

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for next week is “**Develop Good Habits**”. I have written about it at the end of the newsletter.

S2 Parents’ Consultation Evening – Today

Following the Options afternoon, as promised all parents will have a chance to discuss the options with the teachers at the Parents’ Consultation Evening today between 4.30-7.00 pm in the Yogi Hall. All the parents will have an opportunity to meet their child’s subject teachers including the House Tutors, who meet the pupils twice daily and keep a very careful eye on their welfare, progress and achievements. This is also a chance to discuss the options with the teachers.

Recognising Achievements of Students



Yesterday evening I had the privilege of attending the finals of Brent Young Musician of the Year final at Claremont High School Academy and observe six nerveless young performers. Raisa Ruparelia in Year 7 was one the six finalist. She played the Harp and from what little I can remember from the judge’s comments, performed her pieces beautifully and with remarkable maturity. You will all be pleased to read that Raisa was awarded the third prize for her performance. It is no surprise to me that she has completed Grade 5 examinations for both the Harp and the Piano.



Another student who had been hiding his wonderful vocal talent is Ashwin Sundresh until he performed in the Talent Show last year. It is no surprise to me that he has also completed the Grade 5 Vocal examination of London College of Music. Ashwin is to be commended for achieving a Distinction in his rendition of Field of Gold.

I hope the efforts of these two students inspires many more to persevere with these aspects of their personal development for they will certainly prove to be an enormous asset when applying to universities.

DRAMA AND LAMDA UPDATES: Years 7-12 -Mr Benny writes:

YEAR 9: ISA DRAMA COMPETITION: Please would parents take into account the following rehearsals schedule for the ISA Drama Competition:

16th March Thursday: 4.15-5.15/5.30pm

19th March SUNDAY: 9.30 a.m. report in/10am-3 or 4pm (subject to progress) (Nerissa Patel and Mya Patel, 11am-3 or 4pm)

23 March Thursday: Period 4 and after school, 4.20-5.30pm

24 March Friday: Periods 4 + 6 and DRESS REH after school, 4.20-5.30/6pm (subject to progress)

25 MARCH SATURDAY: 7 a.m. cast + crew report to TSS for coach to Ascot. Parents may follow in their own cars. Maps provided. Performance: 9.30 a.m. Adjudication by 11 a.m. then students free to return home with parents or with the coach, returning to TSS by 1 or 2pm.

LAMDA – Exams – now officially time-tabled - take place at TSS throughout 28th, 29th and 30th March, involving students from all years entering at their chosen level. Please would parents help test their son/daughter on their lines which must be word-perfect and expressive in terms of character and meaning.

United Kingdom Mathematics Challenges

Intermediate Mathematics Challenge

In this years' IMC, we achieved 4 Gold Certificates, 5 Silvers and 13 Bronzes.

Congratulations are due to the following students for achieving the Gold Award in the Intermediate Mathematics Challenge:

Ishan Dwivedi (S4) Vishal Rao (S3) Henil Premgi (S4) Sunabh Trivedi (S4)



Silver: Hemal Gor, Reashan Naheerathan, Shyam Vyas. **Bronze:** Mehul Vyas, Urvi Dudeja, Ananya Nath, Shry Chakraborty, Dylan Sachdev, Kajol Jain, Isha Patel, Yash Patel, Ansh Patel, Devraaj Bhargava.

Furthermore two students will be sitting the Olympiads this year on March 16th: Ishaan Dwivedi will take the Hamilton and Vishal Rao the Cayley. We also have two students Vishal Rao and Shyam Vyas taking the Grey Kangaroo and Henil Premgi will sit the Pink Kangaroo.

Junior Mathematics Challenge

This will take place on 27th April. The Department has prepared a series of video resources which gives 'prompts' for past five papers. Students in S1 and S2 should work through these papers using the videos at home at a rate of one paper a week. Family members may enjoy the questions as well and support the students' preparations.

The UKMT is a successful charity which has been promoting mathematical problem-solving since 1995. The new GCSE in Mathematics has a greater problem-solving component to stretch the more able, and the Department has just downloaded a set of 'problem-solving questions' directly from the Exam Board. These questions might very well have appeared in the UKMT's Challenges. Preparing for the Challenges make sense both in order to improve exam results, and in order to increase enjoyment of the subject for its own sake.

Develop good habits

Think

Our life can be what we make of it. Our destiny and the way we live our lives is in our hands, yet too often we take the easy road and forget that how we conduct our lives and what we do and achieve is entirely up to us. The list of people who have risen from the depths of poverty to gain fame, fortune and public recognition is very long indeed. They have not sought excuses but found a way to overcome their disadvantages and moved on. How many times have you heard your alarm clock go off and hit the snooze button to grab a few more minutes of sleep? I imagine you have then fallen back to sleep, got up late and have had to rush to school. When you are tired it isn't easy to ignore the aches and pains and get up, but you must if you are to develop good habits, a rhythm that you control rather than something your body controls. Wake up at the same time every day and observe how your body adjusts to when you want to wake up and not when it wants you to wake up. Athletes preparing for the Olympics will wake up at a set time, train and eat at the same time, and rest for a set time so that their bodies become in tune with the demands of their sport.

Feel

The same is also true for your mind. You should train your mind to do what you want it to do, otherwise you will find that when you sit down to study you will try and put it off by doing all sorts of odd things because you haven't developed a good habit from the start. I know students who get up early and manage to find time to study. They are always alert, calm and completely at ease with the demands of going to school, and often amongst the top students in their year. At the same time they don't miss out on all the fun that goes on in their lives.

Do

Try waking up in good time for school so that you don't have to rush, try studying for a few hours every day, make time to play, and give your body and mind time to rest and recover. You will soon reap the positive benefits of your good habits.

Yours sincerely,

Nilesh Manani