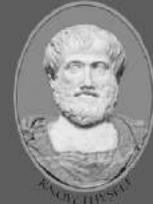


Lyceum Newsletter

DECEMBER
2016



LKu - 4

KURUNEGALA

MESSAGE FROM OUR DIRECTOR / PRINCIPAL MR. NIKITHA GRERO

The Devoted Mother

All mothers are fond of their children; this is not only common to human beings, but among the animal kingdom as well. The following story is about a mother duck and her little ducklings.



One day, a mother duck and her ducklings were heading towards a lake. The little ducklings happily followed their mother, enjoying the cool breeze that followed them. On the way, the mother duck suddenly noticed a fox hiding in the woods close-by. The frightened mother duck signaled to her ducklings to quickly head towards the lake as she had noticed danger lurking around the corner. The little ducklings quickly started waddling towards the lake as their mother had instructed, while she thought of a way to distract the sly fox from her ducklings.

After a while of thinking, the mother duck decided to pretend to be injured, and started waddling backwards and forwards with one of her wings dragging along the ground. The fox spotted the injured duck and quickly headed towards her, thinking that she may not be able to get away quickly; however the clever mother duck saw the fox heading fast towards her and with one quick look to check whether her ducklings were out of danger from the fox, she quickly spread her wings and flew over to her ducklings who were happily swimming in the lake by then. The fox looked up in astonishment at what had just happened, as with the ducks in the water, he would not be able to catch them.

Dear children, in life we are always faced with difficult situations, such as the story of how this mother duck tricked the fox to save her ducklings. So whenever you are faced with a problem or a difficult situation, never give up, but keep trying to find a solution as there will always be some way around it.

FROM OUR FOUNDER, MR. MOHAN LAL GRERO

Your Duty to Safeguard Nature

When the school holidays come around, we like to go on holiday to beautiful places. This can be anywhere by the sea, a forest, a river, etc. We like to take in the beauty of these places and enjoy the scenery and wildlife. But we also have a tendency to spoil the very beauty of those places we visit.



We carry plastic bags and bottles with us and it is convenient for us to discard them there, once we are done with them. We also think mostly of our enjoyment and have no respect for the animals around us, so we make a lot of noise and disturb them. We are unaware that by participating in certain 'fun activities', for example, jet skiing and motorboat rides, we are polluting the very same location that we are escaping to, from the city.

I recently heard a Sinhala song that I used to enjoy in my younger days. The song is a conversation between a grandfather and his grandson. The grandson cannot understand why the grandfather is taking the trouble to plant a mango seed, whose fruits he will not be able to eat. The grandfather explains to the child that he is not planting the seed expecting anything in return. He is doing it because it is his duty, so that future generations may benefit from the mango tree.

We too share the same duty. As the most intelligent of the creatures on the planet, we have been entrusted with the important role of guardian. Our duty is to be responsible for the welfare of the flora and fauna of our country, then of the entire planet.

Think about your actions and how it will affect the natural environment and its inhabitants. Leave only your footprints behind. Also, if you are visiting a forest, a national park, mangrove or any such area, behave in a quiet and decent manner so that you do not disturb any wildlife.

They do not have a voice. They cannot speak up for their rights. So we must, on their behalf.

"Knowledge is a treasure but practice is the key to it."



Happy
Holidays

&

Happy
New Year



School will **close on 9th December 2016**
and re-open
for the students on 3rd January 2017
and
for the teachers on 2nd January 2017.

SPONSORSHIP FOR INTER INTERNATIONAL SCHOOLS ATHLETIC CHAMPIONSHIP

Hosted by Lyceum International School, Nugegoda.

Dear Parents,
ISAC 2017 is scheduled to take place on 25th, 26th and 27th of February 2017 at the Mahinda Rajapaksa Stadium, Diyagama. More than 3000 athletes from leading International Schools will be taking part. There are 7 sponsorship packages available with attractive benefits. If you are interested in sponsoring at this prestigious event, please contact our Sponsorship Coordinator, Mr. Daya Liyanage via sponsors.isac@lyceum.lk and liyanage@lyceum.lk. Thank you.

Mrs. Kumari Grero
Co-ordinating Principal

HOMEWORK

Please note that any home work / incomplete school work sent home should be completed by the student; however it is not compulsory.

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 and 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.

REMINDER

Please use the "Parent to School" section provided in the SRB to communicate with the school. Medical certificates also should be sent with an entry in the SRB, duly authorized by the parent/guardian. Kindly note that notices sent from school to parents should also be acknowledged as and when they are received, using the same specimen signature provided by the parent/guardian on Page 4 of the SRB.

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.



PUBLIC HOLIDAYS

All Lyceum Schools will adhere to any sudden Public Holiday notices issued by the government as relevant to the details regarding location, city, area etc., or the entire country as may be the case.

YOUR GROWING CHILD'S DIET

Once children start schooling, they enter a phase of rapid growth both mentally and physically.

At this stage, children's energy and nutrient needs are high in relation to their body size when compared to adults.

What children should eat:

Children need a healthy, balanced diet, which contains fruit, vegetables and starchy food. Encourage your child to take in a variety of food to help ensure that they obtain the wide range of nutrients required to stay healthy.

Remember to include the following food in their diet:

- * Milk, cheese, yoghurt, soya beans, tofu and nuts are rich in calcium, which is needed for healthy bones and teeth.
- * Fortified breakfast cereals, margarine and oily fish are good sources of dietary vitamin D, which helps ensure a good supply of calcium in the blood and therefore healthy bones. The main source of vitamin D is from the action of sunlight on skin, but avoid strong sun especially around midday, when there is a risk of burning.
- * Meat, particularly red meat and fish are rich sources of iron. Pulses (beans and lentils), green vegetables and fortified cereals are also good sources of iron. Iron is needed for healthy blood and research has shown that some children have low levels of iron, particularly older girls.
- * At least two portions of fish a week should be taken because fish is a good source of protein, vitamins and minerals and they are low in saturated fats. Oily fish, such as mackerel, salmon and sardines, also contain omega 3 fatty acids.
- * Citrus fruit (such as oranges and lemons), tomatoes and potatoes, are all good sources of vitamin C which is essential for iron absorption, so having fruit juice with an iron-rich meal will increase iron absorption.
- * Milk, margarine, butter, green vegetables and carrots are all good sources of vitamin A, which is important for good vision and healthy skin. All in all, please try to reduce the amount of fast food, which contain high amounts of preservatives, food enhancers and artificial colours and flavours.

ENGLISH BUDDHISM BOOKS

English classes are held for Buddhist monks at Lyceum. We would appreciate if Buddhism books in English can be donated for library so that the monks can borrow and read and improve.



HAPPY ISLAND ARTICLES

Parents are requested to purchase "The Island" newspaper on a Thursday, as it contains the "Happy Island" supplement, filled with very good articles provided by Lyceum International School, which are very good for children to read.

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 your child to school until he/she is fully recovered.

10% MARKS AT SEMESTER EXAMINATIONS FOR ATTENDING RELIGION SCHOOL (GRADE 1)

Please note that attending Dhamma School/Sunday School/Ahadiya School/Araneripp Padasalai counts for 10% marks at the Semester Examinations for Grade 1. It is not necessary that these be English medium Schools. A form will be given to each student in February (for the 1st Semester) and in June (for the 2nd Semester) to get confirmation of participation from the respective school. This form should be handed over to the Religion teacher before the end of February and June respectively.

DAILY CHECKLIST FOR PARENTS

Could all parents please check the following every day, 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 (Grade 1).
- * The shoes should be clean and polished and fully black (Grade 1).
- * The girls' uniform should be knee length and boys' trousers should be worn above the hip level just below the waist (Grade 1).

IMPORTANT

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

A Hearty



INTER INTERNATIONAL SCHOOLS' CHOIR COMPETITION - 2016

Organised by

Lyceum International School - Wattala

2nd place : Lyceum - Wattala

3rd place : Lyceum - Nugegoda

LYCEUM NUGEGODA & WATTALA-JOINT CHAMPS AT THE UNDER 17 CRICKET TOURNAMENT 2016



The 2016 Inter International School Under 17 Cricket Tournament, organised by Wycherley International School, Colombo, was held from 3rd to 24th October 2016 at the Shalika Grounds, Colombo.

Due to bad weather, the final match between Lyceum Nugegoda and Lyceum Wattala could not be played and both teams were named Joint Champions.

LYCEUM NUGEGODA ARE THE CHAMPS OF THE UNDER-15 DIVISION III AL ISLAND SINGER SCHOOL CRICKET TOURNAMENT!

We are extremely proud to announce that the Under 15 Lyceum Nugegoda team emerged champions at the above tournament when they beat St. Bernadette's College



Polgahawela with 158 runs for 7 wickets in 50.3 overs. This is the first time an international school qualified to play division 2 all island cricket against 400+ national schools.

A hearty congratulations to the Lyceum Nugegoda Cricket team and the tireless efforts of Mr. Sameera Pathum and the Sports Department for achieving this prestigious award.

LOST & FOUND

If you have lost your belongings within the school premises, kindly check the 'lost and found' box at the school office.

LASAL JAYAWARDENA CLAIMS A BRONZE MEDAL AT THE "ASIAN NATIONS CUP CHESS CHAMPIONSHIP 2016" REPRESENTING THE SRI LANKAN UNDER 14 TEAM



Lasal Jayawardena of Lyceum Nugegoda, who represented the Under 14 Sri Lankan team, won a bronze medal at the above competition held in Jiaying, Shanghai, China from 5th to 12th November, 2016.

Sri Lanka achieved second place in the event on par with the strong Chinese team, however placed 3rd as per the tie break. This achievement is regarded as a turning point in Sri Lankan chess and it appears that we are in reach of a medal at world level, in the near future.

Lasal has also shown outstanding performance at the "Commonwealth Chess Championship 2016" where he was awarded 6th place in the under 14 open category, having beaten many strong players representing the commonwealth union.

A FRIEND IN NEED IS A FRIEND INDEED

"I am the light of the world"

The Little Friends of Lyceum International School Nugegoda will be having their Christmas Revival on the 10th of December in the school premises with the students from Vidyawardhana Primary School, Wellampitiya. The day's activities will have P G Martin Bouncers and a Nativity play followed by dinner.



A Hearty



INTER INTERNATIONAL SCHOOL UNDER 17 BOYS BASKETBALL TOURNAMENT - 2016

Organised by
Colombo International School, Colombo
Lyceum Nugegoda - Champions!



Most valuable Player of the Tournament
&
Best Offensive Player of the Tournament
from Lyceum Nugegoda

INTER INTERNATIONAL SCHOOL UNDER 17 GIRLS BASKETBALL TOURNAMENT - 2016

Organised by
Colombo International School, Colombo
1st place : Lyceum - Wattala
3rd place : Lyceum - Nugegoda

Congratulations Manith!

Manith Dulwan Liyanage, who is a Grade 7 student at Lyceum Nugegoda, became the Best Strings Performer - at the Sri Lanka Festival for the Performing Arts competition, which was held on the 30th of August 2016.

His achievements are as follows:

- A Gold medal as he got a Distinction in the Colombo District competition and was selected for the finals.
- All Island Winner in his category.
- Best String Performer - All Island in all age categories.

We wish him success in all his future endeavours.



Siluni Walakularachchige, who is a student of Grade 3 at Lyceum Nugegoda, won the 1st place in the Advanced Level, Higher A category at the 21st Abacus and Mental Arithmetic and Listening Competition 2016, which was held in Dubai. Over three thousand students from 58 countries took part in this competition. We wish her all the very best in her future endeavours.

22ND INTER INTERNATIONAL SCHOOLS SWIMMING CHAMPIONSHIP - 2016/2017 ORGANISED BY

ASIAN INTERNATIONAL SCHOOL

1st place : Lyceum - Wattala
3rd place : Lyceum - Nugegoda
4th place : Lyceum - Panadura

INTER INTERNATIONAL SCHOOLS KARATE CHAMPIONSHIP - 2015

1st place : Lyceum - Wattala
3rd place : Lyceum - Panadura
4th place : Lyceum - Nugegoda



NINE INTELLIGENCES!

It would be important, useful and perhaps, interesting for you to know that your child possesses more than one of the following intelligences!

According to the Howard Gardner's Theory of Multiple Intelligences, the intelligences possessed by people are categorized into nine different areas. Every individual may possess and exhibit strengths in all these nine areas at varying and different levels being prominent/stronger in one or several while weaker in the other areas.

1	Verbal - linguistic intelligence	"Word Smart" : Well-developed verbal skills and sensitivity to the sounds, meanings and rhythms of words.
2	Logical - mathematical intelligence	"Number/reasoning Smart" : The ability to think conceptually and abstractly, and the capacity to discern logical, numerical patterns.
3	Visual - spatial intelligence	"Picture Smart" : Capacity to think in images and pictures, to visualize accurately and abstractly.
4	Bodily - kinaesthetic intelligence	"Body Smart" : Physical intelligence; the ability to coordinate one's body movements and to handle objects skilfully.
5	Rhythmic musical intelligence	"Music Smart" : The ability to produce and appreciate rhythm, pitch and timbre.
6	Interpersonal intelligence	"People Smart" : A social intelligence; capacity to detect and respond appropriately to the moods, motivations and desires of others.
7	Intra - personal intelligence	"Self Smart" : Self-reflection; capacity to be self-aware and in tune with inner feelings, values, beliefs and thinking processes.
8	Naturalist intelligence	"Nature Smart" : An intelligence of the natural world; ability and awareness of the intricate workings of the natural world and its value.
9	Existentialist intelligence	"Deep Thought Smart" : The sensitivity and capacity to tackle deep questions about human existence, such as the meaning of life, and the nature of existence.

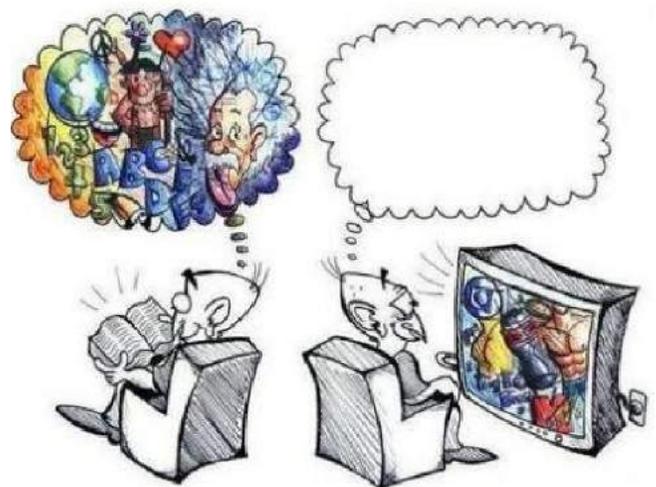
SCHOOL PROSPECTUS

Any parent who wishes to buy the General School Prospectus can do so from the Registrar at a cost of Rs. 350/-.

ACCESS TO THE SCHOOL IT SYSTEM (GRADE 1)

Your child's attendance and progress at school can be checked online via the school's IT system. Parents will need to e-mail your child's name, class and admission number to it@lyceum.lk and the user name and password will be emailed back, only if your email address tallies with the one provided at the time of registration. If this is not the case, parents will be requested to visit the school's office with the child's SRB to obtain the user name and password.

WHY WE READ



Lyceum - A Lighthouse of Knowledge

By Jamna Padmanaban

23 years ago, a man of vision – Mohan Lal Grero held up a beacon of light, illuminating the way for children who were desperately searching for a path through the darkness. The lamp of wisdom has today attained the massive dimension of a lighthouse which is providing knowledge and wisdom to thousands of children. From a very humble beginning on June 14th 1993 with seven students and four teachers, housed in two class rooms and an administrative office, Lyceum International School has expanded to such an extent that it is now known as “Lyceum International Schools”

At the present moment, the enterprise comprises of nine schools in all, namely the Nugegoda School, which is the parent school, having branches in Kandana, Panadura, Wattala, Ratnapura, Gampaha, Nuwara Eliya, Anuradhapura and our latest addition in Kurunagala. The student population stands at 18000 and 2500 staff are employed.

Each school is fully equipped with airy class rooms, air conditioned state-of-the-art libraries and laboratories, fully computerized and with modern facilities, where students can pursue their academic commitments in a conducive atmosphere.

“A healthy mind in a healthy body”. At Lyceum, this adage is taken very seriously. Therefore, the schools offer facilities for a vast gamut of sports and extracurricular activities including athletics, gymnastics, badminton, basketball, netball, cricket, swimming, Karate, western band, brass band, orchestra, scouting, soccer, strength training, swimming , table tennis, tennis, rugger, chess, scrabble, dancing and music. Provision of scholarships to children who excel in the academic, sports and extracurricular arenas, is a regular feature.

Lyceum students have recorded an unprecedented level of success this year. They managed to take home 73 awards at the 2016 O/L and A/L examinations at the Cambridge Learner Awards ceremony held on the 22nd of November at the Kingsbury Hotel. They bagged 4 “Top in the World Awards” and 12 “Top in the Country Awards” along with several other awards being in the categories of High Achievement, Best across three, Best across seven, Four or more A stars, Three or more A stars and Seven A stars.

Apart from achieving academic excellence Lyceum International Schools display their prowess at all sports activities.

Lyceum has generated a massive number of employment opportunities. Past students are welcomed back as members of staff. Similarly, Lyceum Students are also employed in varied capacities in foreign destinations

Our milestones in life at Lyceum are not only academic excellence and outstanding performances in the field of sports, but also those finer aspects of our very existence, brotherhood, unity, charity, mercy and love.

“Unity in diversity” is a cornerstone of Lyceum culture and all religious and cultural aspects are treated with appropriate respect. Therefore giving Lyceum International Schools the glowing and iridescent beauty of the varying colours of the rainbow.

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.