



From the Principal's Desk

OCTOBER: THE MONTH OF SPIRIT OF DHARMA

The tenth month of the calendar 'October' marks the spirit of unity, non-violence and the victory of good over evil, conveying the message of peace. The first day of the month starts with the International Coffee Day. It recognizes the hard work of those who create and serve this beverage in the consumable form. The next day that is, 2nd October, we celebrate Gandhi Jayanti to mark the birth anniversary of Mahatma Gandhi. His powerful message of non-violence is so important for the world that on June 15, 2007, the United Nations General Assembly declared this day as the International Day of Non-Violence. On the same day, we celebrate the birth anniversary of our second Prime Minister Lal Bahadur Shastri as well, who gave the famous slogan "Jai Jawan Jai Kisan". On October 5, 1966, the International Labour Organization and

UNESCO adopted recommendations about the status of teachers. To commemorate this, World Teachers' Day is celebrated on October 5.

The Indian Air Force was established on October 8, 1932, and Indian Air Force Day is celebrated on October 8. The Universal Postal Union was founded in Bern, Switzerland, in 1874, and in 1969, October 9 was declared as World Postal Day. In India, National Post Day is observed on October 10 every year, with the Indian Postal Service established in 1854.

Moving ahead in the month of October, the International Day of Girl Child is observed on October 11 each year to advocate for girls' rights. In India, Navratri is a festival honoring Goddess Durga which is celebrated twice in a year, once in the Chaitra month and again in the Ashwin month of the Hindu calendar. This year, the Ashwin Navratri is from October 3 to 12, with October 12 marking Vijaydashmi (Dussehra), the day Lord Ram killed the demon king Raavan.

At the end of the month, on October 31st, we celebrate the birth anniversary of Sardar Vallabhbhai Patel, the creator of modern India's federal structure and the first Home Minister of independent India. His birth anniversary is observed as Rashtriya Ekta Diwas, or National Unity Day every year.

So, the month of October teaches us to follow Dharma, which means that Dharma destroys those who destroy it and protects those who protect it. This is expressed in Sanskrit as "धर्म एव हतो हन्ति धर्मो रक्षति रक्षितः" meaning "Dharma only destroys those who destroy it, and Dharma protects those who protect it."

Dr. Sanjay Sachdeva (School Principal)

Fostering Self-management Skills in Children

Self-management is an essential life skill that contributes to the success of every child both in and out of the classroom. By developing self-management skills at a young age, students learn to regulate their behaviour, set goals, manage their time, and handle emotions in a constructive way. These skills help them build responsibility, self-discipline, and resilience, setting the foundation for long-term success in academics, relationships, and personal growth.

One of the first steps in fostering self-management in young children is teaching them the value of goal setting. Setting goals helps students focus on what they want to achieve and provides them with a clear sense of purpose. At an early age, children can be introduced to the concept of both short-term and long-term goals. Parents can guide students in breaking down larger tasks into smaller, achievable steps. This process not only teaches them how to plan but also boosts their confidence as they accomplish each small step. Regular reflection on their progress encourages students to adjust their strategies and stay motivated, even when faced with challenges.

Time management is another crucial aspect of self-management. Young children are often unaware of how to balance schoolwork, extracurricular activities, and personal time. Teaching them to prioritize tasks and allocate time for different activities is key to helping them stay organized and avoid procrastination. Simple tools such as planners, schedules, or digital calendars can be introduced to help students visualize their day and manage their time effectively. Over time, students can learn to estimate how long tasks will take and develop the ability to set realistic

deadlines, a skill that will benefit them in all their future endeavours.

Emotional regulation is also an important component of self-management. Students need to understand their emotions and learn how to manage them in healthy ways. This includes learning how to cope with frustration, stress, and disappointment, especially when they face difficulties in school. Parents can support emotional regulation by encouraging mindfulness techniques, such as deep breathing or taking breaks when feeling overwhelmed. Creating a supportive and empathetic environment allows students to feel safe expressing their emotions, which can help them develop emotional intelligence and resilience. Self-management also involves making responsible decisions and learning from mistakes. Encouraging children to take responsibility for their actions and reflect on the consequences of their choices fosters accountability and maturity. When kids are empowered to make their own decisions, they learn valuable problem-solving skills that contribute to their independence and confidence.

Lastly, developing self-management skills in students from a young age is critical for their academic success and overall well-being. By learning goal-setting, time management, emotional regulation, and decision-making, students get equipped with the tools they need to navigate life's challenges and become responsible, independent individuals. The earlier these skills are cultivated, the more likely students are to thrive in both their academic pursuits and personal growth. Therefore, it won't be wrong to say that the way we manage ourselves directly affects how we manage our lives.

Ms. Seema Bhati (Primary School Director)



PYP

Lighting the Way to Goodness: Happy Dussehra!

The Dusshera festival, featuring the much-anticipated Ravan Dahan activity, was a highlight for our young Highlanders. The lead-up to this vibrant celebration had the children fully engaged in various craft activities, immersing themselves in the rich stories and understanding the significance of the festival. On the day of the event, the school transformed into a sea of orange as students donned costumes of their favourite characters from the Ramayana. The sight of Lord Rama, Sita Ma, Lakshman, Hanuman, Jatayu, and even Ravana created a beautiful and festive atmosphere. The excitement in the air was electric, with children

joyfully shouting 'Jai Shree Ram!' as they eagerly anticipated the Ravan Dahan. Their eyes sparkled with awe as they witnessed the burning of the effigy, a powerful symbol of the triumph of good over evil. This celebration not only entertained but also reinforced the timeless message that truth and righteousness ultimately prevail.



“Celebrating the spirit of Diwali!”

Diwali, the enchanting festival of lights, brought a vibrant energy to our Early Years classrooms. In eager anticipation of the festivities, children listened intently to the tales of Diwali's significance, engaging themselves in the stories that celebrate triumph, joy, and togetherness. With creative spirits ignited, they crafted beautiful decorations, transforming the corridors into a kaleidoscope of colour with their bright 'torans.' Each piece reflected the children's enthusiasm and artistic flair, adding to the festive ambience. During class discussions, the importance of celebrating a safe and an eco-friendly Diwali was emphasized, helping the children understand their role in protecting the environment during this joyous occasion. On the day of the celebration, the school buzzed with excitement as our young Highlanders from Early Years and Primary Years arrived in their ethnic attire, radiating joy and culture. The air was filled with laughter as they danced and sang, sharing in the happiness of the occasion. This vibrant celebration not only brought everyone



together but also instilled a sense of community and belonging, making it a memorable and meaningful Diwali for all.



Protect our friends - save the animals!

The Lower Kindergarten students wrapped up their inquiry unit on the Transdisciplinary Theme-Sharing the planet, by passionately advocating for the conservation of the animal kingdom. Working in

small groups, they created informative posters in the classroom, which they then presented to the school community. As they walked through the school, they engaged with fellow students and teachers, energetically chanting slogans like 'Save Animals!' Their enthusiasm was infectious, and they took a collective pledge to demonstrate their care and compassion for all living creatures. This heartfelt initiative highlighted their commitment to protecting the animal kingdom and in nurturing a sense of responsibility toward our planet.



Little Voices, Big Ideas

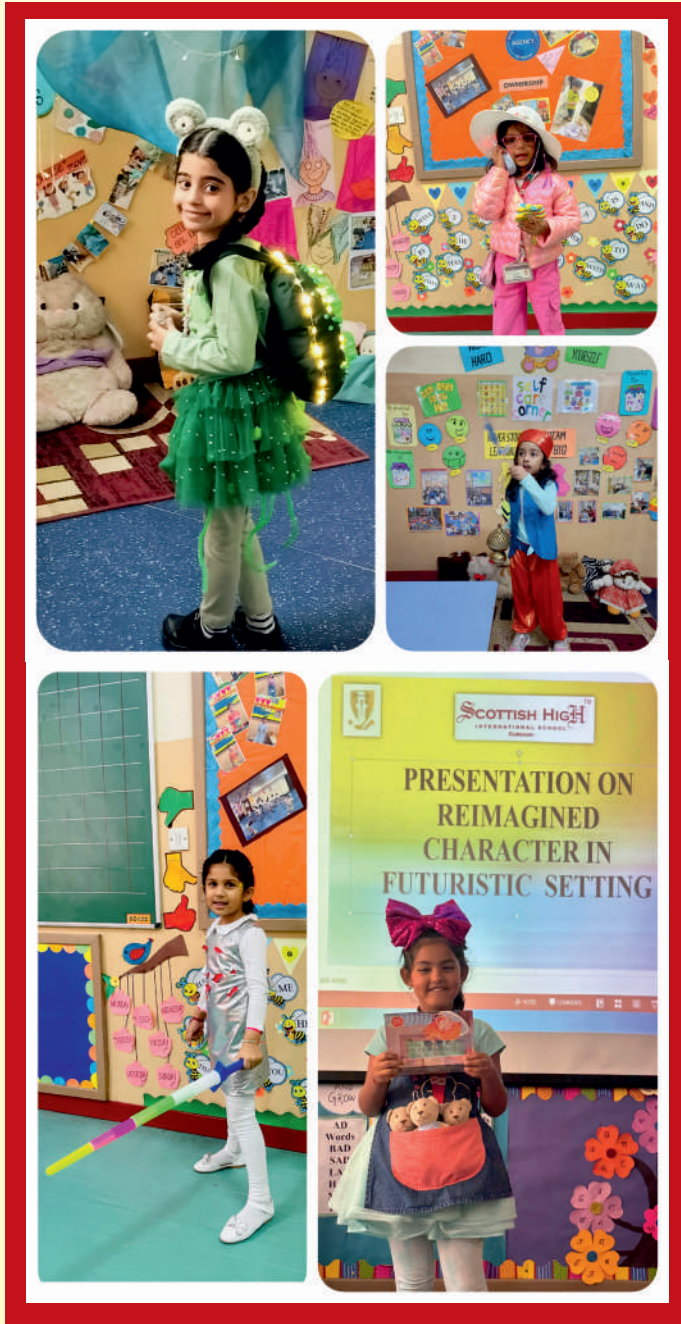
In a delightful twist on oral presentations, Lower and Upper Kindergarten students donned their creative thinking hats for an engaging theme: 'The Magic Time Machine.' This event not only celebrated their growing communication and presentation skills but also promoted a sense of camaraderie and imaginative exploration among the students.

The Lower Kindergarten students sparked imagination and curiosity through their chosen rhymes, transporting their peers on a captivating journey through time—into the past, present, and future. Their performances were filled with wonder, igniting excitement among their classmates.



The Upper Kindergarten students on the other hand showcased their research by dressing up as characters from well-known fables, but with a unique futuristic twist that preserved the essence of the originals. This inventive approach generated immense enthusiasm, as they embraced the opportunity to express their creativity through both their costumes and the content they presented.





“Our cultures, our traditions, our language are the foundations upon which we build our identity.”

Tuning in to the new Transdisciplinary Theme- How we express ourselves, the young Highlanders of Grade II, dressed in traditional attire caught on with the festivities dancing to lively garba music. The children reflected on shedding a negative trait on the eve of Dussehra celebrations in the school ground. Embarking on a journey through time and discovering the tapestry of our unique traditions, children proudly shared their family traditions and enhanced their communication skills. Children also created lanterns and other Diwali crafts adding on to the festive fervour.



Young Explorers on the Mission

Our enthusiastic Highlanders of Grade I visited the Sultanpur Bird Sanctuary as a part of their unit under the Transdisciplinary Theme – Sharing the planet. The visit honed their thinking skills as they witnessed and learned how different living beings are interdependent. A spark of excitement lit up the eyes of our young thinkers as they observed a diverse array of birds and their unique nests.





Measurement is an important tool in life; it helps us understand progress, set goals, and create a path toward improvement.

Under the Transdisciplinary Theme- How we organize ourselves, our Highlanders of Grade III understood the fundamental role of the measuring tools in our lives. They probed into the non-standard and standard units of measurement by tracing their historical evolution. Students explored various measuring tools by visiting the Physics Lab and by analysing the simulation corners in the classroom. They inquired into the systems of measurement



showcasing methodical research skills and how it helps to make our lives easier.



Unveiling Scientific Wonders: Growing as Knowledgeable and Principled Learners.

Under the Transdisciplinary Theme - How the world works, Grade V students delved into a range of scientific principles, transforming themselves into knowledgeable and principled learners. Through an engagement 'My Exploration Day', students grasped that science is omnipresent; it is everywhere in everything. During the visit to the Physics Lab, students had hands-on experience about the uses of scientific principles in our daily lives and conducted the experiments. While developing the understanding of the concept of ingenuity, sustainability and ethics, they collaboratively created a model with the recycled material and voiced together to promote sustainable future. The In-house expert talk on Artificial Intelligence ignited their curiosity and encouraged them to go deeper into their inquiry thus building their research skills. Being self-regulated learners, they framed the third line of inquiry after conducting survey on digital well-being, which helped them to recognize the mindful use of technology. Students reflected on their understanding of five elements of Artificial Intelligence and put forth their perspective through an impressive declamation and enhanced their creative thinking skills.

Crafting Messages: The Art of Targeting Audiences

Under the Transdisciplinary Theme- How we express ourselves, students of Grade IV explored how people can create and manipulate messages to target specific audiences. Their inquiry focused on how we discover and express ideas, emotions, nature, culture, beliefs, and values, as well as how we reflect on, expand, and enjoy creativity and appreciate aesthetics. They engaged in learning experiences like quiz on advertisements, taglines, and identifying target audiences. Promoting international mindedness, they used the CSI (Colour, Shape, and Importance) strategy to analyze logos and brainstormed keywords to identify the 'Most important word' related to the central idea. In a 'Ranking Ladder' activity, students ranked forms of advertising by preference. Finally, in groups, they designed unique logos using geometric shapes and crafted taglines that reflected their group's identity and values





Celebrating a Love for Reading: Primary Library Week

Library Week was conducted in the month of October for the Primary Highlanders, offering a rich array of activities aimed at inspiring love for reading among students. Throughout the week, participants engaged in various creative pursuits, including bookmark creation, picture composition, book cover design, quizzes, and an enchanting magic show. Overall, Library Week was a tremendous success, providing students with meaningful experiences that encouraged them to express their thoughts and insights through diverse and imaginative activities.



Ram Leela: A journey through courage and tradition

The Primary Highlanders amazed the audience with a vibrant dramatization of Ram Leela, bringing the timeless tale of the Ramayana to life. The performance was a joyful celebration of cultural heritage, expressed through music, dance, and narration. The young students brilliantly portrayed key events in Lord Rama's journey, from Sita's swayamvara and Rama's exile, to Sita's abduction, Lord Hanuman's visit to Ashoka Vatika, the climactic battle with Ravana, and finally, Rama's triumphant return to Ayodhya. Dressed in colorful costumes, the students' acting was enhanced by powerful voice-overs, creating a captivating visual and auditory experience. Their conviction in playing pivotal roles demonstrated a sense of responsibility and confidence, embodying the IB learner profile

attribute of being risk-takers. Their communication skills were showcased in their delivery of dialogue, brimming with emotion, bringing depth to each scene. This performance not only honoured their cultural roots but also highlighted their growth as confident, articulate, and expressive learners.





Success is the sum of small efforts, repeated day in and day out. Congratulations to all the winners for your hard work and dedication

Congratulations to the Highlanders for their outstanding performance in the Inter-School Chess Tournament at the Ardee School, New Delhi, securing second positions in rook category! Well done to all the winners!



Inter-Class Swimming Competition

The talented athletes showcased their impressive skills and techniques in the pool participating with great zeal in the swimming competition.



Lancer Festival 2024

Our Highlanders brought laurels to the school through their outstanding performance in the Lancer festival. They excelled in various events winning trophy for the overall second position.

S.No.	Name of Event	Grade	Name of Participant	Positions
1	Mental Mathematics	I-D	Rabhya Chadha	3 rd Position
2	Story Telling	II-C	Avyana Sinha	3 rd Position
3	Book Cover Illustration	III-D	Kyra Mehra	1 st Position
		III-G	Nivan Gupta	2 nd Position
4	Poster Making	IV-H	Tashvi Bansal	2 nd Position
5	Creating a Jingle	IV-B	Shanaya Saxena	1 st Position
6	Solo Singing (Indian Vocal)	IV-A	Ira Anup Takalkar	1 st Position
7	Famous Speeches	V-A	Ujjwala Mudgal	3 rd Position
8	Solo Instrument (Percussion)	V-C	Tajarah Dawar	3 rd Position
9	Choral Singing	V-H	Kiaan Juneja	3 rd Position
10		V-D	Sarah Annya Subba	
11		V-H	Krishay Juneja	
12		V-H	Shreyas Goyal	
13		V-H	Adhrit Banerjee	
14		V-C	Kyreene Grewal	
15		V-C	Divva Chopra	
16		V-G	Enaya Bhardwaj	
17		V-A	Shanaya Ramgarhia	
18		V-G	Mahika Dayal	
19	Coding	V-F	Pareen Saini	3 rd Position
19		V-F	Ruhaan Jain	

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 October, our students explored a variety of artistic techniques, expanding their creativity and learning new skills across different grade levels.

Grade I focused on creating self-compositions using basic elements of art, such as line, shape, and colour. This foundational work helped them express their creativity while learning how these fundamental elements come together to form art. Grade II continued their exploration of the four main forms of art: cartoon, realistic, abstract, and folk art. Through these styles, students gained a deeper understanding of the diverse ways in which artists can express their ideas and emotions. Grade III students began their journey into Zen Tangle art—a method of creating intricate, structured, and repetitive patterns within defined boundaries. Developed by Rick Roberts and Maria Thomas, Zen Tangle is designed to be a relaxing and meditative art form. By using simple, repetitive lines, dots, and curves, students were able to explore the calming process of creating these tangles, which are both a creative outlet and a mindfulness practice. Grade IV continued their exploration of pencil shading by working on value scale. This exercise helped them understand the range of light and dark tones in their drawings. Additionally, they began studying the works of the famous Indian artist S.H. Raza, learning about his unique style and artistic contributions. Grade V students embarked on a fascinating cross-cultural exploration, delving into the art and design traditions of ancient civilizations. They used their creativity to design unique pieces of Jewellery inspired by the motifs and patterns from the Indus Valley, Egyptian, Greek, Chinese and Mesopotamian cultures. This project allowed them to blend historical symbols with their own artistic interpretations, fostering a deeper appreciation for the rich cultural legacies of these ancient societies.

Throughout the month, students also took part in hands-on activities to celebrate Diwali, the Festival of Lights. Grades I and V learned how to make cards and lanterns for Diwali decoration, adding a festive touch to their artistic endeavors.

Learning new things pushes us out of our comfort zones, nurtures creativity, and encourages us to reach our full potential. While trying new techniques can be challenging, it provides invaluable opportunities for growth and artistic exploration. We are proud of our students for embracing these challenges and discovering new ways to express themselves.

In an optional art activity, Grades VI and VIII explored different mediums and techniques, delving into the art of perspective, the interplay of light and shadow, and transforming blank sheets into stunning artwork that evokes a sense of tranquility and wonder. They also continued practiced relief work on plaster of paris, further developing their creative skills. Senior school students are working on their course-related components, working on comparative study, still life compositions and creating artworks for the Art and Design Component 1, aligned with their chosen themes.

Ms. Amitta Gahallot,
HoD Visual and Performing Arts



October unfolded as a celebration of artistry and accomplishment in our dance ensemble. Grade III students mesmerized audiences in the Front Desk Program, their lively expressions and elegance leaving a profound impact. Our curriculum embraced dance integration with the transdisciplinary themes in Grades II, III, and IV, enriching students' understanding through movement and storytelling. Grade IV dancers elevated the month with a polished classical performance in an inter-school competition, where their refined techniques and poise held audiences spellbound. Adding to their achievements, they brought the essence of Diwali to life through a captivating dance performance in the Ramayana recital. With Annual Day rehearsals now in full momentum, anticipation builds as our young artists prepare to reveal their dedication and creative spirit. October has been a true tribute to dance and devotion.

Ms. Himani Yadav
Dance - Instructor



The month of October was full of opportunities for the drama students. A team of Grade V students participated in an interschool street play competition organized by Pathways World School, Gurgaon. They were appreciated by the audience for their good performance. A team of Grades VI and VIII participated in another inter school street play competition in Shiv Nadar School, Gurgaon and bagged the first prize for their energetic and creative performance on the topic- Media and Mental Health. Ramleela, a performance marking our respect to our culture and traditions was performed with zeal and fervour by the students of primary wing. Students gave the message of goodness in beautiful costumes and makeup with their wonderful acting skills. Everyone enjoyed and appreciated the performance.

Mr Vikas Sharma
Theatre Arts - Instructor



October at Scottish High was a month of dynamic rehearsals and creative exploration as students took on new musical challenges. With Annual Day in November, excitement ran high as the Middle School choir polished their harmonies and the senior school band dived into rehearsals to make their performance unforgettable.

The Front Desk Program for Grade III concluded with much fanfare, closing a wonderful chapter of the students' musical journey. Grade II, meanwhile, connected their Transdisciplinary theme "How We Express Ourselves" with music, learning how celebrations across cultures have unique sounds and rhythms. They used a "Venn diagram" strategy to reflect on their learning, comparing styles and music from



different celebrations. Additionally, Grade II began their own FDP practice, ready to share what they've learned.

Grade III explored rhythm and structure under their theme "How We Organize Ourselves," discovering how music's foundation relies on patterns and measures. Grade IV, also working within the theme "How We Express Ourselves," took on a meaningful group task—writing a song on a social issue, blending creativity with awareness.

With such rich learning experiences, October set the stage for a November full of impressive performances and powerful expressions.

Mr Shivam Srivastava
Western Music - Instructor

Siddhika of Grade III-A participated in SGFI State Skating competition and secured Silver medal with standing 4th in over all ranking.

Mr Darshan Singh Gahallot,
HoD Sports

Senior School Head

Teacher-Student Partnerships for Effective Learning

At our school, we believe that true learning happens when teachers and students work together as partners. Building a strong teacher-student partnership transforms the learning experience, making it more engaging, meaningful, and impactful for everyone involved. This approach is rooted in trust, mutual respect, and open communication, creating an environment where students feel empowered to take an active role in their education.

In a classroom guided by partnership, teachers are not just instructors; they are mentors and collaborators who value student input. This dynamic allows students to contribute their ideas and insights, fostering a sense of ownership over their learning journey. When students feel heard, they are more motivated, take greater risks, and engage in critical thinking. This partnership-based approach also prepares students for life beyond school. By learning to communicate openly, work collaboratively, and think independently, our students gain essential skills that will benefit them in all aspects of life.

We are proud of the strong partnerships between our teachers and students and remain committed to fostering these bonds as we strive for academic excellence and personal growth across our school community. Together, we create an environment where everyone learns and succeeds and one such example will be experienced by the upcoming student led SHIS TECH and SHIS FEST in the month of November.

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

From The Sports Field



The Month of October started with Dussehra Celebrations where the statue of Ravana was lit by the council students. School Principal Dr. Sanjay Sachdeva with Primary School Director Ms. Seema Bhati graced the occasion.

Annual NCC Camp where 17 SHIS Cadets participated in the Camp at Ghoshgarh, Gurgaon organized by 5th Haryana Battalion.

Cadet Shasya received Bronze Medal in firing competition held in the camp. Neeral Gautam received the most promising cadet of the year award in the camp.

Lakshay Dhiman, Adhrit Gautam, Nabhya Kinha, Aryaman Mattoo, Praneet Kapoor, Anya Khorana and Atharva Sharma participated in the CISCE National Lawn Tennis Championship held at Salt Lake Stadium, Kolkata.

Raisa Bhardwaj of XI (IBDP) and Aarav Bhardwaj VII (IGCSE-A) participated in the ISSO National Athletic Championship where Raisa brought laurels by winning Silver medal in Shot Put event and Bronze medal in Discuss throw. Raisa also qualified for the SGFI National Athletic Championship where she will represent the ISSO Unit.

Scuba diving activity was organized in the school for introduction of students to scuba diving.

Intra class Football competition for Grade IV was organized by the sports department.

Aarima Bhutani of Grade VI (IGCSE-B) participated in the ISSO National Gymnastics Competition held at Bangalore. Nandini Yadav (XII B) and Noyonika Bhattacharya XII (C) also participated in the CISCE National Badminton competition held at Hyderabad.

Sargun Kaur (VII-B) and Myra Satija VI participated in the CISCE National Gymnastics Competition held in Mumbai.

Iva Kaswan (VII-B) and Anaya Dogra (X-D) participated in the CISCE National Yoga Competition held at Jamshedpur where Iva got 1st Place and Anaya got 2nd Position respectively.

Modern Foreign Languages

"Unity in Diversity: National Days Celebration by German and Spanish Language Learners"

The celebration of National Days by Highlanders learning German and Spanish was a vibrant showcase of cultural heritage, unity, and shared learning. Held within their classes, the event brought together students and teachers to immerse themselves in the traditions and history of both Germany and Spain. The students took the lead in presenting that countries' histories and momentous events tied to their National Days: German Unity Day on October 3rd and Spain's National Day on October 12.



One of the highlights was the traditional food from each country, which was prepared and served by students further displaying their skills in International Festival's Showcase. This interactive experience gave everyone a taste of the national flavors and brought the community closer through shared meals and celebrations. The National Days celebration was a resounding success, with students demonstrating respect, knowledge, and pride in their heritage. The event fostered intercultural understanding, with each student gaining insights not only into their own traditions but also into those of their peers. This celebration set a strong foundation for continued cultural exchange and learning, embodying the spirit of internationalism.



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

Middle School (Grade VI to VIII)

“Success is not final, failure is not fatal: It is the courage to continue that counts.”

- Winston Churchill

The truth is the winner gets our undivided attention. Everyone likes to win and wants success in what we accomplish. As Oprah Winfrey once said, “Failure is another stepping stone to greatness”. Failure doesn't mean that you are incapable of doing anything. It requires a lot of courage to accept failure, to restart the process on the way to success. Keeping failure in mind will not push you forward. Failure always motivates your next chance to become successful. Failure is a natural and necessary process. Although we have a strong desire to succeed, we are all susceptible to making mistakes. Failures provide valuable lesson for growth.

No one gets success at first take, success needs your sweat, time, effort and patience. Sometimes if someone gets successful at particular thing before you, that does not mean you have worked less or you did not give your best.

Believe in yourself that you can do it. No matter how many times you fail to achieve your goal, you have to come back stronger every time. Only those who recognize the significance of failure can truly achieve success. If you persistently learn from past failures and continue working towards improvement, nothing can hinder your path to success.

Remember, nothing works unless you do it. Failure itself may not be fatal, but allowing your fear of failure to dominate can hinder your path to success. Trust yourself, trust the process, trust god and keep going. Always believe that you can do it. No one can stop you from being successful. Failure is good thing because it strengthens and improve your ability to bounce back.

“Our greatest glory is not in never falling, but in rising every time we fall.”

Ms. Geetanjali Ahuja
Middle School Coordinator

IGCSE

The Mauryan Empire

In this classroom activity designed to mimic a court hearing, students assumed various roles, including prosecutors and defense attorneys, to argue and present evidence regarding Ashoka's leadership and actions. The class was divided into two groups for this debate, which focused on Ashoka's significant transformation from a ruthless conqueror to a proponent of non-violence and Buddhism following the Kalinga war. Participants delved into his policies, particularly his promotion of Dhamma and his influence in spreading Buddhism, to assess whether Ashoka was a genuinely benevolent ruler or if his actions were driven by political motives.

The objective of this activity was to foster critical thinking, historical analysis, and public speaking skills as students explored different viewpoints on Ashoka's historical impact. Through this debate, participants engaged in a deeper examination of Emperor Ashoka's reign and legacy, ultimately leading to a richer understanding of his complex character and



the lasting effects of his rule. This immersive approach not only enhanced students' analytical abilities but also encouraged them to consider the multifaceted nature of historical figures and the implications of their actions on society.



Ms. Neha Srivastava
History Teacher

ICSE - ISC Bulletin

As the year comes to an end, Highlanders in Grades X and XII are gearing up for their upcoming exam cycle. Additional classes were held over the past month, during which students focused on syllabus completion and revision assignments. The Pre-Board I Examination timetable for Grade X ICSE and XII ISC has been shared, with exams beginning on November 25, 2024.

According to the Council's guidance, ICSE and ISC 2025 candidates must complete project work following the subject-specific guidelines provided by CISCE. Consequently, Grade X ICSE and XII ISC students have been working diligently on their project assignments, ensuring they adhere to all requirements.

The Council has also distributed detailed, subject-specific instructions and necessary documents related to the conduct and evaluation of the Practical Exams and VIVA for the XII ISC 2025 Examinations. These exams are set to start on December 16, 2024, with external examiners conducting and assessing the VIVA/Practical sessions. An examination schedule was prepared and shared with the students. To prepare the students thoroughly, mock Practicals and VIVA sessions will be conducted. The schedules for these sessions, along with the Pre-Board datesheet, have also been sent to students.

In addition to this, our Highlanders have also made us proud by excelling in various Regional and Zonal competitions, including SGFI events across Swimming, Lawn Tennis, Athletics, Chess, and Robotics.

Our students, Vikrant Pethia (Grade XI), Ojas Jain (Grade XI), Rian Sanghi (Grade X), Prakhar Dixit (Grade XI), and Vedant Singhal (Grade XI), have achieved outstanding success in the ISC Zonal Robotics Competition for the North Zone. They secured a position among the Top 6 teams and finished as Runners-up. With this achievement, they will now represent Scottish High International School at the National Level of the ISC Robotics Competition 2024, to be held in Hyderabad. This accomplishment highlights their dedication, innovation, and teamwork in Robotics. Congratulations to all the students on this achievement and look forward to their continued success in the upcoming stage.

Well done!

The months ahead are packed, and we're excited to see all the accomplishments that await!

Ms. Barkha Anand
ICSE & ISC Curriculum Head

IBDP / IBCP

October was a month of unity, cultural celebration, and academic success at Scottish High. Beginning with German Unity Day on October 4th, students shared presentations on Germany's history, fostering community appreciation for resilience. On October 7th, they planted 100 saplings at Karma Lakelands after a conservation workshop with environmentalist Ms. Diki Bhutia. Sporting achievements followed on October 9th, with Nandish Namish Bhardwaj placing in two swim events and Snigdha Saxena and Agastya Kaul earning accolades at the CAS summit. Mid-month, Grade XII students attended the TOK Camp to deepen their essays, while Grade XI students refined their Extended Essay topics. The International Festivals' Showcase on October 18th highlighted cultural diversity, and the Diwali Mela on October 19th united the school community with fundraising stalls and small business support from IBDP/CP students. Academic recognition rounded out the month, with Sumer Singh's achievement in the Franklin Essay Prize and Tanay's participation on environmental stewardship at a sustainability seminar. Scottish High students demonstrated a commitment to global learning, cultural appreciation, and social responsibility through each event.

German National Day

On German Unity Day, our school, Scottish celebration filled with student presentations, discussions, and cultural activities. We explored the rich history behind the reunification of Germany, understanding its significance in shaping modern Europe. Students wore badges to mark the occasion and shared presentations on how the day is celebrated across different regions, deepening our appreciation for the nation's traditions and historical journey. The interactive sessions allowed us to engage in meaningful conversations about unity, cultural diversity, and the importance of overcoming divisions, fostering a sense of international mindedness and collaboration. This event not only enhanced our understanding of Germany's history but also strengthened our skills in communication, presentation, and teamwork.

Charvi Nagpal, XI IBCP

Service-Learning Trip

The trip started early morning when we all arrived at school to leave for Jaipur 4 hours later, we reached our hotel and soon after we left for the market, meeting the local artisans and learning about our culture was truly amazing. We made new experiences and explored a side of Jaipur which otherwise we never would have explored. The market work was done and dusted in the day 2 and we left Jaipur around 2 in the noon. This trip made me realise how to help people even when you don't have the resources maybe your words or action can make your day, service learning would stay with me for my entire life. Business administration on the other hand thought us how to budget the trip, how to price the products and management.

Sabeer Bhatia XI IBCP



International Cultural Day

The international Festival Exhibition was held on the 18th October 2024, participating in the school's international festival exhibition, where I had the opportunity to represent and talk about Onam, was both a meaningful and enriching experience. Onam, the harvest festival of Kerala, holds deep cultural and traditional significance. Preparing for the exhibition required me to dig deeper into the history, customs, and values associated with Onam. From understanding the legend of King Mahabali to explaining the intricate Pookalam and the grandeur of the traditional Onam Sadya, the process allowed me to connect with my heritage on a deeper level. I also learned a lot about other festivals such as Halloween and Thanksgiving.

Riddhima Tandon, XI IBCP

I have recently participated in the Ad-mad competition at Vedatya University, where we competed against seven other schools, was a highly enriching experience. The challenge pushed our creativity and teamwork to the limit as we had to develop and present a compelling advertisement of our product, which were sanitary pads called "Flo", within a tight time frame. We learned how to collaborate under pressure, adapt quickly to new ideas, and present them confidently. This experience enhanced my communication skills and deepened my understanding of marketing, and branding.

Agastya Kaul, XI IBCP

Diwali Mela

On the 19th of October, 2024, SHIS organised the Diwali Mela. There were numerous vibrant stalls displaying a variety of interactive activities, along with shops appealing to many. My friends and I from XI IBCP had a stalls carves which we got from Jaipur; there were also stalls selling thrifted clothes, accessories, and many more trinkets. Additionally, pop music blasted in the background, as other games such as mazes and Bingo were in procession, which provided an overall peppy ambience to the whole fair. Lastly, we truly enhanced our social and communication skills, and it was an overall lively and diverting experience for everyone.

Shania Oberoi XI IBCP

EE Presentation

We had our EE presentation. I did it on the subject Physics. Making the extended essay presentation enabled me to gain a sense of subject and topic. Watching my peers and classmates present their own presentation in their respective subjects allowed me to learn more about their interests, the expanse of other subjects and their real-life applications as well. I was able to state the methods and measures I will make use of to maintain academic integrity and how I will appeal to each criterion of judgement through this presentation. I depicted how my personal EE timeline coincided with that of the school and throughout the process I developed my skills of research, thinking and communication as I explored my topic and conveyed my findings to the audience.

Arshia Sharma XI IBCP

TOK Camp

Recently, a Theory of Knowledge (TOK) camp was conducted with the aim of improving our understanding of the TOK essay, a significant aspect of the TOK curriculum. In this camp, we sat together and actively worked on drafting and refining our essays. Our TOK teacher provided explanations, breaking down the structure and key components of the essay, which made it easier to approach. We also collaborated closely with our peers, discussing ideas, sharing insights, and giving feedback on each other's work. Through constant feedback from our TOK teacher, as well as from subject teachers, I was able to refine my essay across all disciplines. The camp not only strengthened my understanding of how to approach the essay, but also honed my critical thinking and reflective skills, which are essential to TOK. The supportive atmosphere, combined with the chance to work closely with my peers and teachers, has made me feel more confident and prepared to tackle the TOK essay. This experience also reinforced the importance of collaboration and multiple perspectives in shaping a well-rounded essay.

Toshhani Momaya, XII IBDP

Green Future Leaders Meet 2024

The sustainability seminar at Karma Lakelands was an eye-opening and inspiring experience, emphasizing the urgent need to address climate change and reduce pollution. I had the opportunity to speak about the crucial role students play in fostering a green environment, highlighting how early eco-friendly habits can empower young people to become agents of change. A key moment was the panel discussion, "Conscious Living," moderated by Sananda, underscored the significance of education in embedding sustainability into the mindset of youth. Her insights, drawn from our ESS curriculum, reinforced the importance of interdisciplinary learning in achieving the SDG.

Tanay Sharma, XII IBDP

Tree Plantation

The trip to Karma Lakelands for a tree plantation was a valuable and enjoyable experience. We learnt about the diverse plant species. Understanding the biodiversity of the region deepened our appreciation for the environment, nature, and sustainable practices. We also discovered a lot about the interesting landscapes we visited. When we reached there, we were greeted by the owners who introduced us to the place. Following this, we were briefed about our task and given general instructions on the process of tree plantation. We then either individually or in small groups planted various types of saplings in the dedicated area. Finally, we were shown around the place and learnt about the wildlife and diversity of Karma Lakelands. The trip was interesting and enriching.

Sheuli Varma, XII IBDP

DPSI CAS Summit

The DPSI CAS Summit was an incredible experience that took place at Delhi Public School International, in which we went with the school swim team, participants for other competitions, our CAS Coordinator and a coach.



The CAS Summit had multiple competitions related to each CAS strand, and I took part in The Stroke, a swimming competition in which I competed in the 50M Butterfly and 50M Backstroke, and won 1st Runner up in both. At first, I felt anxious standing alongside swimmers from other schools but, by giving it my all, I managed to stay ahead of other swimmers. I developed focus and resilience, as I had to maintain a constant speed despite the tiredness. Placing 1st runner up in both events was an accomplishment that highlighted the importance of regular practice. For future competitions, I would improve my swimming technique and flip turns to reduce fatigue and perform better.

Nandish Namish Bhardwaj, XI IBDP

CAS - Creativity, Activity, Services

Planting Hope, Growing Change: Highlanders Champion Sustainability on World Habitat Day 2024.

On 7th October 2024, Highlanders from Grade XII, ISC and DP made a lasting impact by participating in a tree plantation drive at Karma Lakelands, Gurugram, in celebration of World Habitat Day. With the theme of sustainable urbanization, these young eco-warriors planted more than 100 saplings of native shady trees, contributing to the local environment and enhancing biodiversity.

The saplings included Tamarind (*Tamarindus indica*), Moringa (*Moringa oleifera*), Kala Siras (*Albizia lebbek*), Amaltas (*Cassia fistula*), Arjun (*Terminalia arjuna*), Papri (*Holoptelea integrifolia*), Kachnaar (*Bauhinia variegata*), and Lemon (*Citrus limon*). These species were selected not only for their suitability to the local climate but also for their ecological benefits, from providing shade to supporting wildlife.

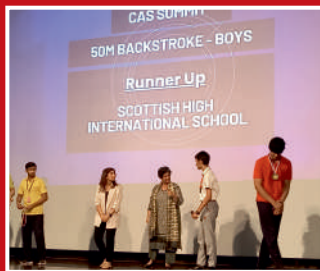
The plantation drive began with an engaging orientation session led by noted environmentalist Ms. Diki Bhutia, who emphasized the importance of conserving the Aravalli forests. She highlighted the role of these forests in regulating water cycles, mitigating climate change, and preserving biodiversity. The students were deeply moved and motivated to take action to protect the natural world.

Before planting, the students were given a practical demonstration on the correct technique for sapling plantation. They learned how to handle the saplings carefully to avoid damaging the root ball, remove excess air from the soil, and ensure proper watering techniques to maximize survival rates. It was heartening to witness the students' active participation in every step, from preparing the soil to planting and watering the saplings. Their enthusiasm and dedication were inspiring, reflecting their commitment to environmental stewardship.

Adding to their efforts, the students brought Eco Bricks— The single use plastic bottles filled with non-biodegradable waste collected by them. These Eco Bricks will be repurposed into seating areas and garden features at Karma Lakelands, providing a creative and sustainable solution for managing plastic waste.

This initiative is a shining example of Scottish High students' dedication to building a greener, more sustainable future. Their actions not only contribute to Gurugram's green cover but also serve as a reminder that every small effort counts.

Kudos to our eco-warriors!
Let's continue the movement toward a sustainable world.



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





Ms Kavita Yadav
CAS 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 focus on the overall development of both students and staff. Our recent sessions have provided students with valuable learning experiences, while our counselors were provided with a platform to undergo professional growth by participating in a comprehensive training program organized by the National Institute of Public Cooperation and Child Development.

An insightful workshop was held for the students of Grade VIII and IX at Scottish High International School by Pratisandhi Foundation, a non-profit organization committed to destigmatizing sexuality education. The session, led by Dr. Kaavya Sreedhar, Ms. Anisha Hallan, Ms. Suhani Goel and Ms. Sanah Srivastava, aimed to educate and empower students on vital subjects of sexual health and well-being.

For Grade VIII, the focus was on “Understanding Menstruation and Reproductive Health,” where students were educated on topics such as anatomy, menstrual cycle and hygiene, pregnancy and sexual reproductive health. For Grade IX, the session covered “Understanding Consent, Values, and the Impact of Pornography,” addressing topics like consent, online safety, and the side effects of masturbation and pornography. Both sessions were well-received, with students participating in the discussions. The interactive activities and anonymous Q&A ensured a comfortable environment for learning as well.

During Mental Health Week, the school counselors organized activities for Grades VI and VII to help students learn about mental health. The students made colorful posters that shared important messages about understanding emotions, the value of support from friends and family, and ways to take care of themselves. They also created ribbons to symbolize different mental health issues, promoting a sense of unity. These fun activities helped students understand mental health better and encouraged them to support one another, making the school a more caring and welcoming place.

Additionally, career counseling sessions are happening as our senior students begin the important process of applying to universities. This journey can feel overwhelming for both students and their parents, as it involves many steps and

significant decisions. Sticking to the application timeline is crucial, and deadlines can come up quickly, adding to the stress. This process takes time, and patience is needed along the way. Our counseling team is providing regular sessions to support students and help them feel understood during this busy time. We aim to empathize with their concerns and guide them in making informed choices about their education. We wish our senior students the best as they take these important steps toward their future, knowing that with support, they can handle this transition more smoothly.

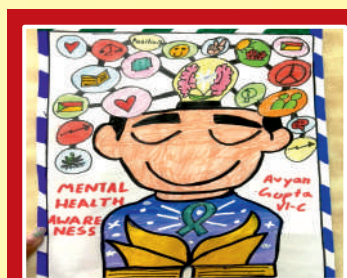
Grade VI students joined the "World of Sports" session, where they took part in activities that highlighted the importance of physical activity for health and well-being. They also participated in a session on the "Importance of Participation in Competitions," which aimed to boost their confidence and motivation to join school competitions for their personal and academic growth.

Grade VII students attended a session on the "World of Sports," where they learned about the role of sports in promoting physical and mental well-being. They enjoyed a quiz activity that helped them understand the benefits of staying active. In another session, students explored interesting facts from the Guinness Book of World Records and learned about different types of Indian dals. This activity encouraged curiosity and cultural awareness. Students also participated in a session on cybersecurity, led by Ms. Pooja Bansal, Head of Information Security at Fareportal. They learned about digital safety, including how to create strong passwords and protect themselves from online threats like phishing. In another session on the "Importance of Nutrition," Ms. Nitya from Fortis Hospital introduced Grade VII students to the benefits of a balanced diet and how to identify signs of malnutrition. The session encouraged them to make healthy food choices.

Grade VIII students took part in a session on "Managing Emotions and Attachment Styles," which introduced them to different emotional patterns such as secure, anxious, avoidant, and disorganized styles. This helped students understand their emotions and relationships better.

For Grade XII students, a session on "Common Apps Tips and Tricks" was conducted by Ms. Rupali from Education USA on September 21, 2024. This session aimed to guide students through the application process for universities in USA.

We continue to support the academic, emotional, and social growth of our students, helping them prepare for the challenges ahead.





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

EMC Teachers' Training Sessions – October 16 & 19, 2024

Ms. Neha Gupta served as a Resource Person in the two-day Entrepreneurship Mindset Curriculum (EMC) Teachers' Training sessions, held on October 16 and October 19, 2024, organized by State Council of Educational Research and Training (SCERT), Delhi.

The objective of these sessions was to equip teachers with a comprehensive understanding of the EMC and its implementation in classrooms across Delhi Government schools. The training focused on helping teachers incorporate entrepreneurship concepts into their daily lessons in a practical and engaging manner.

As a resource person, I had the privilege of leading the sessions, where I shared strategies to motivate students to set ambitious goals and explore opportunities in their

immediate environment. Workshops were conducted to develop project-based learning modules, which would allow students to apply entrepreneurial concepts to real-world scenarios.

The feedback from the teachers was overwhelmingly positive. Many expressed excitement about adopting these strategies not only in their classrooms but also in their personal lives.



Ms Neha Gupta, Economic Facilitator

 **From Our Budding Writers**

I HOPE IT'S NEVER ME.

With endless thoughts and scenarios,
 of what could wrong,
 whether it's in a cab, hospital,
 or on an empty street,



With having the vigilance of what to wear,
 everyday, everywhere,
 I'm reminded of the cases where it wasn't the fault of her
 clothes,
 but of the fact that her gender is a "she",
 I hope it's never me.
 With the need of always carrying a spray,
 faking a phone call in the cab,
 or going out alone in broad daylight with the fear of
 being the next one,
 in this country that's "free",
 I hope it's never me.

Siya Gupta, Grade IX-F

embrace.

Each misery found its place in the world, in every heart and soul. Pandora watched the chaos unfolding, disrupting the peace that once prevailed. Pandora, though helpless, tried to shut the box, but it was too late and her heart grew heavier by the second.

In the box, one thing still remained, a light so small, yet offering solace. It felt as though a light at the end of a claustrophobic tunnel, and in that light, there was a belief that, though darkness was unleashed, hope was immortal. The box's story, despite being empty, was far from being over because it served as a reminder that the darkest hour is just before dawn and it serves as a spark of optimism and hope for humanity, even in the toughest times.

Danicca Bajaj, Grade X-C

ACROSTIC POEM

Atharv Agarwal, Grade II-F

C	Christmas always brings us joy.
H	Hanging lights, Oh! Just look by.
R	Rushing through the streets, shouting its Christmas Eve!
I	I can't stop looking at the Christmas tree with all the jewels hanging.
S	Santa Clause comes on his slay with gifts.
T	Treats, so yummy, makes me happy.
M	Melodious carols children are singing.
A	A feast just looking good for me.
S	Singing carols across the road, Oh! What fun its Christmas time.

The Duality Of Existence: Chaos & Hope In Pandora's Box

In the house of Epimetheus, there was a box, it too was a gift, gifted from the Gods to Pandora, the first woman on Earth. She stood close to the box and her fingers trembled with hesitation because she had been strictly instructed not to open it. Her curiosity was way too strong and she didn't analyze what could possibly go wrong. She held the bright shimmering box in her hand and driven by inquisitiveness, Pandora eventually lifted the lid.

The lid sighed ever so softly, its hinges stiff from years of stillness as if it was reluctant to reveal the secrets unknown. As the gap widened, out from the jar flew every sin known to humanity. Pain, outrage, and hardship, spilled into the world, painting it in despair and spreading its evil

A letter from the perspective of Odysseus

My dear Telemachus,

I sit here now, far off the shores of Ithaca. My thoughts often drift towards you- now a young man, staring at the genesis of your own rugged journey of life. Seemingly, it has been an eternity since I have held you in my arms, since I have cradled your soft face into the realm of slumber, but the memory of your hopeful, glinting eyes and rosy cheeks lingers still, fueling my desire to return home. I write to you today, Telemachus, as a man with lessons to impart and tales to share- for the path I have walked was carved as much by my mind as by my sword. I only hope that you take my advice to heart.

My son, there's something I've learned in my years: it's not always strength that wins battles, but cleverness and strategy. Many men charge into conflict, relying on sheer force, but a sharp mind can be a far more powerful weapon. The majority of people approach conflicts fully confident in their might but the intellect represents a far greater weapon in the battlefield. I have encountered opponents, who were much stronger than me, but it was never my strength that let me win. Recall the Trojan Horse: a mere idea, but an idea with the power to reduce a great



city like Troy to rubble. Or with Polyphemus, when I had a vexing issue with the Cyclops. It was not by force that I was freed; rather, I had to venture on a trick while I was pretending that I am "nobody" (that is how the one-name "nobody" could be called for assistance). My counsel to you is, trust in your brains, Telemachus, for they will prove to be your ally when all else forsakes you.

Yours lovingly,
 Odysseus

Navya Chaudhry, Grade X IGCSE-A



Midas' Golden Touch: A Timeless Reflection Of Society

The legend of King Midas, the greedy king whose touch converts everything to gold, is one of the most beloved tales in contemporary society. His boundless appetite for wealth and power is a caution against unchecked materialism and its corrosive effect of greed. The legend of Midas tells how alluring wealth can be and the belief that it will fulfill and make one happy. A lot of consumer-based cultures exist in current times, where the conviction of getting materialistic possessions takes precedence over other values. Great emphasis is laid on status symbols, and constant advertisements can lead to dissatisfaction and a relentless desire for more. The thirst for wealth served as Midas' demise. Besides, Midas' tale reminds society about moderation and balance. In the lust of his obsession, Midas became blind to life's valuable questions. While reminding nations that no one can master his society, the golden touch revealed Midas' seclusion from loved ones, as too much materialism leads to loneliness and emptiness. My final criticism towards the myth is made towards the corrupting influence of power. He became wealthy and greedy to such an extent that he made irrational decisions and misused his authority. In the current world, when wealth and power accumulate in the hands of a chosen few, this creates discontent and social unrest. The story of Midas reminds us of the dangers of unchecked power and the need for accountability and transparency.

Mehr Kaur Aulakh, Grade XI (IBDP-A)

The Throne Beneath: Hades' Soliloquy of Power and Shadows

(Hades speaks in a voice with a hint of bitterness that commands authority as he sits on his gloomy throne and directs his gaze into the Underworld's shadows.)

HADES: Oh, the crown's weight. The Underworld is a kingdom that deserves respect, despite the fact that many see it as a place of darkness, and hopelessness. I am Hades, lord of the underworld and guardian of the souls. I live in the depths where true strength is found, while the others fly around the heavens, bathing in their golden light. They consider me to be nothing more than an afterthought, an outsider among my siblings, the Olympians, happy to rule over the forgotten and the lost. However, they are oblivious to the fine balance that exists between life and death. Their realms would fall apart without me. Even Zeus, in the peaceful times of his rule, must admit that I hold the key to the passage between worlds. However, I don't want their praise and I'm not resentful. I am the god of the underworld, not of frippery. Here the souls rest in peace, and I see to it that life's cycle never breaks. So let them enjoy themselves while they celebrate above. Below, I will watch like a sentinel of fate, warning them that throughout their greatness, they are nothing without the shadows I control. For in the end, every soul must return to where it belongs... and I am always waiting.

Janvi Aggarwal, Grade XI (IBDP-B)

Apollo's Outlook On Today's Music

Apollo was worshipped as the inventor of stringed instruments, and was often depicted with a lyre.

Since the time of the Greeks, much has changed in the world. Music has undergone a similar process of constant transformation, becoming something that the Greeks could never have imagined.

If Apollo saw the state of music in today's world, he would be subjected to conflicting emotions- a combination of pride and joy mixed with disappointment.

The increase in musical instruments and heightened interest in those who produce it would certainly be a great source of joy for Apollo. The communication, creativity, and individuality present in today's music has certainly created a melting pot of bliss and self-expression, along with the technological advances which have also made it possible to produce music that the Ancient Greeks would have never conceived.

At the same time, the increased ease with which people produce music now has led to an immense increase in the quantity of music produced, while simultaneously lowering the quality of the average song. This over-saturation of the market in music has caused many masterpieces to go unnoticed, and propelled several undeserving cacophonies to the peak of success and fame. This recognition of the talentless, and ignorance of the truly talented, would definitely disappoint Apollo. Music in his time was deeply personal and religious, and to see it treated casually in today's world- and even used to spread hatred in many cases, would really offend the deity. The rapid growth of technology has allowed for the development of new types of music, yes, but it may have come at the cost of the deep spiritual connection that we once had with music.

Kyra Khar, Grade XI (IBDP-B)

Zeus' Whims & Fancies

I – Zeus, the King of the Greek gods and goddesses – have at last attained some peace of mind. For the time being, at least. Today, I sentenced that trickster of a mortal, Sisyphus, to the eternally futile misfortune of pushing an enormous boulder up a hill in Tartarus, the infernal region of the Underworld. He was really getting out of hand. I mean, evading death twice? An admirable feat, but I have a reputation to uphold. Such impudence will not be tolerated on my watch. Why, he colluded with the river god, Asopus, against me and chained Thanatos in Tartarus! I'm starting to doubt Thanatos' competence as the god of Death, however that is not the current point of concern.

I wonder if I've doled out too tame of a punishment to Sisyphus, seeing as I subjected Prometheus to the significantly harsher fate of having his regenerating liver eaten by an eagle every day. Food for thought. Perhaps Hades could add some more chaos to his suffering. Note to thyself, to speak to him regarding this later.

Nimesha Enverga Sharma, Grade XII-C



Diwali

.Diwali comes, celebrating the coming of Ram ji back after fourteen years of exile

All houses are shining with diyas and decorative lights!

It is the end of the arrogant Ravana,
And the victory of caring Rama.

The first day is Dhanteras, when we shop for gifts and wonderfully decorate our home

Entering our blissful zone!

Every child is filled with smiles,

Enjoying fairs, grand shows and feels worthwhile

Each home is decorated with rangolis,

Beautiful and holy...

The fourth day is Gowardhan puja, when we pray to Lord Krishna and seek blessings, protection and prosperity

In his being with us, we are filled with serenity...

We welcome Lakshmi ji by cleaning and decorating our homes with lights and sweets

Celebrating the festival together and giving treats..



Name: Krisna Nagpal, Grade V-G

Achievement Awards



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.

International Art & Culture Festival Event "Shri Krishna Kala Sanskritik Mahotsav - Season 4" held recently on 9th & 10th November at BSA College of Engineering & Technology, Mathura (U.P).





Clan News

ANDERSON

Excellence isn't about being perfect; it's about giving your best and striving to grow with each challenge you face. Every step forward, no matter how small, is progress. Believe in your abilities, for you are capable of achieving greatness. Every effort you put in today paves the way for a brighter tomorrow. Push past your limits and give it your all, because the best things come to those who are brave enough to reach for them.

I congratulate all my Anderson athletes and sports enthusiasts who took part in the Sports Week and brought laurels to the clan by their commendable efforts. Clan Anderson also

scored highest points in the cumulative marks acquired by adding the results of Interclan French, Spanish and German Poetry Recitation Competitions. Both our participants, Anvi Dwivedi (X) and Tashvi Mohta (IX) attained the first place in the Interclan Hindi Debate Competition. Laura Anika (VII) secured the first position and Daiwik Abrol (VII) bagged the second position in the Interclan Talking Titans Competition. Daiwik Abrol (VII) and Rishik Singh (VII) took the second place in the Interclan Tell-a-Geo-Tale Competition. Snigdha Saxena (XI) obtained the second position in the Interclan Hindi Monologue Competition. Nitya Rana (VI) and Harmanyya Syal (VI) acquired second place in the Interclan Science Quiz.

Diligence pays off in ways that may not always be immediately visible, but the rewards are well worth the effort. When you approach your goals with consistent hard work and determination, you build a foundation for success that cannot be easily shaken. Even in the face of setbacks and challenges, staying committed and giving your best will lead to growth, learning, and opportunities that others might miss.

Ms. Ruma Jain, Clan Elder - Anderson

BOYD

Today is our opportunity to build the tomorrow you want. — Ken Poirot

As we dive into a vibrant month of festivities, let's also celebrate the incredible achievements of our clan mates in the recent Inter-Clan Competitions! Their hard work and creativity have shone brightly, inspiring us all to participate more actively in these enriching events.

Advik Iyer from VI CS-B showcased his artistic and technical flair by winning first place in the Inter-Clan Poster Making Competition. Exploring other verticals of the tech field, Moksh Mohan and Hirein Solanki, both from VIII-B, proudly secured Second place in the Inter-Clan Website Making Competition. Their accomplishment highlights the

importance of teamwork and innovation — two key components in today's digital age. Moving forward, the talented team of Kartik Chaudhary and Tanush Mishra from VI-E once again made their clan proud by securing First position in the Inter-Clan Science Quiz. Meanwhile, the impressive trio of Ariana Srivastava, Parisha Sharma, and Aarna Misra, all from Grade VI, secured Second place in the Inter-Clan Spell Bee Competition. Their achievements remind us that studying can be both rewarding and enjoyable. In the language arts, Anjaneya Kaul and Jairo Bijlani from Grade X earned Second place in the Inter-Clan Hindi and Sanskrit Quiz, showcasing the beauty and depth of our languages. Misha Arora and Siyona Jain, both from VII CS captivated the judges and claimed first place in the Inter-Clan Tell A Geo Tale Competition. Let's not forget our outstanding teams in the Inter-Clan Hindi Vigyan and English Quiz competitions, where students like Vikrant Sinha, Siyona Garg, Ojal Arora, and Saud

Nazmi excelled alongside Samarra Mundair, Vihaan, and Moksh Mohan. Their hard work is a clear evidence to prove that it can be achieved when we collaborate and support each other. A beautiful welcome to the festivities of the month, our team comprising of Aira Madan (VIII-A), Saanvi Sengupta (VIII-D), Nandini Miglani (VIII CS) and Samaira Mundair (VIII CS), once again won the Inter-Clan Rangoli Competition with their First position. As we celebrate these successes, let's also remind ourselves that every competition is an opportunity for growth, learning, and connection. Whether you're passionate about art, science, language, or technology, there's a place for you in these events. Join in, showcase your skills, and let's continue to make our clan proud!

Wishing you all a joyful and prosperous festive season!

Ms. Akanksha Yadav, Clan Elder -Boyd

LAMONT

"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." — Ralph Waldo Emerson

Good deeds have a way of coming full circle, bringing joy and positivity back into our lives. When we selflessly help others, we not only improve their lives but also create a ripple effect of kindness that can have a profound impact on our own well-being. Research has shown that engaging in acts of kindness releases endorphins, also known as "feel-good" hormones, which boost our mood and overall sense of happiness. Good deeds foster empathy, trust, and deeper connections with others. Good deeds cultivate a sense of gratitude, which attracts more positivity

into our lives. Here is the month of festivals and festivals have been an integral part of human culture for centuries, bringing people together and imparting valuable life lessons. Beyond the music, dance, and merriment, festivals teach us important values and good deeds that can be applied to our daily lives.

From Clan competitions this month, we have Saanvi Khanna from Grade IX who brought laurels to our clan by securing second position in Inter Clan Hindi Debate Competition. Avyukt Mahajan and Mihira Ghanshyam Prabhu from Grade XI secured second position in Inter Clan Sustainable Goal Competition. In Inter Clan Life Skills Competition, Samridh Ahluwalia and Arjun Niranjan from Grade VII secured first position. Aarya Pagalla and Daksh Moon from Grade XI showed their best team work in Inter Clan Mathematics Symposium Competition and made our clan proud by winning second position. Agastya Sumeer Kaul and Aarya Pagalla from Grade XI presented their Economic Insight during Inter

Clan Competition and proudly secured first position. Parisha Agarwal from Grade VII participated in Inter Clan Drawing Competition and proudly bagged first position. In Inter Clan ICT Advertising Competition Sahaj Khanna from Grade XI Showed his technical skills and secured first position. During festivities of Diwali our students from Grade VIII showed their artistic skills in Inter Clan Rangoli Competition and Ananya Ajit Kumar, Myra Singh, Vyakhya Upadhyay and Ruhika from our clan showed best team work by securing second position. In Inter Clan MFL weave me a Tale Competition Shivika Pandit and Ishaan Ralli in French, Aarav Gupta and Aabir Basu in Spanish from Grade IX secured second position. In Inter Clan MFL Poem Recitation Competition Mishka Talwar and Daiwik S Gahlot from Grade VIII secured second position in both French and German respectively.

Congratulations to all the winners. Keep it up this energy always.

Ms. Kiran Cacoria, Clan Elder - Lamont

MACARTHUR

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." — John Quincy Adams

This quote beautifully encapsulates the spirit of perseverance. Whenever success feels out of reach, remember that our clan's motto is perseverance. Clan Macarthur students have always embodied this principle, achieving victory time and again, and bringing honour to our clan. Do not fear the storms ahead, for they are part of learning how to sail your ship. Perseverance is the unyielding strength that fuels the pursuit of even our highest aspirations. It compels us to stay focused on our goals, unfazed by distractions or doubts. With unwavering resolve, we navigate life's twists and turns, moving forward with clarity and purpose toward our dreams. Middle school students made the clan proud with remarkable achievements in various inter-clan competitions. In Grade

VI, Peahen Jain, Aarav Pandey, and Rishaan Jain secured second position in the Maths Quiz, while Purunjay Attri (VI CS A), Rishaan Jain (VI C), and Kimaya Abrol (VI CS) clinched first position in the English Spell Bee. Samaira Dhiman (VI E) and Peahen Jain (VI G) won third and second positions in the Drawing Competition, and Shadab Singh Sidhu (VI B) and Yohaana Cacoria (VI C) took second and third positions in ICT Poster Making. In Grade VII, Amaira Kaur (VII A) and Sarvani (VII C) attained third position in Geo Tale, while Saadhya Rao (VII C) and Ashwika Ahuja (VII B) earned third and second positions in Drawing. The Dance team—Yashika Sharma, Kaira Gupta, Gaanta Chopra, Aadya Maheshwari, Hansuja Joshi, and Saranshi Rao—secured second position, and Parisa Singh (VII E) and Kaira Gupta (VII A) also took second position in Life Skills. In Grade VIII, Annika Singhal (VIII A) achieved third in French MFL Poetry, Sara Khattar (VIII D) took second in Spanish, and Raaghava (VIII F) earned third position in German, with Annika also securing second position in Web Designing. For the Hindi Monologue, Tamish (VIII A) claimed first position, and Swastik (VIII F) won third position. The Rangoli team—Naomi Mudgal,

Ashima Goel, Samaira Goel (VIII E), and Mahika (VIII B)—achieved third position. Senior and Senior Secondary students also continued the legacy of achievements during different inter-clan competitions. In Grades IX and X, Armin Kaur and Aanya Nigam secured first position in the Hindi and Sanskrit Quiz. Ritisha and Emya Jain won first position in French, and Saanvi Mehta (X IG II) and Abeer Singh Gujral (IX C) claimed first position in Spanish for the MFL Weave Me a Tale Competition. Ujjeshha (IX D) took third position in the Hindi Debate. In Grades XI and XII, Vaishnavi Vinod Sharma (XI DP) grabbed first position in the Hindi Monologue, while Karandheer Gahlot (XI A) and Alisha Singhal (XI B) clinched first position in the Math Symposium. Agastya Trehan also earned first position in the Sustainable Goal Competition. These accomplishments uphold the proud legacy of excellence and remind us that true strength lies in our ability to remain steadfast, even when faced with challenges, and that each struggle is a valuable part of our journey toward success.

KUDOS TO ALL THE WINNERS! Your hard work and achievements have truly made the clan proud. Keep shining!

Ms. Pooja Sethi, Clan Elder - Macarthur



It is a proud moment that Dr Cdr Kartikay Saini, our School Chairman, featured in the Nov 2024 edition of TIME magazine.

Indeed, his work is applauded across the world. If we may recall, Forbes magazine had also featured him earlier as the Education Change Maker and so did the Economic Times.

Content from: SCOTTISH HIGH



Dr. Cdr Kartikay Saini: 20 Years Of Sculpting Education With Inclusivity and Innovation

From an empathetic initiative to a mature reality, how Dr Cdr Kartikay Saini's idea of compassion and co-existence made their way into a transformative education movement. Dr Saini's leadership in modern times leaves an iconic imprint in inclusive education with novel initiatives and rock-solid principles. His journey is a truly inspiring tale of the triumph of the human spirit, resonating with millions and bringing to light the need for inclusive education to ensure no one is left behind.

Dr Cdr Kartikay Saini is the quintessence of how belief can ignite a nationwide revolution. His journey from educator to reformer demonstrates remarkable leadership and unwavering conviction in favor of 'Education for All'.



Dr. Cdr Kartikay Saini
Chairman - Scottish High

An alumnus of the National Defense Academy and an ex-commander of the Indian Navy Dr Cdr Saini has spent more than three decades of his distinguished career serving the Country in the Defense and civil world. He is the founder and chairman of Scottish High International School, Gurgaon.

Commissioned in 2004, Scottish High International School, Gurgaon is an institution committed to leveling the playing field for all. The school provides an inclusive environment for students to connect with the specially-abled and less privileged and strives to integrate them into the mainstream.

Dr Cdr Saini has pioneered a program providing holistic education and integrated development for children with intellectual disabilities. Through his sustained efforts, the school has gained significant support from the national and international community and is recognized as the ESPN Unified Champion School of the Special Olympics, one of very few in the country.

Dr Cdr Kartikay Saini has served as the former chairman of the Special Olympics India and the former chairman of the Unified Sports Advisory Board of Asia Pacific. He has also been a board member of the Special Olympics International in Washington D.C. Dr Cdr Saini has been a keynote speaker at various youth leadership conferences and World Education Summits. He has been invited

by heads of state and nations such as the Dominican Republic, Azerbaijan, Mauritius, the United States, the Philippines, Bhutan, Bangladesh and others.

Dr Saini's contributions to inclusive education have earned him widespread recognition from the media and various organizations, making him one of the foremost educationists in India.

He was invited by Oxford University, U.K. to deliver the keynote address to academia and scholars. He is also the Sri Lanka United Nations Friendship Organization (SUNFO) goodwill ambassador of Sri Lanka to India for the United Nations Sustainable Goals 2030. Additionally, he has received an award for his work in Inclusive Education from the President of Mauritius: Prithvirajasingh Roopun.

Dr Saini is a highly decorated educationist who has received over 200 national and international awards, including recognition from Forbes, Hindustan Times, the Derozio Award by the Indian Certificate of Secondary Education, The House of Commons of the U.K. Education Today, Economic Times, and Education Evangelista by Chetan Bhagat, as well as the Times of India Group, among others.

He was also felicitated at the UK House of Commons in 2019 as the Educationist of the Year among sitting members of the British Parliament. He also received the Educationist of the Year Award by Education Today at the Maharashtra Education Summit, Mumbai, 2024.



Golf

ANITYA'S TIP OF THE MONTH

Set your wrists and turn for better striking

Over the last few articles, we have discussed how the body loads on to the right side in the backswing and then transfers on to the left side in the downswing to unload the stored power.



An important aspect of the backswing is how the arms go back and how the wrists set the club. The best way to achieve this correctly is to ensure that by the time the left arm is parallel to the ground in the backswing, the wrists are fully set and the upper body is nearing its full turn. I have illustrated this in the picture and you can see when my wrists are fully set, there is an angle of approximately 90 degrees between the club and my left arm. Notice also, how my upper body is rotated and my center of gravity is on to my right side from where I can turn through on to my left side in the down swing and follow through

Getting into this fully turned and fully wrist set position early in the backswing goes a long way in helping a player a better ball striker

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



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