

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for first week back after the Easter holidays is “**Dealing with problems**”. I have written about it on the reverse of the newsletter.

SSTC DRAMA at TSS: WINNING NEWS!

Hearty congratulations to the S3 GCSE actors whose performance of a complex play about bereavement and loss, ironically entitled ‘*Match*’, won the Hurst Lodge Prize for “best middle school production” at the ISA Drama Competition, 2016.

This is the fifth time the SSTC has won in the last five years of the annual ISA competition, having won overall nine of the various production and actor’s cups since 2004. As usual our cast worked brilliantly as a team and with power and integrity individually, so this written applause to Raghav Ahluwalia – Keertan Bhojani – Raul Lobo – Ashvin Mooruth – Madhav Piplani – Ayush Rabadiya – Tanvi Shah and Nishit Soni. And extra thanks to Ananya Nath and Rhea Vekaria from S4, without whom the cast would not have been lit or given sound fx!

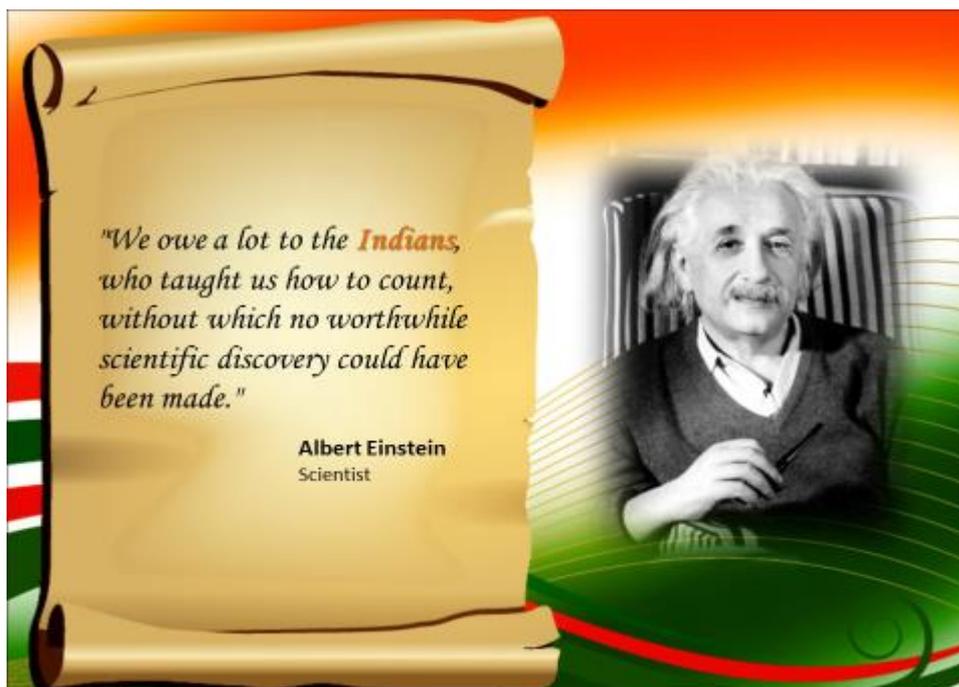
TSS Summer Fair

Saturday, 18th & Sunday, 19th June 2016

Parents wishing to book a stall and banners should contact the school office.

Wisdom of India

During the rest of the academic year, I am going to run a series on the wisdom of India, starting with thoughts from inspirational figures of the last century, so our children can appreciate the strong sense of who we are, where we come and the values inherent in our culture.





Boys PE news – Mr Worth writes:

The first day back saw the Year 7 boys head to Whitechapel for the inaugural Middlesex Faith Schools Competition. Two TSS teams were able to use this as a warm up to the up-coming cricket season. Each team played 4 games before potentially progressing to a final at the end of the day. The pick of the games in the group stages came between the two TSS teams with TSS one defending a 19 run lead from TSS A with four balls remaining, and Team B sneaking the win with the last ball of the game.

Sadly this was only enough for TSS A to finish third but a positive result none the less. TSS B got through to the final eventually beating William Perkins of Ealing by 14 runs in the Final. Both teams were a credit to themselves and the school on the day with sportsmanship and impeccable behaviour throughout.

TSS B: Rahul Kumar, Yash Patel, Eashan Patel, Mohit Bakdha, Shyaam Rajani, Dev Ghurma

TSS A: Dev Patel, Devan Patel, Rudraksh Patel, Dhariya Kansara, Manan Beshadas, Om Shah, Deion Varsani

The fixtures for the upcoming season for Years 7,8 and 9 are currently being put in place and will be published in the newsletter next week as well as put on to the school website shortly. Students are reminded that a box is ESSENTIAL as a hard ball is used for all Brent and Middlesex games.

Controlling Stress

- Relax: Find things to do between revision that relaxes you; e.g. like listening to music, taking deep breaths...
- Organise: Be realistic about how much you can revise...you need time for rest, recreation, sleep and work
- Exercise: is one of the most effective ways to relax, take walk...
- Friends: speaking to them can be very useful to reduce stress levels...
- Worry: write down the things that worry you – it helps to put them into perspective and your brain to let go
- Calm: be in a positive frame of mind when you revise
- Sleep: make sure you get your required time for sleep, otherwise you will only feel tired and forget things...
- Eat: Eat well – several small meals rather than one huge meal – a hungry tummy will not allow you to focus
- Believe: believe in your ability to succeed and you will.
- Power naps: short 10-15 minutes naps helps your brain to recharge quickly

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