

# The Swaminarayan

**EDUCATION IS THAT WHICH LIBERATES**

Dear Parents, Guardians, Pupils and Friends,

## Theme for next week

The theme for next week is “Do, don’t worry”. I have written about it on the reverse of the newsletter.

## Important GCSE, AS and A Level Reforms – Postcard 4

This postcard examines the framework for all qualifications. Although it is not as relevant as the previous postcards I have **published it at the back of The Swaminarayan.**

## Diwali and Annakut Holiday –Early Reminder

The school will be closed from Wednesday 11<sup>th</sup> to Friday 13<sup>th</sup> November for the Diwali Festival. The school will, of course, be well represented in the marquee in the Shayona Car Park on Thursday 12<sup>th</sup> November 2015. We look forward to meeting all of you there.



## ELECTION 2015

Due to the large number of high achievers choosing the TSS for A levels, it has become increasingly difficult to select a Deputy Head Girl and Head Boy this year. All the candidates were excellent and they all delivered an impressive, high quality speech at the school assembly. We therefore decided to let the students decide and our school witnessed the first election in the school for the selection of the Deputy Heads. Every student in the senior school was given a chance to fill in a ballot form

and vote on our election day. It was a great experience for all and the entire process was very successful. Many thanks to Mrs Patel, Mr Hopkins, all the staff and students that contributed to making this a fun and an enjoyable experience for all.

Congratulations to Hinal Patel and Kiyan Patel for winning our first ever democratic election



### **Children Learn What They Live**

I thought you may find this poem from Dorothy Law Nolte useful in helping the children. It is relevant for everyone who engages with children at any age.

#### **Children Learn What They Live By Dorothy Law Nolte, Ph.D.**

If children live with criticism, they learn to condemn.  
If children live with hostility, they learn to fight.  
If children live with fear, they learn to be apprehensive.  
If children live with pity, they learn to feel sorry for themselves.  
If children live with ridicule, they learn to feel shy.  
If children live with jealousy, they learn to feel envy.  
If children live with shame, they learn to feel guilty.  
If children live with encouragement, they learn confidence.  
If children live with tolerance, they learn patience.  
If children live with praise, they learn appreciation.  
If children live with acceptance, they learn to love.  
If children live with approval, they learn to like themselves.  
If children live with recognition, they learn it is good to have a goal.  
If children live with sharing, they learn generosity.  
If children live with honesty, they learn truthfulness.  
If children live with fairness, they learn justice.  
If children live with kindness and consideration, they learn respect.  
If children live with security, they learn to have faith in themselves and in those about them.  
If children live with friendliness, they learn the world is a nice place in which to live.

### **GCSE DRAMA (Year 11) and LAMDA UPDATE - *Mr Benny writes...***

GCSE Year 11 Drama students will be taking their UNIT 1 EXAM on Wednesday, 9<sup>th</sup> December before an audience compiling GCSE actors from Years 9 and 10. Attendance to the following rehearsal dates are compulsory:

Friday, 20<sup>th</sup> November: P1-6, Sunday, 6<sup>th</sup> Dec 9.30am (10am start) until 2/3pm

DRESS & TECH REHEARSAL, Tues, 8<sup>th</sup> December: P1-6

**EXAM PERFORMANCE Wed, 9<sup>th</sup> December: P1-3**

**LAMDA:** Just to reassure parents that the final touches to the LAMDA time-table of lessons are in the making and I hope to furnish you with its completion by next week. Due to the pressure of the GCSE's, Year 11 students have requested that their LAMDA exams be held after GCSE's have finished. Subject to numbers and availability of LAMDA examiners, we will probably hold earlier sessions for students in Years 7-9 inclusive. I shall keep you in touch, of course.

### **Do, don't worry**

#### **Think**

People spend 40% of their time worrying about things that will never happen, 12% on needless worries about their health and 10% about petty things and issues. They only spend 8% of their time worrying about important things that really matter.

**Feel**

There are two kinds of worries; one kind is about problems we can solve and the other is about problems we can't solve because it is not within your capacity to solve them. You are either too young and you don't have the experience or you don't have the resources. If it is not within your capacity to find a solution to a problem then it is pointless to worry about it.

**Do**

When you face any problem, you must first sit down and gather all the information and decide if it is within your capacity to find a solution. If not, you must find the right person to speak to and hope that they will be able to help you. Other people will look at your problems differently and you will be surprised at how quickly the solution is found.

When the information you have gathered points to a solution you should still always check with someone you trust that it is the best answer to your problem. You will often find that the worries you are facing in your life have been faced by friends or peers in your class, in which case it is a common concern and the solution is often found very quickly by sharing it with the adults who look after you. Endlessly worrying about it without seeking help is never the answer because it will only make you feel alone, and in time make you ill. Older siblings and friends will have gone through the same worries that you are going through and will know how to deal with them, so speak to them and share your worries. Problems are an important part of life, as are finding solutions, but worrying about them is never the right answer. Always share your worries and your life will be much happier.

**Yours sincerely**

**Nilesh Manani**