



SCOTTISH HIGHTM INTERNATIONAL SCHOOL

THE NORTH WIND

Volume CIII, Issue 103

March 2025



From the Principal's Desk

Self-Control, Time Administration, Curiosity, Responsibility, Skilful Interaction, Adaptability, Critical Thinking, Active Listening, Motivation, Collaboration, Honesty & Perseverance. These are considered the best qualities of a student. In this newsletter, we'll discuss these qualities one by one.

This month I shall be discussing about Self Control.

As quoted in Sanskrit Language: "जितं हि मनो मित्रम्": **"Self-Control is the best friend"**.

For a student self-control is very important. It's your ability to control your behaviour to avoid negativity and to achieve better goals. I think it's more important in student life as this is the age where we tend to get tempted and tend to indulge in unwanted behaviours in the class rooms and at home.

Like control on Social Media especially during exams which is not giving that much of productivity. If you are suffering from cold then controlling of your temptation to eat an ice cream. So we have countless examples which can prove that how easily we lose control of ourselves and pay the heavy price of that.

Researchers have found that people with better self-control tend to be healthier and happier, both in the short term and in the long term. So, if a student is working on his/her self-control, it will definitely help him/her in the later stages. She/he will be more calm and composed when making serious decisions in their professional life.

As per my understanding, we can take some simple steps to improve our self-control. Firstly we need to focus on one goal at a time. As mentioned above by controlling our temptations. Plan ahead is very important so be ready for some adverse situations also which you haven't thought of. And I think the most important is the practice of using self-control. Regular practice of that will improve our willpower in some time. So self-control is helping and guiding us in every right direction and that's how and that's why it is our best friend. I would like to end this article with some famous quotes on Self-Control:

"It is better to conquer self than to win a thousand battles." — Buddha

"A disciplined mind leads to happiness, and an undisciplined mind leads to suffering." — Dalai Lama

"Discipline is the bridge between goals and accomplishment."
— Jim Rohn

"Mastering others is strength. Mastering yourself is true power."
— Lao Tzu

Dr. Sanjay Sachdeva (School Principal)

Developing Student Agency

At Scottish High International School we lay a strong emphasis on developing student agency. The aim is to empower students to take ownership of their learning so that they actively participate in shaping their experiences in the school. We believe that when students have control over their learning, they become more motivated, engaged, and confident. To achieve this aim, the teachers use various strategies to foster student agency, which helps learners to become independent thinkers, decision-makers, and problem-solvers.

One of the primary ways teachers develop student agency is by offering students choices in how they approach learning tasks. Instead of rigidly following a prescribed path, teachers provide students with different methods for demonstrating understanding, such as presentations, written assignments, or group work. This variety allows students to select the options that best suit their learning styles, interests, and strengths. By giving students more autonomy over their learning process, teachers foster a sense of responsibility and ownership. This approach not only makes learning more relevant to students but also encourages them to think critically about how they learn and why certain methods work better for them.

Goal-setting and self-reflection are also key components of promoting student agency. Teachers encourage students to set their own academic and personal goals, allowing them to track their progress over time. This practice cultivates self-awareness, as students evaluate their strengths, weaknesses, and areas for improvement. Teachers guide students through this process by providing constructive feedback, helping them identify

strategies for achieving their goals. Our collaborative learning environments are another way in which we develop student agency. Teachers encourage group activities that require students to work together, make decisions, and solve problems collectively. This type of cooperative learning allows students to take on leadership roles within their groups, contribute ideas, and learn from one another. Collaboration fosters a sense of community and shared responsibility, where students learn to value diverse perspectives and develop important communication skills.

We at SHIS, emphasize the importance of inquiry-based learning, where students are encouraged to ask questions, explore topics of interest, and engage in self-directed research. This approach nurtures curiosity and allows students to take charge of their learning journey, rather than passively receiving information. Teachers act as facilitators, providing guidance and resources, but ultimately, the students are in the driver's seat. By creating environments where students have a voice in their learning, set their own goals, collaborate with peers, and engage in inquiry, teachers are not only promote student agency but also prepare students for lifelong learning. These strategies help students become independent, motivated learners who are capable of navigating the challenges of both the classroom and the real world. Ultimately, student agency fosters a sense of empowerment, helping students develop the skills and mind-set necessary for success in school and beyond.

Ms. Seema Bhati (Primary School Director)



PYP

Graduation Ceremony: Celebrating Growth, Embracing Change

Congratulations to our youngest Highlanders of Upper Kindergarten on completing their early childhood education journey! Our inaugural students beamed with joy as they graduated to the Primary, marking the beginning of a new learning adventure. Primary School Director and School Principal proudly presented certificates to each young achiever, recognizing their growth and accomplishments. Meanwhile, Grade V Highlanders shone bright, eager to embark on their next academic chapter. As a heartfelt farewell, Home Room Teachers shared heartfelt tributes, highlighting each student's unique attributes and learner profile traits developed during their primary years. We extend our warmest congratulations to our students on their graduation to the Middle School. As we bid farewell to our PYPians, we take immense pride in their accomplishments and the determined, purposeful individuals they have become. We wish them all the best!



UKG-A



UKG-B



UKG-C



UKG-D



UKG-E



GRADE V



GRADE V



GRADE V



GRADE V



GRADE V



GRADE V



GRADE V



GRADE V



GRADE V

A Taste of Independence, A step Towards Grade I

The Upper Kindergarten students, eager and excited to embark on their journey to Grade I, experienced a special milestone as they enjoyed their breakfast in the dining hall. This seemingly simple yet significant moment was more than just a meal- it was a step toward embracing new responsibilities, fostering independence, and preparing for the transitions ahead in the Primary Wing. Seated together, they relished the feeling of being 'grown-up,' gaining confidence in navigating their new environment. Familiarizing themselves with the dining space, and sharing this experience with peers instilled a sense of belonging and readiness. Every small step plays a vital role in easing their transition, and recognizing the area where the meals will be served was one way of ensuring that the young Highlanders step into Grade I with excitement, confidence, and a sense of preparedness.



Tiny Highlanders, Great Performances - A Morning of Magic, Music and Milestones!



Coffee Morning - A heart-warming celebration by the youngest Highlanders in Early Years, was a spectacle of confidence, joy, and learning. With eager hearts and bright smiles, these little learners stepped onto the stage, unfazed by the large audience before them. Reflecting on their incredible journey, they showcased their growth with remarkable poise-whether through their budding language and numeracy skills or the sheer joy of dance, music, and games. Demonstrating courage

and a spirit of adventure, the young Highlanders proved themselves to be true risk-takers. They adjusted mics, handled props and delivered their lines eagerly, exhibiting impressive self-management skills.

Their camaraderie, teamwork, and enthusiasm shone through every performance, leaving parents in awe. The audience, moved by their confidence and knowledge, cheered them on with resounding applause and joyful hoots, making the event a truly memorable and uplifting experience for all.





Celebrating Growth, Embracing New Beginnings!

The final Parent-Teacher Meeting of the academic year 2024-25, held on March 20th, was a heartfelt occasion filled with gratitude, reflection, and anticipation. From Early Years to Primary Years, it marked not just the handover of report cards but also a farewell to a wonderful and enriching year gone by. Students, brimming with excitement, looked forward to stepping into a new grade, ready for new challenges and adventures. Meaningful interactions between parents and teachers provided valuable insights into each child's learning journey and with parents expressing their heartfelt gratitude to the teachers for their dedication and guidance. As the day came to a close, it was not just about wrapping up a chapter but also about embracing the new beginnings ahead- with hope, enthusiasm, and a shared commitment to lifelong learning.



Smile, laugh, learn: The in-house camp experience!

A journey of discovery, a path of wonder!

An action packed exciting in-house camp for Grade I and II was organised by the school. The overnight camp was meticulously designed keeping in mind the needs of our young Highlanders. A day outing to Lohagarh farm offered a wide array of fun-filled activities and thrilling novel experiences like camel rides and tractor rides. The little ones savoured the wide spread of delicacies prepared using organic vegetables. The captivating puppet show and magic show were the highlights for our little campers as they sat together with their friends to watch the performances. The children especially had their tongues tingling with the special treat of fresh and juicy sugarcane stalks and had them wanting for more. Our dedicated teachers and staff members left no stones unturned to ensure the well-being of children during the camp and made their night stay within the precincts of the school and in the comfort of their classrooms truly memorable and a day to remember with love and joy.





Ms. Shivani Johri
(Initial School Head), (Deputy PYP Coordinator)
Ms. Virender Bhullar
(Primary School Coordinator), (Deputy PYP Coordinator)



Medley of Activities



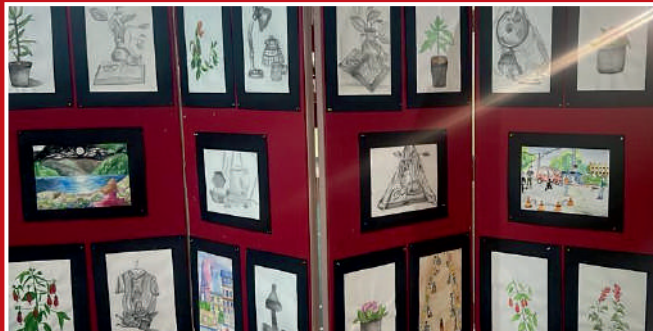
A Symphony of Creativity: Art, Craft & Photography Exhibition Session 2024-25!

Scottish High International School proudly hosted its Annual Art, Craft & Photography Exhibition on March 21, 2025, transforming the school into a breathtaking gallery of imagination and artistic brilliance. Our talented Highlanders put forth an extraordinary display of paintings, sculptures, mural work, photography, and mixed-media art, each creation echoing their passion, vision, and dedication. From intricate clay modeling and origami to mesmerizing crochet work and pencil shading, the exhibition was a feast for the eyes and soul. The photography section captured compelling moments, offering a glimpse into the students' creative perspectives.



Parents, teachers, and visitors were left in awe, applauding the remarkable efforts of these young artists. The exhibition was more than just a display—it was a celebration of creativity, self-expression, and the boundless potential of young minds.

Kudos to all the Highlanders for making this event a resounding success! Your artistry continues to inspire and amaze.



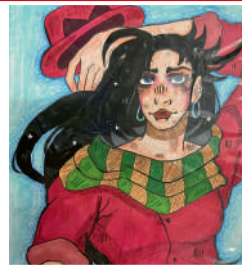
Creative Hands of our Highlanders!



Vinisha, Grade VI-CS



Vardan, Grade VII



Mahika, Grade VIII



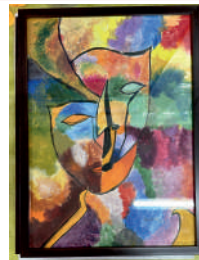
Varalika, Grade IX-IGCSE



Rida, Grade IX-IGCSE



Aditi, Grade IX



Anahita, Grade X



Aahana, Grade X



Khushi, Grade XI



Sohana, Grade XII

Ms. Amitta Gahallot,
HoD Visual and Performing Arts



“Joyful End to the Dance Journey This Year!”

March was a month full of happiness, energy, and celebration for our young dancers in Grades I and IV. As the school year came to a close, the students joyfully danced to their favorite songs, revisiting all the wonderful routines they had learned throughout the year. Each step was a reminder of their progress, confidence, and love for dance.

With Holi adding colors to the month, the excitement doubled as the children performed a lively dance on a Holi special song. The beats, the laughter, and the enthusiasm in the room made the celebration even more memorable. Their joyful expressions and synchronized moves reflected the true spirit of the festival—spreading happiness and togetherness.

As they bid farewell to this academic year, each child carried with them the beautiful memories of dancing, learning, and growing together. The smiles on their faces showed how much they had enjoyed their dance journey. Now, as they step into a new session with new friends, new teachers, and new experiences, their hearts are filled with excitement and curiosity. The rhythm of dance will continue to stay with them, inspiring them in their next adventure!

Ms. Himani Yadav
Dance - Instructor



Drama is an art form which redefines an individual over the course of time. It is not just acting but is a powerhouse of progress and enhancement. Drama offers a wealth of benefits for children, contributing to their overall development in numerous ways. Few

key advantages are- (1) Social and Emotional

Development: Boosts Confidence, Enhances Communication Skills, Develops Empathy, Promotes Teamwork and Collaboration, and Encourages Social Skills. (2) Cognitive and Creative Development: Stimulates Creativity and Imagination, Improves Concentration and Memory, Develops Critical Thinking, and Enhances Language Skills. It also helps in enhancing Emotional Expression, Physical Development, and Academic Improvement.

Mr Vikas Sharma
Theatre Arts - Instructor



With the school year coming to an end, March was all about revisiting and reinforcing musical learning in the primary grades. Students went through the songs they had learned throughout the year, singing with confidence. From Viva La Vida to Jumbo Bwana, every class was filled with energy as they perfected their melodies and rhythms one last time before the break.

This was also a great time to reflect on the importance of practice in music. Just like revising subjects before exams,

going over songs helps build memory and technique. Many students realized how much they had improved since the beginning of the year—notes that once seemed difficult now felt natural. Teachers encouraged students to keep their musical spirit alive during the break by singing at home, listening to different styles of music.

As they prepared for the new school year, their excitement for music remained strong. New songs, new techniques, and new challenges awaited, and students were eager to continue their musical journey.

Mr Shivam Srivastava
Western Music - Instructor

From The Sports Field



The Month of March started with the preparations and selections for the Annual Athletic Meet for Grades X and XII. Highlanders performed in various field and track events to get themselves selected for their clans.

Inter Clan Lawn Tennis and Badminton competition for Boys and Girls also happened where in Grade X Girls Badminton Clan Macarthur secured 1st position followed by Clan Anderson, Boyd and Lamont. In Lawn Tennis Girls Grade X Clan Boyd got 1st Position followed by Clan Anderson, Lamont and Macarthur. In Boys Badminton Grade X Clan Macarthur got 1st Position followed by clan Boyd, Anderson and Lamont. In Boys Lawn Tennis Grade X Clan Boyd got 1st Position followed by Clan Macarthur, Lamont and Anderson.

In Grade XII Badminton Girls Clan Lamont secured 1st Position followed by Clan Anderson, Boyd and Macarthur. In Lawn Tennis Girls XII Clan Lamont got 1st Position followed by Clan Boyd, Macarthur and Anderson. In Boy Grade XIII Badminton Clan Anderson got 1st position followed by Clan Anderson, Macarthur and Clan Boyd. In Lawn Tennis Boys Grade XII Clan Lamont got 1st Position followed by Clan Anderson, Macarthur and Boyd.

Now the Highlanders are busy preparing themselves for the coming Annual Athletic Meet.

All the Best!

Mr Darshan Singh Gahallot,
HoD Sports



Senior School Head

Closing Chapters, Opening Doors: Reflections and New Beginnings

As we wrap up another academic year, it's hard not to take a moment to look back — at the laughter shared in classrooms, the friendships built over lunch breaks, the challenges we faced, and the small victories that made us proud. The end of a session is always a mix of emotions: pride, nostalgia, and excitement for what's next.

This year, like every year, taught us more than just what was in the textbooks. We learned how to bounce back after setbacks, how to speak up with confidence, how to listen with empathy, and how to work together even when things got tough. Whether it was in the middle of a science experiment, a group project, a debate, or a sports event — growth happened quietly, every single day.

And now, as we turn the page, a brand-new chapter awaits. A new academic session is more than just fresh notebooks and timetables — it's a fresh start. A chance to dream bigger, try harder, and discover even more about ourselves and the world around us. Some of us will step into familiar classrooms, while others might find themselves in new spaces, with new faces. Either way, it's a chance to begin again.

So let's step into this new beginning with open minds and hopeful hearts. Let's carry the lessons we've learned and the memories we've made into everything we do next. Here's to a new year full of possibilities, adventures, and a whole lot of learning — both inside and outside the classroom.

Here's to you dear Highlanders — to endings that make you stronger, and beginnings that help will help you grow.

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

Middle School (Grade VI to VIII)

“Trips and excursions are not just about places, but about the memories and lessons we gather along the way.”

One of the most distinctive memories of school life for any student will be that of a story from a remarkable school camp. Educational school camps are crucial component of the academic program because they give students the chance to learn outside of the classroom and get useful practical experience. There is proverb that goes, “I hear and I forget, I see and I remember, I do and I comprehend,” and it refers to the idea that seeing something being done in a certain location helps people remember it better. Educational trip provide students with a chance to learn about particular place or subject in a more interactive and immersive way. It involve group activities and require students to work together, which helps them develop teamwork skills and social skills.

By participating in an educational trip, students gain first hand exposure to different cultures, historical sites and natural landscapes. It helps to broadens their understanding

of the world and encourage them to think more critically about the world around them. Camps provide students with the opportunity to develop important skills such as independence, problem-solving and teamwork as they navigate unfamiliar environment and cultures.

This year, Grade VI students embarked on an enriching journey to Mukteshwar, Nainital, and Jim Corbett, where they participated in various adventure activities and team-building exercises. During their expedition, they observed several prominent Himalayan peaks:

- **Neelkanth (Blue-Throated Shiva):** Standing at 6,500 meters, Neelkanth is a significant peak in the Garhwal Himalayas, renowned for its striking appearance and association with Lord Shiva.
- **Trishul (Shiva's Trident):** This group of three peaks, with the highest reaching 7,120 meters, resembles a trident and is located in the Kumaon region of Uttarakhand.
- **Nanda Devi (Goddess of Bliss):** At 7816 meters, Nanda Devi is the highest peak entirely within India and holds significant cultural and religious importance.
- **Nanda Ghunti (Veil of the Goddess):** This 6309 meter peak is part of the Nanda Devi group and is known for its challenging climbing routes.
- **Panchchuli Peaks:** A group of five peaks ranging from 6334 to 6904 meters, located in the Kumaon region, offering breathtaking views.

In Jim Corbett National Park, students enjoyed a jeep safari through the dense forests, aiming to spot majestic wildlife such as tigers, leopards, elephants, bears, sambars, and over 350 species of resident and migratory birds. They also visited the Garjia Temple, situated at top of large rock of Kosi River.

Grade VII visited Ranthambore, where they explored the historic Ranthambore Fort, a remarkable 1000-year-old structure that still stands within the park. They also visited the renowned Ganesh Temple and Dastkar, a women's self-help initiative dedicated to reducing plastic waste and preserving the natural environment.

Students experienced an exciting jungle safari at the Ranthambore Wildlife Sanctuary and explored the Regional Museum of Natural History.

Grade VIII students experienced a memorable trip to Chail, Kufri, Naldehra, and Mashobra. During their visit to Kufri, they explored the Indira Holiday Home and the Himalayan Wildlife Zoo, which houses rare antelopes, felines, and the state bird of Himachal Pradesh. The students also had the opportunity to visit the Apple Research Centre in Mashobra and explore the scenic beauty of Naldehra.

Ms. Geetanjali Ahuja
Middle School Coordinator



IGCSE

Probe into Trigonometry

On Friday, Feb 28, 2025, the students of X IG Additional Mathematics presented a detailed and insightful session on the graphs of trigonometric ratios, specifically focusing on sine ($\sin x$) and cosine ($\cos x$) functions. The presentation aimed to enhance the understanding of how these functions behave graphically and their significance in mathematical analysis.

The students began by introducing the fundamental properties of sine and cosine functions, explaining their periodic nature and the relationship between the angle (x) and the corresponding values of $\sin x$ and $\cos x$. They clearly demonstrated how both functions oscillate between -1 and 1 , with sine starting at 0 when $x = 0$, and cosine starting at 1 when $x = 0$. They effectively illustrated the periodicity of these functions, highlighting the period of 360° or 2π radians for each.

Through well-structured visual aids and graphs, the students compared the sine and cosine graphs, noting key characteristics such as amplitude, period, and phase shifts. They also explored the impact of various transformations, such as stretching, compressing, and shifting, on the graphs of these functions. The students used interactive examples to show how changes in the value of x affect the graphs, making complex concepts more accessible.

Additionally, the presentation delved into real-world applications of sine and cosine functions, such as modelling waveforms in physics, sound, and light. The students encouraged active participation, asking questions and prompting their peers to explore how the trigonometric graphs can be applied in different contexts.

Overall, the presentation was both informative and engaging. The students displayed a strong grasp of the concepts, and their clear explanations, combined with effective graphical representations, made the material easily understandable. The session successfully reinforced the students' understanding of sine and cosine functions and their relevance in both theoretical and practical applications.

Mr. Umesh Chandra
Mathematics Facilitator

ICSE / ISC Bulletin

Preparations for the upcoming academic sessions of Grade IX and Grade XI were in full swing during the March month. As the current Grade VIII students transition from Middle School to Senior School, they were given a comprehensive introduction to the ICSE curriculum. An informative ICSE Orientation was conducted for the parents of Grade VIII students. These crucial years involve making important subject and career choices, and to facilitate this process, parents were provided with the Subject Option Form along with an overview of the ICSE curriculum. The form was meticulously designed in accordance with CISCE guidelines and in consultation with subject experts. Parents' concerns regarding career prospects—both in domestic and international universities—were addressed during the interactive session, ensuring clarity and confidence in decision-making.

ensuring clarity and confidence in decision-making. Additionally, One-on-One Meetings with parents of Grade VIII students and grade XI students are currently in progress, helping them make well-informed subject selections for their children's academic journey ahead.

Additionally, The Board Examinations for the graduating classes are currently underway. Subject instructors are offering consistent academic guidance and emotional support to the students. Every exam starts with a prayer, asking for the Almighty's blessings to ensure success. Furthermore, Classes for Grade X and Grade XII are in full operation, with extra sessions also being arranged during Zero period. A timetable for the upcoming Unit Tests (UTs) has been distributed, which are set to take place from 7th April.

Ms. Barkha Anand
ICSE & ISC Curriculum Head

IBDP / IBCP

Fool's Gold: The Chemistry Behind Pyrite and Why It's Not Real Gold



Chemistry SL

At first glance, pyrite (FeS_2) looks like a jackpot; its golden shine has fooled treasure hunters for centuries. But unlike real gold (Au), pyrite is a deception, earning it the nickname "Fool's Gold." So, how can you tell them apart? Density is the key. Gold is heavy, with a density of 19.3 g/cm^3 , while pyrite is much lighter at 5 g/cm^3 . Gold is also malleable, meaning it can be hammered into thin sheets, whereas pyrite shatters. Another giveaway, Pyrite tarnishes, forming iron oxides (rust), while gold stays untarnished forever. Despite its trickery, pyrite isn't useless. It has industrial applications in sulfuric acid production and even plays a role in renewable energy research. It may not make you rich, but chemistry proves it's far from worthless.

Vaishnavi Vinod Sharma, Grade XII-IBDP-A

Shades of You: The Many Faces of 'You' Across Languages

French SL

Language encodes hierarchy, intimacy, and respect; nowhere more clearly than in the word "you." English offers a single form, but Hindi, French, Spanish, and German fracture it into distinct shades of formality, shaping human connection in nuanced ways.

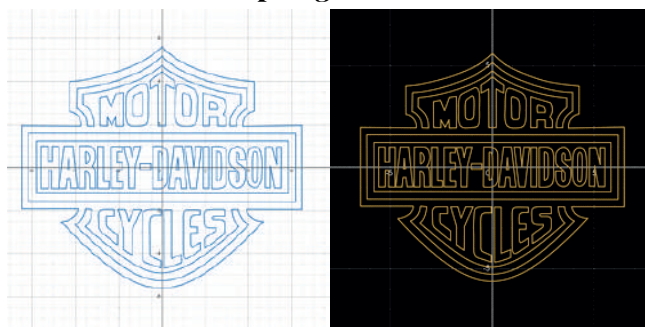
In Hindi, "तू" (Tu) is deeply personal, used for close relationships or sharp commands, while "तुम" (Tum) strikes

a balance between familiarity and politeness. "आप" (AAP), however, is a mark of utmost respect. French mirrors this distinction with "tu" and "vous", where transitioning from one to the other signifies changing social dynamics. Spanish, too, contrasts "tú" and "usted", while in Germany, "du" and "Sie" construct rigid social boundaries—shifting from "Sie" to "du" is a conscious act of familiarity.

These pronouns are more than grammar; they are cultural codes, silently dictating relationships. While English's universal "you" erases such distinctions, other languages embed hierarchy into speech, proving that language is not just communication; it is an intricate reflection of society, status, and the invisible rules of human interaction.

Arya Dewan, Grade XII-IBDP-B

Recreation of "Harley Davidson's Logo" on Graphing Software

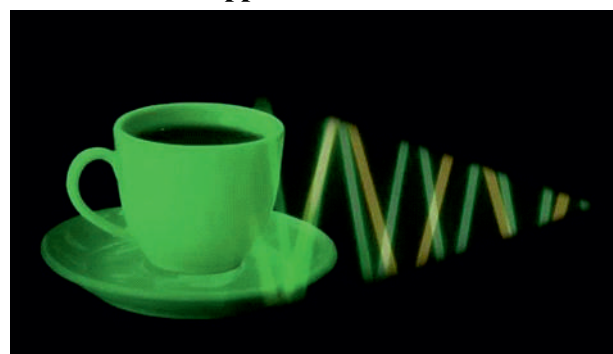


Maths AA-HL

This artwork was created using the graphing software **Desmos**, where every line and curve is represented by mathematical functions. Over **240 equations** were plotted and combined to form an image resembling the beloved motorcycle brand **Harley Davidson**.

Agastya Sumeer Kaul, Grade XII-IBDP-B

Cuppa Conundrum



Physics HL

You are in a rush to work. You pour yourself a cup of black coffee, but it is too hot. You intend to add a fixed amount of cold milk to it, but you know that even after that, the coffee will need to cool down for a few minutes before you can drink it. In which case does the coffee cool down more:



- 1) Add milk right away, then wait a few minutes before drinking.
- 2) Wait a few minutes, then add milk just before drinking.

Solution:

The correct option is: 2) Wait a few minutes, then add milk just before drinking.

In case 2), the liquid in the cup is hotter at the start than in case 1) when the milk has been added. Hotter things cool faster than less hot things because there is a greater difference in temperature with the surrounding environment. Thus, the rate of cooling will be greater in case 2). Since in both cases, the liquid is cooling for the same time at different rates, the liquid that spends most time cooling with the faster rate will be cooler at the end, once the milk is added.

Shabd Kathuria, Grade XII-IBDP-B

Coca-Cola's Christmas Takeover: Did They Invent Santa?



Coca-Cola and Christmas are inseparable, but did the brand actually create the Santa we know today? Not exactly; but they played a major role in shaping his modern image.

Before the 1930s, Santa Claus appeared in various forms; sometimes thin, sometimes elf-like, and often dressed in different colours. Then, in 1931, Coca-Cola commissioned Haddon Sundblom to illustrate a jolly, red-suited Santa for their holiday ads. This warm, cheerful figure quickly became

the global standard. Coca-Cola didn't stop there. Their "Holidays Are Coming" campaign, featuring glowing red trucks and festive jingles, turned Christmas marketing into an art form. While Coca-Cola didn't invent Santa, they branded him, transforming a tradition into a lasting commercial and cultural phenomenon.

Tisha Saxena, Grade XII-IBCP

Three-Day Visit to HKBU and The Chinese University of Hong Kong

From March 5 to March 7, 2025, I had the opportunity to visit Hong Kong Baptist University (HKBU) and The Chinese University of Hong Kong (CUHK), gaining valuable insights into their academic programs, campus environments, and student support services. At HKBU, the visit included meetings with faculty members, an overview of interdisciplinary programs, and a tour of modern learning facilities. Discussions focused on experiential learning, internship opportunities, and student-led initiatives. Additionally, interactions with international students provided a deeper understanding of their academic and cultural experiences. At CUHK, the focus was on the

university's research-driven approach, scholarship opportunities, and its dynamic residential college system. Meetings with admissions representatives offered clarity on entry requirements and holistic evaluation criteria. The

campus tour highlighted cutting-edge research centers and a vibrant student engagement ecosystem. Overall, the visit strengthened institutional ties and provided firsthand knowledge to better guide students exploring higher education opportunities in Hong Kong.



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



From The Counsellor's Desk

"The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life."

— Martin Seligman (Father of Positive Psychology)

Success isn't just about intelligence or talent. It's about how we handle setbacks, find motivation, and keep going despite challenges. That's where positive psychology comes in—it helps us shift our focus from just solving problems to building strengths like resilience, gratitude, and perseverance. It's about training the mind to see possibilities rather than obstacles.

At Scottish High, we believe education goes beyond academics. Of course, good grades matter, but what's equally important is mental and emotional well-being. Through expert-led sessions and meaningful discussions, we help students develop skills to manage stress, stay motivated, and approach life with confidence.

One of the core ideas in positive psychology is resilience—the ability to bounce back from setbacks. Research shows that students with a hopeful, solution-driven approach tend to do better in school and social situations. On the other hand, self-doubt can lead to stress, especially during exams. A simple shift in mindset—breaking big goals into smaller, achievable steps—can make a huge difference (Dweck, C. S., 2006). Teachers play a key role in this by making learning engaging, interactive, and full of encouragement.

Harvard studies show that a positive outlook improves well-being by shifting focus from limitations to strengths. Practicing gratitude, optimism, and self-reflection builds emotional resilience, helping students manage stress and perform better academically. It's not just about thinking happy thoughts—it's about training the brain to handle difficulties more effectively.

A positive environment plays a big role in a student's growth. According to Harvard Health Publishing, simple habits like practicing gratitude daily can improve emotional balance. Similarly, research from The Greater Good Science Center at UC Berkeley emphasizes the power of forgiveness and conflict resolution, which help students develop healthier relationships and better social skills.

To help students adopt a stress-free mindset toward exams, Grade VI students attended a fun, interactive session called "Celebrating Exams," conducted by ANON Global Foundation. The session emphasized that exams are just tests—not life-defining moments! Ms. Shammi Proothi, the speaker, shared practical tips on staying calm, managing stress, improving focus, and using peer support effectively. The students left feeling more motivated and confident about handling exam pressure in a balanced way.

Along with mental well-being, structured academic planning is crucial for success. Dr. Neha Singh Maurya recently held a special session for Grade XII parents, covering university applications, deadlines, transcripts, and recommendation letters. The discussion focused on the importance of early preparation to avoid last-minute stress. In addition, to ensure student safety and security, Ms. Priyamvada and Ms. Srishti Mittal attended the Safeguarding and Child Protection Conference at The British School, New Delhi. The conference covered legal aspects, digital safety, abuse prevention, and handling sensitive student cases.

These initiatives show our school's dedication to helping

students grow, not just academically, but emotionally too. The Counseling Department encourages students to apply these insights daily whether it's handling stress better, making informed decisions, or simply seeking guidance when needed.

Remember, learning is a lifelong journey. Every step you take toward personal growth is a win. Our doors are always open—your well-being, success, and happiness are our priority.

Dr. Neha Singh Maurya, HoD, Counseling

Ms. Priyamvada, School Counselor

Ms. Simonil Jassawala, School Counselor

March Matters: The Financial Year End and Women's Economic Empowerment

March marks the month of not just the financial year closure but also embarks the importance of women in country's economic development. It's a crucial month from an economic lens. For individuals, March serves as a reminder to make last-minute tax-saving investments, such as contributing to provident funds or insurance policies. The financial year in India runs from April 1st to March 31st. In March, companies review their financial performance, ensure compliance with tax regulations, and plan investments for the upcoming year. The government evaluates its revenue and expenditure before implementing new policies from April onward. Schools, too, close their academic and financial books, and plan for the next session.

At the same time, March also marks International Women's Day on the 8th, an occasion to reflect on the role of women in economic growth. Women play an important role in not just economic planning but also in decision making. On one hand, government policies and financial initiatives, such as subsidies for women entrepreneurs, tax benefits, and skill development programs encourage women's participation in business, technology, and leadership roles; whereas on the other hand, women often manage household finances, thus helps in effective household budgeting. Hence, encouraging financial literacy among women—whether homemakers, professionals, or entrepreneurs—can lead to smarter investments, better savings, and overall economic resilience.

Thus, March, with its financial year-end activities and celebration of women's empowerment, serves as a reminder that economic growth and gender equality go hand in hand.

Ms. Neha Gupta
Economic Facilitator



From Our Budding Writers

The Ethereal Memoirs of Rural Transience: Scented Signatures of Seasonal Shifts

A farm is more than just a patch of earth under the sky; it is an olfactory tapestry, woven with scents that mark the turning of the seasons. The farm breathes, exhales, and whispers its stories not through sight or sound, but through fragrance; an invisible storyteller narrating the tale of time. Spring's scent arrives in whispers on a cold morning, with damp earth mixed with green shoots bursting forth. The soil's earthiness blends with the soft musk of the fresh manure laid down to ensure fertility; an immaculate petrichor. Flowers open, releasing the perfumed wind; a fleeting caress of unbridled flowers.

By summer, the air thickens with honeyed warmth, the scent of golden hay bales drifting through sun-kissed fields. Sweet corn and tomato vines add a sharp, verdant edge. Animals bask, their fur holding the musky warmth of sun and dust; a heady mosaic of vitality at its peak.

Autumn brings the acrid aroma of apples and the rich comfort of desiccated amber leaves. The acrid scent of bonfire smoke blends in with the maturing sweetness of pumpkins and cider, with the tale of harvest and earth retiring.

Winter reduces the farm's aroma to a clean, sharp purity. Frosty ground smells of metal and hay in barns have a lingering memory of summer: wood smoke and the acrid breath of animals clustered for warmth round out the picture.

Every season weaves a story in scent, a fugitive tale that dissolves as the years pass.

Agastya Sumeer Kaul, Grade XII-IBDP-B

Movie Review: "Babe"

Babe (1995), directed by Chris Noonan, is a screen fable that rises above the frivolity of its anthropomorphic story to touch the heart with its deep contemplation of identity, purpose, and belonging. Set against the idyllic backdrop of a large Australian farm, the film is the tale of "Babe", an orphan piglet whose naivety and determination test the unbending ways of farm life.

The remarkable nature of the film stems from the way it effortlessly combines profundity and simplicity. The movie is not a story of a pig who dreams of being a sheepdog; it is a powerful illustration of the rebellion against uniformity in the community, at the same time the movie is a tribute to the bravery of those who are willing to alter their fate. By Babe's unfailing modesty, the film suggests that a person's value does not lie in their inheritance of a particular position but in his or her capacity to courageously and kindly accept difference.

James Cromwell delivers a superb performance as Farmer Hoggett; a reserved, worn presence whose stillness of admiration for life provides a poignant foil to the farm's social order. The secondary cast of the film, particularly the anthropomorphized creatures, are drawn earnestly in a matter that compels one to be deeply invested in their inner battles and changing loyalties. One of the most unforgettable moments is Farmer Hoggett's spontaneous dance—a tender and triumphant expression of faith in Babe's potential.

Fundamentally, Babe is an affirmation of spirit over circumstance. It exhales a common denominator: that by embracing one's goodness and resolve, even the most remote dream can bloom. In its understated, quiet way, Babe becomes as much a story as it is a gentle entreaty to break beyond expectations. Indeed, that'll do, pig. That'll do.

Agastya Sumeer Kaul, Grade XII-IBDP-B

Where Nature Sleeps

Amongst the rolling sweep of green hills, an old cottage languidly lies in the rural fold of the landscape; a fanciful remnant of yore wrapped in nature's green tendrils. This architectural daydream, hovering in a sylvan capsule, is a quintessence of a mystical union between man's artistry and the unfettered wilderness, its timber-framed, weathered frontage decorated with sinuous vines tumbling in lush spirals, intertwining with the gabled eaves in a choreographed entwining of natural and built shapes.

The pitched roof, clad in somber shingles of slate, slants precipitously down in broken planes, dotted with elaborate dormer windows that shine dimly, like somnambulant eyes gazing through the green veil. From this rough canopy, a slender, pointed turret; charged with an almost ecclesiastical gravity; protrudes into the air, its silhouette dark and ghostly against the cumulonimbus-charged sky, where stormy clouds congregate, filling the air with a menacing chiaroscuro that makes the tableau both otherworldly and phantasmal.

In the foreground, a peaceful pond rests still, its surface a mercurial sheen of liquid obsidian, scarred periodically by concentric ripples spawned by the gliding flight of a lone swan, whose alabaster feathers harshly contrast the aqueous darkness. Surrounding this limpid jewel, an organic tapestry of untamed grasses and carefully unruly flora waves to the hushed breath of the wind; a sonorous articulation of nature's unrestrained artistry. Lichen-encrusted rocks, weathered and twisted, are fixed sentinels, punctuating the verdure with primeval gravitas.

A weathered, rustic bridge of hewn wood curves listlessly above the water's edge, its moss-covered planks groaning under the weightless burden of history. This sylvan sanctuary, situated at the intersection of temporal permanence and fleeting beauty, is a place of wistful, otherworldly elegance; a bucolic apotheosis in which time itself seems arrested, throbbing with a muted, timeless pulse.

Agastya Sumeer Kaul, Grade XII-IBDP-B



Barnyard Bliss: How Childhood Media Romanticized Rural Life

Glistening sun rays pouring through gaps in the cloud cover, cows grazing on grass with water droplets drizzled across the blades, soft chicken clucks complimenting chirping birds lined up on the fencing discussing the days agenda and the dilapidated yet strangely robust farm house standing at the center of it all, storing and guarding stories from seasons past provides a truly beautiful description of the countryside yet, one which is unfortunately unrealistic.

We may not have been aware of it at the time but our childhoods were a lie. Drone shots of alluring fields of corn and maize accompanied by images of playful farm animals getting along and a deep voiced narrator speaking of the charming tranquility experienced by those employed in such regions were all nothing but a great oversimplification of reality. Charlotte's Web, Little House on the Prairie, Babe and countless more, may have been childhood classics but hid the truly convoluted and intricate nature of the country/rural lifestyle. Although their descriptions and imagery may seem innocuous, their underlying impact on young minds is far beyond what we may surmise.

These types of books and movies begin to build up labels for urban life as "more stressful and capitalistic" and the country as "more wholesome and humble" from a very young age. The truth of the economic hardships, drastic weather changes, reduced education and healthcare attention as well as other numerous obstacles faced by rural living is concealed from adolescents, leading us to the question- Do the writers behind such media truly attempt to build appreciation for nature or just set up false expectations for our youth?

Arshia Sharma, Grade XII-IBDP-B

A Humble Petition from Sir Pawington

To my favorite herder,

It is with utmost displeasure that I finally pick up a pencil and lodge to you my complaint. Do not laugh at my request—I have a delicate disposition and get upset easily. I am sure you are aware of this, considering how I'm always somehow queasy after an innocent snack of wild grass. A matter most flummoxing, but we digress. It has come to my notice that this farm's environment does not agree with me. The geese are too fussy, the sheep too silly, and the oxen rather intimidating. I am sure this vexing predicament worries you greatly as well. I am, without question, your most loyal companion. It would then pose you no trouble, I assume, if I were to ask politely for a new dog house? I was on my usual patrol this morning, when I couldn't help but notice the fancy new fencing the horses got. I am in no way envious—merely curious. What have the horses provided to you, that I have not, Master? Have I not barked dutifully at all the suspicious-looking leaves? I am deeply saddened... Oh, if only I too had a new, shiny house that was all mine. A pup can dream, can't he?

I can imagine it already—my own house, filled up with all

my squeaky toys. It would be perfect, and not cost much, nay, cost nothing compared to the happiness it would give me... But if it is too great a burden, I can live with it. Though I will begin packing my toys, just in case.

With a heavy heart and floppy ears,

Sir Pawington

Saatvika Singh, Grade XII-IBDP-B

A Grain's Journey Through Time

For as long as civilizations have existed, people have watched, waited, and hoped—searching for answers in the land long before science put names to things. The rain, the soil, the way a seed breaks through the earth—it all meant something.

In our culture, barley isn't just a crop; during Navratri, families plant barley seeds in earthen pots, watching and praying for them to grow. Tall, strong sprouts symbolize prosperity in the coming year. It's a ritual, but it's also something deeper—an old, unspoken understanding between people and the land; it's not India alone.

Barley has carried meaning over the centuries, over the continents. The Egyptians planted it alongside their deceased, believing it would sustain them in the afterlife. The Greeks and Romans associated it with their gods, using it as an offering for fertility and prosperity. In Christianity, it was the grain that sustained and saved thousands. In Japan, it is even now part of the rites of cleansing. Different places, different beliefs, but the same fact—barley was never mere food. It was survival, faith, an emblem of trust in something much greater.

Today, farming is all about data, AI, and satellites, but the fundamentals remain the same. Plant. Wait. Learn from the growth. The Navratri barley ritual, much like any other, is evidence of something simple that way before technology and science, people had known how to listen and were attuned and synchronized with the rhythm of the planet. The wisdom was never lost. We just gave it different words.

Prisha Abrol, Grade XI-IBDP-B

Nishka Rustagi Artwork Grade V-D





Clan News

BOYD

"Success is not defined by winning, but by the courage to participate, the determination to improve, and the spirit to give your best. Step forward, take the challenge, and let your efforts shine!"

As we are about to commence our new session, it's time to take a look and celebrate the incredible achievements of our students, while also gearing up for further exciting challenges and opportunities that await in this upcoming session.

This month, the Inter Clan Competitions have once again showcased the immense talent and dedication of our students. The level of

competition was truly inspiring, and the results speak for themselves.

A special mention goes to Navya Malik (X D), who secured an outstanding Second Position in the Inter Clan Solo Instrumental Competition (X). Her mesmerizing performance on the piano left everyone in awe, showcasing not just her musical talent but also her ability to captivate an audience. Similarly, Ashley Jacob (XII E) secured Third Position in the Inter-Clan Solo Instrumental Competition (XII) exhibiting her piece of music beautifully. Additionally, I would like to congratulate Reyansh Sharma (X A), Ayaan Singh (X A), Kabeer Gill (X B), and Anamta Akhtar (X B) for their teamwork and creativity in securing the Second Position in the Inter Clan Movie

Scene Competition. Their collaboration was a perfect blend of passion and precision which is evident through effective teamwork.

As we prepare for the new session, I urge all students to participate in the upcoming inter-clan competitions. These events not only foster healthy competition but also provide a platform for self-expression, teamwork, and personal growth. Whether it's music, drama, or any other competition, every student has the potential to excel.

Let's step into the new session with renewed energy, passion, and a commitment to push our limits. Wishing all the aspiring participants the best of luck – let's make the next session even more memorable!

Ms. Akanksha Yadav, Clan Elder - Boyd

LAMONT

"The magic in new beginnings is truly the most powerful of them all."

– Josiyah Martin

New beginnings are a universal part of life. Whether it's a new year, a new job, or a new chapter, we've all experienced the thrill and terror of starting anew. But there's something special about new beginnings that sets them apart from other life events. As the quote says, "The magic in new beginnings is truly the most powerful of them all." This magic lies in the promise of possibility, the chance to rewrite our stories and recreate ourselves. New beginnings offer us a clean slate, a fresh start, and the opportunity to make new choices.

When we embark on a new beginning, we're filled with hope and anticipation. We're inspired to dream big, to set goals, and to work towards creating the life we want. And it's this sense of possibility that makes new beginnings so powerful. So, whether you're starting a new business, pursuing a new passion, or simply turning the page on a new session, remember the magic of new beginnings. Embrace the possibility, take the leap, and watch your life transform in amazing ways. The thing with new beginnings is that they are starting and ending all the time. They aren't always black and white, so we don't always notice them, but changes happen in our life all the time. Because of these little changes, we are able to make the big changes. The changes that actually begin to affect our lives. We begin to notice what really makes us happy, what makes us actually feel important, and we want more of it.

With the welcome of the new session for Grades X and XII, we had first Inter Clan GK Quiz

Competition for Grade X where Advay Aggarwal and Aabir Basu made our clan proud by securing first position. Ishan Ralli from Grade X showed his skills of playing guitar and bagged first position in Inter Clan Solo Instrumental Competition. Agastya Sumeer Kaul from Grade XII also played guitar and bagged second position in Inter Clan Solo Instrumental Competition. Rida Iqbal, Aarav Gupta, Tanish Mohan and Saanvi Khanna from Grade X showcased their acting skills during Inter Clan Hindi & English Movie Scene Competition and secured second position. Aveer Singh and Sahaj Khanna from Grade XII secured first position in Inter Clan GK Quiz competition and proved how important it is to keep yourself updated with happenings around the world.

Kudos to all the winners and participants from our clan. Keep always rising and shining.

Ms. Kiran Cacoria, Clan Elder - Lamont

MACARTHUR

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."

— Joel A. Barker

No matter how big your plans and dreams are, they'll remain unrealized without action. Vision allows us to see beyond the present and imagine a better future, providing direction for progress. However, action is what turns dreams into reality. Vision without action leads to inaction, while action without vision lacks purpose. History proves that real change comes from those who dream and take bold steps. Together, vision and action create a lasting impact.

While our middle school students focused on their

final examinations, the seniors excelled in the Inter Clan Competitions. In Grade X Ojas Lath (X B), Harsimar (X IGA) and in Grade XII Alisha Singhal (XII A), and Pratistha (XII C) demonstrated exceptional knowledge and teamwork and secured third position in the G.K. Quiz Competition. Meanwhile, in the Hindi & English Movie Making Competition, Abeer Singh (X C), Vanad Singhal (X E), Ojas Lath (X B), and Inayat Kaur (X B) captivated the judges and audience with their creativity and grabbed the first position.

I am confident that this strong start will serve as a beacon of inspiration for our middle school students and motivate them to follow in the footsteps of their seniors and bring laurels to their clan. With determination, enthusiasm, and a spirit of healthy competition, our students will surely rise to the occasion, challenge themselves, and make their mark in the journey ahead. Their participation and

efforts will further strengthen the culture of excellence that defines our clan.

Every competition and every challenge is an opportunity to grow and excel. Our students will set new benchmarks and redefine excellence by facing them with passion and perseverance. With their unwavering spirit, this session promises success and growth.

Ms. Pooja Sethi, Clan Elder - Macarthur

ANDERSON

As we come to the end of a fantastic academic year, I want to take a moment to appreciate each one of my Andersonites. Their dedication, hard work, and enthusiasm have truly made this year remarkable. Whether in academics, sports, or cultural competitions, they have shown great spirit and determination. Their achievements are a testament to their perseverance and passion for excellence. The way they supported one another, embraced challenges, and strived for success is truly commendable. Each one of them has contributed to making this year special, and I couldn't be prouder. Well done dear Andersonites! This month witnessed remarkable performances by our talented

students in various competitions, showcasing their skills, knowledge, and dedication. It is with great pride that we congratulate the achievers who have brought laurels to the school with their outstanding performances. In the Interclan Solo Instrumental Competition, Arshia Sharma (XII) secured the first position, displaying exceptional musical talent. The Interclan G. K. Quizzes for Grades X and XII were highly competitive, with teams displaying impressive intellect and quick thinking. Team Anderson put up an excellent performance, securing a commendable second place in both quizzes. A special mention goes to the participants who contributed significantly to these achievements: Maanvik Jain and Shasya Sharma from Grade X, and Aarav Joshi and

Shaarav Sethi from Grade XII, who demonstrated sharp intellect and a strong grasp of general knowledge. As we step into a new academic year, let's set our goals even higher. Each new beginning is an opportunity to learn, grow, and push beyond our limits. Challenges will come, but with the same dedication and enthusiasm, we will overcome them and achieve even greater success. Stay curious, keep exploring new ideas, and never stop believing in your potential. Remember, progress is not just about winning but about learning, improving, and becoming the best version of ourselves. Stay focused, stay inspired, and believe in your abilities.

Ms. Ruma Jain, Clan Elder - Anderson

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Golf

ANITYA'S TIP OF THE MONTH

Get the Downswing on Plane

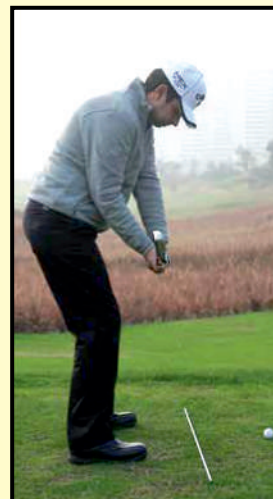
Over the last few articles, we have covered a proper turn in the back swing and load up on to the right leg so that the down swing and through can be initiated in proper sequence.

In the correct downswing sequence, the hips start the downswing but go at a speed where the hands stay in front of the body at the halfway down position and then square up the club face at impact with the rotation of the body.

Here is a great drill that gives the feeling to a junior of keeping the hands in front of the body in the downswing:

Take your set up with a 7-iron keeping an alignment stick on the ground that is parallel to your target. Swing the club to the top and then get the club down to 9'O Clock position as shown in the picture and check to see if the shaft of the club is parallel to the alignment stick on the ground and that the hands are in front of the body. Also ensure that the hips are either parallel to target line or slightly open and are not racing ahead of the body and the hand action. You can now take the club back up and hit the ball from there.

Practicing reaching the above position will ensure that the hands and club come down in front of the body in the downswing and then the hip and body rotation squares the club face through impact resulting in straighter shots.



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



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