



The Lyceumer

NUGEGODA (LN-268)

JANUARY 2018

 **HAPPY
NEW
YEAR 2018**



**Back
to School**

GENERAL STUDIES PAPER

The texts for Grades 6 to 12, March 2018, First Semester Examination will be mentioned in this newsletter. Please read carefully.

ATTN. GRADE 8 AND 10 STUDENTS: O-LEVEL & A-LEVEL SUBJECT SELECTION MEETINGS

The O-Level and A-Level subject selection meetings will be held at the **Aeolian Hall** as follows:

- O-Level Subject selection meeting for Grade 8 students – Monday, 8th January 2018 at 5:30 p.m.
- A-Level Subject selection meeting for Grade 10 students – Tuesday, 9th January 2018 at 5:30 p.m.

Please note that parents should be present with your child for this meeting.

WORDS OF WISDOM

FROM OUR FOUNDER,
MR. MOHAN LAL GREERO



One day, a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor handed out the question paper with the text facing down as usual. Once he handed all of them out, he asked his students to turn the page and begin. To everyone's surprise, there were no questions, just a black dot in the center of the page.

The professor seeing the expression on everyone's faces, told them the following: "I want you to write what you see there." The confused students got started on the inexplicable task. At the end of the class, the professor took all the answer scripts and started reading each one of them aloud in front of all the students. All of them with no exceptions described the black dot, trying to explain its position in the middle of the sheet.

After all of the answer scripts had been read, the classroom was silent. The professor began to explain: "I am not going to grade you on this, as I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot. The same happens in our lives. We have a white paper to observe and enjoy, but we always focus on the dark spots. Our life is a gift given to us with love and care. There are always reasons to celebrate, such as the splendour of nature, good friends and family, and the little miracles of everyday."

However, we insist on focusing only on the dark spots, the health issues that bother us, the lack of material things and our weaknesses. The dark spots are very small compared to everything we have in our lives, but they are the ones that pollute our minds. Take your eyes away from the black spots in your life. Learn to enjoy and treasure all of your blessings.

Vision

To produce global citizens who will reshape the future of their motherland.

Mission

To enhance the potential of every young soul that passes through our halls, empowering them to be the best they can be.

PARENT-TEACHER MEETINGS ON 15TH AND 16TH FEBRUARY 2018

Dear Parents,

Please note that the Parent-Teacher meeting is **compulsory for all parents**. Parents who are unable to attend the meeting due to unavoidable circumstances must **forward an excuse letter to the class teacher** stating the reason and ensure to **schedule an alternative meeting on another day**.

Students (Grade 1 and above) may accompany parents to the meeting; however, they **must be attired in the school uniform (not the P.T. Kit) with grey socks and black shoes**.

Teachers will allocate **only five minutes with each parent**, therefore please ensure to **note down any concerns or issues before hand** and **strictly adhere to the day and time allocated in the schedule below** in order to avoid congestion. **If more time is required with a teacher**, parents should **arrange an alternative appointment on another day** via the SRB.

PARENT-TEACHER MEETING SCHEDULE	
Surnames beginning with	Thursday, 15th February 2018
A, B, C, D	07:45 a.m. – 09:45 a.m.
E, F, G, H	09:45 a.m. – 11:45 a.m.
I, J, K, L	11:45 a.m. – 01:45 p.m.
Surnames beginning with	Friday, 16th February 2018
M, N, O, P	07:45 a.m. – 09:45 a.m.
Q, R, S	09:45 a.m. – 11:45 a.m.
T, U, V, W, X, Y, Z	11:45 a.m. – 01:45 p.m.

TAMIL BEST SPEAKER CONTEST 2017/2018 - Final Results

Congratulations

Grade 1

Winner : Kashaini Mahendran (1F)
1st Runner up : Viboosha Mayooran (1G)
2nd Runner up : Midhuvanarshan Thulasidaran (1H)

Grade 2

Winner : Jasswanth Gobinath (2E)
1st Runner up : Thashvin Sai Vijayakumar (2B)
2nd Runner up : Rishikesh Niruban (2B)

Grade 3

Winner : Kaneesha Sivakumar (3E)
1st Runner up : Thanvi Ambihai Balan (3C)
2nd Runner up : Subiksha Sathiendran (3E)

Grade 4

Winner : Abinavan Subaruban
1st Runner up : Thakshaya Yasodaran
2nd Runner up : Aabhishek Suresh

Grade 5

Winner : Harthishni Thanabalasundaram (5B)
1st Runner up : Nitharsha Sathiendran (5B)
2nd Runner up : Prajna Hariharan (5E)

Grade 6

Winner : Swarshitha Ravishankar
: Thilaxshan Thayabharen
1st Runner up : Limesh Yogarajah
2nd Runner up : Shaniya Rizwi

Grade 7

Winner : Tharunnisha Dhayalan
1st Runner up : Karunyan Ponkovan
2nd Runner up : Swashtika Gobinath

Grade 8

Winner : Karunayan Ambihai Balan
1st Runner up : Dinanjanan Ravindran
2nd Runner up : Kishok Jayaseelan

Grade 9

Winner : Abeshanath Balasubramaniam
1st Runner up : Abdulla Sherifu
2nd Runner up : Thushika Sivapalan

Senior

Winner : Umeshaa Sivakumar
1st Runner up : Abirami Thanabalasundaram
2nd Runner up : Leena Yogarajah

Achievements



Congratulations



CHAMPIONS

**INTER INTERNATIONAL SCHOOLS
UNDER 17 BASKETBALL TOURNAMENTS -
2017**

Organised by
Colombo International School - Colombo



Arshad Rafeek (12 Com B) - **Most valuable player**
Mohomad Indisham –(12 Com B) - **Best offensive player**
Muizz Imran(10 Com A)
Ginura Gunaratna (12 Sci C)
Garuka Kalhara (11 Sci A)
Minal Wickramage (11 Sci C)
Dinith Ferdinando (11 Com A)
Sanjaan Gunaratna (10 Nat A)
Lashawn De Mel (11 Sci C)
Palinda Tennakoon (12 Sci B)
Linuka Goonetilleka (11 Sci C)
Kashmin Wijesekara (11 Sci D)
Shanil Panduwawela (10 Com A).

CHAMPIONS

**ALL ISLAND SCHOOLS UNDER 19- BOYS -
B'DIVISION BASKETBALL TOURNAMENT
2017**

Organised by
Srilanka School's Basketball Association



Arshad Rafeek (12 Com B) - **Most valuable player**
Sandeep Gunaratne (12 Nat A) - **Best offensive player**
Bilal Ashraff (11 Sci A)
Palinda Tennakoon (12 Sci B)
Lashawn Demel (11 Sci C)
Dinith Ferdinando (11 Com A)
Navina Weerasinghe (12 Sci C)
Ginura Gunaratne (12 Sci C)
Garuka Deabrew (11 Sci A)
Imadh Hussain (10 Com B)
Sanjaan Gunaratne (10 Nat A)
Indisham Naleem (12 Com B)

Important Notices

× Please note that all certificates and academic documents will have to be collected from the office **within one year** after your child has left school. The school will not be issuing these documents after the said period.



IMPORTANT

Please note that 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 receipts with a signature in the SRB.

**INTER INTERNATIONAL SCHOOLS UNDER
19 CRICKET TOURNAMENT 2017**

Organised by Gateway College - Colombo

Position : Runner Up



Names of participants :

Vihanga Abepitiya (12 Sc B) - Best Batsman

Akalanka Senevirathna	12 Nat. Com. B
Ravindu Rajarathna	12 Nat. Com. B
Tharinda Rajarathna	12 Nat. Com. B
Gamitha Pawan	10 Sc. E
Gayana Jayasekara	12 Nat. Com. B
Pasindu Mendis	10 Nat. C
Devmin De Alwis	12 Sc. D
Nisal Hettiarachchi	10 Nat. Ex. B
Nipuna Hettiarachchi	10 Nat. Ex. B
Pasindu Rajapaksha	12 Nat. Com. B
Chalindu Liyanage	12 Nat. Com. B

SCRABBLE

The prestigious world individual Scrabble Tournament hosted and organised annually by WESPA was held in Kuala Lumpur Malaysia from 27th to 29th November 2017. 176 players under 18 years from around the world took part. Hemaka Gunasekera our Head Prefect represented the ten Sri Lanka member team. They won the Best Country Team Award. 24 games of 50 minutes were played by each player, during the three days. Hemaka was placed 44th from 176 players.

**ATTN. O-LEVEL STUDENTS: CRITERIA FOR
A-LEVEL SELECTIONS**

The criteria for selection into the Pre A-Level classes (commencing in June 2018) is as follows:

- **Continuous good behavior.**
- **A Credit Pass (60 marks) or more** at the O-Level Semester Examinations in March-April 2018 for all **3 chosen A-Level subjects.**

The final decision for selection into Pre A-Level classes will be made by the Management (*refer page 14 and 15 of the SHB 1*), therefore please ensure to maintain very good behavior and apply yourself diligently and methodically in your work in order to perform successfully at the Semester Examinations.



**NATIONAL JUNIOR
GYMNASTIC CHAMPIONSHIP 2017**

Organised by

The National Gymnastic Association

Natashi Wijesuriya (6D)

Vaulting Table	1 st Place
Floor Exercises	4 th Place
Uneven Bar	6 th Place



**SRI LANKA JUNIOR
NATIONAL CHESS
CHAMPIONSHIP 2017**

Organised by The Chess Federation of Sri Lanka

Names of participants:

Lisara Kodithuwakku (8F) 2nd Runner Up



PARKING

Parents are kindly requested not to park vehicles on private roads near the school and especially not in front of gates.

DEAR STUDENTS,

Please note that correction fluid bottles (Tipex etc.) are not allowed within the school premises.

**PARENTS TO ACKNOWLEDGE THE
NEWSLETTER AND ALL NOTICES**

Please note that all notices sent via the SRB have to be acknowledged by the parent/guardian. Failure to do so will result in a black mark from Grade 4 to 12.

**ATTN. CAMBRIDGE & NATIONAL A-LEVEL &
O-LEVEL STUDENTS SITTING FOR EXAMS**

THIS YEAR :

Please ensure to have your **examination fees** and **proof of identity (mentioned below)** ready by **22nd January 2018:**

- **Cambridge and National O-Level Students – National ID Card / Postal ID Card / Passport***
- **Cambridge and National A-Level Students – National ID Card / Passport***

***Please ensure that the Passport is valid through to**

December 2018

CHANGE OF VENUE FROM KALONICE COURTS AT SHANTHI MAWATHA TO OTHER VENUS

We regret to inform you that although we had told parents not to drop their kids and pick their kids up from Shanthi Mawatha (Kalonice Courts) and also not to park along Shanthi Mawatha some parents have not adhered to the ruling given by the school and now we are unable to conduct practices at the Kalonice Courts. Therefore the practices hereafter will be conducted at the school courts and outside venues.

Table Tennis : 9 National A classroom
Basketball : School Court
Badminton : Venue not confirmed

Lyceum – Nugegoda Vs.

Lyceum – Panadura Build-up Event

A Build-up event leading to the Big Match was organized by Lyceum – Panadura on the 08th December 2017 at the Lyceum – Panadura Premises. Alumni Netball, Alumni Boys Basketball, and Present Boys Basketball teams competed against the two schools. Lyceum – Nugegoda managed to seize victories in all the three matches against the Panadura teams.



“A Helping Hand for the Senior Citizens”



The rangers (Senior Guides) of Lyceum International School, lent a helping hand as a service to the elders of ‘H.P Gooneratne Elders Day Centre’, governed by the ‘Help Age’ Sri Lanka.

– Rangers of Lyceum International School –



ISAC 2018 - International Schools' Athletic Championships

The 18th ISAC will be held on the 23rd, 24th and 25th of February 2018 at the Mahinda Rajapaksha Stadium, Diyagama. It will be hosted by Lyceum International School Nugegoda for the 9th time. More than 2000 athletes will participate with 300 AAA officials and over 20,000 spectators. The ISAC is now fully computerised with real-time web based entries to instantly access results and scores over the Internet via the ISAC website <http://isac.lyceum.lk> which was developed and designed by the department of information technology of Lyceum International Schools. Sponsors are welcome. Please contact Dr. Azfa Rafeeq - Deputy Chairperson - ISAC on 28222387.

Thank you.

Mrs. Kumari Gero
Chairperson ISAC

“LISN Rangers Certificated by the National St. John Association of Sri Lanka”



The Rangers (Senior Guides) of Lyceum International School Nugegoda, successfully completed their star test and their certificate test with the ‘National St. John Association of Sri Lanka (Governing body of the St. John Ambulance Association of Sri Lanka) on 4th & 7th December 2017 in school premises, 11 of our Rangers received a valid certificate from this Prestigious Association after facing the final examination scheduled in this session.

– Rangers of Lyceum International School –

GENERAL STUDIES

(two questions will be asked from the following paragraph)

The complete Royal Dynasty of Sri Lanka is documented in a number of historical documents with the primary document being the Mahawamsa (The Great Chronicle of Sri Lanka). The Mahavamsa was written by the Venerable Thero. Mahanama in the 6th Century AD.

AN INCUBATOR TO MAHIYANGANAYA BASE HOSPITAL



As a part of the project 5T, the senior prefects guild (2016/17) of Lyceum International School Nugegoda extended their helping hand to Mahiyanganaya Base Hospital where they identified the necessity of an incubator.



Mahiyanganaya is an under-privileged area where a lot of premature deliveries take place. Following the immense success of the carnival 'AUXILIUM', our prefects guild purchased and donated the incubator worth Rs.775,000.00. It was officially handed over to the grateful hospital staff recently. The attached photographs show the first baby who was placed in the incubator donated by our prefects. It was a great initiative taken towards serving the community and we would like to congratulate them on their success.

COMPULSORY DRESS CODE DETAILS

Boys : A white sleeveless vest (not high necked) must be worn underneath the shirt by all students.

Girls : White underskirts or white long shorts (1" shorter than the uniform) must be worn underneath the school uniform. Black tights are not allowed.

GENERAL STUDIES

(two questions will be asked from the following paragraph)

Sri Lankan Royal Dynasty (line of Kings of Sri Lanka) is probably the longest Royal Dynasty in the world which survived since 543BC (over 2350 years) upto 1815 until the capture of the last Kandyan King Sri Wickrama Rajasinghe by the British invading forces.

"Rangers' Investiture Ceremony"

In the Investiture Ceremony which was held on 9th November 2017, 12 new Rangers (Senior Guides) belonging to the 61st Sri Jayawardhanapura were invested at Lyceum International School Nugegoda. Mrs. Mala Wijepala – Commissioner of Rangers and Prime Minister Award, Ms. Harshani Perera – Provincial Commissioner – Western Province, members of the management Ms. Dulka Mendis, Ms. Dinusha Ranasinghe, Mr. Kasun Dissanayake and Departmental Heads were the special invitees for this occasion. The welcome speech was given by the Former President of Senior Guide Company Dhananjani Giritharan (12 Com A) and the Vote of Thanks was given by the Present Senior Guider Leader Benali Gunawardena (11Sc.A). A special Thanks given to all those who graced this occasion and Captain Mrs. Gangani Gunawardena

CHRISTMAS IS THE TIME OF GIVING AND SHARING

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most."

Ruth Carter Stapleton



Last December, Lyceum-Nugegoda took the initiative to donate gift hampers to cancer survivors at their annual Christmas party with the assistance of the Sri Lanka Cancer Society, Colombo 7.

The students of grade 3, 4 and 5 donated eleven different dry rations and basic necessities such as milk powder, sugar, dhal, green gram, flour, soap, etc., which were included in a gift hamper for the cancer survivors.

We would like to thank all students and parents of Grade 3, 4 and 5 for their generous contribution and support towards this worthy cause.

Why do some students need extra guidance?

- Language barrier.
- Spending too much time on electronic media.
- Not revising daily.
- Postponing study time / homework.
- Sitting to revise but not focusing on what has to be done.
- Lack of parental supervision.
- Poor time management in student or parent.
- Do not discourage the use of Sinhala as it is the mother tongue and is essential for cognitive and social-cultural development.

Congratulations

Mrs. F. Jaaiza Sheriff, our Teacher has been promoted to Zonal Commissioner of Sri Jayawardhanapura Zone.

Raising A Child To Be Healthy And Happy

By Zyana Morris

Every parent wants their children to grow up to find health, happiness and success in their lives.

Teach your child to be grateful:

Help your child appreciate all the things in life, irrespective of how big or small they are. You can express your gratitude when you are playing with your child in the park, watching the sunset, enjoying the beauty of nature. You can also encourage your child to maintain a diary in which to note down every night two to three things to be thankful for, before going to sleep.

Your child will grow up to be more connected with the world around him/her, interested and enthusiastic. With time, they will realize how blessed they are and will grow up to be responsible and caring.

Listen to your child:

Give them your undivided attention when they want to talk to you. When your child comes to you complaining about something, don't tell them to stop criticizing or to stop talking negatively, instead hear them out so that they do not keep their emotions bottled inside them. When parents acknowledge their feelings, children feel their parents understand them. Such children grow up to be communicative, happier and emotionally stable.

Create Routines and Family Rituals:

Instilling daily routines and family rituals develops a sense of security and strengthens family values and helps the child to be more socially fit and increases their productivity.

Have at least one meal together daily

Eat healthy food at regular intervals

Set bed and bath times

Go for evening walks together whenever possible

Play board games

Plan vacations

Have regular family meetings to discuss problems and their solutions.

Tell your children about your struggles, achievements, illnesses and your family history.

Such activities reinforce the importance of family and relationships, increase their self-esteem, and teach them to be responsible individuals. Your child's health will also improve as they maintain habits like brushing their teeth, washing their hands and sleeping on time and will grow into healthy adults.

Encourage physical activity and a healthy body image:

Exercising, just running around, not only makes your child healthy and fit, but also happy. It encourages the release of endorphins that triggers cheerful feelings. As children grow up, they need to feel good about the way they look and that will come from having a healthy body image. This will develop their self-esteem.

Exercise as a family

Focus less on your child's appearance, and more on their skills and character development. Encourage them to focus on the health benefits of exercise, and not how it will affect their appearance. Don't comment or pass judgments based on physical appearance.

Teach your child that inner beauty comes from feeling good about yourself and not necessarily from physical beauty that is usually exhibited in media (which usually has a great impact on kids).

Make a Timetable/Schedule for your child:

See that your child gets enough sleep, limit their T.V. time and encourage unstructured playtime. A child that does not get enough sleep is likely to be

Moody-less able to manage emotions

Less creative

Depressed

Less focused-which may affect grades

Children who watch too much television tend to be obese, less creative and unhappy. Instead, encourage them to play an outdoor/indoor sport that they enjoy like playing basketball, table tennis or ballet dancing, or just riding the bicycle or playing football. This will also have a positive effect on their academic performance as they will be more active-both physically and mentally.

Teach your child to be positive and cope with their emotions:

Your child should understand that it's alright to

Be sad/upset sometimes.

Not win a trophy or an award every time.

Let them vent their emotions, later you can explain to them that all feelings are acceptable but not all behaviors. Acknowledge their achievements and encourage them to think positively even if they don't win or are wrong sometimes. They will develop patience, persistence and discipline when they learn from their mistakes, and be more emotionally stable as a result.

Set reasonable boundaries, allow them to make choices and do not over indulge your child:

Parents should explain the logic behind the rules they set to their children and neither be too demanding or too lenient. If you set too high standards that the child cannot meet, he/she may feel ashamed, start undermining themselves and develop personality disorders. Over indulging your child leads to teens that are cynical and bored.

Let the child make decisions-what to wear, what to eat, where to go. This way the child will be more disciplined, happy and be able to make wiser decisions in the future.

Finally, be a role model, love your child unconditionally and know your child – each one has their own weaknesses and strengths so guide them accordingly.

OUTSTANDING CAMBRIDGE LEARNER AWARDS – 2017

LYCEUM INTERNATIONAL SCHOOL – NUGEGODA

TOP IN THE WORLD

Ordinary Level



Sachin Kaluarachchi
Additional Mathematics

TOP IN THE COUNTRY

Advanced Level



Lakindu Bandara Dissanayake
Chemistry

Ordinary Level



Inuja Aluwihare
Mathematics



Sachin Kaluarachchi
Physics

EIGHT A*

Ordinary Level



Sachin Kaluarachchi

SEVEN A*

Ordinary Level



Ravinthie Dharmapriya



Manusha Galappaththi



Vimuth Mendis

FOUR OR MORE A*

Advanced Level



Lakindu Bandara Dissanayake

THREE A*

Advanced Level



K. Tamalya Belgaswatta



Minindu Jayasekera



Ansaif Mohamed Arshad

BEST ACROSS AWARDS

BEST ACROSS EIGHT

Ordinary Level



Sachin Kaluarachchi
First place

BEST ACROSS SEVEN

Ordinary Level



Vimuth Mendis
First place

BEST ACROSS THREE

Advanced Level



Inuja Aluwihare
First place



Isuru Saparamadu
Third place



Bahula Perera



Isuru Saparamadu



Saad Subhan



Damindu Siriwardana



Inuja Aluwihare



Ameer Ramey

CONGRATULATIONS! WE ARE PROUD OF YOU!

Total number of Awards:

- Lyceum Nugegoda - 22 (including one Top in the world award)
- Lyceum Wattala - 11
- Lyceum Panadura - 9
- Lyceum Gampaha - 8
- Lyceum Ratnapura - 3 (including one Top in the world award)