

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for next week is “**Raising Awareness about Mental Health.**” I have written about it on the reverse of the newsletter.

Merit Award Winners

The Swaminarayan Merit Awards for this term have been awarded to Rahul Patel and Ameer Mehta, both in Senior 3. Our congratulations to both of them.

Easter Revision Lessons

The school will be open during the Easter Holidays, except the Easter weekend, for extra revision lessons which many of the teachers have very caringly and generously organised. Pupils are reminded that they must sign in outside the Office before they go to their lessons.

End of Term Reports

All the reports for the pupils will be available on the Parents’ Portal from 4pm today. We hope you will sit down with the children and discuss the comments from the teachers and make a clear plan to act upon the good advice. Their mark in each subject compared with the class average should give a good indication of their performance.

Next Term

We begin next term with Staff Training day on Monday 16th April 2018. Pupils return to school as normal on Tuesday 17th April 2018. This will be a busy term as the external examinations will start on Monday 14th May 2018. I have written a separate letter to all parents about the Summer Examinations season which you will receive in the post.

Internal & External Examination

All pupils in Seniors 1, 2 and 3 will have their End of Year Examinations during the week beginning 19th June 2018. Pupils in Seniors 4, 5 and 6 will be involved in their GCSE and A Levels examinations; they will be on study leave from Monday 14th May 2018 until they complete all their external examinations.

Rescheduled S3 Parents’ Consultation Evening

This is a third reminder for parents in Senior 3. The Parents’ Consultation Evening for Senior 3 pupils will now take place on 19th April 2018 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.

Experiment: Do try this at home - The Bernoulli Effect Mr Cotton writes...

Take two pieces of A4 size paper and hold near the top, loosely one in each hand, close together but not touching. What happens when you blow some air between and through the space between the pieces of paper? Now test your prediction. Blow air through the gap between the pieces of paper. Do not blow at the paper.

If you predicted correctly you know about the Bernoulli Effect. If you predicted wrongly find out about this effect in Fluid-Dynamics. The design of aircraft wings by Aviation Engineers makes use of this. In short, where the air flows faster the pressure is reduced. The shape of a wing effects the air flow around it to produce the necessary Aerodynamic Lift force. The effect can also be used to explain why the spin of a ball will affect its flight path. Though they might not realise it cricketers, footballers, golfers and tennis and table-tennis players make use of it.

Maths Challenge – Mr Stewart-Brown writes:

The following students achieved Bronze Certificates in the Intermediate Mathematics Challenge: S3 - Mihir Mithani, Dev Ghumra, Heet Patel, Dev Patel, Jyothi Hanumantha, Rahul Patel, Pari Parekh, Shyaam Rajani - S4 - Isha Patel, Mya Patel, Shyam Vyas, Madhushree Manjunatha, Nerissa Patel, Riya Patel - S5 - Nyah Varsani, Roshni Parshottam, Savaan Shah.

Silver Certificates were won by: - S3 - Manan Besherdas, Rahul Kumar - S4 - Vinita Patel, Devraaj Bhargava, Yash Patel - S5 - Yogesh Patel, Nidhi Ladhani, Dhruv Patel, Dylan Sachdev, Shruti Panchani.

Gold Certificates were won by: - S4 - Vishal Rao - S5 - Aditi Hanumantha, Kajol, Jain, Henil Premgi, Sunaabh Trivedi and Ishan Dwivedi.

Sunaabh and Henil did well enough to be invited to sit the 'Pink Kangaroo'. Vishal and Ishan scored well over 100 and sat the age-appropriate Olympiads.

The Junior Maths Challenge for Senior 1 and 2 takes place on April 27th and students should be using the materials made available to them to practise their problem-solving skills.

Instrumental Lessons – Mr Oza writes:

Instrumental lessons for piano, drums, flute, guitar and violin lessons are offered in the School by peripatetic teachers. Parents who still wish to enrol their child/ren for these lessons for the Summer Term should collect an application form from Mr Oza or from the Reception and return back to us as soon as possible. New term will start from **Tuesday 17th April 2018**. Please note that these lessons are offered by professional tutors during school hours with an organised time table so your child/ren will not miss the same lesson more than once or twice in one whole term. This is the normal procedure in every school for the peripatetic music lessons. Peripatetic teachers also help prepare children to appear for external music examinations through ABRSM, Trinity, The Rock School, etc. which will help your child to achieve a place in other schools and universities.

Coping with Mental Health

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

7. Take a break

A change of scene or a change of pace is good for your mental health.

It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others

'Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.' Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

My sincere thank you to all the parents, staff, trustees, governors and of course, the pupils for their unstinting support throughout the term.

Yours sincerely,

Nilesh Manani