

# The Swaminarayan

**EDUCATION IS THAT WHICH LIBERATES**

Dear Parents, Guardians, Pupils and Friends,

## Theme of the Week

Next week is the Language week. Most of us are already bilingual so learning a new language is a skill we have had since birth. I have highlighted some of the benefits of being multilingual at the back of the newsletter.

## **Param Puja Mahant Swami Maharaj's visit Drive slowly, drive carefully and drive safely Instructions for dropping & picking children up**

Param Puja Mahant Swami Maharaj will be in London from Friday, 22<sup>nd</sup> September until Saturday 21<sup>st</sup> October and therefore you are advised of the following arrangements:

1. School gates will open for parents at 7 am.
2. Please drop your child/ren off in the main school car park by entering through the main school gate.
3. Parents will not be allowed to leave their car parked in the main carpark after dropping their child/ren and must leave through the second gate adjacent to the caretaker's bungalow.
4. Parents wishing to visit the Mandir, should park their cars in the car park across the bridge.
5. The security guards will be at both gates to ensure a smooth flow of traffic. Parents are requested to follow their instructions to the letter to maintain our high standards in the health and safety of everyone.
6. Parents are requested to maintain a 5 miles/hour speed limit whilst in the carpark.

## **School Day at Mandir on 29<sup>th</sup> September 2017 between 5.30-8.00 pm**

I had already sent an email about this very special event at the Mandir in front of PP Mahant Swami Maharaj. There is a full programme of events for the evening when, teachers, pupils and former pupils will perform and speak about the wonderful school that is TSS. The evening will be a double celebration because this year we are also completing the first twenty-five years of the school.

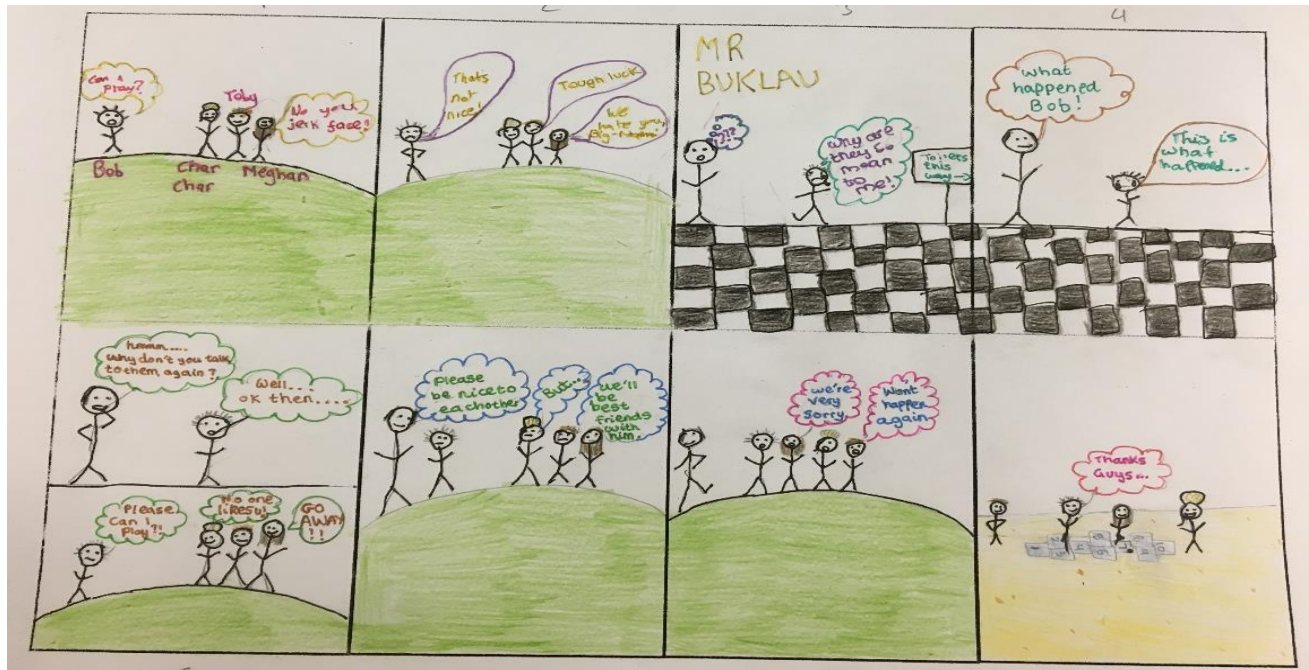
Although few of us from those early years are still left in the school, the memories are still very fresh and full of hope for the future. We hope all the parents, pupils, teachers and friends of the school are able to join us during this celebration in the presence of PP Mahant Swami Maharaj.

## **New Online Resource for TSS pupils.**

Syllabi for each year and all the subjects, notes, past GCSE and A level papers or links to the examination board websites and PowerPoint presentations are some of the resources which have been placed on the new Pupil Resources site we have created. The username and password for logging on will be sent to all the parents next week. Parents should note the site is still under development and there may be some initial problems so please do be patient. We have been trying to develop this for almost a year and while it is in directory form at present, we will evolve it further in time for ease of access.

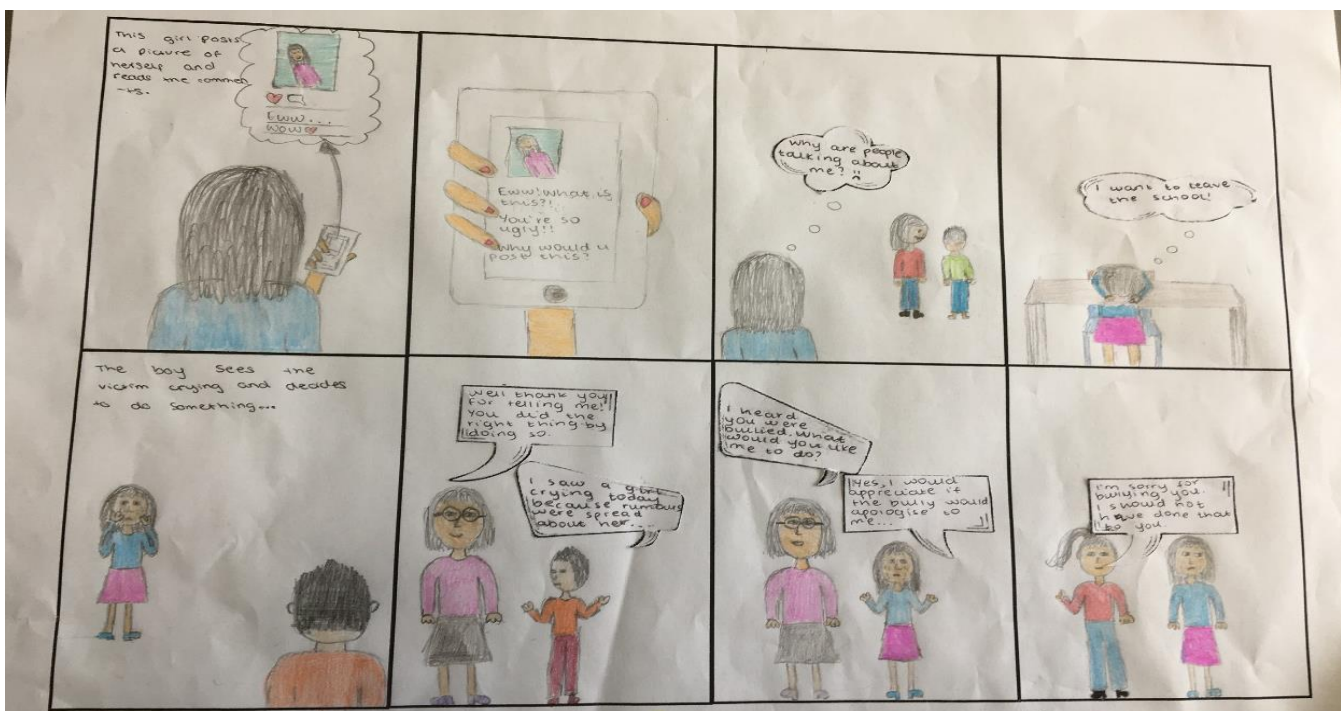
## Comic strip anti-bullying project

Using a comic strip as a way of addressing issues around bullying can help children and young people to talk about how they feel and how they view bullying in a more open way. Not all young people feel able to discuss how they feel but may find it more helpful to draw and write about issues that affect them.



So during our tutor time last week, all Seniors took to their pens and pencils to tackle this difficult issue. Great work has been produced!

If your tutor group has yet to hand in their comic strips, don't forget to hand it in asap. ☺



## **The benefits of being bilingual** (courtesy of Daily Telegraph)

Physiological studies have found that speaking two or more languages is a great asset to the cognitive process. The brains of bilingual people operate differently than single language speakers, and these differences offer several mental benefits. It has a positive effect on intellectual growth and enriches and enhances a child's mental development.

Below are seven cognitive advantages to learning a foreign language. Many of these attributes are only apparent in people who speak multiple languages regularly – if you haven't spoken a foreign tongue since your A levels, your brain might not be reaping these bilingual benefits. However, people who begin language study in their adult lives can still achieve the same levels of fluency as a young learner, and still reap the same mental benefits, too.

### **1. You become smarter**

Speaking a foreign language improves the functionality of your brain by challenging it to recognise, negotiate meaning, and communicate in different language systems. This skill boosts your ability to negotiate meaning in other problem-solving tasks as well.

Students who study foreign languages tend to score better on standardised tests than their monolingual peers, particularly in the categories of mathematics, reading, and vocabulary.

### **2. You build multitasking skills**

Multilingual people, especially children, are skilled at switching between two systems of speech, writing, and structure. According to a study from the Pennsylvania State University, this “juggling” skill makes them good multitaskers, because they can easily switch between different structures. In one study, participants used a driving simulator while doing separate, distracting tasks at the same time. The research found that people who spoke more than one language made fewer errors in their driving.

### **3. You stave off Alzheimer's and dementia**

Several studies have been conducted on this topic, and the results are consistent. For monolingual adults, the mean age for the first signs of dementia is 71.4. For adults who speak two or more languages, the mean age for those first signs is 75.5. Studies considered factors such as education level, income level, gender, and physical health, but the results were consistent.

### **4. Your memory improves**

Educators often liken the brain to a muscle, because it functions better with exercise. Learning a language involves memorising rules and vocabulary, which helps strengthen that mental “muscle.” This exercise improves overall memory, which means that multiple language speakers are better at remembering lists or sequences. Studies show that bilinguals are better at retaining shopping lists, names, and directions.

## **5. You become more perceptive**

A study from Spain's University of Pompeu Fabra revealed that multilingual people are better at observing their surroundings. They are more adept at focusing on relevant information and editing out the irrelevant. They're also better at spotting misleading information. Is it any surprise that Sherlock Holmes and Hercule Poirot are skilled polyglots?

## **6. Your decision-making skills improve**

According to a study from the University of Chicago, bilinguals tend to make more rational decisions. Any language contains nuance and subtle implications in its vocabulary, and these biases can subconsciously influence your judgment. Bilinguals are more confident with their choices after thinking it over in the second language and seeing whether their initial conclusions still stand up.

## **7. You improve your English**

Learning a foreign language draws your focus to the mechanics of language: grammar, conjugations, and sentence structure. This makes you more aware of language, and the ways it can be structured and manipulated. These skills can make you a more effective communicator and a sharper editor and writer. Language speakers also develop a better ear for listening, since they're skilled at distinguishing meaning from discreet sounds.

Yours sincerely,

**Nilesh Manani**