

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for next week is “Dealing with problems.” I have written about it on the back of the newsletter.

Sixth Form Girls’ Sporting Achievements – Mrs Austin writes:



The Sixth Form girls’ team played in the U18 Brent Badminton tournament last Thursday. Our girls whizzed through their games easily beating Kingsbury high with a score of 5 – 0, winning all their 2 singles and 3 doubles matches. In the final round, their opponent was Claremont High School. The games were very even with 2 games each. As you can imagine, the final game was nail-biting with the score at 20 all to Claremont and then match point to the Claremont team. Our girls however, held their nerves and fought back to win the game with a score of 23 – 21 to become the Brent U18 Girls’ CHAMPIONS 2017. This is the second year running where we

have won this competition. Well done to U18 girls (Urja Thakrar, Dhruvi Patel, Ria Popat and Radhika Kholia).



U18 Brent Boys’ Badminton Tournament

The Sixth Form boys’ team played in the U18 Brent Badminton tournament last Thursday. The boys had a last minute change to their team and had to recruit Mohit Bakhda from the lower year group to play for them as one player was injured. The boys played really well as the competition was tough. They managed to come THIRD in the Brent U18 Boys’ Badminton Tournament. Well done to Yogesh Patel, Kiyan Patel, Dhillon Hirani and Mohit Bakhda.



U18 Brent Girls' Rounders Tournament

The Sixth form girls played in the Brent Rounders tournament yesterday. It was raining when we set off in the minibus to Kingsbury High School. We were not sure if the tournament was going to be called off. We got there and the organiser indicated that we will not be playing on the grass but on the tarmac due to health & safety reasons. Yet the girls played superbly, winning all their games against the other schools and only lost to Claremont High School by $\frac{1}{2}$ a rounder. This did not however, matter as our girls won the overall title as the U18 Brent Rounders CHAMPIONS 2017. Well done to all the girls for their commitment, team work and fighting spirit. (Roshni Pattni, Urja Thakrar, Dhruvi Patel, Radhika Kholia, Ria Popat, Simran Panchal, Naiya Desai, Kaamya Mehta, Rishali Patel, Vaishali Kakkad, Bristhi Sarkar)

Information and Summary Rules for Students Doing Exams (in particular “External” Exams – GCSE and A levels (GCE).

Candidates must:

- **Do their best fairly, according to JCQ rules. You must be seen to be doing so!**
- Have the equipment they need for their examination; pens, pencils, ruler...and necessary “spares”. No Mobile phones (or other similar electronic equipment) are allowed; if you have such, they must be switched off and brought to the front along with any other unauthorised materials. Pencil cases must be transparent, or use a clear plastic bag instead. Do not bring bags or textbooks or anything else which may be deemed unauthorised. Scientific calculators are normally allowed, except for those exams that explicitly forbid them. Do not use Tippex or similar (Cross out any mistakes clearly!). Do bring your Entry Statements/Time-table (But do not write on them). Bring suitable photo. I.D. if you are not known to the Supervisor/s.
- Behave in an orderly fashion before, during and after each exam.
- Arrive in good time and be on time for each exam session and wait QUIETLY outside the examination room or in other allocated place before each exam session. Definite start and finish times cannot be given for a variety of reasons.
- **Nominal** start times; **am.** Exams 9.00; **pm.** Exams **1.30** (sometimes 2.00, occasionally 1.00), but in some cases could begin as early as Noon.]
- You should be aware of your timetable accordingly. A summarised version of the main whole School time-table is available on the Website. You should also be able to access your Personal Unofficial External Exam Time-table Statement via Schoolbase On-line Portal. Exams Rooms will be as indicated and notified. In most cases this will be the Yogi Hall and/or the two (one or both...) rooms in the Science Block for GCSE and GCE (A level and AS) depending on candidate numbers and students involved and may be subject to change.
- When allowed in pupils must sit in their given place. This will normally be in Candidate Number order.
- Familiarize themselves with the Exam Notices and Warnings which are displayed (and which you have been given) and obey them.
- If in doubt or you have any queries, please consult you teacher / form-tutor / me... as necessary. Please do this in good time!
- **Please note the School is bound to report any infringement of the rules to the Exam Boards. This is treated as “MALPRACTICE”, whether it is accidental or not. They will deal with this according to their procedures and the result may be DISQUALIFICATION!**
- There may be some “leeway”/adjustment on these rules for School Internal Exams but even here we may deal with Infringements as “Cheating”, whether accidental or not!

- One final thing if I may say, exams are obviously very important, so do take them seriously and revise hard and prepare yourself accordingly. But no purpose is served if you get overly worried and this impedes your ability to think clearly. So do keep calm and keep things in perspective, and do incorporate suitable breaks into your Revision Schedule. And GOOD LUCK.

Mental Health Awareness Week 19th April- 26th April 2017 - Ms Guly and Ms Parshotam write:



For the first time last week, the students of TSS celebrated mental health awareness week on the theme of “Stamp out Stigma.” The week started with a presentation by Ms Guly and Ms Parshotam with an introduction about mental health, opening the discussion with students about what we could do to look after our mental health and dispel some myths about mental health.

On Thursday in the mentoring groups, students had an active discussion with 6th Form students about their opinions

on mental health, as well as what we can do as a school to help students further. It was an insightful discussion and did help students to continue to discuss mental health and help students to understand the different things that students could do to deal with certain situations.



Tuesday was a dedicated subject day, where S1-S3 students primarily learnt about mental health through their different subjects, some lessons dealt with the science behind mental health issues, some looked at the history of mental issues and others looked at ways to help keep the mind calm with mindfulness activities. It gave students an opportunity to see that each subject did have something linked to mental health and what we could do to look after it. The day also gave the whole school an opportunity to work together

on a collaborative art piece in which students had to draw around their foot and describe what they were going to do to stamp out stigma, the art piece will be displayed outside Mr Manani’s room.



Wednesday gave us a special assembly led by Mr Worth and Ms Alexander on Study skills, to give students an idea about how to prepare for their exams in a calm manner, and not get stressed at the last minute. As well as these activities, students had an opportunity to partake in mindfulness activities at lunchtime to give their minds a break from the school day. The activities included an art session, sports sessions and a session on origami! We hope that this week has led to insightful and fruitful discussions at home as well between you and your children so that we can all work together to stamp out the stigma against mental health. We would like to thank all the staff who helped us in organising the special lessons, activities and assemblies. We look forward to celebrating mental health awareness week next year as well.

Dealing with problems

Think

Problems are a daily occurrence in life. People have to work with each other. Whenever people come together there will inevitably be times when they will not agree and you will find this to be the case with your friends at school, with teachers and with your family. No two people will always agree. Learning to deal with people and problems is a part of life and the sooner you learn this, the happier, more fruitful and productive your life will become.

Feel

When you are young you always have people around you to help you and life doesn't seem all that bad. As you grow through your school years you will become more and more independent. The decisions you make may also become more and more important, and some of them may have life-changing impact. You will learn to deal with problems in your own way, and sometimes you will stumble and make the wrong decisions. The most important thing to remember is not to suffer them on your own. If you have problems with your friends, the best thing to do is speak to them about it, and if they are your true friends they will be happy that you spoke to them directly. The same is true with your family; remember that they love you. Their love for you is unconditional and your parents and brothers or sisters are your staunchest supporters. Speak to them frankly about anything that troubles you and they will always find a way to help you.

Do

Schools have teachers and counsellors to help you, and in many schools nurses as well. If it is an academic problem ask your teachers, and if you are shy to ask in front of everyone or afraid to make a fool of yourself in front of your peers, ask after the lesson, during the break or lunch time. If they are busy make an appointment at a time when it is convenient for them. If you have personal problems speak to your House or Class teacher, or make an appointment with the school counsellor. Some schools will have 'Vertical Mentoring Schemes' when older students mentor younger students. The support for you is there, all you need to do is ask for help. Even adults can't cope with their problems on their own.

Yours sincerely,

Nilesh Manani