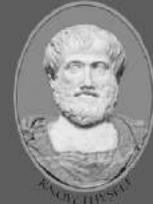


Lyceum Newsletter

SEPTEMBER
2016



LKu - 1

KURUNEGALA



to

LYCEUM KURUNEGALA

commencing on 16th September 2016

MESSAGE FROM OUR DIRECTOR / PRINCIPAL MR. NIKITHA GRERO

The greatness in a man is not how much wealth he acquires, but in his integrity and his ability to affect those around him positively. I want to convey our vision to you via a simple



story. An anthropologist proposed a game to children of an African tribe. He put a basket of fruits near a tree and told the kids that the first one to reach the fruits will win all. When he told them to run they all held each other's hands and ran together, as one, and then sat together enjoying the fruits. When he asked why they ran as one, when one winner could have taken all the fruits for oneself, they said, "Ubuntu, how can one be happy if all the others are sad".

I hope our children will be good humans like the one in the story. I am, because we are.

Welcome to Lyceum Kurunegala!

MESSAGE FROM OUR FOUNDER MR. MOHAN LAL GRERO

What lies in the heart of a student athlete? The first key to success is desire. As a parent, we want great things for our children but unless that desire comes from within you, they cannot succeed. This passion is developed in difficulty. Sacrifice, injury, losing. These are crisis points where an athlete decides whether he's all in or whether he's going to quit.



Goal-setting is a discipline that successful people in every walk of life practise. Doing sports is a great way to develop the habit of goal setting.

Courage to try new things and to be decisive will always be keys to success. Fear of failure keeps many talented people from pursuing their dreams. How can a person know where their passions lie without the courage or opportunity to try new things? Dedication is about hard work, constant learning, and refusing to quit. Each of these virtues is a function of desire.

Honesty and forgiveness may be the most difficult keys to success of all. The ability to be honest in self evaluation is a rare but necessary skill. Desire, teamwork, dedication and courage are all compromised when a competitor doesn't forgive.

Teamwork is a virtue that the world is hungry for. In great teams, the team covers for each individual's weaknesses while it values and makes full use of each individual's strengths. Teamwork is obviously important in sports and participation in sports may be the best way to learn to be a good teammate.

*"Unity is strength... when there is teamwork and collaboration,
wonderful things can be achieved."*

Mattie Stepanek

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



The statue in front of all Lyceum Schools depicts the following:

The apple in the hand - Nutrition

The pigeon on the arm - Peace

The book on the lap - Knowledge

The wings on the statue - Freedom

PLEASE FOLLOW THE GENERAL INSTRUCTIONS GIVEN BELOW

- × The SRB should be sent to school every day.
- × The relevant pages of the SRB should be completed with the latest information.
- × Please read the notices sent in the SRB every day and make sure to acknowledge with your signature.
- × When sending money, homework sheets or any other important documents, please make an entry in the SRB.
- × An extra uniform and a raincoat should be sent to school every day.
- × House badges should be fixed on all uniforms.
- × Black leggings should be worn by girls participating in Kandyan Dancing.
- × Homework sheets will be sent every Friday. The completed homework sheet should be sent to the teachers on the following Monday (Grade 1).
- × Books should be sent according to the timetable.
- × Please send pencils, erasers, sharpeners and colour pencils every day to school (Grade 1).
- × Please see to it that your child comes to school before 7.30 a.m. since if they come in late, they will miss the introduction of a lesson (Grade 1).
- × Please write your child's name and class on a discreet place with a permanent marker on his/her P.T. Kit, shoes (Grade 1).
- × Eating fast food is discouraged at school. Therefore please follow the meal plan when sending meals to school. (Please refer page 3 bottom right of this newsletter.)

BE PROUD OF THE SCHOOL UNIFORM

Please see to it that your child is dressed smartly in a new uniform. Send your child in a new/nearly new uniform, polished shoes and neatly combed hair. Do not give your old uniforms as hand-me-downs or put them in the garbage.

Please label all your child's belongings (eg. dancing shoes, water bottles, bags, uniforms) so that in case your child leaves it behind you can get it back again.

STUDENTS (GIRLS)

All girls who have hair below shoulder level are recommended to wear two plaits and not one plait. This is compulsory from Grades 1 to 6.



DETAILS OF DRESS CODE FOR STUDENTS

Boys: Underwear and a vest (Grade 1 upwards) underneath the uniform are compulsory.

Girls: A white under skirt or long shorts (1" shorter than the uniform length) beneath the school uniform is compulsory.

DI SHOES

Please note that it is compulsory for all students to wear black shoes to school from Grade 1 upwards. It is recommended that students wear black DI leather shoes due to their durability.

BAGS WITH WHEELS

We discourage students from bringing bags with wheels as they are much heavier to carry up and down the stairways. If books are brought according to the timetable, the bag will be lighter.

DRESS CODE FOR PARENTS AND VISITORS TO THE SCHOOL PREMISES

Ladies should be conservatively dressed in either a saree (with a non-revealing jacket) or a shalwar with the shawl.

Gents should be dressed in office attire (ie. shirt and long trousers).

SCHOOL FEES

Please note that school fees have to be paid **one week before** the term commences.

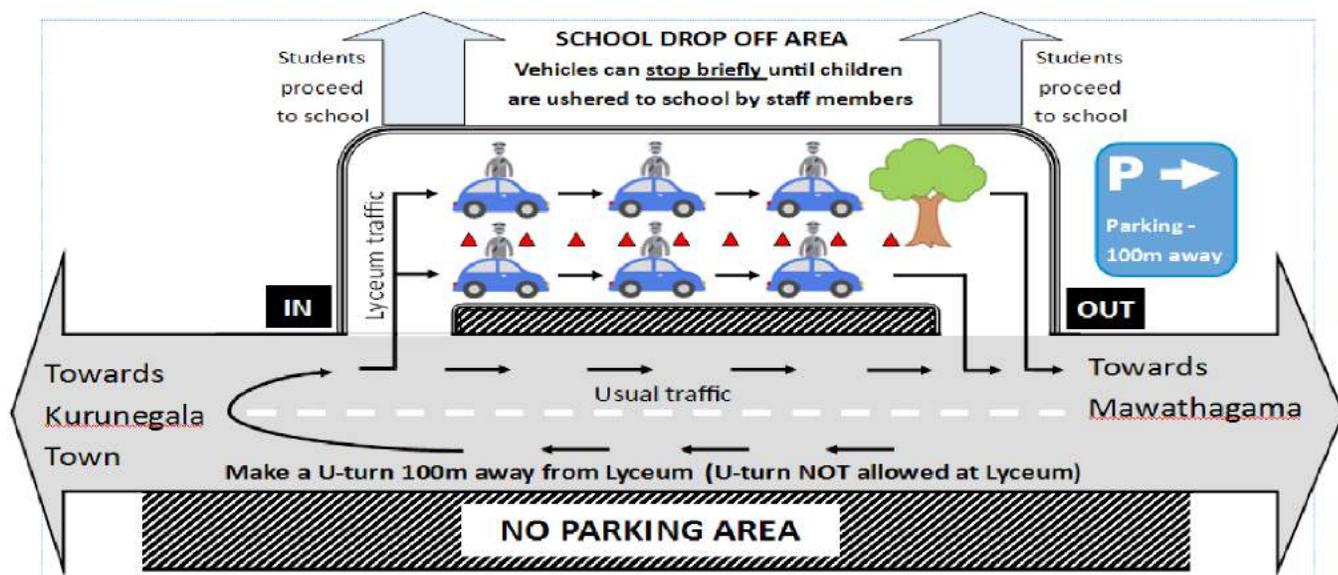
REFUNDABLE DEPOSIT

Please keep your receipt carefully. If you do not produce your receipt, we will not be able to make the refund when your child leaves school.

PLEASE BE MINDFUL OF THE FOLLOWING WHEN DROPPING YOUR CHILD AT SCHOOL

- * If you are coming from Kurunegala town, the entrance will be to your left. There is no parking space available, so if you wish to park your vehicle, we urge you to do so about 100 meters from the drop off area, so as to prevent any traffic congestion.
- * If you are coming from the Mawathagama side, you will have to do a U-turn or turn at the roundabout about 200 meters down the road. You cannot take a U-turn immediately in front of the school.
- * Please move your vehicle up the pathway to drop your child as and when there is a vacant space, so as to ease the traffic in the drop off area.
- * Please see to it that your child hugs/kisses/worships you at home, before he/she leaves for school.
- * Please see to it that your child sits on the side of the vehicle from which he/she is getting down and make sure that the door has been unlocked.
- * Please drop your child at the entrance of the school. Teachers will be present to help your child when he/she gets off the vehicle.
- * Send your child via a school van if possible.
- * On rainy days, see to it that your child is wearing his/her raincoat before he/she arrives at the drop off point.
- * Your child’s ID should be brought to school when you come to pick him/her up. If not, you will have to stand outside until your identity is verified.
- * If you want to meet your child’s teachers, please make a prior appointment through the SRB. (Please do not discuss anything with the teachers while dropping your child. Please obtain a date and a time to meet the teacher during the interval or after school near the school office.)

Your cooperation in this regard is greatly appreciated, as it would contribute in a large way to ensuring smooth traffic in front of the school.



A HEALTHY MEAL

We intend to encourage all students to have a healthy and balanced meal during their formative years and discourage them from consuming large amounts of sweets, snacks, bakery products, fast food and fizzy drinks. We have therefore created a meal plan (as shown on the right). Snacks sent to school should contain carbohydrates, proteins and lipids and drinks should contain water, fibre, minerals and vitamins and be made using fresh fruits. Please ensure that you spread out the snacks and drinks stated in the plan, during the course of the week. Please see to it that your child has a good breakfast before coming to school. Please send healthy food (a light snack) for tiffin and water or fresh juice to drink.

Food

- MONDAY
- Boiled vegetables + chicken / fish + a slice of toasted bread.
 - Bun with filling made of fresh fish (boiled) / scrambled egg.

- TUESDAY
- Milk rice - jaggery & banana (organic kind)
 - Grain - gram, green gram / cow-pea, Samaposhha aggala.
- WEDNESDAY
- Red rice, fish, dhal & mallum.
 - Rice noodles with pieces of a boiled egg + potato / chicken curry.
- THURSDAY
- Vegetable sandwich (2 slices) with cheese + salad.
 - Fruit salad (slices of papaya, banana, mango (sugar (optional) + lime + salt)
- FRIDAY
- Pasta with fish / chicken / carrot / eggs + cheese
 - Bun with filling made of fresh fish (boiled) + tomato + piece of fruit.

Drinks

- Water
- Orange / Lemon / Passion fruit
- Cucumber + Carrot juice + Mango juice
- Lemon / Lime / Orange juice
- Cucumber + Orange juice
- Passion fruit + Cucumber / Water melon juice



LYCEUM INTERNATIONAL SCHOOL (PVT) LTD
(Registered with the Tertiary & Vocational Education Commission - P01/0297).

LYCEUM ACADEMY FOR TEACHER EDUCATION

LIKE TO BE A QUALIFIED TRAINED TEACHER ?
Earn one of these 12-month competency-based Education Diplomas in English Medium.

* Curriculum consists of theory, practice & application. * Free printed material.
* Conducted by an experienced panel of Teacher Educators.
* Teaching practice. Volunteer-teaching opportunities.
* Eventually proceed to Bachelor's Degree at KAAITSU International University situated at Battaramulla.

WEEK END CLASSES AVAILABLE APPLY NOW

Programmes	Day & Time	Centres
01. Diploma in Early Childhood Development Education (Montessori +).	- SATURDAY - 8.30 AM - 4.15 PM	Only at Nugegoda
02. Diploma in Teaching Science.	- SATURDAY - 8.30 AM - 4.15 PM	
03. Diploma in Teaching Mathematics.	- SATURDAY - 8.30 AM - 4.15 PM	
04. Diploma Programme in Swimming Instruction.	- SUNDAY - 9.00 AM - 3.30 PM	
05. Diploma in Primary School Teaching (Teaching from Grade 1 to 5)	- WEDNESDAY & FRIDAY - 2.30 PM - 5.30 PM	Nugegoda
	- TUESDAY & THURSDAY - 2.30 PM - 5.30 PM OR SATURDAY - 9.00 AM - 3.30 PM	Wattala
06. Diploma in English Language Teaching & TKT. (Teaching Knowledge Test) University of Cambridge, London - Teaching skills up to G.C.E. (O/L).	- MONDAY & THURSDAY - 2.30 PM - 5.30 PM OR SATURDAY - 9.00 AM - 3.30 PM	Ratnapura
	- MONDAY & FRIDAY - 2.30 PM - 5.30 PM OR SATURDAY - 9.00 AM - 3.30 PM	Gampaha
	- MONDAY & THURSDAY - 2.30 PM - 5.30 PM OR SATURDAY - 9.00 AM - 3.30 PM	Nuwara Eliya
	- SUNDAY - 9.00 AM - 3.30 PM	Anuradhapura
	- SUNDAY - 9.00 AM - 3.30 PM	Kurunegala

Duration : One year Fee : Rs. 36,000/- (Payment in instalments) Registration Fee : Rs. 1000/-
Programme No. 02 & 03 Fee : Rs. 42,000/- (Payment in instalments) Registration Fee : Rs. 1000/-

Qualifications for all programmes : Programme Nos. 01 & 04 : G.C.E. (O/L) with Mathematics & a pass for English. For programme Nos. 02, 03, 05 & 06 : One must have O2 G. C. E. (A/L) subjects OR those with G.C.E. (O/L) who can satisfy the Board of Education that they can absorb the content of the programme in the English medium.

Inquiries :

Wattala : 011-4813808, 011-2981022, 4814787 # 32, Royal Pearl Gardens, Off Alwis Town Road, Hendala, Wattala.
Ratnapura : 045-4927232, 045-4927233, # 115, Sripada Mawatha, Ratnapura.
Gampaha : 0334928842, 0334674543, # 211, Aluthgama, Bogamuwa, Yakkala.
Nuwara Eliya : 052-2222215, # 45, Waterfield Drive, Nuwara Eliya.
Anuradhapura : 0252227755, # 128, New Kandy Road, Isurupura, Anuradhapura.
Kurunegala : # 71, Udawalpola Rd., Kurunegala. (Applications for the Kurunegala centre should be sent to the Lyceum Nugegoda - Tel : 2829744/5, 2822387).

Further Inquiries : Lyceum Academy for Teacher Education, 3/1, Raymond Road, Nugegoda.
Registrar - Lyceum Academy : 2829744/5, 2822387 Ext. 125
E-mail : lyceumacademynugegoda@gmail.com
Web: www.lyceumteachersacademy.org

NOTICE FOR



Nursery

- (1) Please be kind enough to drop and pick your child at the times given below.

Lower Nursery

Week	Drop in	Pick up
1 st week	8.00 a.m.	9.00 a.m.
2 nd week	8.00 a.m.	10.00 a.m.
3 rd week	8.00 a.m.	11.00 a.m.

Upper Nursery

Week	Drop in	Pick up
1 st week	8.00 a.m.	9.30 a.m.
2 nd week	8.00 a.m.	10.30 a.m.
3 rd week	8.00 a.m.	11.30 a.m.

- (2) Laminate the name tag and pin it on your child's dress / shirt every day when he/she comes to school.
- (3) All items sent to school (eg: bag, bottle, lunch box & serviette etc), should be labelled with your child's name and class.
- (4) It is compulsory to keep an extra set of clothes including underwear as well as a raincoat in your child's bag.
- (5) The SRB should be sent to school every day.
- (6) Please send a school bag that is big enough to put all your child's belongings.

SECURITY RESPONSIBILITY

Parents are kindly requested to obey the Security Officers in the school at all times to ensure the security and the smooth functioning of the school.

* Please drop your child at the gate in the morning and refrain from coming into the school premises. Your child is now confident enough to find his/her own way to the classroom.

* After the lessons or after school activities, your child will be brought / sent to the gate and handed over to you. Please produce his/her ID to the Security Staff. If someone other than a parent is picking up a child, they should produce the child's ID. Please laminate the ID.

* If you have a genuine need to come to the school office. Please show your personal ID and get a pass from the Security Staff. You are not allowed to enter any other area in the school.

VERY IMPORTANT

STUDENTS RECORD BOOK (SRB)

The SRB should be checked and signed daily. The cover and pages 4, 5, 43 & 49 should be completed before your child comes to school.

STUDENT'S HANDBOOK (SHB)

Grade 1 & above

SHB-1 is to be retained by the students throughout the school career. SHB-2 will be renewed every year.

MEETING & SEMINAR WITH PARENTS

Date: 1st October 2016

Time: 10.00 am. 12.00 noon.

Venue: Lyceum Adventure Park