

# Lyceum Newsletter

OCTOBER  
2016



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## KURUNEGALA

### MESSAGE FROM OUR DIRECTOR / PRINCIPAL MR. NIKITHA GRERO

#### The greatest love on Earth

There was a three member family; father, mother and their son. Both parents worked very hard to provide for the family. They left for work early in the morning and returned home late in the afternoon. Their child was still very young and stayed at home with a helper during the day. He preferred the company and affection of his parents, but knew this was impossible to have.



One afternoon, when the mother returned home from work, her son innocently asked her few questions.

Son: "Mamma, how much do you earn per month?" The mother, confused at the question answered: "I earn 200 dollars a month my dear." Son: "Then mamma, how much do you earn per week?" The mother answered: "Well that is 50 dollars per week my dear." Son: "Mamma, then how much do you earn per day?" The mother answered: "I earn 10 dollars per day my honey." The puzzled mother thought about the peculiar questions raised by her son and asked him: "My dear, why did you ask all these questions?" The child contemplated on the question asked by his mother and kept his silence.

The next morning, while the father and mother were hurriedly getting ready to set off to work, the child quietly approached and hugged his mother and asked "Mamma, could I have 1 dollar from you please?". He asked the same question from his father as well. Without hesitation, both parents gave him a dollar each. The day after, the son went to both of his parents as he did the day before, and asked them both for a dollar each. He repeated this for the next 3 working days of that week and had collected a total of 10 dollars from both his parents by the end of the week.

On the first working day of the following week, while both parents were hurriedly getting ready for work as usual, the child went up to his mother and hugged her. He placed 10 dollars on the palm of her hand and said "Mamma, here is 10 dollars for today's work. Why don't you stay at home with me today?" Tears fell down her face and she was left speechless.

We live in a very busy technological world and we forget about the precious things that make us human. Children are the most precious gifts and should receive utmost priority. We must find time to satisfy their emotions, feelings and requirements for it is not material comforts that pacify their mind. Parent's warmth, love and affection is the first and foremost requirements of a child. **Nobody on Earth can ever love a child more than their parents.** If they are to love the society as adults, they must be loved and protected from their childhood.

### MESSAGE FROM OUR FOUNDER MR. MOHAN LAL GRERO

#### A better world with positive thinking..

Several years ago I was waiting in a queue to pay a bill, the queue was long and only one counter was open, the



people in the line were getting restless and suddenly this young lady from the back of the line walked right up past me and jumped the line. The people behind her immediately started murmuring in complaint. Two men in particular started scolding her by raising their voices and calling her names. She frantically explained to the two gentlemen that her little son was in Montessori and that she had to go pick him up before 12 noon, or else he would be frightened and begin crying. To this reply, the men felt sheepish in having behaved so badly. So they quieted down and allowed her to stay where she was.

What would you do have done if you were in the shoes of those two men? Becoming red in the face and short of breath they lost their temper over a thing of little consequence. Anger never achieves good results. It only leads us to make decisions that we regret later.

But what if we choose to stay positive in bad situations? You ask why? Well, because, people's lives are never what they seem on the outside. People are hurting with their own problems. Some have never been given an encouraging word or a helping hand.

Think about situations in your life when you have given in to emotions like anger and pessimism when things have not gone your way. How differently would they have turned out if you had thought positively? From today, let's cultivate positive thinking in to our daily lives.

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

**Lyceum Kurunegala - a new flower blooms!**

Lyceum group of schools, warmly welcomes its newest branch in the heart of Kurunegala. The new school was declared open on 16<sup>th</sup> of September 2016 in true authentic style, with the lighting of the traditional oil lamp, hoisting of the national flag, district flag and the school flag and a cultural Kandyan dancing performance from our very own students.

Just like all Lyceum schools, Lyceum Kurunegala will incorporate all the norms and traditions, which are part of the very life of Lyceum International School. With Mr. Nikitha Grero as the Principal/Director, we hope this branch will provide the children of Kurunegala a quality and affordable education, whilst instilling good values, knowledge, love and hope.

We wish them all the very best.



**DISCIPLINE AT HOME & SCHOOL**

Maintaining good discipline amongst children at home and in school is a challenge faced by both parents and teachers. Various strategies are used to achieve this. Amongst them, it is very important to consider the following: The child must know what are the 'done things' and the 'not done things'. The child must know where to draw the line between these. The parents and the school must also agree about these, because if different signals go to the children from the parents and the teachers, they will be confused.

Children must know the consequences (corrective action) for indiscipline and should accept the consequences if he/she falls into indiscipline. Once corrective actions are implemented the reason should be explained to the child why he/she should make a firm commitment not to repeat the mistake.

The school authorities, teachers and the parents should accept the child who was corrected with a 'clean slate' and ask the child to start to put the past behind him / her and make a new start with a positive attitude.

## “A FRIEND IN NEED IS A FRIEND INDEED”

Lyceum Nugegoda Little Friends embarked on a Children's Day Gift called, the "Knowledge Project", where donated 150 library books, 80 workbooks and 500 exercise books to Vidyawardhana Primary School Wellampitiya, followed by a tea party and a very entertaining performance by both schools. The Principal of the school, Ms. Dissanayaka,



Ms. Chathurika Hettiarachchi, The Project Coordinator from the Sri Lanka Girl Guides Association and the teachers-in-charge of Little Friends from Lyceum, Nugegoda were present.

This project was completed under the guidance of Mr. Mohan Lal Grero, Founder of Lyceum International Schools, the Coordinating Principal, Mrs. Kumari Grero and the Director, Mr. Nikitha Grero. We would like to thank all those who contributed to the project to make it a success.

## WATER FOR LIFE

We took a step forward to help the victims of drought hit areas in the Polonnaruwa District by organizing a donation program to distribute water bottles to two schools, Thalpotha Rathnasara Vidyalaya and Kagalugama Junior School on the 13<sup>th</sup> of October 2016. This project was carried out under the guidance of Mr Nikitha Grero, Principal/Director Lyceum Kurunegala. We would like to thank all students, parents, academic and non academic staff for their generous contributions. A special thank goes to Mr D M K Karunarathne - Divisional Secretary, Lankapura, Mr Upali Nanyakkara – Assistant Director, Disaster Management Centre, Ms Nilushi Bandara – Coordinator Lyceum Kurunegala, Dr Prasad Adikari – Parent Lyceum Kurunegala, Ms Pavithra Abeynayake – Parent Lyceum Kurunegala for their valuable time given for this donation program to make it a success.



Please note that, parents are requested to bring the students' SRB or Admission Number, when visiting the schools' office to collect additional paying slips or refundable deposits.

## LYCEUM HOTLINE

Please note that parents of all Lyceum International School children may forward any complaints / suggestions / comments to our Hotline on **0773483066** (via text message / WhatsApp only).

## WHAT ARE THE BENEFITS OF PLAY IN A CHILD'S LIFE?

A child who has been provided with opportunities for play gains many benefits

### Emotional - Behavioural benefits

- \* reduces fear, anxiety, stress and irritability,
- \* creates joy and intimacy and improves self esteem,
- \* improves emotional flexibility and openness,
- \* increases calmness, resilience, adaptability and the ability to deal with surprises and changes and
- \* decreases tactile defensiveness,
- \* it is a helping process.

### Social benefits

- \* enhances feelings of tolerance,
- \* increases empathy, compassion and sharing,
- \* creates options and choices,
- \* models relationships based on inclusion rather than exclusion,
- \* decreases the need for revenge and self defense and
- \* improves touch and non nonverbal socialization skills,
- \* increase attention and attachment capacities.

### Bio physical benefits

- \* increases positive emotions enhancing the efficiency of the immune, endocrine and cardiovascular systems.
- \* increases the range of motion, ability, coordination, balance, flexibility, correct movement of the head and neck, and hand and eye coordination.

### Cognitive benefits

#### (related to intelligence)

- \* increases the efficiency of brain functions.
- \* many toys in the market today encourage passive rather than play. In this age of high-tech toys, children frequently push a button and are entertained by watching the toys in action.
- \* the toys that are manufactured today set up the play activity and determines how the activity will take place. The same can be said for many other typical activities for children today; television, movies, computer and video games. The problem with these activities is that the child is not using his/her own imagination. The child is not an active participant in the creation of the play experience.

- Student Counsellor

## RESOURCE ROOM CONCERT "Let's Dance"

*All are Welcome. Entrance FREE!*

The Resource Room staff of Lyceum International School, Nugegoda and Kohuwala together with their students have organised a concert to be held on the 21<sup>st</sup> of October 2016 at 6.00 p.m. at the Aeolian Hall. Parents, teachers and students are welcome to join us and support the students' performances!

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### IMPORTANT NOTICE FOR ALL PARENTS

1. Please send your child's identity card through the person who will be picking your child from school. The teachers will not hand over your child to an unknown person without the child's identity card.
  2. Always check your child's SRB and acknowledge any notices sent by the school by signing alongside the notice.
  3. All home-work books should be sent back to school on the following Monday or Tuesday the latest.
  4. Please see that your child **does not** wear gold chains and bracelets to school.
  5. Do not send toys to school as these distract them from their normal school work.
  6. If your child has accidentally taken any material from school, kindly return it to the Class Teacher.
  7. Please pin a handkerchief on your child's frock or shirt if she / he has a cold or cough.
  10. Please label the tiffin box, bottle, serviette and cap and ensure to send there to school daily.
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### DEAR STUDENTS, PLEASE OBSERVE THE FOLLOWING ADVICE

1. Honour and respect your parents, grandparents and look after them at all times.
2. Stand up when a teacher passes by. When walking, please make way for your teachers.
3. If you hurt someone physically or mentally, it is a great sin whatever the religion you observe. Do not be a bully.
4. Speak politely to everyone.
5. If any assembly speakers make mistakes in their speech, always be very polite, don't laugh or make noises.
6. If you see litter on the ground (even if you have not thrown it yourself), please pick it up and put it into a bin.
7. Don't tell bad words or point fingers.
8. Sit properly. Your spine should rest against the back of the chair.
9. Do not sit on tables.
10. Clean up after eating in the class room, do not leave anything on the table. Don't throw anything on the floor.
11. When the school song is played at the end of the day, stand to attention and sing. Think of its meaning and sing with pride.
12. Walk in line formation when moving from one class to another. Allow the girls to go first.
13. As soon as the first bell rings when the interval is over, walk fast to the class and observe the Seiri time.
14. Do not block passages outside of any office, entrance, narrow passages or exit.
15. When you stand up, lift your chairs without dragging them along the floor.
16. Put your chair up at the end of the school day.
17. Tell your parents that they should not park their vehicle in front of gates.
18. Tell your parents that nobody should put dirt/garbage on the road/roadside.



**IF YOUR CHILDREN DO NOT STAND UP FOR THEMSELVES, IT IS BECAUSE FROM A YOUNG AGE YOU HAVE DISCIPLINED THEM REGULARLY IN PUBLIC.**

**PARENTS SHOULDN'T DO SO EVEN IN FRONT OF SIBLINGS, FRIENDS OR COUSINS**

### THANK YOU

We appreciate all parents who are following the school's traffic plan.

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**IMPORTANT!**

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