

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for next week is “**Food, exercise and health**”. I have written about it on the back of the newsletter.

Summer Fair

The Summer Fair has always been a mammoth task, created a buzz in TSS that few schools can replicate. It would clearly not be possible without the huge support of the Summer Fair team, Mandir Volunteers, parents, who spend two whole days manning a diverse range of stalls. The Punjabi dish (Harvinder Singh & family) is always popular, the crispy bhajias (Morjaria family) compared to the best anywhere in London as many visitors commented yesterday, the cakes (Mrs Shah and family), pan cakes (Swati Patel and team), the barbeque stall (governors and Alumni) and of course all the variety of other popular food stall manned by Mandir volunteers ...as delicious as ever. The performances of the children added an excitement and highlights the importance of our rich culture for which the PA departments spends endless hours to hone. Our thank you to the staff who spent so much time in organising a superb exhibition in the Yogi Hall (Sylvie, Dhruti, Nicola, Manju and Vanita for setting it up with S4 pupils) and Parth Patel from the Alumni team – thank you for keeping the Alumni flag flying. I have lost count of the number of people who commented so favourably about the exhibition. Our sincere thanks also to the advertisers, stall holders and all the supporters. Our personal thanks to Ghanshyam Patel, Randhir Patel, Chandu Patel, Yogesh Patel and all other members of the Summer Fair Committee for showing the leadership during the two days, in planning and making sure that things remained on track. Our thanks to Paresh Patel and the accounts team, the caretakers, kitchen staff and Admin staff for all their efforts before during and after the fair. Thank you to anyone else who may have been missed because it is so easy to do with such events. My personal thanks to Pujya Satyavrat Swami for his unstinting support throughout.

Wisdom of India 10

This week about the force of gravity, the decimal system and quadratic equations...

Bhaskaracharya was the first to discover gravity, 500 years before Sir Isaac Newton. In the "Surya Siddhanta" he makes a note on the force of gravity

The place value system, the decimal system was developed in India in 100 BC by Sridharacharya

Quadratic equations were by Sridharacharya in the 11th Century

End of External Examinations

The last of the IGCSE examinations will be completed on Friday, which will mark the end of examinations for Senior 5. The A Levels examinations will continue until Tuesday next week, after which I hope the A2 students will take a well-deserved break. The Senior 5 will be returning to complete the test for the Duke of Edinburgh Silver Award with a three days expedition starting on 7th July 2016.

I must express my deepest thanks to all the parents, guardians, pupils and staff for ensuring the examinations period was completed without disruption. I do accept that the early dates for the summer fair is an issue with 6th Form and GCSE students unable to contribute positively but in a busy school where there are so many events demanding time, it is not always easy to fit everything within the schedule. I hope we can do better next time.

Sports Day

The Senior School Sports Day will take place on the Gibbons Field on Tuesday, 5th July 2016 between 9 am to 4 pm. Parents wishing to join us should inform the office so that we can make arrangements for refreshments and lunch.

End of Year Reports

We hope to place all the end of year reports on the Parents' Portal on Wednesday, 6th July 2016. We hope this will give parents a chance to review the performance of their children and speak to the tutors, should that be necessary.

Food, exercise & health

Think

Every time there are chips on our school menu all I see students taking is a plate full of them! Sometimes we give them a chance to set the menu for a week, and always burgers, chips, pizza, cakes and fizzy drinks are among the first items they choose. While these foods are tasty, I think you will not be surprised when I tell you that they are not *always* good for you.

Feel

You see when you are young, your body can withstand almost any abuse; its capacity to recover is enormous. Even when you fall and cut yourself, your body heals much more quickly and because you recover so quickly many of you feel invulnerable. Yet you all know about smoking; one cigarette will not harm your lungs. Even the effects of smoking for years will not be obvious when you are young but all research shows that cigarettes cause lung cancer over a long period of time.

Do

Whether you are looking at your eating habits or exercise regime, the effects will not be felt when you are young because the harmful effects of any abuse to your body are cumulative; that is they build up over many, many years. While I am not asking you to stop eating what you like, I am asking you to eat everything in moderation. Eat healthy foods, do regular exercise, play sports, and you will enjoy a healthy life for longer. People often say that they will start to look after all these issues when they are older, but I can assure you, if you don't form good eating habits when you are young you will find it extremely hard to change when you are older.

Yours sincerely,

Nilesh Manani

LAMDA : EXAM DATES AND TIMES – Mr Benny writes...

Lamda has received the following *proposed* exam time-table for our candidates (see the tables below, 13 and 14 July). We now await official confirmation. In the meantime, would parents whose children are posted at the end of the day please take note. Thank you for your help and support – MB/CW/VR

13.July	Examiner 1	Examiner 2	Examiner 3
9.00 b	RAGHAV	KAREENA	KEERTAN
9.20 b	DHYANA	ISHAN	ADITI
9.40 b	JENIKA	RHIYA	KAJOL
10.0 b	NIDHI	RAUL	ASHVIN
10.20 b	SHRUTI	ROSHNI P	AKSHAR
10.40 b	DHRUV	PRIYA	YOGESH
11am	COFFEE	11am	COFFEE
11.15 b	HENIL	AYUSH	DYLAN
11.35 b	SAAVAN	TANVI	NISHIT
11.55 b	SUNAABH	NYAH	Riya Patel Y8
12.15 g	Shrey g	Urvi	Hemal
12.45 g	Payal	Eric	Alisha
1.15pm	LUNCH	1.15pm	LUNCH
2.15 g	Misha	Reashan	Ananya
2.45 g	Tanisha	Adithya	Rhea
3.15 g	Mehul	Dhruvi Y11	Ansh b Yr 8
3.45 g	Aditya A lev 5 Yr 8	Isha P lev 5 Yr 8	3.35pm lev 5 Arjun Yr 8
4.05pm	TEA	4.05pm	4.05pm TEA
4.20	Dhruv K lev 5 Yr 8	Adithya K lev 5 yr 8	Vivek Lad lev 5 yr 8
4.40	END	4.40	END

14 July	Examiner 1	Examiner 2	Examiner 3
9.00 L4	Mohit	Shane	Manan
9.15 L4	Mansi	Sakshi	Dev Patel
9.30 L4	Krishay	Neha	Dev Ghumra
9.45 L4	Abienaaya	Dhairya	Mukti
10. L4	Rahul K.	Heet	Ishan
10.15 l4	Mihir	Pari	Himal
10.30 l4	Devan	Eashan	Komal
10.45	COFFEE	10.45	COFFEE
11am l4	Janvi	Rahul Patel	Rudraksh
11.15	Yash P.	Rahil P.	Shyaam R.
11.30	Om	Vanshika	Jathusa
11.45 l4	Deion	Ayman (l4)	Ishaan Y11 Gold
12 g	Naiya Y11	Kaamya Y11	12.15 Y11 Mehul V (b)
12.30	Ryan P Y11	Simran Y11	12.35 Shyamal M (silver) Y11
1/1.05	LUNCH	1/1.05	LUNCH
2pm	Vaishali Y11	Darshan K. Y11	Disha Y11
2.20 B	Isha Bhar y8	Devraaj y8	Vinita y8
2.40 B	Khushi y8	Mya y8	Nerissa y8
3pm	TEA	3pm	TEA
3.15pm	Shyam V y8 b	Madhushree Yr 8 lev 5	Param Yr 8 lev 5
3.35pm	Jaymi P lev5	Yash p lev 5	Samir lev 5
3.55pm	Saurabh lev5	Vishal Rao lev 5	
4.15	END	4.15	END