



# THE LYCEUMER

## P A N A D U R A

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SEPTEMBER-2019

ISSUE-263



### MESSAGE 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.

#### Practice 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.

## UPCOMING EVENTS OCTOBER -2019

- 2<sup>th</sup> Oct - Inter House Debating Sinhala- Semi Finals
- 4<sup>th</sup> Oct - Gr.1 (All) & Gr. 2 to 12 New Admissions-  
- Parents' Meeting
- 7<sup>th</sup> Oct - Best Speaker Sinhala Junior-Semi Finals
- 9<sup>th</sup> Oct - Inter House Debating Sinhala- Finals
- 10<sup>th</sup> Oct - Inter House Debating English - Semi Finals
- 11<sup>th</sup> Oct - Prefects & Sports Captains Induction
- 12<sup>th</sup> Oct - Camp Gr.5
- 14<sup>th</sup> Oct - Sinhala Singing-Senior Finals
- 17<sup>th</sup> Oct - Best Speaker Sinhala Junior-Finals
- 18<sup>th</sup> Oct - Athletic Meet
- 22<sup>nd</sup> Oct - First Exam 10X
- 23<sup>rd</sup> Oct - First Exam 10X
- 24<sup>th</sup> Oct - First Exam 10X  
- Camp Gr. 6 & 7
- 25<sup>th</sup> Oct - First Exam 10X  
- Camp Gr. 6 & 7
- 28<sup>th</sup> Oct - First Exam 10X
- 29<sup>th</sup> Oct - First Exam 10X  
- Monthly Test Gr. 9 N
- 30<sup>th</sup> Oct - First Exam 10X  
- Monthly Test Gr. 1-9
- 31<sup>st</sup> Oct - First Exam 10X  
- Monthly Test Gr. 1-9



### OUR VISION

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

### OUR MISSION

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

### GRADUATION - GR. 1 - 5

The Graduation Ceremonies for Gr. 1 - 5 were held during August 2019. The past year's achievements were highlighted by the Principal, after which the teachers were felicitated for their services. Thereafter, the students proudly received their graduation certificates & gifts.



## PRIZE GIVING 2018/2019

(From Grade 6 Onwards)

Please note that 4 'A' Grades and above for Cambridge & National O/L exams and 2 'A' Grades and above for Cambridge & National A/L Exams will be considered for the Prize Giving 2018/2019.

### GRADE 10 & 12 STUDENTS

Please have the following documents ready for your O/L & A/L Examinations.

#### \*NATIONAL O/L AND CAMBRIDGE O/L STUDENTS :

National Identity Card / Postal Identity Card / Passport.

#### \*NATIONAL AND CAMBRIDGE A/L STUDENTS :

**National ID / Passport.**

Please ensure that the passports are valid until the end of December 2020. ie. one month after the scheduled exam date. Also please have the exam fees ready.

### PARENTS' INFORMATION BOOKLET

Please see that if your child is in lower nursery to Grade 8 that you have received the Parents' information Booklet which has the summary of the syllabus. If you have not received Please check with the class teacher.

*Whatever you are,  
be a good one*

- Abraham Lincoln



### THE SCHEDULE OF MULTI-RELIGIOUS PROGRAMMES 2019/2020

GRADES	DATE
9-12	Tuesday the 12 <sup>th</sup> of November 2019 (Il Full Moon Poya day)
5-8	Friday the 10 <sup>th</sup> of January 2020 (Duruthu Full Moon Poya day)
1-4	Monday the 09 <sup>th</sup> of March 2020 (Medin Full Moon Poya Day)

#### IMPORTANT :

Participation in the above religious programme is **COMPULSORY** and the students obtain a percentage of marks in the respective Semester Examination.

\* Please note that the above programme is held **only once per academic year per grade.**

#### Note to the parents of Buddhist students in Grade 1:

\* Parents are kindly reminded to get the appropriate attire made ready for the child, prior to the day of the upcoming Sil observing programme as follows.

**BOYS:** White National attire with the sash (Uturu-Saluwa) and white handkerchief (Patkadaya)

**GIRLS :** White Lama-Saree with the sash (Uturu -Saluwa) and white handkerchief (Patkadaya)

## RE-CORRECTIONS:

### NATIONAL O/L EXAMINATION. - 2018

Amnaa Naushad Achieved 9A's at the National O/L Examination in December, 2018.

# CONGRATULATIONS !

### NEW CONTACT NUMBERS OF LYCEUM - PANADURA

Please note that new contact numbers of Lyceum Panadura - main school & primary section are as follows.

#### Main School- Panadura

- 038-4548585 & 038-4548989

#### Primary Section-Bekkegama

- 038-4548549

#### Bookshop

Please be kind enough to contact the Bookshop on **011-7483591** for your requirements excluding the time period from **10.15 a.m. To 11.30 a.m. ( Interval ).**

### SCHOOL PRIZE GIVING -DONATIONS (GRADES 6 TO 12)

The School Prize Giving will be held at the Auditorium on 6<sup>th</sup> November 2019 for Grades 6 to 9 & 8<sup>th</sup> November 2019 for Grade 10 to 12 students. Donations are welcome. The donations will be utilized for the prizes.

When you hand in your contribution to Ms.Ajantha, please obtain an acknowledgment receipt. The last day for accepting your donations will be 30<sup>th</sup> October 2019. Only cash payments will be accepted. We look forward to your support and cooperation. Please note that the donors names will be printed in the Prize Giving souvenir.

## CORRECTIONS

### WESTERN PROVINCE SWIMMING MEET 2019

held from 1<sup>st</sup> to 3<sup>rd</sup> July 2019 at Ananda College Swimming Pool.

#### UNDER 16 GIRLS

Thinaya Jayarathne - 1<sup>st</sup> Place - 50 M Breast Stroke  
(9-N.B) 1<sup>st</sup> Place - 100 M Breast Stroke  
2<sup>nd</sup> Place - 200 M IM  
Sinethma Sirimanna - 2<sup>nd</sup> Place - 50 M Breast Stroke  
(9-N.B) 2<sup>nd</sup> Place - 100 M Breast Stroke

#### UNDER 16 BOYS

Kehan Perera - 1<sup>st</sup> Place - 50 M Breast Stroke  
(9-Sci. A)  
Induwara Liyanage - 2<sup>nd</sup> Place - 50 M Butterfly Stroke  
(8-C) 3<sup>rd</sup> Place - 100 M Butterfly Stroke

#### UNDER 18 GIRLS

Sandani Tennakoon - 3<sup>rd</sup> Place - 100 M Butterfly Stroke  
(Pre A/L National)

## BEST PREFECT OF THE MONTH

Narthana Gnanarathna ( 11 Nat. Com.) has been selected as the Best Prefect of the month of August, 2019.

# CONGRATULATIONS !



# IMPORTANT NOTICES-From Central Services

## GRADE 9 -12 SYLLABUS

Grade 9 to 12 syllabus should be purchased from the Bookshop /Accounts Department.

## REPORT CARDS

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 card, along with Rs. 500/- to obtain a new one. We won't replace the inside pages.

## IMPORTANT.....

Any event for the school students or staff should not be organized without the permission of the Principal.

## POYA DAY RELIGIOUS PROGRAMME

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.

## PLEASE NOTE

◆ 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 Wednesday from 9.00am to 11.00 am.

◆ If you have any suggestions or complaints or queries please SMS to the hotline number **077-3483066** where you will reach the top management. Please mention your school name, grade, class, subject etc so that we can provide a solution to you.

## STUDENT'S RECORD BOOK (SRB)

The **Student's 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.

## STUDENT'S HAND BOOK (SHB) 1

**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.

## STUDENT'S HANDBOOK (SHB) 2

**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.

## NEWSLETTER

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.

## DEAR 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, stationery, 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 action 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 (nonrefundable) 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 a attendance and note that late payment will incur a surcharge. \*Note: this surcharge is implemented only after the lapse of one month**, therefore please 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.

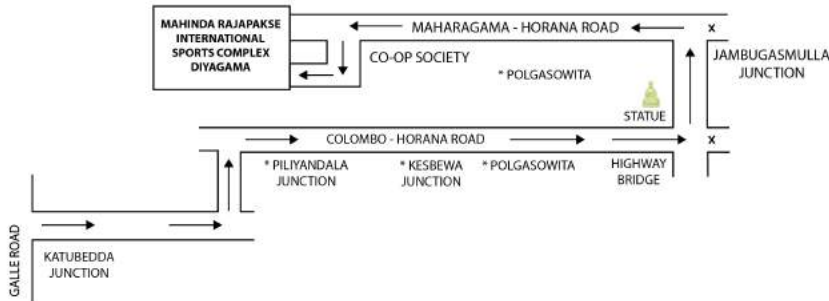
## HEAD HOUSE TEACHERS & DEPUTY HEAD HOUSE TEACHERS 2019 /2020

<b>Aquila House</b>	Head House Teacher Deputy Head House Teacher Deputy Head House Teacher	- Mr. Bandara Siriwardena - Ms. Maneesha Kaluperuma - Ms. Kalani Fernando (LB)
<b>Cetus House</b>	Head House Teacher Deputy Head House Teacher Deputy Head House Teacher	- Ms. Danushi Masinghe - Ms. Daisy Mahawatte - Ms. Dinithi Koralage (LB)
<b>Cygnus House</b>	Head House Teacher Deputy Head House Teacher Deputy Head House Teacher	- Ms. Volanka Kularathne - Ms. Dilrukshi Seneviratne - Ms. Madheena Aniff (LB)
<b>Ursa House</b>	Head House Teacher Deputy Head House Teacher Deputy Head House Teacher	- Mr. Madawa Perera - Ms. Romain De Mel - Mr. Chamal Ishan (LB)

# INTER HOUSE ATHLETIC MEET - 2019/2020

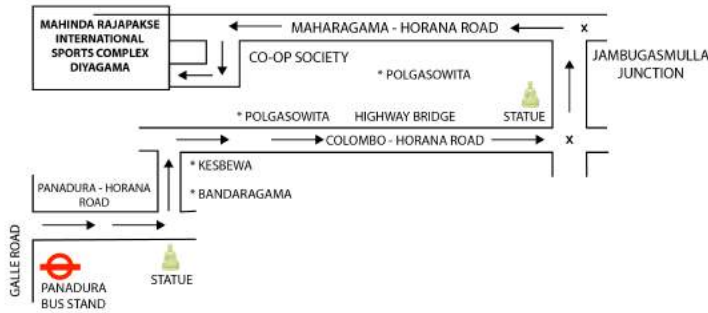
## ROUTE MAPS

From Katubedda Junction



- 18<sup>th</sup> of October 2019 will be a school holiday for grade 1 - 12
- Time to be present at 8.00 a.m (in the House tents) Attendance will be marked by the Class teacher/Co-Teacher at the entrance.
- Students participation in the Athletic Meet is compulsory Absentees should submit a letter of excuse in advance
- Dress code : House T-Shirt /P.T Bottom

From Panadura



### SIR JOHN TARBET SENIOR ATHLETIC MEET 2019

Held from 10<sup>th</sup> to 12<sup>th</sup> September 2019 at Sugathadasa Stadium

#### UNDER 18 GIRLS

Aamina Ruzny High Jump - 3<sup>rd</sup> Place ( 1.45 M )

**CONGRATULATIONS !**

### 46<sup>TH</sup> SRI LANKA SCHOOLS AGE GROUP AQUATIC SPORTS CHAMPIONSHIP - 2019

held from 4<sup>th</sup> to 8<sup>th</sup> September 2019 at Sugathadasa Swimming Pool Complex

#### UNDER 10 BOYS

Sanuga Mendis ( 5 C ) - 3<sup>rd</sup> Place- 50 M Breast Stroke

#### UNDER 12 BOYS

Thisen Damsilu ( 7 A ) - 3<sup>rd</sup> Place - 200 M IM

#### UNDER 16 GIRLS

Thinaya Jayarathne (10 N B ) - 1<sup>st</sup> Place- 50 M Breast Stroke  
 - 1<sup>st</sup> Place-100 M Breast Stroke  
 - 1<sup>st</sup> Place-200 M Breast Stroke

#### UNDER 16 BOYS

Induwara Liyanage ( 9 Sci C ) - 2<sup>nd</sup> Place - 50 M Butterfly Stroke  
 - 3<sup>rd</sup> Place-50 M free Style

### 45<sup>TH</sup> NATIONAL AGE GROUP AQUATIC CHAMPIONSHIP - 2019

Held from 22<sup>nd</sup> to 25<sup>th</sup> August 2019 at Sugathadasa Swimming Pool Complex

#### UNDER 11 BOYS

Lithum De Silva - ( 5 G ) 1<sup>st</sup> Place - 100M Breast Stroke

#### UNDER 15 GIRLS

Thinaya Jayarathne - (10 N B) 1<sup>st</sup> Place - 50 M Breast Stroke  
 1<sup>st</sup> Place 200 M Breast Stroke  
 1<sup>st</sup> Place 100 M Breast Stroke  
 2<sup>nd</sup> Place 200 M IM  
 3<sup>rd</sup> Place 200 M Free Style

#### UNDER 15 BOYS

Induwara Liyanage ( 9 Sci-C) 1<sup>st</sup> Place - 50 M Butterfly Stroke  
 2<sup>nd</sup> Place 100 M Butterfly Stroke  
 2<sup>nd</sup> Place 100 M Free Style  
 2<sup>nd</sup> Place 50 M Free Style  
 3<sup>rd</sup> Place 50 M Back Stroke

# SUPER Fashion

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### INTER HOUSE CHESS TOURNAMENT 2019/2020

WILL BE HELD ON 19<sup>TH</sup> NOVEMBER 2019 AT MAIN SCHOOL AUDITORIUM.

**Selection Dates**  
 8<sup>th</sup> October 2019 - Aquila & Cetus  
 15<sup>th</sup> October 2019- Cygnus & Ursa

**AGE GROUPS**

**Under 09**  
 Born between 2012 - 2013

**Under 11**  
 Born between 2010 - 2011

**Under 13** -  
 Born between 2008 - 2009

**Under 15** -  
 Born between 2006 - 2007

**Under 17** -  
 Born between 2004 - 2005

**Under 19** -  
 Born between 2002 - 2003

Please contact your house teacher.