



# THE LYCEUMER

## PANADURA

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### MESSAGE FROM OUR FOUNDER

Mr Mohan Lal Grero

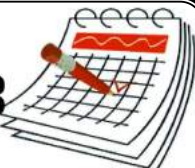
One day, a professor entered the classroom and asked his students to prepare for a surprise test. They waited anxiously at their desks for the test to begin. The professor handed out the question paper with the text facing down as usual. Once he handed all of them out, he asked his students to turn the 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.

## UPCOMING EVENTS February, 2018



- Feb 1<sup>st</sup> - Best Speaker English Senior-Semi Finals (Gr. 9 & 10)
- Feb 5<sup>th</sup> - Best Speaker English Senior-Semi Finals (Gr. 11 & 12)  
- Meeting with Parents Gr. 2 & 3
- Feb 6<sup>th</sup> - Kavi Competition Senior-Semi Finals
- Feb 9<sup>th</sup> - Singing Competition English -Auditions
- Feb 12<sup>th</sup> - Kavi Competition - Senior Finals
- Feb 15<sup>th</sup> - Parent Teacher Day According to Surnames A to L  
(School Holiday For Students)  
Art & Craft Exhibition -Nusery, PG
- Feb 16<sup>th</sup> - Parent Teacher Day According to Surnames M to Z  
(School Holiday For Students)  
- Art & Craft Exhibition -Nusery, PG
- Feb 17<sup>th</sup> - **Big Match (LP vs LN)** -Annual Cricket Encounter
- Feb 20<sup>th</sup> - Best Speaker Contest English -Senior Finals
- Feb 21<sup>st</sup> - Inter House Drama Competition Sinhala Rehearsal
- Feb 22<sup>nd</sup> - Concert Rehearsal Gr.5
- Feb 23<sup>rd</sup> - **School Holiday**  
-ISAC-International Schools Athletic Championships
- Feb 24<sup>th</sup> - ISAC -International Schools Athletic Championships
- Feb 25<sup>th</sup> - ISAC -International Schools Athletic Championships
- Feb 27<sup>th</sup> - Inter House Drama Competition - Sinhala
- Feb 28<sup>th</sup> - Singing Competition English -Semi Finals

## NEW APPOINTMENT

Mrs.Kumari Wijeratne was appointed as the **Principal of Lyceum International School - Panadura**. Our warmest congratulations & best wishes to Mrs.Kumari Wijeratne.



## NATIONAL A/L RESULTS - 2017

### SCIENCE STREAM

Nandula Perera - 2 A's, 1S  
(District Rank 4<sup>th</sup>)



- Kalpadith Weerasinghe - 1 A, 2 B's
- Dulashna Fernando - 1 A, 1 B, 1 C
- Sabeeha Zainab - 3 B's
- Nimesh De Silva - 2 B's, 1 C
- Minuri Perera - 1 B, 2 C's
- Aditha Iddamalgoda - 3 C's

### COMMERCE STREAM

- Misthar Minha - 2 A's, 1 B
- Nipuni Nisansa - 2 A's, 1 B
- Yashodha Perera - 1 A, 1 B, 1 C
- Chamodika Elvitigala - 1 B, 2 C's
- Manthi Hendavitharana - 3 C's
- Dinuki Amarasekara - 3 C's
- Piyumi Malsha - 3 C's

**WELL DONE**  
*Congratulations*

# MEMOS



## ATTN. CAMBRIDGE 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.

## 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.**

## CHRISTMAS CAROLS 2017

The Annual Christmas Carols Service was held on 5<sup>th</sup> December 2017 at the School Auditorium. Pastor Damain was the Chief Celebrant on this Special Day. Students of all religions participated in the occasion.



## 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.

## 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.

### Note:-

Do not discourage the use of Sinhala as it is the mother tongue and is essential for cognitive and social-cultural development.

## PROJECT SHOWCASING

The Project showcasing was held on 30<sup>th</sup> November 2017. The classes were filled with exciting inventions & project displays.

It was a successful event which won the praise & admiration of all those who attended.



## SWIMMING ATTENDANCE FOR THE 1<sup>ST</sup> SEMESTER EXAMINATIONS

Please note that Swimming attendance will be calculated for the first semester examination from 4<sup>th</sup> September 2017 to 2<sup>nd</sup> March 2018.

## 39<sup>TH</sup> CHULABHORN AQUATIC CLUB SWIMMING CHAMPIONSHIP 2017

Venue - Kasetsart University, Bangkok, Thailand

Date - 9<sup>th</sup> and 10<sup>th</sup> of December 2017

### Thinaya Jayaratne (Grade 8-A)

4 x 50 m Free Style Relay (Mix ) - Silver Medal  
4 x 50 m Free Style Relay (Girls) - Bronze Medal  
4 x 50 m Medley Relay (Girls) - Bronze Medal

*Congratulations*



## CALENDAR CHANGE FOR INTER HOUSE KARATE TOURNAMENT ( 2017/2018)

Inter House Karate Tournament which was scheduled to be held on 17<sup>th</sup> February 2018 (Saturday) is postponed to 10<sup>th</sup> March 2018 (Saturday)

## **ENGLISH SINGING COMPETITION 2017/2018 [ POSTPONED ]**

Please note that the English Singing Competition is postponed and the amended schedule is given below.

\*. Auditions : 09-02-2018

\*. Semi-Finals :28-02-2018

\*. Finals :15-03-2018

# **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.

Be Healthy :  Be Happy



**INTER HOUSE NETBALL TOURNAMENT 2017/2018**  
Held on 4<sup>th</sup> December 2017 at School Premises



**RESULTS OVERALL**

- 1<sup>st</sup> Place - Ursa House
- 2<sup>nd</sup> Place - Cygnus House
- 3<sup>rd</sup> Place - Aquila House
- 4<sup>th</sup> Place - Cetus House



*Congratulations*

**SPECIAL AWARDS**

**UNDER 14 GIRLS**

<b>Best Defender</b>	Hiruni Malisha	Ursa House
<b>Best Shooter</b>	Diyana Theuni	Aquila House
<b>Best Center Court Player</b>	Akithma Aponso	Ursa House
<b>Best Attacking Player</b>	Chamathka Samaradivakara	Ursa House

**UNDER 16 GIRLS**

<b>Best Defender</b>	Fathima Amna	Cetus House
<b>Best Shooter</b>	Rochelle Cooray	Cygnus House
<b>Best Center Court Player</b>	Seneja Anavarathne	Cetus House
<b>Best Attacking Player</b>	Ruchini Peiris	Cetus House
<b>Netball Queen</b>	Isara Erandi	Cygnus House

**OVER 16 GIRLS**

<b>Best Defender</b>	Helani De Silva	Ursa House
<b>Best Shooter</b>	Chirani Kotalawala	Ursa House
<b>Best Center Court Player</b>	Zainab Rifan	Ursa House
<b>Best Attacking Player</b>	Nethmi Liyanage	Aquila House
<b>Netball Queen</b>	Rehana Rubin	Ursa House

**BEST SPEAKERS CONTEST**  
**SENIOR SINHALA - 2017/2018**

This competition was held on 19<sup>th</sup> January 2018 at 3.00 p.m. in the school Auditorium.

**GRADE 6**

- 1<sup>st</sup> Place - Manuth Perera
- 2<sup>nd</sup> Place - Kimuthu Kahahena
- 3<sup>rd</sup> Place - Desandi Malinsa

**GRADE 7**

- 1<sup>st</sup> Place - Diluka Deshapriya
- 2<sup>nd</sup> Place - Shehashta Hettiarachchi
- 3<sup>rd</sup> Place - Supuni Peththawaadu

**GRADE 8**

- 1<sup>st</sup> Place - Posondi Wethalawe
- 2<sup>nd</sup> Place - Themiya Gunasekara
- 3<sup>rd</sup> Place - Kaushali Fernando

**GRADE 9**

- 1<sup>st</sup> Place - Pramudi Perera
- 2<sup>nd</sup> Place - Asinsa Peiris
- 3<sup>rd</sup> Place - Venuri Silva

**GRADE 10 AND ABOVE**

- 1<sup>st</sup> Place - Sulanya Kothalawala
- 2<sup>nd</sup> Place - Shakya Wanniarachchi
- 3<sup>rd</sup> Place - Sathis Jayasuriya



*Congratulations*

**SCHOOL HOLIDAY 23<sup>RD</sup> FEBRUARY, 2018**

Please note that 23<sup>rd</sup> February, 2018 will be a School Holiday for Pre School & Gr.1-12 students, due to ISAC 2018. (International Schools Athletic Championships).

**WORLD YOUTH SCRABBLE TOURNAMENT**

Vignesh Pirapaharan participated at the World Youth Scrabble Tournament (WESPA Youth Cup) 2017 held at Kuala Lumpur, Malaysia from 27<sup>th</sup> to 29<sup>th</sup> November 2017. He won third place in the Under16 title & the Best Country Team award.



*Congratulations*  
**SCRABBLE**



**CANCELLATION OF SPORTS & EXTRA CURRICULAR ACTIVITIES**

All sports & extra curricular activities will be cancelled on the following days.

- February 17<sup>th</sup> Saturday (Big March LP vs LN)
- February 23<sup>rd</sup> Friday (ISAC -2018)
- February 24<sup>th</sup> Saturday (ISAC -2018)

**CALENDAR CHANGES**

- February 17<sup>th</sup> - Inter House Karate Tournament is postponed to 10<sup>th</sup> March, 2018.
- February 26<sup>th</sup> - Inter House Badminton Tournament is postponed. New date will be notified later.

**SRI LANKA SCHOOLS BASKETBALL CHAMPIONSHIP**

Sri Lanka Schools Under 19 Girls "C" Division Basketball Championship 2017 - **2<sup>nd</sup> Runner Up**

Held from 02<sup>nd</sup> to 04<sup>th</sup> January 2018, at De Mazenod College- Kandana

*Congratulations*



**WESTERN PROVINCE ATHLETIC MEET 2017**

Anuk Kathriarachchi (Under 12 boys) was awarded colours.



*Congratulations*