

The Swaminarayan

Education is that which liberates

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Dear Parents, Guardians, Pupils and Friends,

Theme for this week

The theme for next week is “**Food, exercise and health.**” I have written about it on the back of this newsletter.

Summer Fair this weekend 20th & 21st June 2015: 1 – 9 pm

Get ready for the giddy rides of the Summer Fair, the scrumptious dishes, delicious cakes, folk songs, drama and rhythmic dances of regional India, stalls galore ready for you to discover experiences anew, games to stretch your imagination, people to mingle with, old students and friends to meet to take you through the unique experiences...

Get ready for a thrilling weekend!

Drama (Year 11) AND LAMDA (ALL) Reminders - Mr Benny writes:

Drama – Just to remind all GCSE actors in Year 11 to remember to return all borrowed books: The WJEC text book, the Aykourn play, *Confusions*, and Shakespeare’s *Macbeth*.

LAMDA – The exam takes place on 8th and 9th July. May I remind all students to know inside-out their chosen pieces together with the expected theoretical knowledge. Thus:-

Gold (Level 8): One poem and one prose extract and Shakespearian sonnet and ‘knowledge’
Bronze (Level 6) and Levels 5 and 4: One poem and one prose extract and ‘knowledge’

Year 11 students entering the exam need to find and work with their appointed tutor (CW – VR – MB).

Former pupil, Prerak Dwivedi guitar teacher and a medical student at Imperial College offers guitar lessons...

Playing the guitar is a fun activity that boosts the player’s confidence and allows them to explore music first-hand. I remember when I first started playing – it was difficult to learn to control all those strings and with great difficulty I made up a song from a few chords and performed it at a talent show at school. I still perform every now and then and thoroughly enjoy it.

With such a long summer holiday it can be difficult to find something to do and everyone gets bored after a few days. So, if your child would like, why not start them off playing the guitar (or any other musical instrument for that matter)? Or if your child has been learning to play the guitar and would like to continue improving over the summer why not sign them up for teaching?

I have completed Level 7 of my guitar examinations and look forward to welcoming TSS students for lessons. I have also had a clear Disclosure and Barring Service check (previously called the “CRB” check). Lessons will be an hour long and the fee per lesson is £15. If you are interested, please email me at pd1412@ic.ac.uk to make further enquiries and arrange lessons.

Think about your future – Ria Mehta (S5) writes:

The first time I actually thought about my future properly was in Senior 2; I distinctly remember being told in one Critical Thinking lesson that we had to present our ‘10 years into the future’ PowerPoint. I also remember being really scared because I was going to be first and I never had a way with audiences that weren’t just my parents. At this time my future plan was to become a lawyer, I even had a slide explaining why I wanted to be one. I guess it was mainly because as much as I did love a good learning grid, I never liked the sciences. The idea of thinking about our futures at a young age did help me to rule out certain professions. This meant that I could focus on what I wanted. One other thing I remember was saying that in the future I wanted to be happy. As cliché as it is, I still stand by what I said. Whenever we think about our future we should think about what will make us most happy because there’s nothing worse than realising you could’ve been happier if you thought about what you really wanted first.

Food, exercise and health

Think

Every time there are chips on our school menu all I see students taking is a plate full of them! Sometimes we give them a chance to set the menu for a week, and always burgers, chips, pizza, cakes and fizzy drinks are among the first items they choose. While these foods are tasty, I think you will not be surprised when I tell you that they are not always good for you.

Feel

You see when you are young, your body can withstand almost any abuse; its capacity to recover is enormous. Even when you fall and cut yourself, your body heals much more quickly and because you recover so quickly many of you feel invulnerable. Yet you all know about smoking; one cigarette will not harm your lungs. Even the effects of smoking for years will not be obvious when you are young but all research shows that cigarettes cause lung cancer in people who smoke over a long period of time.

Do

Whether you are looking at your eating habits or smoking, the effects will not be felt when you are young because the harmful effects of any abuse to your body are cumulative; that is they build up over many, many years. While I am not asking you to stop eating what you like, I am asking you to eat everything in moderation. Eat healthy foods, do regular exercise, play sports, and you will enjoy a healthy life for longer. People often say that they will start to look after all these issues when they are older, but I can assure you, if you don’t form good eating habits when you are young you will find it extremely hard to change when you are older.

Yours sincerely,

Nilesh Manani