

Lyceum Newsletter



LA-46

Anuradhapura



MESSAGE FROM OUR FOUNDER
Mr. Mohan Lal Grero

Controlling your Emotions is Freedom.

Today I want to discuss the role that emotions play in our decision-making process. Being overly influenced by your emotions is not freedom. Emotions are good as long as you are in control. If you let emotions be the decision-maker, you will make some bad ones. Let me explain why.

As we grow, we experience bodily or mental 'feelings' going through life or thinking about the past. When you win a race: everyone cheers, parents smile.... We divide feelings into good and bad. This is only a mental classification but we usually react to these labels as if they are real when they only exist in the body and mind.

Emotions are created in the psychological physiological space between the way we think about the world and our actual experience of it. When we get what we expect, we feel positive emotions; when we get something we don't expect we feel negative emotions. Emotions generally tell us what we already think about ourselves. They give feedback on the condition of our current thinking.

We feel our thoughts but we are not always aware of our thoughts. We take so many decisions based on the feeling that it 'feels just right'.

A young driver got his license for the first time. He felt freedom. He sat at the wheel and felt the power of the moving car. Being young it only felt right that he should go faster and faster. Oh! The adrenaline felt good. He ended up in a near fatal accident that left him paralysed, waist down. But he still recalls the emotions and says, 'it felt good at the wheel!'. We need to first become aware of our own feelings and triggers. Awareness will lead us to do the opposite that emotions dictate and therefore help make better judgement calls and decisions. Remember, emotions are only bad if we let them control us. When do your emotions control you? How do you feel at those moments?

BUDDHIST GATHAS

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We observed that children at the primary level find it difficult to recite Buddhist Gathas properly. They are unable to pronounce Pali words in a correct manner when reciting Gathas. Parents are kindly requested to Purchase a CD that contains Pirith Desana and play it in the morning for your kids to listen. You need to ensure that children listen to the Desana when it is playing.

Once the children get used to this habit, they will learn the correct pronunciation and gain many other merits.



IMPORTANT

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 receipt with a signature in the SRB. From Grades 6 to 12, failure to acknowledge it will result in a black mark.



Memos to Parents & Guardians



The PARENT - TEACHER DAYS

The Parent - Teacher Days will be held on 14th & 15th of June 2017.

Please follow the schedule given below.

Surnames beginning with Times to meet the teachers

14 th June 2017	A, B, C, D	7.45 a.m. - 9.45 a.m.
	E, F, G, H	9.45 a.m. - 11.45 a.m.
	I, J, K, L	11.45 a.m. - 1.45 p.m.

15 th June 2017	M, N, O, P	7.45 a.m. - 9.45 a.m.
	Q, R, S	9.45 a.m. - 11.45 a.m.
	T, U, V, W, X, Y, Z	11.45 a.m. - 1.45 p.m.

We would appreciate it if you could note down your problems beforehand, as only 5 minutes will be allocated to you with each teacher. We request all parents to strictly adhere to both the day and the time allocated to avoid congestion. If any parent needs more time to discuss about his/her child with the Class Teacher, you are kindly requested to get an appointment on another day through the SRB. Students (Grade 1 and above) should come in school uniform, grey socks and black shoes, if they wish to accompany the parents. They may not come in the P.T. kit.

The Parent-Teacher Day is compulsory for all parents. If you cannot come due to an emergency, you are required to send an excuse letter and make an appointment with the Class Teacher on another date.

Please note your attendance by filling the form and putting it into the box at the gate.

TILL (GRADES 4 TO 8)

Please encourage your child to do household chores to collect pocket money to buy next year's textbooks. This way your child would get to know the value of money.

When school is over please ensure that your child is picked up on time.



Spending your time, in the right way. Listen to your heart and observe the things surrounding you. Have true values. Cherish every minute of your life.

Spending dinner time with your child.



Dear Students,

BREAKFAST

Breakfast is an important meal. Please ensure that you have your breakfast everyday. You are allowed to bring your breakfast and have it during the register marking period, but you cannot go out to wash your hands. You should bring a fork & a spoon.





Memos to Parents & Guardians



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May 2017

UPCOMING EVENTS

26 th May 2017	Singithi Salpila Grade 1
29 th – 31 st May 2017	Monthly Test Grades 1 - 9
6 th June 2017	Poson Bakthi Gee
14 th & 15 th June 2017	Parent Teacher Day
6 th July 2017	School Concert Rehearsal
9 th July 2017	School Concert
18 th – 26 th July 2017	Second Semester Examination
28 th July 2017	Kite Festsival
3 rd August 2017	Graduation Grades 1 - 5

Dear Parents,

SIGNATURES

Please note that the signature used to acknowledge notices on SRBs should be identical to the specimen signature provided by you on Page 4 of the Student's Record Book.

IMPORTANT

If and when you change your telephone numbers, address and email, please inform the Headmistress immediately in writing.



YOUR KIDS SHOULD NOT BE THE MOST IMPORTANT IN THE FAMILY

JOHN ROSEMOND

I recently asked a married couple who have three kids, none of whom are yet teens, "Who are the most important people in your family?"

Like all good moms and dads of this brave new millennium, they answered, "Our kids!"

"Why?" I then asked. "What is it about your kids that gives them that status?" And like all good moms and dads of this brave new millennium, they couldn't answer the question other than to fumble with appeals to emotion.

So, I answered the question for them: "There is no reasonable thing that gives your children that status."

I went on to point out many if not most of the problems they're having with their kids - typical stuff, these days - are the result of treating their children as if they, their marriage, and their family exists because of the kids, when it is, in fact, the other way around. Their kids exist because of them and their marriage and thrive because they have created a stable family.

Furthermore, without them, their kids wouldn't eat well, have the nice clothing they wear, live in the nice home in which they live, enjoy the great vacations they enjoy, and so on. Instead of lives that are relatively carefree (despite the drama to the contrary that they occasionally manufacture), their children would be living lives full of worry and want.

This issue is really the heart of the matter. People my age know that it's the heart of the matter because when we were kids it was clear to us that our parents were the most important people in our families. And

that, right there, is why we respected our parents and that, right there, is why we looked up to adults in general.

It was also clear to us - I speak, of course, in general terms, albeit accurate - that our parents' marriages were more important to them than their relationships with us. Therefore, we did not sleep in their beds or interrupt their conversations. The family meal, at home, was regarded as more important than after school activities. Mom and Dad talked more - a lot more - with one another than they talked with you. For lack of pedestals, we emancipated earlier and much more successfully than have children since.

The most important person in an army is the general. The most important person in a corporation is the CEO. The most important person in a classroom is the teacher. And the most important person in a family are the parents.

The most important thing about children is the need to prepare them properly for responsible citizenship. The primary objective should not be raising a straight A student who excels at three sports, earns a spot on the Olympic swim team, goes to an A-list university and becomes a prominent brain surgeon. The primary objective is to raise a child such that community and culture are strengthened.

"Our child is the most important person in our family" is the first step toward raising a child who feels entitled.

You don't want that. Unbeknownst to your child, he doesn't need that.

EVENTS HIGHLIGHTS

May 2017

Junior & Middle School Athletic Meet 2016/2017

Junior & Middle School Athletic Meet 2016/2017 of Lyceum International School Anuradhapura, was held on 1st of April 2017 in the School Grounds. Students of Grades 1 to 9 and their parents enjoyed this event with the presence of Mr. Malith Kumarasinghe, the Principal of Lyceum International School Anuradhapura and Nuwara Eliya as the chief guest and the Headmistress, Ms Dilrukshi Peiris.

-----We thank everyone for helping to make this event a success.-----



Sinhala & Tamil Avurudu Celebration 2016/2017

On 7th April students and staff of the Lyceum International School Anuradhapura celebrated Sinhala and Hindu New Year throughout the day in the school premises with many games which gave them a great enjoyment with all the traditional customs of the New Year Celebration.



Vesak Lantern Display 2017

Lyceum Anuradhapura displayed Vesak lanterns at the school during the Vesak week to celebrate the Vesak Poya Day which comomorate the Prince Siddhartha's birth enlightenment of the Bodhisattva, Parinirvana of Gautham Buddha.



Our Ice Cream Dansala

The students, staff & parents of Lyceum International School Anuradhapura joined hands in organizing a very successful Ice Cream Dansala as an alms giving to commemorate Vesak. We would like to thank our beloved parents for their immense support with donations & encouraging the children to take part in this worthy cause.

