



THE HERALD

July to September, 2026



EDITORIAL

Dear Readers,

“ Every experience is a lesson,
every journey a story and every
connection a step towards a
wider world. ”

The second quarter has been a vibrant reflection of our school community-marked by global exposure, service, creativity and achievement.

Our students represented the school at the Oxford, Sanawar and Welham Boys' School MUNs, while UNESCO ASPNet and Round Square Postcard sessions fostered meaningful global connections. The IAYP trips, Japan trip and cultural exchange offered enriching experiences beyond the classroom.

Back on campus, Poem Recitation, Inter-House Debate, NSS Tree Plantation and Awareness Drives celebrated creativity, expression and social responsibility. We were also delighted to welcome Alexandra, our exchange student from Germany.

Turn the pages and discover the many experiences that shaped this quarter.

Happy Reading !

~ Krisha Ahluwalia (XII DKB)

EDUCATIONAL TRIP TO JAPAN

This June, we had the wonderful opportunity to visit Japan from 5–15 June, experiencing its unique blend of tradition, innovation and hospitality.

Our journey took us through Tokyo, Hakone, Kyoto and Osaka, where we explored iconic landmarks such as Tokyo Skytree, Senso-ji Temple, teamLab and the Miraikan Science Museum. Travelling on the Shinkansen and visiting Universal Studios Japan added to the excitement.

A highlight was our Japanese School Exchange Programme, where we participated in a traditional tea ceremony, played Japanese games and shared our cultures with Japanese students. The experience helped us build friendships and gain a deeper appreciation of Japanese traditions.

More than a trip, it was a journey of learning, cultural exchange and unforgettable memories.

~ Navsirat Kaur (X SHS)



INTER-HOUSE ENGLISH DEBATE (MIDDLE SCHOOL)



The Middle School Inter-House English Debate was held on 1st September, 2026. The topic was “The unchecked influence of modern media poses a threat to independent thinking.”

Students from all houses participated enthusiastically and presented strong arguments for and against the motion. The competition was judged by Ma'am Rosa. Tolstoy House stood first, followed by Teresa and Tagore House.

Summing up, Rosa Ma'am appreciated the efforts of all participants and gave valuable tips on how to be a good debater — focussing on content, confidence and clarity. It was a truly enriching experience for all.

ENGLISH RECITATION

“ Poetry is simply the most beautiful,
impressive and widely used mode
of saying things.
- Matthew Arnold ”

Recitation is a wonderful way to learn a language and appreciate literature. Students from classes III to VIII participated in the Intra-Class English Recitation Competition on 24th and 26th August 2026. With great enthusiasm, they recited famous poems, showcasing their confidence, expression and voice modulation. Our Executive Principal, Ma'am Rosa, who judged the event, praised their oratory skills, while the musicality of the words made the experience truly enjoyable.



हिंदी कविता अनुवाचन प्रतियोगिता



हिंदी भाषा और साहित्य के प्रचार-प्रसार के उद्देश्य से एक भावनात्मक और प्रेरणादायक हिंदी कविता वाचन प्रतियोगिता का आयोजन 28 जुलाई एवं 29 जुलाई 2026 को किया गया। इस प्रतियोगिता में कक्षा तीसरी से लेकर आठवीं तक के विद्यार्थियों ने उत्साहपूर्वक भाग लिया। इस प्रतियोगिता में छात्रों ने खूब जोश व लगन के साथ अपनी कविता वाचन प्रकट करने में कामयाब हुए। प्रतियोगिता में विद्यार्थियों ने विविध विषयों पर आधारित कविताएँ प्रस्तुत कीं। विद्यार्थियों ने प्रसिद्ध कवियों की कविताएँ सुनाकर श्रोताओं को भावविभोर कर दिया। प्रतिभागियों की प्रस्तुति, भावाभिव्यक्ति, उच्चारण और आत्मविश्वास के आधार पर मूल्यांकन किया गया। प्रतियोगिता में छात्रों ने उत्कृष्ट प्रदर्शन कर सबका मन मोह लिया।



The NSS volunteers and NCC cadets of our school organised a tree plantation drive in our adopted village, Jwalapur. The initiative promoted environmental awareness and community participation, with students planting saplings and inspiring the community to nurture nature for a greener, healthier future.
~ Jivraj Singh (XI SKM)

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NCC / NSS ACTIVITIES

AWARENESS DRIVES



Awareness Drive on Dengue



Awareness Drive on Water Scarcity



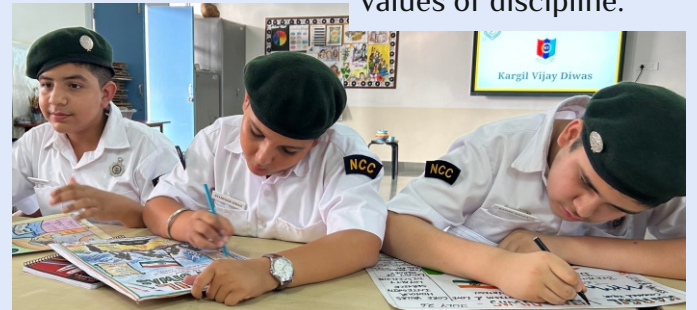
Awareness Drive on Digital Awareness

SUSTAINABLE LIVING ACTIVITY



KARGIL VIJAY DIWAS

On the occasion of Kargil Diwas, students enthusiastically created posters highlighting military life, the courage of our soldiers and the values of discipline.





ROUND SQUARE

ROUND SQUARE COLLABORATIONS PASS THE BATON – STORY RELAY

We joined 17 schools from five countries in a collaborative Story Relay, contributing to a shared storybook and audiobook. We also narrated our chapter, experiencing the joy of creating something together across borders.
~ Kanwalnain Singh Bedi (VIII RDS)



RED THREAD ART COLLABORATION

Hosted by Kingsley School, UK, this project brought together 20 schools from 10 countries. Through collaborative artwork, we explored the idea of a “red thread” connecting people and communities, celebrating the Round Square ideal of Internationalism.
~ Deepnoor Kaur (IX SM)



EMPOWERING MINDS

As Grade 11 students of The British Co-Ed High School, we have been mentoring the girls of The Alicia Jones Community School through regular sessions on computer skills, coding and visual graphics. The experience has helped us build confidence while learning and growing together.
~ Sartaj Singh (XI SKM)





MODEL UNITED NATIONS (MUN)

Learning, Diplomacy & Global Perspectives



OXFORD MUN



WELMUN



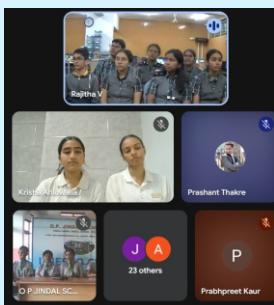
SNAMUN

Our participation in Oxford MUN at FLAME University, Pune, WELMUN at Welham Boys' School, Dehradun and SNAMUN at The Lawrence School, Sanawar was an enriching journey of diplomacy, public speaking and global awareness. Engaging in thought-provoking debates on issues such as human trafficking, terrorism and paper leaks, we explored diverse perspectives and developed skills in negotiation, decision-making and problem-solving.

Beyond the committees, cultural events and interactions with delegates from different backgrounds fostered friendship, camaraderie and a deeper appreciation of diversity. We returned more confident, informed and inspired to become responsible global citizens.

~ Arshiya Garg (XII DKB), Narayan Preet Singh Kharoud (XI SKM) and Hitakshi Singla (XI SKM)

UNESCO Aspnet VIRTUAL COLLABORATION PROGRAMME



The school hosted the UNESCO ASPNet Virtual Collaboration Programme in association with the Indian National Commission for Cooperation with UNESCO, Ministry of Education, Government of India. Bringing together twelve schools from across India, the programme celebrated "Unity in Diversity" through cultural exchange and collaborative presentations, fostering empathy, inclusivity and global citizenship among students.

~ Harkiran Kaur (XII GSK)

SPORTS ACHIEVEMENTS



**JAGPAL SINGH
(LAWN TENNIS)**

**Won Silver
Medal in Punjab
School State
Championship**

**GIRLS'
CRICKET
TEAM**

**Won Gold
Medal in
CISCE
Regional
Level**



**LOVYAM
MALHOTRA
(CRICKET)**

**Won Gold
Medal in Punjab
School State
Championship**



**SUKHMANJOT SINGH
AND
ARMAAN KAD
(YOGA)**

**Won Gold
Medal in
CISCE
Regional
Level**

**ALEXANDRA
SOPHIE
ROEHR
(LAWN TENNIS)**

**Participating in
School Games
and Won Gold
Medal**



INTER-HOUSE SPORTS COMPETITIONS



INTRA-CLASS TUG OF WAR





An interview with

YFU EXCHANGE STUDENT

FROM GERMANY TO THE BRITISH CO-ED HIGH SCHOOL



**Alexandra Sophie
Roehr**

An exchange programme is not merely about crossing geographical boundaries; it is about bringing together different cultures, experiences and stories. As part of the Youth for Understanding (YFU) Exchange Programme, we had the opportunity to interact with an exchange student and learn about the experience of adapting to a new environment, discovering a different culture and creating memories along the way.

Alexandra, it is a pleasure to have you with us. To begin, could you please introduce yourself to our readers? Tell us your full name, where you come from and a little about yourself.

I am Alexandra Sophie Roehr, and I come from Munich, Germany. I would describe myself as a confident, curious and open minded girl who loves meeting new people and discovering new places. I come from a country known for its beautiful landscapes, rich history and of course, its passion for football! Being here in India as a YFU exchange student has given me the chance to step out of my comfort zone, experience a completely different culture and create memories that I know I will cherish for a long time.

When you first learnt that you would be coming to India as an exchange student, what were your thoughts and expectations?

When I first found out that I was going to India, I was really excited, but also a little nervous because I had never been here before. I knew India was a huge and diverse country, full of traditions, different kinds of food and festivals. I was especially curious to see what everyday life would be like and how different it would be from Germany.

What do you like the most about The British Coed High School, Patiala?

I have had a wonderful experience so far. The friendships with my fellow students and the bond with my teachers are something I will always cherish. I love the warm, welcoming environment and the wide range of subjects and activities offered here. The sense of teamwork and being part of one big family makes school special. I also really appreciate the teaching here, as it encourages curiosity, creativity and a genuine love for learning.

Our school library is a special part of school life. How was your experience exploring the library and did anything there particularly catch your attention?

I really love the library at my exchange school! It is so huge and has such a wonderful collection of books. What makes it even more special for me is that we do not have a library in my school back in Germany, so I am really excited to explore it and spend time reading in the library. Mrs. Sidhu, the library teacher, has been very helpful in finding books that suit my interests. She is extremely cooperative and always happy to guide me. These days, I am enjoying reading Harry Potter.

You have experienced school life both in Germany and here in India. What are some of the most noticeable differences you have observed between the two school systems?

I would say that school life here at The British Co-Ed High School, is quite disciplined to what I am used to in Germany. One of the first things I noticed here was the uniform. In Germany, we do not usually have school uniforms, so students have much more freedom in what they wear. We are also allowed to wear make-up and jewellery to school. I find the discipline here quite different from what I am used to, I also find it interesting to experience a school environment with such a strong sense of uniformity and discipline.

A host family plays an important role in making an exchange student feel at home. How has your experience with your host family been so far?

I really don't think I could have got a better host family. It has only been a few weeks, but it already feels as if I have been living with them for years. My host parents take such good care of me and always encourage me to make the most of every opportunity and guide me whenever I need advice. And I have to say, my host mother is a wonderful cook! I absolutely love the food she prepares, especially stuffed parantha and bread pakoras. They have definitely become some of my favourite things to eat here!

**What are some of your favourite things to do in your free time?
What hobbies or interests keep you engaged?**

These days, I am learning to play the guitar at my exchange school and I am really enjoying it! It is something new for me and I love spending time practicing and learning different tunes. Another hobby that I really enjoy is ballroom dancing, which I have been learning and enjoying in Germany.



We have also heard that you have a special love for games and sports. Tell us about the games you enjoy playing and what makes them so interesting to you.

I really enjoy playing lawn tennis and volleyball. Before coming to India, I was a little unsure whether I would get the opportunity to continue playing my sports. Thankfully, I did, and it has been a wonderful experience. I participated in the School Zonal and District Championships in lawn tennis and am delighted to have won gold medals in both. Being able to pursue my passion for sports while being away from home has made my exchange experience even more special.





To enable our students to experience new adventures in life, a four-day IAYP trip was organised in the month of June this year to Mashobra, Barog, Chail, Palampur, Rajgarh and Hatu respectively.

I A Y P T R I P S

