



# The Lyceumer

## Gampaha

November 2017 (Issue No. 115 - LG)

- ★ School will be closed from Friday, 08<sup>th</sup> December, 2017 & will be re-opened for students on Wednesday, 03<sup>rd</sup> January, 2018.
- ★ School will be re-opened for teachers on Tuesday, 02<sup>nd</sup> January, 2018.
- ★ Please note that parents will not be allowed to visit the school office on the last day of every term, as the staff will be busy with internal matters of the school.



### Message from our Founder

Mr. Mohan Lal Greero



## Words of WISDOM

Are you aware of your inner voice?

**H**ave you ever noticed that there is a voice in your head that talks all day long? And have you ever seen how much it loves to judge? It judges how people look, the weather, religions, handicapped people, etc. But if you look closely, you will see that the person it loves to judge the most is you! If you are honest with yourself, you would see that you're unmercifully judgemental with yourself. You compare yourself to some mythical idea of what you think you should be and you always fall short. (There is no such thing as a perfect person).

The foundation of your ideas about yourself and life were pretty well formed by the time you were six years old. So from a very early age, it's important that you motivate yourself to think positively about yourself. Jeffrey I. Moore uses these "affirmations for mornings" in his motivational training workshops,

01. I'm thankful for today & I will cherish every moment.
02. Today I will move forward, grow and improve.
03. In moments of doubt, confusion & frustration I will focus on what I want & where I'm going.
04. I will acknowledge the positive things in everyone I talk to.
05. I will strive not to be comfortable but to be useful.
06. Today, I will give love and push through pain.
07. I am thankful to be here, right now, today.
08. I'm committed to my goals & my most positive habits.
09. I recognize & am excited about the possibilities in my life.
10. My life matters and what I do makes a difference.

I hope you will start this practice early in your life. Feel free to add your own positive declarations to this list. Remember that whatever the mind can conceive, it can achieve.

## MAATHRA 10

ANNUAL CULTURAL DANCE FESTIVAL



Thank you to all the participants, teachers & staff and the parents for their commitment to the success of Maathra - 10

### UPCOMING CALENDAR MONTH OF DECEMBER - 2017



04 <sup>th</sup> Dec.	Holiday for Gr. 10 Camb. Gr. 11 & 12 Students (Camb.& Nat.)
06 <sup>th</sup> Dec.	Christmas Carol - Nursery & Pra Grade
07 <sup>th</sup> Dec.	Holiday for Gr. 10 Camb. Gr. 11 & 12 Students (Camb.& Nat.) Christmas Carol - Gr. 1 - 12
08 <sup>th</sup> Dec.	School closes for students



### EMAIL ADDRESS - COMPULSORY

Please note that it is compulsory that you enter your email address in the SRB on page 4.



Please note that there are important notices in every newsletter. Therefore, it is compulsory for every parent and student to read the newsletter.

## SINHALA SINGING COMPETITION - 2017

Final round of the Sinhala Singing Competition was held on 27<sup>th</sup> October, 2017 at the New Aeolian Hall. Mr. M. R. Choolasinghe, Mrs. Sanjeevani Weerasinghe & Mr. Sudarshana Bandara graced the occasion as the Head of the Panel of Judges.

Following students were the winners;

### GRADE 1

1st - Dinsara Kodithuwakku  
2nd - Danuja Palihawadana  
3rd - Methuli Kolannage

### GRADE 2

1st - Seha Pathirana  
2nd - Sacheen Senarathne  
3rd - Naduli Senara

### GRADE 3

1st - Sasen Senarathne  
2nd - Vimasha Palamakumbura  
3rd - Kithumi Nandasoma

### GRADE 4

1st - Senuli Wijendra  
2nd - Sumeshi Kumarapperuma  
2nd - Thilanya Kasthurirathne

### GRADE 5

1st - Maheli Maggonage  
2nd - Jong Rhiyon  
3rd - Tharuli Thumbawila

### GRADE 6

1st - Menushi Jayasena  
2nd - Pawan Gulavita  
3rd - Sarindi Perera

### GRADE 7

1st - Kithmini Rathnayake  
2nd - Dumindu Ranaweera  
3rd - Gethmi Karunanayake

### GRADE 8

1st - Sandith Perera  
1st - Sasumni Perera  
3rd - Kisara Mannaperuma

### GRADE 9

1st - Senushi Jayasena  
2nd - Randula Warnakulasuriya  
3rd - Sanathmi Jayasekara

### GRADE 10 & 11

1st - Theekshana Jayasuriya  
2nd - Senula Hearath  
3rd - Sithuli Biyanwila

## DAILY CHECKLIST FOR PARENTS

Could all parents please check the following everyday, before your child leaves for school.

- Hair should be neatly combed.
- The collar should be in place and neat.
- The belt should not sag and both ends must be secured (girls).
- Grey socks should be worn reaching 4 inches above the shoe level.
- The shoes should be clean and polished and fully black.
- The girls' uniform should be long enough to the knees and boys' trousers should be worn above the hip level (just below the waist). Boys in Grade 6 and above should wear a black belt with a very simple buckle.

## ATTENDANCE

Amendment to Rule 'Attendance and Absence' - page No. 26 in SHB 1 Please note that the above mentioned rule has been changed to the following with immediate effect. "A doctor's note is required when a student is sick or absent for 2 consecutive days or more".

## ACCESS TO THE SCHOOL IT SYSTEM (GRADES 1 – 12)

Your child's attendance and progress at school can be checked online via the school's IT system. Parents are requested to e-mail your child's name, class and admission number to [it\\_lg@lyceum.lk](mailto:it_lg@lyceum.lk) and the user name and password will be emailed back, provided that your email address is the same as the one provided at the time of registration. If this is not the case, parents will be requested to visit the school's IT department with the child's SRB to obtain the user name and password.

# DON'T FORGET

- ★ Please send books according to the timetable.
- ★ **Black tights** :- Please do not send your daughter dressed in long black tights from the morning itself, on the days she has dancing. However she may wear it during the dancing time.
- ★ **Please respect your child's privacy** :- If your child is in Grade 6 and above, please see to it that sisters and brothers do not share rooms. Respecting the child's privacy to a reasonable extent is important to their mental development and self esteem.
- ★ Please note that it is compulsory that you enter your e-mail address on page 4 of the SRB.
- ★ The photograph in the SRB should not be more than 6 months old.
- ★ Please fill the Growth Chart on page 55 of the SRB.

## NEW YEAR, NEW TREE

"The best time to plant a tree was 20 years ago. The second best time is now."

*-Chinese proverb-*

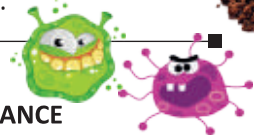
In a world so affected by climate change & deforestation, why not plant a tree in the New Year as a gift to our future generations? If you do not have a garden, plant one in a family member's garden. Remember, we may not be able to change the past, but we can certainly change the future.



## CONTAGIOUS DISEASES

### MESSAGE OF HIGH IMPORTANCE

If your son / daughter is suffering from any infectious / contagious disease (sore eyes, viral flu, etc.), please refrain from sending her / him to school until she / he has fully recovered.



## PERMISSION TO WEAR SANDALS / SLIPPERS

Only black sandals/slippers may be worn if your child is suffering from an injury to the foot preventing him/her from wearing shoes.



## ANNUAL PRIZE GIVING - 2016 / 2017

Annual Prize Giving of Lyceum International School - Gampaha was held on Thursday, 23<sup>rd</sup> November, 2017 at 6.00 p.m. in the New Aeolian Hall. Ms. Dhammika Wijesinghe (Secretary General of the National Commission for UNESCO) graced the occasion as the Chief Guest. All the grade 6 - 12 prize winners and their parents participated for the event.



## FIELD TRIP

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

## THE TISSL CONFERENCE - 2017

**T**ISSL (which stands for The International Schools of Sri Lanka) is an association that is formed of Heads of the eminent international schools in Sri Lanka. Their annual conference this year was held at the Blue Water, Wadduwa from the 17<sup>th</sup> to the 19<sup>th</sup> of November under the theme 'Unleashing problem-solvers'.

Sir Michael Wilshaw, the former Chief Inspector of Schools in England and the former Head of Ofsted, England, graced this special event as the Chief Guest and the keynote speaker. Dr. Mark Winterbottom, Senior Lecturer in Science Education at the Faculty of Education of the University of Cambridge, UK and Dr. Matthew Anderson, Founder and Director of Unicorn ARC and LeadCentric, Adjunct Academic at the University of Aberdeen, Robert Gordon University and the Royal Military Academy Sandhurst, UK, also delivered speeches and conducted thematic sessions for the 200 distinguished delegates present.

Lyceum International School played an important role in the organising of this event under the able leadership of the Chairperson - Mrs. Kumari Grero. The event was hailed as a success by all those present and Mrs. Kumari Grero extends her sincere appreciation to all the members of the organising committee for their untiring hard work.

Subsequent to the conference, Sir Michael Wilshaw visited Lyceum Nugegoda and addressed the staff members, providing valuable guidance under the theme 'Leadership' both as administrators and teachers. He declared Lyceum Nugegoda to be an "outstanding school" based on his observations.



## ECO BAG

Lyceum International School introduced an eco-friendly bag to support the school's vision of going green and contributing towards Sri Lankan vision to be an environmentally friendly nation. The eco-bags are available at the Reception and the Media Unit priced at Rs. 350/-. **Hurry and get your one today!**



## LOST & FOUND

If you have lost your belongings within the school premises, kindly check the 'lost and found' box at the security post with Mr. Nalin Koralegedara (C.S.O.) as soon as possible.



## LYCEUM ENGLISH DHAMMA SCHOOL

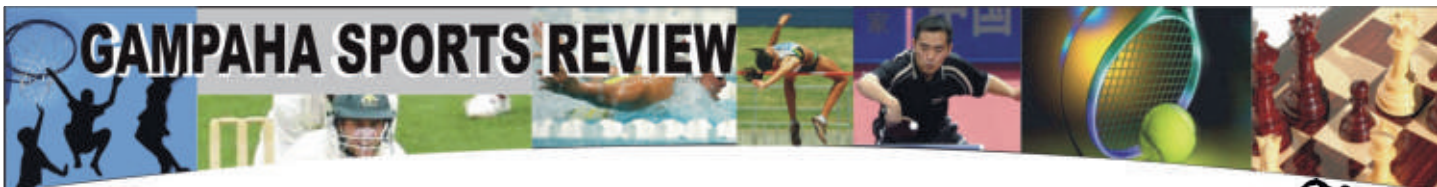
All students achieved distinction pass at the examination of YMBA June, 2017 - Diploma Level. The students were; **Madushi Gunathilake, Chamudi Panapitiya, Kehansa warajith, Danodya Higgoda, Jithmini Senarathne, Sadunika Illanasinghe, Theekshana Jayasuriya, Chamaka Herath, Thamal Gayanidu, Vinuka Hewagamage, Sethmi Ovitigala.**

## AWARD CEREMONY OF LYCEUM ACADEMY FOR TEACHER EDUCATION

Lyceum Academy for Teacher Education - Gampaha had our awards ceremony on 10<sup>th</sup> November, 2017 at 3.00 p.m. at the New Aeolian Hall with the participation of Rev. Dr. Pannila Ananda Thero.

The candidates who completed the Diplomas successfully in Primary School Teaching, English Language Teaching participated in the award ceremony.





# ATHLETIC



## INTER HOUSE ATHLETIC CHAMPIONSHIP-2017

Inter House Athletic Meet - 2017 was held on Monday, 13<sup>th</sup> November, 2017 at Mahinda Rajapaksha Sport Complex, Diyagama. The Chief Guest was Mr. Prama Pinnawala.

### BOYS CATEGORY

Place	Name	House	Performance
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#### Event - Under 6 Boys 40 m

1	Savindu Bandara	Cygnus	9.1 sec.
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#### Event - Under 8 Boys 60 m

1	Thimath Perera	Aquila	10.7 sec.
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#### Event - Under 8 Boys High Jump

1	Yumeth Kasthuriratne	Aquila	1.00 m
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#### Event - Under 8 Boys Long Jump

1	Thimath Perera	Aquila	2.53 m
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#### Event - Under 8 Boys Ball Throw

1	Nevin Weerasiri	Cygnus	24.40 m
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#### Event - Under 8 Boys 4 x 50 m Relay

1	Thimath Perera	Aquila	42.1 sec.
	Yumeth Kasthuriratne		
	Devinda Denagamaarachchi		
	Thenula Rajakaruna		

#### Event - Under 10 Boys 80 m

1	Imira Adikari	Cygnus	12.7 sec.
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#### Event - Under 10 Boys High Jump

1	Kaveesh Wellagiriya	Cygnus	1.06 m
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#### Event - Under 10 Boys Long Jump

1	Imira Adikari	Cygnus	3.39 m
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#### Event - Under 10 Boys Ball Throw

1	Mithula Himanka	Ursa	29.48 m
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#### Event - Under 10 Boys 4 x 50 m Relay

1	Imira Adikari	Cygnus	33.8 sec. (NMR)
	Kaveesh Wellagiriya		
	Senuja Udagearachchi		
	Vidya Adikari		

#### Event - Under 12 Boys 100 m

1	Maximillian Munasinghe	Cygnus	14.8 sec.
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#### Event - Under 12 Boys 200 m

1	Maximillian Munasinghe	Cygnus	31.4 sec.
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Place	Name	House	Performance
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#### Event - Under 12 Boys High Jump

1	Dulina Chandrathilaka	Cygnus	1.15 m
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#### Event - Under 12 Boys Long Jump

1	Maximillian Munasinghe	Cygnus	4.19 m
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#### Event - Under 12 Boys 4 x 100 m Relay

1	Dulina Chandrathilaka	Cygnus	1:02.9 sec.
	Maximillian Munasinghe		
	Yasas Galle Liyanage		
	Sahas Fernando		

#### Event - Under 14 Boys 100 m

1	Thimesha Gamage	Aquila	12.4 sec.
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#### Event - Under 14 Boys 200 m

1	Thimesha Gamage	Aquila	25.9 sec.
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#### Event - Under 14 Boys High Jump

1	Raveen Alagiyawanna	Cygnus	1.20 m
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#### Event - Under 14 Boys Long Jump

1	Damsara Gamage	Cetus	5.35 m (NMR)
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#### Event - Under 14 Boys Shot Put

1	Vinuka Gunathilaka	Cetus	9.56 m (NMR)
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#### Event - Under 14 Boys Discus Throw

1	Vinuka Gunathilaka	Cetus	17.05 m
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#### Event - Under 14 Boys Javelin Throw

1	Randula Warnakulasuriya	Cygnus	16.72 m
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#### Event - Under 14 Boys 4 x 100 m Relay

1	Pramuditha Wijesinghe	Ursa	55.9 sec.
	Kavindu Jayalath		
	Manith Edirisinghe		
	Chanithu Waniarachchi		

#### Event - Under 14 Boys 4 x 200 m Relay

1	Pramuditha Wijesinghe	Ursa	2:00.1 sec.
	Kavindu Jayalath		
	Manith Edirisinghe		
	Chanithu Waniarachchi		

Place	Name	House	Performance
<b>Event - Under 16 Boys 100 m</b>			
1	Rishan Manan	Ursa	12.0 sec.
<b>Event - Under 16 Boys 200 m</b>			
1	Senula Herath	Ursa	25.0 sec.
<b>Event - Under 16 Boys 400 m</b>			
1	Senula Herath	Ursa	58.3 sec.
<b>Event - Under 16 Boys 800 m</b>			
1	Himesha De Seram	Aquila	2:41.5 sec.
<b>Event - Under 16 Boys High Jump</b>			
1	Himesha De Seram	Aquila	1.61 m
<b>Event - Under 16 Boys Long Jump</b>			
1	Nadil Gamage	Cygnus	5.90 m (NMR)
<b>Event - Under 16 Boys Shot Put</b>			
1	Rusith Gamage	Cetus	11.35 m (NMR)
<b>Event - Under 16 Boys Discus Throw</b>			
1	Rusith Gamage	Cetus	26.00 m
<b>Event - Under 16 Boys Javelin Throw</b>			
1	Rusith Gamage	Cetus	33.80 m
<b>Event - Under 16 Boys 4 x 100 m Relay</b>			
1	Hijas Ahamed	Ursa	50.6 sec.
	Rishan Manan		
	Senula Herath		
	Enuka Dahanayake		
<b>Event - Under 16 Boys 4 x 200 m Relay</b>			
1	Hijas Ahamed	Ursa	1:44.7 sec. (NMR)
	Rishan Manan		
	Senula Herath		
	Enuka Dahanayake		
<b>Event - Under 18 Boys 100 m</b>			
1	Dinuk Aluthapola	Aquila	11.8 sec.
<b>Event - Under 18 Boys 200 m</b>			
1	Sandesh Perera	Ursa	24.5 sec.
<b>Event - Under 18 Boys 400 m</b>			
1	Sandesh Perera	Ursa	58.2 sec.
<b>Event - Under 18 Boys 800 m</b>			
1	Rashila Hapange	Cygnus	2:29.3 sec.
<b>Event - Under 18 Boys 1500 m</b>			
1	Isuru Abeyrathne	Ursa	5:41.4 sec.
<b>Event - Under 18 Boys High Jump</b>			
1	Dinuk Aluthapola	Aquila	1.50 m

Place	Name	House	Performance
<b>Event - Under 18 Boys Long Jump</b>			
1	Dinuk Aluthapola	Aquila	6.04 m
<b>Event - Under 18 Boys Triple Jump</b>			
1	Sandesh Perera	Ursa	12.59 m
<b>Event - Under 18 Boys Shot Put</b>			
1	Hirusha Jayasooriya	Cygnus	10.00 m
<b>Event - Under 18 Boys Discus Throw</b>			
1	Hirusha Jayasooriya	Cygnus	28.14 m
<b>Event - Under 18 Boys Javelin Throw</b>			
1	Isuru Abeyrathne	Ursa	30.57 m
<b>Event - Under 18 Boys 4 x 100 m Relay</b>			
1	Dinuk Aluthapola	Aquila	51.5 sec.
	Dinith Jayamanna		
	Senuda Jayathilaka		
	Ravindu Ranasinghe		
<b>Event - Under 18 Boys 4 x 400 m Relay</b>			
1	Sandesh Perera	Ursa	4:14.0 sec.
	Khailid Dulapandan		
	Isuru Abeyrathne		
	Pasas Perera		
<b>Event - Over 18 Boys 100 m</b>			
1	Dimuthu Yatawara	Aquila	13.1 sec.
<b>Event - Over 18 Boys 200 m</b>			
1	Dimuthu Yatawara	Aquila	26.08 sec.
<b>Event - Over 18 Boys 400 m</b>			
1	Ravindu Weerathne	Cygnus	1:04.7 sec.
<b>Event - Over 18 Boys 800 m</b>			
1	Ravindu Weerathne	Cygnus	2:46.5 sec.
<b>Event - Over 18 Boys 1500 m</b>			
1	Samith Nawarathne	Aquila	8:09.8 sec.
<b>Event - Over 18 Boys High Jump</b>			
1	Pasindu Kodagoda	Cetus	1.20 m
<b>Event - Over 18 Boys Long Jump</b>			
1	Dimuthu Yatawara	Aquila	4.90 m
<b>Event - Over 18 Boys Triple Jump</b>			
1	Pasindu Kodagoda	Cetus	8.84 m
<b>Event - Over 18 Boys Shot Put</b>			
1	Samith Nawarathne	Aquila	7.59 m
<b>Event - Over 18 Boys Discus Throw</b>			
1	Samith Nawarathne	Aquila	20.51 m

Place	Name	House	Performance
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**Event - Over 18 Boys Javelin Throw**

1	Pasindu Kodagoda	Cetus	25.99 m
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**GIRLS CATEGORY**

Place	Name	House	Performance
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**Event - Under 6 Girls 40 m**

1	Siheli Aluthapola	Aquila	9.4 sec.
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**Event - Under 8 Girls 60 m**

1	Odithya Menike	Cygnus	11.1 sec.
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**Event - Under 8 Girls High Jump**

1	Anuththara Jayasunda	Ursa	0.87 m (NMR)
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**Event - Under 8 Girls Long Jump**

1	Odithya Menike	Cygnus	2.43 m
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**Event - Under 8 Girls Ball Throw**

1	Niluki Jayakody	Cygnus	13.50 m
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**Event - Under 8 Girls 4 x 50 m Relay**

1	Anuththara Jayasunda	Ursa	41.9 sec.
	Jithuli Hewage		
	Yesandi Pathirana		
	Dewli Thilakarathna		

**Event - Under 10 Girls 80 m**

1	Ranudi Rajapaksha	Cygnus	14.0 sec.
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**Event - Under 10 Girls High Jump**

1	Thewni Peramuna	Ursa	0.97 m
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**Event - Under 10 Girls Long Jump**

1	Medani Jayasinghe	Ursa	3.00 m
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**Event - Under 10 Girls Ball Throw**

1	Thinanga Rajapaksha	Cetus	14.93 m
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**Event - Under 10 Girls 4 x 50 m Relay**

1	Sineli Imbulpitikanda	Cetus	38.4 sec.
	Jhon Rhiyon		
	Methumdi Ranasinghe		
	Isini Senavirathne		

**Event - Under 12 Girls 100 m**

1	Ravishi Alagiyawanna	Cetus	16.4 sec.
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**Event - Under 12 Girls 200 m**

1	Ravishi Alagiyawanna	Cetus	35.5 sec.
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**Event - Under 12 Girls High Jump**

1	Ravishi Alagiyawanna	Cetus	1.20 m
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Place	Name	House	Performance
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**Event - Under 12 Girls Long Jump**

1	Sanujana Perera	Aquila	3.25 m
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**Event - Under 12 Girls 4 x 100 m Relay**

1	Tharushi Himaya	Cygnus	1:12.0 sec.
	Harini Amara		
	Vishmi Ball Ralage		
	Sandewni Kandededara		

**Event - Under 14 Girls 100 m**

1	Dithmi Wijesekara	Cygnus	15.9 sec.
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**Event - Under 14 Girls 200 m**

1	Tharani Jayasinghe	Cygnus	33.5 sec.
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**Event - Under 14 Girls High Jump**

1	Dithmi Wijesekara	Cygnus	1.15 m
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**Event - Under 14 Girls Long Jump**

1	Nisali Bethmage	Cetus	4.00 m
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**Event - Under 14 Girls Shot Put**

1	Nisali Bethmage	Cetus	6.34 m
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**Event - Under 14 Girls Discus Throw**

1	Sadivya Mallawarachchi	Cygnus	15.03 m
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**Event - Under 14 Girls Javelin Throw**

1	Mewna Madugalla	Cetus	7.20 m
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**Event - Under 14 Girls 4 x 100 m Relay**

1	Dithmi Wijesekara	Cygnus	1:06.2 sec.
	Tharani Jayasinghe		
	Ashini Gunathilaka		
	Zafeeara Kamaldeen		

**Event - Under 14 Girls 4 x 200 m Relay**

1	Nethmi Wijesekara	Cetus	2:23.5 sec.
	Vihangi Siriwardhana		
	Nisali Bethmage		
	Mandari Wickramarachi		

**Event - Under 16 Girls 100 m**

1	Hiruni Wijesinghe	Aquila	14.0 sec.
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**Event - Under 16 Girls 200 m**

1	Hiruni Wijesinghe	Aquila	31.1 sec.
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Place	Name	House	Performance
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**Event - Under 16 Girls 400 m**

1	Thushini Kaushani	Cygnus	1:19.0 sec.
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**Event - Under 16 Girls 800 m**

1	Siluni Priyankara	Ursa	3:31.2 sec.
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**Event - Under 16 Girls High Jump**

1	Melani Kaveesha	Aquila	1.20 m
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**Event - Under 16 Girls Long Jump**

1	Hiruni Wijesinghe	Aquila	4.34 m
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**Event - Under 16 Girls Shot Put**

1	Imasha Gamage	Ursa	8.35 m
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**Event - Under 16 Girls Discus Throw**

1	Imasha Gamage	Ursa	22.32 m
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**Event - Under 16 Girls Javelin Throw**

1	Imasha Gamage	Ursa	17.88 m
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**Event - Under 16 Girls 4 x 100 m Relay**

1	Venuri Wijerathne	Cygnus	1:04.9 sec.
	Sanduni Weerasinghe		
	Thushini Kaushani		
	Mehansa Ranasinghe		

**Event - Under 16 Girls 4 x 200 m Relay**

1	Venuri Wijerathne	Cygnus	2:22.8 sec.
	Sanduni Weerasinghe		
	Thushini Kaushani		
	Sethmi Mithara		

**Event - Under 18 Girls 100 m**

1	Imasha Gimhani	Cygnus	15.3 sec.
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**Event - Under 18 Girls 200 m**

1	Imasha Gimhani	Cygnus	32.8 sec.
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**Event - Under 18 Girls 400 m**

1	Iresha Mannapperuma	Cygnus	1:23.3 sec.
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**Event - Under 18 Girls 800 m**

1	Iresha Mannapperuma	Cygnus	3:37.1 sec.
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**Event - Under 18 Girls 1500 m**

1	Iresha Mannapperuma	Cygnus	8:05.6 sec.
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**Event - Under 18 Girls High Jump**

1	Imasha Gimhani	Cygnus	1.30 m
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**Event - Under 18 Girls Long Jump**

1	Shashini Hemathilaka	Ursa	3.60 m
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**Event - Under 18 Girls Shot Put**

1	Dulya Gamage	Cygnus	8.84 m
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Place	Name	House	Performance
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**Event - Under 18 Girls Discus Throw**

1	Dewmini Lochana	Cetus	23.64 m
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**Event - Under 18 Girls Javelin Throw**

1	Dewmini Lochana	Cetus	16.15 m
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**Event - Under 18 Girls 4 x 100 m Relay**

1	Inuri Weeratna	Aquila	1:08.4 sec.
	Santhoshi Ekanayake		
	Hafsa Zakkariya		
	Randi Pathirana		

**Event - Under 18 Girls 4 x 400 m Relay**

1	Inuri Weeratna	Aquila	6:23.6 sec.
	Santhoshi Ekanayake		
	Hafsa Zakkariya		
	Randi Pathirana		

**Event - Over 18 Girls 100 m**

1	Vanessa Gregory	Ursa	16.8 sec.
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**Event - Over 18 Girls 200 m**

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**Event - Over 18 Girls 400 m**

1	Zikra Musadick	Aquila	1:55.2 sec.
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**Event - Over 18 Girls 800 m**

1	Zikra Musadick	Aquila	5:14.9 sec.
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**Event - Over 18 Girls 1500 m**

1	Zikra Musadick	Aquila	11:10.6 sec.
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**Event - Over 18 Girls Long Jump**

1	Vanessa Gregory	Ursa	3.25 m
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**Event - Over 18 Girls Shot Put**





1	Tharushi Sirikumara	Aquila	3.76 m
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**Event - Over 18 Girls Discus Throw**

1	Tharushi Sirikumara	Aquila	8.28 m
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**Event - Over 18 Girls Javelin Throw**

1	Tharushi Sirikumara	Aquila	5.40 m
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<b>Total Points - Boys</b>	147	79	159	139
<b>Total Points - Girls</b>	119	70	179	106
<b>March Past</b>	20	05	10	15
<b>House Tent / Banner</b>	20	14	18	16
<b>Drill Display</b>	17	20	11	14
<b>Class Events</b>	10	08	05	07
<b>Grand Total</b>	<b>333</b>	<b>196</b>	<b>382</b>	<b>297</b>

CHAMPIONSHIP		HOUSE	POINTS
Champions		Cygnus	382
1 <sup>st</sup> Runner-up		Aquila	333
2 <sup>nd</sup> Runner-up		Ursa	297
3 <sup>rd</sup> Runner-up		Cetus	196

### INDIVIDUAL CHAMPIONSHIP - 2017

#		Name	House
Under 08	Boy	Yumeth Kasthurirathne	Aquila
		Thimath Perera	Aquila
	Girl	Odithya Menike	Cygnus
Under 10	Boy	Imira Adikari	Cygnus
	Girl	Thewni Peramuna	Ursa
		Gagamini Subasinghe	Cygnus
Under 12	Boy	Maximilian Munasinghe	Cygnus
	Girl	Ravishi Alagiyawanna	Cetus
Under 14	Boy	Thimesha Gamage	Aquila
	Girl	Dithmi Wijesekara	Cygnus
		Nisali Bethmage	Cetus
Under 16	Boy	Rusith Gamage	Cetus
	Girl	Hiruni Wijesinghe	Aquila
		Imasha Gamage	Ursa
Under 18	Boy	Sandesh Perera	Ursa
		Dinuk Aluthapola	Aquila
	Girl	Iresha Mannapperuma	Cygnus
		Imasha Gimhani	Cygnus
Over 18	Boy	Samith Nawaratne	Aquila
		Pasindu Kodagoda	Cetus
		Dimuthu Yatawara	Aquila
	Girl	Zikra Musadick	Aquila
		Tharushi Sirikumara	Aquila

### CRICKET



#### SLSCA SINGER TROPHY CRICKET TOURNAMENT - 2017 LYCEUM INTERNATIONAL SCHOOL - GAMPAHA Vs. NALANDA BOYS SCHOOL - MINUWANGODA

This Match was played on 19 October, 2017 at Upali Gunarathne Grounds, Kirindiwela. Nalanda Boys School won the toss and elected to field first.

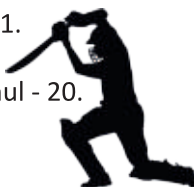
**Nalanda Boys School - 20 for 6 (20 overs).**

Isul - 2 for 0, Nethul - 2 for 1, Sithum - 2 for 1.

**Lyceum Gampaha - 185 for 05 (25 overs).**

Tishan - 85, Kaveesha - 23, Raedh - 29, Nethul - 20.

★ *Match stopped due to rain (no decision).*



### SIR JOHN TARBET JUNIOR CHAMPIONSHIP - 2017

Sir John Tarbet Junior Championship was held on 08<sup>th</sup>, 09<sup>th</sup> & 10<sup>th</sup> November, 2017 at Mahinda Rajapaksha Sports Complex, Diyagama.

Name	Group	Event	Place
Maximilian Munasinghe	U. 12	80 m	Merit
		100 m	Merit
		Long Jump	Merit
Thimesha Gamage	U. 14	100 m	Merit
		200 m	Merit
		4 X 100 m Relay	Merit
Agitha Wijesinghe	U. 14	4 X 100 m Relay	Merit
Pramuditha Wijesinghe	U. 14	4 X 100 m Relay	Merit
Sathnidu Damsara	U. 14	4 X 100 m Relay	Merit
Senula Herath	U. 15	100 m	Merit
Imasha Gamage	U. 15	Shot put	Merit
		Discus Throw	Merit

### KARATE



#### INTERNATIONAL SCHOOL KARATE CHAMPIONSHIP

The above championship was held on 22<sup>nd</sup> & 23<sup>rd</sup> October, 2017 at Sugathadasa Indoor Stadium.

41 students participated to the above championship representing Lyceum International School, Gampaha.

Name	Group	Event	Place
Dihein Wickramasinghe	U. 08	Team Kata	2nd
Gagana Bandara	U. 08	Team Kata	2nd
Sahiru Gunawardhane	U. 08	Team Kata	2nd
Mayandi Rathnayake	U. 09	Kata	2nd
Deneth Vishwaka	U. 09	Kata	3rd
Sapumal Senanayake	U. 09	Kata	3rd
Savindu Wijethunga	U. 11	Kumite	2nd
Sandil Pathirana	U. 11	Kumite	2nd
Arosha Dissanayake	U. 11	Kumite	3rd
Panchali Jayasinghe	U. 11	Kumite	1st
		Kate	3rd
		Team Kata	3rd
Dinanga Bandara	U. 11	Team Kata	3rd
		Kumite	3rd
Arjun Rathnayake	U. 12	Kumite	1st
Dihen Rathnayake	U. 12	Kumite	3rd
Daham Bandara	U. 12	Kata	1st
		Kumite	1st
Sayuri Withanaarachchi	U. 12	Kata	1st
		Team Kata	3rd
		Kumite	1st



# BASKETBALL



## INTER-INTERNATIONAL SCHOOLS UNDER 15 BASKETBALL TOURNAMENT - 2017 LYCEUM INTERNATIONAL SCHOOL - RATNAPURA VS. ALETHEA INTERNATIONAL SCHOOL

Lyceum Ratnapura won the match by 31 - 25 against Alethea International School of the above tournament which was held on 07<sup>th</sup> November, 2017 at Gateway International School Basketball Court.

**Participants from Lyceum International School - Gampaha**  
Namith Rajapaksha, Raminda Ovitigala, Sathnidu Damsara, Vinuka Gunathilaka, Sanula Amarasinghe, Ramiru Sooriyabandara, Thimesha Gamage, Malintha Wanigasekara, Danidu Perera, Oshan Godamunnalage, Shihan Weerasinghe, Virun Jayakody, Baveesh Yehanga, Oshada Athukorala.



### BIRTH CERTIFICATES

If the Sports Department requests the original birth certificate for sports activities, please submit a certified original from the AGA's office & do not give the original.

# SWIMMING



## 23<sup>RD</sup> INTER-INTERNATIONAL SCHOOLS SWIMMING CHAMPIONSHIP

This meet was held on 04<sup>th</sup> and 05<sup>th</sup> November, 2017 at Sugathadasa Swimming Pool, Colombo.

★ <b>Chamath Jayasundara - Under 10 (Boys)</b>		
50 m Back stroke	- 48 : 09	Qualified

★ <b>Dulina Chandrathilake - Under 12 (Boys)</b>		
50 m Back stroke	- 41 : 83	Qualified
200 m IM	- 03:27.04	Qualified

★ <b>Yunila Chandrathilake - Under 14 (Boys)</b>		
50 m Back stroke	- 39 : 12	Qualified

★ <b>Dilmi Sampunna De Silva - Under 16 (Girls)</b>		
100 m Butterfly	- 01:18.49	02 <sup>nd</sup> place
200 m IM	- 02:54.34	02 <sup>nd</sup> place
50 m Butterfly	- 33:39	03 <sup>rd</sup> place

★ <b>Dilmi Pathirathne - Under 16 &amp; Over (Girls)</b>		
50 m Backstroke	- 35:53	02 <sup>nd</sup> place
100 m Back stroke	- 01:19.34	03 <sup>rd</sup> place
50 m Free style	- 31:91	Qualified

## 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 from January, 2018

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 one year exemption and 25% discount].



### EXERCISE BOOKS & STATIONERY

Please note that it is compulsory that your child uses only 80 page exercise books. When a book is over, please do not bind the books together in order to avoid bringing bulk and also ensure that your child only brings the textbooks and stationery required for the day's lessons.

### GRADES 1 TO 12 - REPORT COVERS

Please keep your report cover carefully and hand it back to your Class Teacher in May 2017. If you have lost it, a sum of Rs. 50/- will be charged to obtain a new one.

### PHOTOGRAPHS OF LYCEUM STUDENTS

Photographs of Lyceum students should not be used for advertising purposes without a written consent from the School Principal.

## EXTRA CLASSES DURING DECEMBER VACATION, 2017

DATE	TEACHER	DURATION	SUBJECT	CLASS	VENUE
11 Dec.	Ms. Harsha	08.30 a.m. - 11.30 a.m.	Science	9 L - B	12 L - Com.
11 Dec.	Ms. Thilanka	08.00 a.m. - 11.00 p.m.	Business St.	10 Commerce	10 X - 2
11 Dec.	Ms. Anusha	08.00 a.m. - 11.00 a.m.	English Lit.	10 Sc. A & B	10 Sc. - A
11 Dec.	Ms. Kamanie	08.00 a.m. - 12.00 noon	Chemistry	12 Sc. - A	12 Sc. - A
11 Dec.	Mr. Wanigasekara	08.30 a.m. - 11.30 a.m.	Maths	12 L - Sc.	12 L - Sc.
11 Dec.	Ms. Janaki	08.00 a.m. - 12.00 noon	Biology	12 Sc. - B	12 Sc. - B
11 Dec.	Mr. Dinakara	08.00 a.m. - 10.00 a.m.	Accounting	12 Com.	12 Com.
11 Dec.	Mr. Dinakara	10.00 a.m. - 12.00 noon	Accounting	11 Com.	12 Com.
12 Dec.	Ms. Navoda	08.30 a.m. - 11.00 a.m.	Science	10 L - A & B	12 Sc. - A
12 Dec.	Ms. Muditha N.	08.30 a.m. - 11.00 a.m.	Physics	10 Sc. - A	10 X - 2
12 Dec.	Ms. Muditha W.	08.30 a.m. - 11.30 a.m.	Economics	10 Com.	12 Com.
12 Dec.	Ms. Dishana	08.00 a.m. - 12.00 noon	Chemistry	12 Sc. - B	12 Sc. - B
12 Dec.	Mr. Chaminda	10.30 a.m. - 12.30 p.m.	Accounting	12 L - Com.	12 L - Sc.
13 Dec.	Ms. Navoda	08.30 a.m. - 11.00 a.m.	Science	10 L - A & B	12 L - Sc.
13 Dec.	Ms. Muditha N.	08.30 a.m. - 11.00 a.m.	Physics	10 Sc. - A	10 X - 2
13 Dec.	Ms. Muditha W.	08.30 a.m. - 11.30 a.m.	Economics	10 Com.	12 Com.
13 Dec.	Ms. Dishana	08.00 a.m. - 12.00 noon	Chemistry	12 Sc. - B	12 Sc. - B
13 Dec.	Ms. Kamanie	08.00 a.m. - 12.00 noon	Chemistry	12 Sc. - A	12 Sc. - A
14 Dec.	Mr. Ravi Deepali	10.30 a.m. - 12.30 p.m.	Physics	10 Sc. - B	12 Com.
14 Dec.	Ms. Sagarika	08.30 a.m. - 11.30 a.m.	I C T	10 L - A & B	10 X - 2
14 Dec.	Ms. Muditha N.	08.30 a.m. - 12.30 p.m.	Physics	12 Sc. - A	12 Sc. - A
14 Dec.	Mr. Ravi Deepali	08.00 a.m. - 10.30 p.m.	Physics	12 L - Sc.	12 L - Sc.
14 Dec.	Ms. Dishana	08.00 a.m. - 12.00 noon	Chemistry	12 Sc. - B	12 Sc. - B
15 Dec.	Mr. Ravi Deepali	10.30 a.m. - 12.30 p.m.	Physics	10 Sc. - B	10 Sc. - B
15 Dec.	Ms. Muditha N.	08.00 a.m. - 12.00 noon	Physics	12 Sc. - A	12 Sc. - A
15 Dec.	Mr. Ravi Deepali	08.00 a.m. - 10.30 p.m.	Physics	12 L - Sc.	12 L - Sc.
15 Dec.	Ms. Dishana	08.00 a.m. - 12.00 noon	Chemistry	12 Sc. - B	12 Sc. - B
18 Dec.	Mr. Ravi Deepali	10.30 a.m. - 12.30 p.m.	Physics	12 L - Sc.	12 Sc. - B
18 Dec.	Ms. Kanchana	08.30 a.m. - 10.30 a.m.	Biology	12 L - Sc.	12 L - Sc.
18 Dec.	Mr. Wanigasekara	08.00 a.m. - 10.30 p.m.	Com. Maths	12 L - Sc.	12 L - Sc.
19 Dec.	Mr. Ravi Deepali	10.30 a.m. - 12.30 p.m.	Physics	10 Sc. - B	12 Com.
19 Dec.	Ms. Kanchana	11.00 a.m. - 01.30 p.m.	Biology	12 L - Sc.	12 L - Sc.
19 Dec.	Mr. Ravi Deepali	08.00 a.m. - 10.30 p.m.	Physics	12 L - Sc.	12 L - Sc.
20 Dec.	Ms. Anusha	08.00 a.m. - 12.00 noon	English Lit.	10 Sc. A & B	12 L - Sc.
20 Dec.	Mr. Hussain	08.30 a.m. - 11.30 p.m.	Maths	12 Sc. - A	12 Sc. - A
21 Dec.	Ms. Anusha	08.00 a.m. - 12.00 noon	English Lit.	10 Sc. A & B	12 L - Sc.
22 Dec.	Ms. Hussain	08.30 a.m. - 11.30 a.m.	Maths	10 Sc. A & B	12 Sc. - B
22 Dec.	Ms. Yamuna	08.00 a.m. - 01.00 p.m.	I C T	12 Sc. A & B	12 Sc. - A
21 Dec.	Ms. Deepani	08.30 a.m. - 12.30 p.m.	Economics	12 L - Com.	12 Com.

Students are kindly reminded that all school rules must be followed when they stay after school for extra classes or attend classes during holidays. The students attending such classes must observe the following requirements.

- Should bring the SRB on the days of Holiday classes & show it at the security point.
- Should wear the school uniform when attending holiday classes (not the PE Kit).
- Wear the right shoes that go along with the school uniform.
- Students are not permitted to walk into school or classes with electronic equipments, Cameras, Cell Phones, CD's, Pen Drives, etc... Such items will be confiscated.
- Boys should come in a decent hair cut with no side burns & gel, should be clean shaven. Girls should come in neatly combed & plaited hair.
- Students should leave the school premises within fifteen minutes after the end of the session. They are not permitted to remain in the premises after that.
- Any student violating any of the above requirements will not be admitted to the class. They will be asked to leave.
- Parents are kindly requested to make arrangements to pick children as soon as the classes are over.

## VACATION PROGRAMME OF EXTRA / CO CURRICULAR ACTIVITIES - DECEMBER, 2017

Transport will not be provided. The Teacher-in-charge will be waiting with students till they are picked up from the relevant venue. Kindly collect them on time. Students should come in their PE Kit & should bring their SRB. Rules which are mentioned in SHB - 1 will be strictly followed.

ATHLETICS - (JUNIOR) - T.I.C. - Ms. Sashika		
Date	Time	Venue
12 Tuesday	08.00 - 10.00 a.m.	School Grounds
14 Thursday		
19 Tuesday		
21 Thursday		

CRICKET - (O. 13) - T.I.C. - Mr. Dilan		
Date	Time	Venue
09 Saturday	08.00 - 11.00 a.m.	School Premises
15 Friday		
16 Saturday		
22 Friday		

ATHLETICS - (SENIOR - MR. ROHITHA) - T.I.C. - Mr. Iroshan		
Date	Time	Venue
28 Thursday	07.00 - 09.00 a.m.	School Grounds
29 Friday		
30 Saturday		

CUBBING - T.I.C. - Ms. Malmani		
Date	Time	Venue
21 Thursday	10.00 - 11.00 a.m.	School Premises
27 Wednesday		

ATHLETICS - (SENIOR - MR. CHANDANA) - T.I.C. - Ms. Dilki		
Date	Time	Venue
12 Tuesday	07.00 - 09.00 a.m.	School Grounds
14 Thursday		
19 Tuesday		
21 Thursday		

KARATE - T.I.C. - Ms. Kethaki		
Date	Time	Venue
11 Monday	09.00 - 10.30 a.m. (Grade 1 & 2)	School Premises
18 Monday	10.30 - 01.00 p.m. (Grade 3 & above)	

BADMINTON - (SENIOR - MR. SAMPATH) - T.I.C. - Ms. Kethaki		
Date	Time	Venue
13 Wednesday	03.00 - 05.00 p.m.	School premises
15 Friday		
20 Wednesday		
22 Friday		
29 Friday		

LAWN TENNIS - T.I.C. - Ms. Basilika		
Date	Time	Venue
13 Wednesday	08.00 - 10.00 a.m.	School Premises
20 Wednesday		

BADMINTON - (SENIOR - MS. LAKSHI) - T.I.C. - Ms. Dewmini		
Date	Time	Venue
13 Wednesday	09.00 - 12.00 noon	School premises
20 Wednesday		

NETBALL - T.I.C. - Ms. Rasika		
Date	Time	Venue
12 Tuesday	08.00 - 10.00 a.m.	School Premises
14 Thursday		
19 Tuesday		
21 Thursday		

BASKETBALL - T.I.C. - Mr. Amila / Ms. Madupama		
Date	Time	Venue
12 Tuesday	02.30 - 05.30 p.m.	School Basketball Court
15 Friday		
19 Tuesday		
22 Friday		
02 Tuesday (2018)		

SCOUTING - T.I.C. - Mr. Senarath		
Date	Time	Venue
21 Thursday	09.00 - 03.00 p.m.	School Premises
27 Wednesday		

CHESS - T.I.C. - Ms. Ranmini		
Date	Time	Venue
15 Friday	08.00 - 11.00 a.m.	School Premises
22 Friday		
29 Friday		

SOCCER - T.I.C. - Mr. Amila		
Date	Time	Venue
13 Wednesday	02.30 - 05.30 p.m.	School Premises
14 Thursday		
20 Wednesday		
21 Thursday		

CRICKET - (U. 13) - T.I.C. - Mr. Pathirana		
Date	Time	Venue
09 Saturday	02.00 - 05.00 p.m.	School Premises
11 Monday		
16 Saturday		
18 Monday		

SWIMMING - T.I.C. - Ms. Shashikala		
Date	Time	Venue
11 Monday	06.00 - 07.45 a.m. (Main Squad)	School Swimming Pool
12 Tuesday		
13 Wednesday	08.00 - 09.30 a.m. (Extra Activity & Learn to swim)	
14 Thursday		
15 Friday		

SWIMMING - T.I.C. - Ms. Manjula		
Date	Time	Venue
18 Monday	06.00 - 07.45 a.m. (Main Squad)	School Swimming Pool
19 Tuesday		
20 Wednesday	08.00 - 09.30 a.m. (Junior Squad)	
21 Thursday		
22 Friday		

## SELECTION OF STUDENTS FOR SPORTING EVENTS

**W**e kindly request all parents to cooperate with the decisions made by our coaches / judges in sporting event selections, as we deem that they are qualified professionals who are in the best position to choose participants for events after considering your child's interests, capabilities and the school as a whole. Therefore, we would greatly appreciate if parents can please refrain from attempting to influence or change these decisions for your child's sole benefit. Learning to respect the decisions of professionals is an integral part of personality development in sports and in self-discipline and by interfering in such areas, you are passing a wrong message to the child as well.



TABLE TENNIS - T.I.C. - Ms. Renuka		
Date	Time	Venue
14 Thursday	08.00 - 11.00 a.m. Grade 1 to 5	School Premises
16 Saturday		
21 Thursday	11.00 - 02.00 p.m. Grade 6 & above	
23 Saturday		

## HANDWRITING IS VERY IMPORTANT

Please see to it that the English / Sinhala / Tamil handwriting of your child is improved before going to the next grade. If your child's handwriting is poor, please buy him/her a handwriting book and tell him/her to do a page of copywriting daily at home.

## HOW TO PLAN THE SCHOOL HOLIDAYS FOR YOUR CHILDREN .....

- ✦ Have a family meeting  
As soon as the holidays start, set aside a time when you can sit and talk about the holidays, and try to agree on some rules. If your children are old enough, ask them what they think would make the holidays more fun and how you can all make things run smoothly. For example, your rules could include sharing and being caring.
- ✦ Set small goals  
Start small by choosing one thing to focus on each day. It could be an activity, like going swimming or to the park or something even smaller, like spending ten minutes one-to-one with each of your children doing something they want to do. If you make these small plans every day, you are far more likely to feel a sense of having achieved something with your kids.
- ✦ Remember the food !  
It may sound obvious, but it is easy to forget how easily kids' moods affects the highs and lows in blood sugar levels. Children get grumpy or lethargic very quickly if they haven't eaten properly - and that can lead to bad behaviour and irritability. School holidays can also mean a relaxation of all the usual dietary rules about sweets and junk food, but doing that will not help with the moods. Sticking to routines for meal times and having relatively healthy snacks can and keep them more in balance.
- ✦ Be sociable  
Inviting someone around will change the dynamics instantly. Let your kids play with their cousins and friends more often and this can be all it takes to brighten up a dull day.
- ✦ Do not ignore the chores  
It is tempting to let your daily routine go when you have got the children at home all day. But if there are jobs that need doing around the house, keeping them up will help you stay in control. Better still, get the kids involved; set them small tasks, like sweeping up the kitchen floor, cleaning the garden or loading the washing machine, with reward charts for little ones.
- ✦ Do something out of the ordinary  
Set up a campsite in the living room, get a can of paint and get the kids involved in painting a wall . The novelty of doing something different, no matter how small, can be enough to change moods all around. Distraction really can work wonders when kids are bored or fighting.
- ✦ Get out of the house  
This can often be enough to completely change their mood. Take them out for a walk, even if it is just around the block. A breath of fresh air can bring a new perspective and make everyone feel more relaxed.
- ✦ Read books more often  
Encourage your child to read books. Visit a library together and help your child choose appropriate books.

~~~~~ HAVE A GREAT HOLIDAY ! ~~~~~