



From the Principal's Desk

ADAPTABILITY

A famous quote is: “प्रतिकूलतायाः शक्तिः”: *“Strength through Adversity”*.

Challenges may scare many, but it is in facing them that we discover the resilience within ourselves. Adaptability, therefore, is a key factor for growth and transformation.

For a student, adaptability begins as early as the foundation stage upon entering school. It continues through different class levels, transitions into various subject streams, and eventually extends to university life—and later, to both professional and personal spheres.

To grow, transform, and achieve mental peace, a person must remain open-minded and willing to adapt.

There is no doubt that adaptability helps us stay strong in tough situations. For students, it is extremely important, as this phase of life constantly demands it.

Adapting to different teaching methodologies, and switching quickly between theory-based subjects like History and Languages to practical ones like Math and Science, is not easy.

Yet, students regularly practice this life skill, and most of them do so successfully.

This adaptability expands our capacity to handle difficult situations and helps us eliminate anxiety. Munshi Premchand has beautifully portrayed the character of Anandi in his famous story 'Bade Ghar Ki Beti', showing how smoothly a very rich girl adapts to the conditions of a middle-class family and eventually earns this title from everyone.

Thus, we all know that change is inevitable, and adaptability is the key to turning this change in our favour.

I would like to end this article with some famous quotes on adaptability:

“It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change”

- Charles Darwin

“Adaptability is not imitation. It means the power of resistance and assimilation”

- Mahatma Gandhi

“There can be no life without change, and to be afraid of what is different or unfamiliar is to be afraid of life”

- Theodore Roosevelt

“Performing at the highest level in sports requires adaptability.”

- Abhinav Bindra

Dr. Sanjay Sachdeva (School Principal)

A Smile is a Curve

“Everybody laughs the same in every language because laughter is a universal connection.” - Jakob Smirnoff

A smile is a curve that sets everything straight...Laughter is often called the best medicine, and for good reason. It has the amazing power to heal both the mind and body, helping people feel better even during tough times. Unlike medicine that comes in bottles, laughter is free and easy to share, making it one of the simplest ways to improve health and happiness. When we laugh, our brain releases chemicals called endorphins. These natural chemicals help reduce pain and create feelings of pleasure and relaxation. Laughter also lowers stress hormones like cortisol, which can weaken the immune system when levels are too high. By reducing stress, laughter strengthens our body's ability to fight off illness.

“Laugh until your belly hurts and a little bit more.” Besides the physical benefits, laughter improves our mental well-being. It lightens our mood and helps us view situations in a more positive light. Laughing with friends or family builds stronger social connections, which are essential for emotional support and reducing feelings of loneliness. This social bonding further boosts our overall happiness. Laughter also encourages a healthy heart. Studies show that laughing increases blood flow and improves blood vessel function, which can help protect against heart

problems. It even helps relax muscles, reducing tension in the body. In everyday life, laughter can be a powerful tool to cope with challenges. It helps us break free from negative thoughts and focus on the lighter side of life. Watching a funny movie, sharing jokes, or simply smiling more often can bring laughter into our lives regularly.

“Laughing is and will be the best form of therapy.” Laughter is a natural, joyful way to improve both physical and mental health. It costs nothing, yet provides incredible benefits. So, embracing laughter daily is truly a wonderful form of medicine that everyone should use freely.

Ms. Seema Bhati (Primary School Director)
PYP Coordinator



PYP

Gallery Walk 2025: A Celebration of Confidence, Creativity, and Communication!

On 2nd August, Scottish High proudly hosted the Gallery Walk for Grades Lower Kindergarten to Grade V, along with an interactive session for our Nursery Highlanders. The event was a true celebration of student agency, as Highlanders across all grades confidently took ownership of their learning and shared it with much enthusiasm and joy. While the Nursery students explored various simulation corners with their parents, offering them a glimpse into how symbolic learning unfolds in class, the students of the other grades led their parents through classrooms, showcasing the vibrant displays of their work on the display boards, entries in the profile booklets, reflective journals to creative artwork and hands-on projects. They explained their thought processes, reflected on their learning journeys, and demonstrated their growing communication skills with expertise. Parents deeply appreciated this unique opportunity to witness their child's learning in action, finding the experience both insightful and meaningful. The one-on-one discussions with Home Room Tutors further enriched the event, providing parents with a deeper understanding of their child's growth, progress, and areas of focus. Interactions with single subject experts and facilitators added value, highlighting the holistic development that Scottish High nurtures. The Gallery Walk was indeed a purposeful and enriching experience, strengthening the bond between students, parents, and educators, while celebrating the joy of learning.



The history of mankind is marked by efforts to ensure freedom and respect for human beings. The slogan, 'Freedom is my birth right and I shall have it!' raised by our prominent nationalist leader Bal Gangadhar Tilak was echoed vehemently during the Independence Day celebration in our school. The highlight of the celebration was the eagerly awaited dress-up day. Our Initial and Primary Highlanders dressed up as national heroes of their choice and spoke a few lines on them in their respective classes. The message conveyed was freedom is hard earned and precious and meant to be celebrated. Each child had the opportunity to deliver a brief presentation about their chosen figure, explaining their attire and its significance. This enabled the children to exercise their voice and agency, while also fostering curiosity and admiration among their peers. A special Assembly was held and the students of Grade V showcased their patriotic fervour. To amplify the festive atmosphere, teachers also joined in by wearing outfits in the tri-colours of the national flag, enhancing the overall visual splendour of the event. The day ended up being a huge hit, leaving students and staff with a strong feeling of unity and national pride.







Personal safety, shared responsibility- building mindful and confident Highlanders!

An engaging session on 'Personal Safety and Safety Circle Awareness' for our young Highlanders was conducted by the school counsellor Ms Srishti Mittal on 20th August 2025. The session emphasized the importance of staying safe and alert in different environments- within the school, at home, and in the community. With well-being as a top priority, students were guided to recognize different situations and to respond responsibly. Using a combination of a visual routine, an informative PPT, and thought-provoking questions, the counsellor encouraged the learners to reflect on their surroundings and understand the significance of being aware. The interactive approach not only enhanced their knowledge but also empowered them to take charge of their personal safety, making them more confident, responsible and mindful in their daily lives.



Strong teeth, happy smiles - our promise towards better oral health!

An insightful session on dental hygiene was conducted by Ms. Anushka Ahuja from 'The Dental Roots' for our young Highlanders. Through an engaging video and an interactive question-answer round, the students learned about the importance of maintaining oral hygiene and its direct impact on overall health. The session not only enriched their understanding but also encouraged them to adopt healthy habits in their daily routine. The interaction concluded with the students making a heartfelt promise to be caring, mindful, and responsible towards their oral hygiene, ensuring bright smiles and good health for the future.



Unity in differences, joy in togetherness- celebrating International Week!

International Week in the Early Years was celebrated from 25th August to 29th August with the aim of nurturing a global perspective and encouraging our young learners to be open-minded. To help students appreciate cultural diversity, a variety of meaningful engagements were planned such as learning greetings in different languages, virtually exploring new countries and places, listening to stories from different cultures, and engaging in discussions on diversity. Additionally, Nursery students took part in the Paper Plate International Food Collage, creatively showcasing a chosen country's cuisine on a plate and sharing why it was their favourite. Lower Kindergarten students on the other hand brought a souvenir or an artifact from a place they had visited and spoke about its significance. Upper Kindergarten students took part in a vibrant Mini International Fair, where they came dressed in traditional attire or brought an artifact representing a country's culture and traditions. These enriching experiences not only helped our early year's learner's value cultural diversity but also enabled them to celebrate unity in differences- fostering true international mindedness.





Front Desk Programme - Learning beyond walls- experiences shape us

Grade IV Highlanders rose to the occasion and shone during their FDP. They showcased their skills, focusing on collaboration and social interaction. Embodying the attributes of IB Learner Profile, they demonstrated confidence in communication and became risk-takers through various performances. With poise and enthusiasm, the young learners turned the stage into a vibrant showcase of a multitude of talents. The audience were thrilled to see the performance of their children.



Janamashtami Celebration

The students of Grade V E conducted a special Janmashtami assembly with great enthusiasm, showcasing their talent, eagerness, and dedication. Children enthralled the audience with a dramatic and musical presentation of the endearing personality of Lord Krishna. The assembly shed light on his early life and profound teachings. Gritty performances and dialogue delivery left the audience mesmerized. Children emphasized on the importance of values like truthfulness, friendship and compassion.





A Day of Insights, Dialogue, and Connections at the Pan India and South Asia IB Programme Coordinators Meet

Ms Shivani Johri, Deputy PYP Coordinator and Ms Pallavi Kumar, Curriculum Coordinator, attended the IB India & South Asia Coordinators PYP Meet on 23rd August at Pathways World School, Noida. The event provided a dynamic platform for dialogue, collaboration, and exchange of best practices among PYP leaders from across the region. It was an enriching experience that offered valuable insights, fostered new connections, and further strengthened our commitment to nurturing the IB philosophy in teaching and learning.



We Are Proud Highlanders!

Inspiring Excellence, Shaping Futures !

Our two facilitators have been recognized with Global Education Mentor Award 2025 for their unwavering commitment to academic excellence. Mr Sumit Gupta HOD Primary School Activity and ICT Coordinator has been awarded Life Time Achievement Award for his contribution to the field of Education. Dr Shveta Vohra Primary HRT has been recognized with Excellence in Teaching Practices.



Mr. Sumit Gupta



Dr. Shveta Vohra



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

BREAKING BARRIERS WITH GRIT AND DETERMINATION

My brother Ranveer is living proof that no obstacle is insurmountable when met with grit and determination. Diagnosed with autism, he faced a world full of challenges, but his resolve and unwavering focus led him to achieve what many only dream of.

From a hat-trick of wins at the World Games to receiving the Bhim Award, Khel Puruskar, and now the prestigious National Award from the President of India, Ranveer has shattered the myth of disability. His achievements showcase that labels do not define us—our efforts, passion, and perseverance do.

Ranveer's journey is not just an inspiration for those with disabilities but a beacon of hope for all youth. He reminds us that hard work and belief in oneself can turn any dream into reality. His story teaches us that the power to break barriers lies within each of us. He has redefined Disability through his Ability. He has become a golfing sensation and has become a role model for today's youth. His mantra, "Never say never," has not only shaped his journey but also inspired countless others to embrace challenges with courage and positivity.

He has transformed the definition of disability by focusing solely on the unique abilities it offers him. Through sheer determination, relentless practice, and an unshakable belief in himself, he has shattered stereotypes and shown the world that limits exist only in the mind.

His story is a testament to the fact that with the right mindset and perseverance, we can turn our challenges into stepping stones for success. He stands as a beacon of hope, proving that focusing on our strengths can help us achieve greatness.

I am aspiring to pick a page from his life's journey and imbibe his never say never attitude in life.



Ranvijay Singh Saini
Grade XI - IBCP

Medley of Activities



August was a fun and inspiring month in our art room! Students from Grades I and V explored their creativity through different techniques, celebrated India's Independence Day with pride, and expressed themselves through colourful and meaningful artworks.

Grade I

Students began with a delightful activity—transforming simple shapes into animals! Circles became turtle shells, triangles turned into cat ears, and rectangles stretched into giraffe necks. Their imagination truly brought the animals to life.

Grade II

Students worked with torn pieces of coloured paper to create vibrant collages. This activity helped them explore textures, patterns, and design in a playful way.

Grade III

Students practiced shading with oil pastels, learning how to blend from light to dark. This skill helped them make their drawings look more real and full of depth.

Grade IV

Students experimented with water- colour painting, trying techniques such as blending and layering. They used these skills to paint beautiful landscapes filled with creativity and confidence.

Grade V

Students were introduced to the world of celebrated Indian artist M.F. Husain. After studying his bold lines, bright colours, and iconic horses, they created their own artworks inspired by his unique style, discovering how art can tell powerful stories.

All primary students also celebrated Independence Day by creating artwork of national symbols such as the Indian flag, Ashoka Chakra, and freedom fighters—showcasing their love and respect for the nation.

Meanwhile, senior school students focused on refining advanced techniques as part of their curriculum, such as detailed watercolour work, pencil shading, and intricate engraving on Plaster of Paris. These practices are helping them build precision, patience, and artistic expression.

August was not just about making art—it was about expressing emotions, celebrating culture, and enjoying the creative journey. Every student added something special to our art room. We look forward to another month of imagination, exploration, and storytelling through art.

Ms. Amitta Gahallot,
HoD - Visual and Performing Arts



August arrived with a burst of rhythm and tradition as our Grades V and VI girls lit up the stage with their spirited Haryanvi folk dance. Their infectious energy, dazzling costumes, and graceful expressions won a standing ovation, setting the month off on a truly electrifying note.

Soon after, the air was filled with patriotism as the corridors echoed with soulful songs of freedom. On Independence Day, our primary and middle school dancers performed with such passion and pride that the audience was left mesmerized, their hearts stirred with joy and admiration.

Grade IV students took their journey a step further by reflecting on the risks, challenges, and opportunities of being dancers—both at school and beyond. Their FDPs became moments of pride for parents, who watched their children shine with confidence.

Meanwhile, Grades III and II are joyfully preparing for their upcoming FDPs. Grade II, in particular, has beautifully woven the theme of celebration into dance, bringing creativity to life.

August truly danced with pride, passion, and inspiration — leaving behind memories as vibrant as its performances.



Ms. Himani Yadav
Dance Teacher



August was a month filled with **vibrant stage presentations** that inspired and entertained.

On Independence Day, our drama students presented **Ulgulaan**, a touching play based on the life of the tribal hero **Birsa Munda**.

The powerful performance left the audience deeply moved and gave everyone a chance to learn about his courage and sacrifice. His story continues to inspire students with values of strength and determination.

During the **Janmashtami special assembly**, our Primary students enacted a delightful play on the birth of **Lord Krishna**. Each student played their role with great enthusiasm, and the performance beautifully conveyed the message of **truth, faith, and goodness**, leaving the audience filled with joy.

Mr Vikas Sharma
Theatre Arts -Teacher



August was a month brimming with music, performance, and collaboration across all grades.

Students of Grades IV and III took the stage for their FDP, presenting a dynamic set of songs including Badal Pe Paon Hai, Wavin' Flag, Jambo Bwana, and Radioactive, along with the hymns like Mighty to Save and Teri Hai Zameen, etc. Their energy, harmonies, and confident stage presence left the entire auditorium spellbound, making it a performance to remember.

Meanwhile, Grade II students began preparing for their upcoming September FDP. They immersed themselves in learning lively pieces such as Wellerman and Do-a-deer, along with hymns like My God is So Big and Praise Him. These songs not only built their vocal and rhythmic skills but also helped them grow as confident young performers.

Our budding musicians in senior school proudly represented Scottish High at WIRED 2025, the annual inter-school band competition hosted by Heritage Xperiential Learning School. Performing alongside talented peers from other schools gave them invaluable exposure and created memories they will cherish for years.

Adding to the month's highlights, Grades IX and X held their Inter-Clan Solo Singing Competition, where students sang wonderfully, showcasing their melodious voices and individual artistry.

Finally, Grade IV concluded their TD theme Sharing the Planet, where they explored the challenges, risks, and opportunities faced by musicians across the globe—gaining insights into how music connects communities and overcomes boundaries.

Mr Shivam Srivastava
Western Music - Teacher



News From The Sports Arena

Sports Achievements

The month of August began with enthusiastic participation in SGFI Zonal, District, and CISCE Regional Games, where Highlanders showcased remarkable talent and sportsmanship across multiple disciplines.

🎾 Lawn Tennis

■ CISCE Regional Competition (Bishop Cotton School, Shimla)

- **U17 Boys:** Lakshay Dhiman (XI B), Adhrit Gautam (X C), Praneet Kapoor (IX B)
- **U19 Boys:** Nabhya Kinha (X E), Aryaman Mattoo (IX F)
- **U14 Boys:** Atharva Sharma (VII B), Ridhaan Chawla (VII A)
- **Achievements:** U17 and U19 teams qualified for the **CISCE Nationals in Tamil Nadu.**

■ SGFI Zonal & District

- **U17 Boys:** Lakshay, Adhrit, Praneet – Silver
- **U19 Boys:** Rishik Tandon (XII IB DP), Nabhya, Aryaman – Silver
- **U17 Girls:** Samaira Kohli (XI B), Mehher Sharma (XI D), Hrida Sharma (VI F) – Gold & State Selection
- **U19 Girls:** Aarika Sharma (XII E), Tisha Saxena (XII IB CP), Prisha Jaggi (X B) – Silver; Aarika & Tisha selected for **SGFI State Championship**

⚽ Football

■ SGFI Block & District Competitions

- **U14 Boys:** Team won **Block Championship**; Ryan Duhan & Daivik Wadhwa selected for **State Competition.**
- **U14 & U17 Girls:** Teams won **District Championship** several players selected for **State Competition.**

■ CISCE Regional Football

- **U17 Boys:** 1st Place; Rivaan Barola (X) & Naman Gulati (X) qualified for **Nationals.**
- **U19 Boys:** 1st Place at Hoshiarpur; Yuvaraj Sidhu, Rishit Sharma & Agastya Sharma selected for **Nationals.**
- **U14 Girls:** 2nd Place; Khanak Sharma (VIII), Suhana Singh (VII) selected for **Nationals.**
- **U19 Girls:** Silver Medal; Saanvi Garg (XI), Muskaan Arora (XI), Kaira Kapoor (IX), Aradhya Nigam (IX), Anika Jain (IX), Chhavi Bagga (IX) also selected for **Nationals.**

🏏 Cricket (CISCE Regional at Moga, Punjab)

Participants: Parinay Sehgal (XII E), Khushal Sehrawat (XI B), Ranveer Gulia (XI A), Aryaveer Sharma (X E), Udayveer Singh (X E), among others.

- Selected for CISCE Nationals: Parinay, Khushal, Ranveer, Aryaveer, Udayveer

🎯 Shooting

■ (SGFI Zonal)

- Parisa Chopra (VIII E) – **Bronze Medal**
- Other participants: Ayana Mahajan (VII F), Anusha Gupta (VIII B), Amaira.

🏊 Swimming

- Participants: Kabeer Bhasin (XII E), Pranshul Saroop (XII), Samriddhi Verma (XI), Aryaman Suri (XI), Nalin Chandra (XI).

🏀 Basketball

■ (CISCE Regional at Hoshiarpur, Punjab)

- **U14 Girls:** Gold – Ashwika Ahuja (VIII), Nisha Verma (VIII), Arunima Sharma (VIII), Dhvani Kinha (VI D)
- **U14 Boys:** Bronze – Kartik
- **U17 Boys:** Bronze – Ehan Khan (XI), Kavya Sharma (XI), Ojas Vir Chauhan (X), Mairav Rehan (IX), Vaibhav Sarin (X)
- **U17 Girls:** Silver – Sara Singh (X), Fagun Beniwal (X), Aashna Sud (XI), Reet Mathur (XI)
- **U19 Boys:** Gold – Rishaan Jain (XI), Aarish Jindal (XII)
- **U19 Girls:** Gold – Siya Joshi (XI)
- Selected for Nationals (Gorakhpur, U.P.): Ashwika, Dhvani, Sara, Fagun, Kavya, Ehan, Siya, Rishaan.

🥋 Judo (District)

- Suramya Dubey (XII), Preet Ahluwalia (XII) – **Gold & State Selection.**

♟ Chess (District)

- Devansh Khandelwal – Selected for **State Championship.**

🏃 Athletics

■ SGFI Block Championship

- Highlights: Ryan Duhan (VIII) – Gold in Hurdles; Kaira Kapoor (IX) – Gold in Hurdles & Silver in Long Jump; Naomi (IX), Vidisha Wadhwa (XI), Kaira, Advita Airi (IX) – Gold in 4x100m Relay.

■ SGFI District Championship: Relay team (Naomi, Vidisha, Kaira, Advita) – **Gold & State Selection.**

■ CISCE Regional (Giddarbaha, Punjab): Aaroosh Bannerjee (IX) – Bronze in 100m & National Selection; Advita Airi (IX) – Bronze.

🏸 Badminton (CISCE Regional at Amritsar)

- Akshita Kumar (X) – Bronze in Singles & National Selection.

Mr Darshan Singh Gahallot
HoD Sports



Senior School Head

Good Luck, With Faith in You

The exams are near, we know you feel,
A mix of pressure, hope, and zeal.
But every effort, late and long,
But every effort, late and long,
Has made you brave, has made you strong.
These tests are moments, not your all,
They cannot define you, big or small.
They're chances to show how much you've grown,
The effort, the courage you've quietly shown.
Step in with calm, no need to race,
Trust your mind, move at your pace.
Pause when you need, breathe when it's tough,
Believe in yourself—that is enough.
Marks will fade, but lessons stay,
Strength and resilience light your way.
And as you walk into that hall,
Remember—we believe in you all.
So here's our wish, both proud and true:
Good luck, dear Highlanders, we trust in you.

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

Modern Foreign Languages

Language – A Bridge of Communication

Language is one of the greatest gifts of human life. It allows us to express our thoughts, feelings, and ideas. Without language, sharing knowledge or understanding one another would be very difficult. Language is not only about speaking; it also includes reading, writing, and even gestures. Every country and culture has its own language, each one unique and beautiful. For example, English, Hindi, Spanish, French, and Chinese are spoken by millions of people around the world.

The main purpose of language is communication. It connects people, builds relationships, and helps us learn new things. Through language, we can ask questions, tell stories, sing songs, and write books. It also preserves our history, traditions, and culture, passing them from one generation to another. Learning different languages is very helpful—it allows us to understand other cultures, make new friends, and explore better opportunities in life. In today's world, where people travel and work across countries, knowing more than one language is a true advantage.

In short, language is more than just words. It is a bridge that connects hearts and minds, making the world a smaller and friendlier place. Truly, language is a treasure that everyone should respect and value.

Ms. Geetika Makkar
Spanish Teacher

Middle School (Grade VI to VIII)

“Empathy is the universal solvent. Any problem immersed in empathy becomes soluble.”

– Simon Baron-Cohen

Empathy is the ability to understand and share the feelings of others. It is a vital skill that strengthens relationships, improves communication, and nurtures compassion. In both personal and school life, empathy fosters trust, helps resolve conflicts, and leads to deeper understanding and collaboration.

Just like a universal solvent can dissolve almost any substance, empathy has the power to dissolve conflicts and misunderstandings. When we make a genuine effort to understand another person's feelings and perspective, problems that once seemed impossible to solve often become much easier to handle. In times of conflict, empathy encourages listening instead of arguing. In the classroom, it reduces tension, builds cooperation, and creates a positive learning environment.

Why Empathy Matters

Stronger Relationships among Peers:

Empathy helps you connect deeply with others, sharing in their joys and sorrows. This strengthens bonds of friendship and trust.

Improved Communication:

Through active listening and perspective-taking, empathy allows you to truly understand what is being said, leading to clearer and more effective communication.

Conflict Resolution:

When people feel heard and understood, they are more open to resolving disagreements. Empathy helps you see situations from another's viewpoint, making it easier to find common ground.

Compassion and Care:

An empathetic heart naturally leads to kindness. By showing concern for others, we create a more supportive and caring community.

How to Cultivate Empathy

- **Practice Active Listening:** Give others your full attention, avoid interrupting, and focus on understanding their message.
- **Take Perspectives:** Try to see things from another person's point of view, considering their feelings and experiences.
- **Show Genuine Concern:** Demonstrate that you care about what others are going through.
- **Validate Emotions:** Acknowledge feelings with words like, “I can see this is difficult for you,” to show support and understanding.

In school life, students may sit together, study together, and play together—but true friendship is built when they understand each other's feelings, support one another, and show kindness. Without empathy, classmates simply share

a room; with empathy, they build meaningful bonds of trust and friendship. When we care for each other, share in joys and troubles, and try to understand how others feel, the classroom becomes a happier and more welcoming place.

“Empathy is the bridge that turns classmates into friends and makes school a place where everyone feels valued, supported, and never alone.”

Ms. Geetanjali Ahuja
Middle School Coordinator

IGCSE

GREEN DRIVE BY GRADE VII IGCSE

The Grade VII IGCSE students successfully organized a Green Drive to promote environmental awareness and plant care across the school. This student-led initiative combined excellent planning with thoughtful execution, encouraging responsibility and sustainability within the school community.

The drive aimed to:

- Highlight the importance of plants in our lives
- Promote sustainable practices
- Provide hands-on learning about plant care and classification
- Encourage collective environmental responsibility cross grade levels

Students brought in plants from home, carefully selecting varieties suited for classrooms. They researched care requirements—light, watering, and growth conditions—to ensure the plants thrived in their new environment.

In a well-structured distribution process, Grade VII students visited each class to present a plant along with care instructions. They also explained the benefits of keeping plants indoors and demonstrated simple steps to nurture them. To ensure long-term success, one student in each class was appointed as the plant caretaker, supported by teachers and peers. This created a network of young “green ambassadors” across the school.

The response was overwhelmingly positive. Students enthusiastically volunteered as plant monitors and took pride in caring for their class plants. The initiative not only brightened classrooms and improved air quality but also strengthened a culture of responsibility and teamwork.

The Green Drive stands as a shining example of how student-led projects can bring lasting environmental change while providing meaningful, real-world learning experiences.



Ms. Bincy Thomas
Global Perspective Teacher

ICSE / ISC Bulletin

Regular Attendance in School – Why It Matters

In recent times, some students believe that they can manage their studies better by staying at home and doing self-study. While independent learning is certainly valuable, it can never replace the experience and benefits of attending school regularly.

To begin with, schools follow clear rules about attendance. Board examinations also require a minimum percentage of presence, and students who fall short may face difficulties later. Being regular in school helps us avoid the last-minute stress of covering up attendance gaps.

Moreover, school is not only about books and lessons. It is about the people we meet every day – our teachers, friends, and classmates. By coming to school, we receive guidance directly from teachers, collaborate with peers, and get our doubts cleared instantly. Classroom discussions, regular assessments, and practice with sample papers prepare us more effectively for examinations.

There are also many skills and experiences that cannot be gained at home – participation in sports, cultural activities, competitions, assemblies, and leadership opportunities. For those who are part of the student council or school clubs, being present is essential to carry out their responsibilities with dedication.

In short, school attendance is not just about following a rule. It is about discipline, learning, opportunities, and overall growth. While self-study strengthens our knowledge, the school environment shapes our personality and prepares us for life.

As the saying goes, “Every day in school is a step closer to success; attendance is the bridge between effort and achievement.”

Ms. Barkha Anand
ICSE & ISC Curriculum Head



IBDP / IBCP

Shipwrecked

Shipwrecked was Hack Club's four-day flagship hackathon, held from August 8 to 11 on Cathleen Stone Island in Boston Harbor. It was not simply another technology event but a gathering that blended creativity, community, and adventure. From Hack Club's global network of more than 30,000 students, only 130 were selected to attend, making it feel rare and meaningful.

The theme of "shipwreck survival" shaped the atmosphere throughout the event. Instead of working in classrooms or conference halls, we developed projects outdoors, surrounded by the sea and the rugged setting of the island. The idea of being "stranded together" created a spirit of adventure that encouraged us to collaborate openly.

What left the greatest impression on me was not only the projects we built but also the environment of passionate people working side by side. Learning often happened in small, unplanned moments, while debugging at a picnic table, while sharing stories around the fire in the evening, or during chance conversations that sparked new perspectives. I came to realize that some of the most valuable lessons I have received did not come from tutorials or documentation, but from moments of curiosity and collaboration.

Shipwrecked gave me more than technical skills or a memorable hackathon experience. It showed me that when people are brought together in the right environment, growth and inspiration emerge naturally, leaving an impact that lasts long after the event has ended.

Vedant Singh, Grade XII IBDP

World Youth Forum - Future Economics Leadership Summit & National Economics Challenge Global Round 2025 (WYF - FELS & NEC Global Round 2025)

From 4th to 8th August 2025 was an incredible academic trip for us three students of Grade XII IBDP, Anmol Agrawal, Ditya Agarwal and myself, Aarya Pagalla to the bustling city-state of Hong Kong, there we attended and represented team India in the World Youth Forum - Future Economics Leadership Summit and senior division of the National Economics Challenge global round. The summit was attended by over 700 students across all divisions from over 15 countries. During the event, we gained the chance to interact with school students of senior classes from all across the globe, entailing a great opportunity for cultural exchange and new experiences, joining forces with some teams and competing against others, these exchanges allowing us more understanding and insights towards the opinions and thoughts in the field of economics of a range of diverse, global citizens. Another experience I found to be incredibly interesting is conversing with other IB students from countries like Korea and Japan, discussing relatable experiences between ourselves despite our distinct backgrounds served to highlight the major similarities

among the differences between us, along with the globalised nature of our curriculum. We received an honour award for being placed in the top 5% of teams was simply the cherry on top of a truly brilliant and insightful educational experience.

Aarya Pagalla, Grade XII IBDP

SMU Summer Programme

In the warm month of July, I attended the Young Leaders' Programme at Singapore Management University, seeking to enrich myself through global exposure. Travelling alone to another country and spending a week living with new people gave me a meaningful glimpse of university life.

The programme included sample classes taught by SMU professors, covering subjects as diverse as business ethics, music, and history. We were also divided into groups and tasked with designing a game to help new students adapt to university life in a new city, which we pitched to a panel of judges at the end of the week. This project strengthened my communication, teamwork, and self-management skills, while encouraging me to think creatively about real student challenges. Beyond academics, travelling and living independently helped me grow more balanced and self-reliant. Interacting with peers from different cultural backgrounds made me more open-minded and broadened my perspective on global community.

Overall, the programme not only gave me a preview of life at SMU but also shaped me into a more confident, responsible, and adaptable individual.

Diya Juneja, Grade XI IBDP

Masters' Unions Visit

Our visit to Masters Union was a truly insightful experience that gave us a deeper understanding of entrepreneurship and the startup world. From the moment we stepped onto campus, it was evident that the institution fosters innovation, technology, and industry collaboration. The session commenced with a discussion on what entrepreneurship really means. We learned that it is not only about launching new ventures, but about identifying real problems, finding creative solutions, and creating lasting value. The idea of starting with the problem was emphasized through case studies like Telegram and Coinbase, which showed how successful companies are built on recognizing genuine needs.

We also explored the process of turning ideas into solutions. The discussion highlighted the importance of creativity, user-focused design, and the ability to adapt based on feedback. These lessons made it clear that entrepreneurship is as much about mindset as it is about execution.

What stayed with us most was the broader perspective we gained: entrepreneurship is not a one-time achievement, but a journey of resilience, curiosity, and continuous learning. The visit was both practical and inspiring, leaving us motivated to apply this mindset to challenges in any area we pursue.

Riddhima Tandon, Grade XII IBCP



Community Outreach and CAS



This summer, our IBDP students set out on an inspiring CAS journey, bringing together creativity, activity, and service in ways that truly made a difference. The campus was alive with energy and ideas—some students built purposeful apps, while others baked treats that were as delightful as they were meaningful. Each project was a reminder of how passion, when shared, can spark real change.

Beyond the classroom, students took the lead in conducting AI and digital skills workshops for underprivileged children, opening doors to new possibilities and boosting their confidence. A vibrant cultural and food fest lit up our campus, celebrating traditions from across the globe and showing us how food has the power to connect people and hearts. On Kargil Vijay Diwas, our students also poured their gratitude into crafting rakhis for soldiers—a heartfelt gesture of respect and remembrance in collaboration with Pure Hearts NGO.

Science came to life in hands-on Biology workshops and expert session with Biology Facilitator, where plant grafting taught patience, perseverance, and care for the environment. Senior

IBDP students also stepped into the role of mentors for PYP learners, guiding them through engaging experiments on light dispersion, sound waves, and the science of decomposing food waste in an eco-conscious way. These sessions, facilitated in collaboration with the Physics Facilitator, sparked wonder while reinforcing the importance of sustainability.

Through every hurdle and success, CAS grew into something much bigger than a program—it became a journey of compassion, courage, and connection. Students not only discovered new skills and friendships but also came to realize the power of small acts to bring about lasting change in the community and beyond.

Ms. Purva Sanduja
SUPW Facilitator
CAS Coordinator (IBDP)

The World of Economics

India Charts a Bold Path

On August 15, 2025, Prime Minister Narendra Modi gave an inspiring speech, introducing few new policies that can shape India's future. Here's what we need to know:

- **Protecting Citizens:** Modi announced a “Demography Mission” to stop illegal entry into India, thus protecting jobs and social harmony, especially in border areas.
- **Making Jobs for Youth:** A new government scheme called PM Viksit Bharat Rozgar Yojana where the government will spend a total of ₹1 lakh crore to help private companies hire young people which could benefit over 3 crore youth by making it easier for them to get jobs after college.
- **Cheaper Goods, Easier Taxes:** The GST tax system will be made simpler and fairer for businesses, which mean lower prices for everyday items and less paperwork for new startups.
- **Tech Power-Up:** The country is ramping up technology with Indian-made semiconductor chips which would be ready by the end of the year, providing support for fields like AI and cybersecurity. This means that the students who are interested in tech could have a bright future.
- **Clean Energy Boost:** India plans to build more nuclear reactors and invest in solar and hydrogen power, creating cleaner energy for years to come.
- **Supporting Farmers:** Such policies will protect Indian farmers, ensuring their livelihoods are safe from global pressures.

But now the question arises that why students should care? Well, these changes could mean more job opportunities, cheaper products, cleaner air, and a more secure country. India is moving forward, and the youth will play a key role in shaping its success over the next 20 years and such policies will definitely boost the morale of the youth to take it up in a better way.

Ms. Neha Gupta
Economics Teacher



From The Counsellor's Desk

"The art of teaching is the art of assisting discovery."
– Mark Van Doren

The Counselling Department, in collaboration with other departments, continues to engage students in sessions that focus on **awareness, empathy, and future preparedness.**

Our middle school students participated in an insightful workshop on digital safety. Through interactive activities, they learned about responsible online behaviour, the importance of digital detox, and maintaining a balance with wellness reminders on hydration, nutrition, exercise, and family time. The use of a Mood-o-Meter gave students the space to reflect and express their emotions, while a summer self-care calendar encouraged healthy routines.

In commemoration of Kargil Vijay Diwas, the Highlanders were involved in creating rakhis for our brave hearts safeguarding the borders. A session on food waste management highlighted sustainability through segregation and natural recycling methods, reinforced by an interactive game that showed how small actions can lead to big change. Another awareness talk challenged conventional beauty stereotypes, encouraging students to rethink standards by exploring organic beauty products.

For our senior students, a series of career and university counselling sessions opened pathways to the future. Ms. Tanushree Bhattacharya shared insights into UBC's programs and campus life. Representatives from Athena Education guided students on life skills and competitive university profiles, while speakers from the University of Birmingham, Imperial College London, and the University of Nottingham provided valuable application guidance. Mr. Vikram from Plaksha University inspired students with a thought-provoking session on the Third Industrial Revolution and cyber-physical systems, weaving in real-life case studies that sparked fresh imagination and innovative thinking.

Returning from the summer break, students participated in 'Unpacking June', a reflective session that blended positive psychology and self-awareness. This open dialogue encouraged them to share holiday experiences and discuss recent national events and movements with openness and sensitivity.

Together, these experiences are building bridges—from digital safety to compassionate patriotism, from emotional well-being to long-term goal setting. At Scottish High, we are committed to shaping our students into responsible, empathetic, and forward-thinking change-makers.

The Counselling Department

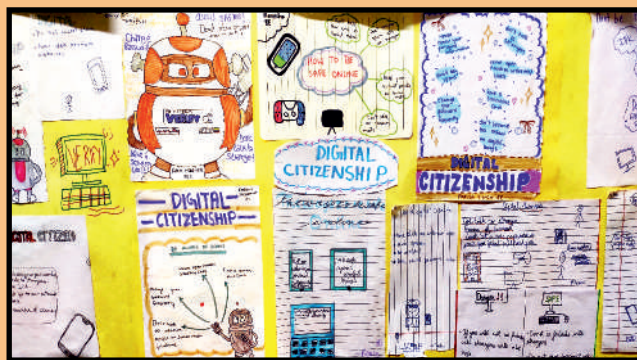
Navigating the Shift from Play to Digital Play

"Finish playing first, then you can study"—a phrase that echoes in many children's ears. Traditionally, play has often been seen as a waste of valuable time, a luxury that comes only after academics. Today, however, the evening doorbell inviting friends outdoors has been replaced by an online invite to Minecraft or Roblox. Playgrounds have shifted, but the debate about the value of play remains the same.

Play, at its core, is a creative activity that is freely chosen, pleasurable, and guided by rules—sometimes external, sometimes internal (Eberle, 2014). The rise of digital play has transformed how children connect. While it brings concerns like reduced physical activity, weight gain, and mental health challenges, research also shows benefits. Digital play can sharpen intelligence (Sauce et al., 2022), foster collaboration, and encourage creative problem-solving. Customizable avatars give children a sense of agency, enabling them to experiment with identity and explore self-expression (Fu et al., 2025).

Like many modern tools, digital play is a double-edged sword. Parents play a key role in striking balance. Gentle boundaries can ensure screens don't replace outdoor fun, rest, or family time. Children notice more than we think, so modeling healthy tech habits matters. Stepping into their world—even playing alongside them—builds trust. And simple family rituals like cooking together, board games, or evening walks nurture real connections.

For students, balance is everything. Notice how gaming affects your sleep, health, and mood. Pair online play with fresh air, movement, and friendships beyond screens. Use games to learn, solve, and create—but don't forget the joy of offline play, where imagination and genuine bonds truly grow.



Artwork by: Grade VIII-E

The Counselling Department



From Our Budding Writers

Glaciers Set Free, Humanity Weeps

Be it the Himalayan glaciers or the Alps, the melting waters have been rushing down with great force—creating havoc in their path, carrying away everything they can, racing to meet the brimming oceans. The result: massive floods.

Can we call these floods heartless and cruel for the devastation they bring—making hundreds of people homeless? Or should we see them as glaciers too eager to be free from their long-frozen bondage, excited to explore the plains?

Yet, this is not a moment of joy or celebration, but of sorrow and despair. People have lost homes and belongings. Animals are left to die. Trees collapse as their roots lose their grip. The merciless waters seem to have no soul—perhaps they too are helpless, like a vehicle with failed brakes, unable to stop.

This year, India has faced the fury of these floods. In many regions, it is heart-breaking to see the news each day—families devastated, lives lost, smiles erased. Landslides have worsened the suffering, and to make matters worse, the monsoon has arrived earlier than expected, adding fuel to the fire. The government and social workers are striving to save lives and provide shelter to the homeless.

But this is not new. It is a tragedy that has repeated for years. The question remains—have we learned our lessons? When will we learn? Will we ever learn?

Yashika Sharma
Class VIII-C

When Toys Speak Economics: Labubu and the Semiotics of Downturn

The intriguing ascent of the Labubu figurine, part grotesque, part whimsical, has rapidly transcended the realm of a mere trend. To the discerning observer, it unveils patterns of consumer psychology that frequently anticipate a downturn in the economy. During periods of constricting economic conditions, individuals commonly replace costly indulgences with symbolic yet affordable luxuries, and Labubu epitomizes this very dynamic.

This process does actually have antecedents. In the Depression era, American families turned to inexpensive baubles, radios, and Hollywood films as a refuge of emotions, making small investments that cushioned the impacts of lost fortune. More recently, the early 2000s recession coincided with a frenzy involving Beanie Babies, wherein collectors took comfort in products both available and speculative, their volatile secondary-markets prices eerily reflecting financial-markets volatility.

Labubu continues this lineage within late capitalism. Its

unsettling smile announces the era's ambivalence: a longing for security paired with consciousness about flux. Secondary trading further amplifies resemblance to broader market action, since peaks in value and immediate downturns repeat equity volatility on a small scale.

Thus, Labubu could not be viewed in a vacuum as a singular curiosity but is part of a historical trend wherein cultural commodities become economic indicators. Such commodities signal consumer fears, contain financial frailty within a sphere of playfulness, and serve foreboding signifiers of future contraction in economics. To dismiss Labubu simply as a toy is to overlook how it serves as a subtle but powerful harbinger of recessionary mood in the manner of trinkets and collector's items that came before it.



Snigdha Saxena, Grade XII IBDP-B

Clan News

BOYD

Stay positive, work hard and make it happen.

August has been a month brimming with diverse participations, offering glimpses of success stories that have brightened our clan spirit and highlighted the remarkable talent across all grades.

Let us celebrate the shining stars of our clan:

In the Inter Clan Science Quiz Competition (Grade IX and X), Arnav Goel (IX-A), Aarav Malhotra (X-C), and Mehran Singh Bhullar (X-B) secured the First Position, making us beam with pride. In the MFL Tongue Twister Competition (Grade VII) — Bhumeet Malik (VII-G) took First in German, and Kartik Chaudhary (VII-E) earned Second in Spanish. The intellectual arena of Mind Wars (Grade XI and XII) saw a brilliant win by Advita Mahajan (XI IBDP A), Arav Bajpai (XI-D), and Jaikrit Bijlani (XI-C) with another First Position in the Inter Clan Mind Wars Competition. Our energetic dancers from Grade VI—Dhanesh, Hridaan, Anika, Shanaya, Adrija, Anya, Mehar, and Irene, lit up the stage in the Inter Clan Dance Competition, with their



synchronised steps and moves. In the Inter Clan MFL Spell Bee (Grade VII), Prayan Sharma (VII-A) bagged First in French, and in the Inter Clan Commerce & Economics Fact-Finding (Grade XI and XII), Suhane Achra (XI E), Arav Bajpai (XI D), and Ahaan Tripathi (XI D) secured another proud First Position.

Adding more to the victory chart, in the Inter Clan Heritage Quiz (Grade VI), Arham Jain (VI-A) and Zohan Akhtar (VI-B) earned a commendable Second Place.

The Inter Clan ICT Quiz (Grade IX and X) saw Advait Palakeezhil (X-C) and Moksh Mohan Sinha (IX-A) secure Second Place. In the Inter Clan English Debate (Grade VII), Aarna Misra (VII-D) took the First Position, and in the Inter Clan Science Rap (Grade VIII), Maleeha Jasif (VIII CS B) mesmerised the audience with a First Place win. Our convincing debater Suhane Achra (XI E) also secured Second Position in the Inter Clan Literary Debate for Grades XI and XII.

Each participation and victory inspires one or the other to keep participating. Join in, speak up, perform, and participate. The clan thrives because of you.

Wishing you all the very best for the upcoming half-yearly exams. Go ahead and shine there too.

Ms. Akanksha Yadav, Clan Elder -Boy

LAMONT

"Delays are not denials, but redirections."

– Tony Evans

From the moment we are born we start dreaming of what we want to be when we grow up. Some wish to become an author, aspiring artist or doctors we all have dream and ambitions that fuel is passion for life. However, as we journey through life sometimes things don't go according to plan. we may encounter setback disappointments or obstacles that make us feel giving up on our aspirations. But just because something is not happening right now doesn't mean that it won't happen in the future. Always remember our dreams are still attainable despite of any present roadblocks. So be motivated and keep aiming towards the goal with full enthusiasm like our Highlanders at Scottish High.

Gaurika Mukherjee and Ishanvi Vasant from Grade X with their melodious singing made our clan proud in Inter Clan Solo Singing Competition by securing first and third position. respectively. Rishit Jhunjhunwala, Aarav Khurana and Aabir Basu from Grade IX and X enthusiastically participated in Inter Clan Science Quiz Competition and secured third position. Jiyansh Jhamb from Grade VI secured second position in Inter Clan English Declamation Competition. In Inter Clan MFL

Tounge Twister Competition for Grade VII Saisha Bahal and Urvee Repaswal secured first and third position in French and Spanish respectively. Lakshay Dhiman, Kartikeya Arora and Hetavi Nemish Doshi from Grade XI participated in Inter Clan Mind Wars Competition and secured third position.

While keeping our aims high and continuous perseverance, Parisha Agarwal from Grade VIII participated in Inter Clan Video Editing Competition and bagged third position. Eva Khurana, Kyreene Grewal, Ananya Arora, Kiaan Juneja, Krishay Juneja, Jiyansh Jhamb and Vedika Hazrati showed best team work and made the clan proud by winning first position in Inter Clan Dance Competition. In Inter Clan MFL Spell Bee Competition for Grade VII Saisha Bahal, Hunar Puri and Vinisha Aggarwal bagged second position in their respective languages. Gaurissha Angel Singh, Kartikeya Arora and Vansh Chandgothia from Grade XI secured third position in Inter Clan Commerce and Economics Fact Finding Competition. Iva Kasan and Ananya Balaji from Grade VIII participated in Inter Clan Hindi & Sanskrit Quiz and won second position as a team. Advay Aggarwal and Ishan Ralli from Grade X participated in Inter Clan ICT Quiz Competition and got third position. Aarya Dogra from Grade VII secured third position in Inter Clan English Debate Competition. Last but not the least Samridh Ahluwalia from Grade VIII proudly bagged second position in Inter Clan Science Rap Competition. Congratulations to all the winners and participants for their efforts and hard work always. Keep rising and shining always.

Ms. Kiran Cacoria, Clan Elder - Lamont

MACARTHUR

*"Through trials and tests, you've walked with pride,
With courage and strength as your steadfast guide.*

*Each step you take, each dream you chase,
Adds glory and honour to our clan's embrace."*

With the above words, I deeply appreciate the hard work and dedication of my clan members that they have demonstrated. Your efforts truly deserve recognition and praise. This month has brought forth numerous opportunities, and our Macarthur students have risen to the occasion with excellence, leaving no stone unturned.

Grade VI students displayed remarkable talent with Harizaak (VI D) and Advik (VI F) securing the third position in the Science Everyday Competition. Elina Sindhwani (VI C) and Dheera Swami (VI A) also bagged the third position in the Heritage Quiz Competition. In the Dance Competition, Sarah Annya Subba (VI D), Riyanshi Maheshwari (VI A), Yaana Sharma (VI A), Saumya (VI B), Elina Sindhwani (VI C), Sehaj Kaur Chandhok (VI E), Kiaan Banga (VI E), and Aashvi Aggarwal (VI F) showcased their energy and earned the third position.



Grade VII Highlanders proved their mettle with Yohaana Cacoria (VII C) attaining the third position in the Digital Collage Making Competition. In the MFL Tongue Twister Competition, Anaya Banger (VII CS A) secured the second position in French, while Suhana Singh (VII G) achieved the second position in German. The MFL Spell Bee Competition also brought laurels as Puranjay Attri (VII CS B) clinched the first position in German, and Anaya Banger (VII CS A) bagged the third position in French. Adding to the victories, Avitreya Sarvesh (VII C) earned the second position in the English Debate Competition.

Grade VIII students showcased excellence in both intellect and creativity. Gaurika (VII B) and Ansh Gupta (VIII B) won the first position in the Mental Math Hunt. Aarav (VIII CS A) secured the second position in the Video Editing Competition, while Aarav Kulshrestha (VIII CS A) bagged the third position in the Science Rap Competition. In the Hindi and Sanskrit Quiz, Gaurika Sharma (VIII B) and Ansh Gupta (VIII B) secured the third position.

Grades IX–X also made a mark with remarkable wins. In the MFL Cultural Quiz Competition, Vanad Singhal (X E) and Kiyaara Luthra (IX IG) secured the third position.

The Science Quiz team comprising Emya Jain (X IG B), Vanad Singhal (X E), and Misha (IX IG B) earned the second position. In the ICT Quiz Competition, Harsimar Singh Dargan (X IG A) and Rivan Barola (X E) clinched the first position.

Grades XI and XII continued the winning streak. In the Street Play Competition, the team of Atharv Vyas (XI C), Navya Chaudhary (XI IB), Ahaan Khanna (XI B), Rishika Abrol (XI IB), Diya Juneja (XI IB), Ehan Khan (XI B), and Aaroh Sarvesh (XI D) secured the first position. The Mind Wars Competition saw Tejaswat Singh Chauhan (XI DP B), Navya Chaudhary (XI DP B), and Rishika Abrol (XI DP A) earn the second position. In the field of debating, Anya Nigam (XI B) brought laurels by winning the first position in the Literary Debate Competition.

These stellar performances across all grades reflect the talent, determination, and indomitable spirit of our Highlanders, who continue to shine and bring glory to Clan Macarthur.

Ms. Pooja Sethi, Clan Elder - Macarthur

eventually leads to big achievements. A student who studies consistently, revises thoroughly, and practices regularly will surely perform well in exams. Athletes, artists, or professionals succeed only because of their dedication and long hours of practice. Hard work may seem tiring and demanding at first, but the results it brings are always rewarding.

Andersonites produced similar rewards in most of the Interclan Competitions this month. Samaira Jain (VI) secured the first position in the Inter-Clan English Declamation Competition. Aradhya Yadav (VII) achieved the first position in the Inter-Clan Spanish Tongue Twister Competition. Kairav Jha (VIII) bagged the first position in the Inter-Clan Video Editing Competition. Rayena Chakravarti (IX) earned the first position in the Inter-Clan Solo Singing Competition. Ayaan Taneja (VII) stood first in the Inter-Clan Spanish Spell Bee Competition.

Team events also brought laurels to the participants and the Clan. Team Anderson, comprising Siddhant Thakur (XI), Shaarav Sethi (XII) and Ananshya Dhar (XI), secured the first position in the Inter-Clan Commerce and Economics Fact-Finding Competition. Another Team Anderson, consisting of Laura Anika (VIII) and Harsh Vardhan Naik (VIII), claimed the first position in the Inter-Clan Hindi & Sanskrit Quiz. Aarav Kaushik (VI) and Shaurya Singh (VI), as a team, won the Inter-Clan Heritage Quiz.

The results reflect not only the talent and dedication of the students but also their ability to work with zeal and determination. These competitions provide a platform for holistic development, encouraging creativity, knowledge, and team spirit among the participants.

Ms. Ruma Jain, Clan Elder - Anderson

ANDERSON

Hard work is the key to success in every field of life. It teaches us discipline, perseverance, and patience, while also helping us overcome challenges. When we work hard, we not only improve our skills but also build confidence and resilience. Every small step of effort adds up and



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Golf

ANITYA'S TIP OF THE MONTH

Maintain the Triangle of the Arms for better Chipping

Here is a great drill to use when you're just off the green and need to hit a chip shot close to the flag.

Take your set up on the ball with a pitching or a sand wedge and make sure that both your arms are straight and form a triangle with your shoulders. Now as you swing your the club back and through to hit the chip shot, make sure that you maintain this triangle with the body and arms turning together as one unit. Any use of wrists or elbows bending etc will cause the triangle to break down and may result in inconsistency of contact and distance.

Maintaining this triangle is a sure shot way to get consistent with you chip shots from off the green.



**Mr. Anitya Chand,
HoD - Golf Coordinator**



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