



Khalsa VA Primary School

NEWSLETTER

23rd March 2020

Thank you

Thank you to everyone for their unrelenting support through these challenging times. We are proud of our school community as everyone has been so kind and caring. Staff, parents and carers have been really understanding and worked as a team for the benefit of all our children.

Khalsa Primary School, like all other schools in the country, will remain closed until we receive guidance from the government to say that we can open.

Whilst we go through these tough times, it's really important that we continue to look after each other and those who need our support. It is important to remain in high spirits (Chardhi Kala) and 'Remember God' (Naam Japna) and do paath and or simran every day for the benefit of everyone. Our faith in Waheguru Ji must be strong in these challenging times.

Home Learning

Please remember to regularly check the school website for homework ideas and any new information

The World Health Organisation has launched a social media campaign to help stop coronavirus.

It highlights the five things people must do to stop the spread of Covid-19.

These are:

- Wash your hands
- Cough/sneeze into your elbow
- Don't touch your face
- Stay more than 2ft away from others
- Stay home if you feel unwell

Thought of the week

Take time today to do what matters the most

This is an unusual time for everyone - grown-ups and children, so here are some tips from our school counsellor:

Be calm and proactive

Parents should have a calm, proactive conversation with their children about the Coronavirus Disease (COVID-19) and the important role children can play in keeping themselves healthy. Restrict the time you spend finding out about the virus on social media and the news.

Plan for staying at home or indoors

Routine is important. Make a schedule for the day, that way you can get school work done and still have time to play and connect with your friends using technology.

Do not ignore anxiety

It is normal to feel scared about something unknown and unpredictable. You can find ways to comfort yourself if you are feeling anxious (games, puzzles and breathing exercises are a great distraction)

A mood diary

Keep a diary and write down how you are feeling. Now put them away and let them go, allow yourself to forget them

Look after yourself

Looking after ourselves is very important, make sure you are eating well, getting enough sleep and keeping active. You will feel more energised if you add these into your daily routine.

Here are some ideas of what you can do while at home:

- Read new books
- Learn to cook
- Dance to music
- Keep active
- Help your parents clean and organise
- Get as much sunshine as you can, go into the garden or keep your windows open for some fresh air
- Practise your mindfulness exercises
- Arts & crafts
- Meditation
- Have some 'me' time

Be positive, stay happy and don't let the negativity of the world bring you down



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ਗਉੜੀ ਮਹਲਾ ੫ ਮਾਂਝ ॥

Gourree Mehalaa 5 Maanjh ||
Gauree, Fifth Mehl, Maajh:

ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ਜੀ ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ॥

Dhukh Bhanjan Thaeraa Naam Jee Dhukh Bhanjan
Thaeraa Naam ||

The Destroyer of sorrow is Your Name, Lord; the
Destroyer of sorrow is Your Name.

ਆਠ ਪਹਰ ਆਰਾਧੀਐ ਪੂਰਨ ਸਤਿਗੁਰ ਗਿਆਨੁ ॥੧॥

ਰਹਾਉ ॥

Aath Pehar Aaraadhheai Pooran Sathigur Giaan ||1||
Rehao ||

Twenty-four hours a day, dwell upon the wisdom of the
Perfect True Guru. ||1||Pause||

ਜਿਤੁ ਘਟਿ ਵਸੈ ਪਾਰਬ੍ਰਹਮੁ ਸੋਈ ਸੁਹਾਵਾ ਥਾਉ ॥

Jith Ghatt Vasai Paarabreham Soee Suhaavaa Thhaao ||
That heart, in which the Supreme Lord God abides, is the
most beautiful place.

ਜਮ ਕੰਕਰੁ ਨੇੜਿ ਨ ਆਵਈ ਰਸਨਾ ਹਰਿ ਗੁਣ ਗਾਉ ॥੧॥

Jam Kankar Naerr N Aavee Rasanaa Har Gun Gao ||1||
The Messenger of Death does not even approach those
who chant the Glorious Praises of the Lord with the
tongue. ||1||

ਸੇਵਾ ਸੁਰਤਿ ਨ ਜਾਣੀਆ ਨਾ ਜਾਪੈ ਆਰਾਧਿ ॥

Saevaa Surath N Jaaneeaa Naa Jaapai Aaraadhh ||
I have not understood the wisdom of serving Him, nor
have I worshipped Him in meditation.

ਓਟ ਤੇਰੀ ਜਗਜੀਵਨਾ ਮੇਰੇ ਠਾਕੁਰ ਅਗਮ ਅਗਾਧਿ ॥੨॥

Ott Thaeree Jagajeevanaa Maerae Thaakur Agam
Agaadhh ||2||

You are my Support, O Life of the World; O my Lord and
Master, Inaccessible and Incomprehensible. ||2||

ਭਏ ਕ੍ਰਿਪਾਲ ਗੁਸਾਈਆ ਨਠੇ ਸੋਗ ਸੰਤਾਪ ॥

Bhaee Kirapaal Gusaaeeaa Nathae Sog Santhaap ||
When the Lord of the Universe became merciful, sorrow
and suffering departed.

ਤਤੀ ਵਾਉ ਨ ਲਗਈ ਸਤਿਗੁਰਿ ਰਖੇ ਆਪਿ ॥੩॥

Thathee Vaao N Lagee Sathigur Rakhae Aap ||3||
The hot winds do not even touch those who are
protected by the True Guru. ||3||

ਗੁਰੁ ਨਾਰਾਇਣੁ ਦਯੁ ਗੁਰੁ ਗੁਰੁ ਸਚਾ ਸਿਰਜਣਹਾਰੁ ॥

Gur Naaraaein Dhay Gur Gur Sachaa Sirajanehaar ||
The Guru is the All-pervading Lord, the Guru is the
Merciful Master; the Guru is the True Creator Lord.

ਗੁਰਿ ਤੁਠੈ ਸਭ ਕਿਛੁ ਪਾਇਆ ਜਨ ਨਾਨਕ ਸਦ ਬਲਿਹਾਰੁ

॥੪॥੨॥੧੭੦॥

Gur Thuthai Sabh Kishh Paaeiaa Jan Naanak Sadh
Balihaar ||4||2||170||

When the Guru was totally satisfied, I obtained
everything. Servant Nanak is forever a sacrifice to Him.
||4||2||170||

Advice from City Sikhs

Kara and Kirpan

When washing your hands, please wash your Kara with soap and water thoroughly. The coronavirus can survive on metal surfaces for long periods of time.

If you wear a Kirpan on the outside of your clothes, wash your Kirpan frequently with soap and water for at least 20 seconds each time.