



— MESSAGE FROM THE —
CVO

The Nails In The Fence

There was once a boy with a bad temper. When he did not get his own way, the boy would get into fights and arguments with other children very often.

His parents got very upset when he was harsh to them as well, even though they tried speaking to him kindly and offered good advice.

One day the boy's father decided that he needed to teach his son learn a valuable lesson.

The father took his son to the white fence that surrounded their garden and carried a small bag of nails along with a hammer.

His father just told the boy to hammer a nail into the fence every single time he lost his temper for the next three weeks.

The son thought it was odd and annoying, but chose to listen to his father and did this activity every time he lost his temper. Soon enough, there were several nails in the fence within the first week.

He soon grew tired of doing the same thing everyday, so he started to control his angry feelings and outbursts.

The number of nails on the fence slowly reduced, and the boy did his best to avoid losing his temper unnecessarily.

Both parents noticed the changes in their son, and his father told to remove a nail for every time he controlled his temper. Over the next few days, he managed to pull out most of the nails, while only a few remained in the fence, and his father asked him what he saw. The boy said that there were holes and a few nails in it.

His father then gave his son some valuable advice.

"My son, the nails represent your angry words while the holes show the impression you have left on those you hurt. The fence will never be the same again which shows that anger can leave a scar. So be careful with your angry words."

The boy realised that he had learned a valuable lesson, so he decided to be more kind and considerate when speaking to others.

While it is human nature to feel angry at people and situations, taking your anger out on others will only make things much harder. Thinking before speaking in anger can make a difference.

"Good words are worth much, and cost little" - George Herbert

Nikitha Gero
Chief Visionary Officer

— WORDS OF —
WISDOM

"Success is walking from failure to failure with no loss of enthusiasm."

- Winston Churchill -

I once read a story about a child who suffered severe burns on his legs at the age of eight. Doctors had given up on Glenn Cunningham. They believed he would be a hopeless cripple destined to spend the rest of his life in a wheelchair. "He will never be able to walk again," they said, "No chance."

The doctors examined his legs, but they had no way of looking into Glenn's heart. He didn't listen to the doctors and set out to walk again. Lying in bed, his skinny, red legs covered with scar tissue, Glenn vowed, "Next week, I'm going to get out of bed. I'm going to walk." And he did just that. His mother tells of how she used to push back the curtain and look out the windows to watch Glenn reach up and take hold of an old plow in the yard.

With a hand on each handle, he began to make his gnarled and twisted legs function. And with every step of pain, he came closer to walking.

Soon he began to trot; before long he was running. When he started to run, he became even more determined.

"I always believed that I could walk, and I did. Now I'm going to run faster than anybody has ever run." And he did. He became a great miler who, in 1934, set the world's record of 4'06". He was honored as the outstanding athlete of the century at Madison Square Garden.

What matters in life, my dear children, is not what others say about you, it is what you think of yourself. If you think you are no good, then that is who you will become. If you think you can do anything, then set your mind to it, and you will do great things.

Dr. Mohan Lal Gero
Founder - Lyceum International Schools

MESSAGE FROM THE PRINCIPAL

Why Reading Books Makes You a Better Person

Books are good for all of us on so many levels. They can help us fall asleep, lower stress through laughter or tears, provide an escape from reality, and offer exposure to perspectives different from our own. Here are three other ways the practice of reading can make us a better person, according to science.

Reading raises your intelligence.

Researchers at the University of Edinburgh and King's College London tested 1,890 pairs of twins five times from ages 7 to 16 for reading ability and IQ. They found that the kids with better reading ability—compared with their twins—also showed higher verbal and nonverbal cognitive ability. The authors speculate that while reading may help people remember facts, it may also give people practice in abstract thinking through the process of imagining a book's plot and putting oneself in the shoes of characters.

Reading makes you feel happier with yourself and your life.

Josie Billington at the University of Liverpool surveyed 4,164 adults and found several interesting differences between people who read regularly and those who do not. Readers reported being less stressed and less depressed, and having higher levels of self-esteem and a greater ability to cope with challenges. Compared with non-readers, they also scored higher in terms of feeling close to friends and their community, and had a stronger awareness of social issues and cultural diversity.

Reading protects your memory.

A study published in Neurology, the medical journal of the American Academy of Neurology, suggests that brain-stimulating activities such as reading help your brain as you age. The study tested the memory and thinking ability of 294 people every year for about six years before their deaths, which on average occurred at age 89. After death their brains were autopsied for evidence of dementia, such as lesions, plaques, and tangles. Those who reported doing mentally stimulating activities early and late in life had a slower rate of memory decline, compared with those who had not. The rate of decline was reduced by 32 percent in people who were mentally active in their later years, compared with people whose mental activity was only average. And the people who reported infrequent mental activity declined 48 percent faster than those who worked their brains an average amount.

Chandana Basnayake
Principal

CONGRATULATIONS!



Congratulations to the following students who have been nominated for SPECIAL AWARDS for their creations in art competition organised by KUMAMATO UNESCO ASSOCIATION in collaboration with LAMA SHILPA SHALIKA - SRI LANKA.

- Sanul Kaushalya Jayasinghe and Wenul Ransara Chandrasekara (selected to among top 50)
- Thinuli Dinaya Wijesinghe (Award of Excellent)



" TEAM KIDNEY : PRIZE FOR LIFE " – Global Social Leaders of the Lyceum International School, Kurunegala focus on bringing a solution for the unavailability of safe drinking water in a selected school and its surrounded village area of the dry zone.

Provide school community and the villagers with safe drinking water, enhance the sanitary facilities of the school and reduce the number of patients and the deaths that get recorded due to unavailability of drinking water in this area are the three main objectives of our project. So we believe that the school community and the villagers will be benefited by this project.

We have planned to have a water purification unit in this selected school "Ipaloogama Junior School" that will supply drinking water in healthy condition for human consumption to school community as well as the villagers around this school. Mean time we have planned to plant selected types of plants which are recommended by the traditional medical practitioners in the chosen village are that will enhance the quality of the drinking water and make it suitable for consumption. Through this we are hoping to uplift the quality of the drinking water in this area and reduce the number of patients those who are suffering from chronic kidney diseases and urinary problems.

To support this worthy cause, please contact us at gslyceum123@gmail.com or drop a whatsapp message to 0763979176

SRI ANANDA DHAMMA SCHOOL
(ENGLISH MEDIUM)
Affiliated to Mahiyadewa Vidyalakshaka Maha Pirivena - Kurunegala

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