



Welcome Back To School

Donations are welcome for the School Prize Giving

The School Prize Giving will be held in the School Hall on 28th November 2015 for students of Grades 6 to 12. Donations are welcome and will be utilized for the prizes.

When you hand in your contribution please obtain a receipt at the reception from Ms. Fareesha. The last day for accepting your donations will be 6th November 2015. Only cash payments will be accepted.

Prize Giving – Trophies

The following prize giving trophies are available for sponsorships. You are kindly requested to contact Ms. Fareesha at the reception for further details

- Orator of the Year - English
- Orator of the Year - Sinhala
- Orator of the Year - Tamil
- Best Debater - English
- Best Debater - Sinhala
- Best Kandyan Dancer
- Best Actor - Male
- Best Actor - Female
- Best Chorister
- Most Outstanding Prefect
- Most Outstanding Student of the Year
- Sports Person of the Year
- Promising Sports Person of the Year
- Promising Sports Person of the Year – Non physical



We look forward to your support and co-operation

Prize Winners List 2014 / 2015

The list of names of the Prize Winners for the Prize Giving 2014 - 2015 is with Ms. Fareesha at the school reception. Students are kindly requested to check whether the details in the list are correct. If there are any changes, please inform the Upper School Headmistress Ms. Thilini Ganepola on or before 02nd of October 2015.

Lyceum Home Study Time

- Grades 1 to 5** : 1 hour
- Grades 6 to 12** : 2 hour
- 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, write small stories, poems etc.

Open Day for Parents

Thursday will be an Open Day for Parents to meet the Principal. On any other day the Principal can be met only by appointment.

Message from Mr. Mohan Lal Grero Founder



A little girl and her mother were crossing a bridge. The mother was scared so she asked her little daughter to hold her hand so that she will not fall into the river.

The little girl said, "No, mother, you hold my hand." "What's the difference?" asked the puzzled mother. "There's a big difference," replied the little girl. "If I hold your hand and something happens to me, chances are that I may let go of your hand. But if you hold my hand, I know for sure that no matter what happens, you will never let go of my hand."

A Healthy Meal

We intend to encourage the students to have a healthy and balanced meal from their formative years and discourage them from consuming large amounts of sweets, snacks, bakery products and fizzy drinks. Any snack sent to school should contain carbohydrates, proteins and lipids. Any drink should contain water, fibre, minerals and vitamins. It should be made of fresh fruits. Therefore please ensure to spread out the following meals and drinks within the course of the week.

You may choose from the kinds of food allocated for each day.

Food

Monday

- *Boiled Vegetables+chicken / fish + a slice of toasted bread.
- * Bun with filling made of fresh fish (boiled) / scrambled egg.

Tuesday

- *Milk rice – jaggery & banana (organic kind)
- * Grain – gram, green gram / cow-pea, Samaposhha aggala.

Wednesday

- *Red rice, fish, dhal & mallum
- * Rice noodles with pieces of full boiled egg with potato / chicken curry

Thursday

- * Vegetable Sandwich (2 slices) with cheese + salad leaf
- * Fruit salad (slices of papaya, bananas, mango (sugar+lime+salt))

Friday

- * Pasta made of wheat flour with fish / chicken / carrot /eggs + cheese
- * Bun with filling made of fresh fish (boiled)+tomato+onion

Exercise Books

Please note that it is compulsory that students use 80 page exercise books in order to reduce the weight of the school bag.

Donation of Textbooks

Old text books are welcome as donations to the school library as some books have gone out of print.



Sri lankan Model United Nations Conferene 2015.

Date : 14th, 15th, 16th August 2015.

Venue : BMICH

23 students from Lyceum Wattala participated in the conference and 6 delegates won awards.

- * Raqeeb Razeen - World Bank - Honorary Mention
- * Randika Warnasinghe - Head of States Summit on Terrorism - Best Foreign Policy Statement
- * Radika Warnasinghe - General Assembly 1 - Higher Commendation
- * Sachin Fernando - United Nations Human Right Council - High Commendation
- * Sandeepa Fernando - Security Council - Higher Commendation
- * Shane De Hoedt - Sri Lanka Electroal Assembly on Development - Honorary Mention

Trust and Respect cannot be Learned, Purchased or Acquired.

They can only be Earned.

Every deed, every word will determine the level of trust you gain with those around you. So be sure to do what you say and say what you intend on doing. Integrity and honesty will always take you a long way in life.

Attendance / Absence

Students should be absent only due to illness or family emergencies. The school should be informed in writing by the parent the reason on the first day the student reports back to school after such absence. This should be written in the Student's Record Book (page 23).

If a child is sick and is absent for three consecutive days or more, a medical certificate should be submitted. There should be a written entry in the S.R.B duly signed by parent / guardian with the same signature provided as specimen on page 4 of the S.R.B. A student who suffers from an infectious disease should keep away from school until the full contagious period is over and submit a medical certificate from an accepted medical practitioner. The medical certificate should be handed over to the school nurse, before the student can be permitted to attend class sessions.

Contagious periods for infectious diseases are as follows:

Mumps	: 14 days and until the swelling has gone down.
Chicken pox	: 14 days and until the skin is clear.
Sore eyes	: 5 days, longer if eyes are still not clear.
Viral Fever	: Until no fever, cold or cough.
Measles	: 10 days.

Student's Record Book

When you receive the new SRB (2015/2016) please fill in the necessary details in the following pages.

- * Nursery / Pre Grades pages 4, 5 and 50
- * Grades 1 -12 pages 4, 5, 48 and 49

Assembly Days

Assembly days will be as follows;

Monday	-	Grades 10, 11 and 12
Tuesday	-	Grades 8 and 9
Wednesday	-	Grades 6 and 7
Thursday	-	Grades 4 and 5
Friday	-	Grades 1, 2 and 3

Reading Books

From Grade 1 upwards please encourage your child to develop the habit of reading.

1. There are books with large letters and colourful pictures in bookshops where a small child's interest will be aroused.
2. Remember to read a bedtime story to your child everyday. This will also give you quality time with your child.
3. Build a mini library in your child's room with a small bookshelf with story books.
4. Please do not give your child a computer. This will kill their reading habit.

Reading will make your child knowledgeable, creative and make it very easy for him / her to learn any other subject.

No Tuition, No Internet, Less T.V.

We kindly advise you not to send your child for tuition. From Grade 3 to Grade 8 after school assistance for English and Maths will be provided free of charge. After school classes for O/L and A/L also will be provided on request. Please do not provide Internet or allow your child to watch too much T.V. Give your child enough time and opportunity to play.

Please help to Ease Traffic Congestion near school entrance /gate

Traffic Rules at School gate.

- * Have the bag and bottle ready in hand.
- * Bid goodbyes with parents at home.
- * The child to sit on the left side of the car (to get down fast)
- * Stop the car in the designated area and not in front of the gate, as this will further congest the traffic.

Litter

All students are kindly requested to pick up all litter if they see any on the ground or in the class room and place them in the respective litter bins which are provided in school for litter. At no time should there be any litter in the class rooms, but a bit of sand at the end day is acceptable - but by no means should there be any litter in class rooms. Please teach your child to keep the environment clean. Each class is provided with two bins one for garbage and one for clean paper. **Students are strictly advised to use the correct bins for litter.**



Congratulations ! Under 18 Boys (Doubles) All Island Badminton Tournament 2015

The above tournament organized by Sri Lanka Schools Badminton Association, was held on 26th, 27th, 28th August 2015 at Municipal Indoor Stadium, Nuwara Eliya.

Results:

1st Match

Lyceum Wattala vs Bandaranayake College, Gampaha
3 2

2nd Match

Lyceum Wattala vs Trinity College, Kandy
3 2

Semi Finals

Lyceum Wattala vs President College, Maharagama
3 2

Finals

Lyceum Wattala vs D.S. Senanayake College, Colombo
3 0

We became Champions in the above tournament in 'B' Division.

Under 18 Boys 'B' Division



Pranavan Sudhahar, Santhush Thilakarathne, Nisalka Fernando, Kaveesha Muthukuda, Tharin Perera, Ryan Perera, Kevin Amarasekara, Pasan Aluthge, Lohan Yapa, Ashley Meadows, Kavinda Gayashan

Under 17 All Island Basketball Tournament 2015

'A' Division - Boys

Venue : St. Thomas College, Mt. Lavinia / St. Joseph College, Maradana

Date : 27th to 30th June 2015

Captain - Lohan Ayescharya **Vice Captain** - Shabeer Ziyam

1st Match

Lyceum Wattala vs Mahinda College, Galle
76 36

2nd Match

Lyceum Wattala vs Ananda College, Colombo
63 51

3rd Match

Lyceum Wattala vs St. Thomas College, Mt. Lavinia
67 56

Quarter Finals

Lyceum Wattala vs St. Joseph College, Maradana
53 61

Checklist for parents to be more organised in the new term

Check the following before your child leaves for school everyday.

- * Hair should be neatly combed. Hair below shoulder level of girls should be plaited. Up to Grade 8 – 2 plaits.
- * Collar should be straightened.
- * Belt of the girls' uniform should not sag and both ends must be secured.
- * Grey socks should be worn to cover 4 inches from the shoe level.
- * Black shoes should be clean and polished. Fancy shoes should not be worn. Black tennis shoes as recommended.
- * Girl's uniform length should cover the knee and boys trousers should be worn above the hip level (Just below the waist). Boys in Grade 6 and above should wear a black belt with a very simple buckle.

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 them if noticed.

Documents from school

- * If you need any document from the school regarding any matter, a minimum of one week's notice should be given to the school.
- * Students should collect all relevant documents within a year of leaving school. Students who come after one year will be charged Rs. 1000/- for the services rendered.

Classes for Speech & Drama, Music

Above Classes will be conducted at Lyceum Kandana premises. For further details please call **0112230532**

Nursery & Pre Grade Concert CD 2014 / 2015

Dear parents. If you wish to place an order of the Nursery & Pre Grade Concert CD "Marigold Meadows" you may do so from 14th to 21st September 2015 at the school reception. Kindly note that 21st September 2015 will be last day and orders will not be taken afterwards.



Adventure Training Programme – 2014 / 2015

The second course of the Adventure Training Programme for the academic year 2014-2015 was successfully completed. This was held from 21st to 25th of August 2015 at National Scout Training Centre at Pedro Nuwara Eliya. 36 students from Grades 7, 8, and 11 participated in children's outdoor based Advanced Adventure and Leadership Training programme. Students performed activities based on team building, planning skills, resources management, decision making, leadership and time management.



Inter House Basketball Tournament 2015

Date : 1st August 2015

Under 13

- 1st - Aquila House
- 2nd - Cygnus House
- 3rd - Cetus House

Best Defensive Player

Anumi Sawarasinghe (Aquila)

Best Offensive Player

Melisa Perera (Cygnus)

Best Player

Moksha Fernando (Aquila)

Upcoming Player

Binadhi Jayasinghe (Aquila)

Overall Champions

Cetus (15 points)

Girls Results

Under 15

- 1st - Cygnus House
- 2nd - Cetus House
- 3rd - Aquila House

Best Defensive Player

Shameema Khalid (Cygnus)

Best Offensive Player

Imangi Rodrigo (Cetus)

Best Player

Devanga Lokugamage (Cygnus)

Upcoming Player

Vonara Nimethma (Cetus)

1st Runner Up

Aquila (13 points)

2nd Runner Up

Cygnus (12 points)

Over 15

- 1st - Cetus House
- 2nd - Ursa House
- 3rd - Aquila House

Best Defensive Player

Prashani Rodrigo (Cygnus)

Best Offensive Player

Titania Basil (Aquila)

Best Player

Vidyaashinie Sukumaran (Cetus)

Upcoming Player

Kasuni De Silva (Cetus)

3rd Runner Up

Ursa (05 points)

Date : 03rd & 05th August 2015

Under 13

- 1st - Cetus House
- 2nd - Aquila House
- 3rd - Cygnus House

Best Defensive Player

Kaveen Lasindu (Aquila)

Best Offensive Player

Lithan Abeywardena (Aquila)

Best Player

Thaqie Bongso (Cetus)

Upcoming Player

Shalutha Gamage (Cygnus)

Overall Champions

Cetus House (15 points)

1st Runner Up

Cygnus House (13 points)

2nd Runner Up

Ursa House (12 points)

Over 15

- 1st - Cygnus House
- 2nd - Ursa House
- 3rd - Cetus House

Best Defensive Player

Rashan Perera (Cygnus)

Best Offensive Player

Nimesh Kulathunga (Ursa)

Best Player

Mario Evangelo (Cygnus)

Upcoming Player

Shabeer Ziyam (Cygnus)

3rd Runner Up

Aquila House (05 points)

Inter House Swimming Meet 2015

Please note that the Inter House Swimming Meet will be held on 19th September 2015 at the Sugathadasa Stadium. The programme for this day has been displayed on the Swimming Pool Notice Board. The Swimming Meet heat results are also displayed on the Notice board for your verification.