

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for next week

The theme for the week after the half-term is “**Know yourself.**” I have written about it on the reverse of the newsletter.

S3 Parents’ Consultation Evening TODAY

The Parents’ Consultation Evening for Senior 3 pupils will take place today between 4.30-7.00 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.

S2 Parents’ Consultation Evening 9th March 2017

The Parents’ Consultation Evening for Senior 2 pupils will take place on 9th March 2017 between 4.30-7.00 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. This is also a chance to discuss the options with the teachers.

SIX WAYS TO SUCCESS

Subject: Biology

1. Practise many questions.
2. Summarising notes and diagrams.
3. Looking at notes regularly.
4. Copy diagrams – familiarise themselves with it.
5. Use a variety of resources, books, You Tube, Internet revision sites and material
6. Watch topical programmes on TV.

Lasting Learning

1. Learning and memory are like “Siamese twins”.
2. The brains comprises 2% of our body weight but uses 20% of our energy.
3. The more stimuli we give our brain, the greater will be its learning capacity.
4. Repetition of the same task strengthens learning.
5. The brain is capable of learning anything and processing information quickly.
6. Our brain is highly effective and adaptive.
7. Growing a smart brain requires the exploration of alternative methods, multiple answers, critical thinking and creative insights.

The Learning Brain

- Enrich: the more we use it, the better it gets.
- Feed: wheat germ, Brazil nuts and cotton seed oil but remove fatty foods.
- Hormones: girls learn better during the first half of their menstrual cycle
- Rest: Deep rest is essential for optimal performance.
- Stress and threat impair learning.
- Good feelings create a love of learning.



Fencing



Ice Skating



Sailing



All pupils in Seniors 1-5 are involved in a variety of activities every week. These are supervised by school teachers and taught by trained external coaches. Apart from learning a new skill, it is one of the most enjoyable experiences of their time in the school.

Orienteering



Archery



Snowboarding



Golf



Rock Climbing



Kayaking

Know yourself**Think**

Life is such that we are constantly called upon to do things, and in so doing we never really sit down and think about what we are about because we are so busy doing what other people want us to do. If we continue on that path we will never really know what we are about as a person. We will never really find out about our strengths and weaknesses, what we are good at and what we should stay away from. In Hamlet, Polonius says, “and this above all, to thine own self be true. And it must follow as the night, the day – thou canst not then be false to any man”.

Living a good and happy life does mean getting to know oneself, and only when we do will we know what our talents and abilities are and what we are capable of achieving as a person. An honest assessment of what we are will allow us to make a clear plan for our life. It will tell us what we should get involved in and what we should stay away from.

Feel

It is no good trying to be a dancer when we have two left feet, or following an engineering career when we are no good at Physics and Mathematics. It is not difficult to find out what we are good at because as we go through our schooling we will be tested and examined many times. In time we will know which subjects we are good at and which we find challenging. We will be told to try harder and if we are conscientious we will put in the extra effort and improve our marks. At the same time we will learn that it is clearly a great struggle for us and we should stay well clear of that particular subject when we are given the option to choose, which in most schooling systems will be when we approach our fourteenth year. At the Swaminarayan School, this will be in Senior 2 (Year 8)!

Do

If we learn to make notes about things we enjoy, the decisions we make about our life will be so much more beneficial and accurate.

Yours sincerely,

Nilesh Manani