Thursday, 8th December 2016 **No. 13**

The Swaminarayan

EDUCATION IS THAT WHICH LIBERATES

Dear Parents, Guardians, Pupils and Friends,

Theme for next week

The theme for next week is "**Learn to Serve."** I have written about it in the newsletter. I hope you find it of interest.

Senior Mathematics Challenge – Mr Stewart-Brown writes:

Congratulations to the following:
Gold Certificates: Ishaan Vadgama and Dhruvi Patel,
Silver Certificates: Kiyan Patel, Jainee Shah, Dhillon Hirani, Shyam Ramsaroop, Roshni Pattni, Yogesh Patel, Ravi Mooruth
Bronze Certificates: Sooruj Shah, Milan Bandari, Aditya Ladhani, Anisha Patel, Jayme Desai, Nylan Patel, Ria Popat, Jai Patel, Akhil Bhargava, Rishali Patel, Naiya Desai

The Intermediate Mathematics Challenge will be taking place on Thursday 2 February. All students in Years 9, 10 and 11 will be sitting the IMC. Practice makes for progression! The UKMT website provides plenty questions and solutions and the Head of Department is able to supply past papers and solutions. Thank you to Jainee Shah, Milan Bhandari, Payal Patel and Jai Patel who supported Preparatory School with the Brent Primary Mathematics Challenge last week.

Raisa Ruparelia – Finalist at BMS Junior Musician of the Year 2017

Senior 1 student Raisa Ruparelia has been selected as one of the six finalists in the BMS Junior Musician of the Year 2017. The competition was open to members of a Brent Ensemble aged between 8 and 12. The final will take place in March next year.
Raisa joined the Junior Orchestra three years ago after passing her Grade 1 in harp and has since graduated to the Intermediate Orchestra. Having now passed grades 1-5 in both jazz piano and harp she is currently studying towards Grade 6 for harp and Grade 8 for piano.
Raisa thoroughly enjoys music and playing with the Brent Intermediate Orchestra. Spring 2017 will be a busy time for Raisa as she has also been invited to train with the former Royal Harpist Claire Jones during the Easter holidays.

Anti-bullying Project

Thank you to Sriya, Yaesha, Soham & Krish all from Y4C for kindly agreeing to judge the Senior School's efforts. They were very thorough as they worked through their list of criteria. They looked at the advice given, was there too much or too little? They were adamant that original pieces of work were much preferable than printed work from the internet. After much deliberation, they all concluded that:

9G

were the clear winners.
Congratulations!

Could 9G please send a representative to Mrs Alexander's room at registration to collect their prize? Thank you

Visit of Ellen Ferris from Teenage Cancer Trust

Too young to have cancer!

Yes, you're right! Cancer amongst teenagers is rare but Ellen Ferris' job is not to come in and scare young people but to raise awareness, not only of cancer but of what teenagers can do now in order to avoid cancer later. Recent figures show that one in two people will face cancer at some point in their lives so Ellen's work is vital in ensuring that young people are aware of and learn how to recognise the signs for an early diagnosis. She talked of this issue with great sensitivity and with a touch of humour, sharing with us her own experience as a teenage cancer sufferer. Thank you to Ellen for coming in. We look forward to welcoming her again in the future.

Reports December 2016 – Dr Chouder writes:
December 2016 Reports for Senior School students can be viewed online from 9th December 2016. To access reports online go to: www.schoolbase online.biz and enter the following details:
Domain: Swaminarayan
Username and Password: supplied via email by Bibi in the school office.
If you need details to access reports online to be sent (new students) or resent, please contact Bibi in the school office.

Measuring The Speed Of Light Experiment – Do try this at home?! – Mr Cotton writes:
The speed of light is denoted by the letter "c" as in the famous equation $E=mc^2$. **This** is an experiment you can try at home to measure the value of c. You will need **a reasonably large bar of chocolate and your kitchen's Microwave oven**. So do take care when doing this experiment. Never put anything metallic in the Microwave, and if you do intend to attempt this experiment, **tell your mum and ask her permission**.
Firstly take the large glass base plate out of the oven. Place an inverted plate or dish over the middle part of the oven that would have rotated the base plate. We do not want the dish covering this to rotate, hence the plate is inverted or removed. Take your chocolate bar out its wrapper and place it on the middle of the dish or inverted plate or on fixed surface inside (This depends on what the exact shape and construction is inside the oven). It is important that the chocolate remains in a fixed position. **The chocolate bar must not move from its position.** Switch on the Microwave for about 20 seconds. It is important that this time is not so long that the chocolate melts completely or makes a mess in the microwave oven (this would upset your mum!). This time needs to be enough that chocolate does begin to melt in **some places.**
Take the chocolate out of the Microwave, as soon as you can after switching it off. Do be careful, it may be hot! Use a ruler to measure the distance between neighbouring places where the chocolate has melted. Double this distance to find the wavelength of the microwaves here.
You will need to look up the frequency of the microwaves in your oven. This will probably be on a label at the back of the oven or written on the side or somewhere similar. If not, you will need to look it up in The Manufacturer's handbook for the oven. [The standard microwave oven uses a frequency of 2.45GigaHertz; that is 2.45billionHertz or 2450millionHertz.]
Multiply the oven's microwave frequency in Hertz by the wavelength you have measured/calculated (twice the distance between neighbouring places where the chocolate has melted). According to The Wave Equation (Speed = frequency x wavelength ($v = f \lambda$ Lambda)), this gives the speed of the microwaves which must be the same as c, The Speed of Light.
One final thing to do when finished; that is eat your chocolate and enjoy, if it is still in a fit state to eat! And put everything back how you found it (with the chocolate wrapper in the bin)!

<u>Duke of Edinburgh Programme Navigation Day to Chalfont</u>
Dhruv Shah Senior 4 writes:

On Friday 2nd December S4 and S5 went to Chalfont for another navigation day. We carried a full pack and we were really excited and enlivened to get on with our journey. It was a delightful day for us to complete our navigation. The weather was ideal and we couldn't wait to get started with the navigation. From Chalfont and Latimer Station we travelled to our established checkpoints. We must have travelled at least 15km and with our full backpacks it was very tiring although we kept persevering. Our group's teamwork

was very good and we managed to cope with the fatigue. We carried on and we were able to reach our destinations and checkpoints on time. The day really brought out some of the beauty that this country still has to offer. All in all it was the experience of a lifetime and I am sure that everyone is raring and eager to go to Dartmoor and Peak District.

Learn to serve

Think

We brush our teeth every morning to make sure that they are clean and we don't get bad breath! We take a bath to make sure that we are clean and our friends don't run away from us holding their noses. We eat to make sure we remain strong and healthy. We live in a house so that we are protected from the cold and the heat of the sun. Your parents go to work so that they can provide you with all the basic things you need to survive. Everything we do, we do to make sure that our bodies enjoy the best that life can offer. If we were to get out of our bodies, we wouldn't need to work, brush our teeth, wash, eat, live in a house or use a car to get us places. We live our lives to serve our bodies.

Feel

If we learn to serve our needs well then we will have the best comforts that life can provide. It is the first lesson that we all have to learn: look after yourself and the world will look after itself. I once heard a story about a father who was irritated by his son while he was reading a newspaper. Frustrated, he tore up a picture of the world from a magazine into small pieces and asked his son to put it back together, expecting the puzzle to keep his son occupied for some time. The son looked at the puzzle, on the back of which was a picture of a man. He knew what the shape of the man should be and set about putting it together. Within ten minutes he went to his father with the completed puzzle. His father was surprised and asked him how he had managed to do it so quickly. The boy said, "I put the man at the back of the puzzle together and the world came together". His father smiled and hugged his son. "That's right son, the world is together if the man is together" he replied.

Do

If you want to build a good, happy and successful life for yourself then you will have to learn to look after yourself. Only when you are happy in your own life will you be able to contribute to society and to the rest of the world.

Christmas Holidays

Reports will be available on Schoolbase from Friday. You will know from the published calendar that whilst teachers return for staff training on Tuesday, 3rd January 2017, pupils return on Wednesday, 4th January 2107. The Senior School has a non-uniform day on the last day of term. Students will have to pay a £1 donation for the privilege of coming to school in their clothes. The money will go towards the War Child, chosen as the charity for this academic year by the Student Council.

My sincere thank you to everyone, pupils, staff, parents, governors, trustees and santos for their support and hard work this term; we look forward to receiving everyone back next year.

On behalf of all the staff, a most wonderful Christmas break and a Happy New Year.

Yours sincerely,

Nilesh Manani

Wednesday 4th January to Tuesday 10th January Mock Exams – Time-table

Day / time	**L6**	**U6**	
Tue.	*INSET day*		
Wed. P 1-2	Rev./ Prep.	Rev./Prep.	
P 3-4	Economics Biology	Physics 1 2h History 1 1.5h	
P 5-6	Maths C1	Maths C3	
Thur. P 1-2	Physics 1.5h French 1 2.5h	Geography 1 1h20m Economics 2h French 2.5h	
P 3-4	French cont.	French cont.	
P 5-6	History 1	Biology 1 2h	
Fri. P 1-2	History 2 ICT Chemistry 1.5h	Maths S1 M1	
P 3-4		Chemistry 1 2h	
P 5-6	French 2	Chemistry 2 2h English	
Mon. P 1-2	English Further Maths FP1	Further Maths FP 2 / 3 Biology 2 2h ICT	
P 3-4			
P 5 -6		French 2 Geography 2 1h20m	
Tue. P 1-2		Physics 2 2h History 2	
P 3-4			
P 5-6		Geography 3 1.5h	