



The Community Newsletter

March 2018/2019

Culture & Arts Captains' Overview

Culture is one of the strong pillars here at the Academy. Being the only school to introduce the concept of a Culture and Arts captain truly establishes this. Following the formation of Creative Arts Program, every Friday, students are allowed to come in, casually attired, and to attend their desired lessons or activities. The idea of balance turns into a natural instinct.

Fridays have now been buzzing with excitement, as drumming was recently introduced to the Creative Arts Program. World Freedom Day is just around the corner and the school really looks forward to the Re-imagining Education seminar that will resume on the 8th of March. I believe the Culture and Arts initiated by LPF Schools play a huge role in the concept of re-imagining education and I'm honored to be a part of this change.

Hayaa Hishan

School Sports Captain

Out on the field, LPF Academy takes a different approach from the norm: we call our athletics meet "The Friendship Games", where healthy competition prevails, and each students expected to participate in a

minimum of two events: an individual race and a group event.

The Friendship Games 2019 was exhilarating and the athletes were truly remarkable. I congratulate Nugara house on being the overall champions of the Anderson Challenge Trophy! The Friendship Games, with the guidance of the teachers, is run by the students for the students, which strengthens our team spirit much more.

We also had our first batch of Under 17 basketball players representing school in the Zonal Basketball Tournaments this month, hard work and determination has led our players to face the challenges of Schools' Basketball and Passion has driven them to greater heights, so from the bottom of my heart to our budding players: May all your wishes come true!

Buthmee Fernando

School Captains' Overview

"Respect self, and respect others" are the sole rules of LPF Academy, where education isn't the only quality that defines us. This is where each child is given the opportunity to shine in every aspect, academics as well as co-curricular.

This 2nd term, truly was filled with activities and learning opportunities and this was only possible due to the sheer drive of our fellow captains and the constant support from our committed teachers.

When LPF decided to start off with the Creative Arts Programme and re-launch Peace Gang, it was really evident that the philosophy of this school does have a positive impact on every child. It is not only the grades that matter. Instead, it shows us how important it is to be *the best we can be*.

Sabeeha Thanzil-Ramieze

EDITORIAL

We have had another spectacular term!

Nugara celebrated their fourth victory at the annual Friendship Games. The award for outstanding Spirit of Sportsmanship, was the crowning glory for the School Sports Captain, Buthmee Fernando. Two special mentions of the same sporting spirit were warmly awarded to two younger students, Mishenka Fonseka (Abdul Kalam) and Purodha (Mahatma Gandhi).

In a moment in history when global headlines are full of inspirational women, it's indeed heartwarming to see leadership and inspiration generated so often in LPFA by our young ladies, the case in point also being that 10 of our 11 captains are female this year. We are thrilled about another sporting milestone: LPFA made it to the zonal basketball tournaments this term, and we appreciate all the effort and hard work everyone contributed.

LPF Academy has identified as a school that is already delivering progressive, relevant education in a positive and encouraging way. My classmate, Thiviyan Krishnakumar, spoke about how members of the Re-Imagining Education Think Tank wanted to visit us, and we had the absolute pleasure of meeting them on the 8th of March. The group of concerned and informed educationists, parents, corporate stakeholders and students paid a delightful visit to our school. Students participated in discussions on what we want to change in the education system of Sri Lanka. We were free to support or argue about ideas, from 'No More Exams' and 'Technology in Education' to 'Respect, and no Judgment', students battled with words and opinions about what we want changed and why. Many of the issues in the current education system have already been discussed and solutions are in practice at LPF Academy.

We had the joy of meeting some of the beneficiaries of our great Bridge2Peace outreach programmes. We were delighted to welcome teachers in the B2P teacher training programmes for several days here in school. These inspired and inspirational young women, dedicated teachers from all across the island, were trained by our Early Education teams in Dehiwela and Ratmalana.

The Nelson Mandela community, following an initiative by Kalani Wijedoru, organized a Costume Friday fundraiser, after which they donated Rs. 5,000/- to the children from the Mother Teresa's Home, who are currently at LPF Ratmalana. The Mandelas also successfully conducted a bake sale and their profits of nearly 21,000 rupees have been saved towards their goal of purchasing a desktop computer for their community.

This term has been an astounding way to begin 2019, a term full of glorious events and activities. We are looking forward to our colourful, traditional New Year celebrations before we come to the end of a magnificent term.

Kisavi Jayawardena

Eleanor Roosevelt Community



HEADLINES

PSYCHOLOGY FOR A/S & A/L

LPF Academy has started Psychology as a Cambridge Advanced Level subject choice this term, and I am the very first student. I have had an interest in psychology for a few years, and I stayed persistent in my choice of taking psychology as an Advanced Level subject. I started reading articles on a range of different topics in psychology and developed a better understanding of people around me. I observed their behaviors, emotions and expressions. I have also built up a better background knowledge of psychology and its history through reading and personal research. Due to my ever-growing passion for psychology I realized I needed to study it as a level subject.

I conveyed my desire to learn psychology to Mrs. Anderson, and she considered my interest to learn and started looking for a teacher. We both sat through many interviews, and I remember her saying that 'searching for a mentor is like searching for a needle in a stack of hay'.

A few months later, Ms. Viveca, a parent, introduced us to Ms. Hana Haniffa. Mrs. Anderson and I were both impressed and grateful for having met her. With her educational qualifications in psychology, determination and nature, I found it quite easy and extremely fun to learn psychology.

Ms. Hana is now a full-time teacher and counselor at LPF Academy. She had made learning the subject I am passionate about, very interesting and informative. Shortly after I started, Methma, another student from my community, joined us. She intends to pursue her future in the field of psychology abroad and is doing it as an A/S Level subject. I hope many other students will also be passionate about psychology and take it up as a Cambridge A/Level subject!!

Kisavi Jayawardena

Eleanor Roosevelt Community

SCOUTING – CAMP FIRE

I am currently a leader of a cub scout pack of both boys and girls. I do believe the curriculum is compelling for boy and girls at this young age. Girls scouts have the same opportunity as boy scouts in their physical, mental, and spiritual development. While having fun they are learning responsibilities to help them become independent and responsible, share and help friends. As a leader in this program, it helps me to be 'prepared' and 'lend a hand'.

Sadaree Fernando.



TEACHER EMPOWERMENT PROGRAMS

A teacher empowerment program highlighting various topics about 'Raising a Successful Learner', was conducted on the 8th of February 2019, with many more to come. It was followed by the continuation of the Founders' Day Celebration lunch for the staff, very typical of how it happens at LPF! All the teachers from the Ratmalana, and Dehiwala Schools participated and benefited greatly.

My family background and personal experience as a teacher have equipped me well to identify, and work on areas pertaining to the betterment of learner-teacher experience. My educational qualifications in Psychology have further prepared me with the knowledge and confidence to facilitate programs customized to meet areas of interests for teachers, parents and students.

I conduct workshops and seminars for students and parents, that are open to all. I have a few sessions scheduled for the month of March. These sessions are conducted at the Residence Building of LPF Dehiwala School. Please find the full flyer at the end of this newsletter for more details.

Special thanks to Aunty Bernie for choosing me to be part of the LPF family.

Hana Haniffa
Teacher – Psychology and English

rates among students and parents. Someone as young as a grade 5 student is forced to take their own life, or university graduates and even parents end their lives simply because of under achievement. Yet as a society, we ignore such happenings and continue to believe in exams and high scores as a way of assessing success. Traditionally, this system of pressurizing children and expecting them to get 90 percent or above is accepted in society.

One possible explanation for this is that our society has been brainwashed to believe that success is judged by a grade. This problem can only be solved if we think with an open mind to address other ways of measuring talents. Here is something most parents say to their kids: 'You always get 70% and where did the other 30% go?'

The child cannot succeed if the child's achievements are not acknowledged, and it crushes their confidence. Therefore, giving up is the only option that runs through their mind. I was once a victim of this, and getting back on my feet was harder than falling, thanks to the consistent support from school and the seminar that I attended.

I was excited to be a part of a group of people who know how to create a more relevant education system. I'll have to thank the school for introducing Buthmee and I to such an interesting seminar. I was delighted to be invited to deliver a brief talk for 30 secs and later be chosen as the most inspiring thing about the day, especially when I started at LPF not speaking a word of English! I did such a good job, that now that the facilitators of the program would like to visit the school and I am excited to present our philosophy to them.

Thivyan Krishnakumar
Eleanor Roosevelt Community

FORUM DISCUSSION – REIMAGINING EDUCATION

I was privileged to take part in this seminar called, re-imagining education, which allowed me to witness the pressing issues we have with the current education system. I was also honored to see that my school, LPF has already addressed some issues and changed into the way education is expected to be delivered in 30 years' time.

The societal myth of higher exam performance expectations is the core reason for higher suicide



BRIDGE TO PEACE

BRIDGE TO PEACE – TEACHER TRAINING PROGRAMS



Providence, commitment, dedication and hard work from the teachers, have made all this possible. It all began with a personal training, which was facilitated by Auntie Bernie and Auntie Liesel. This happened under the siyambala tree, which has now grown and spread its seeds across the country. We now have our B2P schools in Pungudutheewu, Mullaitheewu, Batticaloa, Lunugamwehara, Diyathalawa, Pokarappu, and Ratmalana.

All teachers have all been brought to the standard of the Colombo school with a lot of hard work and dedication. These programs are solely funded by the outreach programs of the LPF Schools and Scanwell Logistics. There are no foreign investments or sponsors involved.

All parents are welcome to visit and be a part of it all in any way possible. Parents are also welcome to contribute if they feel the need to support this cause, either financially or with material. Please feel free to contact us for more details.

BRIDGE TO PEACE – RECENT VISIT

Recent Visit to Schools in Lunugamwehara and Diyathalawa

The most recent visit to these schools happened this February. The first batch of alumni, now doing O/Levels was invited for a gathering, during which their need to improve on their English language was brought up. To mark the 21st anniversary of the Lunugamwehara School, we intend to focus on possibly arranging an online program, to facilitate English courses to these children on Saturday mornings.





CELEBRATIONS

12TH ANNIVERSARY OF LPF ACADEMY, DEHIWALA

The 6th of January is one of the most significant days of the LPF Academy, Dehiwala. This school enlightens every child who has walked through its door. This year, we celebrate the academy's 12th anniversary. The captains, together with the teachers, put up a fabulous 12th anniversary celebration. This occasion allowed us to recollect blissful memories, and to appreciate our School. 12 years passed, and each year holds beautiful memories of significant events that will never be forgotten and will always be to be cherished in our hearts.

Saniki
Abraham Lincoln Community



THAI PONGAL CELEBRATIONS



As a custom, the elementary organized the Thai Pongal celebrations on the 14th of January. This ceremony is to honor the harvest festival that happens at the beginning of every year.

The elementary children contributed by bringing fruits for the pooja and helped in arranging the offerings. They were dressed in lovely, traditional clothing to signify the festival.

All the students of LPF were able to witness the ceremony and enjoyed sharing their food and sweets with each other. Following the event, students were encouraged to draw and write about their experiences.

Thank you to Mrs. Prabakaran for all the support and contribution towards this auspicious celebration.

INDEPENDENCE DAY CELEBRATIONS



FOUNDER'S DAY CELEBRATIONS

The 7th of February 2019 was a wonderful and very important birthday. Our founder Auntie Bernie had an exciting and amazing day with love, gratefulness, and greetings from LPF students, whom she has helped be who they are today. She invited some of the graduates from 2018, who thrillingly walked up to the stage, greeted by Auntie Bernie and the rest of their old school. When all the graduates arrived on stage, Auntie Bernie and some of their previous teachers handed them awards for their higher achievements in the examinations.

Following this, many students walked up to Auntie Bernie to wish her and give her lots of presents and flowers. Following this, we sang 'expect a miracle' for our beloved founder and cut the cake. It was truly one of the most enjoyable days.

Kambree
Katherine Johnson Community



The 71st Independence Day celebration was arranged by the Elementary School and the early year program of LPF Academy. The children and parents prepared and organized this event along with the teachers with great interest and involvement. The event was celebrated with dress-ups and enactments of our national heroes, the Pancha Maha Balawage, the first prime minister, the Queen the Duke etc., followed by the lowering and hoisting of the flags.

Students dressed up as Sir Ponnampalam, Siddie Lebbe, CWW Kannangara, Anagarika Dharmapala, the current President and, Prime Minister. The grade 3 students had prepared to present the national symbols, including the national flower, bird, sport, flag, tree and the emblem. They also presented the nine provinces. The Pancha Maha Balawage included a farmer, doctor, teacher nurse and a pilot.

The active and colorful pageant truly brought a clear understanding about the concept of independence to our students.



Gift from: Dynal Kavita



SPORTS

FRIENDSHIP GAMES

The morning of the 23rd of February 2019 was filled with anticipation, excitement and thrill. Family, friends and loved ones gathered at the Sugathadasa Stadium to watch and support their children display their athletic talents on the field, and to witness them battle it out for the coveted shield.

After the Olympic torch was lit, the flags hoisted, Oath taken, and Friendship games declared open, the athletes took their places to race for their houses and for themselves. Healthy competition and roars of cheers were present throughout the evening.

The Athletes Champions:

- Under 12 Boys : Manish Mack of Nugara
 - Girls : Ivana Ondaatje of Anderson
- Under 14 Girls : Myeisha Mack of Mervyn
 - Boys: Danu Jayawardena of Anderson
- Under 16 Boys : Josiah Wickremesinghe of Nugara
 - Girls : Ashani De Silva of Nugara
- Under 18 Girls: Faihaan Farhad of Mervyn
 - Boys : Aaron Arnold of Mervyn
- Under 20 Boys : Amaan Ahmed of Thapar
 - Girls : Buthmee Fernando of Thapar

The sportsmanship award:

- Nominees : Faihaan Farhad, Thivyan Krishnakumar
- Winner : Buthmee Fernando

Personally, my favourite highlight of the day was when everyone's true sportsmanship was displayed, when everyone helped with the big 'M' of Mervyn.

Buthmee Fernando



INTRODUCING SOCCER

Soccer practices began with a bang in the month of February. A total of 21 students participated in the practices, that were commenced at the Saranankara Grounds. Mr. Thomas, a highly qualified and experienced football coach from Austria, started working with this team, and his students enjoy every bit of the training. Everyone comes prepared and excited with nice soccer outfits & shoes.

This sport practice certainly helps them develop their skills to play soccer well, while also developing skills and fitness necessary for education and overall wellbeing as a student.

Isuru

Teacher – Math

Class Facilitator - MLK



BASKETBALL TOURNAMENT

The first 3x3 basketball tournament, under friendship games, was a success!! Nugara and Mervyn under 20 boys, ended the day with a final that went down to the wire. The scores were tied 18-18 by the end of the play time and they had to play extra minutes. Mervyn emerged champions claiming the gold led by a valiant effort from Aaron despite an amazing performance of 3-point shooting by Lasith. Andersons claimed the bronze. Thapar, with an impressive team effort, won the Under 20 Girls emerging as Champions. Mervyn claimed silver, and Nugara took away the bronze.

The Under 15 boys - Gold –Thapar, Silver – Anderson, Bronze – Nugara

The Under 15 girls - Gold – Anderson, Silver – Mervyn, Bronze – Thapar

The Under 17 boys' and girls' teams have been practicing for the first zonal interschool competitions. The school will take part in and will play friendly matches on the 25th and 26th of February. They managed to garner their much needed experience from the matches they played against St. Thomas International, Seeduwa, which they won and Gampaha Basketball Academy, which they lost to. They will play their first zonal match possibly on the 1st of March 2019.





FIELD TRIPS

MOTHER TERESA COMMUNITY'S FIELD TRIP

On the 6th of February we went to the Balapokuna Temple. It had a lake and a bathing well too. We were happy that Auntie Bernie, Sir Vinod, and Ms. Roshi joined us!

First, we saw some lakes next to our school, and then, as we drove further, we saw a lady drawing water from a well. We got off the bus and went down to speak to her. She told us, 'this is a bathing well. We bath, draw water, and wash cloths here'.

Then we went down the staircase to see the fish deep in the bathing well. Later, we saw a river with a bridge, which was extremely polluted. We went back to the bus after seeing the polluted river. Afterwards, we went to the most precious and pristine place covered with Bo- Trees and a Buddha Statue in front of it was ... THE BALAPOKUNA TEMPLE!!! Which also had a beautiful lake. It felt so peaceful.. Before getting back to school, we managed to climb the rocks too!

Sai Dhinakar Kouwshigan
Mother Teresa Community



TRIP TO INDEPENDENCE SQUARE AND THE DOUBLE DECKER BUS RIDE!

I got to travel in a double decker bus and I saw the statue of D.S Senanayake. We went to the Independence Square and we had a picnic at Vihara Mahadevi Park.

Vinumi Tinaya De Silva
Elementary



CAPTAINS OUTING

On the 17th of December 2018, the captains of LPF Academy went on a day's trip to Negombo – This trip was set out in hopes of planning and enlisting objectives for the upcoming terms, and to build a better bond with each other. We all had a spectacular time at the beach and the pool, and spending quality time with each other. Everyone participated in a few activities to learn about the aspects of leadership and team work which was accompanied by Sir Kevin and Ms. Samila.

Last but not least, a meeting was held with Aunty Bernie and Ms. Nisha based on teamwork and improvements that could be established in the school. The outing was arranged at Goldi Sands Hotel, Negombo with special care provided by Ms. Ruweni.

Ashani

Abraham Lincoln Community

THE FRENCH EDUCATION FAIR AT HILTON



On the 29th of February, our community – Abdul Kalam – visited the French University Fair at the Hilton. We got the opportunity to speak to the representatives of many French Universities specializing in various degrees and learning fields namely – business, engineering, fashion, science, and law.

By speaking to the university representatives, we were able to have greater clarity on our higher education and career paths. We got to learn a little about the culture of France as well as what the universities had to offer us. It was a great, beneficial visit as it helped us have a clear perspective on what we could expect and plan as a career.

Aaliyah

Abdul Kalam Community

FIELD VISIT TO THE PORT CITY AND LIGHT HOUSE

On 24th of January, at 10:00 am, we took a trip down to the coastal area of Colombo. The first place we went was the Marine Drive. We walked across the railway track and saw the huge boulders to prevent erosion. Erosion happens when the sand is pulled back to the sea. We walked further and then, at a distant, saw the Colombo Port City.

Our second destination was the clock tower; we got a closer look at the Port City, which is basically artificial land. They have filled the sea with tons and tons of sand. Further, they told us that the port city project will be completed by 2025. Afterwards we went to the Vihara Mahadevi park for snacks. We played there, had our snacks and came back to school at 1:15.

Over all, this was one of the best trips we've ever had so far. I mainly liked and enjoyed the trip because it was related to our studies and helped us learn with a better understanding.

FUN FACT;

*They have destroyed coral reefs which was then used to make salt in Sri Lanka. Nowadays, erosion is happening at an increased rate, because there are no reefs to act as a balance between the land and the sea.

Kaveen



VISIT TO THE SERPENTARIUM

It all started when Christine, Deborah and I got really attached to taking care of four little rabbits. This task ended up turning it into a club called the 'zoologist club'. Once the club was formed, we started to go on trips, to visit animals, and that's how this visit to the serpentarium came into place.

When I was there, I saw an impressive number of snakes. We got the chance to hold a few of them. There were many that were of various colors, size and shape. They were all in little spaces between the tree barks and some in water. It was like a little habitat, and there were a few big snakes as well. It was a great experience to get to know more about snakes and other reptiles as such. Getting to touch them was something new and an interesting thing to do.

On our request to the Director General in zoology, he arranged for one of the leading experts on the subject to walk us through and present to us the subject.

Esther
Chief Seattle Community



Petting the Snakes!

Miss Bernie made arrangements to get a Sri Lankan snake expert to give us a private tour of the reptile exhibits in the Dehiwala zoo. Our class left school in the morning and arrived at the zoo 5 mins later. Then we walked slowly to the reptile exhibits with Ms. Lisel and waited patiently till it was time.

After a long, long wait, the snake expert arrived, and we went to the first exhibit, where we were greeted by a crocodile and a terrapin of some kind. Our guide (the snake expert) showed us various kinds of turtles, tortoises, crocs and then, we finally got to where the snakes were kept.

We started with the constrictors (the ones that squeeze the life out of you). Then, we saw the green anacondas, some other species of green snakes, and other snakes from the constrictor family. Eventually we reached the venomous snakes. We started with the mildly venomous types, then went onto the moderate species and then we reached Sri Lankas deadliest snakes. These include, the cobras, saw scaled vipers, Russel viper and a couple others.

Then we get to this little space and our guide went into a building, only to come back moments later, with a very cute baby snake. We all go to hold it while he went and fetched another snake that looked a lot like a leaf. I liked the first one more, so I held it while the others touched the second snake. (By the way, the first snake is a trinket snake and the second one is a green vine snake.) When it was finally time to leave, I was so sad because it may be the last time I held that little snake in my hands, and in the end, I had to let it go.

Vinuth Bandara
Martin Luther King Community

ECONOMICS CORNER



As part of the lesson for combined commerce, Martin Luther King Community works on running two small companies.

One team runs a bow company called the 'Bow-tastic Bow-tique". The members work on making the bows themselves. They buy the pins and work on decorating them with colorful ribbons and lace.

The other team runs an agriculture company selling organic products that grows in the school environment and returns the earnings to the school.

Purpose of this project is to learn and experience the method of running a company, and sustainability.

POETRY SECTION

The Tired Calendar

I hang off the wall,
With my tired hands all year
long.
I get torn a little bit,
When the month is gone!

I screech ouch!
When they tear me out?
I wonder why,
They don't care much

The months go rushing by.
Suddenly 'its December' I cry.
I wonder, the months pass by so
fast,
I say to all, bye toodledoo!

By: Sylvie Oline Thorstensen

Home in the Wild

A mountain tall touching the
clouds.
The pool so cool as it can be.
The rock tall as a mountain,
mist on the top.

A lake goes deep down
Tea bushes are very green
Swim, swim they go.
The lakes full of fish.

By: Chelan

The Sad Life of a Fan

When the fan is on, it over
heats.
Have you ever thought, its
because he's angry?
We never appreciate how much
he does,
For all the years you ignored
him.
That's because suddenly you
might hear his sighs.
You leave him on all night to do
hard work.

While you take a jolly rest he
could only dream of.

At times he cries but you don't
bother.

Take a minute to think.
Not to treat him as a slave.
But as a friend, who has helped
you live in comfort through out
all these endless warm days!

By: Ahmadh Hassen

Collection of Poems

from the students of Mahatma
Ghandi Community. They were
all very enthusiastic about
contributing to the newsletter!!

The Old Broom

I am a very old broom that sweeps
the floor.

I sit, I stand, and do my chores, I
help everyone and now I am tired
I am a little lonely broom who is
very bored.

I sweep the floor with my hair
I do the same old job again and
again

Sometimes sad, sometimes happy
Ohh, I wish I could be a human!!

By: Rachel

A Bag's Life

I am a lonely bag taken
everywhere.

They put heavy things in me, am
about to tear.

I have such a hard time,
I feel like giving up on life.

They suddenly come and open my
mouth,

Dump stuff with no care.

They hang me on a hook,
Or just throw me anywhere.

People spill water on me,
Put unwanted things and burden
me.

They break the key of my mouth
And give me to a random stranger
to fix me up.

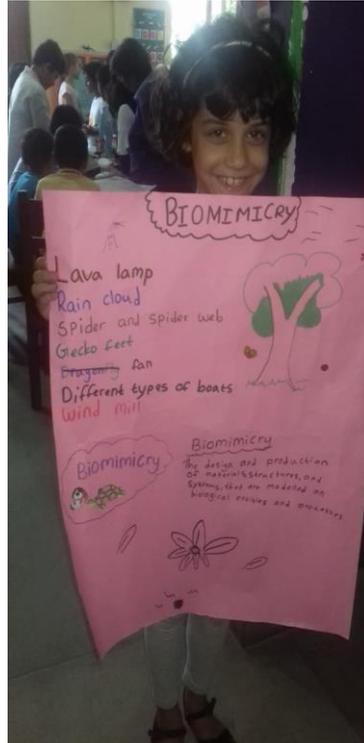
Oh I am tired of all!

By: M. Tamir Mackeen

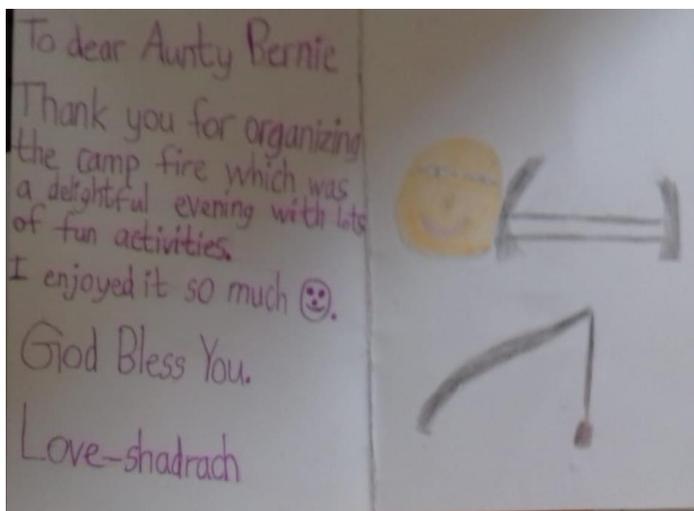


SCIENCE CORNER

SCIENCE CORNER



THANK YOU NOTES



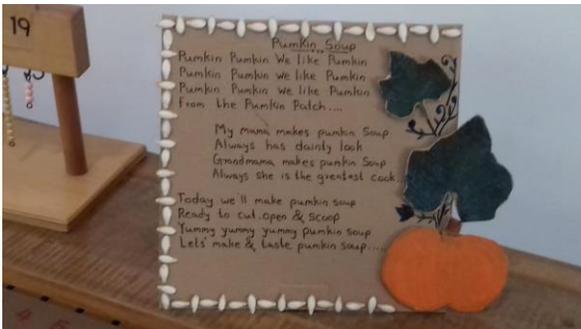
Captures of the Early Years Program



Getting ready to make pumpkin soup!



Cutting Station.



Poem about pumpkin soup!



Drawing Time!!



Reading Corner



OUR GARDEN

