

# The Swaminarayan

Education is that which liberates

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

## **Theme for the week**

The theme for next week is “**Food, Exercise and Health**”. I have written about it at the back of the newsletter.

## **Volunteers for Summer Fair**

Parents are very slow in responding to enlisting for duties during the Summer Fair. Please do offer your help and support to the PTFA team that has worked so hard to plan this year’s fair. A few hours on either of the days while your kids are having fun. Complete the form attached and return it to the office.

## **Parents Questionnaire**

I have so far received 41 questionnaires back. I hope you will take the time to complete it and send it to me by tomorrow – the final request before we set about collating the feedback.

## **Outstanding Schools Physicist Awards - QMUL Schools Physicists of the Year - Charles Cotton and Srikanth Ragvani write:**

"The Schools Physicist of the Year Award celebrates the talent of exceptional students studying Physics in all of the local area’s schools."

Dhruv Patel(S4)    Ishaan Vadgama(L6)



This prestigious Awards Ceremony takes place at "The Peoples Palace", Queen Mary College University of London, Mile End, on the evening of Tuesday 11th July. Students "will be recognized and receive an award for their efforts." We are proud to announce that two of our students have been recently invited to receive their award from Year 10, Dhruv Patel and from Year 12, Ishaan Vadgama.

## **End of External Examinations**

The last of the IGCSE examinations will be completed on Friday, which will mark the end of examinations for Senior 5. The A Levels examinations will continue until Tuesday next week, after which I hope the A2 students will get together and help with the summer fair before going on a well-deserved break. The Senior 5 will be returning to complete the test for the Duke of Edinburgh Silver Award with a three days expedition starting on Thursday, 29<sup>th</sup> July 2017.

I must express my deepest thanks to all the parents, guardians, pupils and staff for ensuring the examinations period was completed without disruption.

## **Sports Day**

The Senior School Sports Day will take place on the Gibbons Field on Tuesday, 27<sup>th</sup> June 2017 between 9 am to 4 pm. Parents wishing to join us should inform the office so that we can make arrangements for refreshments and lunch.

## **End of Year Reports**

We hope to place all the end of year reports on the Parents' Portal on Friday, 7<sup>th</sup> July 2017. We hope this will give parents a chance to review the performance of their children and speak to the tutors, should that be necessary.

## **Food, exercise & 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 over a long period of time.

### **Do**

Whether you are looking at your eating habits or exercise regime, 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**

## **Volunteering For Your School – Summer Fair 1 & 2 July 2017**

Every year schools up and down the country hold summer fairs that raise funds to contribute towards equipment or facilities, etc. for children at their school. Please visit some of the fairs at your local school and you will see how these fairs/events are brought together with a mixture of enthusiasm and fun by a team of volunteers and parents from each class who take up an allocated task to man a stand or run an activity.

It is the one time that you can really contribute and get involved to help the school. The children are so proud to see their parents helping out (outside of the school trips). This collaboration builds the relationships between all members of the school and the families, as they enjoy coming together on these events - together...hopefully in the sunshine!

Our fair is like NO other! We attract a huge crowd over the 2 days! For this, an army of manpower is needed. We are always grateful to the Mandir for supporting us with additional volunteers to help us at our fair, however, would love to see more of our parents host the activities or help in any other way. Our parents have vast talents, skills, contacts etc. that can help bring even more to the fair and to the school community as a whole. This is where YOU can help make a difference! Every year we work hard to build up the number of school volunteers to make it a great experience for all our visitors.

This year ...a heartfelt request please to help us take the hard work out of building the volunteer teams and come forward and sign up as a volunteer for either or both days for as little as two hours to as much as the whole day. Whatever works with your commitments, we are confident that with the 300+ parents we have at the school, if we all do a little bit, then we will exceed our target of recruiting 200 parent volunteers for the weekend. You can sign up on the tear off slip at the bottom of this newsletter or email [admin@tssuk.org](mailto:admin@tssuk.org)

---

### **SUMMER FAIR VOLUNTEERS 1 & 2 July 2017**

Name:.....Child's Class.....

Times Available (between 1-9pm).....

Days Available (Saturday and/or Sunday).....

Email Address:.....Mobile Number:.....