

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

The theme for next week is: **Resolutions.**

Bake Sale Tomorrow (Friday 14th December 2018)

The Sixth Form students are holding a bake sale on the last day of the term (Friday 14th December 2018) to help raise money for their charity, SANE (Mental Health Charity). The bake sale is open for both prep and senior students. The time for prep students to come to the bake sale is 10.00am to 10.40am and senior students is 10.45am to 11.10am. If there are more cakes left over, the Sixth Form will also sell the cakes from 1.00pm to 1.30pm. Please could you support the Sixth Form students by sending your children with some money on the day, so they can purchase the cakes to support this initiative. We would also like to ask for support from students and parents if they would like to contribute cakes for the day, to hand them in at the office at 8.30am. Thanking you in advance for your kind gesture.

Reports December 2018 – Dr Chouder writes:

December 2018 Reports for Senior School students can be viewed online after 4pm on the 14th December 2018. To access reports online go to: www.schoolbaseonline.biz and enter the following details:

Domain: Swaminarayan

Username and Password: supplied via email by Bibi in the school office.

If you need details to access reports online to be sent (new students) or resent, please contact Bibi in the school office.

Christmas Holidays

Reports will be available on Schoolbase from Friday afternoon. You will know from the published calendar that next term will begin on Monday, 7th January for everyone in the school. There is no staff training day this year. The Senior School has a non-uniform day on the last day of term. Students will have to pay a £1 donation for the privilege of coming to school in their clothes. The money will go towards sponsoring our charity of this year, Sane.

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 2018 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.

Sixth Form Mock Examinations

Students are reminded that the Mock examinations for all Sixth Form students will start immediately after our return from the Christmas holidays on Monday 7th January 2019. These are important examinations and preparation for them should already have started.

Resolutions for New Year – some tips about how to stick to your goals.

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behaviour.

2. Don't wait until New Year's Eve to choose your resolution. Take some time out a few days before and think about what you want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.
5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.
6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.
7. To stay motivated, make a checklist of how achieving your resolution will help you.
8. Give yourself a small reward whenever you achieve a sub-goal, which will help to motivate you and give you a sense of progress.
9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.
10. Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.

Set goals

Think

In the second year of secondary school I ask students to start thinking about how they want their lives to unfold over the next ten years. What is important to them? What subjects at school interest them? What profession do they want to pursue and why? How do they intend to get there? After planting these questions in their minds I give them two to three months to think about their life and do some research about what they want to do. Their aim is to prepare a power point presentation which they have to present in front of their peers. There is huge anticipation, interest and excitement when the time for the presentations arrives. At the end of each presentation I give the other students a chance to ask questions. Throughout the presentations, humour, laughter and curiosity fill the classroom, and when the questions are asked I always find that students enjoy the whole experience.

Feel

You will not be surprised when I tell you that money is almost always an important aim. Some want to pursue careers which will allow them to earn a lot of money. Others want to start their own businesses. Some feel being happy is more important than earning a lot of money. A small number of students want to help people and choose professions that will allow them to serve people.

Do

The purpose of the whole exercise is to force you, even though you are only young at the time, to think about your future. I have always found that nothing focuses the mind more than when the road we want to take in our lives is clear. The goal focuses the mind; it inspires, gives hope and energises every aspect of our lives to reach for it. Think about where you want to take your own life, set a goal, write it down, remind yourself about it every day and begin your journey.

My sincere thank you to everyone: pupils, staff, parents, governors, trustees and santos for their support and hard work this term; we look forward to receiving everyone back next year.

On behalf of all the staff, have a most wonderful Christmas break and a Happy New Year.

Yours sincerely,

Nilesh Manani