexible, persistent and independent with a tremendous spirit of adventure and a love of play." - Henri Matisse

It's every parent's concern: What's the best way for your child to spend his or her free time during summer and school breaks? To some, it's a time for children to play and have fun. For others, it's an opportunity for kids to focus their studies or learn new skills.

Creativity goes hand in hand with imagination. It is also crucial to problem-solving, thinking outside of the box, and being able to immerse oneself in many pursuits, such as art, dance & music. Being able to think & express creatively helps to broaden the mental horizon and helps them to understand their inner thoughts, feelings, likes, and dislikes. This year's summer camp includes Dot artwork, glass painting, lippan work, abstract art, texture art and soft pastel work. Around 32 students participated in the art and craft activity summer camp, all were very curious to learn the new projects and did wonderful work. We send campers home with their finished projects to keep, fulfilling a sense of achievement and completion, as well as a newly found form of self-expression. "They learn to follow through and finish a project, and are proud of themselves. They can't wait to show off and leave with something tangible to keep, remember and share." Overall it was a great fun and memorable experience for all the students.

In July, our students embarked on a vibrant artistic journey, exploring a range of techniques and concepts tailored to their Grade levels. Grade I students began with a foundational introduction to primary and secondary colours, learning how to mix these to create a spectrum of hues. Meanwhile, Grade II students honed their drawing skills by depicting fruits and vegetables, which they then coloured using a mosaic technique that involved warm and cool colours to explore texture and contrast. In Grade III, students engaged with the gradation technique, applying smooth transitions of colour to their chosen compositions, thus enhancing their understanding of depth and dimension. Fourth Graders tackled a collaborative design challenge, working in pairs or groups to create innovative products that addressed the theme "Sharing the Planet" through the five stages of design thinking: empathize, define, ideate, prototype, and test. Lastly, Grade V students showed their patriotic spirit into designing Independence Day posters, reflecting their pride in being Indian through various artistic styles and techniques.

On the other hand, Grade VI and VIII students are learning to use different colouring mediums like watercolours in various compositions, such as landscapes, fruits, vegetables, and flowers. In senior school, however, students are focused on developing their artworks according to the curriculum requirements.

This month's activities not only enriched their artistic skills but also encouraged personal expression and collaborative problem-solving.

Ms. Amitta Gahallot
HoD Visual and Performing Arts



The Joy of Dance: A Celebration of Summer and Independence

As the sun blazed overhead in June, children found the perfect escape at the western dance summer camp. With energy and enthusiasm, kids from various backgrounds came together to hone their dancing talents. Under the guidance of skilled instructors, they learned contemporary moves and creative choreography, turning their days into a vibrant festival of dance, culminating in a spectacular performance.

As July dawns, the focus shifts to national pride and unity. Students from Grades I and V are deeply engrossed in learning patriotic dances for Independence Day, while Grade IV students inquired into dance opportunities through their unit link on Sharing the planet.

In the realm of classical dance, students embrace semi-classical styles, telling stories through graceful and emotive performances. The western dance group rehearses to "Heer Amani" and "Vande Mataram," blending modern and traditional styles. Integrated students also prepare unique performances, showcasing the unity in diversity of our nation.

In conclusion, dance remains a powerful medium for expression and celebration, as seen in the excitement of the summer camp and the patriotic fervour of Independence Day.

Ms. Himani Yadav
Dance - Instructor



Primary & senior school students participated in the summer camp 2024 organised in the school premises during their summer vacation break. Students who choose Drama out of the various options available to them did activities related to drama, they enhanced their skills in observation, team building, improvisations and expressions. Students used these skills to perform a story of their choice in the class, the performance was done on the last day giving an end to a 2 week long summer camp.

Mr Rohit Kumar Kalra
Theatre Arts - Instructor



July was a harmonious month at Scottish High, brimming with musical fervor and spirited performances. The highlight of the month was the Inter Clan Solo Singing & Instrumental Competition for Grades XI and XII. Students showcased their vocal talents, delivering soulful renditions that captivated the audience and judges alike. The competition not only highlighted the impressive vocal abilities of our seniors but also fostered a healthy spirit of competition and camaraderie.

Meanwhile, Grade IV students embarked on their preparations for the upcoming Front Desk Programme (FDP). Their



dedication and enthusiasm set the stage for a promising showcase of talent and creativity.

Students from Grades I and V immersed themselves in a variety of songs, enjoying tracks like "My Own Superhero" by Shauna Edwards, "Wind of Change" by Scorpions, and "It's My Life" by Bon Jovi. The younger students embraced the joy of singing, with each song session becoming a vibrant celebration of music.

Senior students continued to develop their musical skills, forming bands and learning to play and sing iconic songs like "21 Guns" by Green Day and "Fix You" by Coldplay. These indoor music sessions provided a platform for students to explore and refine their musical abilities, fostering a deeper connection to the art form.

As we move forward, Scottish High remains a beacon of musical exploration and creativity, nurturing the talents of all our students.

Mr Shivam Srivastava
Western Music - Instructor

From The Sports Field



The month of July started with the preparations of Zonal CISCE Chess Competition and Regional Badminton, Swimming, and Basketball Competitions.

In **Zonal Chess Competition** hosted by Golden Heights school our Highlanders in Under 14 Category Boys (Abeer Jain, Vivaan Sharma, Vedant Gut), Under 17 Girls (Vitasta Kaul, Armin Kaur, Anya Bothra and Kimaya Awasthi), Under 19 Girls (Saanvi Verma, Kanika Suri, Harshita Sinsinwar) and Under 17 Boys (Individual) (Aman Singla) secured 1st Position. Under 17 Boys (Advay Agarwal, Kyan Kapoor, and Rivaan Barola) got 2nd position.

In **Regional Swimming CISCE Regional Competition** held at Chandigarh Highlanders achieved:

Aryaman Suri: 200im Gold, 400im Gold, 800im Gold, 4×100m Medley Relay Gold, 4×100m Freestyle Relay Gold, Best Swimmer U-17 Trophy

Kabir Bhasin: 50m Breaststroke Gold, 100m Breaststroke Silver, 200m Breaststroke Gold.

Kabeer Singh: 50m Freestyle Gold, 100m Breaststroke - Gold, 400im Gold, Best Swimmer Under 19 Boys.

Samriddhi Verma: 100m Butterfly Gold, 200m Butterfly Gold, 400mtr, (1M) Gold, Best Swimmer Under 17 Girls.

Nalin Chandra: 800m Freestyle Silver, 200m Free Gold, 4x100m Medley Relay Gold.

Pranshu Saroop: 200m Freestyle Gold, 100m Freestyle Silver, 50m Freestyle Silver.

Anvi Yadav: 100m Freestyle Silver, 50m Freestyle Bronze

Jashn Singh Bajaj: 100m Backstroke Silver, 200m Backstroke Gold.

Under 17 Boys all over Championship, Under 17 Girls Runner-Up Trophy and Under 19 Boys and Girls all over championship.

In CISCE Regional Badminton Competition Nandini Yadav and Noyonika Bhattacharya secured Gold medal and got selected for the CISCE National Badminton Championship.

SHIS Under 14 and 17 Girls Basketball team participated in CISCE Regional Basketball team and secured 2nd and 3rd place consecutively. The team includes Under 14: Advita Airi, Devanshi Kaul,.

Under 17: Reet Mathur, Fagun Beniwal, Sara Singh, Jennifer, Anya Nigam). In 27th District Kyorugi Competition & 16th Gurugram District Poomsae Taekwondo Championship. 32 Highlanders participated and won Overall 7 Gold, 8 Silver and 14 Bronze medals in both selection as well as fresher group. We also won overall 1st position in Fresher's group.

Four students Preet Ahluwalia, Suramya Dubey, Ujjwala Mudgal, and Nihit Elawadhi have got selected for the State Level Competition. In addition to that Abeer Sinha, Bhiven Bahal, Aradhya Agrawal also got Gold medal in fresher category.

Aryaveer Sahni participated in Regional Table Tennis Competition and secured 2nd position in the same.

Now the Highlanders are preparing for the coming Regional Chess, Football, Taekwondo, Karate, Yoga and Boys Basketball Competitions.

All the best to the coaches and Highlanders.

Mr Darshan Singh Gahallot,
HoD Sports

Senior School Head

Acknowledging Excellence: Highlights from Our Badge Ceremony

Academic rigor is a cornerstone of educational excellence, representing the high standards and challenging curriculum that students must meet to achieve academic success.

Acknowledging these achievements through a badge ceremony provides a formal recognition of students' hard work and dedication, reinforcing the value of their academic efforts. The badge ceremony for Unit Test I Examinations served as a formal recognition of students' achievements, providing tangible acknowledgment of their efforts and successes.

It played an integral role in fostering an environment of excellence and achievement. It promoted and recognized academic rigour within our school. The tradition of acknowledgment through badges will continue to play a crucial role in shaping a culture of high academic standards and personal growth. They were awarded with gold, silver and bronze badges based on their performance and they marched proudly onto the stage to receive the same.

With receiving the badge, they were committed to achieve the same in upcoming examinations and strive for better results. The audience were committed to be marching onto the stage for the next badge ceremony and dedicating themselves to work harder for the Half Yearly Examinations.



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

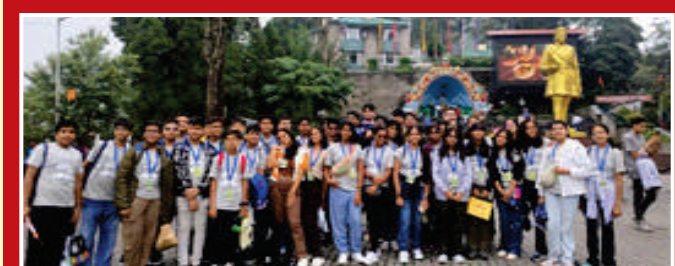
Modern Foreign Languages

At Scottish High International, we believe in providing our students with diverse opportunities to learn and grow beyond the classroom. This philosophy was brought to life when two of our Highlanders, Navya Chaudhry (Grade X IGCSE) and Aditi Singhal (Grade IX), embarked on an enriching journey to Kalimpong, town in Himalayan foothills of West Bengal. They attended a four-day German camp organised by the Goethe Institute from 11th June'24 to 14th June'24.

The camp, specifically designed for German students from Grades IX and XII, focused on the intricacies of international cuisine. It offered a unique platform for young German language enthusiasts to hone their speaking skills while diving into the culinary arts.

Our Highlanders, along with other participants, embarked on a scenic 3.5-hour drive from Bagdogra to the picturesque town of

Kalimpong. Upon arrival, they were greeted with a series of interactive workshops and engaging games, setting the stage for an exciting learning experience.



One of the highlights of the camp was a trip to Darjeeling Mall Road, where students had the chance to explore traditional cuisine and immerse themselves in the local culture. The main goal of the workshop, however, was to create a special fusion dish that combined elements of Indian and German cuisine. The students were divided into teams, each tasked with crafting a dish that would be judged on presentation and flavour profile and ultimately ranked as a form of competition.



Navya's team showcased exceptional culinary skills and creativity, securing first place, while Aditi Singhal's team followed closely, earning second place.

This camp was more than just a culinary adventure; it offered a valuable opportunity for our students to meet professionals in the German language field, practise their German-speaking skills in a real-world context, and build lasting friendships with peers who share their passion. The teamwork and collaboration required during the competition highlighted the importance of working together towards a common goal, demonstrating that success is a result of collective effort and mutual support.

French National Day Celebrations

On the occasion of French National Day, also known as the 'Bastille Day' (Friday, July 14, 2024), to promote cross cultural knowledge and linguistic diversity among the learners while aligning with the development of Cambridge Learner Profile attributes, various activities were conducted during the French language lessons. Learners virtually travelled to France and visited the city of Paris to get a glimpse of the renowned Bastille Day parade, its sounds and sights. They acquired knowledge about the iconic French Revolution through stories and videos shared by the facilitator and later demonstrated their understanding innovatively by creating fabric paintings in groups. They were engaged while sharing interesting facts, tongue twisters and cultural knowledge about France. Quizzes were also taken to assess their knowledge in an interesting manner making them confident learners in their language journey.

They also honed their communication skills by listening to the French National Anthem 'La Marseillaise' and tried speaking it. This celebration indeed gave an opportunity to them to become innovative, confident and reflective, as well as cultivate international mindedness and growth mindset in them.



Inter Clan Tongue Twister Competition

Our Grade VI Tongue Twister Competition in Foreign Languages was a resounding success! The event, held on 29th July 2024 showcased the linguistic talents of our students in a fun and engaging way.

Students from Grade VI participated in the competition, presenting tongue twisters in the foreign languages they are learning, including French, Spanish, and German. The atmosphere was filled with excitement as students took the stage one by one to demonstrate their skills.

The language teachers were thrilled with the students' enthusiasm and progress. They noted significant improvements in pronunciation and fluency, attributing it to the students' dedication and the engaging nature of the competition. It not only enhanced language skills but also fostered a love for learning in a supportive and joyful environment.



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

Middle School (Grade VI to VIII)

Competitions play an important part in school life. Participating in these competitions not only builds confidence but also teaches empathy and encourages students to become lifelong learners. We had a plethora of competitions in the month of July, starting with several rounds of inter-class and inter-clan competitions. Students actively participated in all the competitions with zeal and enthusiasm.

The Annual Science Exhibition, Vigyan Manthan, for the session 2024-25 was conducted with great fervour. Featuring over 200 projects and models from Grades VI and XII, it covered a wide range of scientific topics. It aimed to nurture scientific curiosity and innovation among students, contributing to the vision of a developed India. The projects showcased a blend of theoretical knowledge and practical application, addressing the problems and solutions of today's modern world. Three teams from our school have been selected for Atal Marathon, ranking among the top teams. Daiwik Abrol (VII) Prisha Abrol (X). Naisha Manglunia (VII) Shreya Aggarwal (VIII) Shivina Nagwans (VIII) and Ojasvi (IX) and Ojas Lath (IX). Laura Anika of Grade VII has been awarded a certificate of appreciation by the Atal Innovative Mission-NITI Aayog for her outstanding presentation. Her work was praised for its distinctiveness among many students from across India.

A session from the T-GELF foundation was conducted for middle school students, offering activities that boost confidence and empower them to become ethical leaders of tomorrow. Additionally, students are enjoying various activities conducted during expert sessions. These sessions are incorporated into our curriculum, offering students invaluable insights into values and attributes.

Students were recognized for their outstanding academic achievements. To celebrate their success, they were awarded gold, silver, and bronze badges. Congratulations to the meritorious students; your achievements make us proud. Our middle school journey is not just about academics; it's also about giving students the skills, knowledge, and values they need to thrive in an ever-changing world. This includes a mix of academics, extracurricular activities, and transformative experiences like the T-GELF program. We strive to shape compassionate and competent individuals ready to make a positive impact on society.

Ms. Geetanjali Ahuja
Middle School Coordinator

IGCSE

Grade VII CS Chromatography Activity Report

Grade VII CS-B students recently participated in an engaging and educational activity centered around chromatography techniques to create flowers. This hands-on experiment aimed to deepen students' understanding of chromatography principles while promoting creativity and teamwork.

The activity commenced with an introduction to chromatography, emphasizing its role in separating



separating mixtures. Students explored capillary action and observed how various pigments migrate at different rates. The objectives of the activity were:

- To comprehend the foundational principles of chromatography.
- To apply chromatography techniques in a creative project.
- To cultivate problem-solving abilities and teamwork among peers.

This initiative significantly contributed to developing key attributes from the Cambridge Learner Profile:

Confident: Students confidently presented their chromatographic flowers, elucidating both the scientific methodology and their creative process.

Responsible: Through meticulous handling of materials and adherence to safety protocols, students demonstrated responsibility and a grasp of scientific procedures.

Reflective: Post-activity, students reflected on their findings, deliberating on why pigments traveled at varying speeds, linking these observations to pigment properties and the medium used.

Innovative: The creative element of constructing chromatographic flowers spurred innovative thinking, blending scientific principles with artistic expression.

Engaged: The hands-on nature of the activity ensured high engagement levels, fostering a genuine interest in the subject matter and promoting active learning.

The chromatography flower-making activity was a resounding success, effectively merging scientific inquiry with creative exploration. Students not only grasped fundamental chromatography concepts but also honed essential skills aligned with the Cambridge Learner Profile. This initiative exemplified how experiential learning enhances comprehension and nurtures a lifelong passion for science.



Ms. Saswati Choudhary

Egyptian Civilization

Classroom Egyptian Museum Exhibit

Objectives:

- To develop understanding of Egyptian History.
- To research and display the practices of Egyptian civilization.
- To develop demonstration skills and reaching the audience.

Cambridge Learner Attributes Achieved:

- Reflective as learners, developing their ability to learn
- Confidence in exploring and evaluating ideas.
- Collaboration and team efforts.

In this classroom activity simulating an Egyptian museum exhibit, students created and presented exhibits based on ancient Egyptian artifacts and culture. Students were divided into groups and each group was assigned a specific aspect of ancient Egyptian culture to research. Roles included curators, historians, artists, and archaeologists. Topics included mummies, pyramids, hieroglyphics, gods and goddesses, or daily life. Each group created a "mock" artifact or displayed related to their assigned topic. This included detailed models, artwork role-play etc. Students set up their exhibits in the classroom, arranging their artifacts and descriptions as if in a real museum. They took turns presenting their exhibits to the class, explaining the significance of each item and answering questions.

This activity encouraged research, creativity, and public speaking, and helped students gain a deeper understanding of ancient Egyptian culture and its artifacts.

Ms. Neha Srivastava
History Facilitator

ICSE - ISC Bulletin

The Highlanders have returned from the summer break full of enthusiasm and readiness for the new academic challenges ahead. This marks the beginning of the next month with students and teachers alike rejuvenated and motivated to excel.

In recent academic developments, the results of the recheck and revaluation were declared. Notably, Swarnika Joshi, after revaluation, now also stands at the 3rd position with an impressive score of 97.8% in the X ICSE 2024 results. This outcome underscores the significance of the revaluation process, ensuring that students receive the recognition they deserve for their hard work. Meanwhile, a few students have applied for Improvement exams conducted in July. The results of these exams are still awaited. The improvement exams provide an essential opportunity for students to better their scores and demonstrate their true academic potential.



As the new month progresses, we remain dedicated to providing an enriching and supportive educational environment. That's the reason our Remedial Classes and Extra Assistance classes are in full swing to set for excellence and achievement in first term results. Additionally, a Parent-Teacher Meeting (PTM) was conducted for all Grades at both ICSE and ISC levels. The PTM went smoothly, with constructive feedback shared and key areas for improvement discussed. Such interactions are vital for fostering a collaborative environment between parents and educators, aimed at supporting student success.

Furthermore, a Convener's Meet was held at Rishi Public School to discuss the upcoming 2025 Board Examination. Ms. Barkha Anand and Ms. Bhawna Rajput represented our school at this important meeting. In preparation for the 2025 examinations, the Council is conducting online teachers' training in selected subjects. These training sessions are instrumental in equipping teachers with the latest pedagogical strategies and subject-specific knowledge. Teachers are actively participating and are committed to passing on the benefits of this training to their students, ensuring that classroom learning is enhanced.

Ms. Barkha Anand
ICSE-ISC Curriculum Head

IBDP/CP

The academic session for Grades XI IBDP/CP and XII IBDP students commenced on July 1st, welcoming students back from a productive summer break. Many students utilized their break to engage in internships and summer programs, both online and offline, with esteemed organizations like EISEN Vault, Mindler, Cashify, and renowned universities such as Brown University, Ashoka University, Amity, and Cambridge University. These opportunities provided valuable real-world experience and enhanced their academic learning.

The month also featured a vibrant Cultural Food Fest, where students from both grades prepared dishes from various countries. This event allowed them to connect culinary arts with their academic subjects, fostering a deeper understanding of global cultures and enhancing their five Approaches to Learning (ATL) skills, including research, communication, and self-management. Additionally, the experience promoted international mindedness, encouraging students to appreciate and respect diverse cultures and perspectives, which is a core value of the IBDP/CP curriculum.

July was a month rich in transdisciplinary learning experiences for our students, offering them a comprehensive view of global issues through various subject lenses. In classes where Computer Science and Economics students explored the global

digital divide, discussions focused on how technological disparities impact economic development and social equity. Meanwhile, Hindi and Business Management students examined the effects of globalization on economies, delving into global trade and cultural exchange. Additionally, Group 2 languages and Biology students explored a holistic understanding of health, highlighting the importance of cultural sensitivity and the role of language in healthcare. These sessions emphasized the interconnectedness of different disciplines and encouraged students to think critically about complex global challenges.

On July 18th, the students attended an expert talk by Panav Beri, a senior software consultant from Infosys, who spoke about ethics in the software industry. This talk provided valuable insights into the professional world and underscored the importance of ethical practices in technology. The blend of academic, cultural, and professional experiences has set a vibrant and engaging tone for the new academic year, promising a dynamic journey ahead for our IBDP/CP students.

Additionally, On July 22nd, an Extended Essay (EE) workshop was held by Ms. Pratima Upadhyay, the EE Coordinator, to guide Grade XI IBDP students in selecting subjects for their EE projects. The workshop was instrumental in helping students understand the research process and the importance of choosing a topic that aligns with their interests and academic goals. Grade XI IBDP delved in the Reflective Project by conducting research on Ethical dilemma and presenting case studies in class for peer assessment.

As we continue to build on these experiences, we look forward to a year of growth, exploration, and achievement for all our IBDP students. The diverse opportunities and insights gained this month have set a solid foundation for an exciting and successful academic year ahead, filled with promise and potential.



Ms. Pooja Sharma
Diploma Programme Coordinator
Ms. Smriti Dudeja
Deputy Diploma Programme Coordinator
Dr. Neha Singh Maurya,
IB Career-related Programme Coordinator



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.

In May, Dr. Neha Singh Maurya, HOD of Counseling, conducted a workshop for middle school teachers focused on effective teaching strategies. She emphasized the importance of daily conversations with students to understand their needs, maintaining professionalism while being supportive, and setting clear boundaries. Additionally, she advised against gossip, limiting sensitive discussions, and being responsible on social media. The session was transformative, equipping teachers with essential tools to support and guide their students effectively. A handout on digital diet was shared with parents to promote healthy digital habits at home as well.

In July, the Counseling Department welcomed students back with a series of sessions aimed at easing the transition into the new term and fostering personal and academic growth. These sessions, led by dedicated school counselors and guest speakers, provided guidance and support across various grade levels.

Ms. Priyamvada led a session for Grades VI and VII on "Transitioning from Break to School." Students shared their holiday experiences and received practical tips for a smooth return to school, such as setting goals, establishing routines, and maintaining a positive attitude. The session concluded with a positive affirmation activity to ensure students felt prepared and supported.

Mr. Vipul delivered an insightful talk on "Computer Programming" for students from Grades IX and XII. He highlighted the vast opportunities in the IT industry, emphasizing popular programming languages and the bright future awaiting those with the right skills. The session broadened students' understanding of IT's practical applications across various sectors.

Ms. Rachna Bakhru led a session for Grade VII on "Intellectual Property Rights and Counterfeiting." She introduced the concept of intellectual property and its significance, encouraging students to think critically about the value of original creations.

Ms. Tanushree Bhattacharya and Ms. Seetha Dronamraju conducted a talk on "Exploring Universities: UBC and Waterloo" for Grades XI and XII. They provided an overview of these institutions, discussing programs, campus culture, and unique opportunities, inspiring students to consider their future pathways.

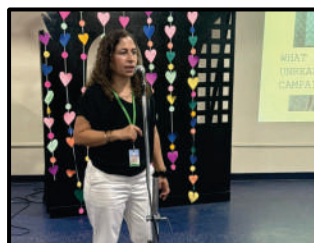
Ms. Geetanjali Ahuja and Ms. Simonil hosted a session for Grade VI on "Behavior and Good Conduct." They stressed the importance of respectful interactions and good behavior within the school community, concluding with practical tips for fostering positive conduct.

Ms. Dikshita, along with Aditi, Kunal, and Harsh from Athena Education, delivered a workshop on "Profile Building: Crafting Applications" for Grades IX and X. This session guided students in creating standout college applications, highlighting academic achievements, extracurricular involvement, and personal experiences.

Dr. Neha Maurya, HOD of the Counseling Department, delivered two insightful sessions for students. For Class XI DP, she conducted an expert talk on "Learning Styles and Their Assessments through BridgeU," where she explained various learning styles, helped students identify their own, and demonstrated how to use BridgeU for assessments to optimize study techniques and achieve academic success.

For Class XII UK applicants, she led a comprehensive session on "UK Application: Important Dates, Personal Statement, Changes in Application Form and Fee," detailing crucial timelines, personal statement crafting, and recent changes in the application process, ensuring students are well-prepared for the UCAS system.

These sessions demonstrate the school's commitment to fostering holistic growth and preparing students for their future endeavors.



**Dr. Neha Singh Maurya,
HoD, Counseling
Ms. Priyamvada,
School Counselor
Ms. Simonil Jassawala,
School Counselor**





World GDP Ranking 2024 List

GDP or “Gross Domestic Product” refers to the monetary value of all goods and services produced in a nation during a given year. A higher GDP indicates that the country is financially strong and growing at a stable rate. According to the World GDP Ranking 2024 list, India is the fifth largest economy in the world. Let's have a look at the top 10 GDP countries below:

Top 10 GDP Countries 2024:

S.No	Country Name	Continent	GDP (USD Billion)*
1	United States	America	28,783
2	China	Asia	18,536
3	Germany	Europe	4,730
4	Japan	Asia	4,730
5	India	Asia	3,942
6	United Kingdom	Europe	3,502
7	France	Europe	3,132
8	Brazil	America	2,333
9	Italy	Europe	2,332
10	Canada	America	2,242

*This data is as of 30 April 2024

Ms. Neha Gupta
Economics Facilitator

WORD WHEEL

How many words can you make from the letters in the wheel? You have ten minutes to find as many as possible. Words must contain the central hub letter and be at least four letters long. Plurals and foreign words are not allowed. (4 = Good, 6 = Very Good, 9 = Outstanding)



Ms. Neha Gupta
Economics Facilitator



From Our Budding Writers

Special Days of Summer,



Summer comes welcomed by the sun

With coming of holidays, filled with joy and fun.

We go to different places –

Goa, Kashmir or go to visit mazes!

It is so much fun with family and friends

And going to do camping in tents.

We do holiday homework,

Revision and all of our favourite work.

From sports, drawing reading or journaling, we get to do so many things

Like a butterfly flapping our wings!

With the arrival of juicy mangoes, delicious Ice-creams and the chance to be in the pool,

We always stay COOL!

These are the Special Days of SUMMER!

Krishna Nagpal, Grade V-G

History and Importance of Newspapers

Newspapers have their own importance in the world. They connect you globally, start your day, make you aware about your surroundings, make you knowledgeable. Without newspapers it would be nearly impossible to know what is going on in the world. They provide an outlet for people to let their voices be heard and read about many different topics. There are a number of popular English newspapers published in India. Some of them are The Hindu, The Tribune, Hindustan Times, The Indian Express and The Times of India. It displays current status about fields like politics, business, sports and art. The first ever newspaper was invented by the Romans in 59 BCE. In 1605, Johann Carolus published the first regular newspaper in Strasbourg. The world's first daily newspaper appeared in 1650 in Leipzig. James Augustus Hicky is known as the father of Indian journalism. He launched India's first newspaper, the Bengal Gazette along with the Calcutta General Advertiser, in 1780. Newspaper history suggests that the first paperboy who was hired in 1833, his name was Barney Flaherty, he was hired after seeing an



advertisement in the Sun News. The oldest living newspaper in the world, and with the same title, is the Gazzetta di Mantova, regularly published in Mantua (Italy) since 1664. Today's newspapers provide all kinds of information like sports, national, state, international, political, social, economic, entertainment, education etc. They are inseparable from us as our shadows or soul.

Aaradhya Mittal, Grade VI CS-A

Can There Be A Future Without Pollution?

There is an old legend in which Socrates, the Greek philosopher, is recognized by the Oracle of Delphi as "The wisest man alive". He said, "I am the wisest man alive, for I know one thing, and that is that I know nothing." If Socrates lived today, he would likely have been disappointed, wondering how an entire generation claiming to be the "most technologically advanced" race, is also the generation responsible for the rapid degradation of the Earth's environment.

Today, the Earth is producing 380 million tons of plastic each year, of which 91% is not recycled, and 50% is single-use. By 2050, there will be more plastics in the ocean than fish. Packaging production constitutes the highest demanded use for plastic. According to a FICCI report, Indians consume 11 kilograms of plastic per annum, in comparison to the 109 kilograms consumed by an average American.

To combat this, I would like to propose some ways in which waste can be collected, and utilized, effectively. The vast majority of oceanic plastics come from land, delivered to the sea via rivers. A floating fence can collect, sort, dry, recycle, and generate power. Additionally, Tires are discarded or burned, which adversely impacts natural ecosystems. Recycled tires can be used to sustainably improve the strength and bearing capacity of soil, as well as create new materials with the properties of rubber, without the toxic off-gassing. On a different note, we can encourage our society to opt for buying materials that are manufactured from recycled goods. Implementing electronics recycling and hazardous waste collection sessions in various areas encourages people to donate, and or sell used electronic materials for reuse, thus raising societal awareness. In my domestic region of India, temple waste, primarily degradable materials, is a significant concern due to its potential use in various products, despite ironically leading to water contamination due to its inadequate disposal.

We can hope for a cleaner greener future and a garbage-free future. Real changes can be made to the environment by reducing, reusing, and recycling materials. A simple change in our habits can bring about this change. It is time to act!

Laura Anika, Grade VII-D

Is Safety More Important Than Fun?

The issue that has bothered mankind for many years is whether safety is more important than fun. The proponents of the maxim that fun is more important than safety keep asking us—would Hillary and Tenzing be able to conquer Everest if safety was more important than fun? Would Richard Weber have reached the North Pole on foot?

Fun is not only necessary to explore unknown frontiers of existence but also helps in releasing pent-up stress and introduces a heady feeling of excitement that is an essential component of a fulfilling life. It helps in breaking the monotony of everyday life and introduces an element of anticipation for the finer things in life.

While safety and fun are both essential aspects, finding a harmonious balance between the two is crucial for a meaningful existence. The future remains shrouded in mystical uncertainty; Life comes with countless encounters, from minor stumbles to unexpected injuries, wounds, or even sudden deterioration of one's physical or mental well-being. Therefore, we need to observe the basic safety norms to enjoy the joyous moments in our lives.

The quote, "If you think adventure is dangerous, try routine, it's lethal," by Paulo Coelho, emphasizes his worldview that sticking to a monotonous routine can be more harmful in the long run than embracing the uncertainties of life and risks affiliated with adventurous experiences. Memories that blend safety and fun will always be more profound than memories that haunt us.

In my own life, I have experienced conflict between the desire for adventure and the quintessence of safety.

The allure of adrenaline may excite me but the sanctity of safety preserves me till my last breath.

Danicca Bajaj, Grade X-C

Nostalgia, The Holidays!

All those ephemeral days,
Looking forward to going back,
Being complacent in parlance,
All that cognizance to track.

Concordant memories, being placed in a loop,
Of waking up, constellating ideas eloquently,
To move on in those times,
Back to my routine rudimentary.

A vacation to placate the spirits,
Finally over, idyllic times arrive,
Waiting for divergent evocation for the future,
When to bring back those times, I will strive.

They alacrity of being back in those corridors,
Where I live my odyssey quotidian,
Whinging at times, ebullient nonetheless,
These times, my only obsidian.

Sia Aggarwal, Grade X-F



Impact of Social Media on Modern Friendships

Social media has drastically changed how friendships in today's world are perceived and maintained. Platforms like Facebook, Instagram, and X have made it much easier to stay connected with friends, irrespective of their location. According to a 2021 Pew Research Center study, 81% of teens feel more connected to their friends through social media, and 69% say it helps them interact with a more diverse group of people forging connections worldwide. This constant connectivity strengthens bonds by allowing friends to stay in touch and share special moments.

However, social media isn't just a bed of roses. Carefully curated posts on social media can make people's lives seem perfect, even though it leads to envy and dissatisfaction among others. A survey by the Royal Society for Public Health boasts that over 70% of young people experience FOMO (fear of missing out) because of social media. Seeing friends' lives might make others feel left out or less accomplished, which can strain relationships. Moreover, the ease of online communication can sometimes replace face-to-face interactions, making friendships more shallow and less authentic.

Privacy issues have proved to be another major concern regarding online friend groups. Oversharing on social media can lead to misunderstandings or conflicts among friends. Additionally, the pressure to maintain a certain perfect online image can cause stress, affecting real-life interactions and the quality of bonds. The American Psychological Association reports that 45% of teens feel overwhelmed by the drama on social media.

Despite these challenges, social media remains an effective medium to maintain long-distance friendships and reach out to old friends. The key is to balance online interactions with meaningful offline experiences. By being aware of the potential problems and focusing on genuine connections, social media can enhance friendships rather than harm them. Ultimately, it's the quality of interaction, whether online or offline, that determines the strength and health of a friendship.

Prisha Abrol, Grade X IG-A

The Economic Journal

This is a newsletter that talks about Financial Literacy, basic concepts regarding economics (like banks, GDP, Inflation, Globalisation, Investment, Taxes, etc.) and a few interesting facts regarding the respective topic. I believe that this article would be a valuable addition to the North Wind as it comprises of terms and concepts people are not fully aware of. Below, is the article for August 2024.

Indian Budget 2024 - 2025:

The Indian budget is an annual document prepared by the Finance Minister of the Government of India. It tells us about the revenue and expenditure policy of the government for the upcoming year. It discusses its policies regarding taxes, salaries, employment, loans, investment, subsidies,

development of the country, etc. Its major objectives are to stimulate economic growth, provide social welfare, and manage government finances. India's Budget is acknowledged as one of the largest budgets in the world. This year, the budget is set at ₹48.2 trillion, including major investments in Defence, Rural Development, Agriculture, Education, IT, Health, Energy, and more.

Taxes

As far as direct taxes are concerned, the government has made some changes in the slabs of income taxes for salaries below ₹10 lakh annually. Now, salaried employees under the new tax regime would save up to ₹17,500 annually due to the changes made in the Budget 2024-25. The standard deduction has been increased from ₹50,000 to ₹75,000, and the deduction for family pension has been increased from ₹15,000 to ₹25,000. The Angel Tax has been abolished completely for all classes of investors. Corporate taxes have been reduced from 40% to 35%. All these enhancements are very advantageous for the public.

Skilling

This year, the Indian Government focuses on the development of skills of the youth for better growth of the country in the future. To encourage the same, the government has introduced certain schemes for empowering and training the youth, such as: i) Providing one month wage to new candidates in 3 installments up to ₹15,000, ii) Skilling 1 crore youth by top companies under PM's internship programme, who will be receiving ₹5000 monthly for 12 months, iii) Training 20 lakh youth over 5 years and upgrading 1000 Industrial Training Institutes (ITI's).

Schemes for Women and Girls

This year, a total of ₹3 lakh crore has been allotted to the empowerment of women and girls. To encourage women to participate in the workforce, the government is: i) Setting up working women hostels in collaboration with industries, ii) Providing financial aid to women who want to pursue entrepreneurship, it aims to support women and create small enterprises to help in the overall development of the country, this is known as the Udyogini Yojna iii) Giving more market access to the hand-made products of the Self-Help Groups, which are the lifeline for a major population of Indian women, iv) Reducing the stamp duty on assets acquired by women.

Interesting Fact

The presentation of the budget was earlier done in a traditional leather briefcase, but Nirmala Sitharaman (The Finance Minister) replaced the briefcase with a red cloth (Bahi-Khata) in 2019. This symbolizes the adoption of Indian tradition and the break away from old colonial practices.

Glossary

Standard Deduction: - A fixed amount of your salary on which you do not have to pay taxes.

Angel Tax - Tax collected on the funding received by startups from angel investors.

Corporate Tax - It is the tax collected on the profits of a company.

Self-Help Groups - A self-help group refers to a group of 15-20 women who produce hand-made goods for a living.

Stamp Duty - It is the tax paid on the legal documents while purchasing property.

Anjel Chugh, Grade X-D



The Strata of Friendship

A Scottish proverb states “One good friend is worth a thousand acquaintances.” Friendship is formed of multiple layers- each representing a shared experience, a laugh, a kind word, or a moment of understanding. Some tiers might be thick and vibrant, representing strong bonds and inside jokes. Others might be more reserved- secrets and vulnerabilities known only to the closest of friends. These sheets wouldn't hold their own, but when woven together, they create a strong and supportive network. True friends accept each other's imperfections, celebrating the bright colours and offering support for the weaker folds. They understand that life can cause tears and setbacks, but a friend is always there to help mend the tears and help you work on being the best version of yourself. Friendship is a two-way street. It requires effort, empathy, and a willingness to be there for the good times and the bad. A good friend is someone you can be yourself around, without fear of judgment. They challenge you to grow, celebrate your victories, and pick you up when you fall.

Lastly, the value of friendship lies in the richness it brings to our lives. Friends are the ones who make us laugh the hardest, who believe in us even when we doubt ourselves, and who remind us that we are not alone on life's journey. The strata of friendship is a work in progress, constantly evolving and growing stronger with each shared following.

Mehr Kaur Aulakh, Grade XI IBDP-A

Reflections of Thou

Much like trust, empathy, and understanding, friends are an integral part of life: helping each other up through laughs, tears, and the hardest moments in life. Continuous, binding, and inseparable; friendship is something beyond acquaintance. Famous motivational speaker Jim Rohn claims “You are the average of the five people you spend the most time with.” Our friends, to an extent, build our personalities, values, and beliefs; it is due to them that we turn out to be the way we are. They shape our sense of humor, set interests, and hold life in different perspectives. Through them, we grow, learn, and evolve as human beings as life goes on its ups and downs; thus, the selection of friends matters a lot. What is often overlooked, is how friendships affect our physical health, similarly to our diet and exercise. Cultivating authentic relationships with others who contribute to your personal growth decreases blood pressure, inflammation, and even the chances of diabetes! As we frequently adopt the behaviors of those around us, toxic friendships can be extremely dangerous for that reason. Thus, it's vital to surround yourself with positive, upbeat companions who encourage and believe in the best versions of you.

Kyra Khar, Grade XI IBDP-B

Celestial Bombast: A Look into the Legacy and Environmental Impact of Fireworks.

The spellbinding beauty of fireworks has captivated almost everybody in the world. These bursts of incandescent glares enthrall us, while the loud whumps and sputters keep us vigilant and mesmerized to not lose sight of the phenomenon. Fireworks are believed to have been invented over 2000 years ago in China, where they were used to ward off evil spirits and invoke prosperity. Later, the Arabs got into possession of gunpowder, altering fireworks for larger explosions. In Europe, the main alteration made to these were multi-hued displays, pioneered by the Italians, which remain at the forefront of pyrotechnics. From these humble beginnings, they have spread all around the world, and fireworks are universal signs of celebration.

The environment is starting to deteriorate due to the overuse of fireworks. Nearly 5% of the world's carbon emissions are solely from fireworks. Fireworks release carbon dioxide, carbon monoxide, and nitrogen, which are all harmful carcinogenic gases, perpetuating the effects of chronic lung illnesses, as well as causing them. The key to the solution lies in having an open mind. Age-old traditions, such as fireworks, cannot be easily replaced. Still, with the onset of the digital age, many alternatives have been designed to appeal to even the greatest fanatics of traditional fireworks. One example of this is using electronic light displays such as the New Year lights in Dubai. The scintillating fountains leap up to meet the cascades of lights. One can also use drone displays to fill the sky with luminescence.

Agastya Sumeer Kaul, Grade XI IBDP-B

CHILD LABOUR

A human's a human, no matter how small.

So, give them knowledge - little or tall.

Forget the tools, send the kids to school.

They'll learn things that are cool!

The love of a parent, light of the sun,

The child shall be a healthy one.

Books, art, intelligence, passion...

Maybe add a dash of fashion!

Put their knowledge to a test,

To see in what they'll achieve success.

So, end child labour, give them back their rights.

Then we'll see, how just a little bit of light...

Can set a whole generation right!

Naisha Garg, Grade IV-D

THE COMICAL AI

The things that AI does when not being supervised
 Could turn up hilariously terrible!
 It can act as a boofhead to make things awry
 And finding solutions completely horrible!

It can be quite a silly goose
 To generate stereotypical images
 Of a dog eating fruits
 Topped with chocolate mousse
 Or a wedding and such
 With a fish so obnoxious
 Enough to make you clutch

It may start partying at one in the morning
 When silence grips the air and sounds of snoring
 The music throbs and gets so loud
 That the neighbour loose calm and start to shout
 AI plays a comedic gold
 But may not always be the right mould
 And that's just not all
 It could even do a disaster!
 When the robot vacuum spreads the poop
 In every little corner
 And leaves your head spinning
 When the home looks like
 The Jackson Pollock Poop Painting
 It can churn out a pun or a two
 Building no sense at all
 And the AI cameras do their part
 Matching the referee's bald head with the soccer ball
 AI is wondrous, yet inevitably hilarious
 Turning things to whack
 Pretends to be smart
 Not having the knack
 So, stay on a for a laughter
 As you work with the clever yet insane
 Which can try being a 'Human'
 But could never replace a 'Human Brain'

Aarav Pandey, Grade VI-E

खंडर

एक अपशब्द जैसा लगता है...
 लेकिन अगर पास जाके देखो,
 तो उसके हर एक कोने में कोई राज छुपा रहता है |

खंडर

आँखों को भाने की ये खूब कोशिश करता है,
 लेकिन भाता उसी को है जो इससे देखने की हिम्मत करता है |

खंडर

मनो तो सिर्फ चंद पथरो का पहाड़ होता है,
 लेकिन अगर परखो इससे तो शायद अपनी कोई उनकाही
 कहानी ये सुनाता है |

खंडर

देख जिससे हिचकिचाहट का एहसास होता है,
 लेकिन काविश करो तो... कही न कही ये अपना लगने लगता है |

वैष्णवी विनोद शर्मा

कक्षा : बारहवी आईबीडीपी

सावन आया

सावन आया ,सावन आया
 उमड़ -धुमड़ कर बादल लाया
 पड़ी फुहारें धरती पर, हरियाली आई
 चारों ओर पतंगें घूमें, हरी दूब फिर से लहराई ।
 महक उठी बागों में , फूलों की तरुणाई
 लगे नाचने मोर, वर्षा की ऋतु आई ।

सावन आया ,सावन आया
 उमड़ -धुमड़ कर बादल लाया
 खेतों में शुरू हो गई गुड़ाई
 कहीं ज्वार ,कहीं धान की रोपाई ।
 झूले पड़ गए पेड़ों की डाली पर
 गूँज उठे गीत ,तीज हरियाली पर । ।

सावन आया ,सावन आया
 उमड़ -धुमड़ कर बादल लाया
 फैली सुगंध घेवर और मिठाई की
 बहनें रास्ता देखें रक्षाबंधन पर भाई की
 ये सावन ये त्योहार बढ़ाए मान संस्कृति की
 हम न भूलें कभी महक अपने मिट्टी की

किरण पाण्डेय
 हिन्दी अध्यापिका



Whispers Of What Once Was

Summer's warmth still lingers in my bones
but the laughter we shared, now just a distant hum
our paths diverged like leaves on an autumn day
and I'm left to wonder if our friendship's gone astray
winter's chill has crept in, and with it, the silence
the fire that once burned bright has been reduced to a faint
spark

I reach out, hoping to rekindle what we have found
but the embers are cold, and our connection's lost its sound
spring arrives, and with it, the promise of renewal
but even the blooming flowers can't revive what's been
sealed

our bond, once strong as steel, is now frayed and worn thin
leaving only echoes of what could've been, but never was
again

time keeps moving, like the seasons, relentlessly on its way
and I'm left to confront the ache of what we've lost, day by
day

friends who once danced under starry skies together
now just a memory, a stinging reminder of the friendship
we've severed

I hold on to those whispers of what was
the fragments of our bond, like autumn leaves that cling to
trees

for in the silence, I still hear your voice so clear
a bittersweet reminder of what we held dear

Janvi Aggarwal, Grade XI IBDP-B

Mathanya Bhardwaj, studying in Grade IGCSE VII A, recently participated in "Jhankar All India 2nd National Dance Competition & Festival 2024" held at Rajendra Bhawan, New Delhi on 31 March - 1 April 2024" and Won the Second Prize Trophy in Kathak Junior Category.



Navya Laddha participated in a Master Story Teller Competition with Wizkids Carnival's All India Kids Premier League during her summer holidays and she has received an appreciation from them for her story writing!

Achievement Awards



Hridhaan Sharma Grade V-H, has secured for STEM SilverZone State Level Rank 1 exam with prize money of Rs 25,000.



Nyra Laddha won a prize for Lucid Poem Recital as part of the competition held by Wizkids Carnival's All India Reciting!



Clan News

ANDERSON

Success is often perceived as the achievement of goals, both personal and professional, through dedication, hard work, and perseverance. It is not merely the attainment of wealth, fame, or status, but rather the fulfillment of one's potential and the realization of dreams. True success is marked by the ability to overcome challenges and setbacks, learning from each experience, and continually striving for improvement. It involves setting clear, realistic goals and maintaining a positive attitude, while also being adaptable and resilient in the face of adversity.

In the month of July, Andersonites participated

with improved enthusiasm and zeal as they came back to school fresh and rejuvenated after a good summer break. I commence with congratulating Diti Bhanot (XI), Naisha Dua (XI), Nihareika Rohatgi (XI) and Yuvraj Arora (XI) for attaining the first position in the Inter-Clan Science Static Model Making Competition. I applaud the team work of Hridyanshi Singh (XI), Arshia Sharma (XI), Hrithik Mehra (XI) and Prakhar Dixit (XI) for bagging the second position in the Inter-Clan Science Working Model Making Competition. I appreciate the efforts of Daiwik Abrol (VII) and Snigdha Saxena (XI) who stood second in the Inter-Clan Digital Collage Making Competition and the Inter-Clan Ted Talk Competition respectively. Ayan Khandelwal

(IX) and Rian Sanghi (X) also secured second position in the Inter-Clan ICT Quiz Competition.

Success is not just about natural talent; it's about the willingness to put in the effort. Believe in your ability to achieve great things, and don't be afraid to push your limits. Remember, every challenge you face is an opportunity to learn and grow. Stay focused on your objectives, and maintain a positive attitude. Your hard work and determination will lead to better results and open doors to future opportunities. Keep striving, stay motivated, and never underestimate the power of your potential.

Ms. Ruma Jain, Clan Elder - Anderson

BOYD

It's never easier, we just need to get better. Welcoming all our students after a refreshing summer break. As we dive into another exciting school term, it's time to reflect on how we can make the most of our school experience. While academics are crucial, participating in Inter-Clan Competitions can significantly enhance your overall personality development. Our school has always celebrated the spirit of competition and teamwork, and this year has been no exception. Let's take a moment to applaud the outstanding achievements of our peers. Our dynamic duo, Advik Iyer from VI IG B and

Jinisha Sharma from VI- G secured first place for their clan in the Inter-Clan Everyday Science Competition and the Science Innovative Idea Competition. Aarini Mahajan from VII-E emerged victorious in the ICT Collage Making competition. In the Inter-Clan Solo Singing for Grades XI-XII, Zitiin Tiku (XI-D) earned second place, while Ashley from XI-E secured second place again in the Inter-Clan Instrumental Competition. Next in the row, Pearl Gupta from VI-B and Viha from VI-D, won the Inter-Clan Heritage Quiz for Grade VI. These achievements underscore the immense talent and dedication within our school. Inter-Clan Competitions are vital for holistic personality development. These activities nurture your imagination and

help you discover hidden talents. Creativity is essential in all fields, fostering innovative thinking and problem-solving. They offer experiences that shape you into well-rounded individuals, ready to face future challenges with confidence and creativity. In addition to all of this, participating in various events allows you to interact with students from different classes and backgrounds. These interactions broaden your social circle, enhance your social skills, and create lasting friendships.

So, embrace these opportunities, step out of your comfort zone, and watch yourself grow. I congratulate all our winners and participants. Participate, learn, and excel!

Ms. Akanksha Yadav, Clan Elder - Boyd

LAMONT

"The most efficient way to live reasonably is every morning to make a plan of one's day and every night to examine the results obtained."

— Alexis Carrel

Time management for students is about making your day purposeful. It is about taking control of the time you have and optimizing it for focus, productivity, and above all, balance. When creating a timetable, you need to prioritize and arrange essential tasks that need immediate attention. Dedicating a specified amount of time to a particular task helps you focus on it. Instead of working on a given task with no predefined time assigned, you can complete the same task by sticking to a time plan. By prioritizing tasks and having enough time to

accomplish those tasks means reduced stress levels. It may be tempting for students to feel that they can multitask when their schedule is jam-packed. But the more one tries to do it at once, the longer each thing takes. Instead, studies have found that deeply focusing on one task at a time can be around 500% more productive. So don't panic and always set goals with effective time management skills to reach target successfully.

Our Highlanders from our clan proved the above saying completely. Advay Aggarwal, Gaurishha Angel Singh and Riksheet Singh Phougat from Grade IX & X brought laurels to our clan by Winning Inter Clan Business and Economics Quiz Competition. Agastya Sumeer Kaul from Grade XI proudly secured first position in Inter Solo Instrumental Competition by showing his talent guitar playing. In Inter Clan Heritage Quiz Competition, Damandeep Kaur Dhingra and Aiyana Chaudhuri from Grade VI secured second position.

Arjun Niranjana and Vihana Sharma from Grade VII showed their best team work in Inter Clan Science Innovation Idea Presentation Competition and made our clan proud by winning first position. Ruhika from Grade VIII recited her self-composed poem and secured first position in Inter Clan English Self Composed Poetry Competition. While keeping our aims high and continuous perseverance, Diya Agarwal, Sahaj Khanna, Vedant Singhal and Agastya Sumeer Kaul from Grade XI participated in Inter Clan Science Model Making Competition and proudly bagged first position.

Congratulations to all the winners and participants for their efforts and hard work always. As I always believe that it's not always about winning or losing, but giving yourself another chance to learn and discover potential in you is always best way to be successful in life. Keep doing hard work it will always pay off.

Ms. Kiran Cacoria, Clan Elder - Lamont

MACARTHUR

"Whatever the mind can conceive and believe, it can achieve." — Napoleon Hill

Napoleon's words remind us that by believing in ourselves, the conceived dreams and goals can be achieved. I have seen the students of clan Macarthur representing this belief and bringing laurels to the clan. The key to achieving our dreams and goals is to make sure our mind does believe what it conceives so it can be achieved.

After a rejuvenating vacation, all our Highlanders are confident to showcase their skills and ensure their clan remains at the

forefront.

The enthusiasm of middle school students shone brightly as Puranjay Attri (VI CS) and Esh Saraswat (VI CS) secured the second position in the Inter-Clan Science Innovation Competition. Additionally, Hitaksh Yadav (VII CS) achieved third place in the Inter-Clan Digital Collage Making Competition, showcasing his talent and creativity.

Taking the legacy ahead, our senior school students Aaroh Sarvesh X-B, Emya Jain IX IG and Saanvi Mehta X IG secured second position in the Inter-Clan Business Quiz. Swarnika Joshi XI C clinched first position in the Inter-Clan Ted-Talk Competition and Solo Singing Competition whereas Svera XI

obtained third position in the same. In the Instrument Raisa XI DP was adjudged third. Ujjesha IX-D secured second position and Ehan Khan X-C bagged third position in the Inter-Clan Hindi News Reading Competition. These achievements are a demonstration of their dedication and talent. Keep up the excellent work!

Ms. Pooja Sethi, Clan Elder - Macarthur



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Golf

ANITYA'S TIP OF THE MONTH

Pause and Hit for better Tempo

Your rhythm and tempo play a very important role in quality and consistency of your ball striking, especially in a tournament. Junior golfers tend to swing too long and hit the ball too hard when they play—both factors contributing to inconsistent ball striking. As compared to a professional golfer, their rhythm gets too quick in trying to hit the ball too hard and they end up mis-hitting shots. Remember that your transition should be smoother and not hurried. You must ensure when you start the downswing, the club is absolutely still and the first motion of the club is towards the ball.



The difference between a good player and a great one is the quality of the transition the change in direction of the golf club from backswing to downswing—and gives best results when it is smooth and not hurried or jerky. The below drill gives you good rhythm and helps in stabilizing the club, both at the top of the back swing as well as through the ball.

Take your back swing to the top and stay still for a couple of seconds. This extended pause at the top is important as you can only hold the body and the club in a stable position. If you are out of balance, you will not be able to hold your position very well and the club, as well as the body, will be moving all the time. Once you have achieved this balance, swing the club through to a full finish making sure that there is one continuous swing through the ball.

This drill is great for stabilizing golf swings in junior golfers and improving the consistency of their ball striking.

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



The Scottish High International School

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(Promoted by Rupteck Educational India Ltd.)
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, Mr. Sumit Gupta, Mr. Ashok Mahakur, Ms. Poornima Thakur, Ms. Lakshmi Pavade
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