



## From the Principal's Desk

### Motivation

"उद्यमेन हि सिध्यन्ति कार्याणि न मनोरथैः" *"Success is achieved through effort not merely by wishing"* Such quotes are always motivating and inspiring. Motivation is an integral part of a student's learning journey—both in how a student is motivated and how they, in turn, will motivate others.

This motivation drives students to perform well in class tasks, exams, participation in co-curricular activities, and other areas of excellence. There is no doubt that motivated students have clearer goals for their future and work consistently to achieve them.

It is important for teachers and parents to motivate students even for their smallest achievements—there's no need to wait for bigger ones.

We have seen in our school that a simple appreciation of a student's performance, whether in academics or co-curricular activities, greatly encourages them to improve and reach greater heights.

Our Proficiency Badge system and Annual Award Felicitation ceremonies truly motivate students to excel in all areas of their

student life. Even awarding students for 100% attendance during the academic year encourages regularity, which in turn supports their overall performance.

It's also a fact that if students are motivated then they generally stay focused, self-disciplined and are able to handle different challenges. This motivation is equally important for their emotional and mental well-being. There are some students who are self-motivated, however some need this catalyst from parents and teachers. So let us give them a positive learning environment to bring the best out of them as per their respective interests and capabilities.

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

*"Attitude is a little thing that makes a big difference."*

- Winston Churchill

*"All our dreams can come true, if we have the courage to pursue them."*

- Walt Disney

*"It is during our darkest moments that we must focus to see the light."*

- Aristotle

*"Believe you can and you're halfway there."*

- Theodore Roosevelt

Dr. Sanjay Sachdeva (School Principal)

## Naturally Better: Protecting Children from Artificial Food Dyes

In today's fast-paced world of fast food and ready-made meals, we often unknowingly give our children foods that contain artificial flavours, which can be harmful to their health. Some studies have linked artificial food dyes, especially Red 40, Yellow 5, and Yellow 6, to increased hyperactivity or attention problems in sensitive children. This is more noticeable in children with ADHD or behavioural sensitivities. While not all children are affected, certain individuals may show irritability, restlessness, or difficulty focusing after consuming dyed foods. Artificial food colourings are added to many snacks, drinks, and packaged foods to make them look more appealing, especially to children. While many food dyes are approved by appropriate authorities, however, it is better to reduce them because of concerns about allergies, sensitivities, or behavioural effects in some children. Luckily, avoiding food colouring is easier than it may seem. With a little awareness and a few practical habits, child's exposure to artificial dyes can be reduced considerably.

One of the most important steps is learning to recognise food dyes on ingredient labels. Artificial colours often appear as Red 40, Yellow 5, Yellow 6, Blue 1, or Blue 2. They may also be described simply as artificial colours, edible colours (added), or FD&C dyes. When shopping, take a moment to scan the label, if you notice numbers or vague colour descriptions, the product likely contains synthetic colouring. Secondly, procure products that state clearly 'No artificial colours'. Many companies offer dye-free alternatives in response to growing parental demand.

Breakfast cereals, yoghurts, snack bars, and even sweets often come in versions coloured only with fruit and vegetable extracts. Organic brands usually avoid synthetic dyes altogether, making them a reliable choice.

A simple way to cut down on artificial dyes is to limit highly processed and brightly coloured foods. Neon-coloured candies, vivid ice lollies, rainbow-coloured cereals, and packaged cakes with intensely tinted frosting almost always contain artificial dyes. Choosing more natural-looking, less processed options automatically reduces exposure without making major changes to your child's diet. Encouraging naturally colourful foods is another effective approach. Children are naturally drawn to bright colours, so offer a variety of fruits and vegetables that provide appealing hues. Strawberries, raspberries, and cherries offer vibrant reds, mangoes, carrots, and pumpkin create beautiful oranges, kiwi, peas, and spinach offer greens; and blueberries and purple grapes add deep purples and blues. These foods not only look attractive but also offer important vitamins, minerals, and fibre.

Teaching kids the difference between natural and artificial colours through simple shopping or cooking activities is one of the most practical ways to help them develop healthy food habits. By building a few simple habits, reading labels, choosing naturally coloured foods, and preparing more homemade snacks we can easily reduce artificial dye consumption and support healthier eating patterns for our young children.

Ms. Seema Bhati (Primary School Director)  
PYP Coordinator



# PYP

## Children's Day- a day filled with Laughter, Magic, and Memories!

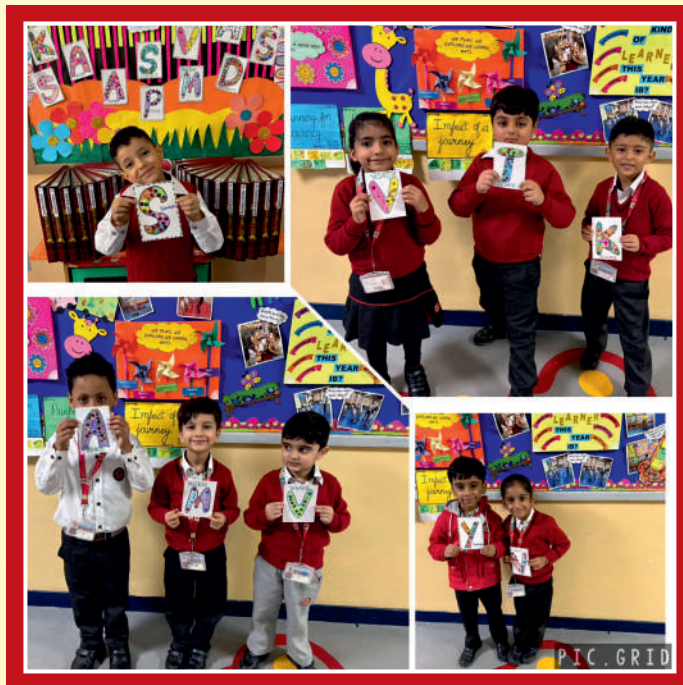
Children's Day at school was a vibrant celebration filled with excitement, joy, and wholehearted participation. Every corner of the campus felt alive with cheerful energy as students from Nursery to Grade IV arrived in colourful clothes and enjoyed thoughtfully planned, age-appropriate activities designed just for them. Our Nursery students were completely captivated by an enchanting magic show that left them awe struck and giggling with delight. They were also engaged in creating charming craft pieces, decorating biscuits with colourful sprinkles, and happily savouring the treats they made, an experience that blended creativity with pure joy. The Lower Kindergarten students enjoyed an equally fun-filled day, participating enthusiastically in a variety of games. They decorated cookies, danced to lively movement songs, and engaged in imaginative creative tasks that kept them smiling throughout. Each experience offered them a chance to express themselves and enjoy playful learning. For the Upper Kindergarten students, the highlight was a delightful 'movie-theatre experience.'

Seated together in the A.V room with popcorn in hand, they enjoyed a movie that brought the thrill of the big screen to school. The fun continued with a lively balloon game, show and tell and other engaging experiences that filled the room with laughter, cheers, and beaming faces. Dance, music, and joyful interactions added to the festive spirit, making the celebration truly memorable for one and all. Overall, Children's Day was a heart-warming tribute to childhood, full of wonder, creativity, friendship, and moments of pure happiness. Every child went home with bright smiles and cherished memories from a day made especially for them.



## English Week: A Celebration of Language and Expression

English Week in the Early and Primary Years was a joyful celebration of language, curiosity, and creativity. Thoughtfully planned with purposeful and engaging activities, the week aimed to nurture a genuine love for English among our young learners. Students took part in a wide variety of fun-filled experiences- from playful letter reinforcement through games like 'Letter Monster', a lively 'Letter Obstacle Course' that combined physical movement with letter identification, and 'Word Toss', where students excitedly shared words beginning with the chosen letter, to writing and creatively decorating the first letter of their own names. The 'Animal and Letter Wall', where each alphabet was paired with a corresponding animal and enriched with the student's artwork, became a vibrant visual anchor for their learning. During English Week in the Primary Wing, children enthusiastically engaged in a variety of fun and enriching activities. They enjoyed weaving creative stories, crafting interesting riddles, practising tongue twisters, and participating in an exciting scavenger hunt. The young learners also took part in the English Elocution Competition, along with many other engagements designed to enhance their vocabulary and strengthen their language skills. Singing poems and rhymes added rhythm and joy to the celebrations, while role-play sessions encouraged the students to step into different characters, express themselves with confidence, and strengthen their communication skills. Filled with laughter, exploration, and meaningful language experiences, English Week became a truly delightful and inspiring celebration, one that sparked enthusiasm, creativity, and a deeper connection to the world of English in every young learner.





They brought photos, shared anecdotes, and in some cases even introduced their pets to the class. Their stories, filled with care routines, challenges, and joyful moments made the learning lively, relatable, and deeply engaging for the little ones. Lower Kindergarten students, who were exploring about growth patterns and life cycles, had parents and family members visit to discuss human growth. Seeing multiple generations together—grandparents, parents, and children,

offered a powerful visual representation that helped students understand growth stages more clearly. These meaningful interactions not only supported conceptual understanding but also strengthened bonds within the classroom community. Such parent-led engagements add warmth, authenticity, and real-world relevance to learning, making students feel supported by a team that extends far beyond the school walls.



### Bringing Home to School: Parents as Partners in Learning



Parent involvement at Scottish High plays a meaningful role in strengthening the home-school connection. When parents step into the classroom as guest speakers, they not only gain a warm glimpse into their child's learning journey but also enrich classroom understanding by sharing their knowledge and real-life experiences. In Nursery, as students are inquiring about animals and our responsibility towards their well-being, pet-owner parents joined the sessions with heartfelt enthusiasm.



### Balanced Heroes-Fuelling their Bodies, Minds and Hearts!

As part of their ongoing inquiry into the Transdisciplinary Theme-Who we are, the young Highlanders of Upper Kindergarten are exploring the significance of healthy eating and balanced living in a joyful and meaningful way. To bring their learning to life, the students came dressed as 'Healthy Superheroes'- champions of nutritious choices, active habits, and overall well-being.



The colourful costumes and imaginative props sparked vibrant discussions as each student proudly shared their ideas, inputs, and findings about the benefits of eating right. From talking about the power of fruits and vegetables to highlighting the importance of drinking water, staying active, and maintaining hygiene, the students confidently expressed what they had learned, allowing every child to take ownership of their learning. This interactive engagement fostered curiosity, creativity, and self-expression, strengthened their communication skills and also showcased their growing conceptual understanding of health and wellness.

### Young Highlanders Connect with Nature at Serengeti Farm



Our Grade I Highlanders visited Serengeti Farm as part of their Unit of Inquiry, Sharing the Planet. The trip offered them meaningful opportunity to explore the concept of interdependence among living beings in an engaging and enjoyable way.

It was a truly enriching, hands-on experience. The children closely observed different animals, plants, and aspects of farm life, strengthening their appreciation for the natural world and the relationships that help it thrive.

This experience also contributed significantly to their personal growth, helping them develop confidence, resilience, adaptability, and strong self-management skills.





## Scientific Discovery: Students Explore Measurement in Action

Under the TD Theme - How the World Works, students enjoyed a hands-on, engaging learning experience as they explored various measuring tools and their real-life applications in the Physics Lab.

Through collaborative reflection with their peers, they deepened their understanding of the world around them and the scientific principles that shape it, strengthening their critical-thinking skills.



## When young learners create, collaborate, and inquire, they discover not just products—but the process of becoming thinkers.

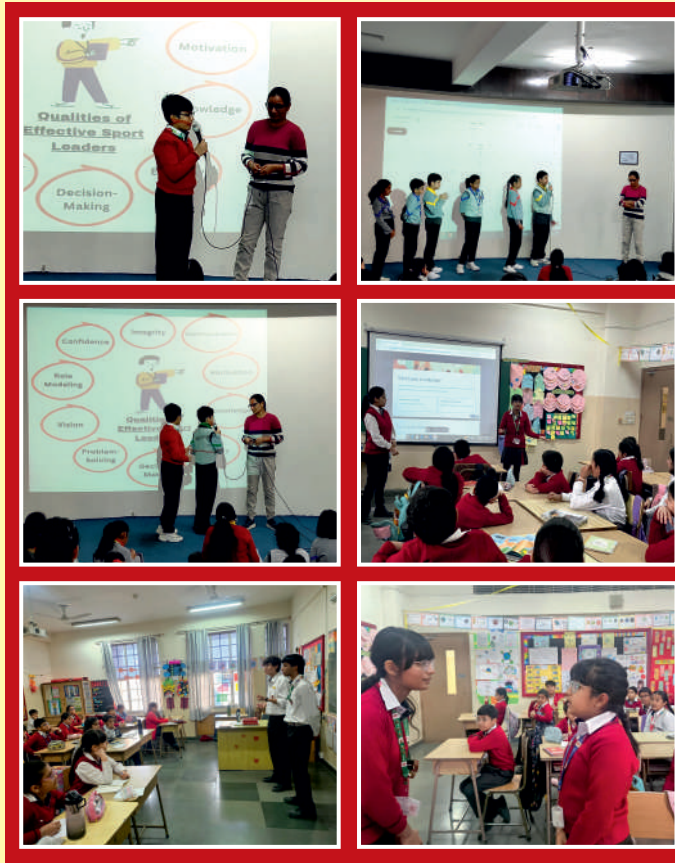
The learners of Grade II organized a Flea Market to conclude their unit under the Transdisciplinary Theme How We Organize Ourselves. The young explorers conceptualized and created products of their choice, showcasing their understanding of the processes involved in product creation. The Highlanders demonstrated strong creative skills as they crafted a variety of items using recycled materials.

While organizing the Flea Market, the children also gained a practical understanding of money transactions. Their communication and research skills were clearly evident throughout the event, reflecting meaningful learning and enthusiastic participation.



## Nurturing Young Leaders: A Glimpse into Grade V Leadership Sessions

As part of the ongoing Unit of Inquiry under the TD Theme - How We Organize Ourselves, our Grade V students attended two enriching leadership sessions—one conducted by the PSPE department and the other by the Senior Student Council. The session led by Ms. Harpreet in the school auditorium began with energizing sports-related songs, setting a lively tone. She shared valuable insights from her sports journey, emphasizing essential leadership qualities such as teamwork, discipline, perseverance, and the ability to stay motivated. Students actively engaged in the discussion, reflecting on leadership roles they have observed in sports and school life. The session encouraged them to recognize how these skills can help them grow into confident and responsible leaders. The Senior Student Council followed with an inspiring leadership talk. The council members highlighted key attributes like responsibility, empathy, teamwork, and the importance of student voice. They reinforced the idea that leadership is demonstrated through actions and attitudes. By sharing their own experiences, they helped students understand that leaders are made through conscious effort, practice, and reflection. Both sessions were highly interactive, prompting Grade V students to share their thoughts, ask questions, and express their aspirations. The combined experience left them motivated to take on new challenges, lead by example, and contribute positively to the school community.



## Building Life Skills and Memories: Primary Camp Trip to Jaipur and Ranthambore

The overnight excursion to Jaipur and Sanganer proved to be a truly enriching experience for our Grade III students. It offered them opportunities to build essential life skills, develop cultural awareness, and strengthen their bonds with peers and teachers. Grade III students embarked on an exciting camp to Jaipur and Sanganer, where they observed the paper recycling process, experienced the tranquility of the Birla Temple, and explored the vibrant heritage of the City Palace. Through their explorations, students gained a deeper understanding and appreciation of India's rich cultural heritage, history, and traditions. Grade IV explored the majestic Ranthambore Fort, enjoyed vibrant cultural and DJ nights, and immersed themselves in nature's beauty during a thrilling jungle safari.





The visit to Natural History Museum further deepened their understanding of biodiversity and heritage. The trip created lasting memories that continue to inspire and motivate them to learn more. These experiences nurtured confidence, teamwork, and curiosity in every child.





## Connecting Dreams to Real World Learning- A Young Authors Perspective

Young author and passionate reader, Vanya Sharma of Grade V, has written a captivating book on Dream Travelling. In her story, she imagines herself embarking on a solo journey, developing valuable life skills and learning to manage herself with confidence. Through her imaginary travels, she gained knowledge about the places she visited in her dream and thoughtfully connected her experiences to the IB Learner Profile.



## Proud Moment: Principled Ryan Shah Leads Gurgaon to Victory in State Chess Championship

Ryan Shah, a Grade V student, represented Gurgaon in the SGFI Haryana State U-11 Chess Tournament held in Rohtak on 8th November 2025. A total of 105 participants from 21 districts competed in the event. Ryan's team showcased exceptional skill, winning all the rounds and securing the first position.



## Being Ristaker - Highlanders Secure Second Runner-Up Trophy

Our Highlanders made the school proud with their outstanding performance at the Lancer International School. They showcased excellence across various events and secured the overall second runner up trophy. Congratulations and well done to the proud winners.





# Medley of Activities



November unfolded as a month where creativity flourished across the campus. The Highlanders, through their enthusiasm and spirit of celebration, infused every classroom and corridor with artistic energy, making the school come alive with colour and imagination.

In Grade I, students joyfully engaged in number drawing from 0 to 9, transforming simple digits into expressive visuals and discovering how even basic forms can inspire creativity.

In Grade II, working under the Transdisciplinary Theme How We Organize Ourselves, learners explored how products undergo change before use. Through vegetable printing on paper and tie-and-dye on cloth, they observed how ordinary materials can be transformed into vibrant artworks, and how everyday objects can become treasures through an artistic lens.

Grade III students, under the theme How the World Works, investigated how systems of measurement support daily life. Using the enlargement grid technique, they discovered the importance of measurement in visual arts and experienced the satisfaction of accurately enlarging a rose flower and an underwater scene. The initial task posed some challenge, but once the concept was clear, they thoroughly enjoyed the process.

In Grade IV, guided by the theme How We Express Ourselves, students examined how messages are created and interpreted. They designed posters promoting social and emotional well-being, completing the prompt "I feel happy when..." with thoughtful imagery drawn from their own experiences—I feel happy when I help elders at home, I feel happy when I sing, I feel happy when I plant trees and save the Earth, and many more. It was a meaningful opportunity for students to express themselves with clarity and purpose.

Meanwhile, Grades V to XI devoted themselves to Annual Day rehearsals, filling the campus with music, movement, and tireless artistic preparation. Their dedication and teamwork transformed the school into a vibrant canvas where disciplined effort blended seamlessly with joyful creativity.

Altogether, November emerged as a memorable month—woven into our artistic tapestry with colour, energy, and heartfelt expression.

S.No	Name of Event	Grade	Name of Participant	Position
1	Mental Mathematics	I - A	Advay Aggarwal	I
2	Solo Singing	I - E	Anaisha Singh	II
3	Oral Spelling	I - A	Renee Dhamija	III
4	Mental Math	II - A	Soham Kachhal	III
5	Story Telling	II - C	Anaaya Kathuria	III
6	Book Cover Illustration	III - F	Atharv Agarwal	II
7	Solo Instrument	III - C	Agastya Singh	I
8	Poster Making	IV - E	Pritisha Srivastava	II
		IV - G	Vrinda Sharma	III
9	Creating a Jingle	IV - F	Nirav Bhatt	I
		IV - B	Aadya Mishra	III
10	Solo Indian Classical Dance	IV - D	Anjani Negi	III
11	Solo Singing (Indian Vocal)	IV - A	Anaira Prakash	II
		IV - F	Jia Goel	I
	Famous Speeches	V - G	Shreyansh Agarwal	I

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

Ms. Amitta Gahallot,  
HoD - Visual and Performing Arts



## Dancing to November's Heartbeat

November arrived dancing on its own rhythm — corridors humming with music, feet echoing rehearsals, and hearts beating in perfect eight-counts.



It was a month where every corner of the school felt alive, as if the walls themselves were swaying to the melodies of our young performers. The month began with Haryana Day, where our students presented a lively Haryanvi folk dance in the assembly. Their joyful energy lit up the morning, and the performance was loved by all. As the weeks rolled on, the excitement for the most awaited Annual Day soared through the school. Music echoed in every corridor, last-minute polishing of moves filled every corner, and the anticipation was electric. And on the final day, students set the stage alive with their spectacular performances — graceful, powerful, and full of heart. The audience erupted with applause as teachers and parents watched in absolute awe, witnessing months of hard work blossom into unforgettable moments.

**Ms. Himani Yadav**  
Dance Teacher



In November, the Annual Day was celebrated with great joy and enthusiasm. This year's theme highlighted the school's successful journey over the past two decades, showcasing the many achievements and milestones reached along the way. Drama students brought this story to life through a powerful and engaging performance. Their expressive acting, complemented by impressive costumes, lighting, and sound design, created a magical atmosphere that captivated the audience. It felt like travelling back in time, revisiting memorable moments from the school's history. Every actor portrayed their role with sincerity and dedication, and the overall performance was highly appreciated by all in attendance.

**Mr. Vikas Sharma**  
Theatre Arts -Teacher



November was one of the most vibrant months of the year, marked by the grand celebration of the Annual Day. The senior choir delivered captivating performances of Jailhouse Rock and Diamonds, leaving the audience truly spellbound. This was followed by the school band's impressive renditions of classics like Hotel California and Don't Stop Believin'. The energy in the auditorium remained high long after the final note, with praises echoing throughout the evening.

Following the Annual Day, students from the indoor activity programme shifted their attention to the upcoming Cultural Fiesta in February 2026. They began refining their vocals, guitar skills, piano techniques, and overall stage presence. With renewed enthusiasm and focus, they started building a strong foundation for the performances to come.

**Mr. Shivam Srivastava**  
Western Music - Teacher

## News From The Sports Arena

November began with the successful completion of the Physical Evaluation Test for Grades VI to VIII. Highlanders were assessed through a series of fitness test batteries, including the 50 m sprint, 600 m run/walk, standing broad jump, shuttle run, and sit-ups.

We are proud to celebrate several remarkable achievements by our young athletes this month:

- Parisa Chopra participated in the Open National Shooting Competition and earned the prestigious title of National Shooter.
- Ryan Duhan represented the school in the CISCE National Football Competition and has been selected for the SGFI National Football Competition.
- Mehher Sharma, Lakshay Dhiman, Samaira Kohli, and Adhrit Gautam were selected to participate in the SGFI National Lawn Tennis Competition.

These achievements reflect the dedication, talent, and sportsmanship of our Highlanders. We congratulate all participants and wish them continued success in their upcoming competitions.

**Mr Darshan Singh Gahallot**  
HoD Sports

## Senior School Head

The camps for Grades IX and XI turned out to be wonderfully enriching experiences that beautifully blended exploration, learning, and enjoyment. Over the course of the trip, students immersed themselves in the natural beauty of the hills while discovering the cultural heritage of Uttarakhand and Himachal Pradesh.

Visits to Rani Jheel, the Kumaon Museum, and the serene Mankameshwar Temple offered students a deeper understanding of local traditions, history, and the spiritual essence of the region. The vibrant atmosphere of Mall Road and the charming wooden handicrafts of Lakkar Bazaar provided a lively glimpse into hill-station culture.

Beyond sightseeing, the camp placed strong emphasis on collaboration and personal growth. A series of team-building activities encouraged students to communicate, cooperate, and support one another, strengthening friendships across both grades. Evenings were filled with laughter, shared experiences, and the much-anticipated DJ night, which added a memorable and joyful end to the days.

Overall, the camp offered a holistic blend of adventure, learning, relaxation, and essential life lessons. Students returned with refreshed minds, stronger bonds, and lasting memories of mountains, friendship, and meaningful moments.

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



# Modern Foreign Languages

## Inter Clan Advertisement-Making Competition

The Inter Clan Advertisement-Making Competition took place on Monday, 10 November 2025, and it turned out to be a fun event. Grade IX and X students from the French and Spanish sections took part with great excitement, showing their creativity, teamwork, and language skills. The room was full of energy as groups shared ideas, wrote their scripts, and worked on attractive ads. Students came up with many kinds of ads such as funny and informative- showing their language abilities as well as imagination. Their work was bright, interesting, and well-organized. The Advertisement Making Competition became a memorable and wonderful event for everyone. It helped Highlanders work together, grow more confident, and enjoy learning French and Spanish in a lively and enjoyable way.



**Ms. Muskan Malhotra**  
German Teacher

# IGCSE

## Breathing Mechanism Model Activity Grade VII CSB – Lower Cambridge

Students of Grade VII Lower Cambridge enthusiastically participated in a hands-on science activity that demonstrated the mechanism of breathing through a creative model made from everyday materials such as plastic bottles, straws, and balloons. The objective was to help learners visually and practically understand the processes of inhalation and exhalation by simulating the functions of the lungs and diaphragm in the human respiratory system.

Working collaboratively in small groups, students showcased innovative thinking and problem-solving skills as they assembled the model. A cut plastic bottle represented the chest cavity, straws acted as the trachea and bronchi, and balloons were used to mimic the lungs. A larger balloon tied to the base of the bottle served as the diaphragm. Pulling this balloon downward caused the inner lung balloons to inflate — illustrating inhalation.



**Ms. Saswati Chaudhuri**  
Teacher

# ICSE / ISC Bulletin

As the academic year for Grades X and XII draws to a close, Highlanders are steadily gearing up for their upcoming examination cycle. Throughout November, additional classes were conducted to support syllabus completion and focused revision, ensuring students remain well-prepared. The Pre-Board I Examination commenced on November 24, 2025.

Students of Grade X (ICSE) and Grade XII (ISC) have been diligently working on their projects, ensuring they meet all prescribed criteria. The Practical Examinations for Grade X were conducted in accordance with the Board's guidelines, with students completing all required activities and assessments under the supervision of their subject teachers. These sessions not only strengthened conceptual understanding but also provided valuable hands-on experience, effectively preparing students for the final Board Examination.

Meanwhile, the Council has issued detailed instructions and essential documents for conducting and assessing the Practical and VIVA examinations for Grade XII (ISC) 2026. These examinations are scheduled to begin on December 15, 2025, and will be administered and evaluated by external examiners appointed by the Council. A comprehensive schedule has been shared with students. To ensure thorough preparedness, mock practical's and VIVA sessions have also been planned, along with the



The official dates for the 2026 Board Examinations have been announced:

**ICSE Grade X: February 17 – March 25, 2026**  
**ISC Grade XII: February 12 – March 30, 2026**

The Pupil Analysis Report for the 2025 Examination has also been released. This resource offers detailed insights into the marking scheme and guides students on effective answer presentation, emphasizing key terms, logical sequencing, and structured responses. Students are encouraged to make full use of this tool as they prepare for their upcoming assessments.

We extend our best wishes to all our students and encourage them to approach the examination season with confidence, diligence, and a positive mindset.

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

## Community Outreach and CAS

In SUPW classes at Scottish High, learning is not limited to skills, it grows into awareness, responsibility, and creativity with purpose. Recently, our Highlanders took meaningful steps toward sustainability through simple yet thoughtful activities that made them think, create, and care.

To begin with, students designed E-waste awareness posters, spreading the message that every discarded gadget matters and must be recycled responsibly. This wasn't just an art task, it was a lesson in mindful living and the impact of our daily choices. They also attended an insightful webinar by FSSAI – Eat Right Thali of India, where students explored the importance of nutritious food and learned how eating right supports both personal health and environmental sustainability. The session helped them realise that caring for the planet also begins with what we put on our plate.

One of the most joyful activities was turning plastic waste into art. Students collected plastic bottles for proper recycling and used the bottle caps to create unique artwork, proving that creativity can be sustainable too. Waste became a canvas, and art became a message.

Continuing with hands-on learning, Highlanders enjoyed making kaleidoscopes using sustainable materials. With each turn of the kaleidoscope, they saw new patterns, just as SUPW helps them view everyday objects from a new perspective.

Every initiative in SUPW is a reminder that creativity is powerful when it has a purpose. One idea, one poster, one bottle cap at a time, our students are learning how to shape a better tomorrow.



**Ms. Purva Sanduja**  
**SUPW Teacher**  
**CAS Coordinator (IBDP)**

### Trash to Treasure: Highlanders Lead the Charge in E-Waste Recycling!

In today's rapidly evolving digital world, technology becomes outdated almost as quickly as it arrives. This relentless cycle of upgrades has led to a worrying increase in electronic waste—or e-waste—which contains toxic substances harmful to both human health and the environment. Recognizing the urgent need for responsible disposal, the Highlanders stepped forward with a meaningful initiative to promote awareness and sustainability within the school community.

Aligned with the theme “Taking Action for the Planet,” the ECO Warriors of Grade XI launched an E-Waste Collection and Reduction Drive on campus. To raise awareness, students designed informative posters and brochures, motivating their



their peers, teachers, and staff to donate unused or obsolete electronic gadgets.

The school community responded with overwhelming enthusiasm. Collection points across campus quickly filled with old computers, keyboards, cables, hard drives, lamps, Diwali lights, calculators, phones, and various other electronic devices—reflecting a strong collective commitment to environmental protection.

All collected e-waste was responsibly handed over to “Ecoverva,” a government-authorized recycling centre. Using advanced eco-friendly processes, the centre extracts valuable materials such as copper, aluminum, and high-grade plastics, which are then reused in manufacturing—helping conserve natural resources and reduce pressure on landfills.

Equally important, proper recycling prevents hazardous chemicals—including mercury, lead, cadmium, and brominated flame retardants—from contaminating soil, water, and air, thereby protecting both ecosystems and public health.

Highlanders also took the initiative to educate junior students about the importance of e-waste recycling. They highlighted that certified recycling centers:

- safely handle toxic chemicals, preventing environmental contamination,
- conserve resources by recovering reusable materials, and
- ensure data security by reducing risks linked to improper disposal.

The success of the E-Waste Collection Drive stands as a proud milestone for the school. It demonstrates not only growing environmental awareness but also the leadership, responsibility, and dedication of our students in driving meaningful, real-world change. As the global community continues its battle against pollution and climate change, initiatives like this remind us that sustainability begins with mindful individual actions.

Let us pledge to go green, act responsibly, and ensure that every piece of e-waste is recycled with care. Together, we can build a cleaner, healthier, and more sustainable future.

**Ms. Purva Sanduja**  
**SUPW Teacher**  
**CAS Coordinator (IBDP)**

## From The Counsellor's Desk

### Role of Spirituality in Developing Children

Have you ever paused to admire something so profound and awe-inspiring that it feels larger than your own existence? Moments like these tap into the spiritual dimension of an individual. Although spirituality and religiousness are often used interchangeably, the two hold distinct meanings. Religiousness is typically rooted in institutional or organized belief systems, whereas spirituality extends beyond them, centred more on personal meaning, inner reflection, and connection with something greater.

In today's times—when children are deeply engaged with screens and absorbed in their individual worlds—the need for nurturing spiritual development becomes increasingly significant. While this growth can emerge through religious education, it is more deeply shaped by lived experiences and a child's connection to “something more” that adds meaning and depth to life.

Researchers such as Johnson and Boyatzis (2006) suggest that spiritual development begins with intuitive understanding and gradually evolves into reflective thinking, contributing positively to children's cognitive growth. Parental socialization research further highlights the essential role parents play in shaping their children's spiritual and religious development. Conversations between parents and children about faith and values help co-construct spiritual meaning (Boyatzis et al., 2006; Boyatzis, 2004). Studies indicate that higher levels of parent-child communication correlate with greater religiosity among youth. Importantly, these interactions become positive and supportive when young people are encouraged to make choices and internalize beliefs at their own pace.

Spiritual growth flourishes when children are provided with time, space, and an environment that includes meaningful routines, rituals, and a sense of connection to something beyond themselves. Ritualized activities in the formative years—whether daily practices or occasional ceremonies—help nurture spiritual awareness. Such rituals also foster a sense of identity, belonging, and shared family values.

Understanding spirituality as a unique blend of identity-seeking, meaning-making, and a deep sense of connectedness allows us to create inclusive environments where every child can grow. When nurtured thoughtfully, spirituality becomes a foundation for emotional resilience, moral grounding, and holistic development.

**Counseling Department**

## The World of Economics and Business

### What Is a Government Shutdown and How does it impact a nation?

A government shutdown occurs when the leaders who decide on government spending (like the U.S. Congress) do not approve the money needed to keep government offices and services running. During a shutdown, only the most important (or “essential”) services, such as police, military, or emergency healthcare, continue to operate. Other services, like running museums and national parks, giving social support, and processing passports, come to a stop. The most recent U.S. government shutdown which started on October 1, 2025 and ended on November 12, 2025, was the longest shutdown in the U.S. history. Impact of such a shutdown include non-payment to federal government employees and delays in essential public services thereby affecting millions across the country. In the 2025 shutdown, about 1.4 million federal workers were either sent home or asked to work without immediate pay. Families who depend on government assistance whether for food or health, have faced long delays in getting government support. Schools, businesses, and local governments that rely on federal support also find it difficult to operate. Closure of national parks and museums not only hurt tourism but to the local economies as well. It was also estimated that the country lost about \$18 billion in economic activity just in three months. The impact can be even worse for certain groups, especially low-income families or small businesses that totally depend on government purchases. However, the economic and social effects continue to remain there even after the shutdown ends, as delayed payments, backlogs, and disruptions take time to be fully sorted out.

**Ms. Neha Gupta**  
**Economics Teacher**

## Ad Stories That Stayed With Us - Deep dive in Commerce

A brand is a combination of a name, logo, symbol, and other features that help us identify it and distinguish it from others. The way we communicate this identity to people is through advertising.

“Advertising is storytelling, and no one has shown this better than the Adman of India.”

Who is the Adman of India, you might wonder? Let's explore the brilliant advertising mind behind some of the most memorable ads — Piyush Pandey. His skill lies in telling the story of a brand, its values, and the world it belongs to. His advertisements are not just messages; they are reflections of art and society, showing how brands connect with people in meaningful ways.

Let's recall some iconic ads created by Piyush Pandey

Cadbury's "Kuch Khaas Hai" didn't talk about cocoa content or manufacturing processes. It simply celebrated the joy of life's special moments. That's it. One clear idea, beautifully executed Asian Paints' "Har Ghar Kuch Kehta Hai" didn't talk about paint quality. It talked about what homes mean - memories, dreams, love, identity. The emotion made the brand unforgettable.

And then there's Fevicol. In its famous “bus ad,” the brand didn't show the Fevicol bottle or even explain its function. It simply showed people stuck together in an overcrowded bus — a fun, visual metaphor that said it all: Fevicol ka jod is unbreakable.

These simple jingles showed how a powerful advertisement can be created based on good observation . When we observe everyday life , use those ideas in advertisements the message becomes creative and turns a normal ad into something audience remember it for years that how brand love is created

### Keyword learning for students

This type of advertisement is called Emotional Branding where the brand connects with the audience through stories , feelings , relatable moments, instead of talking about technical details of the product which makes the brand memorable and creates long-lasting loyalty.

**Ms. Bhavyata Wadhawan**  
Business Teacher



## From Our Budding Writers

### मेरा देश मेरा अभिमान

मेरा देश मेरा अभिमान  
यहाँ की मिट्टी में है जान।  
हिमालय की ऊँची चोटी  
खुले आसमान की रोशनी।

गंगा- यमुना का यह पावन संगम  
जहाँ मिलता है जीवन का संगम।  
सागर की लहरों में है जड़बा  
देश के लिए हम सबका भ्रम।

साँझ की छाँव सुबह की धूप  
हर मौसम में बसा है रूप।  
खेतों में सोना लहराए  
हर दिल में यह उम्मीद जगाए।

विविधता में एकता की कहानी  
हर भाषा हर रंग है इसकी जुबानी।  
संस्कृति की रंगीन परतें  
संगीत और कहानी का अनूठा संगम।

महान वीरों की कहानियाँ  
जिन्होंने दी आज़ादी का पहरा यहाँ।  
गाँधी, नेता जी और भगत सिंह के सपने  
जगाते हैं हर दिल के तराने।  
आओ संकल्प लें आज हम  
देश की करें प्रगति और दें सम्मान।  
सशक्त बनाएं हर घर को  
सुरक्षित और समृद्ध हो हर नगर और ग्राम।

मेरा देश ही है मेरा अभिमान  
सदा रहेगा दिल में सम्मान।  
भारत मेरा प्यारा देश  
सपनों से भरा विश्व में सर्वश्रेष्ठ।  
हर्षवर्धन व सपना धीमान

हर्षवर्धन व सपना धीमान  
कक्षा : चतुर्थ-जी



## NOSTALGIA

As I entered the room, I felt a familiar scent,  
the one which made me feel cozy and pleasant.

As a nostalgic feeling rose within me,  
I looked around dreamily.

I curled up in a recognizable bed, with a cup in hand,  
as I felt like I had entered my childhood land.

I watched the clock tick by,  
as I felt time fly.

Sighing heavily, there I stood,  
I felt the whispers of my childhood.

I let my imagination run wild,  
as I immersed myself in nostalgia, hazy and mild.

**By: Kaashvi Uppal, Grade VI – C**

## When Darkness Overrides

(Tribute to the Indian Army)

When darkness overrides the land,  
And fear creeps in like drifting sand,  
Our heroes rise with courage bright-Guardians of our peace  
and light.

In icy heights, on dessert trails,  
Through rain and fire, through roaring gales.  
They stand for us both day and night,  
So, we may live, so we may pray.

They leave behind their hopes and homes,  
To walk where only duty roams.  
A mother's tears, a child's tight hug.  
Exchanged for boots on hostile rug.

When darkness overrides, heroes rise,  
And light prevails across our skies.  
They march ahead through thick and thin,  
With iron will and fire within.

No greater truth no nobler vow-  
They serve with honour, then and now.  
“Service before self”- their guiding flame,  
Each soldier proud to bear the name.

From Kargil's cliff to ocean's shore,  
In every fight, in every war.  
They write in blood the nations song-  
Of right above the rise of wrong.

This is our tribute, bold and true.  
To those who fight for me and you.  
A grateful land stands side by side,  
With those who serve, with hearts of pride.

**By: Asneet Babbar, Grade VII-E**

## The Bhagavad Gita: When a Warrior Faced a Breakdown – and Found Himself

Gita Jayanti Special – 1st December

Life feels like endless battle sometimes — expectations, competition, stress, self-doubt... it gets overwhelming. Believe it or not, the emotional breakdown we go through today once happened to the greatest warrior— Arjuna, right on the battlefield of Kurukshetra. Faced with fighting his own loved ones, he collapsed mentally. He questioned everything — his purpose, his identity, and even the difference between right and wrong.

At that moment, Lord Krishna became his guide, and the conversation that followed became the Bhagavad Gita — not a scripture about war, but a guide on how to live when life feels impossible.

Shri Krishna teaches that the real Self is eternal — not the body, the labels, the wins or losses, but the pure consciousness inside us. When we attach our worth to temporary things, we suffer. When we connect to who we truly are, we gain clarity and courage.

One of the deepest lessons Shri Krishna gives is: Do your duty with sincerity — without obsessing over the results. We control our actions, not the outcome. Stress begins when we start chasing validation instead of purpose. Inner peace begins when we act honestly and leave the results to the universe. That is Karma Yoga.

Shri Krishna also reminds Arjuna that we must learn to lead ourselves. The mind can lift us or destroy us. Discipline, meditation and the pursuit of truth help us build mental strength so we don't break every time life gets tough.

To honour this timeless wisdom, we celebrate Gita Jayanti which is celebrated annually on the 11th day of the waxing moon in the Hindu month of Margashirsha (this year on 1st December). Gita Mahotsav, the festival began as a local celebration in Kurushetra since 1989. Since 2016 the state government decided to elevate the festival to an International level since then it is celebrated as The International Gita Mahotsav, which bring a powerful moral and cultural resurgence among people across the globe. The message of the Gita feels even more important today as we live in challenging times. The objective of this celebration is to enlighten society with the immortal heritage of the Bhagavad Gita. This year The International Gita Mahotsav celebrated at Kurukshetra, Haryana, from 15th November to 5th December 2025, at the place where the Gita Gyana was originally given by Shri Krishna .

In the end, Arjuna stood tall again — not because the battlefield changed, but because he evolved from within. That's the real message of the Gita — when we live with purpose, discipline and inner clarity, we can face every battlefield in life.

**By: Laura Anika, Grade VIII D**



## How Languages Fall Silent

Irankarapte! Iishu! Dydh Da!

Are these words gibberish? Or were they once part of the everyday lives of thousands of people? These are all greetings from endangered and extinct languages. “Dydh da” comes from Cornish, an endangered language native to Cornwall, in southwestern Great Britain. Seven centuries ago, Cornish had up to forty thousand speakers, being the most spoken language in the region. So what of it now? Why did it disappear?

It ceased to be spoken as a native language around the nineteenth century, when English became the most influential language in Britain. As English grew in both prestige and power, Cornish began to be seen as insignificant, often labelled as “lower class” and “unnecessary”. Cornish isn't alone, many languages fade this way; under the subtle pressure for people to have a place in the world. Teenagers living in the Soviet Union era soon realised that learning Russian, rather than their native language, was going to be the key to success. By the late 1800s, it wasn't unusual to hear children in the Soviet Union switch to Russian the moment a teacher approached. Orok, Chuvantsy and Shor are some languages that died this way.

But as Indians, when we hear “endangered languages”, we usually think of Sanskrit and Prakrit, two key languages in the history of India. Contrary to Cornish, Sanskrit was considered 'too' prestigious. It was supported by royals and was exclusive to the spiritual elite, being used in religious texts and songs. With the rise of Colonialism in India, the rulers and consequently, Sanskrit lost their status. And away from the reach of the common man, Sanskrit began to die in India as a native tongue. Today it is still used, but only in spiritual texts and ceremonies.

Languages rarely vanish overnight; they shift with social and political change. And now, many are being documented, taught, and revived with growing community effort.

The future of languages isn't fixed. With conscious action, endangered languages can adapt, grow, and even return.

*“Every language is a temple, in which the soul of those who speak it is enshrined.” - Oliver Wendell Holmes, Sr.*

**By: Samika Jain, Grade X-C**

## The Paradox of an Igloo

What if you are stranded in the Arctic, where the temperature plummets to minus 50° C, and the only way to protect yourself from thick snow is to stay in house made snow? However paradoxical, it's the truth. For centuries, Inuit communities have utilised igloos, not only as shelter, but as engineering masterpieces for survival in extreme temperatures. Igloos can be 40°C warmer than their surroundings.

The science behind igloos involves the basics of heat transfer. Heat moves in three ways — convection

(movement of heat via gases or fluids), conduction (transfer of heat through direct contact without movement of the material itself), and radiation (to emit heat energy in the form of electromagnetic waves). In an igloo, all three play a crucial role. People inside the igloo radiate body heat, which circulates via convection, and gradually escapes the walls through conduction. A similar process takes place in our homes as well.

Insulation is also just as important. Due to snow's molecular structure, where water freezes into tiny crystals, it traps air in tiny pockets, making it an effective insulator. Our bodies give off 100 watts of excess heat, thereby warming the interior, by melting the first layer of the igloo, reinforcing its barrier to the cold. The more people, the warmer the igloo is.

As a child, cartoons always depicted igloos as a large dome. In reality, they have a shape known as the 'catenary arch'. This shape distributes the weight evenly, preventing bulging or sudden deformation. The interior is also strategically constructed, with multiple layers that allow cold air to sink, and warm air to rise – creating a cozy atmosphere.

In the end, an igloo is more than just a dome of snow – it's the perfect blend of science, design and human ingenuity.

**By: Suhanee Achra, Grade XI E**

## The Mathematics of Coincidences

Coincidence, when similar things happen at the same time, a surprising event where mathematics play a crucial role. In this world, of billions of things and people, even the most unlikely of outcomes is bound to occur. The Law of Large Numbers states that probable events occur when repeated enough times and paradoxes like the birthday party paradox shows how various combinations can make coincidences more common than what our intuition suggests. For example, in a group of 23 people, there are 253 possible pairs making the coincidence of a shared birthday far more common than what we think. There is more than a probability of 50% that two people share the same birthday. Humans are said to think linearly but these coincidences grow and occur in combinations, we give coincidences meaning even though they have randomness. In mathematics impossible doesn't always mean improbable as rare events must occur in large systems, many coincidences are just two individual events overlapping at the same time. Probability relies highly on maths meaning our sense of chance is usually wrong. Every probability and coincidence can be statistically calculated as in such a vast world, every coincidence is bound to happen. When viewed through the lens of probability, coincidences stop being anomalies and become statistical certainties.

**By: Ahana Jacob, Grade XI E**



## Dust

Still.

Coarse under my palms when I sit on the floor,  
Where did it even come from in my bedroom.

Nobody has touched it for over a year,  
The dust comes anyway into my room.

Still.

The doorknob has been in place,  
Stuck like glue, nobody came.  
The windows are closed, the chairs haven't moved;  
The dust comes anyway into my room.

Still.

The termites had come and carved my desk,  
The ants got stuck and starved to death.  
No life has been inside, dead like a tomb  
The dust comes anyway into my room.

Still.

The clock has struck its final hour,  
I made it back into my room.  
The dust still tries to come in my room,  
The dust comes anyway in my room.

Still.

**By: Harsh Kashyap, XI IB DP A**

public trust. These frustrations encouraged citizens to support leaders who promised to challenge existing institutions.

Modern populists claim to embody the “will of the people” and place that above the institutions designed to protect rights and maintain stability. They argue that a small ruling minority controls these institutions. Even when their most extreme promises remain unfulfilled, their impact on political discourse, public trust, and the rule of law can persist long after they leave office.

**By: Prisha Abrol, Grade XI IB DP B**

## Inside a musical mind

Music enters the mind the way dawn enters a dark room, it touches the mind in ways nothing else can. Music gives the brain permission to slow down, to wander, to reflect. Psychologists often say that music is one of the most honest mirrors of the human mind, it is not because it reveals facts, but it is because it reveals feelings we don't know how to name. For example, a sad melody doesn't just make us feel sad, it gives us permission to access emotions we usually avoid. A joyful rhythm doesn't just energize us, it clears our mental fog and helps us think with more hope.

Those who learn music create a deeper connection, an even deeper transformation, their brain begins to weave logic and imagination together as if the right and left sides finally learn each other's languages.

A simple tune can lift us from despair or return us to a moment, we thought we had forgotten. It is mesmerizing how sound, music something we cannot hold, holds us so completely.

Beyond all stories, music shapes the brain because it shapes our souls. It gives form to emotions that are too delicate for words. It reminds us that we are not purely rational beings, not purely emotional ones but something in between that is yet to be heard, creatures moved by invisible vibrations.

**By: Ananshya Dhar, XI IB DP**

## Modern Populism and the Tension Inside Today's Democracies

In the mid-1970s, after decades of political turmoil, Greece finally seemed to be moving toward stability. A new constitution had been introduced and the country was negotiating entry into major European institutions. Many analysts expected Greek politics to begin matching the broader Western world. But in 1981, the political party PASOK came to power. Its charismatic leader, Andreas Papandreou, openly criticized the new constitution and accused those in power of “national betrayal.” Rejecting Greece's membership in NATO and the European Economic Community, he promised to govern for the “common people” above all else, famously declaring that “there are no institutions, only the people exist.”

Papandreou's rise was not unique. In many democratic countries, leaders have vilified opponents, dismissed established institutions, and claimed to speak for the people as a whole. Some critics describe this as authoritarian, yet it remains democratic in form, and it is known as populism. Although the term dates back to Ancient Rome and comes from the Latin *populus*, meaning “the people,” it has been used to describe movements with very different and sometimes contradictory goals. Here, the focus is modern populism, the version that has shaped many governments over the past seventy years.

After World War Two, many nations embraced liberal democracy, a system built on individual and social rights, political consensus, and the rule of law. But issues like widening wealth gaps and political corruption weakened

## How far do stereotypes go

Open any AI chatbot online and ask for an image of an Indian. It is most likely to present to you a picture of a conventional “brown” person. People outside this community would consider this representation as an ideal for every individual in the country. Pattern recognition is essential for our survival and that is what has birthed stereotypes and blurs the personal identity and individuality of people boxed in the convention.

All of us carry presumptions without any thoughtful consideration. A common one is Asians being good at maths. It presents a “positive” stereotype as labelled by the Model Minority myth popular in the US after WW2. Nevertheless, it sets an unrealistic expectation for all Asians (actually East Asians) to be experts in the field. It may seem harmless at first but studies on Asian-American



students suggest that this prejudice often leaves students undiagnosed for learning disabilities. They go past simple presumptions to social injustice and exclusion.

Stereotypes depict unwillingness to practice inclusivity and shallow knowledge all for mere convenience. Early medical research in the 1950-1980s used the male body as a “default” and blissfully ignored how different it is from the female body. Stereotypes float around calling women “too hormonal”, placing taboos on menstruation when they haven't simply been studied or acknowledged for being complex.

Humans discriminate and harm other humans for these stereotypes. A little stereotyping from me or you may be harmless initially, but it forms a part of what the society thinks, eventually disregarding inclusion.

**By: Snigdha Saxena, Grade XII IBDP B.**

## Clan News

*“The respect you give to others is a direct reflection of how much you respect yourself.”*

— Idowu Koyenikan



“Respect others and get respected” This simple phrase speaks volumes. It embodies one of the most fundamental principles of humanity, yet, in today's fast-paced and modernized world, it seems to be losing its true essence. With the rise of technology and the pursuit of

material success, people are gradually drifting away from empathy, kindness, and sensitivity — the very traits that make us human.

Empathy and sensitivity are not signs of weakness; they are powerful tools that can transform conflicts into understanding and challenges into opportunities. These values have the strength to heal relationships, unite communities, and create a more compassionate society. Unfortunately, in the race for power, prestige, and personal gain, qualities like humility, patience, and respect have been pushed aside.

With human evolution came great progress; but also a shift in priorities. Greed, selfishness, and ego began to overshadow the virtues that once defined humanity. The mind-set of “me and nothing else” has taken root deeply, leading to emotional detachment and social disconnection. This self-centred attitude not only distances individuals from one another but also erodes the foundation of respect and understanding on which societies thrive.

Today, more than ever, there is an urgent need to revive these lost values. Children and young adults must be taught that success is not just measured by wealth or status, but also by the ability to empathize, respect others, and act with integrity. When we cultivate empathy, we open our hearts to others' experiences. When we show respect, we build bridges of trust and harmony.

If we truly wish to shape a better future, we must begin by nurturing these values within ourselves and passing them on to the next generation. Let us remember that true progress lies not only in technological or economic growth but in our ability to remain humane.

After all, respect is not demanded — it is earned. And the surest way to earn it is by giving it first.

**Clan Elders**

## Results of the Month

Competition	Inter Clan English Spell Bee Competition VI		
Winners	Irene Malhotra VI CS A Mahika Dayal VI CS B Ruhaan Sardana VI A	I	Boyd
	Miraaya Singh VI C Twisha Sehgal VI F Mihika Basu VI D	II	MacArthur
	Josheen Kaur Dhatia VI D Anirudh Aggarwal VI E Ayesha Bajaj VI E	III	Anderson

Competition	Inter Clan Hindi Debate Competition IX-X		
Winners	Zinnia Dutta X D	I	Anderson
	Aarav Gupta X C	II	Lamont
	Abeer Singh Gujral X C	III	MacArthur

Competition	Inter Clan Life Skills Competition VIII		
Winners	Yohaam Caecoria VII C Shadab Singh Sidhu VII B	I	MacArthur
	Aira Singhal VII CS Aiyana Chaudhuri VII CS A	II	Lamont
	Japneet Kumar VII E Pearl Gupta VII B	III	Boyd

Competition	Inter Clan Science Debate Competition Grade VI		
Winners	Shreyas Goyal VI G	I	Boyd
	Aadya Desai VI CSB	II	Anderson
	Anay Sharma VI B	III	Boyd

Competition	Inter Clan MFL Advertisement Making Competition Grade IX-X (French)		
Winners	Ritisha Saha X IG B Kiyara Iuthra IX IG A Kandarp Kukrety IX IG A	I	MacArthur
	Avnee Gusain IX IGA Shivina Nagwanshi IX IGA Rayana Chakravarti IX E	II	Anderson
	Shivika Pandit X F Sonakshi Huja X F Ishaan Ralli X IG A	III	Lamont

**Competition Inter Clan MFL Advertisement Making Competition Grade IX-X (Spanish)**

Winners	Naisha Khurana X D Aabir Basu X D Sanaa Celly X IG B	I	Lamont
	Jia Singh IX E Irvaan Pilani IX F Kiaan Kapoor IX A	II	Boyd
	Ohanna Manchanda IX IG B Misha Singh Dhankar IX IG B Samaira Goel IX E	III	MacArthur

**Competition Inter Clan Talking Titans Competition Grade VII**

Winners	Ada Kalra VII CSB	I	Boyd
	Shadab Singh Sidhu VII B	II	MacArthur
	Vinisha Aggarwal VII CS B	III	Lamont

**Competition Inter Clan Website Designing Competition Grade VIII**

Winners	Laura Anika VIII D	I	Anderson
	Rian Sikka VIII CS A	II	Boyd
	Gurasis Kaur Narang VIII CS B	III	MacArthur

**Competition Inter Clan Math Symposium Competition Grade XI-XII**

Winners	Gaurissha Angel Singh XI D Vamika Bansal XI IBDP	I	Lamont
	Siya Joshi XI D Harsh Kashyap XI IBDP A	II	Boyd
	Samaira Shergil XI C Siddhant Thakur XI D	III	Anderson

**Inter Clan Mind Wars Competition IX-X**

Winners	Shubhojeet Dutta X A Aarav Malhotra X C Abeer Bajpai Haque- X IGCSE A	I	Boyd
	Ishan Ralli X IGCSE A Sanaa Celly X IGCSE B Racchit Arora X A	II	Lamont
	Tashvi Mohla X C Ananya Sarcen IX IGCSE B Shivina Nagwanshi IX IGCSE A	III	Anderson

**Inter Clan Hindi Extempore Competition VI**

Winners	Aanya Sehgal VI C	I	Boyd
	Dheera Swami VI A	II	MacArthur
	Bhavika Dahiya VI F	II	Boyd
	Elina Sindhvani VI C	III	MacArthur

**Inter Clan Life Skills Competition VIII**

Winners	Harshvardhan Naik VIII D Tanishi Singhal VIII C	I	Anderson
	Ruhani Sikri VIII A Arunima Sharma VIII B	II	Boyd
	Gaurika Sharma VIII B Ashwika Ahuja VIII B	III	MacArthur

**Inter Clan ICT Code Combat Competition XI-XII**

Winners	Rian Sanghi XI A Yuvraj S Arora XII A	I	Anderson
	Dhruv Chadha XI A Kashvi Arora XI E	II	Boyd
	Dhairya Gupta XI A Sanidhya Dikshit XI A	III	Lamont

**Inter Clan Science Debate Competition VII**

Winners	Aarna Misra VII D	I	Boyd
	Ada Kalra VII CS	II	Boyd
	Tvisha Saith VII B	III	MacArthur

**Inter Clan Hindi & Sanskrit Quiz Competition IX-X**

Winners	Divyansh Anand X B Ruhika IX A	I	Lamont
	Ujjesha Srivastava X D Mahie Chopra IX C	II	MacArthur
	Anamta Akhtar X B Anika Jain IX D	III	Boyd



Inter Clan Math Quiz Competition for Grade VI		
Ronav Bandopadhyay Bhattacharya VI G Pravit Shandilya VI G Dheera Swami VI A	I	MacArthur
Krishav Jha VI G Krishay Juneja VI G Kiaan Juneja VI G	II	Lamont
Nikesh Singh Bhuker VI D Harshvardhan Jagati VI A Hridhaan Sharma VI G	III	Boyd

Inter Clan Hindi Vigyan Competition for Grade VII		
Yohaam Cacoria VII C Samaira Kumar VII C Prabhleen Narang VII E Pragnay Bagadia VII G	I	MacArthur
Vihaan Malhotra VII A Ashwina Bajracharya VII C Shivaay Singh VII G Dhruv Hemant Kumar VII C	II	Lamont
Viren Yadav VII C Atharv Tiwari VII C Prisha Dua VII E Jiana Saini VII E	III	Boyd

Inter Clan Science Quiz Competition for Grade XI-XII		
Ishaan Gupta XI C Jaikriti Bijlani XI C Aarush Agarwal XI C	I	Boyd
Priyanshu Mukherjee XII C Myra Sehgal XI C Aveer Singh XII C	II	Lamont
Aanya Nigam XI B Navya Chaudhry XI DP Shreyas Todi XI C	III	MacArthur

Inter Clan English Quiz Competition for Grade VIII		
Ahaan Agam VIII B Ansh Gupta VIII B Aadya Maheshwari VIII B	I	MacArthur
Naitik Beniwal VIII C Yahvi Yadav VIII D Parisha Agarwal VIII D	II	Lamont
Manvi Mohta VIII C Tanishi Singhal VIII C Aadita Oberoi VIII A	III	Anderson

Inter Clan Rangoli Making Competition for Grade VIII		
Iva Kaswan VIII B Ananya Balaji VIII D Anusha Gupta VIII B Meher Talwar VIII A	I	Lamont
Arunima Sharma VIII B Siddhatri Sharma VIII B Ojal Arora VIII D Nilaya Mantri VIII D	II	Boyd
Laura Anika VIII D Aaratrika Das VIII C Vardan Agarwal VIII C Rianna Kundra VIII B	III	Anderson

Inter Clan ICT Poster Making Competition for Grade VI		
Ujjwala Mudgal VI A	I	Anderson
Shreyas Goel VI G	II	Boyd
Elina Sindhwani VI C	III	MacArthur

Inter Clan Math Quiz Competition for Grade IX-X		
Advay Aggarwal X A Aarav Khurana X C Angadbir Singh Sethi IX D	I	Lamont
Vivaan Daryani X A Kyan Kapoor IX D Vanad Singhal X E	II	MacArthur
Ansh Khattar X E Yuvaan Shaw X C Sadhya Sajwan IX A	III	Anderson

Inter Clan Economic Insight Commentary Challenge Competition for Grade XI-XII		
Aaroh Sarvesh XI D Saarvi Mehta XI IBDP-B	I	MacArthur
Aarav Bajpai XI D Anvita Chakrabarty XI IBDP-A	II	Boyd
Aryaman Suri XI E Arjun Gaba XI D	III	Lamont



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<sup>1</sup>Tested for filtration efficiency (EN1822) at 0.1 microns. Virus testing conducted on H1N1

## Golf

### ANITYA'S TIP OF THE MONTH

HERE IS MY TIP FOR THIS MONTH.

#### Use the Sand Wedge for High Chip Shots

When you are off the green and need to play a high - soft landing chip shot onto the green, use your most lofted club in your bag - the sand wedge. The sand wedge is not only used to get the ball out of the bunker but its loft of 56 degrees makes it the ideal choice for the high chip and pitch shots.

While playing this shot, put the ball position in the middle of your feet and put a little extra weight onto your left or front foot. Now, make a pendulum action using your arms and shoulders and make sure the club head hits under the ball so that the ball goes up in the air. Make sure that you do not use your wrists as this will cause inconsistency of contact and lead to uncontrolled shots.

Hitting under the ball with a high lofted sand wedge will ensure that the ball pops up high in the air and lands softly on the green without much roll on it.



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



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