



### From the Principal's Desk

## DECEMBER: THE MONTH OF SACRIFICE

When we hear the word "December," images of winter, snow, long nights, Christmas, and New Year plans instantly come to mind. Yet, this month also carries a profound message of love, sacrifice, humanity, and bravery. December reminds us of the love and compassion of Jesus Christ, as well as the courage and sacrifice of the four Sahibzaade: Ajit, Jujhar, Zorawar, and Fateh.

The month begins with World AIDS Day on December 1st, dedicated to raising awareness about HIV. First observed in 1988, this day marked a global call to action to end the HIV/AIDS epidemic. With the motto of "शं नो वरुणः", the Indian Navy celebrates Indian Navy Day on December 4 to highlight the role, achievements and challenges of the people who are serving our nation in the Indian Navy.

On December 10, 1948 the United Nation General Assembly adopted the Universal Declaration of Human Rights. So we observe Human Rights Day on December 10 to protect the fundamental human rights of all people. Next day, i.e. on 11th December, we celebrate International Mountain Day, in order to educate people about the role of mountains in providing fresh water, clean energy, food and recreation.

Famous Indian Mathematician S Ramanujan was born on December 22, 1887 in Erode in Tamil Nadu. He had made remarkable contribution in various fields of Mathematics and to commemorate his birth anniversary, we celebrate National Mathematics Day on 22nd December, every year. One of the most celebrated festival across globe is Christmas. Jesus Christ was born on 25th December and to spread his message of love and humanity we celebrate Christmas on this day. Christmas festivities continue on next day also as we celebrate Boxing Day in which boxes filled with gifts and money is given to the household helpers and employees who had to work on December 25th. The month ends with Veer Bal Diwas observed on December 26th every year in India to pay homage to the four sons of last Sikh Guru, Guru Gobind Singh Ji.

Hence, the message of the month is loud and clear, that one achieves everything with their own attributes as rightly explained in Hitopadesh: "विक्रमार्जितसत्त्वस्य स्वयमेव मृगेन्द्रता" "*The lion becomes the king of the jungle by his own attributes and heroism*".

**Dr. Sanjay Sachdeva (School Principal)**

## A NEW SPIRIT

A distinctive philosophy of education followed by Scottish High International School, is to establish a thought process- even amongst the youngest of its students- that was meant to encourage the freedom to choose and follow up on an area of interest, in addition to the 'classroom learning' that was important in its own right. The spirit of 'pursuit of excellence' keeps school education from becoming a burden ever and makes for personality growth that would be a life time gift for the student. The call 'sky is not the limit' embraces the advantages of a healthy competition, self confidence, liberty to make a choice, nurturing style of teaching and a continuity of environ between home and the school. These are not things that could be easily acquired and Scottish High deserves heart- felt compliments from all parents, for this rare achievement.

All this generates a powerful legacy that would help the 'Highlanders' to retain a level of camaraderie and goodwill that is in itself a lasting advantage for their later life. Credit for this goes to the founders of the school as much as to the dedicated community of teachers, managers and workers engaged by them. The formative years of a student are of immense importance for

personal growth and are irreplaceable in that sense. A school like the Scottish High produces achievers-not merely winners- and it does this effortlessly on the strength of its approach to education itself that spread pleasantness around 'learning' and fostered enthusiasm for 'effort'. As the grand parent of Samarth Krish Pathak, student of UKG(C), I appreciate the positive environ and the spirit of growth, the school has provided for him. I am sure the school will continue to work for advancing the cause of wholesome education-combining acquisition of 'knowledge' with goal-oriented 'pursuit' and an awareness of the importance of 'character' in life.

**Ms. Seema Bhati (Primary School Director)**



# PYP

**"Learning gives creativity,  
creativity leads to thinking,  
thinking provides knowledge and  
knowledge makes you great."**

*Dr. A.P.J. Abdul Kalam*

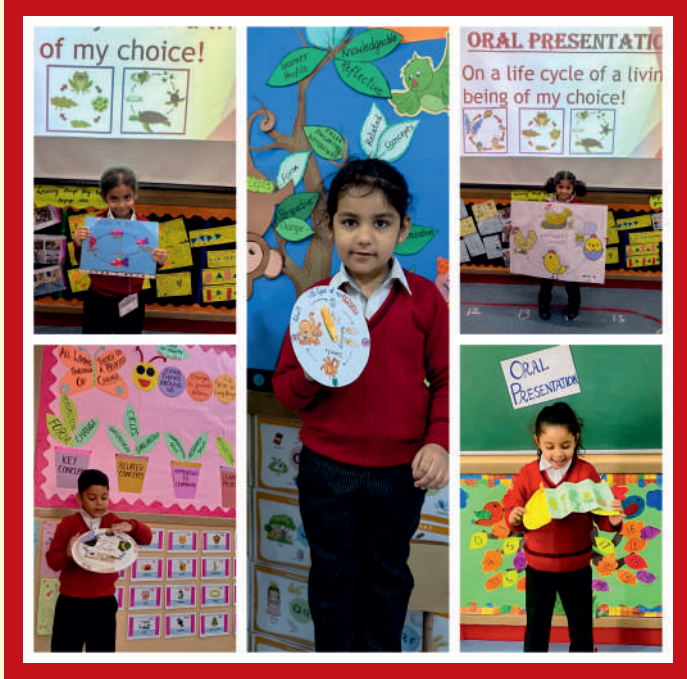
The tiny tots of Nursery delved into the world of transportation under the Transdisciplinary Theme 'How we organize ourselves'. Immersing themselves in creative role play, they brought to life the concepts of land, water and air transport using a variety of props to enhance their symbolic exploration and self-expression. This engaging activity allowed students to collaborate with their peers, take on different roles and actively strengthen their conceptual understanding of how various modes of transport function and connect to our lives. Adding to the excitement, the students had the opportunity to interact with a guest speaker; a lady pilot, who shared fascinating insights about air transport, including its safety measures and operations. Her session not only enhanced their understanding but also inspired curiosity and wonder, making this learning experience both dynamic and memorable.

The students of Lower Kindergarten as part of their inquiry under the Transdisciplinary Theme 'How the world works', embarked on an engaging journey to understand growth and change. Through a hands-on seed germination activity, they closely observed the stages of a plant's life cycle fostering curiosity and connection with nature. In a unique classroom interaction, students met a baby, a toddler and a grandmother, enabling them to symbolically explore the growth pattern of human beings. This interactive experience deepened their understanding of how living things evolve over time.



To further enhance their learning and encourage independence, students were given the agency to research the growth pattern of a living thing of their choice at home. They enthusiastically presented their findings to their peers showcasing their confidence, creativity and new found knowledge.





The Upper Kindergarten students while exploring the importance of a healthy lifestyle and its impact on overall well-being under the Transdisciplinary Theme 'Who we are', showcased their conceptual understanding through a meaningful awareness drive.

Beginning with the creation of vibrant posters, they took their initiative further by engaging with the school community. Interacting with students from lower grades, they confidently advocated for adopting healthy habits, demonstrating both ownership of their learning and a commitment to spreading awareness.



*“Every child is a different kind of flower, and all together, they make this world a beautiful garden.”*

Children's Day at Early and Primary Years was a truly memorable occasion, a day filled with exciting activities designed to bring joy and celebration. Students arrived at school dressed in their favourite coloured outfits, leaving their school bags behind and brimming with enthusiasm. They eagerly immersed themselves in creative and lively sessions that included dance, music, painting and crafting unique handiwork. The joy of the day was perfectly captured in a fun photo shoot adding a delightful touch. A thoughtfully curated special menu rounded off the festivities, ensuring that every child went home feeling loved and deeply appreciated.





**“Learning thrives where ownership begins.”**

The Front Desk Programme, a one-of-a-kind event, offers students a platform to showcase their learning journey to parents, encompassing experiences learnt both inside and beyond the classroom. The students of all Upper Kindergarten sections and two Lower Kindergarten sections captivated the audience with their confident performances and growing knowledge. From skits to musical storytelling and role-play of their favourite tales, the young Highlanders were brimming with enthusiasm and excitement to present their skills. The students of Grade II displayed a delightful array of songs, dances, skits and various elements of PSPE as they put their best foot forward for the Front Desk Programme. Showcasing confidence, teamwork and commendable self-management skills, they left the audience spell-bound.

Dynamic dance formations, a lively orchestra, team-building games, yoga asanas, engaging rhymes and more kept the parents enthralled, leading to rounds of applause and cheers. Making it interactive, students challenged parents with quizzes and thought-provoking questions, encouraging them to don their thinking caps and be active participants. The programme was indeed a delightful celebration of learning, creativity and collaboration, leaving parents proud and inspired. A memorable event and a true learning experience for all!





**“Celebrating the season of joy, love and the magic of togetherness.”**

With Christmas just around the corner, the festive spirit and excitement lit up the Early and Primary Years, filling the air with cheer and warmth. The beautifully decorated reception set the perfect ambience for the season of joy, sharing and cheer. Children enjoyed, singing Christmas carols that filled the air with warmth. Enthusiastically crafting unique decorations and adorning cookies, the young ones fully embraced the festive celebrations, making the season even more magical.



The Nativity play presented by the talented Highlanders of Grade IV creatively brought to life the story of Jesus Christ. The atmosphere was bright and beautiful as the open-minded learners connected with each other, expressing their gratitude for the year gone by and hoping for a future filled with joy, peace and togetherness.



## Young Explorers: Discovering Nature's Wonders

Our Grade IV and Grade V students embarked on their highly anticipated annual camping trips to Ranthambore and Jim Corbett Park, respectively. These adventures proved to be an ideal blend of learning, exploration and unforgettable memories, while fostering essential life skills like independence, self-reliance and decision-making. It was an excellent way to promote personal growth, socialization and outdoor skills. The Highlanders reconnected with nature, developing a sense of respect and appreciation for the environment.





## Primary Annual Athletic Meet - Thrilling track and field events

The Annual Athletic Meet of the Primary Wing is an exciting event showcasing the athletic skills, enthusiasm and teamwork of young Highlanders. The primary school celebrated its 'Annual Athletic Meet' with gusto and zeal with the Highlanders displaying camaraderie and commendable self-management skills. A variety of recreational races such as 'Pack the bag', 'Button the shirt', 'Sack race' and 'Ball in the socks' along with the crowd favourite 'Flat race' ensured a high energy, action packed day for everyone. The day brought home the message of healthy competition and true sportsman spirit as the children strived to display their focus and endurance.

As rightly said, **“Winning isn't the score on the board. It's seeing something through to the end and then congratulating your opponent.”**



**“The way we generate energy is not just about generating power, but about empowering people.”**

The enthusiastic Highlanders of Grade II had an enriching session at the 'Energy Fest'; an event curated and presented by the grade teachers. Tuning in to the Transdisciplinary theme -How the world works, the HRTs presented various working models and objects to deepen student understanding on forms and uses of energy. Children observed various musical instruments like the Jal Tarang and learned that sound energy travels through vibrations or waves.

Making connections with real life, children became familiar with various forms of energy like mechanical, electrical, light, solar and thermal and could identify various gadgets on display.



**“The future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt**



Siddhika Saxena of Grade III-A represented Haryana in 62nd National Roller Skating Competition held at Mysuru, Karnataka (age category 7-9). An extraordinary performance resulted in her emerging victorious and being awarded a gold and a silver medal. She was also declared the national champion in her age category making the Scottish family proud of her achievement. The competition was organised by the Roller Skating Federation of India (RSFI) recognised by the Indian Olympic Association (IOA).

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



# Medley of Activities



In the month of November, the art and craft classrooms were abuzz with creativity and enthusiasm. The month witnessed a kaleidoscope of activities that brought together the imaginative strokes of our younger Highlanders and the disciplined rehearsals of our school performers.

Grade II students learnt how to make decorative items like lamps and steamers with coloured paper related to the transdisciplinary theme "How we express ourselves". They made their personal connections by identifying and using the material of their choice for the process. Grade III students, through the unit "People create systems of measurements to meet their needs in daily life," delved into the concept of grid enlargement in art. They applied this concept to create detailed underwater scenes using the grid method. This allowed them to explore how measurements help in accurately recreating images, enhancing their artistic skills and understanding of mathematical principles. Grade IV focused on poster making, related to the theme "How We Express Ourselves." Students explored how images and text can be combined to influence the behavior of target audiences. This poster making helped them understand the power of visual communication and its impact on conveying messages effectively.

While the primary school students engaged in these creative activities, our Highlanders in Grades V and XII were diligently involved in preparations for the highly anticipated annual day. The school resonated with the sounds of dance rehearsals, musical ensembles, and theatrical performances as students fine-tuned their performances under the guidance of dedicated instructors. Dance troupes showcased precision in every movement, weaving captivating stories through their choreography. Musical talents harmonized their voices and instruments to create melodic symphonies that promised to captivate the audience. Drama teams brought scripts to life, infusing the auditorium with a blend of humor, emotion, and thought-provoking narratives.

December was a fun-filled month with creativity and noise in the virtual art classes. In continuation with the learning process, our Highlanders made drawings related to the Christmas festival, capturing the spirit of the season through their artistic expressions. They explored various elements of the holiday, such as Christmas trees, festive decorations, and winter scenes. Along with the drawings, students also worked on crafting unique decorations like snowflakes and Santa Claus. The excitement and joy were evident in every piece, as most of them enjoyed learning new techniques and sharing their festive creations with their peers. This hands-on approach allowed them to embrace both their artistic and imaginative sides while celebrating the holiday season.

**Ms. Amitta Gahallot,**  
**HoD Visual and Performing Arts**



The months of November and December unfolded as a grand celebration of creativity, rhythm, and joy. November radiated with vibrant energy, as the Diwali dance party lit up the campus with shimmering lights, infectious music, and students dancing with unrestrained enthusiasm. Meanwhile, annual day rehearsals were a whirlwind of excitement, with students perfecting every move, embodying passion and dedication.

Grade II explored the joy of movement through a vibrant celebration dance. Grade III delved into musicality by learning to count beats across various rhythms. Meanwhile, Grade IV took a creative and purposeful approach by choreographing a dance on water conservation, delivering a meaningful message to society. This seamless integration of dance into the learning journey enriched their experiences and fueled their creativity.

In December, the vibrant energy culminated in awe-inspiring annual day performances that left the audience spellbound. The month also featured the Grade II FDPs, where students showcased their hard work and creativity in heartfelt performances, earning admiration from parents and teachers alike. The festivities continued with the Farewell Celebration and Alumni Meet, where classical dancers lit the stage on fire, adding a mesmerizing charm to this season of joy.

**Ms. Himani Yadav**  
**Dance - Instructor**



In the month of November 2024, students of Grades IX and XII participated in an inter school Nukkad Natak competition organized at Scottish High International School during the SHIS Fest. The topic of the competition was "Our Planet, Our Responsibility." Our students shared various innovative ideas to protect mother earth through their acting, coordination, and teamwork. Everyone in the audience appreciated the performance and praised the acting skills. The team secured the 1st position for their amazing effort.

In the month of December 2024, students of Grades VI, IX, and XI, participated in the Annual Day function. The story of the annual day focused on family values. The drama presentation was appreciated for its poignant portrayal of family values and their relevance in today's world. The drama not only entertained but also imparted valuable life lessons. It served as a reminder of the crucial role that families play in shaping individuals and society. The young actors delivered powerful performances, bringing to life characters that resonated with the audience. The audience was deeply moved by the performance, and the play sparked conversations about the importance of nurturing strong family relationships.

**Mr Vikas Sharma**  
**Theatre Arts - Instructor**





Nov and Dec at Scottish High were a whirlwind of activity, creativity, and celebrations. The Annual Day preparations in November culminated in a grand event in December, where the Scottish High choir inspired everyone with soulful renditions of You Raise Me Up and Dreamers by Jungkook. The senior school band added to the magic, performing a mix of classics and contemporary hits like Hotel California and Die With a Smile.

Grade II's FDP in December was another highlight, with students spreading holiday cheer through spirited performances of Christmas carols like Up on the Housetop and Feliz Navidad. Their energy and enthusiasm left the audience spellbound.

Adding to the festive vibe, the Scottish High choir brought the joy of Christmas beyond campus, performing carols at the DLF Golf and Country Club's Christmas event. Our choir's melodious voices had everyone sing along with their tunes.

Our winter session also saw the much-anticipated SHIS Fest, where Vocal Vibes, the Inter-School Singing Competition, showcased outstanding performances from over 27 schools. Meanwhile, younger students in PYP continued linking music with their transdisciplinary themes, learning about rhythm, structure, and the expression of ideas through music.

**Mr Shivam Srivastava**  
Western Music - Instructor

## From The Sports Field



The month of November and December started with various participation and achievements where Shivina Nagwanshi, Nandini Miglani, Samaira Mundair and Anoushka Pareek of 8th CSA participated in the ISSO National Yoga Competition and secured 3rd position.

Highlanders participated in the ISSO National Badminton Competition held at Prometheus School, Noida. Saisha Bahal (VI CS), Ekaksh Chaudhary (X IG), Ayaan Kapoor (XI DP), Ayushi Sinha (X IG), Yuval Sharma (IX IG), Aadit Bhutani (X IG).

Mehher Sharma (X IG), Tisha Saxena (XI DP), Mehr Kaur (XI DP), Rishik Tandon (XI DP) and Siddharth Suneja (VIII IG) participated in the ISSO National Lawn Tennis Competition held at Pathways world school where Mehher Sharma got selected for the SGFI National.

Devansh Gupta (IX IG) participated in SGFI National Chess Championship.

Raisa Bhardwaj (XI DP) and Ashana Sud (X IG) got selected for the SGFI National Basketball Competition going to be held in Patiala. Raisa Bhardwaj also

participated in ISSO National Athletic Competition where she secured 2nd position in Shot Put event and 3rd position in Discus throw.

The preparations of Sports week for Grades VI and VIII. In Sports week different games Basketball, football, Lawn Tennis, Cricket and Badminton were played. In Grade VI Basketball Clan Anderson secured first position followed by clan Boyd, Macarthur and Lamont. In Football Clan Boyd secure first position followed by clan Anderson, Macarthur and Lamont. In Cricket Can Macarthur secured first position followed by Clan Anderson, Boyd and Lamont. In Lawn Tennis Boys Clan Boyd got first position followed by Clan Macarthur, Anderson and Lamont. In Lawn Tennis Girls Clan Macarthur got first position followed by Clan Anderson, Boyd and Lamont.

In Grade VII Basketball Clan Macarthur secured first position followed by clan Boyd, Anderson and Lamont. In football clan Anderson secure first position followed by clan Lamont, Macarthur and Boyd. In cricket clan Lamont secured first position followed by clan Boyd, Macarthur and Anderson. In lawn tennis Boys clan Anderson got first position followed by Clan Boyd, Lamont and Macarthur. In Lawn tennis Girls clan Macarthur got first position followed by Clan Boyd, Anderson and Lamont.

**Mr Darshan Singh Gahallot,**  
HoD Sports

## Senior School Head

### Navigating Social Media and Technology: Guiding Students towards Healthy & Balanced Use

In today's digital-first world, social media and technology are an integral part of our students' lives. They offer immense opportunities for connection, learning, and creativity, but also present challenges that require thoughtful navigation. As educators, it is our responsibility to guide students in developing a healthy, balanced relationship with technology, empowering them to use it as a tool for growth while avoiding potential pitfalls.

A key aspect of this guidance is fostering digital literacy. Students must understand how to critically evaluate the information they encounter online, distinguish credible sources from misinformation, and use social media responsibly.

Equally important is helping students establish boundaries for their technology use. Endless scrolling and excessive screen time can lead to stress, anxiety, and a decline in physical health. We encourage students to adopt practices such as setting time limits, unplugging during meals, and creating tech-free zones at home. Our mindfulness programs and awareness campaigns help them recognize the need for balance and prioritize meaningful, offline interactions.

Another critical component is teaching students about their digital footprint. Every post, comment, and shared photo contributes to their online presence. We stress the importance of building a positive digital identity, which reflects their values and aspirations, while being mindful of long-term implications for academic and professional opportunities.



Collaboration with parents is essential in this journey. Together, we aim to create a unified support system that promotes responsible and constructive use of social media and digital tools. As we embrace the opportunities of the digital age, we must also instill in students the skills and mindset to navigate its complexities. By encouraging thoughtful engagement and balance, we are not only protecting their well-being but also preparing them to thrive as responsible, tech-savvy individuals in a rapidly changing world.

The school has always ensured through expert talks, counselling sessions and guest lectures and will continue to guide and literate our Highlanders on the use of social media and technology. Through education and partnership, we aim to empower our students to use technology wisely and make it a force for good in their lives.

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

## Modern Foreign Languages

### Inter-Clan MFL Poetry Recitation Competition for Grade VII

On Tuesday, 5th November 2024, the Modern Foreign Languages Department hosted the much-anticipated Inter-Clan Poetry Recitation Competition for Grade VII. The event aimed to provide students with a platform to celebrate their love for languages while honing their linguistic and oratory skills. The theme for the competition, "My Family," encouraged participants to delve into personal and relatable experiences, allowing them to express their creativity and cultural understanding. Each participant delivered their recitation with enthusiasm, supported by visually captivating PowerPoint slides that added an engaging dimension to their performances.

The recitations highlighted students' remarkable command of their target languages—French, Spanish, and German—and their ability to express emotions and ideas eloquently. A panel of experienced language teachers evaluated the performances, focusing on criteria such as pronunciation, content of the PowerPoint slides, and overall presentation.

The event reinforced the importance of linguistic and cultural exchange, fostering a deeper appreciation for foreign languages among students. The competition served as a testament to the power of language in connecting people and expressing creativity.

**Vive les langues!**



## EDUCATIONAL VISIT TO ALLIANCE FRANÇAISE DE DELHI

### An Immersive Journey into French Culture

On Wednesday, 13th November 2024, our school organized an educational visit to Alliance Française de Delhi, a renowned cultural and language institution for the students learning French in Grades IX, X IGCSE, XI, and XII IBDP. The trip was an enriching experience for students, as it offered a deep dive into the rich tapestry of French language, arts, and traditions.

The Highlanders explored the media library, a treasure trove of French literature, films, and music. They browsed through books, watched short documentaries, and even listened to French songs. This activity opened their eyes to the diversity and richness of Francophone culture.

A highlight of the visit was a French screening of the insightful French movie *Yakari: A Spectacular Journey* highlighted themes of respect for nature, the power of friendship, and the importance of self-discovery. This experience enriched learners' appreciation of world cinema while fostering meaningful discussions on cross-cultural understanding. The visit also included a Q&A session with CAMPUS FRANCE and DELF DALF diploma related questions, where students asked questions about studying in France, scholarship opportunities, and future collaborations and importance of taking such examinations. The staff encouraged them to embrace the French language as a gateway to global opportunities.

This visit to Alliance Française de Delhi was more than just an excursion; it was a journey of learning and inspiration. It deepened our appreciation for French culture and reinforced the importance of language learning in today's interconnected world.

**Vive l'éducation! Vive la culture!**





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

## IGCSE

### IGCSE Student-Led Conference

On December 20, 2024, the Scottish Highlanders of Grade IX and X IGCSE hosted an exceptional Student-Led Conference, guided by their subject teachers and department heads. The primary goal of the conference was to highlight the practical applications of various subjects in everyday life.

During the event, students invited parents to participate in engaging math games such as the Tower of Hanoi and Tangram, where they identified patterns and created letters using different blocks. It was an enjoyable and interactive experience for all involved.

In English, the atmosphere was filled with energy and enthusiasm. The theme of Myths and Legends took centre stage, with students proudly showcasing their work. A standout moment was the presentation of a TED-Ed video, followed by a lively crossword puzzle and quiz session. The event was not only fun but also insightful, making it an unforgettable day for everyone.

Grade IX Art students focused on the Art and Design curriculum, discussing subject requirements, the future of visual arts, and career opportunities. They engaged with parents, answering questions about their artwork and sharing their creative processes.

In the Economics and Business Studies segment, the focus was on how innovation and strategic decisions by leading companies influence the economy and impact stakeholders. Students chose two global giants—Amazon and Pepsi—to explore how their innovations shape business practices, consumer behaviour, and economic dynamics. Through critical thinking, communication, and analytical skills, students showcased their deep understanding of innovation's role in business success and its broader economic impact.

In Languages, students creatively presented German, French,

Spanish, and Indian cultures, offering engaging activities that highlighted the traditions of these cultures.

The Science segment, themed Exploring Science Beyond the Classroom, included engaging presentations, hands-on experiments, and collaborative discussions on real-world applications of scientific concepts. Students addressed important global issues such as climate change, sustainable technology, and health sciences, showcasing their critical thinking and creativity.

Overall, the conference was a resounding success, offering students a platform to share their knowledge and creativity while fostering a deeper understanding of global cultures. The event not only provided an enriching educational experience but also celebrated the students' talents, curiosity, and enthusiasm. Parents actively participated and shared their positive feedback, making it a day full of learning, excitement, and strong community engagement!



**Mr. Pawan Mittal**  
Cambridge Curriculum Head

## Middle School (Grade VI to VIII)

***“The greatest threat to our planet is the belief that someone else will save it.”***

**- Robert Swan**

As we move in to 21st century, the importance of creating a sustainable future has become more important. With environmental challenges like climate change, pollution and resource depletion impacting our environment. Sustainability is about meeting our current needs without compromising the ability of future generation to meet their needs. Creating a sustainable future is not just a goal, it is a necessity. Every small step we take today will have lasting impact



impact on our planet. Let's work together to build a world where people live in harmony with nature, ensuring that future generations get cleaner and healthier environment.

As a student, you have the power to shape the future. By embracing sustainable practices or leading recycling initiatives, organizing eco-clubs you can inspire change within our school. Every small action, contributes to a greener, healthier planet. Important steps one can take to contribute to sustainable future:

- **Adopt Eco – Friendly Habits:** Simple actions like reducing waste, switching off unused appliances and using carpool can make a big difference.
- **Reduce, Reuse and Recycle:** Minimize waste by reusing using items, recycling materials and choosing products with minimal packaging.
- **Conserve Energy:** Opt for renewable energy sources and use energy efficient appliances.
- **Support Green Initiatives:** Participate in tree plantation drives, clean up campaigns and local environment projects.
- **Educate others:** Raise awareness about sustainability and inspire others to take action.

Remember, the future of our earth lies in our hands, and together, we can make a lasting impact by taking small steps to save our environment.

**Ms. Geetanjali Ahuja**  
Middle School Coordinator

## ICSE - ISC Bulletin

The months of November and December were particularly busy for our students, with both Grade X and Grade XII Highlanders immersed in their exam cycles. The Pre-Board Exams for both Grade X ICSE and Grade XII ISC were held, and answer sheets were distributed to provide students with detailed feedback on their performance. Following this, a Parent-Teacher Meeting was conducted to discuss students' results, offer a general assessment of their progress, and provide recommendations for further development.

After the Pre-Boards, special classes were organized for Grade X ICSE students to provide last-minute revisions. Teachers focused on key topics and important notes to ensure students were well-prepared for the upcoming exams. Similarly, one-on-one sessions were held for Grade XII students who needed extra academic support, covering all subjects. In addition, Grade XII students worked diligently on their Internal Assessments and project work. To further aid their preparation for the final exams, mock practicals and viva sessions were conducted, where students received feedback on their IAs from their subject teachers. This culminated in the Final Board VIVA/Project Evaluation and Practical Exams, conducted by external examiners appointed by the Council in the third week of December. The Council also released the official schedules for the 2025 Grade X ICSE and Grade XII ISC Board Exams. The ICSE exams are set to take place from February 18 to March 26, 2025, while the ISC exams will run from February 14 to April 2, 2025.

In addition to academic activities, our Highlanders showcased their immense talent during the Annual Function, which has always been a major highlight of the school year. The event was a wonderful display of creativity and artistic expression, with students demonstrating their dedication and hard work. The Annual Function truly celebrated the spirit of SHIS.

A significant emotional milestone occurred when Grade XI students organized a heartfelt farewell for their Grade XII seniors. This event gave everyone an opportunity to reflect on their shared memories and the bond they've created over the years. The highlight of the farewell was a lively PowerPoint presentation by the juniors, which featured fun moments and memories of the seniors. Various awards were presented to the graduating students, and they were invited to share their experiences with the juniors. With a heartfelt vote of gratitude from the emcees, the event concluded with a mix of joy, nostalgia, and love.

Furthermore, to prepare for a smooth transition to the next academic session, an in-depth ISC Orientation was held for the parents of our current Grade X students. This session provided crucial information about subject selection and career decisions, helping both students and parents make informed choices for Grade XI. The Subject Option Form and an overview of the ISC curriculum were shared, developed in accordance with CISCE regulations and in consultation with subject experts. Parents were given the opportunity to ask questions related to both domestic and international university pathways, and their concerns were addressed during the interactive session. Additionally, one-on-one meetings with parents of Grade X students are currently underway, assisting them in making the best subject choices for their children's academic futures.

Both the months were full of academic challenges, emotional farewells, and unforgettable memories. Looking forward to the exciting opportunities for our Highlanders in coming months!



**Ms. Barkha Anand**  
ICSE & ISC Curriculum Head

## IBDP / IBCP

### Unveiling the Mysteries of the Universe

**The Higgs Boson:** Often called the "God particle," this particle was discovered in 2012 and is thought to give mass to other particles.

**Time Dilation:** As you move faster, time slows down relative to a stationary observer. This effect, predicted by Einstein's theory of relativity, has been experimentally verified.

**Quantum Entanglement:** Two particles can become "entangled," meaning that measuring the state of one instantly affects the state of the other, regardless of the distance between them.

**The Cosmic Microwave Background Radiation:** This faint radiation is the afterglow of the Big Bang and fills the entire universe.

**The Twin Paradox:** In special relativity, one twin who travels at near-light speed will age slower than the twin who stays on Earth.

**Heisenberg Uncertainty Principle:** We can't know both the exact position and momentum of a particle simultaneously.

**Black Hole Evaporation:** Black holes can slowly lose mass and eventually disappear due to Hawking radiation.

*Agastya Sumeer Kaul - Physics HL, Grade XI-IBDP-B*

## Earthbound To Starbound

The artwork juxtaposes a primitive ape with a towering Space Shuttle, symbolizing humanity's journey from its humble origins to its technological zenith. The contrast between the earthy tones of the ape and the vibrant hues of the spacecraft emphasizes the vast expanse of human potential and the relentless drive for innovation. This visual narrative prompts critical thinking, inviting viewers to ponder the nature of progress and the impact of technology on society. By blending the past and the future, the artwork inspires reflection on human history and our aspirations for the future.



*Snigdha Saxena - Art HL, Grade XI-IBDP-B*

## The Subtle Art of Undoing

A quiet New York coffee shop, a haven from the bustling city. Maya, a woman of mystery, observes the world with a keen eye. A hurried businessman spills coffee on his papers, but with a subtle flick of her finger, the mess vanishes. A young girl witnesses this magic, her eyes wide with awe. Maya, with a knowing wink, returns to her silent contemplation. This ordinary moment, however, hints at extraordinary abilities, a hidden power beneath a calm exterior.

*Saatvika Singh - English SL, Grade XI-IBDP-B*

## Anchoring Bias: Insights from Tversky and Kahneman

To investigate the impact of anchoring bias, a study divided high school students into two groups. One group

was presented with a mathematical sequence starting with a low number (1), while the other began with a higher number (8). Participants were asked to estimate the final product of the sequence. The results revealed that the initial number significantly influenced the final estimates. Those who started with a lower number consistently underestimated the correct answer, while those who began with a higher number overestimated it. This study highlights the powerful effect of anchoring bias, demonstrating how initial information can sway judgment, even in seemingly objective tasks.

*Mehr Kaur Aulakh - Psychology SL, Grade XI-IBDP-A*

## Fueling Thoughts: The Science of Cognitive-Enhancing Foods

The human brain, a marvel of evolution, is profoundly influenced by the nutrients we consume. A diet rich in specific nutrients can significantly enhance cognitive function, memory, and overall brain health. By incorporating key foods like fatty fish, nuts, dark leafy greens, berries, whole grains, and certain beverages, we can nourish our minds and optimize our cognitive abilities.

**Omega-3 Fatty Acids:** Found in fatty fish, promote brain health and cognitive function.

**Nuts and Seeds:** Rich in alpha-linolenic acid, support brain health.

**Dark Leafy Greens:** Packed with antioxidants, reduce oxidative stress and inflammation.

**Berries:** Antioxidant-rich, especially blueberries, enhance neural signaling.

**Whole Grains:** Provide stable glucose for brain energy.

**Beverages:** Green tea and coffee, with polyphenols, enhance alertness and mental acuity.

A nutrient-dense diet supports optimal brain function.

*Sumer Singh Mundair - Biology HL, Grade XI-IBDP-A*

**Ms. Pooja Sharma,**

**Diploma Programme Coordinator**

**Ms. Smriti Dudeja,**

**Deputy Diploma Programme Coordinator**

**Dr. Neha Singh Maurya,**

**IB Career-related Programme Coordinator**

## From The Counsellor's Desk

*"Education is the most powerful weapon which you can use to change the world. It is not just about filling minds with facts, but about nurturing hearts to develop empathy and understanding."*

— Nelson Mandela

At Scottish High International School, we believe in fostering holistic growth for both students and staff. This month, our sessions have been instrumental in enhancing students' emotional intelligence, practical skills, and overall well-being. Additionally, our counseling team has been actively engaged in



providing support to students, equipping them with the tools necessary to navigate their academic and personal lives with confidence and resilience.

GD Goenka University hosted a workshop on Emotional Intelligence, Leadership, and Employee Well-being. It brought together educators and leaders to emphasize the role of emotional intelligence in leadership and fostering workplace well-being. Representing Scottish High International School was the Counseling Department. The sessions focused on the core components of emotional intelligence—Self-awareness, Self-regulation, Empathy, and Social Skills—and their impact on effective leadership. Activities like Emotional Awareness Meditation and Decoding Emotions helped participants explore emotional cues and leadership traits such as teamwork and resilience. Speakers Dr. Preeti Malhotra and Dr. Swati Sisodia underscored the importance of emotional regulation, open communication, and mindfulness in creating supportive work environments. Key takeaways included strategies to align personal and organizational goals, promote well-being, and enhance leadership effectiveness. The workshop concluded with valuable insights and practical tools, leaving participants inspired to foster emotional intelligence and well-being within their organizations.

Continuing the emphasis on emotional and physical well-being, an insightful Sex and Health Education Workshop was held for the students of Grade X, XI, and XII at Scottish High International School by Pratisandhi Foundation, a non-profit organization dedicated to de-stigmatizing sexuality education. The session, led by Ms. Anisha Hallan, Mr. Aryaman Singh, Ms. Riya Srivastava, and Mr. Ronit Sharma, focused on key topics such as sexual health, consent, pornography, and addiction.

Simultaneously, Ms. Priyamvada attended the School Counselors, Agents, UK HEIs Engagement Meet with UCAS at the British Council, New Delhi. The event provided valuable updates on the UK higher education admissions process and offered professional development for counselors. Key highlights included the significant increase in demand for UK higher education, with applications from India more than doubling since 2019. The session also addressed how to support academically strong students facing financial challenges. The insights gained from this session will directly enhance the guidance we provide our students at Scottish High International School as they plan their future studies in the UK.

The focus on comprehensive education extended further with a dedicated expert talk for Grade VII on the topic of Menstruation. The session comprehensively covered vital aspects such as anatomy, the concept of menstruation, the phases of the menstrual cycle, and the importance of menstrual hygiene.

The sensitive subject matter was presented thoughtfully, encouraging a comfortable and open dialogue. Students were encouraged to ask questions, fostering an environment of trust and understanding.

Meanwhile, Grade VI students participated in several valuable expert sessions designed to build both emotional intelligence and practical life skills. They began the month with a session on “Knowing Your Triggers: Anger Management,” where they learned to recognize the triggers and physical cues that accompany anger. This was followed by a session on “Anger Management: Practical Strategies,” where students were introduced to helpful techniques such as relaxation methods, distraction, and communication skills for managing anger. These sessions equipped students with practical tools to manage their emotions in a constructive way.

A session on Puberty was also conducted, focusing on helping students navigate the physical and emotional changes they experience during this stage of life. Topics such as hormonal changes, emotional regulation, and self-care were discussed. The session emphasized the importance of embracing these changes as a natural part of growth. Students actively participated in the discussion, asking questions and sharing their concerns, which were addressed with care.

Additionally, students engaged in an expert talk on “Introduction to Art Therapy.” The differences between thoughts, emotions, habits, and behaviors, their interlinkages, and common misconceptions about emotions were discussed. The benefits of art therapy—such as its role in emotional release, self-awareness, and problem-solving—were highlighted through an engaging video on Bhargavii Mani's Kolampodu success story and a hands-on activity where students created mood mandalas using colors to represent emotions. This emphasized its role in emotional regulation, focus, and cognitive flexibility.

To build further practical skills, students participated in a First Aid workshop conducted by SHARP NGO, where they learned how to handle common injuries like cuts, scrapes, burns, and nosebleeds. Students also participated in sessions on Renewable Energy, exploring the importance of renewable resources for environmental sustainability through comic strips. Another session on The Evidence of Evolution provided insights into human evolution, developmental stages, and the significance of early civilizations like the Sumerian language.

For Grade VII, the focus shifted to emotional development, relationships, and communication skills. A key session on Attachment Styles explored the four main types of attachment—secure, anxious, avoidant, and disorganized—and their impact on relationships, enhanced by a video titled “What Your Attachment Style Says About Your Personality.” Another session, “Knowing Your Triggers: Anger Management,” built on their understanding of anger and aggression, including common triggers and physical manifestations. This was further developed through a follow-up session, “Anger Management: Practical Strategies,” where practical tips such as relaxation techniques, movement, and communication strategies were discussed.

In addition, a session on Healthy Relationships and Communication introduced students to the PEACE acronym (Pause, Empathize, Address feelings, Compromise, Explore solutions), providing tools for resolving conflicts with respect and empathy. The importance of emotional expression was further explored in an Art Therapy session with Ms. Jyoti Sharma, where students were encouraged to use art as a safe outlet for feelings.

Lastly, for Grade VIII, a Counselor's Talk on Imbibing Clan Spirit was held during clan time, highlighting participation, clan values, and fostering teamwork. This session reinforced the sense of community and healthy competition among students.

These expert talks and workshops continue to enrich the lives of our students, providing them with the necessary skills, knowledge, and awareness to navigate the challenges of adolescence and beyond. We look forward to more such impactful sessions in the coming months.



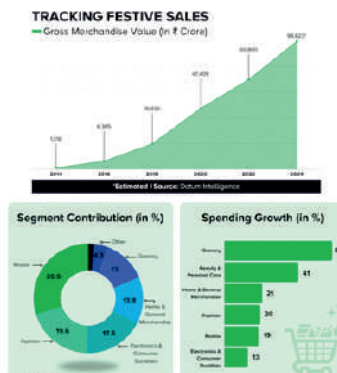
**Dr. Neha Singh Maurya, HoD, Counseling**  
**Ms. Priyamvada, School Counselor**  
**Ms. Simonil Jassawala, School Counselor**

## Diwali: A Festival of Light and Economic Prosperity in India

Diwali is not just a "Festival of Light", but it holds deep spiritual and cultural importance in India. It signifies the victory of light over darkness and good over evil, at the same time, it's a time when families come together to celebrate, exchange gifts, and illuminate their homes with diyas and decorations. However, Diwali is not just a festival of happiness and joy; it also has a tremendous impact on the Indian economy.

Each year, Diwali brings a big boost to consumer spending, and 2024 is no different. In India, during this season, businesses across different sectors, be it retail and e-commerce or real estate and automobiles, witness a large rise in their sales. During this time, 30% of yearly car sales occur, real estate launches in Delhi-NCR reach ₹1 lakh crore, and sweet shops generate one-third of their annual revenue. According to different market analysts, Diwali shopping in 2024 has been projected to contribute more than ₹4 lakh crore to the Indian economy, which is a 6-7% growth from the previous year. This increase in consumer activity, primarily due to the increase in demand for goods like electronics, clothing, jewellery, and festive items, in turn, boosts the India's GDP multiple times.

Additionally, festivals like Diwali also creates job opportunities, especially in the areas



like logistics, manufacturing, and retail. This also brings a boost in digital transactions as the growth of e-commerce during the festive season makes shopping easier for customers and helps the economy by increasing online payments.

As a result, Diwali remains not only India's largest festival but also one of its most crucial economic occasions. Thus, Diwali is more than a celebration; it is a time of economic strength, illuminating a road to growth and prosperity for both families and businesses across India

**Ms. Neha Gupta**  
**Economic Facilitator**



## From Our Budding Writers

### A Wave of Hope

The ocean never interested me, it seemed too vast to understand. As for the fish there was nothing much there, that ever captured my attention. The sea and I never crossed paths, nor did we take a second look at each other. When I was asked to take part of a beach clean-up, I was reluctant, thinking that it did not really matter, after all there were a thousand beaches like these and what was to stop people from messing it up again. However, after a bit of persuasion I went.



The ocean stretched before me, vast and unfamiliar. Its rhythmic crash against the shore held a hypnotic quality, but initially, its secrets remained hidden. Soon I was lost in thought, I didn't keep track of time and I had wandered too far away from my group. I was alone, hopelessly stranded by the endless expanse of water.

I began calling out for help, I heard no response. I kept on trying, somewhere around after a minute or so I heard a feeble response. I looked around but to no avail. I was parched even though I was surrounded by water, I laughed on what a cruel joke the sea plays on you. The feeble voice started yet again; I felt the voice was near me. I looked everywhere, I only saw a weird looking crab with an oversized shell and large expanse of blue and white. The crab appeared to have been stuck in some sort of plastic; I bent down to remove it.

As I gently removed the plastic from the crab, I felt the pain these creatures endured - I felt their anguish. I felt the relief of the crab. I felt the crab speaking to me, almost thanking me. I looked at the pristine water which almost was not so, and saw myself, I saw someone



ignorant to the creatures that lived in this leviathan space. But then I felt a strange sensation wash over me almost like they felt the newfound awareness I gained. It was as though the creatures were speaking to me, their voices echoing in my mind.

I was taken aback, a wave of self-doubt washing over me. As I edged closer to the ocean, a chorus of voices swelled in my head, urging me forward, beckoning me into the ocean's depths. The vastness instilled a healthy dose of awe, but the burning desire to help these suffering creatures eclipsed any fear.

I looked to sea and crab; a vast entity and its tiny inhabitant, both were often neglected.

The crab scuttled sideways, its claw beckoning me forward. With each step deeper into the water I could hear many voices swirling around each telling a tale of their own.

Then came a voice that boomed from a great large sea turtle, its shell barnacled and covered with algae.

**Tejas Tawde, Grade VIII CS-B**

## The History of the Badge: A Symbol of Honor and Identity

The badge is a small, yet mighty emblem that has surpassed its modest form to become a badge of honor, achievement, and identity. Its history dates back to ancient times, when badges were used as indicators of allegiance and rank. In ancient Rome, military insignia were worn on the soldier's uniform to signify the role and accomplishments of soldiers in battle. Similarly, in medieval Europe, knights wore heraldic badges to indicate loyalty to their lords or kingdoms.



First Class Badge

(Proficiency Badge from 1912)

With industrialization, badges took another turn away from their origin in the military. It was during this time when factories and guilds accepted this distinguishing tool to show who were specialized and what group community individuals belonged to. From school environments to organizations, it then became a way to commend merit and motivate for the best. Badges then brought pride from scout groups and academic institutions as it praised individual and collective efforts.

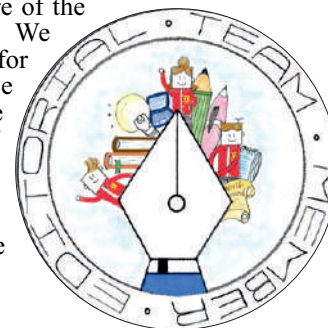
Badges have played multiple roles within the 20th century. They have been employed by police and fire departments, amongst others, for authority and by sports teams, clubs, and corporations for branding and camaraderie. Badges are now being deployed for online learning platforms, more so for virtual recognition of skills and credentials.

What makes badges so enduring is that they speak a story. Whether it's the bravery of a soldier, the hard work of a student, or the passion of a fan, badges encapsulate identity, achievement, and belonging. They are much more than decorative accessories—they are timeless markers of human spirit and endeavor.

**Avyukt Mahajan, Grade XI-C**

## A New Editorial Badge

From a badge with four vertices to one with no corners in sight, this design is meant to contrast the existing badge layout of the school, a simple rectangular shape with a title typed out in a classy font. The current design, although quite dignified, fails to share what it entails to be a member of the editorial team, this design is meant to display the vibrancy and creative nature of the editorial board members. We aren't just writing articles for the sake of filling up space in the school magazine, we are writing fragments of our own learning and experiences. This design is meant to entail exactly that with a whimsical and more approachable art style.



**Arshia Sharma,  
Grade XI-IBDP-B**

## Winter

Winter's round the corner,  
Everyone's got to wear a warmer!

Shorter days and longer nights,  
Trees need sunlight so they catch  
height!

Everyone's covered in warm blankets  
and clothes,  
Eating groundnuts and exchanging  
jokes

Moon gleams more than the sun,  
It is a cold turn!

In winters we get to enjoy sour oranges,  
Red strawberries and juicy berries

The joy of togetherness,  
Giving gifts during Christmas

Being with family is the biggest of the  
gifts  
With our loved ones, our mood just lifts

**Krishna Nagpal, Grade V-G**





## The Ouroboros Paradox

In Acheron, time unwound in curls, or so it did for Detective Elias Cade. The badge—a lackluster symbol of his power—served as his guiding principle in a world that ever curved and bent beneath his feet. The ouroboros carved into its face, which forever devoured its own tail, spoke of something he could not name but always felt: a caution or perhaps a fact.

It began with the Mara case. Or did it? Cade couldn't pinpoint the start, not anymore. Mara had appeared in fragments—first as a shadow in the precinct's interrogation room, later as a whisper in an alleyway, and finally as a phantom in his apartment mirror. “The badge,” she'd said once, though her voice sounded like his own. “It holds you, binds you. But to what?”

Reality buckled. Cade would wake up to find himself in places he didn't remember going, following clues he didn't remember receiving. The badge was always there, though. Sometimes battered, sometimes gleaming. Its weight in his pocket grounded him—until it didn't.

He chased Mara through a hundred versions of Acheron, the city reshaping itself with every step: streets turned into hallways, hallways into caverns. Sometimes, she begged him to wake up. Other times, she taunted him, calling him the architect of his own labyrinth.

One day, Cade found himself holding two badges, each identical but subtly wrong. Mara stood behind him, her face shifting, folding in on itself like paper.

“Which one will you trust?” she asked. Cade's hand trembled as he chose.

The world shattered. Or began.

**Agastya Sumeer Kaul, Grade XI-IBDP-B**

## The Ethics of Earning and Awarding Badges

Badges have emerged as a popular means of recognition for skills, achievements, and competencies in different fields of life in this increasingly competitive world. The ethics of earning and awarding badges need serious consideration. At the center of this debate is the integrity of the badge system. When badges are awarded based on trivial accomplishments or with no proper standards, the value they hold starts to decrease and may even dilute merit. This also raises questions on the motivation for badge creation and distribution—whether they are to actually recognize proficiency or as a marketing tool to attract users or consumers.

Also, transparency of criteria for earning badges is very important. Clear guidelines help maintain trust and ensure badges are representations of authentic skills. Conversely, if the criteria are ambiguous or inconsistently applied, it can cultivate favoritism or misrepresentation that eventually undermines the credibility of the system. The responsibility falls not only on the issuers but also on the recipients: individuals should strive to earn badges honestly, consciously reflecting on their skills and using such recognitions to inspire genuine growth.

Exclusion is also a potential ethical issue. Badge earning is often denied to historically marginalized groups because of lack of access to the same opportunities. This is why it is important to establish equitable practices. With badges becoming more prevalent in educational and professional environments, establishing an ethical approach to their issuance and acquisition will be important to ensuring that they become meaningful measures of achievement rather than simply participation tokens.

**Janvi Aggarwal, Grade XI (IBDP-B)**

## The Death of the Badge

Badges- once denoting excellence and achievement, have over time devolved into symbols of inequality, unhealthy competition and superficiality. Is it, perhaps, time for us to do away with the badge altogether?

For a long time, badges have been used to reward those who perform well- and yet, they often foster a spirit of aggression, which left unchecked, can grow into resentment and hatred among peers, sowing seeds of disunity amongst them. Once used to indicate that one has accomplished something noteworthy, they are now merely toys handed out freely so that everybody can feel like a winner- and when everyone's a winner, no one is. The tussles and fights for these symbols may seem innocent, but it can quickly become a contest of who can employ the most underhanded means to cross the finish line first to earn the badge.

It is said that those whom the gods wish to destroy, they first call promising. The badge instills a sense of pride that may or may not be founded upon real success, but the truth is that such a minor achievement can adversely impact our attitudes towards what we do, transforming the pursuit for excellence into a chase for more badges. It is, then, indisputable that badge must be done away with once and for all.

**Kyra Khar, Grade XI-IBDP-B**

## 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

**Ranvijay Singh Saini, Grade XI - IBCP**

## Koodiyattam Cultural Event



*"Indian culture is a treasure trove of wisdom, where art becomes a medium to convey profound messages and evoke emotions."*

Scottish High has always emphasized that the goal of education is to develop well-rounded individuals who possess a spirit of inquiry and appreciation for the arts. To pursue this goal, the school organized a cultural event for students in Grades III, VI, VII, and VIII on December 10, 2024, in association with SPIC MACAY.(SPIC MACAY stands for the Society for the Promotion of Indian Classical Music and Culture Among Youth).

The event was honored by the presence of our esteemed School Principal, Dr. Sanjay Sachdeva, the Primary School Director, Ms. Seema Bhati, and world-renowned performers of the ancient art form of Koodiyattam.

The event began with Dr. Indu explaining the art of Koodiyattam, a 2,000-year-old Sanskrit theatre tradition, along with the main expressions and gestures used in this art form. Koodiyattam is considered the oldest surviving Sanskrit theater tradition in the world. She was assisted by a talented team of musicians: Kalamandalam Manikandan, Nepathya Jinesh, Kalanilayam Rajan, and Kalanilayam Sreejit Sundaran. Dr. Indu engaged with the enthusiastic students, inviting them to guess the expressions and hand

gestures demonstrated. Following this, the master performer Margi Madhu, a Chakyar who has dedicated 44 years to the art of Koodiyattam, narrated a "Balacharitham" in an elaborate costume. He is the son of the renowned Koodiyattam artist Padma Shree Moozhikkulam Kochukuttan Chakyar, and the nephew of Padma Bhushan Ammannoor Madhavava Chakyar, from whom he learned this ancient art form. Margi Madhu has been recognized with numerous national and international awards, including the KALA Puraskaram from London in 2013 and the Sangeet Natak Akademi Awards in 2022. He has performed on many prestigious national and international stages, notably showcasing his talent at the Kennedy Center in Washington, D.C. and to the international jury of UNESCO. In 2001, UNESCO recognized Koodiyattam as a Masterpiece of the Oral and Intangible Heritage of Humanity. The event was thoroughly enjoyed by the students, teachers, and all the attendees. We would like to thank our Principal, Dr. Sanjay Sachdeva, and the CMT members for their vision and constant support in providing such enriching cultural experiences for our students. In conclusion, let us carry the essence of this experience in our hearts and continue to cherish and uphold the cultural treasures of our nation.



**Ms. Bhawna Dhull, HoD, Social Science**


**Actions**  
speak louder  
than  
words!

## An Inspiration for Others



**Pakhi Singh's courageous decision to donate her hair for cancer patients' wigs is a powerful inspiration, showcasing her exceptional empathy and kindness beyond years.**

It is with brimming pride and happiness we would like to share that Ahaan Bhateja of Grade VII-C of Scottish High International School, a young rider has brought laurels to our esteemed school by clearing his two REL's, showjumping held at Army Polo Riding Club, New Delhi and Modi Equestrian Academy, Meerut on 8/9/2024 and 29/9/2024 respectively under the category of Group 1 . He is now qualified and ready for his nationals. We wish him good luck for the same.





## Achievement Awards

# Our Proud Achievers

One of your Highlanders, Ms. Mathanya Bhardwaj Studying in Grade IGCSE VII-A, has yet again won Laurels for her school by Winning the First Prize twice within 10 days at two different dance events.

She bagged 1st Prize in “JHANKAR, All India National 5th Dance Competition held on the 26-27th October 2024 in Rajender Bhawan, New Delhi. In the Semi Classical Junior Category, she was highly Appreciated for her Versatile Expressions, Movements and maximum coverage of the Stage.



## Tejas Tawde, Grade VIII CS-B



**THE QUEEN'S  
COMMONWEALTH ESSAY COMPETITION 2024**

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This is to certify that the Royal Commonwealth Society, on the recommendation of the judges, has awarded this certificate to:

Tejas Tawde

## GOLD FINALIST AWARD





Dr Linda Yueh CBE  
Executive Chair  
Royal Commonwealth Society



Femi Elufowaju Jr OBE  
Chair  
Junior Judging Panel



Caroline Haines CC  
Chair  
Senior Judging Panel



ROYAL COMMONWEALTH SOCIETY



The Queen's Commonwealth Essay  
Competition is supported by the  
Lagos State Government.



# Farewell cum Graduation Day

## A Memorable Adieu to the Class of 2025

The air was filled with mixed emotions as we bid farewell to the graduating Class of 2025 on 24th December 2024. The Farewell cum Graduation Day, held in the auditorium was an event that celebrated the journey and achievements of our outgoing students while marking the beginning of a new chapter in their lives.

The event commenced with cultural performances by Grade XI students in which they presented a series of vibrant performances, including dances, skits, and musical renditions, that reflected the spirit of camaraderie and joy. The Highlanders delivered emotional address, reminiscing about shared memories, challenges overcome, and lessons learned. Their words resonated with the audience and brought smiles and tears alike. As the graduates tossed their caps into the air, the ambience echoed with applause and cheers, marking the culmination of an unforgettable day. The Farewell cum Graduation Day was a poignant reminder of the enduring spirit of SHIS. As we say goodbye to our graduates, we take pride in their accomplishments and look forward to seeing them shine in their future endeavors

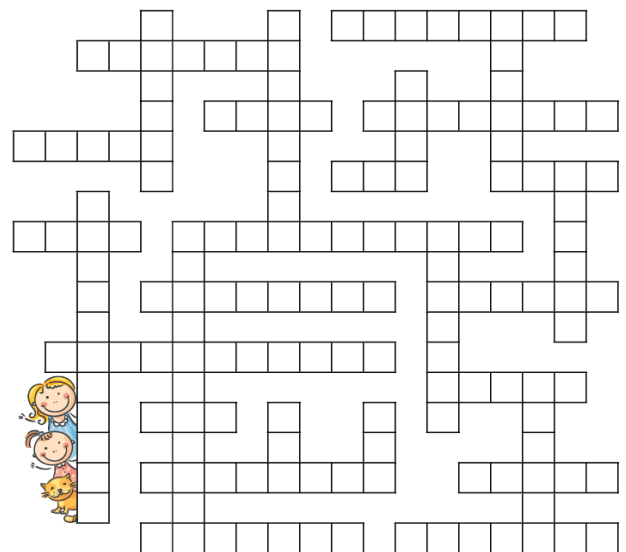
Ms. Isha Verma  
Senior School Head,  
HoD - Modern Foreign Languages



## Word Puzzle



# FAMILY



- |                  |                  |                  |                  |                  |                  |                   |
|------------------|------------------|------------------|------------------|------------------|------------------|-------------------|
| <b>3 letters</b> | <b>4 letters</b> | <b>5 letters</b> | <b>6 letters</b> | <b>7 letters</b> | <b>8 letters</b> | <b>11 letters</b> |
| boy              | aunt             | niece            | cousin           | brother          | children         | grandfather       |
| dad              | baby             | uncle            | father           | grandma          | daughter         | grandmother       |
| mom              | twin             | visit            | mother           | husband          | families         | grandparent       |
| son              | wife             |                  | nephew           | parents          | grandson         | sister-in-law     |
|                  |                  |                  | sister           |                  | siblings         |                   |



## Clan News

### ANDERSON

Resilience and perseverance are two qualities that define the strength of the human spirit. Resilience is the ability to bounce back from setbacks, adapt to challenges, and emerge stronger despite adversity. It is the foundation that keeps us grounded during turbulent times. Perseverance, on the other hand, is the relentless determination to keep moving forward, no matter how difficult the journey becomes. Together, these traits enable individuals to navigate life's trials with courage and hope. In essence, resilience and perseverance remind us that failures are not the end, but stepping stones to success. They teach

us to rise after every fall and keep striving toward our dreams. The recent Inter Clan Competitions showcased the immense talent and creativity of our students, with several outstanding performances across various disciplines. In the Inter Clan Business Advertisement Anmol Aggarwal (XI IBDP), Hritik Mehra (XI-C), Rishit Sharma (XI-D), and Suramya Dubey (XI-E) secured the first position. Similarly, in the Inter Clan Hindi-English Translation Competition, the first position was clinched by Aratrika Das, Manvi Mohta, and Tanishi Singhal, all from VII-C. The Inter Clan 2D Animation Competition also saw a remarkable performance, with Rishit Singh from VII earning the first place.

In the Inter Clan ICT Movie-Making Competition, Fagun Beniwal (IX-A), Kaira Dhingra (IX-D), and Prisha Jaggi (IX-B) achieved the second position, while the Inter Clan Hindi Vigyan Competition saw a second-place finish by Fagun Beniwal, Arjun Mudgal, Shourya Aggarwal, and Agastya Bhatia, all from IX-A. The Inter Clan Hindi and Sanskrit Quiz was another highlight, where Umika Bag and Manas Dadeeche, both from VI-G, secured the second position. In the Inter Clan German and Spanish Poetry Recitation Competition, Parisa Chopra and Khanak Sharma, both from Grade VII earned a second place respectively. Congratulations to all participants and winners for their commendable achievements!

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

### BOYD

*This one step-Choosing a goal and sticking to it, changes everything. — Scott Reed*

At our school, Inter-clan activities provide students with a unique opportunity to develop both academically and personally. These competitions, whether in academics, sports, or the arts, allow students to challenge themselves, showcase their talents, and foster a sense of teamwork. More importantly, they play a crucial role in shaping a well-rounded student.

Taking part in Inter-clan competitions offers more than just the thrill of victory. It teaches students valuable life skills such as leadership, communication, time management, and the ability to handle success and failure. By participating,

students learn to balance their academic commitments with co-curricular activities, which is an essential part of holistic development. The achievements of our students in November and December speak volumes about the dedication and enthusiasm with which they engage in these activities. In the Inter Clan English and Hindi Translation Competition (Grade VII), our language-savvy team comprising Arunima Sharma (VII-B), Vitasta Koul (VII-E), and Samaira Yadav (VII-E) secured second place, showcasing their proficiency in multiple languages. Similarly, in the Inter Clan Hindi and Sanskrit Quiz (Grade VI), our very talented team comprising of Laksh Jain (VI-G) and Japneet Kumar (VI-E), demonstrated their knowledge and teamwork by clinching the first position. In the Inter Clan MFL Poem Recitation Competition (Grade VII), Nilaya Mantri (VII-D) earned first place in Spanish, while Amiera Snehi (VII-A) secured second place in French. Their

stellar performances not only brought pride to their clans but also proved their dedication to mastering diverse languages. Also, in the Inter Clan GK Quiz, Zitin Tiku (XI-D) and Shaurya Chandna (XI-DP) performed as the best team to win the competition. In Inter Clan 3D Art Installation Competition, our well-deserved team secured first position by exhibiting their piece in the form of the our national flower-Lotus, symbolising purity, knowledge, enlightenment and the ability to overcome obstacles. Our team comprised of Navya Malik (IX-D), Sehar Arora (IX-E), Seerat Wason (IX-F) and Rajiv (IX-F). These achievements highlight the importance of active participation in Inter-clan activities. Students not only enhance their own skills but also contribute to the success of their clan. So, let's continue to participate, learn, and grow, as every competition is an opportunity to excel and make lasting memories!

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

### LAMONT

*"The love of wilderness is more than a hunger for what is always beyond reach; it is also an expression of loyalty to the earth, the earth which bore us and sustains us, the only paradise we shall ever know, the only paradise we ever need, if only we had the eyes to see."*

— Edward Abbey

Now a days, as we are observing a lot of sudden changes in weather around us it is the time to realise that harmony with Nature is the only path to a sustainable future. As humans, we have a profound impact on the natural world. Our daily choices and actions can either harm or help the environment. Being a responsible human being towards nature means recognizing our interconnectedness with the

earth and taking conscious steps to preserve its beauty and resources for future generations. As a responsible human we should imply few principles as responsible living. Be mindful of your consumption and take steps to reduce your carbon footprint. Participate in community initiatives, advocate for policy changes, and make lifestyle changes that benefit the planet. Embracing our responsibility towards nature is a collective imperative. Let us strive to be the guardians of the earth, ensuring a thriving planet for generations to come.

From Clan competitions, we have Hunar Puri from Grade VI who brought laurels to our clan by securing first position in Inter Clan English Self Composed Poem Competition. Dhairya Gupta and Milendra S Rathore from Grade X and Aarav Gupta from Grade IX showed best team work and secured first position in Inter Clan Mathematics Quiz Competition. In Inter Clan ICT Tech Debate Aarish

Chauhan from Grade XI secured first position. Anya Wallang Bhandhari and Mohisha Kinnu from Grade VIII made the clan proud in Inter Clan Historical Speech Competition by securing first and second position respectively. In Inter Clan MFL Poem Recitation Competition from Grade VII Aada Mathur and Devrachit Sachdeva secured first position in both French and German respectively. Sahaj Khanna and Aveer Singh from Grade XI secured second position in Inter Clan GK Quiz Competition. Ayansh Shah, Varalika Sharma and Advit Moitra from Grade VII made the clan proud by securing first position in Inter Clan English Spell Bee Competition. Aiyana Chaudhuri from Grade VI secured second position in Inter Clan Solo singing Competition.

Kuods to all the winners. Keep Shining always like stars of our Clan.

**Ms. Kiran Cacoria, Clan Elder - Lamont**

### MACARTHUR

*"Success is not measured by what you achieve, but by the obstacles you overcome." — Booker T. Washington*

Obstacles are the stepping stones that shape us into better versions of ourselves. They are doors waiting to be opened, leading us to achieve greatness and success. These challenges come in many forms, from academic struggles to profound losses, and while everyone faces them, how we respond defines our growth. Some rise above these hurdles, turning them into opportunities, while others may feel overwhelmed. However, obstacles serve a vital purpose—they provide the impetus and drive needed to keep us motivated, pushing us closer to our ultimate goals.

It is rightly said by someone that another source of greatness is difficulty. Keeping this idea in practice the students of middle school showcased their talent in various Inter Clan Competitions. In the Hindi and Sanskrit Quiz for Grade VI, Peahen Jain (VI-G), Pragmay Bagadia (VI-G) secured third position and Tarasha Mahajan (VI-D) obtained first

position in the Solo Singing Competition. From Grade VII, Aarav Bhardwaj (VII CS-A) demonstrated their creativity to clinch the third position in the MFL Poetry competition, Amolika Roy (VII-D) and Nanak Verma (VII CS-B) clinched first and second position, respectively in the 2D Animation competition and Saranshi Rao (VII CS-B), Gaanya chopra (VII-A), Gaurika (VII-B) bagged second position in the English Spell Bee Competition. Meanwhile, in the Grade VIII Science Quiz, Ruman Narula (VIII-E) and Swastik Garg (VIII-F) combined their knowledge and teamwork to attain the third position. Additionally, from Grade VIII, Sarvani Gera (VIII-D) and Avika Kalra (VIII-F) gave an impressive performance, securing the second position in the Historical Speech Competition. In addition to the above achievements senior and senior Secondary students continued to shine as assets to the clan. In Grades IX and X, Akshat Aggarwal (X-D) and Emya Jain (IX IG-B) secured the second position in the Math Quiz, while the team of Harsimar (IX IG), Ojas Lath (IX-B), and Abeer (IX-C) clinched the first position in the Movie Making competition, 3D Art and Craft Competition Vanad Singhal IX B Inayat Kaur IX-B, Abeer Singh IX-D and Ojas Lath

IX B secured second position and team comprising Abeer Singh, Vanad Singhal (IX-B), Inayat Kaur (IX-B), Kush Yadav (IX A) secured first position in the Hindi Vigyan Competition. Among Grades XI and XII, Swarnika Joshi (XI C) showcased her skills to secure the second position in the Tech Debate. In the Business Advertisement competition, the team of Skandha (XI-D), Raisa (XI DP), Abeer (XI-B), and Shaurya (XI-C) also earned a second position, marking a proud moment for all participants. As mentioned above, no obstacle is too great to overcome when faced with unwavering determination and relentless hard work. We possess the strength to rise, fight, and bounce back stronger each time. So, Highlanders, continue to focus on your strengths and unleash your hidden talents with confidence. Embrace every opportunity without hesitation, and success will undoubtedly follow. Welcome obstacles with open arms, for they appear because you are deemed worthy of the challenge. Each time you overcome one, you gain valuable lessons, and every lesson learned is a step toward growth and success thus it is never wasted. Always remember—we have achieved greatness before, and we are more than capable of doing it again!

**Ms. Pooja Sethi, Clan Elder - Macarthur**



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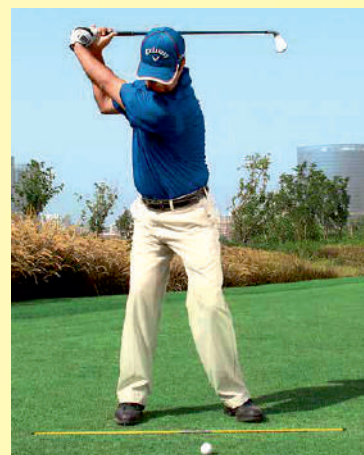
## Golf

### ANITYA'S TIP OF THE MONTH

#### Make a full turn for a powerful back swing

Over the last few articles, we have covered a good grip and a set up that all golfers should adopt. This gets them to hold the club correctly as well as get into a balanced position as they take their posture on the golf ball. The next step from here is to make 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.

The photograph shows me in a top of the back swing position wherein my body is fully coiled up and is ready to start the down swing into the golf ball. The best way to achieve this to make sure that you turn your hips and chest away from the target and that the weight goes on to the right leg. This helps in creating a powerful turn on the way back which in turn encourages you to strike the ball correctly.



You should look to check the following in the ideal top of the back swing position:

- Shoulders and hips are turned with the chest facing away from the target
- Wrists are hinged at the top of the back swing and are to the right side of the head
- Weight is favoring the right leg and the body is ready to uncoil towards the target

**Practice in front of a mirror to take a feedback on how the body is coiling to the top of the back swing. Set up correctly on the golf ball and load up well on to the right leg and you're well on your way to becoming a good ball striker**

Compiled by:-  
Ms. Ankita Jain, Golf Coordinator



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