



The Lyceumer

NUGEGODA (LN-260)

JUNE 2017

LYCEUM NUGEGODA MANAGEMENT

Founder : Mr. Mohan Lal Grero

**Coordinating Principal/
Principal** } : Mrs. Kumari Grero

Director : Mr. Nikitha Grero

Deputy Principals : Mrs. Dulka Mendis

: Mr. Vijith Fernando

: Dr. Azfa Rafeeq

Warden : Mr. Dayan Fernando

Assistant Deputy Principals/Sectional Heads :-

(Nursery to Grade 2) : Mrs. Nilanthri Perera

(Grade 3 to 5) : Mrs. Dinusha Ranasinghe

(Grade 6 to 8) : Mr. Kasun Dissanayake

(Cambridge OL & AL) : Ms. Ishani Abeywardhane

(National OL & AL) : Mr. Iresh Ravindra

DEAR PARENTS,

Please note that its compulsory to write the email address in the SRB.

Lyceum Little Friends "CONNECT"

The Little Friends of Lyceum International School Nugegoda organised a photo shoot to celebrate 100 years of Girl Guides in Sri Lanka under the theme "CONNECT".

100 Little Friends posed for the photo in the school garden.

The event was graced by our Principal, Mrs. Kumari Grero and our Director, Mr. Nikitha Grero, who also participated.



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.

WORDS OF WISDOM
FROM OUR FOUNDER,
MR. MOHAN LAL GRERO



MOTHER'S DAY EVERYDAY

"A mother's happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories."

Honore de Balzac

So, Sunday the 14th of May was Mother's Day. I believe many of you celebrated it by giving your mother a card, a present or a monster hug. I'm sure it didn't matter to her what it was, she would have been thrilled just by your thoughtfulness. Mothers are like that. They put others' needs over their own.

However, sometimes, we take them for granted. We don't realise the importance of everything that they do for us. At other times, we do notice, but we forget to tell them.

Similarly, society does not recognise the economic value of the role of a mother just as it does not realise the economic value of a homemaker. But mothers are as important as CEOs, directors or engineers. Think about the tasks they juggle, the multitude of roles they play (nurse, teacher, housekeeper, driver, event planner, accountant, cook, etc.) and think about the hours they put in, working even on holidays and not taking sick leave. In fact, if mothers were to be monetarily compensated for all the work that they do, they would earn a higher salary than the CEO of a large company.

It's nice that we have a special day to celebrate mothers but I think we should celebrate our mothers everyday (Fathers too, but let me leave that thought for Father's Day). Not by buying or making things or going out somewhere to celebrate. There are better ways to let your mom know that you appreciate her: listen to her, help her out by doing some chores around the house and tell her how much you appreciate the things she does for you.


Do you complain that your mom worries too much about you? Well worrying is something that comes with the responsibility of being a mom. Why? Well, you are the most precious thing to her. She may not say it in words and she may not show it all the time, but you are. So go ahead tell her how much she means to you, right now.

Hearty *Congratulations!*



Dates for your Diary

JULY 2017

CONGRATULATIONS!
**SOUTH ASIAN JUNIOR
 TABLE TENNIS CHAMPIONSHIP
 19TH - 21ST MAY 2017**



**DEWMITH
 WEERASENA**

**WILL REPRESENT
 SRI LANKA
 AT SAJTTC IN THE UNDER 15 CATEGORY**

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.
1/7	Annual cricket big match
3/7	Paper discussion - Grade 12N
	Concert rehearsal - PG Art & Craft Exhibition - Grade 6, 7 & 8
4/7	Paper discussion - Grade 12N
	Concert - Nursery
5/7	Finalising marks & reports (holiday for Grade 12N)
	Kite festival (Grades 1 to 5)
6/7	School closes for Grade 12N
8/7	Holiday - Esala Poya Day
10/7	Art & Craft Exhibition - Grade 1 & 2
11/7	Concert - Pre grade (Day 1)
12/7	Concert - Pre grade (Day 2)
15/7	Inter-House Cricket Tournament
16/7	Inter-House Cricket Tournament
18/7	Second Semester Examination - Grade 9N, 10N
19/7	Second Semester Examination - Grade 9, 10N, 11N
20/7	Second Semester Examination - Grade 6 to 9, 10N & 11
21/7	Second Semester Examination - Grade 1 to 9, 10N & 11
24/7	Second Semester Examination - Grade 1 to 9, 10N & 11
25/7	Second Semester Examination - Grade 1 to 9, 10N & 11
26/7	Second Semester Examination - Grade 1 to 9, 10N & 11
	Staff Meeting
27/7	Test paper corrections - Grade 1 to 11 (holiday for Grade 1 to 11 students)
	Inter-House Basketball Tournament
	Graduation - Grade 4
28/7	Test paper corrections - Grade 1 to 11 (holiday for Grade 1 to 11 students)
	Inter-House Basketball Tournament
	Graduation - Grade 5
31/7	Graduation - Grade 1
	Test paper corrections - Grade 11 (holiday for Grade 11 students)
	Paper discussion - Grades 1 to 10

**JUNIOR NATIONAL ATHLETICS
 CHAMPIONSHIPS - 2017**

Organised by
 The Athletics Association of Sri Lanka
RESULTS

Under 18 Girls

Anjali Ranaweera (12 Sc. C) - Javelin Throw - **2nd Place**
 Nisini Premasara (11 Sc. B) - Shot Put - **3rd Place**

Under 18 Boys

Ginura Gunaratna (11 Sc. C) - Shot Put - **3rd Place**

Under 20 Girls

Romeshi Ishara (10 Nat B) - 400m - **4th Place**
**(Selected for the National
 Athletics Junior pool)**

Congratulations Siluni!

Siluni Walakularachchige of Lyceum Nugegoda got through her Grade Two Abacus Computation and Mental Calculation Examination with a Credit pass and graduated in UCMAS, Malaysia. UCMAS is a unique and scientifically-proven mental development programme designed for children to develop their latent mental power at a very early age when brain development is reaching its peak. This UCMAS graduation programme 2017 was held at Help College of Arts and Technology, Kuala Lumpur, Malaysia. Two students from Sri Lanka participated and Siluni is the first ever Sri Lankan to achieve this success. We are very proud of you Siluni and we wish you all the very best in your future endeavours!



Hearty



17TH INTERNATIONAL SCHOOLS ATHLETIC CHAMPIONSHIP - 2017

Organised by Lyceum International School - Nugegoda

Position : Overall 3rd Place

Names of the participants:

Under 07 Girls

Lihansa Alvitigala 40m 2nd Place

Under 07 Boys

Rajana Jayarathne 40m 1st Place

Under 09 Girls

Siluni Wijesinghe 60m 3rd Place

Under 11 Girls

Nisini Samarasekara 80m 2nd Place

High Jump 2nd Place

Nelini Samarasekara High Jump 3rd Place

Under 13 Girls

Shanella Senevirathne 100m 3rd Place

200m 2nd Place

Manuli Gamage Long Jump 3rd Place

Under 13 Boys

Methika Wickramasekara High Jump 2nd Place

Under 15 Girls

Rashmi Sudasinghe 200m 2nd Place

Dulyana Suludagoda 100m 3rd Place

200m 3rd Place

Saneli De Silva Long Jump 2nd Place

Ranindhi Lisara Long Jump 3rd Place

Rashmi Goonawardena Javelin Throw 1st Place

Lavanya Wijegunathilake Shot Put 4th Place

Under 15 Boys

Sanuga Arambewela Javelin Throw 3rd Place

Discus Throw 3rd Place

Shot Put 2nd Place

Under 17 Girls

Kraniya Kumaraswami 800m 2nd Place

Binadi Diddeniya High Jump 1st Place

Sauni Malavige High Jump 3rd Place

Nisini Premasara Shot Put 1st Place

JUNIOR CHEF COMPETITION 2017

The Life Competency Department of Lyceum International School, Nugegoda cordially invites you to the Junior Chef Competition 2017.

Date : 7th June (Wednesday) 2017

Time : 2.30 p.m. - 5.00 p.m.

Venue : Bellerophon Hall

Under 17 Boys

Kavindu Bandara 100m 1st Place

200m 1st Place

Samith Lakshitha 400m 2nd Place

Kavindu Hettiarachchi 400m 1st Place

800m 2nd Place

Shenuk Kavinga Perera 800m 3rd Place

Navindu Perera High Jump 3rd Place

Gavishka Senevirathne Long Jump 1st Place

Ginura Gunarathne Discus Throw 1st Place

Shot Put 1st Place

Under 19 Girls

Romeshi Ishara 100m 3rd Place

200m 3rd Place

Vihara Polwatte 800m 3rd Place

1500m 1st place

Anjali Ranaweera Discus Throw 1st Place

Javelin Throw 1st Place

Shot Put 2nd Place

Thilini Weerawarna Discus Throw 3rd Place

Sandali Thalahitiyage Javelin Throw 3rd Place

Under 19 Boys

M. Hamzan Arus 100m 2nd Place

200m 3rd Place

400m 1st Place

N.M.R. Ishan Makalanda 100m 3rd Place

400m 2nd Place

110m Hurdles 3rd Place

Samindra Banu 800m 3rd Place

Stephan Ramasamy 1500m 3rd Place

Kavinda Rajarathne Shot Put 3rd Place

M. Yadurshan Javelin Throw 2nd Place

Under 20 Girls

K. Bawadarani 400m 3rd Place

1500m 1st Place

Under 20 Boys

Isuru Bandara 400m 2nd Place

800m 3rd Place

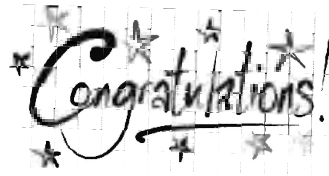
1500m 3rd Place

Akalanka Senevirathne Javelin Throw 3rd Place

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.

Hearty



Team Events

Under 09 Girls

Sithuki Perera	4X50m Relay	3 rd Place
Nethmi Ranasinghe	4X50m Relay	3 rd Place
Heli Dihansa	4X50m Relay	3 rd Place
Siluni Wijesinghe	4X50m Relay	3 rd Place

Under 11 Girls

Nisini Samarasekara	4X50m Relay	2 nd Place
Nelini Samarasekara	4X50m Relay	2 nd Place
Navithma Bulathsinhala	4X50m Relay	2 nd Place
Omalmi Jayasooriya	4X50m Relay	2 nd Place

Under 13 Girls

Natashi Wijesooriya	4X100m Relay	2 nd Place
Tashya Perera	4X100m Relay	2 nd Place
Shanella Senevirathne	4X100m Relay	2 nd Place
Manuli Gamage	4X100m Relay	2 nd Place
Natashi Wijesooriya	4X200m Relay	3 rd Place
Tashya Perera	4X200m Relay	3 rd Place
Shanella Senevirathne	4X200m Relay	3 rd Place
Manuli Gamage	4X200m Relay	3 rd Place

Under 13 Boys

Stephan Jacob	4X100m Relay	3 rd Place
Dihen Jayakody	4X100m Relay	3 rd Place
Sandith Rathnayake	4X100m Relay	3 rd Place
Sehandu Kurukularathne	4X100m Relay	3 rd Place

Under 15 Girls

Rashmi Sudasinghe	4X100m Relay	2 nd Place
Dulyana Suludagoda	4X100m Relay	2 nd Place
Saneli De Silva	4X100m Relay	2 nd Place
Ranindhi Lisara	4X100m Relay	2 nd Place
Rashmi Sudasinghe	4X200m Relay	1 st Place
Dulyana Suludagoda	4X200m Relay	1 st Place
Saneli De Silva	4X200m Relay	1 st Place
Ranindhi Lisara	4X200m Relay	1 st Place

Under 15 Boys

Pasindu Gunawardena	4X100m Relay	3 rd Place
Nithika Dias	4X100m Relay	3 rd Place
Chelaka Wijesekara	4X100m Relay	3 rd Place
Ranith Wijewardena	4X100m Relay	3 rd Place

HOBBIES ARE VERY IMPORTANT

Please encourage your child to engage in a hobby during their free time. ie. collecting stamps, coins, having a pet, etc.

Under 17 Boys

Kavindu Bandara	4X100m Relay	1 st Place
Samith Lakshitha	4X100m Relay	1 st Place
Gavishka Senevirathne	4X100m Relay	1 st Place
Sandul Karunarathne	4X100m Relay	1 st Place
Kavindu Bandara	4X400m Relay	1 st Place
Samith Lakshitha	4X400m Relay	1 st Place
Kavindu Hettiarachchi	4X400m Relay	1 st Place
Shenuk Kavinga Perera	4X400m Relay	1 st Place

Under 19 Girls

Nethmini Silva	4X100m Relay	3 rd Place
Romeshi Ishara	4X100m Relay	3 rd Place
Nimmi Kosgollage	4X100m Relay	3 rd Place
Vihara Polwatte	4X100m Relay	3 rd Place
Nethmini Silva	4X400m Relay	3 rd Place
Romeshi Ishara	4X400m Relay	3 rd Place
Nimmi Kosgollage	4X400m Relay	3 rd Place
Vihara Polwatte	4X400m Relay	3 rd Place

Under 19 Boys

M. Hamzan Arus	4X100m Relay	2 nd Place
Ishan Makalanda	4X100m Relay	2 nd Place
Sahran Buhary	4X100m Relay	2 nd Place
Samindra Banu	4X100m Relay	2 nd Place
M. Hamzan Arus	4X400m Relay	2 nd Place
Ishan Makalanda	4X400m Relay	2 nd Place
Sahran Buhary	4X400m Relay	2 nd Place
Samindra Banu	4X400m Relay	2 nd Place

Under 20 Boys

Chathuranga Buddhika	4X400m Relay	3 rd Place
Isuru Bandara	4X400m Relay	3 rd Place
Akalanka Senevirathne	4X400m Relay	3 rd Place
Calvin Joseph	4X400m Relay	3 rd Place

Special Awards

*** Under 17 Boys Champions**

Ginura Gunarathne	11 Sc C
Kavindu Bandara	9 Nat B

CONGRATULATIONS!

'Maha Eliyata Giya Gamanak', a book written by Shania Rizwi of Grade 5D was launched on 27th January 2017. Her book is about the beauty and biodiversity of The Horton Plains. We wish her all the best in her future endeavours!



Hearty Congratulations!

Well Done Lyceumers!

The Under 11 and Under 13 boys of Lyceum International School Nugegoda excel at the All Island Inter School Team Chess Championship 2017 organised by the Sri Lanka Schools' Chess Association.

The following participants of the Under 11 Boys' team were awarded the 5th place.

Mesanda Gamage
Rashein Perera
Thisaga Hewawasam
Senethu Liyanahewage
Arkam Rahuman
Sasandu Dissanayake
Thevindu Nagasinghe



Under 11 Boys team

The following participants of the Under 13 Boys' team were awarded the 6th place.

Lisara Kodithuwakku
Sadev Jayawardena
Manith Liyanage
Sethmika Hemachandra
Sethum Weerasinghe
Tharin Wijeratne
Isum Weerasinghe



Under 13 Boys team

“SRI LANKA GIRL GUIDES KEEPING TRADITIONS ALIVE”

For the centenary celebration of the SLGGA, many events have been lined up in order to provide opportunities to girl guides of all nine provinces to meet up, enhance their personal growth and to help society at large. One such event was “Aththammage Kusalatha Tharagaya” which was held on April 29th 2017 at the Polhena Walawwa in Rathambale, where they took part in many competitions. The Guides were exposed to various Sri Lankan traditions such as pounding paddy, making Kokis, Modhaham, watalappan, drawing rangoli, etc. The day was marked not just to commemorate the services of those who came before but also to celebrate the SLGGA’s most illustrious Girl Guide, late Hon. Sirimavo Bandaranaike, former Prime Minister of Sri Lanka.

Mrs. Chandrika Bandaranaike Kumaratunga, former President of Sri Lanka and the Chairperson of the Office for National Unity and Reconciliation was the Chief Guest.



Lyceum International School Nugegoda Girl Guides, Yadusha Isuri and Little friend Limansa, welcoming the Chief Guest.

DEAR PARENTS,

Please visit the Lyceum website on www.lyceum.lk to be updated on immediate/urgent decisions made by the management.

LYCEUM HOTLINE

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

Hearty *Congratulations!*

CONGRATULATIONS!

10TH SRI LANKA SCHOOLS AQUATIC SPORTS
NOVICES SWIMMING CHAMPIONSHIPS & SRI LANKA
SPORTS UNION NOVICES SWIMMING CHAMPIONSHIPS



Standing Left to Right

Akoin De Silva, Binura Talagala, Bimsara Galappaththy, Nithila Virun, Kethaki Wijayasuriya, Lihansa Wimalaratne, Minagi Ranasinghe, Dulni Marambage, Thisas Himanjith, Yunus Aadil, Dison Wijeratne, Chanulka Panadura,

Seated Left to Right

Chenul Dullawa, Ramithu Gunasekara, Senuth Wimalaratne, Dinali Galappaththy, Umeja Ranasinghe, Inara Lokuge, Thenuk Wijesuriya, Gawditha Aagiliyago & Shewan Abeysinghe



Chanulka Panadura
Under 11 Boys Champion



Kethaki Wijayasuriya
Under 11 Girls Champion

Champion Swimmers

Under 11 Boys - Chanulka Panadura & Under 11 Girls - Kethaki Wijayasuriya

LYCEUM HELPS THE ENVIRONMENT

LET'S RECYCLE PAPER & CARDBOARD @ LISN – Join Us!!!

Dear parents,

Please join us in helping Sri Lanka become an environmentally friendly country. Let's unite in this drive to recycle used (clean) paper and cardboard. Be an example to your children and teach them the importance of preserving Mother Nature for the generations to come.

We, at LIS Nugegoda, will be collecting old paper and cardboard that can be recycled and use the money that is collected from selling this for the welfare of our society.

Date : Every Saturday

Location : LIS Nugegoda, Gate 2

Time : 8.00 a.m to 12.00 noon

Please drop off your old newspapers, cardboard and other clean paper that you no longer use and is gathering dust at home and be a part of this worthy cause.

Recycle = Cut Less Trees = More Fresh Air = Less Illnesses = More Joy



GRADE 3 CLASSES IN THE KOHUWALA PREMISES

Dear parents, there will be two Grade 3 classes at the Lyceum-Kohuwala premises from September 2017, due to the limited space at the Lyceum Nugegoda premises. Parents who wish to have their children in those two classes may send a request letter to the Registrar. Please handover your request letters to the Reception at the main school before 20th June 2017. The requests will be considered on a first-come, first-served basis. However, classes at the Nugegoda premises will be assigned according to Lyceum policies. Therefore, please refrain from requesting that your child be assigned a specific class at Nugegoda.

PROJECT 5T - PLANET EARTH

- A Project by the Senior Prefects of 2016/2017 -

5 OBJECTIVES:

1. R. I. P. PLANET EARTH - To Restore, Innovate and Protect Mother Earth.
2. The HANDS incentive - To Help And Negotiate to Develop Sustainability in places such as orphanages, elders homes and rural schools.
3. SLOTS are a problem... To alleviate Sri Lanka's Obstacles To finding Health Solutions.
4. My Community - To help a rural village in any way possible.
5. WIKD is good - To provide clean drinking Water as Immunity to Kidney Disease.

10 Sub projects

		Project cost (Rs)
1. To build a Dharma Salava in Sri Sumangalaramaya, Konkotanmulla.	Body	109,800/-
	Roof	650,000/-
2. Water purification for a dry zone village	Filters	250,000/-
	Water Tank	15,000/-
3. Incubator / Heart monitor		750,000/-
4. Medical items for D. S. Thalagama hospital		200,000/-
5. Renovating the Supem Nivasa Orphanage in Gangodawila		100,000/-
6. Gift packs for the children of the Maharagama Cancer Hospital		76,000/-
7. An elevator for the Maharagama Cancer Hospital		350,000/-
8. Poster Competition		-
9. Cleaning a polluted place		-
10. Book drive for an orphanage		-
	Total	2,500,800/-

JOIN HANDS WITH US IN OUR 5T FOR GOOD

- All generous donations are accepted by Mr. Dilshan in the Office.
- Movies are shown every Tuesday and Thursday just for Rs. 100/=.
- Till boxes will be placed in the school premises.
- Donate via:
 - * Bank account : Lyceum International School (Pvt) Ltd.
 - * Bank Account Number : 012000206852001
 - * Deposit details : 'For project 5t'

If a deposit is made, please send a photograph of the bank deposit slip via Viber / WhatsApp to Ms. Sujini - 0777331849 with your name and address, else deposit may not be recognized.

COMING UP:

- 'Carpe Diem', an Inter School Talent Competition
- 'Auxilium', a Nursery to Grade 6 Carnival and much more.

Keep your eyes wide open - along with your hearts.

DEAR PARENTS,

Please note that from the new academic year onwards, all meetings which are mentioned as compulsory will carry marks which will be included in the child's report. Ex: Parent-Teacher Meetings, Principal's meetings, etc.

DEAR PARENTS,

We would appreciate if you could settle any overdues on school fees on or before 14th July 2017.

Please note that your child will not be promoted to the next class and the Progress Reports too would not be issued if fees are not paid on the due date.

You are requested to produce the bank pay-in-slip to the Accounts Officer immediately after payment.

Thank you.

Coordinating Principal

IMPORTANT

Parents of all Lyceum International School children can forward any complaints / suggestions / comments on our Hotline to 0773483066 (via text messages / WhatsApp only).

Mobile phones, once confiscated from students, will not be returned.

Please note that radios, tape recorders, walkmans, cameras, toys, laser pointers, video cameras, mobile phones, ipods, tablets (eg. ipad), or any other similar electronic devices are

strictly prohibited in the school premises, during any school excursion, school concerts or any other school activity. This rule applies to all students regardless of them being dressed in school uniform or other attire (formal or informal).

Parents are requested to discourage their children from going to parties, dances, discotheques, etc. It is strongly believed that smoking, the consumption of liquor and drugs, the starting of love affairs, unruly behaviour and the wearing of revealing clothes begin at such events. If any parent / student receives information of such an event and that students of Lyceum International School will be attending it, the school authorities should be informed immediately.

(Please refer SHB1 page nos. 59, 64)

There are many simple things you can do to help save planet Earth.

World Environment Day – June 5th

With the support of your friends and family, team up together and work towards protecting our environment before it's too late.

#1 – Slow Down Climate Change!

Ask your parents to help you plant a tree. Trees and plants help absorb the carbon dioxide in the Earth's atmosphere.

#2 – Save Earth's Natural Resources!

Save electricity. To help save the environment there are many easy ways to use less electricity. The simplest thing is to remember to turn the lights and fans off when you leave a room. Also, unplug all electrical appliances after use; it saves a lot of energy throughout the day. Even if you're not using it, leaving something plugged in takes up energy.

Save water. Something as simple as closing the tap while brushing your teeth makes a big difference. You can also shorten your shower by a minute to save up to 150 gallons of water a month! By just doing those two things you are making a huge contribution to save Mother Earth! Another great way to save water is by turning off the running water while you lather your hands with soap and then turning it back on to rinse your hands. And make sure to tighten any taps that are dripping water.

#3 – Stop Using Plastic!

Get re-usable water bottles for yourself and your family. There are so many types of water bottles available that you can re-use to help reduce plastic pollution.

Take re-usable bags to the grocery store. Remind your parents to take bags from home to the grocery store or supermarket! You can buy cloth bags from the grocery store or re-use the plastic ones you have at home. Also, when buying fruits and vegetables be careful of using too much plastic – save where you can.

Recycle any plastic bottles and bags you have at home. Do your part to keep plastic out of the oceans and off the land by recycling all the plastic in your home.

Pack a healthy homemade lunch in a reusable container. This keeps plastic wraps and packaging out of the garbage bins in school.

#4 – Reduce, Re-Use & Recycle!

Ask your parents to help you create a recycling programme at home. Work together with your family to decide what items can be recycled, such as newspaper, cans, glass and plastic bottles. Ask your parents to look into the recycling rules in your city and keep as much out of your garbage bins as possible. Ask yourself before you throw something – Can I re-use this?

Get involved with school recycling programmes. Participate in school recycling programmes and volunteer your services. Plan a garbage pick-up at your school and involve all your friends to clean up the area where you play.

Start a compost bin at your house. Ask your parents to help you start a compost system in your backyard for all your fruits, vegetable peelings and scraps. Composting is very useful because you can also use the compost to fertilise your own garden.

#5 – Respect Planet Earth!

Spend time in Nature. Instead of watching TV or playing indoors, why not go outside and play? There are many great things that you can do outside like sports, taking your dog for a walk, going to the beach or planning an outdoor game. You'll feel great playing out in the fresh air.

Keep your school and neighbourhood free of garbage. The more we keep our Earth clean the happier it will be. Do your part by making sure you don't leave your garbage lying around. Put it in the recycling or garbage bin where it belongs.



“Not all of us can do great things. But we can do small things with great love.”

- Mother Teresa