

# The Swaminarayan

**EDUCATION IS THAT WHICH LIBERATES**

**Dear Parents, Guardians, Pupils and Friends,**

## **Theme for next week**

The theme for next week is: **Follow Your Heart**. I have written about it in the newsletter. I hope you find it inspirational.

## **Senior 5 Parents' Consultation Evening TODAY**

This will take place in the Sixth Form Block today between 4.30-7pm; parents are requested to be on time.

## **Photograph Day Friday, 7<sup>th</sup> October 2016**

Tomorrow is the Senior School Photograph day and all students are requested to be in their finest uniform. Sixth Form boys should wear a blazer with a tie and smart trousers or suit; girls should wear a shirt with smart black trousers.

## **Half Term Holiday**

The week beginning Monday, 17<sup>th</sup> October 2016 is the half-term holiday for all pupils and teaching staff. Pupils and staff return to school as normal on Monday, 24<sup>th</sup> October 2016. The office will be open between 9am to 4pm during the week.

## **Senior 4 Parents' Consultation Evening**

The S4 parents' consultation evening will take place on Thursday, 27<sup>th</sup> October 2016, between 4.30 and 7.00 pm. There will be an opportunity to meet all the subject teachers including the Tutors. This is an important meeting for Senior 4, hence the early date, and I do hope all the parents will be present.

## **Diwali and Annakut Holiday**

Everyone is reminded that the school will be closed on Monday, 31<sup>st</sup> October and Tuesday, 1<sup>st</sup> November 2016 for Diwali and Annakut Holidays.

## **Diwali celebrations & Senior Citizens Party 2016**

This year the much anticipated Ramayana play celebrating an important time for Hindus will take place on Friday, 28<sup>th</sup> October 2016. There will be two performances of the play, the first to start at 8.45am, for which parents are welcome to attend. The second performance will be at 11.00am for the senior citizens, if there are any grandparents of the students who would like to attend, please contact the office to collect the tickets. We will also be serving a delicious Diwali lunch prepared by our diligent kitchen staff at lunch time. We thank you for your support in advance.

## **Follow your heart**

### **Think**

Out of all the organs of the body, your heart stands apart because it always tells the truth. I have heard somewhere that the heart is very great indeed, as it is through the heart that great inspiration comes for life, not the brain. You may have heard the saying that people often quote: "Follow your heart, my friend, follow your heart".

### **Feel**

It is your heart that defines you and makes you unique as a person. The heart always gives good advice, but often we don't listen to it and claim afterwards that we did not know any better. With

every moment of your life, the heart pumps blood around your body. Your organs depend on your heart to perform this duty and nourish them. It is because of the heart that the eyes can see, the ears can hear, the tongue can taste, the nose can smell, and the body can feel. Should the heart stop performing this duty of pumping blood around the body all these senses would stop working, the body would go into cardiac arrest and we would die. Our heart is the power house of our body. The heart has the capacity to do enormous good, it has the capacity to guide us through our life with the truth it speaks, if only we learn to pause, listen and embrace the messages it is sending to us.

**Do**

Try to find a solitary corner every day, either in the early morning or just before you go to sleep, and in the silence of the solitude, close your eyes and simply listen. You will be surprised what daily truths leap out from your heart. When you first begin this exercise you will find that your mind wanders off thinking about all sorts of things. Don't fight this feeling, but let it drift from one thought to another. Too often you are told to fight this aimless drifting, but the function of the mind is to think, so let it drift. If you practice this every day, in time you will learn to become still and that stillness will bring silence to your heart and you will feel it beating. It will then speak to you, answering all the questions you ever had in your young life. It will guide you and show you the way for your own unique life, unique because you have a heart like none other, individual to you, and only that can show you the way ahead. Be still, be silent and listen to your heart.

**Duke of Edinburgh Silver Award – Mr Pinto writes:**



All smiles. We've arrived! Senior 4 girls ready to set up their

The Senior 4 and 5 students ventured into their first taste of the Expedition element of the DoE Silver Award last week. A significant number of students had never camped at all and so were reticent about their ability to survive in the great outdoors and fend for themselves. However their worries completely subsided with the training given by all of the DoE staff on the Monday and the beautiful weather that held out for a very productive week. All of the students were very enthusiastic about their challenges which they eventually met with eagerness and great humour. Well done to all of the students on their first practice expedition week.



Kareena getting the water ready for the pasta!

Senior 4 Kajol Jain writes “From the wonderful opportunity that our school presented to us, I can happily say that Duke of Edinburgh was a spectacular experience and I have learnt many skills that will enhance my life. I cannot wait for the 3 day expeditions!

Ayush Rabadiya taking a break from setting up his tent to show off his DoE dance moves!



**Expedition training**

A busy week for the staff with prior training taking place before the adventures began.

Miss Guly held a session on the importance of teamwork with a creative look at bonding within the groups. Miss Morrison taught the rudiments of using the stove safely, working out menus and creating nutritious expedition food. Mrs Austin held sessions on first Aid and emergency procedures. Mr Worth taught the students how to set up tents correctly and strike camp efficiently with Mr Patel dealing with the appropriate way to pack rucksacks. All that was left was for Mr Pinto to teach the navigational aspects of route walking, using the OS maps correctly and orienteering towards checkpoints.

Senior 5 Misha Manani writes, "Even though Duke of Edinburgh was challenging it was an extremely exhilarating experience that will teach us many skills and serve us well in the future. "



**Many thanks to to Mrs Austin, Miss Morrison, Mrs Bose, Mr Patel and Mr Worth for their assistance, effort and time during the week.**

Over the following weeks I will publish the articles for the residential trips experiences of S1 to an Adventure Field Study Centre; S2 to Scarborough and York; S3 to Edinburgh; S6 to Cornwall for their extra-curricular and English Studies. Team leaders are keen to do a special presentation to all the parents in the respective years about the experiences of the students. As you can read and see from the photographs in the article about the Duke of Edinburgh week, they clearly had a spectacularly exhilarating time.

**Yours sincerely**

**Nilesh Manani**