

Lyceum Newsletter

JANUARY
2017



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KURUNEGALA

MESSAGE FROM OUR DIRECTOR / PRINCIPAL MR. NIKITHA GRERO

BEING GREATFUL IS A GREAT THING

Being grateful is a great human quality. Animals too show gratefulness in their gestures.

There are many stories evidencing the gratitude amongst people and animals. I recall one unforgettable story, which is quite hard to believe.

There was a poor boy trying to earn a little extra money for school, by selling sundry items in the middle of a busy city. After walking through several lanes in the hot sun, the exhausted child was feeling tired and hungry so he went to the next house he approached and knocked on the door. A young lady opened the door and the child felt embarrassed to ask her for food, so instead he asked her for a glass of water. She smiled at the child and went and brought a glass of milk instead, which the child happily quenched his thirst with. He then asked her "How much do I owe you?" to which she replied "do not worry about paying me, as it did not cost me anything to give you a glass of milk!" The boy was very grateful and thanked the young lady and disappeared.

Several years later, this lady got very ill and was admitted to hospital. The doctor that diagnosed her recommended her to undergo an immediate surgery in order to survive. The lady was a little worried about facing such a big operation as she did not have enough funds to pay for it; however the doctor insisted that she undergo this operation immediately.

After several hours of surgery and a few days later, the lady was recovering well; however she felt a little worried about settling the bill. On the day of discharge, her doctor came to do his final checkup and gave the clearance for her to be discharged. She thanked him for everything he had done, to which he smiled and left. A few moments later, the nurse came and handed over the invoice to the lady. What she saw shocked her completely; not only was the total of the bill such an exorbitant amount, but underneath this amount was the doctor's signature along with a little handwritten message from him saying "Paid - for your glass of milk!". Tears ran down from the lady's eyes and her heart was heavy with so much relief from this incredible gesture.

In our lives, we must always remember to be grateful to our parents, teachers, elders and friends. Our parents especially, are the ones we must be most grateful to, as they sacrifice an enormous part of their lives to give us the best in order to help us be happy and successful.

We must also be grateful to everyone else that has touched our lives, even in a little way and always ensure to try and help them back whenever an opportunity presents itself. Children too must be taught to be grateful, by helping them learn to appreciate any help received from others, without considering the amount of help or quality of help received.

"Feeling GRATITUDE and not expressing it, is like wrapping a present and not giving it" – William Arthur Ward

MESSAGE FROM OUR FOUNDER MOHAN LAL GRERO

Importance of failing in order to succeed

Michael Jordan. What a lucky man. He's got the advantage of height. He's got so much of talent. He's got the fame: millions of fans around the world. What more could anyone want? Some people have all the luck, right?

Not quite.

Michael Jordan was actually removed from his high school basketball team. He has missed more than 9000 shots in his career and lost almost 300 games. On 26 occasions he was entrusted to take the game-winning shot and he missed. What does he have to say about his 'failures'? He says that he has failed over and over and over again and that is the reason why he succeeds.

From our early years, we are made to be afraid of failing; that success means having the right answers and that struggling is a bad sign: the kind of thing you do when you do not understand the work or the work is too difficult.

However, increasingly, thought leaders, social scientists and educators are taking a renewed interest in the power of failing. It has come to light that mistakes are extremely important for learning and that if you are not making mistakes it means, you are not growing.

Blakely, a world famous and revolutionary businesswoman shared the secret behind her success. Her father taught her not to think of failure as an outcome but to think of failure as NOT TRYING. If she does not try, she fails. If she tries but fails and keeps on trying, that is success. This redefinition of 'failure' helped her to go beyond her comfort zone and reach the top.

Studies show that when avoiding failure is a primary focus, our work becomes more stressful, and inevitably a lot harder to do. And on the long run, the mental strain results in reduced creativity and mental fatigue.

So, think of failure as a learning opportunity. It will lead you to take more risks that will eventually lead to success. Also, it is important to think back on why you failed and what you can do to improve your next attempt.



WE WISH YOU A VERY
HAPPY NEW YEAR!



**“ Candles and Carols “
An Evening of Christmas Carols**



The students of Lyceum International School, Kurunegala delighted the audience with their beautiful performances of Christmas Carols at the Lyceum Adventure Park, Kurunegala on 9th December 2016.

This event was organized by the academic and non – academic staff of Lyceum, Kurunegala under the guidance of the Principal / Director Mr. Nikitha Grero. It was a truly wonderful evening which brought the Christmas spirit to the school community.

THE PHYSICAL EDUCATION PROGRAM



The Physical Education Programme at Lyceum, Kurunegala has been designed to promote overall physical fitness and support holistic student development.

A New Year, a New Grade!



A new milestone for Lyceum Kurunegala - Grade 2 classes commenced on 9th January 2017.

PARENTS TO ACKNOWLEDGE THE NEWSLETTER AND ALL NOTICES

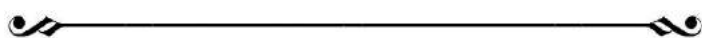
Please note that all notices sent via the SRB have to be acknowledged by the parent/guardian. Failure to do so will result in a black mark for students in Grades 4 to 12.



COMPULSORY DRESS CODE DETAILS

Boys : A white sleeveless vest (not high necked) must be worn underneath the shirt by all students. Grade 1 upwards - Coloured vest or vest with sleeves is allowed.

Girls : White underskirts or white long shorts (1" shorter than the uniform) must be worn underneath the school uniform. Black tights are not allowed.



SCHOOL FEES

School fees should be paid a week before the term commences. A surcharge will be levied if school fees are not paid after the 1st month. Therefore, please pay your fees in time to avoid the surcharge. In case you have not received your paying in voucher or have misplaced it, please collect it from the Accounts Department. You will be able to pay fees online starting 1st January 2017. Please follow the instructions below when making a payment.

Instructions for online payments:

1. Go to www.lyceum.lk.
2. Click on the "Login" menu option, to access the login screen.
3. Enter your username and the password, select the branch and click on the "Go" button to go to the Parents' page of the Lyceum website.
4. If you have not obtained the web access passwords, you may either
 - send an email to it@lyceum.lk via the email address you have given to the registrar or
 - visit the IT department (after school or on Parent- Teacher days) with the child's SRB and obtain the password.
5. After you again access to the Parent's page of the website, click on the "Know About Your Child" link.
6. In the new window, click on the "Payment Due" button in front of your child's name. (Click on the "Payment History" button to obtain a receipt after making the payment.)
7. Enter your credit card details and follow the instructions.



JEWELLERY (Grades 1 and 2)

Please note that only silver chains / black cords / jewellery worn around the neck for various religious reasons **should not be visible** from the outside. In such cases, students will be asked to remove the item. Therefore, please arrange for your children to wear a long cord and conceal it by keeping the buttons of the uniform fastened, at all times.



PARKING VEHICLES

Parents are kindly requested not to park their vehicles along the private roads near the school and especially in front of gates.



NO TUITION (Nursery - Grade 8)

Parents of Nursery to Grade 8, are strictly advised NOT to send your children for tuition.



AFTER SCHOOL ACTIVITIES

- * It is very important that parents are aware of the after school activities taking place in school pertaining to your child.
- * Parents' consent is **compulsory** for students staying after school for various activities.



FIELD TRIPS

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



LYCEUM STUDENTS SHOWCASE INCREDIBLE CREATIVITY

The students of Grade 1 had a fun-filled day showcasing their creative projects in Art and Handwork.

LANKAN DOCTOR WINS REGISTRAR OF THE YEAR IN AUSTRALIA

At the recently held annual ASMOF (The Australian Salaried, Federation) & AMA (Australian Medical Association) Doctor in Training Awards Ceremony in Sydney Australia, Dr. Supuni Kapurubandara, a Senior Registrar in Westmead Hospital's Obstetrics and Gynaecology Department, won The Registrar of the Year 2016 award for New South Wales. Sri Lankan born **Dr. Supuni Kapurubandara is a past pupil of Lyceum International School, Nugegoda** who went on to do her medical degree at the University of New South Wales. Post graduation, her clinical career has been at Westmead Hospital from the time of her internship to the completion of her specialty training in Obstetrics and Gynaecology. Congratulations Supuni! We are proud of you!



Hearty Congratulations! to Lyceum Nugegoda students



'Amelia and the Ring of Enjoyment', a fantasy fairytale written by the eleven-year-old Binadie Ratnayake of Grade 6, at Lyceum International School, Nugegoda was launched on the 3rd of December 2016 at the Bellanwila Temple.

Congratulations Binadie, for your great achievement!



It is with great pleasure I write to inform you that **Shuhaizee Dain** of Grade 3B, became the most Popular Star in the Derana Season 8 singing competition. Congratulations to Shuhaizee!

Date	Name of the Event (Detailed letters will be given for certain events) For Nursery to Grade 1, a notice will be sent to each student via the SRB.
15/02	Parent-Teacher Day (According to surnames A to L) School Holiday for students
16/02	Parent-Teacher Day (According to surnames A to L) School Holiday for students



**LYCEUM INTERNATIONAL SCHOOL NUGEGODA
NOMINATED FOR “BRITISH INTERNATIONAL
SCHOOL AWARDS 2017”**

The British International Schools magazine together with the support of International School Consultancy Research (ISC), have launched the “**British International School Awards 2017**” to recognize excellence in British Schools overseas all over the world. All International Schools offering a British curriculum, British qualification or British ethos are eligible to participate and will be judged by a panel of highly respected and experienced sector leaders.

Lyceum International School, Nugegoda has been shortlisted for the **International Impact Award** for excellence and innovation in English teaching for rural Youth through free English lectures. Almost 20,000 students in schools/temples in the suburbs of Colombo benefit from this project. The award recognizes how an English education in an overseas setting has made a positive impact in its locality.

Four schools have been nominated for this prestigious award and Lyceum International School, Nugegoda takes pride in being one of them.

The award ceremony will be held on the 23rd of January 2017 at the Grand Connaught Rooms, London, UK.



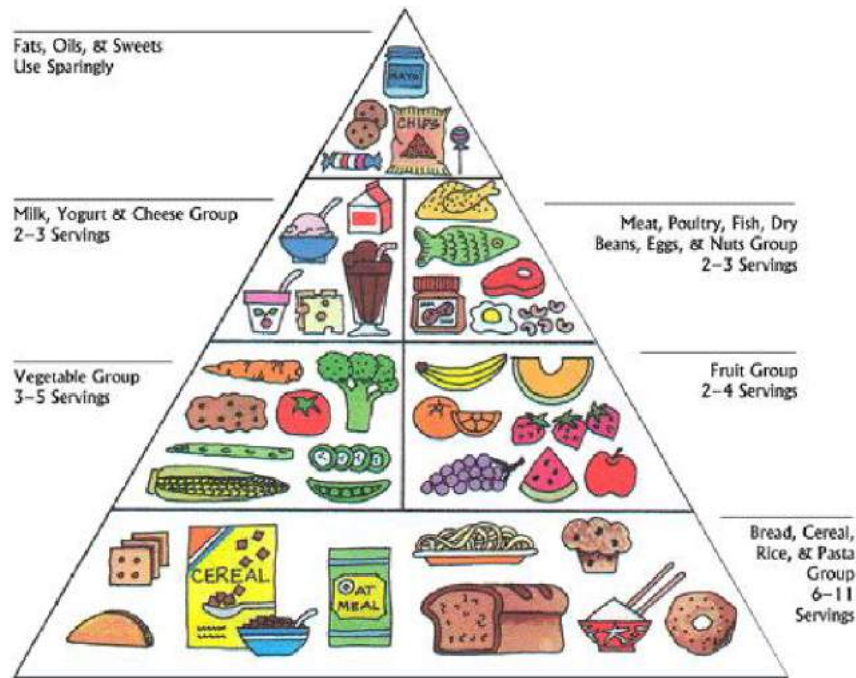
IMPORTANT

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

DEAR PARENTS,

- ☞ Please read the monthly Newsletter, as we share very important information with parents on a monthly basis.
- ☞ Check your child's SRB on a daily basis for any remarks/messages from the school. Read the section 'From School to Parents'.
- ☞ Ensure that the child's books are kept neat and tidy at all times.
- ☞ The School uniform should be neat and tidy and worn in the proper manner.
- ☞ The PT T-Shirt should be buttoned up to the 2nd button.
- ☞ Boys' trousers should be worn immediately below the waist and not on the hips.
- ☞ Boys hair should be trimmed short and neat.
- ☞ Grades 1 - 8 girls' hair should be worn in two plaits.
- ☞ Grades 9 - 12 girls' hair should be worn in one plait.
- ☞ Children should be advised and taught to sit properly.
- ☞ No tuition, no Internet and no mobile phones for students of Grades 1 - 12.
- ☞ If your child is a teenager, take the time to discuss the difficult period of change they are undergoing. Show that you love, respect and trust them.
- ☞ Facebook membership is prohibited to Lyceum students.
- ☞ Parents should read the SHB 1 from time to time and be familiar with the rules of the school.
- ☞ Teach the children to respect parents, teachers, elders and each other.
- ☞ Ensure that your child has a happy and interesting home environment to return to after school and ensure his / her safety.
- ☞ Once a child goes out of the school premises, they cannot come back, unless with a written note from a parent, and signed by the school Principal/Deputy Principal (prior to going out and re-entering).
- ☞ Parents are requested to cooperate with the school authorities when disciplinary action is taken, to ensure corrective action is being carried out - this is for the good of the child.
- ☞ If the parents are in disagreement with a teacher, kindly refrain from talking to other teachers about it. Speak directly with the said teacher or the Principal or Deputy Principal.
- ☞ If you wish to meet the Principal, please come on the "open day", which is Wednesday between 9.00 a.m. to 12.00 noon.

CHILD OBESITY AND PREVENTION



Latest research of World Health Organization (WHO) has found the number of overweight students has doubled during the last decade. Also they found that child obesity is the number one cause for the increase of non communicable diseases among students. An estimated 250,000 deaths a year in the United States is caused by non communicable diseases which arises because of low levels of activity and fitness levels. In the past, it was to see anyone less than 30 years of age getting risk factors for heart disease. But latest research shows 30% of children aged between 5 to 10 years, having at least one heart disease risk factor including elevated cholesterol, hypertension and obesity. Similar research has found children aged 5-10 years spend at least 25 ½ hours a week watching TV and 50% students do not get enough exercise. Research also indicates:

- * 40% of students show at least one heart disease risk factor including elevated cholesterol, hypertension and obesity. (Bar-Or et al., 1988; Berenson, 1980; Ross, Pate, Lohman, & Christenson, 1987).
- * 40% of students get first signs of arteriosclerosis (hardening of the arteries) at the age of 5-10. (Institute for Aerobic Research, 1987).
- * In 2000, 22% of US pre-schoolers were overweight and 10% clinically obese. (Pica 2003)
- * Obesity is also now seen among infants and toddlers as well. (Huettig, sanbom, Dimarco, popejoy & rich 2004)
- * Recent Centers for Disease Control (CDC) presentation contends that American children born in the year 2000 face a one-in-three chance of developing Type 2 diabetes (formerly known as adult-onset diabetes because it was previously non existent among the young).

- * In 2012, more than one third of children and adults were overweight or obese.

Good news

All the above health problems are preventable. Over weight and obesity are the result of “calorie imbalance” (calorie expenditure is less than calorie intake). Calorie expenditure can increase by increasing physical activities and sport activities.

Physical activities

Students who are engaged in sports and are physically active had a low risk of developing the above diseases and experience success in movement activities. They also show higher levels of self esteem and a great sense of accomplishment. Fit kids are more likely to engage in sports and other physical activities that improve all fitness components such as muscular strength and endurance, flexibility, cardio respiratory fitness and maintain good body composition levels. The solution appears to be as simple as getting up and moving. Especially childhood physical activity affects childhood health. Research has shown individuals who are physically active as children, remain physically active as adults.

Healthy eating habits

- * Calorie intake can be minimised by changing food patterns and adapting a healthy eating habit.
- * Minimizing the intake of simple carbohydrates such as sugar, cakes, chocolates, sweets, soft drinks etc.....
- * Increase the intake of low glycemic fiber rich foods such as red rice, brown bread, grains, cereals, sweet potatoes, fruits and vegetables etc.....
- * Eat healthy fats such as almonds, wall nuts, cashew nuts etc....