



BUDDHIST GATHAS

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. You may purchase a Seth Pirith CD (*Ven. Wattala Seelarathana Thero's*) from Sarasavi Book Shop - Nugegoda.



UPCOMING CALENDAR MONTH OF JUNE - 2017

12 Jun.	Inter House Gymnastic Tournament
13 Jun.	School re-opens for Pre A/L students
14 Jun.	Parent Teacher Day (According to surnames A - L)
15 Jun.	Parent Teacher Day (According to surnames M - Z)
	Bodhu Gee Saraniya
16 Jun.	Meeting with parents - Pre A/L
17 Jun.	Inter House Cricket Tournament
23 Jun.	Inter House Cricket Tournament
27 Jun.	Concert - Gr. 1
30 Jun.	Inter House Basketball Tournament

CUSTODY OF YOUR CHILD

Parents are liable to inform the Principal in writing if there is any change in the physical and legal custody of a child due to divorce / separation etc. The school must be informed along with copies of the legal documents as proof of physical / legal custody granted by a court order. Unless the school is duly informed with supporting evidence, the school will not be held responsible for any matters arising with regard to guardianship of children.

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?

PHOTOGRAPH

The photograph pasted on your child's Students' Record Book should be a very recent photo (not more than 6 months old).



DRESS CODE

Please note that when visiting the school you should be conservatively dressed. ie. ladies preferably in saree / shalwar / frock (modest long dress), blouse with sleeves and gentlemen in long trousers and shirt.



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 of class to purchase food from the canteen at that time.



JEWELLERY AND SCHOOL UNIFORM

Silver chains / jewellery worn around the neck for various religious reasons should not be visible. Students will be asked to remove them. Please wear long black cords and keep your buttons fastened to conceal them.



YOUR KIDS SHOULD NOT BE THE MOST IMPORTANT IN THE FAMILY

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 persons 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.

- JOHN ROSEMOND-

I always feel happy,
you know why?
Because I don't expect anything from
anyone! Expectations always hurt...
- Shakespeare -

IF YOUR CHILD MISBEHAVES,
THE REASON MIGHT BE THAT
YOU HAVE NOT GIVEN HIM / HER
ENOUGH ATTENTION.
THEN THEY MAY TRY
TO GET ATTENTION BY MISBEHAVING.

Spend 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...

IMPORTANT

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



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.

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.

Dear Parents,

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

Spend dinner time with your child.



HEALTH PAGE

Please note that it is not mandatory for all parents to complete Page 42 of the SRB.

PARENT TEACHER MEETINGS (NURSERY TO GRADE 12)

Parent Teacher Meetings will be held on Wednesday, 14 & Thursday, 15 June, 2017. For Grades 9 to 12, Parent Teacher Day is compulsory.

Please collect the handout given to you at the entrance. We recommend parents of Grades 1 to 8 students to give priority to meet the English, Maths and Science teachers and only if time permits to meet the other subject teachers.

Please follow the schedule given below.

Surnames beginning with	Times to meet the teachers
14 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 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, Y, Z	11.45 a.m. - 1.45 p.m.

We would appreciate if you could note down your problems beforehand, as only 5 minutes will be allocated to you with the teacher.

Also, please keep to the day and time allocated to you according to your surname. If your child is in Grade 1 and above and accompanying you, he / she will have to come in school uniform (including correct shoes and socks).

AN OPPORTUNITY TO BECOME A TEACHER

Are you a parent who wants to assist your child, a school leaver, or a knowledge seeker? The Lyceum Academy for Teacher Education, the teacher training arm of THE LYCEUM INTERNATIONAL SCHOOL SYSTEM, conducts the following programmes.

PROGRAMME	CLASS DAY	TIME
[1]. Diploma in Primary School Teaching	Monday & Friday	2.30 p.m. to 5.30 p.m.
	Saturday	9.00 a.m. to 3.30 p.m.
[2]. Diploma in English Language Teaching	Monday & Friday	2.30 p.m. to 5.30 p.m.
	Saturday	9.00 a.m. to 3.30 p.m.

Weekday programmes commence on 26 May, 2017

Curriculum consists of Theory, Practice & Application. Printed material is free.

[a]. Application & Registration fee: Rs. 1000/= [b]. Course fee: Rs. 40,000/=

[c]. An easy payment structure is available.

Contact: The Coordinator, Lyceum Academy for Teacher Education, Lyceum International School, Gampaha.

Telephone No: 077-9898685 / 033-4674543 / 033-4928842 Fax. 033-2297666.

[Eventually can proceed to Bachelor of Education Degree at Horizon Campus, Malabe; with on year exemption and 25% discount].

CAREERS & HIGHER EDUCATION DAY

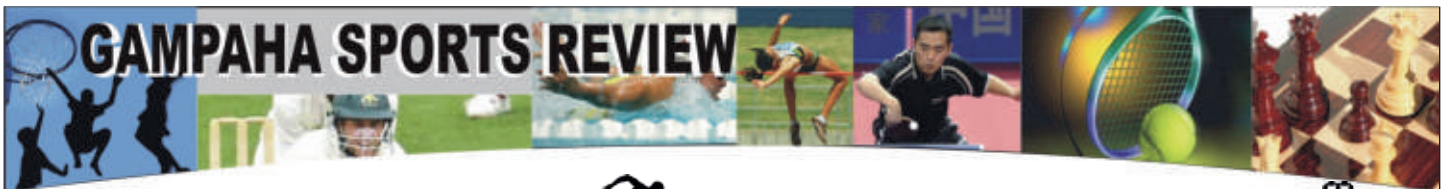


GRADES 08 TO 12 STUDENTS & THEIR PARENTS ARE KINDLY INVITED

DATE : 14TH JUNE 2017 (PARENTS DAY - 1) GAMPAHA
TIME : 09.00 A.M. TO 04.00 P.M.
VENUE : AEOLIAN HALL

Valuable Prize will be awarded to a winner after a raffle draw. A/L Students are eligible for free copy of CAHE Directory





ATHLETIC



GAMPAHA EDUCATIONAL ZONAL ATHLETIC MEET

Gampaha Educational Zonal Athletic Meet was held on 16, 17 & 18 May, 2017 at Sri Bodhi Grounds, Gampaha.

NAME	EVENT	PLACE
Maxmillian Munasinghe (Under 12 Boys)	60 m	1st
	Long Jump	2nd
	100 m	3rd
Thimesha Gamage (Under 14 Boys)	100 m	1st
	4 X 100 m	1st
	80 m	2nd
Agitha Wijesinghe	Long Jump	2nd
	4 X 100 m	1st
Pramuditha Wijesinghe	100 m	3rd
	4 X 100 m	1st
Sathnidu Damsara	4 X 100 m	1st
Daham Panditharatne (Under 18 Boys)	Long Jump	3rd
Imasha Gamage (Under 16 Girls)	Shot Put	2nd
	Javelin Throw	2nd
Dewmini Phoranbahewage (Under 18 Girls)	Discus Throw	2nd
	Shot Put	2nd

TIPS FOR PARENTS :

HOMEWORK THAT REALLY WORKS !

If you have children in secondary school, do you ever feel their evenings and weekends disappear under an avalanche of paper? Homework is important for children to learn how to use research material and solve problems for themselves, but there are things parents can do to help them stay on top of it without burning themselves out before they are 18:

- ★ Make a cosy homework room or corner that is well lit and has a comfortable desk and chair. Encourage kids to eat and drink before starting work.
- ★ Remind them that going to bed at a reasonable time is better than an extra hour of work when they are too tired.
- ★ Make a wall chart so they can note what homework is due and when.
- ★ Liaise with the school if you have any concerns.
- ★ Don't add to the tension by nagging about the state of their bedroom etc.
- ★ Allow them space to do nothing at all from time to time.

SUSPENSION (GRADE 4 TO 12)

Students who continuously disturb during classes, will be given 2 days suspension by the Principal.

CRICKET



FRIENDLY CRICKET MATCH

The Match was played on 20 May, 2017 at our school Grounds. Kirindiwela Central College won the toss and elected to field first.

1ST INNINGS

Lyceum International School, Gampaha - 118 all out.

Sithum - 24, Abhishek - 24, Kavisha - 19, Tishan - 10, Thineth - 10.

Kirindiwela Central College - 186 all out.

Heshan - 48 for 5, Tishan - 33 for 2, Bihandu - 13 for 1.

2ND INNINGS

Lyceum International School, Gampaha - 80 for 5 wickets.

Thineth - 24, Tishan - 17.

★ *Match was drawn.*

BASKETBALL



HORIZON INTER SCHOOL BASKETBALL TOURNAMENT

The Match was played on 01, 02 April, 2017 at Horizon International School Basketball Court.

Lyceum Gampaha beat Regent International School by 27 - 07 and won the Boys U. 15 Bowl Championship.

★ **Best Offensive Player - Oshadha Athukorala**

BIRTHDAY CAKES & GIFT ITEMS - (GRADES 1 - 12)

Birthday Cakes & Gift Items are not allowed in the school. Please refrain from sending "Birthday Cakes" and "Gift Items" to school. You can celebrate your child's birthday in more purposeful ways, such as giving donations to charity or attending religious functions.

10% MARKS AT SEMESTER EXAMINATIONS FOR ATTENDING RELIGION SCHOOL (GRADES 1 TO 9)

Please note that attending Dhamma School /Sunday School / Ahadiya School / Araneripp Padasalai counts for 10% marks at the Semester Examinations for Grades 1 to 9. It is not necessary that these be English medium Schools.

RELIGIOUS SCHOOL ATTENDANCE FORM

Please be informed that children should hand over their Religious School Attendance Form on or before Monday, 03 July, 2017 to their Class Teacher with a SRB Note. Please refer SHB page 98 / 99 for the religious marks distribution method.

FIELD TRIPS

Please note that money paid for a field trip will not be refunded unless the school has cancelled / postponed the trip.