

Welcome BACK to SCHOOL



Buddhist Gathas බෞද්ධ පිරිත් සා නාමා



We observed that children at the primary level find it difficult to recite Buddhist Gathas properly. They are unable to pronounce Pali words in a correct manner when reciting Gathas. Parents are kindly requested to purchase a CD that contains Pirith Desana and play it in the morning for your kids to listen. You need to ensure that children listen to the Desana when

it is playing. Once the children get used to this habit, they will learn the correct pronunciation and gain many other merits. You may purchase a Seth Pirith CD (Ven. Wattala Seelarathana Thero's) from Sarasavi Book Shop - Nugegoda.

Sinhala Hindu New Year Celebrations

The Avurudu celebrations for Pre School, Grades 1 to 5, Grades 6 to 8 and Grades 9 to 11 were held on the April 3rd, 4th, 5th and 7th 2017 in the School Premises.



Message from Mr. Mohan Lal Grero Founder



Controlling your Emotions is Freedom

Today I want to discuss the role that emotions play in our decision-making process.

Being overly influenced by your emotions is not freedom. Emotions are good as long as you are in control. If you let emotions be the decision-maker, you will make some bad ones. Let me explain why.

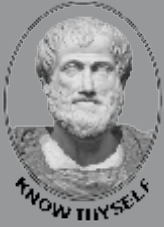
As we grow, we experience bodily or mental 'feelings' going through life or thinking about the past. When you win a race: everyone cheers, parents smile... We divide feelings into good and bad. This is only a mental classification but we usually react to these labels as if they are real when they only exist in the body and mind.

Emotions are created in the psychological space between the way we think about the world and our actual experience of it. When we get what we expect, we feel positive emotions; when we get something we don't expect we feel negative emotions. Emotions generally tell us what we already think about ourselves. They give feedback on the condition of our current thinking.

We feel our thoughts but we are not always aware of our thoughts. We take so many decisions based on the feeling that it 'feels just right'.

A young driver got his license for the first time. He felt freedom. He sat at the wheel and felt the power of the moving car. Being young it only felt right that he should go faster and faster. Oh! The adrenaline felt good. He ended up in a near fatal accident that left him paralysed, waist down. But he still recalls the emotions and says, 'it felt good at the wheel!'

We need to first become aware of our own feelings and triggers. Awareness will lead us to do the opposite that emotions dictate and therefore help make better judgement calls and decisions. Remember, emotions are only bad if we let them control us. When do your emotions control you? How do you feel at those moments?



Under 18 Girls 3 x 3 World Cup Basketball Tournament 2017

Date : 1st & 2nd April 2017.
Venue : Gateway College Colombo.
Organized by : Sri Lanka Basketball Federation.

Under 18 Girls Team.

Pawani Ranepura (Captain), Mihinsa De Alwis, Hazeena Abdul, Asha Nisma.

1st Match

Ladies College, Colombo vs Lyceum Wattala (7 : 21)

2nd Match

Contenders Club vs Lyceum Wattala (13 : 14)

3rd Match

Pushpadana Balika Vidyalaya vs Lyceum Wattala (02 : 21)

4th Match

Presbyterian Girls School vs Lyceum Wattala (11 : 15)

Quarter Final

Gateway College vs Lyceum Wattala (Walk Over)

Semi Final

Contenders Club vs Lyceum Wattala (14 : 16)

Final

St. Josephs College vs Lyceum Wattala (11 : 09)

We became the Runners Up in this tournament.



Till (Grades 4 to 8)

Please encourage your child to do house hold chores to collect pocket money to buy next year's textbooks. This way your child would get to know the value of money.

Chess Selections

Those who are born in 2010/2011 having a basic knowledge of chess are requested to stay after school from 2.00p.m. to 3.00p.m. on 19th May 2017 in 3F class room.

Under 18 Boys 3 x 3 Sri Lanka Schools' Basketball Tournament 2017

Date : 4th & 5th March 2017.
Venue : Gateway College Colombo.
Organized by : Sri Lanka Basketball Federation.

Under 18 Boys Team.

Rashan Perera, Sonal Warnakulasooriya, Nimesh Kulathunga, Llyod Evangelo.

1st Match

Lyceum Wattala vs Asian International School
21 vs 3

2nd Match

Lyceum Wattala vs De Mazenod College
18 vs 5

3rd Match

Lyceum Wattala vs Maris Stella
21 vs 13

Semi Final

Lyceum Wattala vs Asian International School
21 vs 11

Final

Lyceum Wattala vs Royal College
17 vs 14

Congratulations to our team who became the Champions in this tournament.

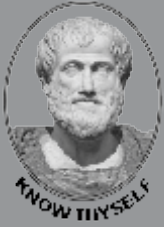


Dear Parents,

Please note that, parents are not permitted to sit in the swimming pool area during swimming lessons between 2.00p.m. to 4.30p.m.

Grades 3 to 5 Concert DVDs

The above DVDs are available for sale at Rs. 300/-. Please place your order with Ms. Fareesha at the Reception by 26th May 2017.



Under 16 Girls 3 x 3 Basketball Tournament 2017

Date : 8th & 9th April 2017.
Venue : Gateway College Colombo.
Organized by : Sri Lanka Basketball Federation.

Under 16 Girls Team

Lubna Morseth (Captain), Aurora Mandakini, Anumi Samarasinghe, Binadi Jayasinghe.

1st Match

Lyceum Wattala vs British School Colombo (15 : 02)

2nd Match

Lyceum Wattala vs St. Joseph's College (13 : 01)

3rd Match

Lyceum Wattala vs Contenders Club (16 : 13)

4th Match

Lyceum Wattala vs Ladies College (06 : 05)

Semi Final

Lyceum Wattala vs Kokuvil Hindu College, Jaffna
(12 : 15)

Final

Lyceum Wattala vs St. Josephs College (05 : 09)

We became the Runners Up in this tournament



Under 15 Girls International Schools' Netball Tournament 2017

Venue : British School – Colombo 8.
Date : 11th & 12th March 2017.
Organized by : Colombo International School – Colombo 07.

Under 15 Team Members

Dinya Perera (Captain), Punara Wathmavi, Heesha Perera, (Vice Captain), Binadhi Jayasinghe, Neshmi Sinhabahu, Nimsari Dissanayake, Asheli Dunumala, Umaya Siriwarnasinghe, Shabrina Mohomed, Eleena Mahendran, Nashooha Fathima, Venuki Wickramarachchi.

1st Match

Lyceum Wattala vs Gateway College – Kandy
12 02

2nd Match

Lyceum Wattala vs British School Colombo
16 05

3rd Match

Lyceum Wattala vs Lyceum Nugegoda
10 05

Semi Final

Lyceum Wattala vs Lyceum Panadura
06 07

Consolation Final

Lyceum Wattala vs Gateway College – Kandy
06 03

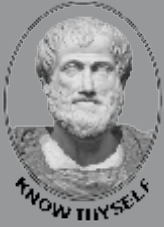
We won the 3rd place in this tournament.

Scrabble Workshop 2017

The above workshop was conducted by the Officials of the Sri Lanka Scrabble League on the 4th of March 2017 at the Women's International Club. A group comprising of 25 upcoming Scrabblers participated at this event. Our young players learnt how to



improve their Scrabble technique and strategy, as well as to use Scrabble software to practice at home. Furthermore, the Scrabblers of Lyceum International School – Wattala, known as a competitive team nationally were made aware of the software tools and the online resources available. This would enable our young players to sharpen their game and be better prepared for more competitive tournaments in future.



10th Inter International Chess Tournament 2017.

Venue : Regent International School, Gampaha.
Date : 04th and 05th April 2017.

We are proud to announce that Lyceum International School Wattala Chess players were the 1st Runner Up in the 10th Inter International Chess Tournament.

Under 08 – 'A' Team – Champions

Rayan Noor, Inuka Hiranya Wijesekera, Deshan Wickramasinghe, Navinu Gamage, Sahiru Gethmira, Nevan Ashad.

Under 12 – 'A' Team – 2nd Runner Up

Shazna Lye, Dulina Devmin, Lashitha Samaranyake, Saniru Weerakoon, Susan Senaratne, Sheshan Careem.

Under 14 – 'A' Team – 2nd Runner Up

Dinira Pathirana, Sasun Wijeratne, Navod Edirisingha, Demith Kumarapeli, Sithunima Vithanawasam, Aloka Rodrigo.

Under 16 – 'A' Team - 2nd Runner Up

Vishwa Wijayathilake, Himaya Wijesekera, Dilum Mohotty, Himeth Moremada, Zulaika Ahamat, Nazly Ahamath.

Under 19 – 'A' Team – 2nd Runner Up

Isuru Pathmaperuma, Aaloka De Silva, Gavinya Attanayake, Dimagi Gajanayake, Ravindu Iresh, Malindu Dinusha.

Board Price Winners

- Under 8** Deshan Wickramasinghe, Inuka Wijesekera, Rayan Noor.
- Under 10** Oneli Vithanawasam, Pahandee Nilakma, Akash Rodrigo.
- Under 12** Dulina Devmin, Rajatha Subasinghe.
- Under 14** Oshan Kaluaarachchi.
- Under 16** Dilum Mohotty.

Under 17 Inter International Schools' Football Tournament 2017.

Lyceum Wattala participated in Under 17 Inter International Schools' Football Tournament 2017 which was organized by British School Colombo held from 13th March to 24th March 2017 at Morogasmulla Grounds Rajagiriya.

Under 17 Team Members.

Herschel Widanapathirana, Shehan Dias, Vihanga Jayasinghe, Darren De Silva, Shehan Charuka, Chamuditha Gamage, Ashvin Dias, Thanish Salith, Malindu Kodituwakku, Sameera Rodrigo, Lathira Waidyarathna, Ryan Wickramasinghe, Tashen Ukwatta, Humaid Mubarak, Ziyen Rozal, Roshen Silva, Lahiru Krishan, Shenal Chamika, Joshua Fonseka, Muhamed Fawme.

1st Match

Lyceum Wattala vs Wycherley College (3 : 0)

2nd Match

Lyceum Wattala vs Overseas College (0 : 2)

3rd Match

Lyceum Wattala vs CIS Kandy (3 : 0)

Quarter Final

Lyceum Wattala vs Gateway College, Kandy (0 : 0)
Penalty shootout lost by 0 : 3

Inter House Soccer Tournament

Date : 30th March 2017

Matches were played on a knock-Out basis.

- Under 13** Champion Cetus House
Runners Up Aquila House.
- Under 15** Champion Cetus House.
Runners Up Cygnus House.
- Over 15** Champion Ursa House.
Runners Up Cetus House.

