

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for next week is “**Develop Good Habits**”. I have written about it on the reverse of the newsletter.

ISA Drama Competition - Mr Benny writes:

Now coming to the finishing post of S3's production entitled *Match* for the annual ISA Drama Competition. There are just two sets of rehearsals left: Friday, 4th March, periods 5 & 6 and after school until 6pm at the latest. Ananya Nath and Rhea Vekaria from S4 will be our invaluable tech crew. The performance itself – to which all are invited – takes place on Saturday, 5th March at 11 a.m. **BUTBUTBUT**, the cast must be ready to leave by coach from TSS at 7.45/8 a.m. AND NO LATER, PLEASE! Maps will be provided to families following in their own transport. Venue: Hurst Lodge School, Ascot, SL5 9JU.

The Learning Brain Series: How to Enrich the Brain

- Enrich the environment
- Engage all senses
- Allow the brain to reflect
- Engage in physical activity
- Interrupt learning with breaks
- Consistent feedback from teachers & peers
- Support from parents
- Generate love of learning
- Relax to Energise

Six Ways: Art

Below are six ways through which students could achieve success in Art.

1. Be imaginative and original in thought and experimentation.
2. Draw from observation as much as possible.
3. Research your given project/ topic thoroughly and look at the work of famous Artists
4. Hand homework in weekly and prepare well for exams. Always ask for help if it is needed.
5. Use sketchbook to record observations and ideas.
6. Visit galleries/ museums and exhibitions whenever possible. Make notes in your sketchbook.



Duke of Edinburgh Silver Award Presentation Evening at the Roundwood Centre Harlesden

Last Wednesday, the Duke of Edinburgh Silver Award winners attended the ceremony in Brent to commemorate our efforts of the past eighteen months. It was certainly an emotional evening, not only because we were saying goodbye to one of the most treasurable experiences of our lives, but also because it was Brent's final D of E ceremony - an end to years of supporting the scheme and helping

thousands of students to gain new experiences and skills. Tears were definitely flowing amongst most of the staff. However these were abruptly stopped through a series of hilarious speeches from Sooruj Shah, Aditya Ladhani and Ria Mehta and I'd like to thank them for helping me to present to the audience what D of E meant to us. Although the school will be continuing with Duke of Edinburgh, we will remain grateful to Brent council and Duke of Edinburgh for all their help this past year. I would like to end with a final thank you to all the teachers who supported us throughout (including through our awful cooking and tent-making): Mr Pinto, Mr Worth, Miss Morrison, Miss Guly, and Mr Patel. Good luck to everyone starting their Award - you're in for a wonderful adventure! We have had the time of our lives and our memories will stay with us forever!

The 2015 Students who completed the Silver Award:

Aditya Ladhani	Anjali Mavani	Ashwin Sundresh	Davina Patel
Davina Patel	Deena Patel	Dhillon Hirani	Dilan Dattani
Gajhaanan Jeyachantiran	Harikamala Kilmurry	Hinal Patel	Jai Kalyan
Kirtan Patel	Kiyan Patel	Krishnan Kara	Manak Ahluwalia
Monika Patel	Nikita Patel	Param Patel	Parisha Bhudia
Prem Vyas	Ria Mehta	Ronan Patel	Roshni Ruparelia
Roshni Pattni	Shyam Ramsaroop	Sooruj Shah	Urja Thakrar
Jhanea Yearwood-Harji	Shareenia Ketheeswaran		



MUSIC FOR YOUTH – Mr Oza writes:

The Swaminarayan School Children participated for the *Music for Youth – Regional Festival* on **Tuesday 1st March 2016** at **The Winston Churchill Theatre, Ruislip**. Prep and senior school children worked tremendously hard to prepare the musical item. Music piece of Raag Khamaaj was composed and musically arranged by Mr Jatin Oza. Mrs Sujata Nafade performed on keyboard and worked extremely hard to prepare children for singing with fast sargams. Mrs Shila Kakkad

prepared dancers to perform impressive kathak based compositions including todaas with the blend of tabla, singing, flute and keyboard music.

Jainee Shah (sixth form) and Dhruvi Patel (S4) were highly appreciated by the judges and audience for their flute performance.

Music for Youth festival Judges **Leonora T Davies** and **Ali Walter** were very much impressed and expressed their comments as follows:

‘You look wonderful in your colourful costumes. The flute playing – bending the notes-is very technical and well executed. The balance of voices and tabla is well controlled. The dancing is skilful and responds rhythmic to the drumming.

Each separate element of your performance is strong and your singing is quiet and well controlled. Your performance grew in confidence and finished with a flourish’.

Develop good habits

Think

Our life can be what we make of it. Our destiny and the way we live our lives is in our hands, yet too often we take the easy road and forget that how we conduct our lives and what we do and achieve is entirely up to us. The list of people who have risen from the depths of poverty to gain fame, fortune and public recognition is very long indeed. They have not sought excuses but found a way to overcome their disadvantages and moved on. How many times have you heard your alarm clock go off and hit the snooze button to grab a few more minutes of sleep? I imagine you have then fallen back to sleep, got up late and have had to rush to school. When you are tired it isn't easy to ignore the aches and pains and get up, but you must if you are to develop good habits, a rhythm that you control rather than something your body controls. Wake up at the same time every day and observe how your body adjusts to when you want to wake up and not when it wants you to wake up. Athletes preparing for the Olympics will wake up at a set time, train and eat at the same time, and rest for a set time so that their bodies become in tune with the demands of their sport.

Feel

The same is also true for your mind. You should train your mind to do what you want it to do, otherwise you will find that when you sit down to study you will try and put it off by doing all sorts of odd things because you haven't developed a good habit from the start. I know students who get up early and manage to find time to study. They are always alert, calm and completely at ease with the demands of going to school, and often amongst the top students in their year. At the same time they don't miss out on all the fun that goes on in their lives.

Do

Try waking up in good time for school so that you don't have to rush, try studying for a few hours every day, make time to play, and give your body and mind time to rest and recover. You will soon reap the positive benefits of your good habits.

Yours sincerely,

Nilesh Manani