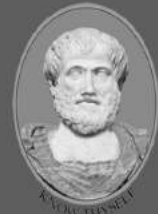


Lyceum Newsletter



LN - 233

Nugegoda

PLEASE NOTE THAT IMPORTANT NOTICES ARE IN EVERY NEWSLETTER. THEREFORE, IT IS COMPULSORY FOR EVERY PARENT AND STUDENT TO READ THE NEWSLETTER.

Wishing you a Happy Holiday



School will close on 7th August 2015 and re-open for students on 7th September 2015.

School will re-open for teachers as follows:

LN (Nur - Grade 2) - 31st August 2015.

LN (Grade 3-12) - 2nd September 2015

ORIENTATION DAYS 2015/2016

Nursery to Grade 2: Handing over books and stationery to the Class Teacher

Grade 3 to 12: Meeting the Class Teachers

3rd September 2015

Surnames beginning with	Time
A, B, C, D	7.45am – 9.45am
E, F, G, H	9.45am – 11.45am
I, J, K, L	11.45am – 1.45pm

4th September 2015

Surnames beginning with	Time
M, N, O, P	7.45am – 9.45am
Q, R, S	9.45am – 11.45am
T, U, V, W, X, Y, Z	11.45am – 1.45pm

Message from our Founder Mr. Mohan Lal Grero



As young children you must have dreams of doing a great job, possessing a university degree, or maybe owning your own car. As I have written many times before, you must always dream big and never settle for small things in life. Also help those around you as you walk this life's journey.

Josh was a young executive who managed to save enough money to buy a new car. One afternoon while he was driving, a brick sailed out from nowhere and smashed the side of his new car. He reversed the car to the spot and got out to find a small boy with tears running down his face standing by the side of the road. As angry as he was he managed to ask the youngster why he threw a brick. Sobbing the boy replied "It's my brother sir, the wheelchair toppled and he rolled off," he said. "Would you please help me get him back into his wheelchair? He is hurt and he's too heavy for me".

Moved beyond words, Josh helped the boy and attended to his needs. He watched them continue to go on their way. Josh never fixed the side door of his car, and kept the dent to remind him not to go through life so fast that someone has to throw a brick at him to get his attention. Be aware of the needs of those around you. As Mahatma Gandhi once said, "The best way to find yourself is to lose yourself in the service of others".

REMINDER

Present Grade 5 students (boys), please note that it is compulsory for you to wear long trousers in Grade 6 from September 2015.

From Grade 6 upwards, all boys should wear a black belt.

LAST DAY OF SCHOOL

Please note that on the last day of school of every term, parents will not be allowed to visit the school office, as we will be busy with internal matters of the school.



MESSAGE FROM OUR COORDINATING PRINCIPAL

Technology and Parenting



The present generation of millennials has grown up with technology. It has become commonplace for parents to give mobile phones, tablets and other personal electronic devices to children. The busy lifestyle of modern-day parents often sees them resorting to convenience over value. However, we must not blindly adapt to change. The decisions parents make regarding technology must be thought out and implemented carefully.

It is advisable to prevent your children from using phones while schooling. Set boundaries such as age and time restrictions for the use of computers. Children must be encouraged to spend time reading or playing a family board game.

Introduce them to a library. Make them feel proud that they own a library membership card. Let them see you borrowing and reading books too (you must practice what you preach).

Teach them that the real use of technology is to solve problems and that is better to be a creator than a consumer of technology. For example, use technology to create presentations and to do research for school assignments.

Limit the duration and content they watch. Research studies show that children continuously exposed to television from a young age develop shorter attention spans that lead to learning problems.

Technology provides many opportunities for distractions. Those who will succeed in the future will be the ones who learn to overcome this temptation. Give them educational games and puzzles oriented towards problem solving and those that require patience such as sculpting, painting and craft-making. Encourage them to play with friends and take them on family outings.

Creating a strong family culture with set rules and norms about the use of technology is important for the holistic development of children. Then, children will grow up to be informed and reflective citizens who can make wise decisions about their lives.

PARENT TEACHER DAY (Grade 3 to Grade 12)

Parent Teacher Days will be held on 10th and 11th August 2015. Parents can meet the class teachers and subject teachers on this day and collect their child's Semester Examination Report and subject papers from the respective subject teachers. The highly commended reports will be given to the students at the last day assembly.

Please follow the schedule given below.



	Surnames beginning with	Times to meet the teachers
10 th August 2015	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.
11 th August 2015	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.

We would appreciate it if you could note down your problems beforehand, as only 5 minutes will be allocated to you with the teacher. We request all parents to strictly follow the time allocated to avoid congestion. Also, please keep to the day and time allocated to you according to your surname.

If your child is in Grade 3 and above and is accompanying you, he / she will have to be dressed in the appropriate school uniform (including shoes and socks).

REAPING THE FRUITS OF A WELL ROUNDED EDUCATION

Here I am walking once again through the gates of my alma mater after two long years. Perhaps there is no other institution in this world as closely weaved to my life as Lyceum. Memories of those lovely school days cascade through my mind, where we learnt many life lessons. There is no better time to reflect on how Lyceum has empowered me to face the world with courage.

From the little world that I grew up inside Lyceum to studying in the bustling metropolis of London, may seem a bit too high a leap for any naive young man, but surprisingly the challenges that I faced were very easy to overcome owing to the skills and values and the proper grooming I gained at Lyceum.

I learnt to appreciate our cultural values, through the participation in a number of activities ranging from school concerts and playing the flute in orchestras to singing and speech competitions and drama. These skills gave me recognition, love and praise from the Sri Lankan community who were keen to know which school I studied in. Many who presumed that I was from a prestigious government boys' school in Colombo were left awe-struck!

Within a very small time, a number of opportunities opened up in arts and performing arts activities around the UK, I got the opportunity to play the flute for a couple of large scale charity concerts in London for well known Sri Lankan artistes visiting in the UK.

The competitiveness of the world outside is booming and academic qualifications constitute just one side of the balance for a successful future; it's not all about book knowledge. The world is hungry; hungry for people with the right talent, discipline, and the ability to adjust to diverse working conditions, just like a balanced diet with the right quantities of nutrients.

If you are looking for an education which is comprehensive yet precise, Lyceum is the one and only place, the institution I owe for almost every successful step I take today. As students of Lyceum, consider yourself to be an absolutely lucky bunch, for one day you will depart through the gates well armed to face the world. Be different, love and respect your school. As Ralph Waldo Emerson once said, "Do not go where a path may lead, go instead where there is no path and leave a trail." This can be your story.

Jeewantha Wickramasinghe, Lyceum Batch of 2010/2011
Final year student, Anglia Ruskin University, Cambridgeshire, UK

PHOTOGRAPH

The photograph pasted on the Student's Record Book should be a very recent photo of your child in school uniform (not more than 6 months old).

PUNCTUALITY IS A GOOD HABIT

Please ensure that your child comes to school before 7.30 a.m. Please leave home early enough to avoid usual traffic in order to avoid being marked 'late'.

JEWELLERY

Silver chains / black cords / jewellery, worn around the neck for various religious reasons should not be worn to school. Students will be asked to remove such items if noticed.

NOTICE

DENTAL CARE SCALING / POLISHING / GUM TREATMENT

Call and register on
077-4445332: Dr. Rozana Mahajuodeen
(past student of Lyceum Nugegoda)
to schedule your appointment
*25% off entitlement on professional fee
(Appointment Days:
Mondays / Wednesdays / Sundays)
The Central - Colombo

PLEASE PAY YOUR SCHOOL FEES ON TIME.



Memos to Parents & Guardians



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

SCHOOL UNIFORM

Please note that all students coming to school should be in school uniform and not in the P.T. kit. School uniform is compulsory and P.T. kit should be worn only on P.T. days. Students visiting school for holiday classes / to go to the office should come in school uniform.

MEETING TEACHERS

Parents are kindly requested not to ask for the personal telephone numbers of teachers. If you need to meet a teacher please contact him / her via the SRB or telephone the school and leave a message / set up an appointment.

PREVENTION OF INFECTIOUS DISEASES

If your child has fever or any symptoms like headache / body pain, please keep your child at home. Please inform the school nurse if your child has had dengue fever recently.

HANDWRITING

Please see to it that the English handwriting of your child is improved before going to the next grade. If your child's handwriting is poor please buy him / her a handwriting book and tell him / her to do a page of copy writing daily.

Dear parents,

Please do not send money or any items to school unless a request notice is sent authorised by the Director / Coordinating Principal / Deputy Coordinating Principal or the Principal.

TO AVOID THE RUSH, PLEASE PURCHASE ITEMS IN THE BOOK LISTS FOR THE NEW ACADEMIC YEAR 2015 / 2016 AS MENTIONED BELOW:

As we did last year, all the book list items and the uniforms of the children of the following grades could be purchased by parents as indicated below. Please note that during these months, priority will be given only to lists of those indicated grades and not to the other grades. We appreciate your cooperation in this regard to avoid any disappointments that may arise at the point of issue.

- | | |
|--|---------------------------------|
| 1. Grade 4, 5 and 6 | 01.07.2015 to 31.07.2015 |
| 2. Grade 7, 8, Cambridge O/L, National O/L, L/Nur. and U/Nur. | 01.08.2015 to 31.08.2015 |

AN OPPORTUNITY TO BECOME A TEACHER

Are you a parent who wants to assist your child, a school leaver, or a knowledge seeker? The Lyceum Academy for Teacher Education, the teacher training arm of THE LYCEUM INTERNATIONAL SCHOOL SYSTEM, conducts the following programmes.

Programme	Class Day	Time
[1]. Diploma in Early Childhood Development Education	Saturday	8.30 a.m. to 4.30 p.m.
[2]. Diploma in Primary School Teaching	Wednesday & Friday	2.30 p.m. to 5.30 p.m.
[3]. Diploma in English Language Teaching	Saturday	8.30 a.m. to 4.30 p.m.
[4]. Diploma in Teaching Science	Saturday	8.30 a.m. to 4.30 p.m.
[5]. Diploma in Teaching Mathematics	Saturday	8.30 a.m. to 4.30 p.m.

Curriculum consists of Theory, Practice & Application. Printed material is free.

- [a]. Application & Registration fee: Rs. 1000/= [b]. Course fee: Rs. 36,000/=,
 [c]. Science & Maths: Rs. 42,000/= An easy payment structure is available.

Contact: Registrar, Lyceum Academy for Teacher Education, Lyceum International School, Nugegoda.

Telephone No: 2829744 - 45 / 2822387 / Fax. 4301120 / Ext. 125.



Memos to Parents & Guardians



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

THE GRADE ONE ORIENTATION WEEK

The orientation week, introduced this year, is dedicated to the children's enjoyment through listening, speaking, song, dance and other activities, for them to develop a love of school. This is simply adopting and adapting some of the activities the children enjoyed in the Pre Grade class to encourage children. It is hoped that they would see that school life in Grade One is a continuation of what they have enjoyed so far, at least to some extent. This can ease the transition from informal education in Pre Grade to formal in Grade One.

One of the features of the orientation week is that children are not challenged to write, because writing is more difficult for children in this age group. Since they do not have complete control over their fine motor skills, eye-hand coordination, etc., burdening the child with the task of having to learn to write so early could slow down their overall development in learning. It is hoped that parents will not be over-concerned that there is no evidence of learning in their writing books.

During the orientation week, children continue to work in small groups. This creates an atmosphere where each child is recognized by the peers in his group as an individual, rather than as one in a large class. The group work pattern is continued right through Grade One and will give the child greater self-confidence and an opportunity for him / her to discover himself / herself.

Certain aspects of formal education are also introduced during the orientation week. In the Pre Grade class, the children use kinship terms, (e.g. aunty) to address their teachers. The formal way of addressing a teacher is introduced during the orientation week. Children learn to use the terms 'Miss Tamara' or 'Teacher', with the former being preferred.

The enjoyable thematic learning activities such as 'water play' in Pre Grade are replaced with activities more focused on revision, such as 'shapes', 'numbers' and 'colours'. All the activities are supported by audio aids, and where possible, by video.

It is believed that an orientation week will create appreciable changes in attitudes towards learning in children, parents and teachers. Making things better and easier for the children depends on how the idea is perceived and the input from our dear parents.

Teacher Empowerment Unit

WATER PLAY (PRE PRIMARY, NURSERY & PARENT SCHOOL)

For children, water play is a soothing activity. Children can play and learn alone, or alongside others. They can learn a great deal as it is an enjoyable activity as well.

What are the benefits of water play?

1. It develops hand - eye coordination and manipulative skills such as lifting, pouring and controlling.
2. It helps to explore early mathematical and scientific concepts.
E.g. Heavy/light, float/sink, full/empty, shallow/deep and measuring, estimating and conversion of volume.
3. It also develops concentration and problem solving skills, as children become absorbed in experimentation.
4. Last but not least, it helps in developing social skills as children play alongside one another and communicate with others. Expressing one's opinions and sharing one's thoughts lays the foundation to communicate effectively later in childhood.



Teacher Empowerment Unit



Memos to Parents & Guardians



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

HOW TO PLAN THE SCHOOL HOLIDAYS FOR YOUR CHILDREN...

Have a family meeting - As soon as the holidays start, set aside a time when you can sit and talk about the holidays, and try to agree on some rules. If your children are old enough, ask them what they think would make the holidays more fun and how you can all make things run smoothly. For example, your rules could include sharing and being caring.

Set small goals - Start small by choosing one thing to focus on each day. It could be an activity, like going swimming or to the park, or something even smaller, like spending ten minutes one-to-one with each of your children doing something they want to do. If you make these small plans every day, you are far more likely to feel a sense of having achieved something with your children.

Remember the food! - It may sound obvious, but it is easy to forget how easily children's moods affect blood sugar levels. Children get grumpy or lethargic very quickly if they haven't eaten properly – and that can lead to bad behaviour and irritability. School holidays can also mean a relaxation of all the usual dietary rules about sweets and junk food, but doing that will not help moods. Sticking to routines for mealtimes and having relatively healthy snacks can help keep them more in balance.

Be sociable - Inviting someone around will change the dynamics instantly. Let your children play with their cousins and friends more often; this could be all it takes to brighten up a dull day.

Do not ignore the chores - It is tempting to let your daily routine go when you have got the children at home all day. But if there are jobs that need doing around the house, keeping them up will help you stay in control. Better still, get the children involved; set them small tasks, like sweeping the kitchen floor, cleaning the garden or loading the washing machine, with reward charts for young children.

Do something out of the ordinary - Set up a campsite in the living room, get a can of paint and get the children involved in painting a wall. The novelty of doing something different, no matter how small, can be enough to change moods all around. Distraction really can work wonders when children are bored or fighting.

Get out of the house - This can often be enough to completely change children's moods. Take them out for a walk, even if it is just around the block. A breath of fresh air can bring a new perspective and make everyone feel more relaxed.

Read books more often - Encourage your child to read books. Visit a library together and help your child choose appropriate books.



Have a great holiday!

CONTACT DETAILS

Parents are kindly requested to mention your correct address and telephone numbers. Telephone numbers should be in working order and reachable during working hours. We will be using the given number in case of any emergency. If you change your address or the telephone numbers during the course of the year, please inform the Principal immediately and update the same in the Student's Record book.



SCHOOL FEES

- Please note that once paid, fees will not be refunded under any circumstances.
- Pre A/L and 12 National students are required to pay the entire term fee for June-August 2015.



Memos to Parents & Guardians



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

Please check your child's SRB for the following:

- a. Nursery: Booklist, paying in voucher.
- b. Pre Grade students proceeding into Grade 1: Booklist, Paying-in voucher, uniform sample, certificate.
- c. Grades 1-8: Booklist, paying in voucher.
- d. Grades 9-11: Paying-in voucher.
- e. Pre A/L: Paying-in voucher.

REFUNDABLE DEPOSIT

Please keep your refundable deposit receipt carefully until your child leaves school. Without the receipt, we will not be able to refund your money.

OUTSTANDING FEES

Please do not purchase books for the new academic year until you have settled any outstanding school fees, as your child will not be promoted to the next grade until all outstanding fees are settled.

BOOKLISTS

You are kindly requested to make the purchase of books from the respective branch bookshop only (the branch where your child attends school). Check for the school seal on the booklist and produce the original booklist for your purchases.

EXERCISE BOOKS

80 page books are compulsory for all students in order to reduce the weight of the school bag.

YEAR END SUGGESTIONS

Your suggestions are welcome. We would appreciate it if you could put your suggestions into the suggestion box kept at the gate.

OLD UNIFORMS

Please do not give old uniforms to outsiders. Kindly donate them to the school nurse instead.

NURSERY TO GRADE 8

We advise you not to give tuition to your child. Please allow him/her enough time to play.

SCHOOL PROSPECTUS

If any parent wishes to buy the General School Prospectus you can purchase it from the registrar at a cost of Rs.300/-.

The O/L and A/L prospectus will be given to Grade 8 and Grade 10 students at the O/L and A/L subject selection meetings during the course of the next academic year.

SPORTS SCHOLARSHIPS

Please note that scholarships are not given for 12 'First Places' as mentioned on page 45 of Student Hand Book 1. All 12 'First Places' must be won during one academic year to be eligible for a full scholarship till the end of a student's school career.



Memos to Parents & Guardians



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

PRIMARY GRADUATIONS

A notice will be sent if dates have changed (E.g. LN dates have changed for Grades 1-3).

HOBBIES

Please encourage your child to have a hobby. (i.e. collecting stamps, coins, having a pet, etc.).

IMPULSE 2015

'Impulse 2015', a vibrant and creative talent show organized by Visakha Vidyalaya, was held at the BMICH on 19th June 2015. The theme of the show was 'Traditions to Modernisations'.

The event was graced by the presence of Hon. Rosy Senanayake. 11 Senior Prefects of Lyceum International School Nugegoda represented the school and secured the title of Runners-Up at the talent show.

The four hour evening show was professionally judged by the veteran artists Mr. Athula Adhikari, Mrs. Nelu Adhikari, Mr. Warakagoda and Mr. Dushyanth Weeraman.

During the 1st round of the competition, 19 schools participated and only 12 schools were shortlisted for the final.

Please note that corrections to the Semester Reports cannot be made after 14th August 2015 due to the promotion process to the new academic year. If you notice any discrepancy, please inform the IT Department with the necessary proof, before 14th August 2015.

SOME QUESTIONS PARENTS ASK AND THE SCHOOL'S REPLIES (Q & A).

Q: Can teachers assign students who do well in academics to help students who need improvement during class time?

A: Yes, in this way we can improve the students through peer support and it will be a good learning experience. It creates unity among classmates. Students are considered as secondary resource persons in Education.

COMMUNITY SERVICE

Your child will receive a certificate of participation if he/she has taken part in at least two of the three community service projects held during this academic year. Please keep these certificates safe as many foreign universities and private companies grant a lot of marks for participation in community service projects.



STUDENTS' BELONGINGS

All belongings that students bring to school should be labelled with the student's name and class. This is to enable any lost items to be returned to the owner.





The Theatron is the home of Speech and Drama at Lyceum Nugegoda, where students from Grades 4 to 8 have their weekly lessons. The Theatron is designed to encompass the basics of ancient Greek Theatre - the home of Western Drama since 500 BC. The Theatron serves a dual purpose of being a performance venue. Concerts are held bi-annually, along with an evening of creative writing, when time permits. Facilities available include very basic lighting, an electric keyboard, a DVD player, conga drums, a basic sound system and a very interesting costume cupboard.

Students from Grades 4 to 8 visit the Theatron once a week for a drama lesson of 40 minutes duration and Grade 1 and 2 for Young Performers' concert evenings. Students are prepared for Trinity Guildhall Examinations as listed below.

Pre Grade	Young Performers	Bronze Level
Grade 1	Young Performers	Gold Level
Grade 2	Young Performers	Silver Level
Grade 4	Initial Grade	
Grade 5	Grade One	
Grade 6	Grade Two	
Grade 7	Grade Three	
Grade 8	Grade Four	

The medium of creative drama, poetry, scripted plays, song, dance, improvisation, mime and movement are used to encourage communication and exchange of ideas; in order to nurture individual and group skills, in terms of performance. We respect the individuality of each student and their view point not only in terms of the physicality of performance but also in the written word: their creative writing bears a mark of distinction that delights and inspires.

The work at the Theatron reflects the school's dictum "Know Thyself" through the exploration and development of the individual in a multi-cultural environment.

Interval time, Assembly time and occasionally weekends are always a buzz as children come to rehearse for various activities. This term the Theatron is echoing and re-echoing the tunes of 'Frozen' which will take place on the 1st and 2nd of August at the Bellerophon Hall. The staff of the Theatron is also busy preparing the children of Grade 1 and 2 for the Young Performers' examinations, which are scheduled to be held in the first week of August. Further, a selected group of children was trained to participate in different categories at the Sri Lanka Festival for the Performing Arts. Students from Grades 4 to 8 are also being trained to participate in individual Trinity College London Speech and Drama Exams. 'With Words' is the Theatron's evening of creative writing.

The team comprises 4 staff members led by Mrs. Odile Melder.

Grades 2, 4, 7 and 8 are led by Mrs. Odile Melder [ATCL (Teacher, Speech & Drama), LTCL (Teacher, Speech & Drama), FTCL (Trinity Guildhall, London)]

SCHOOL CAPS

If students wear a cap to school, it should be a Lyceum cap. If not, it will be confiscated and returned only on producing a school cap. The cap should be taken off on entry to school unless it is raining.

GRADES 1 TO 5

Please make sure that your child brings only the books needed according to the timetable.

GLASS OF MILK

Please see that your child drinks a glass of fresh milk every day.



Memos to Parents & Guardians



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

INTERNATIONAL SCHOOLS' ATHLETIC CHAMPIONSHIP 2016 (ISAC 2016) 26TH, 27TH & 28TH FEBRUARY 2016 OPPORTUNITY FOR SPONSORSHIP

Once again, Lyceum has taken over the post of Official Organizer of the ISAC 2016. ISAC is the annual Mega Event of 24 International Schools affiliated to The International Schools of Sri Lanka (TISSL).

State of the art multi-media promotional channels are available for you to promote your products and services.

Please contact the Chief Coordinator of Sponsorship on the hotline 0772500851 or email: sponsors.isac@lyceum.lk. Web: <http://isac.lyceum.lk>

LYCEUM HOME STUDY TIME

Grades 1 to 5	:	1 hour
Grades 6 to 12	:	2 hours
First quarter	:	Studying and completing that day's work.
Second quarter	:	Preparing for next day. (i.e. putting books according to time table etc.)
Third quarter	:	Reading (study books / story books)
Fourth quarter	:	Writing. If your handwriting is not good copy writing, or if handwriting is good, writing small stories, poems etc.

JOB BANK - FROM THE MOHAN LAL GRERO FOUNDATION

We have a CD of applications for various types of jobs. It would be greatly appreciated if you could find jobs for these people. Please email us on lyceumer@lyceum.lk for us to send you a copy of the CD through your child's SRB.

Thank you,
Mrs. Kumari Grero

COSTUME CUPBOARDS

Parents who would like to donate costumes, we would appreciate it if you could send them to the Class Teacher.

LEAVING CERTIFICATES

Please note that the Leaving Certificate will not be issued to students with outstanding fees.

HOUSE BADGE

The house badge should be sewn on the left side of the sleeve and in the centre of the folding line.

MODEL UNITED NATIONS CONFERENCE - 2015

Organised by D.S. Senanayake College, Colombo. Held at Kingsbury Hotel, Colombo.

RESULTS:

Lyceum International School, Nugegoda won 2 Awards out of 5 Awards.

Nikin Mataraarachchi

11 Sc B

Asel Gunaratne

10X

WESTERN PROVINCE CHESS TOURNAMENT - 2015

Organised by the Western Province Education Department, held at Pothupitiya Maha Vidyalaya, Wadduwa.

RESULTS:

Position: 5th Place

Lasal Jayawardena 8A, Hansaja De Silva 8A, Chaniru Katuwanage 8B, Gimshan Weerasinghe 8E, Methma Wijerathna 8G, Thalaal Naushad 8H, Kisaja Wickramanayaka 9 Nat. A.

Sports & Extra Curricular Activities



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

THE LITTLE FRIENDS OF LYCEUM NUGEGODA AT THE 22ND FOUNDER'S DAY

The Little Friends of Lyceum International School made a remarkable contribution to the Founder's Day held on the 12th of June 2015. A population of 150 Little Friends aged between 7 to 12, attired in pure white official uniforms, blended in a circular layout at the Aeolian Hall, to declare a grand salute to the honourable initiators of Lyceum, Mr. & Mrs. Gero, to open the ceremony. Impressed by the welcoming sessions, the initiators appreciated the Little Friends at the ceremony.



LYCEUM LITTLE FRIENDS FLY HIGH IN FRUITS SPLASH PACK HOLIDAY 2015

A group of 80 Lyceum Little Friends in collaboration with a group of 20 Kothalawalapura Maha Vidyalaya students joined hands in 2014 to grace the "Little Friends Lend A Hand" programme, a continuous centenary activity that was successfully incorporated into the current programme "A 1000 days to a 100 years" (launched by the Sri Lanka Girl Guides Association).

The team engaged in the Pack Holiday event held from 12th to 14th June 2015. They went camping for three days and two nights without their parents, and they visited Richmond Castle in Kalutara and the Bandaragama Sarvodaya Training Centre.

According to Mrs. Harshini Perera, Director - Communications of Sri Lanka Girl Guides Association, there are lots of new challenges for "Little Friends" such as making new friends and having great adventures. Hence, the Little Friends were involved in various disciplinary and fun activities such as singing songs, outdoor cooking, helping others, earning badges, going on nature walks, learning the art of building satisfaction with what they have and a good training to do their work by themselves. The outdoor activities were termed "MAD OLYMPICS". The event started with a grand opening ceremony with sweets made in the Sri Lankan tradition.

A special team enforced by the Sri Lanka Girl Guides Association ("Stop the violence campaign") conducted a workshop for the Little Friends and the officials. The bonfire activities for the Little Friends comprised a kitchen band, camp songs, dancers, cheers and many more. The parents had fun doing activities designed for them. A group of 25 cub scouts from Kothalawalapura Maha Vidyalaya also joined the students for the bonfire. Attractive necklaces were made out of candy.

Fashion shows for Little Friends led to innovative ideas where recyclable materials for clothing were used to add interest to the competition. The closing ceremony revealed the sadness of the Little Friends at having to end the programme. The Little Friends were grouped under three sub camps A, B, and C, which were further sub-divided into categories named "Mixed fruit, Banana, Water melon, Pineapple and Papaya," to add colour to the event. The different sub camps created their own pack corners with attractive decorations.

The activities of the event were classified under duties specified with designations such as "Jolly waitress - for serving the food, Happy cooks - for assisting with cooking, Busy bees - for house keeping, Messengers - for delivering mail and messages and ultimately the First aids - for helping the nurses in case of sickness".



Sports & Extra Curricular Activities



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

LYCEUM LITTLE FRIENDS PROMISE TO DO THEIR BEST

The Lyceum International School Little Friends enrolment ceremony took place on 7th June 2015 at the school premises. Close to 50 students were enrolled as Little Friends. They promised to do their best for society. The occasion was made more meaningful when Ms. Iresha received her Warrant Badge, authorising her to guide young minds to brighter lives.



SRI LANKA YOUTH RAPID CHESS CHAMPIONSHIP - 2015

Organised by the Chess Federation of Sri Lanka, held at Royal College, Colombo 07.

RESULTS: Thisaga Hewawasam 3I 4th Place
Mesanda Gamage 4B 6th Place

SRI LANKA YOUTH BLITZ CHESS CHAMPIONSHIP - 2015

Organised by the Chess Federation of Sri Lanka, held at Royal College, Colombo 07.

RESULTS: Thisaga Hewawasam 3I 5th Place (Under 08 open)
Senethu Liyanahewage 3F 6th Place (Under 08 open)
Mesanda Gamage 4B 8th Place (Under 10 open)
Dihein Lenora 3D 8th Place (Under 08 open)

COLOMBO DISTRICT YOUTH CHESS CHAMPIONSHIP - 2015

Organised by the Chess Federation of Sri Lanka, held at Royal College, Colombo 07.

RESULT: Roshana Tharin Wijeratne 5H (Under 10 Boys - Equal Fourth Place)

ALL ISLAND SCHOOLS TENNIS TOURNAMENT - 2015

Organised by Sri Lanka Tennis Association held on 05th - 8th May 2015 at Sri Lanka Tennis Association Tennis Courts.

RESULTS

Position : 4th Place

Names of participants:

Yaqoob Hussein 9 Com B, Thaveesha De Silva 9 Sc D, Keshava Weeratunge 9 Sc B, Ranuga Naotunne 8F, Janith Wickramanayake 7B, Kisal De Silva 9 Sc A, Rajeen Wickramasinghe 9 Sc B, Sadushka Senarath 8B, Miyuru Dissanayaka 8C

SIR JOHN TARBET SENIOR ATHLETIC CHAMPIONSHIP 2015

Organised by the Sri Lanka Schools Athletic Association. Held at the Mahinda Rajapakse Stadium, Diyagama.

RESULT:

Binadi Diddeniya 9 Sc. D Under 16 : 1st Place High Jump : 1.54m

(Sir John Tarbet Senior Athletic School Colours)

Sports & Extra Curricular Activities



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

THE NATIONAL AGE GROUP RELAY CHAMPIONSHIP, organised by the Sri Lanka Aquatic Sports Union (SLASU), was held on 31st May 2015 at the Sugathadasa Swimming Complex with the participation of schools from all over Sri Lanka. Lyceum Nugegoda won the championships mentioned below, with New Meet Records.

Under 11 boys Medley Relay Championship

Under 11 boys Free Style Relay Championship

Swimmers of the 4 x 50 m medley relay (under 11 - boys) - time - 2:41:60

- Chris Pavithra of 5C

- Janidu Gangahagedara of 4B

- Arkhash Saravanakumar of 5E

- Anujaya Abeyagoonsekera of 4D

Swimmers of the 4 x 50 m free style relay (under 11 - boys) - time - 2:20:96

- Chris Pavithra of 5C

- Janidu Gangahagedara of 4B

- Arkhash Saravanakumar of 5E

- Anujaya Abeyagoonsekera of 4D



THE PENTATHALON SWIMMING CHAMPIONSHIP, organised by the Sri Lanka Aquatic Sports Union (SLASU), was held from the 15th to the 16th of May at the Sugathadasa Swimming Complex with the participation of schools from all over Sri Lanka.

A New Meet Record was established by Chris Pavithra of 5C, who won the Under 11 Boys Age Group Championship.

50 m fly 00:36:72 sec

50 m back 00:40:14 sec

50 m breast 00:45:01 sec

50 m free 00:33:77 sec

200 IM 03:10:61 sec

Total 05:46:25 sec



ENGLISH JUNIOR SINGING COMPETITION - FINAL RESULTS

Grade 3 - Girls

1st Place Kenuli Samarasekara

2nd Place Umeja Ranasinghe

3rd Place Romala Gunasekara

Grade 3 - Boys

1st Place Vihanga Thudugalage

2nd Place Jehan Cassim

3rd Place Harin Keerthisinghe

Grade 4 - Girls

1st Place Tharusha Karunanayaka

2nd Place Manilka Tennakoon

3rd Place Nirmani Perera

Grade 4 - Boys

1st Place Dileesha De Mel

2nd Place Karunyan Pankovan

3rd Place Risith Attanayeke

Grade 5 - Girls

1st Place Evni Sapugoda

2nd Place Haniya Ishmail

3rd Place Yana Hettigedara

Grade 5 - Boys

1st Place Chanuka Sarathchandra

2nd Place Hamdi Fuard

3rd Place Nesith Liyanage

Sports & Extra Curricular Activities



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

Why is Chess important?

Chess is a gymnasium for the mind.

Chess was a royal game and a favourite pastime of kings, queens, knights and bishops. Now, it is a popular game around the world, the national game of many countries. Chess is about quadrants and coordinates, lines and angles. It is an intellectual exercise, a recreational therapy. Chess is inexpensive and can be played at any place. It is a game for people of all ages.



Why is Chess good for kids?

Chess is a perfect tool for education. There is a strong co-relation between playing chess and higher educational attainments of children. Chess helps enhance your memory strength. It boosts your concentration power. If you want to increase your IQ level, Chess is the appropriate game! It improves your ability to read and write. No other game can develop your mental qualities and social skills like chess. You gain confidence, and it creates mental clarity and stability. Chess teaches you patience and to face challenges. Chess offers a range of complicated problems to practice, making you look for different alternatives. A good chess player is a good problem solver. In the long run, you develop discipline, face competitive endeavours, and respect others. The game has a powerful aesthetic appeal. Chess is great. It exercises and trains your mind. It gives you endless hours of high quality fun. It creates the spirit of sportsmanship within you. In the end, players have better chances to succeed in life. Dear children, you can learn the game easily and quickly. You waste valuable time watching television and playing video games; instead, enjoy chess; activate your mind and brain. Develop life skills. Make admirable friends. Chess is a game of life.

ALL ISLAND SCHOOL TENNIS TOURNAMENT

The All Island Tennis Tournament was held from the 5th to the 8th of May 2015, and was organized by the Sri Lanka Tennis Association at SLTA Courts Colombo. The game was played with a segregation of two groups namely Group A and B, where Lyceum Nugegoda together with other four schools (Ananda College, Thurstan College, D.S. Senanayake and De Mazenod College) formed Group A.

Although Lyceum Nugegoda did not overthrow Ananda College, it continuously beat the rest of the schools in Group A, earning 105 overall points, resulting in being placed fourth, marking a tremendous improvement compared to its past. The team was coached by Mr. Fazal Hamid and the Teacher in charge was Ms. Thushari Lakmali.

Lyceum Nugegoda in Group A, met Royal College from Group B at the semi finals.



Standing left to right

Miyuru Senanayake, Sadushka Senarath, Ranuga Naotunna, Thaveesha de Silva, Janith Wickramanayake, Rajeen Wickramasinghe, Keshava Weeratunga, Kisal De Silva, Yaqub Hussain

Sports & Extra Curricular Activities



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

42ND SRI LANKA SCHOOLS AGE GROUP AQUATIC CHAMPIONSHIP 2015

The swimming team of 32 students of Lyceum International School Nugegoda participated in the 42nd Annual Sri Lanka Schools Age Group Aquatic Championship 2015 that took place from 18th to 21st of June 2015 at the Sugathadasa Stadium Swimming Complex.

The event was organized by the Sri Lanka Schools Aquatic Sports Association (SLSASA), and nearly 146 schools took part in this four-day event. Lyceum International School Nugegoda received with 124.5 points in the Boys' Junior Category and 81 points in the Girls' Junior Category. It is the tremendous effort made by the Lyceum Swimming Team for this event which contributed to winning points.

Thanks to the Head Coach, Assistant Coaches and Teachers In-Charge who brought success to Lyceum International School, our swimming team was able to achieve this feat.



Seated from left: Kumari Vandort (Assistant to Deputy Director of Sports cum Asst. TIC Swimming), Nelum Priyadarshani (TIC Swimming), Wenuri Hettiarachchi (Principal), Nikitha Gero (Director), Nishantha Perera (Deputy Director of Sports cum Head Coach Swimming), Sameera Pathum (Sports Coordinator).

Standing from left: 1st row: Chanulka Panadura, Janindu Gangahagedara, Sasindu Kaluarachchi, Tevan Talagalage, Chris Pavithra, Savin

Kaluarachchi, Arkhash Saravanakumar, Nadiv Herath, Methya Weerakkody, Yana Hettgedara, Vilara Ranasinghe, Kethaki Wijayasuriya, Sanuldi De Silva, Methuki Gunawardana, Umeja Ranasinghe, Onelli Yahampath.

Standing from left: 2nd row: Dinithi Peris, Komudi Pinnedoowa, Ovin Gamage, Sachin Kaluarachchi, Sanuk Pieris, Samindra Banu, Yenuka Gunetilake, Lavanya Wjegunetileke, Anuji Dias, Senanya Jayathilake, Akshi Suppiah, Kashmin Wijeyasekera, Janith Wicramanayake.

Standing from left: 3rd row: Ashoka Jayawardana, Prasad Kanchana, Samith Nuwan, Suresh Silva, Gihan Jayaprasad, Indika Hewage (Assistant Swimming Coaches).

SCRABBLER OF THE YEAR

The 2014/2015 Lyceum Nugegoda Scrabblers of the Year contest commenced recently with 14 of our players vying for the honour. Games are played on the King of the Hill basis, with the player who has the highest number of wins and the highest margin being crowned Champion. Nikesh Vinayagamoorthy was the previous winner.

Some of the participants are shown above.

Good luck to all.



“Good, better, best; every word counts.”

Sports & Extra Curricular Activities



www.lyceum.lk

Contribute | Achieve | Change

July / August 2015

ALL ISLAND SCHOOLS UNDER 17 GIRLS BASKETBALL CHAMPIONSHIPS 2015

Lyceum International School Nugegoda Under 17 team emerged champions at the recently concluded tournament. The finals were played with St. Paul's Milagiriya Girls Team. Lyceum International School, Nugegoda won the match with a final score of 51-32.

They met Sirimavo Bandaranaike Vidyalaya at the semi finals and got through with a final score of 51-18. Yischelle Foenander was awarded the most valuable player and Aaliya Hafeez was the best offensive player of the tournament.

The team was coached by Mr. Niluk Dananjaya and Teachers in charge being Ms. Vanessa Labrooy and Ms. Menaka Silva.



(Kneeling left to right)

Abhimani Fernando, Sabeeha Lameer, Shaneen Perera, Shashmi Perera

(Standing left to right)

Ms. Menaka Silva (Teacher in Charge), Shvetha Sooriyabandara, Rashmi Perera, Saduni Wickramasinghe, Binadi Diddeniya, Mr. Nikitha Gero (Director), Mr. Nishantha Perera (Deputy Director of Sports), Mr. Sameera Pathum (Sports Coordinator), Aaliya Hafeez (Best Offensive Player), Yischelle Foenander (Most Valuable Player), Sharanya Jayakody, Sandalipuja Liyanage (Captain), Ms. Vanessa Labrooy

NUGEGODA LYCEUM SCRABLERS PERFORM WELL

The All Island Age Groups Scrabble Championship was concluded recently. Organised by the Sri Lanka Scrabble League annually, it is an individual contest (not teams) of six games of 50 minutes each in two categories - Under 15 & Under 18.

Adhlan Marikar won the 1st Runner up and the Highest Game Score awards with Rahul de Silva in 6th Place in the Under 13 section which had 99 participants.

In the Under 18 section Dansha Muhandiramge, Hemaka Gunasekera and Nikesh Vinayagamoorthy were placed 7th, 16th & 18th respectively.

Nugith Chandrasekera (22nd), Manmini Gunasekera (31st), Ayami Warawita (70th) in Under 13 and Ramith Siriwardana (40th), Chirani Ratnayake 57th also partook.

The team was coached by Mr. Lakshman Cooray and Teacher in Charge was Mrs. Thirathni Perera. Well done all.

“Whether you succeed or not, it is a triumph to take part”

WESTERN PROVINCE SCHOOLS ATHLETIC MEET 2015

Organised by the Sri Lanka Schools Athletic Association, held on 06th, 07th, 08th & 09th July 2015 at the Mahinda Rajapakse Stadium, Diyagama.

Results

Binadi Diddeniya	9 Sc. D	Under 15 - 1 st Place	High Jump	1.51m
Ginura Gunaratna	9 Sc B	Under 15 - 1 st Place	Shot put	13.43m
(Under 15 Best Athlete - Field Event)				
Anjali Ranaweera	Pre A/L Sc C	Under 17 - 4 th Place	Javelin Throw	
			Discus Throw	24.08m

SPORTS PRACTICES DURING THE VACATION – AUGUST 2015

Activity		Dates												Time	Venue	
Athletics	Practices	10 th	13 th	14 th	15 th	19 th								7.00 a.m. to 9.00 a.m.	Diyagama Stadium	
	Practices	1 st Sept.	2 nd Sept.	3 rd Sept.	4 th Sept.	5 th Sept.								7.00 a.m. to 11.00 a.m.	Diyagama Stadium	
Badminton	Residential Camp	20 th	21 st	22 nd	23 rd	24 th	25 th	26 th	27 th	28 th	29 th	30 th			Full Day	Muwara Ebiya
	Team Players	12 th	14 th	17 th	19 th	21 st	26 th							10.00 a.m. to 12.00 noon	Excel Courts	
	B Squad Players	13 th	20 th	27 th										10.00 a.m. to 12.00 noon	Shantini Mawatha Courts	
	All Island Schools U-15 Badminton Tournament	6 th	7 th	8 th	9 th									Full Day	Kunungala	
Basketball	Under 13 Girls	12 th	13 th	14 th	19 th	20 th	21 st	24 th	25 th	26 th	27 th	31 st			9.00 a.m. to 12.00 noon	School Courts
	Under 13 Boys	8 th	10 th	12 th	13 th	14 th	15 th	19 th	21 st					6.00 a.m. to 8.00 a.m.	School Courts	
	Under 17 & 19 Boys	11 th	13 th	19 th	20 th	25 th	27 th	31 st	1 st Sept.					6.00 a.m. to 7.30 a.m.	School Courts	
	Under 15 & 17 Practices	12 th	14 th	15 th	19 th	21 st	22 nd	24 th	25 th	26 th	28 th			7.30 a.m. to 10.30 a.m.	Arena Nibe	
Chess	Under 15 & 17 Matches	16 th	23 rd	30 th											7.30 a.m. to 5.30 p.m.	Lycosum Wattala Ground
	Grade 3 and above	13 th	20 th	25 th	1 st Sept.										8.00 a.m. to 12.00 noon	1 st Floor, Bellerophon Bldg.
	Grade 1 and 2	13 th	14 th	20 th	21 st	24 th	25 th	27 th	28 th					8.00 a.m. to 9.30 a.m.	Lycosum Kuhnawala	
	Grade 3 and 2	31 st	1 st Sept.										8.00 a.m. to 11.15 a.m.	Lycosum Kuhnawala		
Cub Scouting	Practices	27 th											9.00 a.m. to 10.30 a.m.	Canton Area		
	Camp	28 th											6.00 a.m. to 6.00 p.m.	Shasthramanda Vidyalaya Dehiwela		
Gymnastics	Grade 1 and 2	20 th	21 st	26 th	1 st Sept.								9.00 a.m. to 11.00 a.m.	Lycosum Kuhnawala		
	Grade 3 and above	28 th	21 st	26 th	1 st Sept.	2 nd Sept.							1.00 p.m. to 3.00 p.m.	Bellerophon Hall		
	Beginners & White Belt Holders - Gr. 2	13 th	20 th	27 th									8.00 a.m. to 9.30 a.m.	Lycosum Kuhnawala		
	Special Training [selected students] - Gr. 2	13 th	20 th	27 th									9.30 a.m. to 11.30 a.m.	Lycosum Kuhnawala		
Karate	Beginners & White Belt Holders - Gr. 2 to 5	14 th	21 st	28 th									9.00 a.m. to 11.00 a.m.	Bellerophon Hall		
	Beginners & White Belt Holders - Gr. 6 & above	14 th	21 st	28 th									11.00 a.m. to 1.00 p.m.	Bellerophon Hall		
	Yellow, Orange and Green Belt Holders	14 th	28 th										2.00 p.m. to 3.00 p.m.	Bellerophon Hall		
	Purple, Blue, Brown and Black Belt Holders	14 th	21 st	28 th									3.00 p.m. to 5.00 p.m.	Bellerophon Hall		
Swimming	Yellow, Orange and Green Belt Holders	21 st											2.00 p.m. to 3.00 p.m.	Aerial Hall		
	Junior Squad	10 th	12 th	14 th	19 th	21 st	24 th	26 th	28 th					2.00 p.m. to 3.15 p.m.	School Swimming Pool	
	A & B Squad	10 th	12 th	14 th	19 th	21 st	24 th	26 th	28 th					3.30 p.m. to 5.00 p.m.	School Swimming Pool	

Soccer	Under 13 & 15 Boys	8 th	15 th	16 th												7.00 a.m. to 9.00 a.m.	Arena Nilze
	Under 13 & 15 Boys	11 th	13 th	20 th	25 th	26 th										11.30 a.m. to 1.30 p.m.	Arena Nilze
	Under 17 & 19 Girls & Boys	8 th	15 th	16 th												9.00 a.m. to 11.00 a.m.	Arena Nilze
	Under 17 & 19 Girls & Boys	11 th	13 th	20 th	25 th	26 th										2.30 p.m. to 4.30 p.m.	Arena Nilze
Strength Training	Few Students	10 th	11 th	12 th	13 th	14 th	19 th	20 th	21 st	25 th	26 th	27 th	28 th	31 st	1 st Sept.	1.30 p.m. to 4.30 p.m.	Gymnasium
	Few Students	8 th	15 th													8.00 a.m. to 12.00 noon	Gymnasium
	Few Staff	10 th	11 th	12 th	13 th	14 th	19 th	20 th	21 st	25 th	26 th	27 th	28 th	31 st	1 st Sept.	12.00 noon to 2.00 p.m.	Gymnasium
Scouting	Campers	26 th	27 th	28 th	29 th	30 th										Full Day	Shashrananda Vidyalaya Dehiwela
	Semi Advanced/Intermediate	11 th	25 th	31 st	1 st Sept.											2.30 p.m. to 4.30 p.m.	Fingara Courts
Tennis	Advanced Beginners	13 th	20 th	27 th												2.30 p.m. to 4.30 p.m.	Fingara Courts
	Semi Advanced	21 st														2.30 p.m. to 4.30 p.m.	Fingara Courts
		13 th	25 th	27 th	31 st											2.30 p.m. to 4.30 p.m.	Shanti Mawatha
Table Tennis		14 th														10.30 a.m. to 12.30 p.m.	Shanti Mawatha
		26 th														10.00 a.m. to 12.00 noon	Shanti Mawatha
		19 th	26 th													12.00 noon to 2.00 p.m.	Shanti Mawatha
		11 th	14 th	15 th	17 th	19 th										2.15 p.m. to 5.30 p.m.	YMCA Dehiwela
Netball	Practice Session	8 th	12 th													9.00 a.m. to 4.00 p.m.	School Premises
	SUNSHINE Conference	14 th	15 th	16 th												7.30 a.m. to 6.00 p.m.	BMACH
Western Band & Orchestra	Junior	10 th														2.00 p.m. to 3.30 p.m.	Western Band Room
	Junior	13 th	14 th	24 th	27 th	3 rd Sept.										8.30 a.m. to 10.30 a.m.	Western Band Room
	Senior	10 th														2.00 p.m. to 5.30 p.m.	Western Band Room
	Senior	13 th	14 th	24 th	27 th	3 rd Sept.										8.30 a.m. to 12.30 p.m.	Western Band Room

Dress Code : P. T. Kit.

Transport will be provided for Athletics, Netball, Cricket & Soccer

‘WATER AND THE ENVIRONMENT’ JUNIOR QUIZ 2015

Organised by The Sunday Times, in Association with IWMI. Held at the International Water Management Institute (IWMI) Auditorium, Pelawatta.

Results

Position : 3rd Place

Names of participants:

Chaniru Senevirathne 9 Sc. B, Buthsarani Gunawardana 9 Sc. B, Odila Athukorala 9 Nat. A, Yowan Dias 9 Nat. A, Piyumi Hettiarachchi 9 Com. B