

Thursday, 14th January 2016

No. 14

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

Theme for next week

The theme for this week is “**Aim for Excellence.**” I have written about it on the reverse of the newsletter. Next week will be “**Keep good company**” upon which I wrote last week.

S1 Parents’ Consultation Evening Today

Parents are reminded about today’s first Parents’ Consultation Evening for Senior 1 pupils which will take place today between 4.30-7.30 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 per day and keep a very careful eye on their welfare, progress and achievements.

S5 Parents’ Consultation Evening

Since S5 are in a crucial year, they have two consultation evenings. The second meeting will take place on Thursday, 28th January 2016 between 4.30-7.30 pm in the Yogi Hall. As always all the parents will have an opportunity to meet their child’s subject teachers including the House Tutors. This is an ideal opportunity to review their progress and performance after the Mock Examinations last term.

S6 Parents’ Consultation Evening

We have just completed the Mock Examinations for all the 6th Form students. The papers are being marked as I write. To ensure the continued focus of everyone in their preparation, timely feedback will be crucial so I would like to hold the second parents’ meeting on Thursday 11th February 2016 between 4.30-7.00 pm in the Yogi Hall. As always all the parents will have an opportunity to meet their child’s subject teachers including the House Tutors. This is an ideal opportunity to review their progress and performance.

S2 Options Afternoon and Parents’ Consultation Evening

As everyone will now be aware, we begin the teaching of the GCSE Curriculum at the start of Senior 3. While I have been discussing these options with the pupils, the parents have not had the opportunity to receive information. We shall hold this very important meeting on **Wednesday, 24th February 2016 at 4.30 pm in the Yogi Hall**. This is during the first week after our return from the half-term break. Considering the depth of changes within the GCSE syllabi, it is crucial ALL the parents are present to this important afternoon. I hope the early reminder of the date will allow everyone to be present.

The S2 Parents’ Consultation Evening will take place the week after, on 3rd March 2016 between 4.30 and 7 pm when parents will have a chance to meet all the Tutors and the subject teachers.

Top ten tips on Stress Management

Now that the preparation for external examinations is drawing picking up pace, pupils may find the following ten tips useful in managing their revision.

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, family, friends and recreation.

3. Exercise: Physical activity always provides relief from stress. Half an hour of sports 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.
7. 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 tell yourself you can do it and will do it.

Success comes in cans, not can'ts!

Aim for excellence

Think

Have you ever looked up at the sky lately and seen how bare it looks? It is because not many people dare to soar. The higher people climb, the greater the space, and the larger the offices and fewer the people. Out of every thousand people just one stays the full course and reaches the top. Out of thousands who have striven to reach the summit of Mount Everest, just over 600 people from twenty countries have ever made it to the top. Others have succumbed to the harsh weather, and either given up or perished.

Feel

A large multi-national company has only one chief executive, and they, like all those others who have reached the top have had to aim for excellence in their life, working long hours and remain focused on their task against all adversity. They have shown intense commitment to excellence and in time they have been rewarded. Excellence is not arrived at by chance but by constant effort. They have thought of excellence in their every action and have taken risks when others have hesitated. When trouble has come their way they have stood firm and resolute to that single aim for excellence, even if they have been the only one.

Do

As a child of this world, once you have decided to aim for excellence in your life, seek the help and assistance of everyone you know. Your journey will be more enjoyable with others by your side as there will surely be times when you will want to give up when the going gets tough. The support, guidance and encouragement of others can be a huge source of inspiration at such times, and no one achieves excellence without a mentor to guide them.

Yours sincerely,

Nilesh Manani
Headteacher