



The Lyceumer

NUGEGODA (LN-288)

SEPTEMBER 2019

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.



Important Notices

- Please see that your child brings books according to the time table.
- PT kit can be worn only on days your child has PT or swimming. For after school extra curricular activities, students must bring the PT kit in the bag and change after school.
- Please complete all details on page 2, 4, 5 and 75 of your child's SRB.
- Please paste a photocopy of the 1st term pay - in deposit slip on page 67 of the SRB before the end of September 2019.
- School starts at 7.25 a.m. Please ensure your child is in school before this time.

INTER INTERNATIONAL SCHOOL'S UNDER 20 BOYS TENNIS TOURNAMENT - 2019

Inter International School's Under 20 Boys Tennis Tournament - 2019, organized by the Asian International School was held on the 29th & 30th of June 2019 at SSC Tennis Courts, and Lyceum won 1st place.



Names of Participants:

Name	Class	Name	Class
Kenul Punchihewa	9 Com A	Umair Shirazi	9 Sci E
Gawrike Hettiarachchi	9 Nat B	Himath Samarasinghe	11 Sc A
Janith Wickramanayake	11 Sc B	Sithija Gunawardena	11 GSA
Sadushka Senarath	11 GSA	Ranuga Naotunne	12 Sc A
Miyuru Dissanayake	12 Sc A	Tilan Wijesekara	12 Sc C

Badminton Championship 2019

Nethmi Amaya Ratnayake received the championship under the age category of under 11 Girls in NCP - All Island Open Badminton Championship 2019 organized by North Central Province Badminton Association.



Western Province Schools Games - 2019

Organized by Department of Education - Western Province

Under 12

Nelini Samarasekara	6J	100m	1st Place	14.5sec
(Best Athlete)		High Jump	1st Place	1.34m New Meet Record

Under 16

Dulyana Suludagoda	10 Nat A	100m	1st Place	12.7sec
(Best Athlete)		200m	1st Place	25.7sec New Meet Record
		400m	1st Place	58.3sec New Meet Record

WORDS OF WISDOM

FROM OUR FOUNDER,
DR. MOHAN LAL GRERO



Win the morning and you win the day. Successful people around the world realize this fact and create morning rituals that set the tone for the entire day. You need to get rid of the mental fog and condition your mind for focus, clarity, and positivity. And a powerful morning ritual helps you accomplish just that.

Practise Positive Self-Talk

Everyone talks to themselves throughout the day. On an average, we say about 300 words per minute to ourselves. So it's really important that our internal dialogue is uplifting.

As Will Smith says, "words and thoughts carry physical power". Say positive things to yourself when you wake up in the morning.

Eat the frog

"Eat a frog first thing in the morning, and nothing worse can happen for the rest of the day."

It's nearly impossible to eat a frog, everyone hates it. We're not talking about an actual frog here. A frog symbolizes the toughest task you have to do in a particular day. So if you do your toughest task first thing in the morning, when you have the highest willpower, your entire day will flow in a state of peak productivity.

Go for a Walk

"All truly great thoughts are conceived while walking". ~ Friedrich Nietzsche.

Beethoven, Goethe, Charles Dickens, Darwin, Steve Jobs – all of these and many other great people loved to take long walks. Steve Jobs used walks for reflection, exercise, and problem-solving and to even conduct meetings. Walking is a great way to get in touch with your inner intelligence and become mentally focused.

Read something uplifting

All great minds around the world have been fascinated with reading. Warren Buffett recommends reading 500 pages a day to become successful. According to him, knowledge is like compound interest, it adds up. Read something uplifting. Successful people obsessively read biographies and autobiographies of inspiring people. Reading will enrich your mind and is a great way for starting your day right.

If you have a family that loves you, a roof over your head, and access to lots of resources, you are richer than millions of people around the world. Learn to enjoy the little things in life.

ACM Sports Novices

Tennis Tournament - 2019

We are proud to say that Chanul Hewawasam of Grade 7C has won the Championship in the Boys Under 12 Singles Division 1, which was organized by the ACM Sports and Sri Lanka Tennis Association.



important Notices

From Central Services

Dear parents,

- Please see if your child has received the following items at the orientation held on 5th and 6th September.
Nursery and Pre Grade - SRB (Nursery and Pre Grade), Parent's Information Booklet, student's identity card.
All Grade 1 and new students of grades 2 to 12 - Student's Hand Book (SHB) 1
Grade 1 to 12 - Student's Record Book (SRB) Grades 1 to 12, Student's Hand Book (SHB) 2
Grades 1 to 8 - Parent's Information Booklet
Grades 1 to 5 - Student's identity card
Grade 6 to 12 - Parent's identity card
- New students have to obtain their copies from the Registrar / Class Teacher.
- Grade 9 to 12 syllabus should be purchased from the Book shop / Printing office.
- The subject teachers from grades 9 to 12 will give the summarised scheme of work to your child.
- The Parent's Information Booklet has the summary of the syllabus.
- Please remember to keep your report card carefully. A new report card will be given only to Nursery, Grade 1 and 6 students and the new students only.
- From September 2019, students will need to hand over the old report card to the new class teacher at the beginning of each new academic year so that a fresh transcript can be pasted on it. If a report has been misplaced, parents/guardians will need to provide a letter requesting for a new report cover, along with Rs. 500/- to obtain a new one.
- A lost or misplaced report cover will cost Rs. 500.
- Please keep your refundable deposit receipt carefully. A refund cannot be made if the original refundable deposit receipt is not produced. A photocopy of the receipt will not be accepted.
- Any event for the school students or school staff should not be organized without the permission of the Principal.
- If your child is/was unable to participate in the annual poya day religious programme for your child's grade, he/she can participate in another grade's poya day religious programme, but please inform your child's class teacher and the religion teacher in writing. Please note that the marks for this religious programme are added to the second semester religion exam.
- Grade 10 and 12 students, Please remember to get your national identity card or the passport ready (which should be valid until one month after the scheduled exam date for the upcoming O/L and A/L exams. Also please have the exam fees ready.
- If you need to contact a teacher or any staff member please communicate via the SRB or call the school phone and not the personal telephone number of the staff member.
- Please do not have Whatsapp or Telegram or any other chat groups with other parents. If you have any issues please send us a note in the SRB / send us a letter / use the hotline / please come and meet the Principal on her open day which is on, Thursdays from 9.00am to 11.00 am.
- If you have any suggestions or complaints or queries please SMS to the hotline number 0773483066 where you will reach the top management. Please mention your school name, grade, class, subject etc in order to provide a solution to you.
- The **School Record Book (SRB)** contains important information about your child and serves as his/her formal identification at school, therefore it is important to **complete all information in the SRB and ensure that your child brings it to school every day and show it at the gate.** It also serves as a method of communication between you and your child's teachers.
- **The Student's Hand Book (SHB) 1** is issued at the time your child joins the school and contains all the rules and regulations of the school as well as corrective actions, therefore, please take a moment to go through this book thoroughly.
- The **Student's Handbook (SHB) 2**, which is issued every year to Grade 1 - 12 students, contains the **school calendar** with **important event dates** as well as the **examinations timetable, book lists**, etc. The **Nursery and Pre-Grade SRB** also contains the annual calendar with some rules as well.
- The **School Newsletter (The Lyceumer)** is usually issued every month and contains various school notices, procedure updates, articles related to our students' achievements as well as a summary of upcoming events. Sudden date changes to events, due to unavoidable circumstances will also be notified either in the newsletter or via a separate notice sent through the SRB / Telegram message to parents.
- **Ensure that your child follows the school's dress code - stated in the SHB 1.** Only Lyceum caps can be worn with the uniform for outdoor events; however they must be removed upon entering the school premises. Other caps worn will be confiscated. At Lyceum Nuwaraeliya only Lyceum beanies and Lyceum pullovers should be worn.
- **Clearly label all your child's belongings** (i.e. school bags, stationary, uniforms, shoes, clothes, bottles, etc.), so that it can be claimed back if misplaced. If your child loses/ misplaces an item, please check the 'lost and found cupboard' located near gate 1, the very next day.
- Ensure to **pick your child on time after school** / after an after-school activity/event.
- **Avoid sending medicine to school** as teachers are not authorized to administer any medicine. Instead it is best for your child to stay at home if he/she is not well.
- **Do not send money in your child's school bag** (i.e. for van fees, trip costs, etc.) as the teachers will not be held responsible for money that is misplaced. Instead, please insert the money in your child's SRB and write a note to the teacher to inform this.
- Please refer to the pages 108 to 112 of the SHB 2 for SHB 1 updates. As the SHB 1 was printed in 2014, certain rules and corrective actions which have been changed are mentioned here.
- Parents are kindly requested to complete all information required in your child's SRB which also includes the receipt to confirm payment of the school fees for each term. All Class Teachers have also been advised to go through the SRBs of all students and contact parents who have failed to complete this task.
As per **point 1** under the '**Declaration of School Rules**', all parents have signed and agreed to in writing, **to pay the (non-refundable) term fees required for all terms at least a week before the commencement of each term, until the child is officially withdrawn from school, regardless of attendance and note that late payment will incur a surcharge.** **Note: this surcharge is implemented only after the lapse of one month,* therefore please kindly ensure to pay the term fees as soon as possible if you have not already done so.
We appreciate all those parents who pay the term fees regularly and on time. Thank you for your kind cooperation.



ACHIEVEMENTS



Sir John Tarbat Junior Athletic Championship - 2019

Organized by Sri Lanka Schools Athletic Association

Names of the participants:

Name	Class	Event	Place	Achievement
Under 12 Girls				
Nelini Samarasekara	6J	80m	Merit	11.3sec
		100m	Merit	14.1sec
		High Jump	Merit	1.20m
		4X100m Relay	Merit	61.4sec
Nisini Samarasekara	6J	80m	Merit	11.5sec
		100m	Merit	14.5sec
		High Jump	Merit	1.20m
		4X100m Relay	Merit	61.4sec
Thenuri Wickramasinghe	5A	4X100m Relay	Merit	61.4sec
	6I	4X100m Relay	Merit	61.4sec
Under 12 Boys				
Damsandu Pothupitiya	6H	80m	Merit	11.3sec
		Long Jump	Merit	4.34m
Under 13 Boys				
Bometh Jayawardana	6H	Shot Put	Merit	8.06m
Under 14 Boys				
Sandith Rathnayake	8F	High Jump	Merit	1.45m
		4X100m Relay	Merit	52.2sec
Geesara Wijetunga	8D	100m	Merit	12.9sec
		4X100m Relay	Merit	52.2sec
Stephan Rowan	8E	Long Jump	Merit	4.81m
		4X100m Relay	Merit	52.2sec
Thewan Thalagalage	8A	4X100m Relay	Merit	52.2sec
	8J	Shot Put	Merit	9.97m
Under 14 Girls				
Natashi Wijesuriya	7I	100m	Merit	14.0sec

Zonal Athletic Championship - 2019

Organized by Piliyandala Education Zone

Position : Overall 1st Runner Up

Under 12

Shewan Abeyasinghe (Age Group Champion)	6I	60m	2nd Place	08.7sec
		100m	1st Place	14.1sec
		Long Jump	3rd Place	4.30m
		4X50m Relay	3rd Place	31.2sec

Under 14

Natashi Wijesuriya (Age Group Champion)	7I	80m	2nd Place	11.2sec
		100m	2nd Place	13.8sec
		80m Hurdles	1st Place	16.1sec
		4X100m Relay	2nd Place	

Under 16

Dulyana Suludagoda (Age Group Champion)	10 Nat A	100m	1st Place	13.0sec
		200m	1st Place	27.1sec
		400m	1st Place	1:01min.
		4X100m Relay	2nd Place	
Pulathisi Kahawita	Pre A/L Sc D	Shot Put	3rd Place	9.43m
		Discus Throw	3rd Place	33.21m

Western Province Chess Championship - 2019

Organized by Golden Castle Chess Academy

Names of Participants:

Rashmitha Mettananda 5A
Champion (Classical Event - Under 10 Boys)
1st Runner Up (Blitz Event - Under 09 Boys)

Sathindu Galagama 5I
Merit (Classical Event - Under 10 Boys)



Trinity College London

Lithum Ariyawansa and Ranuga Ariyawansa

- Lithum Ariyawansa** - Grade 8A
Island prize for Performing Text - Grade 3 (Individual Award)
Island prize for plays in production - Grade 2 (Group Award)
- Ranuga Ariyawansa** - Grade 4B
Island prize for Group Drama Devised - Grade 2 (Group Award)



LYCEUM SWIMMING POOL TIMES FOR OUTSIDERS

We are pleased to inform you that our Swimming Pool will be open to outsiders from September 2019 as follows:

Weekdays: 6:00 p.m - 8.30 p.m.

Weekends: 11:30 a.m. - 8.30 p.m.

Closed: 12.00 noon to 2.00 p.m. daily and on Poya days.

Membership Fees are as follows:

- Rs. 8,000 - per annum
- Rs. 3,000 - temporary membership for 4 months
- Rs. 100 per hour for Guest Swimmers / Non-members

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"BROWNIES LEAD INTERNATIONAL PACK HOLIDAY 2019"

92 Little Friends and 17 Guide Leaders of the Sri Lanka Girl Guide Association from Central, Southern and Western Provinces were warmly welcomed by the officials from the Sri Lanka High Commission in Malaysia on arrival. In lieu of our arrival 6 special check-in counters were opened at the Kuala Lumpur International Airport to make the check-in process faster. Representatives from the Girl Guides Association of Malaysia warmly welcomed the SLGGA's delegation at the exit entrance of the Kuala Lumpur International Airport.



The SLGGA's delegation was taken to the site of the Pack Holiday where accommodation, indoor and outdoor activities were conducted. The opening ceremony of "Brownies Lead" International Pack Holiday was graced by YAM Tengku Puan Indera Setia Selangor Tunku Irinah binti Al-Marhum Tuanku Jaafar, Selangor Branch President of Girl Guides Association Malaysia.

The international cultural night and the slumber party were a few of the many activities enjoyed by the Little Friends and the Guide leaders. The International Pack Holiday closing ceremony was graced by Yang Mulia Dato' Tengku Shireen Binti Al-Marhum Dato' Paduka Tengku Suleiman.

After the close of the International Pack Holiday the Little Friends and the Guide leaders enjoyed 3 extra days of site seeing in the city of Kuala Lumpur. The SLGGA's delegation was invited



for tea at the Sri Lankan High Commission in Malaysia. On behalf of the Sri Lanka Girl Guides Association we would like to express our sincere gratitude to Ms. M.W. Bhagya Abeykoon, acting Sri Lankan High Commissioner to Malaysia and other officials of the Sri Lankan High Commission in Malaysia for

their hospitality and providing safety and security to our Little Friends and Guide leaders during their stay in Malaysia and to the Chief Commissioner and the Members of the Girl Guides Association Malaysia for organising and giving the opportunity for the SLGGA's Little Friends and Guide leaders to participate in this wonderful event.



ORDINARY LEVEL

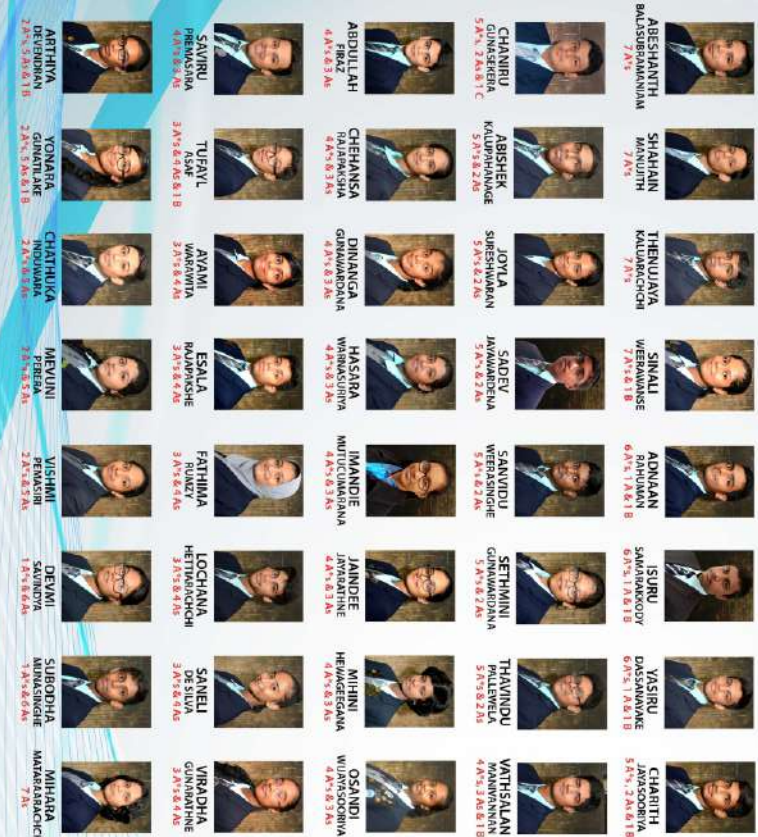
9 As & Above



8 As & Above



7 As & Above



Congratulations!

ACADEMIC EXCELLENCE AT

GAMBRIDGE INTERNATIONAL EXAMINATIONS (MAY/JUNE) 2019

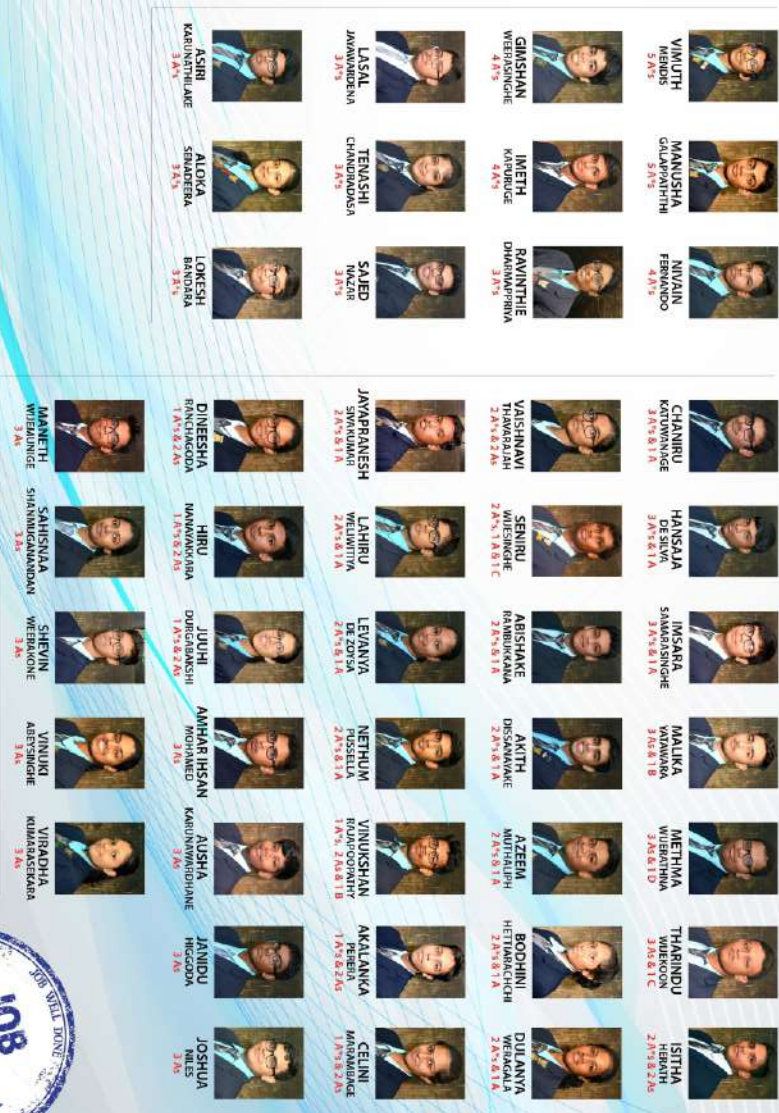


Cambridge Assessment International Education
Cambridge International School

ADVANCED LEVEL

All A*s

3 As & Above



We are Proud of You!

Thank You Teachers & Parents for Your Guidance & Support
The Principal & The Management - Lyceum International School - Nugegoda

