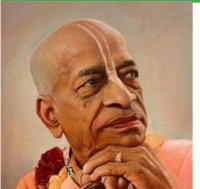


## BHAKTIVEDANTA SWAMI GURUKULA HARE KRISHNA SCHOOL

Founder-Acarya His Divine Grace A. C. Bhaktivedanta Swami Prabhupada 525 Tyalgum Rd Eungella NSW 2484 / PO Box 546 Murwillumbah NSW 2484 (02) 6672 3788 admin@krishnaschool.nsw.edu.au www.krishnaschool.nsw.edu.au

# GURUKULA NEWS

Term 4 2017



### From Srila Prabhupada:

"Krishna is just like the sun, and maya is just like darkness. If the sun is present, there is no question of darkness.
Similarly, if Krishna is present in the mind, there is no possibility of the mind's being agitated by maya's influence"

(CC Madhya 22.31)

# Pilgrimage to Sri Mayapur Dham

As the highlight of 2017, our High School students were again blessed with the opportunity to make a pilgrimage to the Holy Dham of Sri Mayapur in West Bengal, India.

Sri Mayapur is the birthplace of Sri Chaitanya Mahaprabhu, the land on which many of His transcendental pastimes were performed and where His glorious sankirtan movement began. It is also the headquarters of the International Society for Krishna Consciousness. Every inch of Sri Mayapur is worshippable and



bestows immense mercy. Holding this appreciation in their hearts, the students embarked on a journey to remember for a lifetime and indeed returned noticeably inspired. (continued inside...)

TERM 4 FOCUS: SRI GIRI GOVARDHAN
TERM 4 PRINCIPLE: SELF CONTROL

#### Pre-K

By Mother Vaisnavi

Term 4, 2017 Prep class children: Sadhu, Tahlia, Suryani, Nakula, Orlando, Lennox, Gaura Priya, Nalayani and Ishaya shared their learning together.

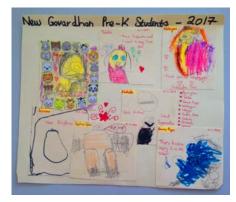
English: During daily mat times children increased their communication skills by sharing information about a toy or family member – Beginning with greeting everyone, 'show and tell' - What? (showing and describing object), Where? (buy it from/came from) amd asking questions (learning the difference between a comment and a question), and finishing off with thanking everyone for listening and everyone responding by 'thank you for sharing'.

We continued with our songs and rhymes: 'Haribol Spirit soul', 'Wheels on the Ratha' and 'Two little black birds'. Hearing about Gajendra's pastime with props is always a hit with the kids.

The children also learnt about self-control during our mat time sessions by putting their hand up and patiently listening to others talking and waiting their turn to speak.

We heard of Lord Krishna's amazing pastime of lifting Govardhan hill with the baby finger of his left hand (for Krishna it was just like an elephant lifting up a little mushroom).

Cards/Messages: Children made little cards with messages for the deities in Sri Mayapur Dhama. These were hand delivered to pujaris in Mayapur by our



Above: Prayers offered by the children to the Mayapur Deities.

High School students.

The children also made little card messages for Sadhu's speedy recovery, whom we are missing very much.

This term the Pre-K children spent a lot of time making crafts, including paddle-pop puppets at the craft table. We also heard about Lord Rama and painted Diwali lamps. Inspired by traditional aboriginal dot painting, children also made their own designs and patterns on cardboard boomerangs.

Introducing Maths, students practised counting objects and counting on their fingers. We also learnt about different shapes and how these are related to real life objects: oval (egg), triangle (Lennox: 'Pyramid'), rectangle (door), hexagon.

Health: We talked about feelings and how to express them in a healthy way, for example, if we get angry, we take



deep breaths/drink a glass of water/ walk away. We touched on empathy, discussing how we would feel if we were excluded in the playground.

Physical Education (PE) - We played games such as Go, Go, Go, Govinda, Hot Potato (passing ball around). Children developed hand-eye-coordination, focus and listening skills.

Some of ouir science activities included a look at 'Mother Cow and Father Bull' and how mother Cow gives so many products directly and indirectly such as milk, paneer, yogurt, ghee, butter, ice-cream while Father Cow works the land so that we are able to plant fruits and vegetables). We also experimented with 'Floating and Sinking'.

To incorporate Geography, we had various activities focussed on catergorising land, water and air animals/creatures and learnt the terms used for baby animals, eg. cow-calf.

We really had a wonderful year in Pre-K. I wish all of the students all success in their first year of full-time school, and look forward to welcoming our youngest Vaisnavas joining us for Pre-K in Term 1 2018.

Your servant, Vaisnavi d.d.









## Kindergarten

By Mother Mahesvari

The Kindergarten class had an excellent Term 4. The term value was Self Control and the focus was Giri Govardhan. The students looked at how to be self controlled in different scenarios and learnt the 'vaco vegam' verse from the Sri Isopanisada.

The students enjoyed hearing about and discussing Govardhan lila as well as the Damodara pastime. They completed various associated writing exercises and colouring pages.

For Geography this term students were enthusiastic to learn about special places and how we can look after them.

Our Science unit entitled "Weather in Our World" looked at weather symbols and words as well as what activities we do and what we wear in various weather environments.

On Fridays this term our Kindergarten class was joined by some new children





who will be enrolling into Kindergarten in 2018. The students all enjoyed meeting these new friends and were happy to help them feel at at home.

Adjacent: Balaram

identifying numbers with physical objects

to count, record

in pencil and practising

writing the

number name.

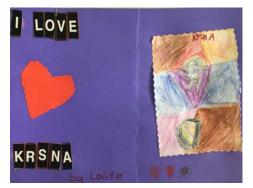
Then 2018 finished on a high note with each student being presented with special awards at the End of Year Assembly, followed by an extremely fun day at the Murwillumbah pools.

I am wishing all my students, their parents and extended families a fun filled holiday period.













Top Left: By Term 4 all of the Kindy students displayed keen listening skills, self control and a pleasing thirst for knowledge.

Left: Having fun with learning how to spell words and make sentences with illustrations. Samples by Mallika and Lalita.

Above: Team work with building blocks. Lalita, Balaram and Darshan behind the friendly mask.

As the Kindies transition into Year 1. I will miss them, but wish them all the very best for their onward studies throughout Gurukula and look forward to watching them grow and blossom as bright young Vaisnavas.





### Year 1 & 2

By Mother Premavati

This term the verse, "Vaco vegam Manasa Krodha vegam ..." from the Nectar of Instruction was used to teach lessons on our term value, Austerity and Self Control.

Families: Past & Present: Oral stories and History was the theme throughout most subjects. The students interviewed their parents and grandparents and as a result compared the childhood times of their parents to theirs, as seen in the pictures. They produced a display of Happy Family Memories.

In Geography they learnt how they are connected to Australia and the World by using maps and the globe as tool.

In Vaisnava Studies and Science they did some research on Temple Artefacts. As such they learnt the reasons why such arti items are offered to the Lord and they also wrote a procedure of How to do arti. They have learnt the Giri Pujeyam song which they performed beautifully at the end of year Assembly.











Left: Year 1-2 Students took an old woollen blanket and stitched bags and pillows out of it and were absolutely delighted with their newly discovered sewing skills!



## **Procedures** - How to perform Arati by Annabella Mahoney (Y1)

Materials: incense, ghee lamp, water, cloth, flowers, camara, peacock fan

Steps

Step 1: Hold the bell in the left hand and the incense in the right hand and wave it around 3 or 7 times

Step 2: Get the ghee lamp in the right hand and wave it around 4 times in the feet, 2 times in the navel, 3 times in the face and 7 times in the body

Step 3: Put the water in the conch and wave it around, 3 times in the head and 7 times in the body

Step 4: Get the cloth and wave it around 7 times in the body

Step 5: Get the flower and wave it around 7 times in the body and let Krishna smell it

Step 6: Get the camara and wave it around a few times

Step 7: Get the fan and wave it around a few times

#### **Expositions**

The games and toys during our grandparents time were better than today's. Agree or disagee? I believe toys from today are better because we have more electric toys. Firstly we have modern toys and not old fashion. Secondly there are more choices to pick from. Thirdly their batteries last longer. Therefore new toys are better than the old toys.

#### by Vrindavaneshvari Hassall (Y2)

The games and toys during our grandparents time were better than today's. Agree or Disagree? I think the toys during my time because there is more games and toys. Here is a list of toys during today's time: skate boards, numchucks, remote control cars. Secondly I think todays toys are better because they're stronger and newer. Thirdly I think they are more improved. Therefore I think the games and toys from today's time are better than our grandparent's time.

## by Terasu Yokoyama (Y1)

Opposite (top left): Some of the beautifully illustrated prayers that were written by the Year 1&2 students and offered to the Mayapur Deities by the High School students during their pilgrimage to the Holy Dham.

#### by Lila Parkinson (Y1)

Things we need: blowing conch, camara, incense holder, acaman cup, bell, ghee lamp, hanker chief, water conch, flower, peacock fan

Steps

- 1. Purify your hands with water from the acaman cup so you can touch the deities
- 2. You ring the bell so Krishna can eat and drink
- 3. You circle the incense 3 or 7 times
- 4. Offer the ghee lamp 4 times on the feet and 2 times on the navel
- 5. Offer the water in the conch
- 6. Offer the hanker chief like a piece of cloth
- 7. Offer the flower so Krishna can smell it
- 8. Fan Krishna with the camara so flies won't go on him
- 9. Fan Krishna with the peacock fan so he can keep cool in the summer

The games and toys during our grandparents time were better than today's. Agree or disagree? I think that toys during today's toys are better because it is not wooden and they don't break easily. Here is a list from today's toys: nerf guns, control cars, lego, tablet. Secondly I think today's toys are better because it's cheap sometimes. Thirdly I think they're better because there's more choices to pick from. Therefore I think that the toys from our time are better than our grandparent's time.

## by Atreya Borsotti (Y1)



**Above: Happy Family Memories** 

#### **Year 3 & 4**

By Mother Candramukhi

We have had both an exciting and productive time in Term 4 this year. We began with a wonderful camping trip to Thunderbird Park at Mt. Tamborine. Years 3-6 participated in so many funfilled activities, including climbing high through the forest in the Tree Tops challenge, horse-riding, night-time battle star games, mini-golf, dance, swimming in the creek and vegan marshmallows by the camp fire. It was a great time for students to bond with their teachers and fellow students. A big thankyou to Mother Indranila and Mother Gandharvika who made wonderful prasadam for all of us.

Years 3-6 also performed a wonderful drama on Govardhan Puja in October. There were seven scenes which took the audience on a journey around Govardhan Hill and depicted various pastimes of Lord Krishna that took place there. The students performed very expertly and brought beautiful impressions of the Lord's pastimes to the hearts of all who watched. Well done Years 3-6!

Our major Vaishnava Studies focus this term has been Govardhan Hill, as well as the virtue of Self Control. In Year 3-4 We read about the character and pastimes of Govardhan Hill and how he is known as Hari-dasa-varya, the best servant of Hari, serving Krishna by providing his whole body as a beautiful playground. We explored how we can serve Krishna



Above: Govardhan Hill by Sujan (Y3)



Above: Govardhan Hill by Premanjali (Y3)

like Govardhan, and closely examined the nine limbs of Bhakti. We had many discussions about the meaning of Self Control and how this works in conjunction with the other three values we have investigated this year.

In English the students continued the Reading Mastery and Spelling Mastery programs, along with Stars Comprehension. Year 4 was lucky to start the Novel Ideas program where they read and studied "Sadako and the Thousand Paper Cranes". The students are progressing well in their comprehension and reading fluency. In writing we looked at Poetry and various types of figurative language that enable a person



Above: 9 Limbs of Bhakti cartoon by Ayodhya (Y4)

to write good poems. I was pleased to see the wonderful poetry they wrote, particularly when using personification and metaphors. After that they wrote Science Fiction stories and made comic









Clockwise from top left: Engineering scientists: Toshan, Kisori, Annastasha, Haridas, Premanjali, Madhavendu and Vamana

strips to go with them. I was amazed at how imaginative their stories were.

In Science, we did a unit on 'How Things are Made'. Students examined how parts are designed and put together to work together and experimented with simple machines, pulleys and levers. They also designed and made a device made up of at least two simple machines that could carry a weight of 50grams horizontally over a 50cm distance and vertically up a 30cm distance. It was amazing to see how their creative ideas flowed to come up with unique designs. They also examined how things are made from raw materials to the finished product, particularly focussing on the process of making cotton. They created interesting flowcharts to display these processes.

In History this term the students covered aspects of the British colonisation in Australia. They examined the reasons why the Europeans settled in Australia, and the nature and consequence of contact between Indiginous peoples and early traders, explorers and settlers. They also looked at how the Indigenous people interacted with the newcomers and how these experiences contributed to cultural diversity. We specifically looked at the reasons for the voyage of the first fleet and the various groups of passengers who were aboard. We investigated how the British Colony of Port Jackson was established and examined everyday life in the colony for the soldiers, convicts, ex-convicts and officials.

In Music, the students have been developing their musical skills through learning to play harmonium scales and tunes, as well as listening to, moving to and identifying the use or musical concepts and symbols in a range of repertoire and percussion activities.

Overall it has been a wonderful year. I wish the Year 4 students well as they enter into Year 5 next year, I'm very happy to continue with the Year 3 children who will be new Year 4 students and I welcome the Year 2 students who will come into Year 3 next year.

Hare Krishna.

#### **Writing Samples**

Govardhana is the best servant of Hari. Govardhana serves Krishna by providing fresh grass for the cows and then the cows give their delicious milk for everyone in Vrindavana. Govardhana serves Krishna in many ways. One of them was when Krishna lifted Govardhan. Without Govardhan all of Vrindavan would be gone. There are also lots of ways to describe Govardhana. Govardhana has lots of fresh pure grass and colourful flowers with sweet fragrance. Govardhana is like an enormous umbrella, sheltering all the citizens of Vrindavan. Govardhana also has vibrant, fresh water. Beautiful cottages are also on Govardhana. This is how I describe beautiful Govardhana.

## by Gopal R (Y3)

Giriraj Govardhana is the King of the mountains. He stands up tall and is the best servant of Lord Hari. He serves Krishna by growing sweet grass on his fields and by growing delicious sweet fruits and berries. He also has rivers with sweet fresh water for Krishna. He has colourful fragrant flowers and saved Vrindavan by being an umbrella. His grass is as soft as fairy floss.

by Kisori (Y4)

Vrindavan forest is the transcendental abode of Sri Sri Radha Krishna. The Yamuna river flows swiftly with the swans gliding above. The parrots sing when they see Lord Sri Krishna and the trees with fruit dance. Krishna plays nicely with his cowherd friends. The smell from the flowers smells like nectar from the sweet fruit. You feel the smooth breeze flying in the air and in the middle of all of it. Lord Sri Krishna!

#### by Ayodhya (Y4)

Vrindavan is the transcendental abode of Sri Sri Radha Krishna. Vrindavan is Krishna's favourite place to be because there are thousands and thousands of sweet, fragrant flowers in which sweet honey lies, and which the bees love to drink. And the huge mango trees which hold sweet, delicious mangoes that Krishna and his cowherd friends would eat. While they were watching the beautiful, cute cows, Krishna would play his flute.

by Madhavendu (Y4)

## Year 3 - 6 Swimming

with Mother Ragalekha

The students all applied themselves to their swimming lessons with enthusiasm this term and I am happy to see them progressing. Ideally, students need to enrol in after school lessons in order to sufficiently develop their swimming proficiency.



## Year 3 - 6 Govardhan Puja Drama and Annual School Camp

















Top: Evening camp fire - always one of the highlights of school camp!

Above: Vrinda, Sujan Nimai and Gopal high up in the trees and the happiness of going beyond their personal comfort zones.



Above: Students discovered the magic and wonderful feeling of horse riding. Source: Fotorloka.2017VTS.2017

## **BSG HIGH SCHOOL**

What an amazing year we have had in 2017 and what a joy to now stop and reflect, recognise and acknowledge the progress and achievements of our students and staff.

We honour those students who performed exceptionally well and sustained their commitment to excellence throughout the year, not only academically but in all round performance which includes attendance, willingness and readiness to work, punctuality, respect and focussed determination.

At our 2017 End of Year Assembly special awards were given to:

Yamuna (Stage 4), Blue (Stage 5) and Lakshman (Stage 6) for being the most Punctual and Prepared.

Anjalee (Stage 4), Karuna (Stage 5) and Vishaka (Stage 6) for being the most respectful.

Anjalie (Stage 4), Karuna (Stage 5) and Anjali (Stage 6) for being the most ontask.

Congratulations went to Anjalee (Stage 4), Karuna (Stage 5) and Nika (Stage 6) who were awarded Dux for their overall academic excellence.

It was also our great delight to recognise our graduating Year 10 students and Bimala Magriplis who leaves us this year after graduating Year 11. Bimala



will enter a full-time apprenticeship in Carpentry from 2018. His commitment to his career goals is certainly an inspiration and we wish him all success!



**Visual Art** with Mother Gopapatni

#### Years 7-8

Students were introduced to Indigenous artists who engaged with print making such as Jimmy Pike and Kevin Gilbert. They were asked to create a visual representation of a journey creating symbols and working these into lino prints. Term four focused on glazing tiles with an underwater theme inspired by documentary work of deep sea divers who had filmed strange and unusual sea creatures within the sea.





Above: Year 7-8 students glazing ceramic tiles, then as an experiment with different mediums made paintings with home-made brushes.

Left: Vis art students stage 5 doing en plein air or open air water colour painting

Right: Malini and Anjalee

## **Geography**

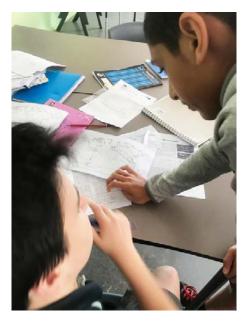
with Mother Gopapatni

Years 7-8

Landscape and Landforms was the topic in term three Geography offering students the opportunity to discover the differences between them and and how both evolve in the environment. This was followed by Interconnections which allowed students to discover how Australia was positioned in a global context in relation to trade and migration of peoples. We touched upon the many levels of interconnectedness with students producing some fine creative work expressing their understanding of the topic.







Above: Nandu helping Dhira with his Geography work.

Below: This speaks for itself - Nakula and Bhavya quite enthusiastic about their Geography project.



Top Right: Year 9-10 Students helping decorate cakes for the Govardhan Puja festival.

## **English**

with Prana Prabhu

Years 7-8

In English for Year 7 & 8 we studied the film Rabbit Proof Fence and wrote diaries of various characters, we created digital stories, composed poetry and analysed various literary devices including basic punctuation, grammar and vocabulary building.

Years 9-10 with Mother Gopapatni

Students engaged with movie analysis this semester studying the film Selma. They each devised a speech on an issue important to them learning the many aspects of speech writing and delivery as well as pursuing a study of the book The Happiest Refugee by Ahn Do. An introduction to forms within poetry allowed for students to experiment with poetry themselves.

## Geography

Years 9-10

with Mother Gopapatni

Semester two of 2017 saw students in Geography investigate an environmental issue within a local area pursuing research in the field and online to discover solutions for problematic areas within built and agricultural environments. Term four focused on changes within environments both social and environmental.

## **Visual Art**

Years 9-10

with Mother Gopapatni

Students were introduced to Frida Khalo's surrealistic representations inspiring investigations into subjective representation. Students were able to paint on canvas using a variety of mediums as well as experimenting with printmaking. Students progressed to an introduction to Arthur Boyd's landscape works touching on Australian landscape painting with resulting collaborative and individual works being developed.

## **Food Technology**

Years 9-10

with Mother Gopapatni

Students in food technology engaged with a wide variety of preparations adapting recipes to facilitate the palate of large numbers amounting to as many as forty people at the one time. Preparations were adapted to suit circumstances and available resources allowing students to learn versatility, flexibility and determination.





Above: Year 9-10 helping decorate cakes for the Govardhan Puja festival.



Above: Caio Csizmar generously gave his time in order to inspire our high school music students with the drive and determination to succeed in their chosen musical persuits.

#### Music

with Mother Mohini Murti

#### Year 12

This term while students continued to thicken their performance repertoire, we hosted two excellent music workshops in an effort to encourage and inspire. Young prodigy sixteen vear old Caio Csizmar wowed our students showcasing his mastery of the upright bass and what inspires him to learn at the level he has achieved. (Years 7/8 also attended). Pundit Hari Bhakti Dev presented an informative and compelling overview themed The History and Language of Indian classical music: and intensive overview. An excellent learning experience was had by all!

## Sri Mayapur Pilgrimage 2017

by Leonardo Prabhu

After a dedicated year of hard work, our High School's trip to India was an amazing opening of our minds and hearts to another world; a spiritually surcharged one. The Mayapur pilgrimage was packed with so many learning experiences it's hard to choose where to start listing them.

For most students, living and travelling with their mates for a whole two weeks was a major highlight. Not only did they get to share the fun times – participating in the temple program, visiting holy places of the saints, exploring nearby villages, boating on the Ganges, playing team sports with the International School students, swimming etc. – but they also further fortified their bonds of friendship.

The students also eagerly engaged in a solid daily sadhana which included 12 days of waking up early in the Holy Dham; offring obeisances and taking darshan of at least 3 different sets of Deities plus Acharyas every day; honouring prasadam 3, 4, or more times a day; walking sometimes for more than an hour to visit many temples; chanting a least one, two, or sixteen malas; cleaning Radha-Madhava's and Panca-tattva's altar doors, Nrsimhadeva's gates, Srila Prabhupada's vyasasan and temple interiors; listening to lectures; singing many kirtans; serving prasadam and



taking turns cleaning up after everyone had eaten; giving donations at Nrsimhaphali, Rajpur Jagannath, and other temples. Even if only the desire to perform any of these services again sprouts in the students' hearts it will be an immeasurable gain.

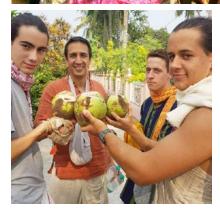
Of course, we cannot write about the amazing India pilgrimage experience without acknowledging the team who made it all possible. Starting with the people who organised the logistics months before departure: Vinod Prabhu and the whole admin team. Ajita Prabhu -our everhelping hand, Prana Prabhu-our travelling pandit; Gopa, and Phalguna Krishna Prabhu-our dedicated and accommodating teachers and Dhriti and Guruprasad Matajis, the trojan volunteering duo who endlessly cared for the needs of all. They certainly don't associate 'India pilgrimage' with a 'holiday', rather, they made many beautiful opportunities possible for our students and we are infinitely grateful.

All glories to Sri Mayapur dham; all glories to Srila Prabhupada!









Clockwise from left: Making friends with the crew during the flight to KL; offering cleaning seva in the temple; Hari-katha at Bhaktivinod Thakur's bhajan kutir in Godrumadvipa; an fternoon at the Ganga; the joys of a refreshing fresh coconut; seeing students chanting japa was a happy sight throughout the trip; Mayapur sankirtan.







## **Reflections on the Pilgrimage**

by Prana Prabhu

Besides the many holy places of pilgrimage we visited and the special mercy that we bring back to Australia from the potency of the Dhama, an important aspect to any pilgrimage is meeting sadhus and hearing from them how to advance in our Krishna consciousness.

During a recent visit to Mayapur I had the good fortune of meeting with various sadhus from around the world. One such devotee shared with me his latest realisation about education in ISKCON and I believe it is very relevant to us here in New Govardhan.

His observation is that in ISKCON schools we are starting to achieve some solid standards in academic programmes with our Primary and Secondary schools in different parts of the world. We are also able to include Bhakti Sastri or versions of this in our State funded schools, as indeed we have achieved at the Bhaktivedanta Swami Gurukula and this is certainly an incredible milestone..

But the area most challenging across the movement is that of imbibing our Vaisnava culture and human values in our lives in a dynamic, enthusiastic and progressive way. I think this is the next grand step forward for our Gurukula community and one that requires a combined effort to achieve. It is unreasonable to leave this onerous task to the school alone. Culture and values are shared and are first learnt and imbibed in the home. Therefore, I see the home/school partnership as being one of the most important dimensions to our achieving success.

I encourage our teaching staff, admin personnel, parents, temple authorities and community members to combine to ensure that we get this part of the equation right. The school culture is very much a reflection of the community and families in which the school exists.

In the coming year, let us combine to ensure students progress from Kindergarten through to Year 12 with increasing understanding and appreciation of the value of respect, responsibility, humility, determination and a love for learning, a zest for life and attachment for Krishna.

This time next year let us celebrate those who have demonstrated these values the most, not just our students, but all those in our school community.

Thank you for this opportunity to share with you this realisation of our educator friend from Mayapur and I wish you all a very productive and rewarding summer break with your families and friends.

Hare Krishna



**Transformative habits at home** 

by Krishna Prema Dasi



Reflecting on 2017, what stands out for me is the depth of insightfulness in our students. This is something not only I have observed, but something recognised and glorified by visiting youth workers as an oustanding characteristic across the school.

Particularly our high school students have a very clear sense of themselves, their needs, where they are doing well and areas they would like to improve upon. In addition, while they are maturing beautifully as young adults, they also retain the confidence and ease to be youthful.

I think it's important we recognise how wonderfully our students are developing amidst the challenges of a rapidly intensifying material world. I truly feel it is a privilege to work with them and look forward to offering everything I can to see them thrive in 2018.

In preparation for next year, I would like to offer here a couple of ideas to support wellbeing at home.

#### 1. Gettina to bed earlier

All of us do better with a good night's sleep. Our brain is sharper and our moods are better. Young people are using an incredible amount of physical and mental energy at school and surprisingly, teenagers need the most sleep!

#### 2. Regulating internet time

In these formative years while students' neural pathways are being formed along with many life skills and habits, a phrase many parents find useful, myself included, is "The internet is an invited guest not a resident". It is okay for parents to set "device free periods" as well as cut-off times for the internet and even to physically unplug it.

Above all, it's good to remember that kids learn from adults, particularly those closest to them. With every interaction our children are watcing and learning from us. We want to be active in our children's lives, take time to listen and to show our love. If we offer respect, tolerance and provide clear standards of acceptable behaviours (and have fun with them!) they will develop a deeper love and safety in their lives.

There is a great network of resources for families available in the community and I encourage parents to take advantage of them. As always, please feel very welcome to contact me if you have any questions.

## **Reminders for Parents:**

- All school fees are payable by Direct Debit unless paid in advance prior to the start of each term.
- Please note that any mobile phones are to be handed in by the students to the teacher each morning, so they can be locked up for security during the school day.
- We ask that you please notify the office asap of any changes to your contact details.
- If your child is late for school, please send an explanatory note with your child. If your child is sick or absent, please telephone the school and leave a message.
- Sports shoes must be worn for all physical activities.
- If your child is to be picked up after school by someone other than a parent, it is essential that you either telephone the school or provide a signed note to the office with the details.
- Please remember to send a drink bottle plus veggies or fruit for Crunch & Sip. (Pre K, K-2).
- We encourage the involvement of all parents in the education of their children. If you would like to volunteer your time and skills or would like to meet with your child's teacher, please contact the Gurukula office.

For regular updates please visit www. krishnaschool.nsw.edu

2018

WILL BE THE FIRST YEAR
GURUKULA STUDENTS SIT
FOR THE HSC EXAMS

We wish them all success with their studies and preparation during the summer holidays.

Please take note of the following important dates:

**HSC MID YEAR EXAMS - Commence Tues 20 March** 

**HSC TRIALS - Commence Tues 21 Aug** 

**HSC EXAMS - Commence Thurs 18 Oct** 

EXCELLENCE IS NEVER AN ACCIDENT; IT IS THE RESULT OF HIGH INTENTION, SINCERE EFFORT, INTELLIGENT DIRECTION

INTELLIGENT DIRECTION,
SKILLFUL EXECUTION AND
THE VISION TO SEE OBSTACLES AS
OPPORTUNITIES."

- anonymous

## Term 1 2018 Important Dates For Your Calendar

31 Jan - Term 1 begins

**6 Feb** - Year 7&8 surf lessons begin

**7 Feb** - Primary Swimming lessons begin

8 Feb - Year 9&10 surf lessons begin

12 Feb - Ekadasi

19-22 Feb - DIBELS testing

26 Feb - Ekadasi

2 Mar - Gaura Purnima (No School)

5 Mar - NSWPRC commences

12 Mar - Gurukula Sports @ Uki Fields

13 Mar - Ekadasi

20-22, 27-29 Mar - HSC mid year exams

30 Mar, 2 April - Student free days

12 Mar - Gurukula Cross Country, Last day Term 1

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