

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

Theme for next week

The theme for next week is: **Remembrance**. I have included an introduction from the Royal British Legion on Remembrance and the memorial symbol, the Poppy. I hope you find it of interest.

SCHOOL OPEN DAY 4th November 2017

Time: 11am to 1pm

All parents and friends are warmly invited. This is a really good time to speak to the teachers in their classrooms, laboratories and studios.

Prize Day: 1st December 2017

Just so that parents, pupils and guardians can start planning, the Seniors Prize Day will take place on **Friday, 1st December 2017 in the front part of the Mandir Haveli at 6.30 pm**. All the GCSE and A Levels certificates have arrived, shields are being prepared to be awarded on the day. The dress code is formal Indian. The evening will be followed by a delicious meal at the end. Everyone is requested to be seated in the Haveli by 6.45 pm. Parents and guardians should also note that as it is usual for any school prize day, we will have a half day. Pupils should be picked up at 12.55 pm.

Internal/Mock Examination Timetable Autumn Term 2017

Pupils and parents are reminded about the End of Term Internal/Mock Examinations which will take place for all Seniors 1-5 between Wednesday, 15 to Tuesday, 21 November 2017. The timetable for the examinations is will be issued tomorrow to all the pupils.

Why the Poppy?



The poppy has a long association with Remembrance Day. But how did the distinctive red flower become such a potent symbol of our remembrance of the sacrifices made in past wars?

Scarlet corn poppies (popaver rhoeas) grow naturally in conditions of disturbed earth throughout Western Europe. The destruction brought by the Napoleonic wars of the early 19th Century transformed bare land into fields of blood red poppies, growing around the bodies of the fallen soldiers.

In late 1914, the fields of Northern France and Flanders were once again ripped open as World War One raged through Europe's heart. Once the conflict was over the poppy was one of the only plants to grow on the otherwise barren battlefields.

The school will be joining in The Poppy Appeal and hope that we can make our own contribution to this worthy cause. These annual events remind us of the brutality of war and we pray for peace for all the world.

WRITER'S CORNER

The significance of the poppy as a lasting memorial symbol to the fallen was realised by the Canadian surgeon John McCrae in his poem *In Flanders Fields*. The poppy came to represent the immeasurable sacrifice made by his comrades and quickly became a lasting memorial to those who died in World War One and later conflicts. It was adopted by The Royal British Legion as the symbol for their Poppy Appeal, in aid of those serving in the British Armed Forces, after its formation in 1921.

In Flanders Field by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Stress Management

As the examinations draw near please do learn to find some me time.

1

Learn to relax. Take “mini-breaks” throughout the day. Work at relaxation techniques, such as five slow deep breaths.

2

Get organised. Have a realistic schedule of daily activities, including time for work, sleep, relationships and recreation.

3

Exercise. Physical activity always provides relief from stress. Half an hour of sport or even a short walk will do the trick.

4

Recognise that you can only do so much in a given time. Try to pace, not race.

5

Talk to friends. Talking and meeting with friends and occasionally sharing deep feelings and thoughts can be helpful in reducing stress.

6

Make a list of things that are worrying you and the possible things that could happen – then your brain will stop bringing them forward all the time.

Make sure you are in a calm, positive mood before you start studying.

8

Don't become overtired by forcing yourself to work late. Your ideal sleep time is about 8 hours a night.

9

Watch your habits. Make sure you eat sensibly and have a balanced diet.

10

Talk positively to yourself. Don't pay attention to that internal voice saying you can't do it, tell yourself you can do it and you will do it.



Success comes in cans, not can'ts.

Yours sincerely,

Nilesh Manani