

Lyceum Newsletter

MAY
2017



LN - 259

Nugegoda

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?



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



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.

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.

VESAK BANA PROGRAMME

Date : 9th May 2017
 Time : 5.30 p.m. to 6.30 p.m.
 Venue : Bellerophon Hall
 Conducted by :
Most Ven.
Uduwe Dhammaloka Thero
All are welcome!



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



Spend dinner time with your child.

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.



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 -

Dear Parents,

Please note that, parents are not permitted to sit in the swimming pool area during swimming lessons between 2.00 p.m. to 4.30 p.m.



DRESS CODE

Please note that when visiting the school you should be conservatively dressed. ie. ladies preferably in saree/shalwar/frock (modest long dress), blouse with sleeves 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.

LITTLE FRIENDS - KNOTS WORKSHOP

The 'Little Friends Knots workshop' was conducted by Ms. Gangani Gunawardana senior Girl Guides Leader . More than 100 Little Friends took part in the workshop. This was to mark the centenary of the Sri Lanka Girl Guides' Association.



TIPS FOR PARENTS : HOMEWORK THAT REALLY WORKS!

If you have children in secondary school, do you ever feel their evenings and weekends disappear under an avalanche of paper? Homework is important for children to learn how to use research material and solve problems for themselves, but there are things parents can do to help them stay on top of it without burning themselves out before they are 18:

- * Make a cosy homework room or corner that is well-lit and has a comfortable desk and chair. Encourage kids to eat and drink before starting work.
- * Remind them that going to bed at a reasonable time is better than an extra hour of work when they are too tired.
- * Make a wall chart so they can note what homework is due and when.
- * Liaise with the school if you have any concerns.
- * Don't add to the tension by nagging about the state of their bedroom etc.
- * Allow them space to do nothing at all from time to time.

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.

Dates for your Diary

June 2017

Date	Name of the Event (Detailed letters will be issued for certain events.) Grades 7 to 12 students who wish to take part in any of the events below, should come and collect the detailed notice from the Reception outside the school office. From Nursery to Grade 6, a notice will be sent to each student via the SRB.
1/6	Bodhu Gee Saraniya
5/6	Art & Craft Exhibition - Grade 3 & 4
	Sinhala Literature Day - Rehearsal
7/6	Life Skill Exhibition
8/6	Holiday - Poson Poya Day
9/6	Singing Competition - English - Junior - Finals
10/6	Inter House Badminton Tournament
11/6	Inter House Badminton Tournament
12/6	Sinhala Literature Day
13/6	School reopens for Pre AL students and study leave commences for Gr. 12N
	Concert rehearsal - Grades 6 to 8
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)
16/6	Inter-House Tennis Tournament
17/6	Talent show
19/6	Second Semester Examination - Grade 12N
	Art & Craft Exhibition - Grade 5
20/6	Second Semester Examination - Grade 12N
	Inter-House Tennis Tournament
21/6	Second Semester Examination - Grade 12N
	Inter-House Tennis Tournament
	Singithi Salpila
22/6	Singithi Salpila
	Second Semester Examination - Grade 12N
23/6	Second Semester Examination - Grade 12N
	Concert - Grade 6 to 8
25/6	Holiday Ramazan Day
26/6	Holiday for Grade 12N students
	Inter-House Tennis Tournament
27/6	Second Semester Examination - Grade 12N
28/6	Test paper correction (holiday for Grade 12N students)
	Inter-House Tennis Tournament
29/6	Test paper correction (holiday for Grade 12N students)
	Inter-House Tennis Tournament
	Camp at Kurunegala - Grade 8
30/6	Camp at Kurunegala - Grade 8
	Paper discussion - Grade 12N
	Concert rehearsal - Nursery
	Staff Meeting

