



# THE HERALD

OCTOBER-NOVEMBER 2018

## EDITORIAL

Autumn - everyone's favorite time of year. Cooler days and lots of buzz and activities at school. Events are greatly looked forward to but the preparation and anticipation accounts for as much as the functions themselves. This autumn school term keeps us on our toes – literally and figuratively.

We keep striving to keep "The Herald", more exciting and informative. The editorial team and I would like to phase out the school news (it is all available on the App) and use this paper as a platform for students' views and outlook. I would be interested in your opinion.

Send us your views, suggestions and positive criticism in person or contact:  
ho2ghuman@gmail.com

Navroop Ghuman  
XI NM

## 14<sup>TH</sup> ANNUAL PRIZE GIVING CEREMONY 2018

Our prize givings are as much about the prize winners as they are about the entertainers. Both the groups – the academic prize winners and the performing artists have put in countless hours of hard work.



Navroop Ghuman Received  
Performing Arts Trophy



YFU Exchange Student - Leonie  
Performing Fusion Dance



Academic Trophy bagged by  
Tagore House



Speaker Manveer Read Out Annual  
Report on Art and Craft Activities



YFU Student - Paul heading  
the Bhangra Performance



Speaker Navya Spoke About the  
Functioning of The Community School

## SPICMACAY



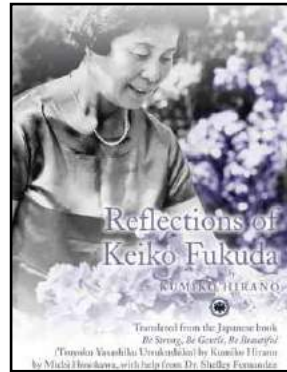
On the occasion of 150th birth anniversary of Mahatma Gandhi, I Mohit Arora, along with my school mates had the chance to attend the North Zone

Convention of the Spicmacay at the Delhi Public School, Ludhiana from 24th November - 25th November 2018. There was a brief presentation on Indian Performing Arts and Culture.

Then, a brilliant Shehnai recital by the Shankar brothers was held and an ancient dance performance from the state of Karnataka was staged. We went for a heritage walk to Eissewal village belonging to flying officer Nirmal Jit Singh Sekhon who sacrificed his life during the Indo-Pak war of 1971. The Convention was a great window on the different aspects of Indian heritage.



## JUDO TRAINING SESSION



Our association with this foundation, set up by Shelly Fernandez, in honour of Keiko Fukuda, dates back to several years. Every 2 years we have the honour of Ms. Fernandez visit and this October she came along

with renowned trainers Fran Christie (2nd degree Black Belt), Jessica Lockfield (4th degree Black Belt and Sarah Gordon (2nd degree Black Belt).

Our Community School girls demonstrated what they have learnt alongside The British Co-Ed High School girls. Fran, Jessica and Sarah demonstrated some 'life-saving' moves and girls learnt the art and techniques of self-defence. The confidence and sense of empowerment girls gain at these classes is indescribable.

All honour to Keiko Fukuda who in her lifetime, defied all the ceilings and to Shelly Fernandez who keeps her spirit and memory alive.

## THE READER'S CLUB

Plato expressed, "Books give a soul to the universe, wings to the mind, flight to the imagination, and life to everything."

Want to be transported into a completely different world while lying under your comfortable blanket? Read a book. Want to entertain yourself without having to move an inch from your favourite place? Read a book. Want to exercise your mind? Read a book. Want to let creativity flood your brain? Read a book. Want to take a break from the chaotic mess of the world? Read a book. Want to let go of negativity? Read a book. Want to understand the world and human nature better? Read a book. Want to discover yourself? Read a book. If you haven't read, you're just breathing, not living.

Readers' club has been opened in the school to instill a desire to "read" in students and enable them to enjoy the countless benefits of reading.

Dive into the impeccable world of books and find a way to enjoy reading if you want to survive university. All the best!

Ish Bhardwaj and Navroop Ghuman  
XI - NM

## THE AFS PRINCIPAL'S WORKSHOP

Ms. Kiran Harika, Principal, recently returned from Milan Italy.



**Question 1: For what educational reason did you go to Italy?**

**Answer:** The reason for principals going to Milan and Torino under the aegis of AFS was to promote global and cultural understanding and good practice.



**Question 2: What were the major differences you saw between our, Indian teaching and learning practices and the Italian practice of teaching?**

**Answer:** The High School in Italy lasts for five years from age 14 to 19 years. There are Academic High Schools, where emphasis is on STEM. Technical High Schools offer a range of different technical subjects like Biotechnology, Graphic Technologies, Mechanics and Computer Sciences. Vocational High Schools aim at developing the student's professional skills and integrating them better into the world of work.



**Question 3: How could we incorporate some of these European 'good practices' into our way of education?**

**Answer:** We will be undertaking collaborative projects with schools in Italy so that our students gain cultural understanding and international skills to work in a global economy. These collaborative projects will help the students to grow into proactive, inquisitive citizens with a mind of their own.



**Question 4: What does the future hold vis-à-vis our AFS partnership?**

**Answer:** We look forward to local Indian school exchanges and also more international exchange programmes for the students and educators.

## ENVIRONMENT @ BCEHS

**Our future is going to be a rough ride !!!!!**

We humans are considered to be the most intelligent species in the entire universe but we are exploiting our own future. We are kind of special in this universe however that doesn't allow us to create our dominance by exploiting resources from Earth, the only home we have ever known.

Humankind is releasing 30 billion tons of CO<sub>2</sub> each year which is a colossal amount. If we don't want to end up being like our neighbours, Venus or Mars, we have to control the CO<sub>2</sub> levels in our atmosphere.

"LET'S FIND A SOLUTION TO THE INCREASING POLLUTION" was the tag line chosen by students who took the initiative to make the community aware about the rising pollution during festival time and spoke about the Air Quality Index (IAQ).

Tanish Wangoo and Mohit Arora  
IX-PRK





## AGONY AUNT

I am going to start my high school year soon and this is both exciting and nerve racking for me. Also, I feel pressure academically because I come from a highly educated family and I feel like I have to be better because one of my cousins just got into Princeton on a scholarship. Could you advise me?

Don't put too much pressure on yourself and beat yourself up. The beginning of high school feels like the perfect time to improve in various areas of your life and you will also have plenty of other opportunities to test your potentials which will help to make a change in your life. Academically, it's important to try your best, but you're far enough away from college applications that if you mess up on one thing, it's not the end of the world. Try to focus on figuring out how can you improve, learn and study best- everyone has a different style that works for them and figuring yours out early will help you do better throughout high school and college life.

I am an extremely shy and quiet person. Everyone in my friend's circle will be interacting and talking to each other while I am all by myself. I want to be more outgoing but due to my shy and reserved nature, I end up being lonely and alone. I don't want to change who I am, but I want to make more friends and get closer to students in my class. Could you advise me?

I completely understand that you are a shy introvert person. You don't have to change who you are to make more friends, but you do have to show others that you want to get to know them better. Ask questions since most people like those who demonstrate an interest in them. Also, express your opinion when a topic comes up that's of interest to you. During a group project, maybe you could discuss a topic you know well or have figured out a way to help the group- something that will be appreciated. I also recommend you to get involved in more group activities and associate with people who can understand your individuality.

## THE TED-ED CLUB

TED conferences (which is an abbreviation for technology, entertainment, design) is a media organization which promotes ideas. People from different walks of life come to present their perspective on various topics in eighteen minutes of talk. TED was invented by Harry Marks and Richard Saul Wurman. The aim is that ideas have the power to change the world. With this philosophy in mind the TED-ED club was launched in 2014.

I have recently setup a TED-ED club in our school. This club is a stepping stone for amplifying youth voices around the world. It gives students the opportunity to explore, research and develop great ideas. It also teaches students how to present their unique ideas in the form of short, Ted-Style talks. In order to establish this club, I had to register myself as a student club leader and attend a video call with the TED-ED team and other club leaders from around the world.

I started this club because I have seen the potential in our school and how every person has their own perspective on important issues. The aim of starting this club was provide a common platform for students to share their ideas. I have come across students who have the potential to be great leaders in the future. They have the capabilities to make changes in the world, with compassion and empathy.



Gurasees Kaur Gosal  
XI-NM



I was a part of the first graduating batch of The British Co-Ed High School in 2007.

As civil engineers, we are always taught that a strong and stable foundation is the first step towards erecting a tall skyscraper. Everyone at this school is working tirelessly to assist you in laying that foundation so you can follow your passion in life. Be kind, stay curious, work hard, and don't be afraid to fail; nobody pays as much attention to your failures as you. And most importantly, don't forget to have fun along the way.

Balsher Singh Sidhu  
M.A.Sc, B.Tech - IIT Delhi  
PhD student and Vanier Scholar  
UBC - Vancouver



Countless memories to cherish of my childhood; a couple of 'friends for life', amazing learning and a strong foundation of morals and principles, these are just a few drops in the ocean of benefits I have taken with me from my days spent at school. The school undoubtedly served as the biggest stepping stone for building me into who I am and where I am, and it definitely holds true for a lot of other people too.

I cannot thank my teachers and my super awesome batchmates enough for the wonderful time I spent at the school. I wish all the best for the success of The British Co-Ed High School.

Manik Mahajan  
Equity Analyst  
Goldman Sachs & Co. - Singapore



## ONE STEP UP LIFE SKILLS GUIDANCE

### INTERVIEW WITH CLASS XI

**Question 1: Which session did you like the best and why?**

**Answer:** Our favourite session was when we played jeopardy. By playing jeopardy we learned teamwork and more about gender equality. We were made aware of discrimination in an advertisement and also how certain advertisements promote old taboos.

**Question 2: What is the most important thing you have learned? How will you use this important skill in your day to day life?**

**Answer:** The most important thing I learnt was not to bully anyone. I will use this as I promise not to pass any hurtful remarks and hurt anyone's feelings.

**Question 3: What aspects of One Step Up workshop will you be using in future? Using what, where with whom and how?**

**Answer:** One Step workshop taught us how to fill our college applications. I will use this in the future when I apply to various universities. I will share this information with my friends also.

### INTERVIEW WITH CLASS VIII

**Question 1: Which session did you like the best and why?**

**Answer:** I found all the sessions really good. However, my favourite session was when we built towers out of newspaper and we learned how to work as a team.

**Question 2: What is the most important thing you have learned? How will you use this important skill in your day to day life?**

**Answer:** In my opinion the most important thing I have learned is team work and communication skills. I will be able to communicate better with my teachers, parents and friends

**Question 3: What aspects of One Step Up workshop will you be using in future? Using what, where with whom and how?**

**Answer:** I will use the skill of converting short term memory into long term memory skill especially during exams by planning for them early.



## THOUGHTS FROM THE UPPER SCHOOL

Nothing endures on the surface of life, where change is the only constant and hence, the transition experienced from dependent learning of high school to independent learning of university is inevitable. From studying in a carefully monitored environment with a highly regulated timetable, students have to learn to manage their own time and make decisions in a more adult and responsible manner. Therefore, university is a totally different environment than high school, complete with its own demands and expectation.

Yuvika Dandiwal, one of the most prominent students of our school, who went on to study at the McGill University, described her new experience. She said that the greatest aim of a university is to enable us to find ourselves. Students are on a constant lookout for their "inner calling" and the most successful students, undoubtedly, are the ones who are passionate about what they are studying, generating a drive to travel the extra mile to learn. So, do not overthink, listen and just follow your heart and the journey will be exultant.

Yuvika further elaborated that as soon as one enters a university, a myriad of opportunities unravels. A poster for a new club or a venture can be seen every five minutes. You just have to put yourself out there and absorb the opportunities as well as reckon the "opportunity cost". Splitting up time among the diverse array of activities is essential. Strike a balance between your personal and academic life to be physically as well as mentally healthy.

When asked about the basic difference between the education process of a university and a high school, she readily replied that a sharp increase in the reading load and difficulty is witnessed at university. Student are required to read an enormous amount of material across a formidable range of disciplines that must be understood and engaged with thoughtfully. A research also confirmed that "deep" reading requires reflection, curiosity, humility, sustained attention, a commitment to re-reading, consideration of multiple possibilities and intellectual generosity, and reading for pleasure are the most important things you can do to prepare for university. Reading helps students to expand their minds, to encounter new perspectives and ideas and to grow.

Strong readers enjoy reading with the capability to handle the volume and complexity of the reading material and make situational adjustments in how they read, based on the context and purpose. Strong reading skills further develop commendable writing skills required at the university level.

Moreover, a vastly undervalued and underappreciated skill for university is listening. Good listeners bring to any interaction a number of qualities including patience, empathy, personal generosity, emotional intelligence and respect for others.

Thus, for this transition, from a world of certainty to a world of uncertainty wherein students are no longer spoon-fed information by the teachers but instead are left to take on the responsibility of studying and completing assignments alone, readiness is determined by a lot more than merely taking a particular combination of subjects or achieving a particular percentage.

Reading skills serve as a significant parameter to predict success at a university.

All the Best  
Navroop Ghuman  
XI - NM