

# The Swaminarayan

Education is that which liberates

[www.swaminarayan.brent.sch.uk](http://www.swaminarayan.brent.sch.uk)

Telephone: 020 8965 8381

Dear Parents, Guardians, Pupils and Friends,

## Theme for this week

The theme for next week is “**The Value of Play.**” I have written about it on the back of this newsletter.

## Car Park Safety

Since we started using the car park across the bridge for dropping and picking-up children, pupils have had a lot of space for playing before, during and after school without worrying about cars. Some parents, however, are still finding reasons to park on the school side. Parents are reminded that it simply compromises the safety of your children. Please don't make it difficult for the security guards.



## Trip to the Old Bailey – Urja Thakrar writes...

On 29<sup>th</sup> June a group of Senior 5s including myself and seven others embarked on a trip to London, curious about the prospect of a career in law and eager to see the inner workings and history of the legal profession in London. Our first stop was the Old Bailey, otherwise known as the Central Criminal Court of London. The trials which take place here are often the most serious, including theft, killing, and even offences to the monarch!

Fortunately, these trials are open to the public so we were able to view one taking place first-hand from the public gallery. Whilst the case we were seeing unfold certainly wasn't the most exciting (it concerned fraud and perversion of the course of justice), it did provide a real insight as to how court proceedings actually occurred, as well as entertain us with the fact that all the barristers and the judge really did wear funny white wigs. We saw a display of different types of evidence from the prosecution and how that affected the jury's view of the defendant. Overall, it was definitely a great edification of how a real court works – unsurprisingly not at all like the ones on TV!

Our next stop was a walking tour of the legal districts of London, called ‘Legal and Illegal London’. Despite the walk itself being a little tiring, the fascinating nature of the tour was definitely our main focus. We learnt about the different Inns of Court, the history behind some beautiful places in London and learned their relation to well-known figures such as Charles Dickens and even Tony Blair, and how he met his wife whilst studying to become a

barrister. The tour guide was engaging and funny, yet also very informative as he led us through famous points of interest like Fleet Street. We also got to see the high-end stores where law graduates purchase their robes and wigs. £300 for just one wig!

On the whole, the trip was an extremely enjoyable and educational venture into the world of law. I would recommend visiting both of these locations to anyone interested in a legal career, or even anyone who gets a little bored of the TV this summer and wants to learn more about London. We would like to sincerely thank Miss Guly for organising the trip, as well as Mr Pinto for taking the time to accompany us.

**LAMDA NEWS - Mr Benny writes:**

ALL LAMDA STUDENTS at TSS: Please check out your LAMDA time-table now displayed on the Drama pin-board outside the Drama Studio. Make sure you know your poem, prose extract, sonnet, and 'knowledge'. And don't forget to announce your t's – e.g. liTTle not li"le!

**Foundations – Ria Mehta (S5) writes:**

Whenever I think about foundations I associate it with beginnings and a firm base; I also think of those advertisements for makeup that claim to be 'anti-aging' and 'preventing the formation of wrinkles' but that's irrelevant! I guess you could say that a good foundation can go a long way, it can help to pave out a future for us and give us what we need to get there. In another sense a good foundation can help keep a building upright and I don't think we'd want to see a building any other way. We can use our foundations to keep us steady and grounded which is really helpful when in a difficult situation. We can't have a good foundation if we don't put in any effort ourselves. Yes, it's great that we have people all around us offering to help but we need to do something too. We can have all of the materials and equipment for a building but if nobody does anything then we'll get nowhere. Before I forget I'd also like to thank Miss Guly for organising the amazing Law trip on Monday and to Mr Pinto for coming with us. It was really amazing and I have a new respect for wigs!



**Sports Day - Mrs Alexander, Head of Nilkanth writes:**

Before Sports Day, a shadow of pessimism hung over the Nilkanth Captains as they looked at their Team Sheet. On paper, Sahajanand & Ghanshyam looked too strong.

As all teams were putting their war paint on, House Captains, Yogesh Patel and Ria Popat, made the final adjustments, rehearsed the chanting, and the cheer-leading; now they meant business! Let the race begin. As victories started rolling in, Nilkanth's confidence grew and grew. Thanks to a great job from their Captains, the constant moral support from Aneeka and Tania running up and down the field, the Green flag flying high, things were looking up for Nilkanth. Despite a valiant effort from Ghanshyam and a sturdy comeback from Sahajanand - clearly the masters of Tug of War, Nilkanth clinched the victory by 6 points. Great TEAM WORK,

Nilkanth! Lesson to be learnt: get plenty of tug of war practice for next year! Congratulations to all pupils in all the Houses for competing and giving it your all, despite the heat! Thank you to the House Captains: Jamie & Vaheeni, Jenna & Ryan, Ria & Yogesh. A special mention for their noticeable performances to Riya Patel, Vishal Rao, Devraaj Bhargava, Dev Vyas in S1, Dylan Sachdev & Jenika Hirani in S2, Manisha Cooray, Eric Kamalendran & Shrey Chakraborty S3, Jaini Shah in S4. Thank you to S5 and L6 for their help and support. A big thank you to Mr Worth & Ms Loten for organising the event.

## **The Value of Play**

### **Think**

The muscles of your body need to move to gain in strength as you grow up. There is no better way to do this than by playing sports. Apart from being fun and teaching you the skill of being in a team, socialising and strategy, it will also enable your body to grow stronger, fitter and healthier. Playing sports is also relaxing and allows you to forget the stresses of life. A healthy body is essential for success in life. Playing sports exercises your heart, it forces you to breathe harder and pumps more oxygen into your blood; it forces you to drink more fluid; sweat removes toxins from your body and cleanses it. If you are bodily fit, you will feel like working hard and excel in life. Success in sports fills your heart with excitement and a sensation of having achieved something. This gives you confidence in your ability to compete and succeed.

### **Feel**

Competitive play prepares you for life, because there is play and games in life too. It teaches you the spirit of sportsmanship and fair-play. It instils discipline because your desire to be good at it will force you to strive harder and become better. Perseverance in the face of adversity is part of life's daily trials and playing sports teaches you not to quit.

### **Do**

You will not always win in sports; all the greatest athletes have faced defeat but they have all picked themselves up and tried again and again to win. But losing will also teach you to face defeat with grace and shake hands with your opponents. No one achieves great things in life without sometimes facing defeat and failing. Losing has its place because it forces you to try harder and teaches you never to give up in the wider context of life.

**Yours sincerely,**

**Nilesh Manani**