

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

Theme for next week

The theme for next week is: **True Friendship**. I have written about it on the back of the newsletter.

Seniors 4 and 5 Meeting

My sincere thank you to all the parents who came to the meeting yesterday. Many parents commented how useful it was in making sure that their children remained on track for the important GCSE examinations they will face next summer. They particularly commented about how nice it was that even after achieving many exceptional results over the years we are continuing to look ahead to enable pupils to achieve their full potential. My thanks to Mr Wills for his talk on the UCAS process and Mr Hopkins for his objective view on planning for A level studies.

Upper Sixth Parents' Consultation Evening

This will take place on Thursday, 22nd September 2016 between 4.30-7.00pm in the Yogi Hall. It is an opportunity at an early stage in A2 to discuss the results of the summer examinations and plan a way forward.

**You are all invited to:
The Swaminarayan School Open Day
Saturday 24th September 2016
Time: 11am to 1.00 pm**

Wisdom of Ancient India 13

I am continuing this series from last year with a slide on Surgery.

इषाङ्गद्वयम्

The use of anaesthesia was also known in ancient India.

Sushruta, the father of surgery, conducted complicated procedures dealing with cataracts, artificial limbs, fractures, urinary stones, plastic surgery, caesarean section and brain surgery 2,600 years ago. Over 125 surgical instruments were in use.

When surgery was in its infancy in Europe, Sushrut was performing Rhinoplasty (restoration of a damaged nose) and other challenging operations.

Acharya Sushrut details the first ever surgery rocedures in "Sushrut Samhita," a unique encyclopaedia of surgery.

He is venerated as the father of plastic surgery and the science of anaesthesia.

Use of Social Networks & E-Safety

The use of social networking sites and Apps has exploded over the last decade, and while there are some benefits in their use, they have provided another means of bullying for pupils in schools. This has resulted in the laws governing their use being tightened by governments. Safeguarding of children in schools is at present the most important compliance issue, and we as a school are bound by the regulations published by the government. The recent ban on smartphones in schools is a direct product of the new rules on e-safety. We are now forced to extend that to the use of social networks. Parents should note that the school is bound to report any illegal use of SnapChat and Facebook, which have a minimum age for use at 13 years, and WhatsApp, which has a minimum age for use at 16 years. We will not tolerate any form of Cyberbullying in this school and will take the strongest possible action with anyone caught bullying other pupils. This has been emphasised on numerous occasions while discussing our dearest value of Ahimsa – non-violence.

Instrumental lessons – Mr Oza writes...

All Peripatetic music lessons for Piano, Drums, Guitar, Flute, Violin, etc. are starting from the week beginning **26th September 2016**. We have appointed new well-qualified, professional music teachers this term. Children will continue to learn in the same way as they used to learn from their previous teachers. If parents want to meet or talk to any of these teachers they are welcome to do so. Their contact numbers will be available from the office and from Mr Oza. All the teachers will continue to encourage and guide students to sit for their music examinations through recognised examination boards such as The Rock Music School, ABRSM, Trinity, etc. List of teachers are as follows:

Mr Antimo Magnotta - Piano (Residential Pianist at The V & A museum)

Mr Oliver Ususkin - Drums

Mr Tobias Haas - Drums

Mr Benjamin Topham - Guitar

Mr Sunil Jadhav - Piano (unable to take lessons this term due to personal reasons but his students will continue to learn from the new Piano Teacher Mr Antimo. Mr Jadhav will join us from next term)

Mr Clive Bell - Flute

Ms Agata Kubiak - Violin

The application form for the lessons is attached to The Swaminarayan.

True Friendship

Think

We live in a world of fast paced information where communication is so easy and free. No doubt you have latched onto this opportunity that new technology has provided and I dare say each and every one of you at some stage or another are in contact with your friends; texting, through Facebook, Twitter, E-mail, etc. Some of you may claim that you have hundreds of cyber-friends all over the world while others may have only a few. Yet out of all the friends you have, how many of them can you call your true friends? Very few I imagine. Some of you may disagree with me and say that you know so much about your friend's life that you would put them on your list of true friends. In that case, I am sorry to tell you that you have not understood the real meaning of true friendship.

Feel

Next to your family, true friends are some of the most important people in your life. They are there when you are in trouble and need them, they listen to you when you need a silent ear to listen to how you're feeling, they give advice and they are not judgmental. They accept you the way you are, they forgive and they forget; true friends will not always agree with you, and they will stop you when you're about to do something silly. When your heart is torn they put their arms around you and give you a hug, they smile when you smile and they cry when you cry. True friends are there when everyone else walks away. They share your joy and your pain, and when you tell them something in confidence they keep it a secret. True friends are near even when they are far away. True friends are supportive and inspiring.

Do

Choose them wisely, because they are as rare as a golden nugget on the city streets. When you find them, treasure them like you would your own life. Trust them always, protect them and forgive them. True friends are as important in life as your family and if they are your true friends they will, in time, become part of your family. If you have found one true friend in your life then you are one of the luckiest people in the world.

Outstanding news from last term

Another successful Senior 5 Duke of Edinburgh Award Programme Test Expedition to Dartmoor – Mr Pinto writes...



Evading the lynx that had escaped from Dartmoor zoo and allaying the fears of the parents was the first thing on our minds as we set off for Devon. Whilst we put those worries to bed, the real challenges started as the Senior 5 ventured on the Test Expedition to Dartmoor National Park at the end of the Summer Term. The trials of the Silver Level took its toll in several ways with the students finding the terrain and expedition extremely challenging. The tors of Dartmoor reached heights of 2000ft and the students carrying all of their heavy packs on their pack, cooking their food in remote valleys amongst the sheep, goat, Dartmoor ponies and cattle, washing in streams and navigating without easy features to rely on. It challenged their camp craft and map skills to the limit and the survivors felt a huge sense of achievement. The school assessors were ex-Army and in one case ex-SAS who demanded the utmost from the Swaminarayan students.

Disha Khotari S5 writes...

“The first Day of the Test Expedition was so difficult. As we moved on throughout the long three days, the majority of us suffered badly with blisters. The terrain was so challenging with fog and rain that we ended up taking a break every few hours just to try and get our breaths back! I must say it was definitely a weekend worth remembering and the best part was probably the scenic views whilst walking and the self-accomplishment of getting to the campsite at the end of each day. It was a fantastic experience and the most physically challenging thing we have ever done. Thank you to all the teachers for their efforts in taking us along this wonderful journey.”

Mr. Pinto thanks the DoE Team of Mrs. Austin, Mr. Worth, Miss Guly and Miss Morrison for their sterling efforts this year in assisting the students throughout the year.

A very happy Senior 5 at the end having accomplished the Expedition!

Yours sincerely

Nilesh Manani