

# 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 on the reverse of the newsletter.

## Neasden Bridges A406 Roadworks

Transport for London will be starting major repair works in the area from Monday, 12 October 2015 until Summer 2016. Whilst they will seek to minimise the impact as much as possible, these works are expected to cause disruption to road journeys along the A406 and across a wider area. Our school is located within the all-day impact zone, and travel to and from our school over the coming months may be affected. May I suggest that everyone leaves at quarter to half-hour early to ensure they arrive to school on time. **I HAVE SENT ALL THE INFORMATION TO THE PARENTS VIA THE OFFICE EMAIL.**

## Diwali & Annakut Holidays

Everyone is reminded that the school will be closed during the Diwali festival season from Wednesday, 11<sup>th</sup> to Friday, 13<sup>th</sup> November 2015. The school will open as normal from Monday, 16<sup>th</sup> November 2015

## Important GCSE, AS and A Level Reforms – Postcard 3

This postcard examines “How grades are set” at GCSE and A Level. **It is published at the back of The Swaminarayan.**



## Psychometric Test – Seniors 5 write...

Towards the end of the last summer term, we were given the opportunity to undertake yet another challenge - the annual Psychometric Test. This test consisted of both ability tests and personality questionnaires. The ability tests involved verbal, numerical and logical thinking, whilst under the pressure of the clock ticking- e.g. simple math sums, multiple choice spellings and non-verbal and verbal reasoning style problems. The personality questionnaires helped us open

doors for possible future endeavours- e.g.: Do you enjoy working behind a desk? Are you flexible to travel frequently? These results were soon viewed, and we then received feedback in the form of one-to-one interviews. During these interviews, our previous test results were matched to our passion for subjects. These interviews allowed us to understand our strengths and weaknesses and link them to our future career choices, under the guidance of the delightful interviewers from Cambridge University. We received a Careers Directory (a book explaining every possible job with additional information such as annual salary) and were suggested which A-levels to consider in order to study our desired course at University. This entire process was hugely beneficial and so we would like to thank Ms Maharaj for all her efforts and guidance along the way.

### **Trip to Auschwitz - Holocaust Education Trust – Ria Mehta writes...**

We were recently given the opportunity to visit Poland as a way for us to learn more about what happened during the Second World War, particularly concerning the Holocaust. This is thanks to the Holocaust Education Trust which gave each school who got accepted two places in their sixth form to participate - which we thankfully didn't have to compete for. Their aims include helping people to learn about the importance of the Holocaust.

Two weeks ago, Aditya, Miss Guly, and I went to the first seminar in Canary Wharf. There were a lot of people from other schools but the highlight was the guest speaker, Steven Frank, a survivor of the Holocaust. He was only a child during the war and so didn't understand why the changes were happening. It was really interesting to find that he was connected to things that we know well. His cousin, for example, was very close to Anne Frank's sister, Margo.

His grandfather had also helped to write very famous songs, including 'Happy Birthday'. His story was incredibly touching and it made the Holocaust seem much more than the paragraphs we read about in lessons. One big thing that I took away from the seminar was that so many people were targeted and that everyone's suffering was important.

We will keep you updated with how the trip goes and about the next step, which involves teaching everyone else a little bit more about the Holocaust.

### **WRITER'S CORNER**

It would not be surprising if you took the poem below to be the creation of someone older than a Year 7 student, such is the formality, power and restraint of the verse. The poet is Himal Vyas, age: only 11-12! Do read aloud this piece of poetic oratory....

#### **A Better World - *Himal Vyas***

It is what we have become.  
The calm waves of wind travelled through our land,  
Passed our seas, our beaches and our sand.  
We took for granted our blessed air,  
And now we feel no breeze in our hair.  
It is all dead and the wind is still.  
It is cold and dark and you feel the chill.  
Behind you, around you, wherever you go,  
You look for a survivor and hope that he will know,  
Know what happened to our once living land,  
And why we lost it from our tightly gripped hand.  
But there is no one here from what I can see;  
Nobody is alive with that memory.  
All I find is death on my ground,  
And my lost hope will never be found.  
Then I see our end: the infamous bird.  
He soared high in the sky and looked on our world,  
Releasing his last loads onto any sign of life  
As a bitter retaliation of their pitiful strife.  
I see then our war bird flying through the smoked air,  
Heading west to release his flare.  
I ran to safety beyond the huge growing flame,  
And looked at us: human kind in shame.  
Technology took over and sealed our fate,  
Now not one computer survives to this date.  
So here I am with my paper and pen,  
Writing what happened to us back then.  
For anyone who is reading my last word,  
Please fulfill this wish: make better the world.



In this article, my last piece for the school, I just want all of you to know, that the memories I share with everyone in the place I call home will stay with me always. The Swaminarayan School has been my entire childhood and I'm extremely proud to say it has. I think you all can relate to this when I say, look at the friends you have around you, the joy they spark within you is unique and everlasting. Maybe this is true of any school, but we are the students at the world's best. Yes, I still consider myself a student. Like there's no such thing as an ex-marine, there's no such thing as an ex-Swaminarayan School student. For me, you are family, so never hesitate to ask if anything is needed. I hope you all, staff and students alike enjoy your time here. Take care of the place and wish everyone the best for the years ahead....

**By Gauranga Purohit**

### **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.

**Yours sincerely**  
**Nilesh Manani**