

Thursday, 10th January 2019

No. 14

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

We hope everyone had a wonderful Christmas and New Year break, and feel rejuvenated to begin the hard work that will inevitably be required over the rest of the academic year, as the 6th Form students will already have discovered, starting with the Mock examinations this week.

Theme for next week

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

Stress Questionnaire

I have attached a stress questionnaire at the back of the newsletter for pupils to do so that they are able to assess their level of stress. So do try it. Mental health is very important to the well-being and achievement of our pupils.

Early Reminder for the Parents-Teachers Consultation Evening S1, 2 & 3

Parents should note that this is a different date from the one published in the Calendar. So do make note. The meeting with the parents and students will take place on **Thursday, 7th February 2019 between 4.30-7.00pm in the Yogi Hall**. This is a good opportunity to meet the teachers to review the performance of the pupils after the results and reports of this term. We have combined the evening for three years due to the small numbers in S1 and 2.

Some Events for this Half-Term

7-14 January	6 th Form Mock Examinations
16 th January	A Level Field trip with Mr Pinto
1 st February	S4 DoE Navigation Day
7 th February	Intermediate Maths Challenge
	S1, 2 & 3 Parents-Teachers Consultation Details Above
13 th February	GCSE Drama Trip
18-22 February	Half-Term Holidays

Ten of the worst things you can say to your children – This week the first two things parents should not say to their children...

1. "Why can't you be more like your brother or sister?"

It's often tempting to try and use one sibling as a role model for another, but Dr Amanda Gummer, psychologist and founder of Fundamentally Children, says this is one of the biggest mistakes parents can make. "It makes them feel unappreciated and less worthy than their sibling, causing long term problems with self-esteem and motivation," she says.

"It causes friction between the children and can be detrimental for the child who is being portrayed as the 'good' one too as they can develop behaviours that are designed to maintain the status quo and make themselves look good and the 'naughty' child trapped in that role."

"This can have a huge impact on the future success, happiness and well-being of that 'naughty' child as after a while they take the 'may as well be hung for a sheep as a lamb' approach and become increasingly badly behaved."

2. "Because I say so"

Most parents swear they'll never use this cliché when they have children. But then comes a time when they just don't have the energy or time for full explanations.

Not only is "Because I say so" the most unsatisfactory explanation ever, but it removes any potential for the child to learn about why they shouldn't do the thing you've told them not to. It also removes any sense of responsibility on their part. Finally, there's risk of a power struggle ensuing because the silent message is, "I tell; you obey."

Take the scenario of your child asking why they can't swing from the bannisters. If you take the time to explain the danger element, there's a lesson in actions having consequences. Plus, it gives them an opportunity to get down themselves because they realise what might happen, thereby giving them back some control and autonomy. Finally, it could, just possibly, avoid an argument.

Explanations can also help kids understand that their feelings matter and that you are hearing what they say. For example, "I know you really want to visit Amar this afternoon, but I have some errands to do in town and I need your help. How about we see him tomorrow?"

Meetings with Tutors

As parents were made aware during the Parents' Induction at the beginning of the year, all pupils have at least one meeting with their tutors to review their performance and progress during the term. These meetings are pre-arranged and all parents have been informed about them by the tutors. It is our hope that this will allow the parents to be present with their child in the meeting. They are crucial, if we are to ensure, the right support is given to all the pupils in the school. Your presence in these meetings is also crucial to the motivation of the child and I hope you will make every endeavor to be present.

Instrumental Lessons – Mr Oza writes:

As you may be aware, instrumental lessons for piano, drums, flute, guitar and violin are offered by peripatetic teachers at the school. All lessons will be starting from this week and next week. Parents who want to enroll their child/ren for these lessons should complete the application form and return it to me by the end of next week, **Friday, 18th January 2019**. Please note that these lessons are offered during school hours with an organised time table so your child/ren will not miss the same lessons more than once or twice in the whole term. This is the case in every school for peripatetic music teachers.

Being responsible means doing your best

Think

Throughout my teaching career I have come across so many students who have risen from the bottom of their class at age eleven to near the top by the time they are sixteen. Many have not been the most gifted children in life and have found studying hard, and many have come from under-privileged family backgrounds. Yet they have all possessed one important quality: they have had a deep inner desire to do their best.

Feel

While others have chosen to take the easy path and given up when things became tough, they have striven hard and persevered until they have understood what was being taught to them. I have seen them grow up over several years and seen them working away in libraries, when I go on my daily walks around the school, with a pile of books spread in front of them. I have seen them working with their friends to find an answer to a difficult question. When things have become difficult they have approached their teachers asking for help, often sitting with them in their free lessons while others have sat in common rooms aimlessly chatting.

At times they have appeared lonely but when asked they have always assured me that they are really fine. When the moment has called they have delivered the best results and many have gone onto study medicine, dentistry and engineering at some of the finest universities.

Do

You don't need to be the most gifted person to create the most wonderful life for yourself. What you need to do is deliver the very best that you can in anything you take on in life. I always tell students that God always helps those who learn to help themselves. Never take the easy route or follow the crowd to be popular.

A very Happy New Year to Everyone.

Yours sincerely,

Nilesh Manani

Stress Management

Stress is a very natural and important part of life. We all need stress but not too much or far too long. Stress helps keep us alert, motivates us to face challenges, and drives us to solve problems.

However, distress, on the other hand, results when our bodies over-react to events, leading to a "fight or flight" reaction. If we think something is scary or worrisome, our bodies react accordingly.



Have you ever had to give a talk to your class and found that your heart pounded so loudly and your mouth was so dry that you thought you just couldn't do it? Or sat in exam, and just blanked out?

Below are situations that cause stress in some, and distress in others. Score yourself from 1 to 5, with 1 being unstressed and 5 being stressed out.

Stress Test	Unstressed					Stressed				
Getting a last minute assignment	1	2	3	4	5	1	2	3	4	5
Accidentally breaking something while using it	1	2	3	4	5	1	2	3	4	5
Misplacing your mobile phone	1	2	3	4	5	1	2	3	4	5
Waiting in a long queue at the supermarket	1	2	3	4	5	1	2	3	4	5
Being grounded at home	1	2	3	4	5	1	2	3	4	5
Not having enough money	1	2	3	4	5	1	2	3	4	5
Losing an essay because the computer crashes	1	2	3	4	5	1	2	3	4	5
No biscuits or crisps in the cupboard	1	2	3	4	5	1	2	3	4	5

If you scored mostly 4's and 5's you must chill out more and learn to approach things in a more reasonable way. Remember, a strong reaction is better reserved for a serious situation. And if you scored mostly 1's and 2's get the person next to you to check if you have a pulse!