



# The Lyceumer

ANURADHAPURA

March 2018

Dear Parents,

It's going to be the end of a semester again! I am very happy to have your child at Lyceum Anuradhapura. I believe that by all of us working together we have been able to make this semester a very successful one. I consider it of prime importance that you be an active part of your child's education.

You are invited to visit the school any time that you have a question concerning your child's progress. I will keep you informed by sending home a progress report during the first week of April.

It is important that you and your child be informed of the standards of classroom behavior so everyone knows what is expected. I have always found parents to be very supportive of good classroom behaviour so their child has a good environment for maximum learning. Hence I hope that you will take time to read SHB.

As well, I hope that you will inform the school if at any time your child has a problem, academic, social, or emotional. Should your child become discouraged about school, please communicate with me so that we can identify the cause of the problem.

I consider it a great privilege and responsibility to be your child's Principal this year, and look forward to meeting each of you.

Sincerely

Chandana Basnayake  
Principal



## WORDS OF WISDOM

FROM OUR FOUNDER,  
MR. MOHAN LAL GRERO



I happened to come across a beautiful letter written by a father to his son. And I want to share it with you. Following is a letter from a renowned Hong Kong TV broadcaster and Child Psychologist to his son. His words are actually applicable to all of us, young or old, daughters, sons or parents!

Dear son ,

I am writing this to you because of three reasons

1. Life, fortune and mishaps are unpredictable; nobody knows how long he lives. Some words are better said early.
2. I am your father, and if I don't tell you these, no one else will.
3. What is written is my own personal bitter experiences that perhaps could save you a lot of unnecessary heartaches.

Remember the following as you go through life :  
Do not bear a grudge towards those who are not kind to you. No one has the responsibility of treating you well, except your mother and I. To those who are good to you, have to treasure it and be thankful, and also you have to be cautious because, everyone has a motive for every move. When a person is good to you, it does not mean he really likes you. You have to be careful; don't hastily regard him as a real friend.

No one is indispensable; nothing is in the world that you must absolutely possess. Once you understand this idea, it would be easier for you to go through life when people around you don't want you anymore, or when you lose what/who you love the most.

Life is short. When you waste your life today, tomorrow you would find suddenly that life has passed you by the earlier you treasure your life, the better you enjoy life.

Its true that a lot of successful people did not receive a good education. But that does not mean that you can be successful by not studying hard! Whatever knowledge you gain is your true wealth in life.

One can go from rags to riches, but or riches to rags! Either way your knowledge will stay with you .

Honour your own words, but don't expect others to do so. You can be good to people, but don't expect people to be always good to you. If you don't understand this, you will face unnecessary disappointments.

Let's treasure the time we have together because we don't know how much time we have.

I believe this is valuable advice to all of you.



There are important notices in every newsletter. Therefore, it is compulsory for every parent and student to read the newsletter and for the parent to acknowledge receipts with a signature on the SRB.

### Vision

To produce global citizens who will reshape the future of their motherland.

### Mission

To enhance the potential of every young soul that passes through our halls, empowering them to be the best they can be.

# UPCOMING EVENTS

15 <sup>th</sup> March 2018	Kiddies Activity Time (KAT)
19 <sup>th</sup> March 2018	First Semester Examination (Grades 9 & 10)
20 <sup>th</sup> March 2018	First Semester Examination (Grades 9 & 10)
21 <sup>st</sup> March 2018	First Semester Examination (Grades 6 -10)
22 <sup>nd</sup> to 27 <sup>th</sup> March 2018	First Semester Examination (Grades 1 -10)
28 <sup>th</sup> March 2018	Test Paper Correction (Holiday for Grades 1 to 10)
29 <sup>th</sup> March 2018	Test Paper Corrections (Holiday for Grades 1 to 10)
2 <sup>nd</sup> April 2018	Test Paper Corrections & Paper Discussion (Grades 1 to 10)
3 <sup>rd</sup> April 2018	Paper Discussion (Grades 1 to 10)
4 <sup>th</sup> April 2018	Paper Discussion (Grades 1 to 10)
5 <sup>th</sup> April 2018	Holiday for Grades 1 to 10
6 <sup>th</sup> April 2018	Avurudu Celebration Issue of Reports School Closes for Students

## Important Notices

- ◆ We have been having a high number of children being sent to the Sick Bay lately for various minor ailments which could be taken care of at home. We would appreciate if you could look into such complaints and seek medical advice if your child is sent to the Sick Bay frequently.
- ◆ Please note that our students are not allowed to take part in prefects days of other schools.
- ◆ If your child's handwriting is unsatisfactory and the work poor, please check your child's eyes and see if he/she needs spectacles or not.
- ◆ 5 marks will be deducted from the English and Sinhala/Tamil paper at Semester Exams of Grades 1 to 8 students for poor handwriting.
- ◆ Please do not send mobile phones to school with your child. If found, the phone will be destroyed in front of your child in addition to two days suspension.

*Dear Parents,*

There are various ways we would appreciate your support at home:

- ◆ Ask your child what they learned in school that day (some of the homework assignments will involve your child teaching you a scientific concept they learned in class).
- ◆ Emphasize the importance of homework and hard work. As they will have homework every night, please help them to establish a regular time and place (away from the TV) to complete their homework.
- ◆ You can stay up to date on your child's homework and assignments by checking their note books and homework kits.
- ◆ Ask your child to explain what they learned in class each day. This simple routine will help them review and find holes in their understanding.
- ◆ If you are able, visit the class teacher with an appointment through the SRB!

Sincerely  
Principal

### DEDUCTING MARKS FOR POOR HANDWRITING

Please note that 5 marks will be deducted for all the subjects at Monthly and Semester Exams commencing from May 2018. To obtain the full 5 marks for good handwriting the handwriting should be clear, neat and legible.

**Dear Parents,**

Please train your children to be clean and keep the surrounding environment clean and tidy as well.

### RELIGIOUS PROGRAMME

Religious practices appear to have enormous impact on society in many ways. Paying respect, veneration and esteem to all religions the Lyceumers from grades 3 to 10 engaged in religious programmes according to their respective religions on 1<sup>st</sup> March 2018. The Buddhists observed Sil commomerating the 'Medin Full Moon Poya Day', Musilms engaged in an Islamic Bayan programme, the Hindus visited the Kadireshan Kovil and the the Roman Catholics and Christians participated in a Lent programme, carrying the message,importance of peace and harmonious religious coexistence.



## MESSAGE FROM PRINCIPAL



**Dear Parents,**

The act of giving and receiving empowering messages has just as much a place in our schools as anywhere else. We sometimes don't think of this as being the place where such a thing can survive. The truth is it happens a lot more than we think.

Our words matter greatly, especially when we are teachers. There is peer support of every kind in the school environment. Students hearing and sharing empowering messages in their formative school years is more than just an act of personal betterment. It's a betterment of others as well.

With just a few words we can enhance a student's classroom experience, or utterly destroy it. That's how powerful words are, and how fragile young people can be. Below is a list of 10 empowering messages to give to your students.

**1. "Today is a new day. What can we do with it?"**

The trials of yesterday are behind you. A new school day dawns, and with it come possibilities. Chances for success, empathy, and discovery are abundant. Inspiration is everywhere you look. The opportunity to be better than you were yesterday is *right here, right now*.

When we're young, we have a harder time letting stuff go than we do as we get older. Your students can benefit from being reminded that a new day is always a fresh start.

**2. "You aren't defined by your failures, you're empowered by them."**

But how? They'll ask you. How can they think about learning something when all they can think of is what they did wrong? How is this making them better? This is the perfect time to introduce students to *useful failure*.



Before anything else, students must know they are learning in an environment with zero judgment from you. First they must realize they are **safe to make mistakes**. Then you can explain how errors can become learning experiences. Learning from mistakes isn't always the best way, but sometimes it's the *only* way.

**3. "The hardest person you'll ever face is the one staring back at you in the mirror."**

It's true; we are either our own best ally or our own worst enemy. It's up to us to decide which one, and we actually do have that choice.

**4. "Success means caring. You've got to care more than anyone else does."**

Eric Thomas claims, "When you want to succeed as badly as you want to breathe, then you'll be successful." When we pursue something that means more to us than anything, we'll care more than most others do. That's just fine. Those ones who do care with us will appear at the right time to champion our cause in the right way. Believe it as the truth, and the truth it shall become.

Our students should be encouraged to **care about learning** with the exact same passion. Learning is personal to each one of us. As lifelong learners we decide what, when, and how we learn. If we can plant the desire for success in them early on, then they'll be unstoppable.

So what do we say about pursuing success? Tell them this: it will be hard, it will be exhausting, and sometimes it will be lonely, but it will be worth it. If you want it bad enough, you'll never give up though the worst goes before you.

**5. "I'm a learner too. We need to support each other in that."**

Even teachers are always learning. That's the shared journey that connects teachers to their students. If you're all learning together, you're making terrific progress. Your students need to know you're either above or beneath each other.

If they can make mistakes without being criticized, then as the teacher you deserve the same courtesy. Any classroom can become a strong network of support when this kind of honesty and transparency exists between teacher and pupil.

**6. "There's nothing you can't do if you really want to."**

As far as empowering messages go, this one is a classic for a reason. Too often, many of us live with more **awareness of our limitations** than our **potential**. It goes back to our experiences with well-meaning adults in home and school situations when we're much younger and more impressionable. We were brought up with many beliefs, right or wrong, about ourselves and what we could do. Not all of them may have been proactive. The time to change that is now. You can give your students a new programme to download into their subconscious mind. Let them know they are capable of anything they set their minds to. The only limits they have are the ones they choose to place on themselves.

**7. "Great things begin with small actions."**

One of the world's greatest humanitarians was Mother Teresa. Great as she was, even she cautioned, "We can do no great things, only small things with great love." Tackling too much at one time is a recipe for disaster. So start small. Begin at the beginning and make a great change one step at a time. It's important to build on previous successes gradually and carefully, preserving the progress of every previous step. That's how greatness manifests.

**8. "I'm always here to help you, but you've got to take the lead."**

The teacher is no longer the gatekeeper of all knowledge. Their role has switched to guide, assistant, and enabler of student potential. Students must know that you're there for support and for guidance. The responsibility for learning and succeeding, however, is still theirs.



### 9. "I believe in you."

This one needs no explanation. Everyone can benefit from hearing this. No better time to start than right now.

### 10. "You're not alone."

The Persian poet Rumi told us, "Stop acting like the wolf, and let the shepherd's love fill you." Young students carry the weight of the world on themselves. In troubling times, it's easy for them to feel like no one has ever felt the way they do, and never can.

That's understandable, of course. They haven't lived long enough and witnessed enough of others' suffering to learn that it's often universally shared experience. Nevertheless, this is the time for them to become aware that empathy and understanding are within arm's reach. Again, it comes down to the student feeling safe enough to open up.

As teachers, that's our mission.

Sincerely

Chandana Basnayake  
Principal



## CHESS WINNERS

Once again it's with great cheer and warmest congratulations, we declare the winners of the Sri Lanka School Chess Association Tournament 2018 which was held on 3<sup>rd</sup> and 4<sup>th</sup> of March 2018 at Niwaththakachethiya Maha Vidyalaya. Ulindu Amarakoon, Jeethwara Jayathilaka, Dulain Senavirathna were selected as all island winners while Ulindu Amarakoon won the championship under 07 boys. These rewarding achievements of little Lyceum chess competitors brought honour and glory.



## CORRECTIONS!

Girls who have hair longer than shoulder length should tie and plait their hair (upto Grade 8 it should be 2 plaits).

## Congratulations!

The students who performed remarkably well in Cleon and Srilankan festival in speech and drama, dancing and music received recognition where they scored high positions as all island winners despite the strong competition. This offers stage to showcase the exceptional skills of the students in performing arts.



## OVERNIGHT CAMP AT LYCEUM ADVENTURE PARK KURUNEGALA

Life is a journey full of adventures. Adventurous approach to life is a requirement of becoming the person you are capable of being. The Lyceumers from grades 06 to 10 participated for the overnight camp at Lyceum Adventure Park Kurunegala on 19<sup>th</sup> and 20<sup>th</sup> February 2018, which gave them a wide range of knowledge and experiences to upgrade the physical and mental capabilities improving all scores of students' lives. Students enjoyed this fabulous camping experience as they learnt discipline, exploration skills, time management and leadership through team work and challenges, with a collection of best memories.

