

Lyceum Newsletter

MAY
2017



LKu - 9

KURUNEGALA

MESSAGE FROM OUR DIRECTOR / PRINCIPAL MR. NIKITHA GRERO

What do you think empathy is? Have you ever put yourself in to somebody else's shoes? Have you ever patiently listened to someone else's opinion which was different from yours?



Empathy is being able to identify and comprehend another person's feelings and circumstances.

All religious teachings instruct us to love one another, however as we grow, and as the world gives us harsh and painful blows, our natural instinct is to close down, mistrust others, and become self-protective.

We may think that to empathize with another, means to sacrifice our own self, as we put our own needs aside, but this is not so. The ability to experience empathy is the secret to personal happiness. Our minds and hearts widen and we experience a sense of deep unity and love.

The capacity to truly see others as ourselves is found within each of us in the ability to experience empathy. When we watch a sad movie, we cry as we experience the emotions of the actors on the screen. When a friend shares their sorrow or their joy with us, we join with them in the moment. We absorb what they are experiencing. This is because one of the central qualities of our minds is the ability to experience what others are going through.

So try slipping on your empathy shoes and make an adventure of looking at the world through the eyes of another.

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?





Memos to Parents & Guardians



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Welcome



IMPORTANT

There are important notices in every newsletter. Therefore, it is compulsory for every parent and student to read the newsletter and for the parent to acknowledge receipt with a signature in the SRB. From Grades 6 to 12, failure to acknowledge it will result in a black mark.

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.



LYCEUM KURUNEGALA SINHALA AND TAMIL NEW YEAR CELEBRATIONS

Sinhala and Tamil New Year Celebrations organized by the Lyceum International School - Kurunegala was held successfully recently at the school premises. Veteran Film Actor Richard Weerakkody graced the occasion as the Chief Guest along with Mr. Nikitha Grero, the principal of Lyceum Kurunegala.

Mrs. Narmadha Wijemanne, Headmistress of Lyceum Kurunegala, Mrs. Kithmi Grero, Mr. Chandana Basnayake and Mrs. Nilushi Bandara, sectional Heads of the Schools, also attended this event as honorable guests.



The PARENT - TEACHER DAYS

The Parent - Teacher Days will be held on 14th & 15th of June 2017.

Please follow the schedule given below.

Surnames beginning with Times to meet the teachers

14 th June 2017	}	A, B, C, D E, F, G, H I, J, K, L	7.45 a.m. - 9.45 a.m. 9.45 a.m. - 11.45 a.m. 11.45 a.m. - 1.45 p.m.
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15 th June 2017	}	M, N, O, P Q, R, S T, U, V, W, X, Y, Z	7.45 a.m. - 9.45 a.m. 9.45 a.m. - 11.45 a.m. 11.45 a.m. - 1.45 p.m.
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We would appreciate it if you could note down your problems beforehand, as only 5 minutes will be allocated to you with each teacher. We request all parents to strictly adhere to both the day and the time allocated to avoid congestion. If any parent needs more time to discuss about his/her child with the Class Teacher, you are kindly requested to get an appointment on another day through the SRB. Students (Grade 1 and above) should come in school uniform, grey socks and black shoes, if they wish to accompany the parents. They may not come in the P.T. kit.

The Parent-Teacher Day is compulsory for all parents. If you cannot come due to an emergency, you are required to send an excuse letter and make an appointment with the Class Teacher on another date.

Please note your attendance by filling the form and putting it into the box at the gate.

Dates for your Diary

JUNE 2017

Date	Name of the Event (Detailed letters will be issued for certain events) For Nursery to Grade 2, a notice will be sent to each student via the SRB.
8/6	Holiday - Posaon Poya Day
14/6	Parent -Teacher Day - Surnames A to L (school holiday for students)
15/6	Parent -Teacher Day - Surnames M to Z (school holiday for students)
25/6	Holiday - Ramazan Day
30/6	Staff meeting

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

Spend dinner time with your child.

MEAL PLAN

(Menu for term 3)

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| Monday | - Rice and curry OR boiled vegetables with an omlette/any grilled meat of choice + water |
| Tuesday | - Soft coconut roti with seeni sambol/ lunumiris/jam OR cheese and egg/ fish sandwich + water |
| Wednesday | - Milk rice with lunumiris + fresh juice OR boiled cereals with coconut (green gram, chick peas, cowpeas) |
| Thursday | - Boiled sweet potatoes/manioc with coconut OR cheese and boiled vegetable sandwich + water |
| Friday | - Samaposhha balls with a yoghurt OR boiled (green gram, chick peas, cowpea) with coconut and a fresh fruit juice |

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.



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

- Shakespeare -

DRESS CODE

Please note that when visiting the school you should be conservatively dressed. ie. ladies ONLY in saree and gentlemen in long trousers and shirt.

IMPORTANT

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

Dear Students,

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.

PHOTOGRAPH

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



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.

Dear Parents,

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.

YOUR KIDS SHOULD NOT BE THE MOST IMPORTANT IN THE FAMILY

JOHN ROSEMOND

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 person 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.

BUDDHIST GATHAS

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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 Seelarithana Thero's) from Sarasavi Book Shop - Nugegoda.