

# The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

## Theme for the week

The theme for next week is “Be ready for opportunities”. I have written about it on the reverse of the newsletter.

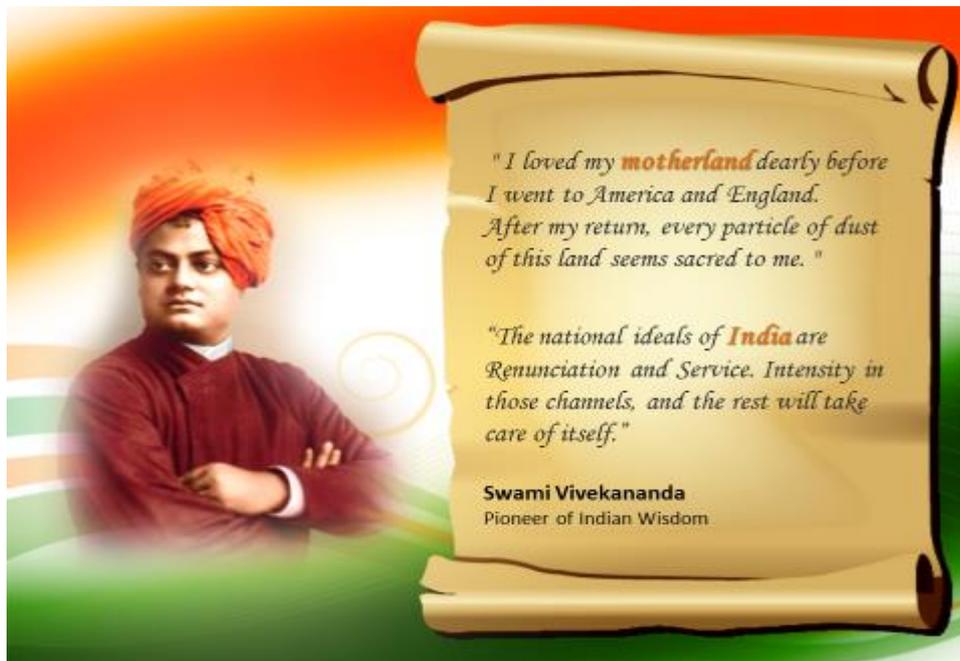
## TSS Summer Fair

Saturday, 18<sup>th</sup> & Sunday, 19<sup>th</sup> June 2016

Parents & Friends wishing to book a stall and banners should contact the school office.

## Wisdom of India 6

This week a thought from a passionate Indian, Swami Vivekananda, on the *Wisdom of India*, so that our children can appreciate the strong sense of who we are, where we come from and the values inherent in our culture.



## Boys PE News – Mr Worth writes:

As exams are now upon us there is a brief respite to catch up on a busy start to the summer terms sporting fixtures. Last week saw students in Years 7-9 attend the Brent Athletics Competitions at Willesden Sports Centre. With Rio approaching fast, it was a fantastic chance for students to get in the Olympic spirit and compete against some extremely impressive individuals. There were a number of impressive performances across the Year Groups with the top ones being: Nyah Varsana winning the U14 Girls Discuss, Param Parekh just being edged into 4th in the U13 Boys Discuss and an

impressive TSS debut for Aditi Hanumantha, narrowly missing out on qualifying for the U14 girls 100m finals, finishing 3rd in her heat.

With Badminton, the U16 Boys team made it to the semi-finals again but were undone in a closely fought contest with eventual competition winners Kingsbury High. The U14s will also face Kingsbury in their semi-final on 16th June with the winners going on to play Claremont on the same evening. The Year 7 have also been successful, making it to the final of the Brent Competition where they will face Claremont High School later in the term.

On to Cricket, and a nervous start from the boys saw them move into the Middlesex plate competitions after defeats to Twyford CE School and Christ College, Finchley, respectively. Since then the Brent Leagues have taken over with mixed results so far. S1 saw rain force their game indoors and were undone by the pace of Newman College's bowling attack.

An IPL inspired S3 team has shown much improvement in recent weeks. Firstly against Ark Academy, in a game where accurate bowling from a number of boys kept them in a good position throughout. Yogesh Patel 2-0-12, Sampan Bansal 7-1-12 and Henil Premgi 14-0-18. Chasing a total of 98-3 off 20 overs. Ark were quickly put to the sword with an unbeaten 37 from Akshar Patel seeing the boys home in 10.2 overs.

Next up was Kingsbury High School. Having been beaten by this team in the past two seasons a point was out to be made. With conditions deteriorating rapidly the opening partnership of Ayush Rabadiya and Akshar 'Kholi' Patel saw an impressive 64 made in the first 7 overs. Scoring off the bat was only restricted by the number of extras scored and TSS saw a total of 129 for 3 off 16 overs. Akshar again top scoring with 47. As TSS set to field, the heavens opened making defending a trickier task against a strong KHS batting order. An early break though by Nishit Soni and Henil Premgi saw KHS 2 for 14 off 3 and continued pressure saw further wickets for Saavan Shah, Raul Lobo and Raghav Ahluwalia sadly the weather prevented accurate statistics as the scorebook disintegrated but KHS were all out for 93 and the boys top the league with 3 to play.

Boys upcoming fixtures:

S1 vs St Gregs Cricket @ TSS 25th May

S2 vs Capital City Cricket @TSS 7th June

S3 vs Ark Elvin Cricket@ TSS 8th June

S2 vs Queens Park Cricket @ QPCS 9th June

S3 Vs Wembley High Cricket @TSS 10th June

S1 vs Claremont Cricket @TSS 13th June

S3 vs Claremont Cricket @ Kenton CC 14th June

S2 vs Alperton Cricket @ Alperton 16th June

S3 Brent Badminton Finals Evening @ TSS 16th June

### **Support from Parents during Examinations**

Internal Examinations for Senior 1-3 begin today. While these examinations are not life-changing they are important just the same. I hope the following guidance will prove useful for parents.

- Parents often feel anxious about whether their son/daughter is revising adequately and sufficiently. It is important that you are aware of what is expected of your son/daughter, and that they feel supported and have all their practical needs met in order to revise in a healthy way.
- Your role is essentially to help the pupils achieve the optimal balance between being too relaxed, and suffering too much with anxiety and stress.
- Try not to make too many demands during revision and exam period. Also, try not to expose them to your own anxieties about their exam performance. This can often lead to arguments which will add stress and hinder revision.
- Impress upon them the need to have a clear distinction between revision time and free time. Short intense bursts of effective revision with regular scheduled breaks as explained above is far more effective than long slots half-heartedly skimming notes.

- If you feel that they are overdoing it, then suggest they have a break. It is helpful that they are realistic about what is reasonable and effective. Pupils often lose perspective during revision period. If they seem excessively anxious, remind them that whilst exams are important, their whole life does not depend on them, even though it may seem like it at the moment.

You can offer help by making sure you store up on paper and other stationary with plenty of healthy snacks in the fridge; by helping them with the timetable which sets a routine to meal times, breaks, etc. A structured routine is essential during revision and examinations. Promoting regular exercise and sufficient sleep will also have a big impact. Go out with them for a walk if that is the only way to get them out for fresh air.

### **Examination Days**

On the day of the examination try to have a good breakfast and have plenty of water. Research has shown that this helps with exam performance. Take deep breaths to relax and ensure you read all the instructions and questions carefully before answering. Highlight key words or phrases if that helps. After each exam, though it is so tempting, try not to discuss the paper with your peer; it will only make you anxious; be positive and move on to the next exam.

### **Be ready for opportunities**

#### **Think**

Thomas Edison wrote that he failed a thousand times before he was able to perfect the simple light bulb, yet he learnt from each mistake and improved each time. The knowledge he gained along the way was important to reach his final goal. Thomas Edison was ready for his opportunity because he made careful notes about each test he conducted, clearly identifying what worked and what didn't work, so that when his eureka moment came, he was ready to understand its significance and ready to grasp it.

#### **Feel**

Opportunities come every day for people, yet most of us pass them by because we are not ready, or not well prepared to grasp them. Do not think that going to school and sitting in classrooms for endless hours is a waste of time; it is your chance to prepare for opportunities that will certainly come your way if you concentrate, work hard and study.

#### **Do**

Whether you want to be a great sportsperson, singer, scientist, actor, writer or the best in any other profession you will have to train for it, learn, improve and hone your skills to be ready for your opportunities when they come. There are no easy roads to success.

Yours sincerely,

**Nilesh Manani**