



School
International School

ANNUAL REPORT 2018/2019

JUNIOR SCHOOL

"Free the child's potential, and you will transform him into the world."- Maria Montessori

"The greatest gifts you can give a child are the roots of responsibility and the wings of independence" - Denis Waitley.

Denis Waitley's Philosophy is what Alethea has attempted to instil within its students in the past 90 years. Despite the adverse situations that affected our nation, the students of the Junior School had a year filled with academic and non-academic achievements.

Among the various activities held during the academic year, the finals of annual competitions of Singing, English Oratory, Sinhala and Tamil Oratory, Oriental Dancing, Art, Creative Writing and English Spelling Bee were carried out with more encouragement given for participation, which caused much enthusiasm and an increase in the number of participants.

Junior School students and their active hard working teachers were in the forefront of all school programmes. Teachers trained their students to bring out the best in each child while helping them to cope under pressure and supporting them with extra academic work.

With the introduction of the Interactive Smart Boards in the classrooms, the teachers were able to take education to a higher level by sharing videos and presentations making learning an interactive process.

Annual Christmas Party

The theme of this year's party was 'The Carnival' held at the Women's International Hall Garden. The students were kept entertained with games, prizes and many surprises which were organized by the teachers and staff of Alethea. The Bouncy Castles and Merry go rounds and a DJ kept them all in high spirits. The highlight was of course when Santa dropped by to distribute the gifts at this year's colourful pink and purple party.

Annual Sports Meet

The Sports Meet was held on the 8th of March at the Mahinda Rajapakse Stadium Diyagama, the theme selected this year was "The World of Sports" each class selected a sport and participated in a colourful activity to go with the sport. A very colourful Drill display which was the highlight of the meet, was also presented by the Junior School.

Junior Pola

The Pola was held in the junior school premises on the 28th of June 2019. This was organized by the teachers together with the help of the students and their parents. The main objective of this was to teach students responsibility, enhance their skills in handling money and inculcate organizational skills whilst developing their creative skills all at the same time.

Social Services

- Students with the help of their parents and teacher's collected footwear, clothing and stationery to be sent to Mullaithivu District to be distributed among the school children.
- Dry rations were collected and handed over to a charity organization to be distributed among the flood victims in 2018.

Junior Mini School Graduation

The Junior school Graduation was held on the 4th of September 2019. 22 students graduated to the Middle school. The little graduates presented a very colourful performance with their adapted version of 'Lion King' entertaining the invitees to an evening of song and dance, whilst bidding farewell to the junior school.

We at Alethea strongly believe that academics alone should not define a student. Children thus learn to interact and participate in a variety of activities like Movie day, cookery lessons and cleaning day, these activities introduced our learners to a holistic education while teaching them values and life skills.

LEARNING RESOURCE CENTRE

“Just like the beautiful flowers in a garden God’s Children come in different shapes, sizes, colours and abilities. Yet like the flowers, each one is beautiful and has his or her own special gift to offer the world. Unfortunately, the world seems to accept only those who conform to its dictates.”

Children with Special Educational Needs are those who due to significant physical, cognitive, emotional, medical or learning issues require different, usually more intensive accommodations from schools and learning environments than typical children. Early detection and intervention are key to changing a child's developmental path, empowering them to reach their potential. The Special Needs Unit of Alethea School and Alethea International School comprises of The Learning Resource Centre (LRC) and The Skill Centre. It is headed by Ms. Eranthi Gunaratne along with Ms. Yoga Ravi, Ms. Natalia Peiris, Ms. Thahani Chamba, Ms. Aamina Sadique and Ms. Chantalle Ismail.

At the LRC, teachers aim to identify students who face challenges in their education as well as their well-being and provide them with the necessary guidance and skills to empower them to reach their potential and become active members of society. They provide a caring community that meets the students' diverse academic, social and emotional needs.

The LRC gives importance to the following:

- Employ special educational strategies and techniques during lessons to improve students' language, cognition and memory.
- Ensure inclusion by encouraging the students to take part in aesthetic subjects such as art, dancing and singing and extra-curricular activities and events such as the concert, sports meet, class excursion, bhakthi gee, art exhibition and class assemblies.
- Help students reach academic targets as determined by their Individualised Educational Plans (IEP) by employing research-based techniques in a positive behavioural support system.
- Modify the general education curriculum for students with Special Educational Needs so that they benefit from classroom instructions.
- Integration of Life Skills Training in to their IEPs.
- Meet with parents each term to discuss the child's progress and to determine priorities for their IEPs.

The Skill Centre is the latest addition to the Special Needs Unit of the school, commencing its operations In September 2019. It welcomes children with emotional, behavioural and learning disabilities as well as any other disability under the mild to moderate category. The unit focuses on helping children develop in different areas using methodologies that are relevant and current and the lessons and targets are customised according to the individual needs of the child.

Some of the areas covered by the Skill Centre include the following:

- Emotional and behavioural skills
- Social interaction skills
- Life skills
- Motor skills
- Developmental delays
- Hearing impairment
- Autism Level 1
- Learning disabilities
- Communication skills
- Handwriting
- ADHD with behaviour modification

ANNUAL EVENTS

Due to the extensive renovations that the school underwent in the last quarter of 2018 and the unfortunate terror attacks in April of this year, many of the planned activities and annual events weren't held due to logistics and security concerns.

- **Independence Day**

To mark the importance of this day a special assembly was held in the senior school premises on 8th February 2019. Students of the primary were dressed in national costumes and actively participated in speeches, traditional dances and skits along with students of the senior school whose presentations were commendable. The national day celebrations concluded with a message from the chairperson Mrs. Kumari Hapugalle Perera.

- **Sports Meet**

The Annual Inter-house Athletics meet was held on the 8th March 2019, at the Mahinda Rajapakse Stadium, Diyagama. Two days of heats preceded heavy competition, which was visible on the final day. All athletes exhibited true sportsmanship and took part with enthusiasm. Hapugalle House emerged champions.

- **The Annual Christmas Party**

The middle school had their Annual Christmas party on 10th December 2018, at Women's International Hall Garden. This annual celebration was well attended by a large number of students who enjoyed the various games, activities and food which were organised by their respective class teachers.

ACADEMIC ACHIEVEMENTS - ALETHEA INTERNATIONAL SCHOOL

"It is the mark of an educated mind to be able to entertain a thought without accepting it." Aristotle

Cambridge International Examination – London

We owe our gratitude to Ms. Panchalika Kulatunga -Schools Development Manager – CIE Sri Lanka for her continuous assistance and support rendered to us throughout the year. CIE provides our teachers with continuous training in their professional development and updates all changes in specific subject areas, so that the students are exposed to a rigorous learning process in order to fit into a competitive world.

Cambridge Examinations May/June 2019

19 students sat the G C E (O/L) Cambridge (CIE) – May June Examination this year and have done the school proud with very good results in all subjects. We are proud of our Aletheans, most of who have been with us from their early years. Today we celebrate their success and I wish them the very best as they pursue their advanced level education in Alethea and firmly believe that they will do their school proud and remain loyal at all times.

G.C.E Cambridge O/L Examination May – June 2019(Subject wise summary)

Subject	%	Teacher
English Language	100	Ms. Nirosha Nanayakkara
Mathematics	95	Mr. Thanjana Chamikara
Environment Management	100	Dr. T.G.A Sisira
Economics	93	Ms. Sujatha Perera
Business Studies	100	Ms. Nishanka Pitadeniya & Ms Sachini Kalanasooriya
Principles of Accounts	100	Ms. Aadila Hassim
Physics	100	Dr. T.G.A Sisira
Biology	100	Mr. Keifer James & Ms. Deepthika Fernando
Chemistry	100	Ms. Nishani Thenabadu
Literature in English	100	Ms. Nirosha Nanayakkara
Computer Science	100	Ms. Navomi Handawela
Sinhala	100	Ms. Ellen Kumarasinghe

Our best wishes and congratulations to the following students who obtained the best results:

Chamu Thejana	8A*	Leora Nanayakkara	4A* & 3A
Sadhan Wahab	4A* & 3A	Akishya Abeysekera	1A*, 6A & 1B

G.C.E Cambridge AS Examination May- June 2019 (Subject wise summary)

Subject	%	Teacher
Physics	50	Dr. T.G.A Sisira
Biology	100	Mr. Keifer James & Ms Bhagya Siriwardana
Chemistry	35	Mr. I.A Wickramaratne
Computer Science	35	Ms. Apsara Gunaratne

Our best wishes and congratulations to the following students who obtained the best results:

Denise Pronk 1A & 1B

G.C.E Cambridge AL Examination May- June 2019 (Subject wise summary)

Subject	%	Teacher
Physics	100	Dr. T.G.A Sisira
Biology	100	Mr. Keifer James & Ms. Bhagya Siriwardana
Chemistry	100	Mr. I.A Wickramaratne
English	100	Ms. Nirosha Nanayakkara

Our best wishes and congratulations to the following students who obtained the best results:

Hana Mohamed 2A 1B

Edexcel Examinations London

Our heartfelt thanks go out to Premila Paulraj Regional Director Pearsons South Asia, and her efficient team, who have gone out of their way in promoting Edexcel examinations as well as training programs for teachers.

Each year Alethean students who continue to express a keen interest in art and design are prepared for the exam conducted by Edexcel Examinations London. Our students sat the IGCSE Art and Design as well as selected subjects at Advanced Level which were administered successfully.

IAL Examination AS (Edexcel) May/June 2019 (Subject wise summary)

Subject	%	Teacher
Mathematics	50	Mr. Malcom Fernando & Clifford Perera
Economics	50	Ms. Sujatha Perera
Principles of Accounts	67	Ms. Aadila Hassim
Business Studies	100	Ms. Nishanka Pitadeniya & Ms. Sachini Kalanasooriya

IAL Examination AL (Edexcel) May/June 2019 (Subject wise summary)

Subject	%	Teacher
Mathematics	50	Mr. Malcom Fernando & Clifford Perera
Economics	91	Ms. Sujatha Perera
Principles of Accounts	80	Mr. Chinthana Saputhanthi
Business Studies	100	Ms. Nishanka Pitadeniya & Ms Apsara Gunaratne

Best Results

Ayesha Jawed 1A* 2A
Jordan Nanayakkara 1A & 2B (AS Level)
Denise Pronk 1A & 1B (AS Level)

British Council

Our heartfelt thanks to the team at British Council for their continued support in assisting us with all administrative work relating to London examinations, and training programmes for teachers and students. I must make mention of Mrs. Gill Caldicot - Country Director whose timely help and advice is invaluable to us. My sincere thanks to Amila Livera for his assistance and support extended at all times

ACADEMIC ACHIEVEMENTS - ALETHEA SCHOOL

“The educated differ from the uneducated as much as the living differs from the dead.” Aristotle

My congratulations go out to all the high achievers and teachers who worked tirelessly round the clock and have done Alethea proud with excellent results once again.

G.C.E Local A/L Examination August 2018 (Subject wise summary)

Subject	%	Teacher
English	100	Mr. Sultan Ahamed
Economics	40	Ms. Kajini Hapuarachchi
Principles of Accounts	50	Ms. Kajini Hapuarachchi
Business Studies	75	Ms. Apsara Gunaratne
Computer	100	Ms. Navomi Handawela

GCE Ordinary level examinations – December 2018 (subject-wise summary)

Subject	%	Subject Teacher
Buddhism	100	Ms. Harshini Madurika
Christianity	100	Mr. Quintus De Zilva
Islam	89	Ms. Shaziya Ameer
Sinhala Language & Lit	96	Ms. Harshini Madurika
English Language	92	Mr. Sultan Ahamed
Mathematics	92	Mr. Thanjana Chamikara
History	96	Mr. L.Z.T.M.B Sooriyabandara
Science	81	Ms. Nishani Thenabadu
English Literature	94	Mr. Sultan Ahamed
Dancing	100	Ms. Janadari Salgado
Art	75	Ms Amanda Kuruwita
Business & Accounting	96	Ms. Shaziya Ameer
IT	100	Ms. Navomi Handawela

TEACHER TRAINING PROGRAMS

"Knowledge is learning something every day." Zen Proverb.

Alethea's strength lies in its academic staff and therefore international and national training programmes are provided to our teachers. Teachers who handle the London examinations attend face to face and online training workshops organised by both Cambridge and Edexcel Board of Examinations. These workshops and seminars were conducted during September – October, February – March and May-June

- **International Curriculum – Teacher Training Programmes**

Subjects	Teachers
GCSE Further & Pure Mathematics	Ms. Kalanika De Silva & Ms. Kanchana Karunarathna
Edexcel A Level Business Studies	Ms. Sachini Kalansooriya
Cambridge O level English	Ms. Nirosha Nanayakkara
Cambridge Checkpoint English	Ms. Nirosha Nanayakkara
Edexcel A Level Economics	Ms. Sujatha Perera
Cambridge O Level Mathematics	Ms. Kanchana Karunarathna
Cambridge O Level Accounting	Ms. Kajini Happuarachchi
Edexcel A Level Accounting	Ms. Kajini Happuarachchi

- **National Curriculum - Teacher Training Programmes**

Alethea being a Government recognized private School is entitled to the facilities of Teacher training and free books. Our thanks go out to the District Education Office and the Piliyandala Zone Education office for organizing various training programmes in updating the teacher knowledge in the National curriculum. During the course of the academic year, all teachers who handle various subjects attended workshops and seminars in order to familiarise themselves with the changes introduced to the new curriculum. In particular, the study circles organised by the Piliyandala zone Education office for Sinhala language teachers must be mentioned as it was one of the most useful and productive workshops to have been conducted.

- **iPLS training programme**

A special mention must be made of the International Primary & Lower Secondary training programme which was organised by Pearson Edexcel, exclusively for the teachers of Alethea, held at the Moven Pick Hotel Colombo. With over 20 teachers from the primary and lower secondary school participated in this 2 day workshop.

- **TISSL – Conference**

The 6th annual TISSL conference was held at Jetwing Blue Hotel Negombo from the 16th to the 18th of November 2018. Heads of School and Heads of departments attended this conference which included eminent speakers of international calibre who spoke on various aspects of “Global Citizens in the making”

- **Edexcel Academic Conference - Growing Global Education - Now!**

Ms. Anitra Perera, Managing Director and Ms. Kumari Hapugalle Perera were invited to attend the first Pearson Edexcel annual conference for international school leaders and heads of curriculum who want to grow their schools and equip students with an education demanded by universities and employers. This two day event, titled Growing Global Education - Now!, will be held on Thursday 11th October 2018 and Friday 12th October 2018 in Kuala Lumpur, Malaysia . The conference focused on the following;

- What education systems worldwide need to do to prepare today’s learner for tomorrow’s world
- How education needs to be a dynamic experience and how policy-makers, senior school leaders, teachers, students and entrepreneurs can overcome obstacles to this
- Parent and student engagement
- How to build firm foundations for progression and how schools can equip students with more than just a qualification.

Guest speakers will include Charles Leadbeater, Author of the ‘Problem Solvers’ and a leading authority on innovation and creativity.

- **International Exams Officer Conference 2018**

Ms. Anitra Perera – MD attended the Exams Training (in conjunction with The Exams Office and Pearson) stage for an annual two-day International Exams Officer Conference. In November 2018, the International Exams Officer Conference which was held in Dubai with workshop on invigilator training for Asia-based Exams Officers.

- **TISSL Heads Education Visit - Ireland**

Ms. Anitra Perera, Managing Director and Mr. Pranath Fernando Management Coordinator, were part of a team of school heads representing various international schools that visited top universities in Ireland invited by the Government of Ireland from the 5th – 14th April 2019. This visit enabled them to liaison with universities directly and discuss programmes for students after completing their Advanced Level studies.

- **English Department**

“One Language sets you in a corridor for life. Two languages open every door along the way” Frank Smith

Teacher In Charge:

Ms. Nirosha Nanayakkara

“Language is the blood of the soul into which thoughts run and out of which they grow.” ~Oliver Wendell Holmes

The English Department has consistently worked towards equipping students with the necessary tool to shape their world. The English language, also known as the ‘International language’ brings with it, its set of rules and exceptions and complexities in understanding and applying the language.

At Alethea, the primary, middle school and senior school English language teachers work in collaboration to ensure a smooth and uninterrupted delivery of academic work. Students are trained to perfect the use of Standard English in their speech and written work while great emphasis is placed on creativity and imagination. To facilitate this, the faculty uses a variety of resources ranging from books, worksheets, group activities and audio/video aids to enhance learning.

Apart for the academic teaching, which is periodically assessed through unit tests and term tests, students are given the opportunity to take part in myriad activities which allow them to practice the English language. The following competitions were held during the academic year under 4 different categories (primary/junior/intermediate/senior):

1. Creative writing
2. Spelling
3. Oratory
4. Debate (senior only)

These competitions provide students with different channels through which they can express themselves. Many upcoming writers, poets, playwrights and orators have been discovered and it is our desire that they will use their skills to shape the world they live in.

After all, “To have another language is to possess a second soul.” –Charlemagne

- **Commerce Society**

“Money, not morality, is the principle commerce of civilized nations.” Thomas Jefferson

Teachers in Charge:

Ms. Apsara Gunerathne

The Commerce department focused exclusively on entrepreneurship and its challenges for all commerce students and members of the commerce society. In this regard, a workshop and practical activities were organised which saw enthusiastic participation from the students.

Market stall: the students of grade 9 (international) had the opportunity to apply their theoretical knowledge in the “real world” when they were given the opportunity to plan, design, budget and put up stalls. Key concepts such as demand, market value and profit were learning objectives which all students were able to meet.

How to start your own business: Mr. Nilendra Vithange, Head of Credit of NDB Bank PLC- Uva Sabaragamuwa region was the guest speaker at this workshop which was organised in March of this year. Senior students enjoyed an interactive session with Mr. Vithanage who’s friendly approach made this event a success

It was successful year for the Commerce Society where the students gathered a wealth of knowledge both theoretical and practical, which will certainly help them in their future endeavours.

- **Sinhala Literary Society**

Teachers in Charge: Ms. Ellen Kumarasinghe & Ms. K. N. Harshini

During the Academic year September 2018 to August 2019, the Sinhala Society conducted the following events.

1. Sinhala language seminar for national O level exam classes 2018 & 2019 under the expertise of two language experts from the Piliyandala Zonal Office.
2. Language and Literary appreciation competitions conducted by the Piliyandala Zonal Office – Aletheans won four 1st place awards, seven 2nd place awards and three 3rd place awards under the various disciplines such as spelling, handwriting, reading, literary skills and writing poems.
3. The Sinhala Debating Society was formed under the guidance of Ms. Sujatha Perera with the aim of encouraging and training students to take part at inter-house and inter-school level.
4. Students of grade 10 (national) were given the opportunity to watch two dramas prescribed in their syllabus; Mahasara and Sinhabahu
5. Students of the middle school took part in the Kiyawanno Dinanno competition organised by the Ministry of Education. The following students were recognised at provincial level:
 - Tharul Kumara (grade 6) and Vethum de Silva (grade 7) – 1st place
 - Kulindu Gamage (grade 6) - 3rd place

6. 7 students took part in Sinhala recitation competitions organised by the Divisional Secretariat Dehiwala – Results pending
7. Fund raisers and a raffle draw were organised by the society during the course of the year.
8. Students were encouraged to interview different social groups and present their findings on culture and community in the form of drama, discussion and posters.

- **Prefects Guild**

Teacher in Charge: Mr. Pranath Fernando

Head Prefect: Tatiana Dirckze

The New Guild was inducted in September 2018. Tatiana Dirckze was appointed as the Head Prefect. Shamara Sahill was appointed Deputy Head prefect and Rusiry Adharshana as the Games captain to lead the new guild.

During the course of the year the guild was actively involved in all school events exhibiting great teamwork and leadership skills.

RELIGIOUS SOCIETIES

“Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.” Dalai Lama XIV

- **Buddhist Society**

Teachers in Charge: Ms. Kajini Hapuarachchi

During the Academic year September 2018 to August 2019 the Buddhist Society of Alethea School and Alethea International School organized and assisted the school in the following events:

- A Heel dhana pinkama was organised to commemorate Ms. Kumari Hapugalle Perera’s – (Executive Director) birthday.
- In the wake of the Easter Sunday attacks, the society cancelled its Vesak celebrations and instead donated two Buddhist flags and lanterns to decorate the school.
- The annual Sil programme was conducted on the 21st of June 2019 for all Buddhist students and teachers. Sermons and a Dhamma Sakachcha were part of the religious observations. The society provided breakfast to everyone who attended the event.
- A special time of prayers and blessings was organised for the students who sat the GCE A Level examinations in 2019.

- Weekly prayers and mediation was held on Mondays for the Buddhist students and teachers.

- **Christian Society**

Teacher in Charge: **Ms. Suzanne Paiva**

- Christian students and teachers attended the Ash Wednesday Mass at Holy Family Convent Dehiwela.
- The Way of the Cross was conducted this year by Rev. Fr. Sanjeewa on the 28th of March in the school premises.

The Students together with the teachers and with the help of the other religious societies

collected stationery items, clothing and footwear as art of the annual Christmas project to be sent to the Mullaitivu District to be distributed among the needy children.

Religious Assembly was conducted every Monday morning where Christian teachers took turns at conducting the religious assembly with much variety and enthusiasm.

- **Hindu Society**

Teacher in charge: **Ms. M. Krishnawerny**

Regular religious worship and prayers were conducted, every Monday morning for all Hindu students during the course of the year. The Saraswathy Pooja which is always conducted on a grand scale within the school premises, was held in a temple last year. Students and teachers were greatly blessed at this time.

- **Islamic Society**

Teacher in charge: **Ms. Aadila Hassim**

President: **Amani Iqbal**

The annual Iftar ceremony had to be cancelled due to the unfortunate and tragic Easter Sunday terror attacks. However, the members of the society undertook charitable work by donating necessities to the Islamia Home for Orphans and spent a quality evening with the children.

The 32nd Islamic Brotherhood Day Inter Class and Inter School Competitions organized by the Islamic Society of Alethea School and Alethea International School was successfully held on the 17th of September 2019 with the participation of over 13 schools. The competitions were: Essay, Oratory, Quirath, Calligraphy, Qaseeda and Quiz.

EXTRA CURRICULAR ACTIVITIES

“Having children of different races in the same environment is one thing, but having them interact with each other while playing, and participating in extracurricular activities and also building friendships — that's just phenomenal.

Our nation has come so far in such a short time.”

Angela Crawford

- **Dancing**

“Dance is the hidden language of the soul” Martha Graham

Teacher In Charge:

Ms. Janardari Salgado

The aesthetic department had a quiet year with a many events having to be called off due to the uncertain situation in the country. Teachers and dancers alike focused on perfecting form, poise and style during the regular lessons and practises which were conducted in addition to the various competitions that the students took part in.

The Alethean Dance Troupe performed at the Opening Ceremony of the British World Conference which was held at the Galle Face Hotel Colombo in November 2018.

A colourful dance “Nidahas Sri Lanka” was performed by junior and senior dancers at the Independence Day celebrations, held in School in February this year.

- **Choir**

“Where words fail, music speaks.” Hans Christian Andersen

Teachers In Charge:

Ms. Dharishika Bandara & Mr. Pranath Fernando

The school choir had an eventful year, as various members were given the opportunity to take part in competitions, and cultural programmes. Many aspiring soloists were identified during the course of the year at the singing competitions conducted in school. The choristers focused on harmonizing and four-part singing and have shown great improvement in their ability to sing as a group.

- **Scouting**

“Scouting rises within you and inspires you to put forth your best.” Juliette Gordon

Low

Scouts Group-The Spartans and The Trojans

Group Scout Mistress: Mrs Kumari Hapugalle Perera

Scout Master : Mr L.Z.T. Sooriyabandara

Cub Scout Mistress: Mrs Natalie Win

Teachers in Charge: Mrs Harshini Madurika , Mrs Oushala Uggoda, Mrs Harshini (Cubs)

The 30th Colombo scouts have had a very eventful year with an increased participation in community projects, fund-raisers and scouting activities.

- Loyalian Camp organized by Loyola College Negombo

The first camp of the term was held in Negombo from the 13th -16th of September 2018. Alethean scouts took part in a wide range of activities spanning from water based activities to Adventure activities, music shows to fire extinguishing drills which had them engaged to the very end.

- 7th Annual Halloween night

The most anticipated night of the year was hosted on the 20th of October 2018 within the Premises of the Lions Activity. The event was enjoyed by many and was a huge success.

- Silver Flames 2018-Nalanda College

On the 18th of October 2018, Sixteen boy scouts and two girl scouts took part in a fun filled day of activities, that focused on team spirit and leadership qualities.

- Lions Awake Hike- Rahula College Mathara

Looking for the opportunity of engaging in an adventure, the Lions Awake Hike yet again presented an exciting and memorable escapade for the Alethean Scouts. Two teams of Alethean scouts took part. It is with much gratitude we acknowledge Mr.Nalin Muthumala, Mr.Rishard Hussain, Mr.Ravindra De Zoysa for accompanying the scouts on the hike and Sudu Amma and family –grandmother of Arith Muthumala for providing accommodation, looking into our needs and being a great source of strength.

- The Annual Crikisal Tournament

Was held on the 12th of December 2018 at the Saranankara grounds for the 3rd consecutive year, with the enthusiastic and competitive participation of the Aletheans and scouts likewise. The scouts looked into the successful running of the tournament while actively taking part in the matches.

- Annual Winter Vacation Camp

The year 2018 came to an end with the Annual Winter Vacation Camp held in the Singhe Estate, Kaluthara from the 14th to the 20th of December. The camp themed “*Scouting via Nature*” comprised of another exhilarating outdoor camping experience.

- 3rd Annual Scouts Colours Award Ceremony

The most awaited occasion in the scouts calendar the Scouts Colours Award Ceremony was held for the third consecutive year on February 15, 2019 at the Concord Hotel. The colourful night was graced by Deputy Chief Commissioner Scouts, District Commissioner, Colombo District Scout Leader, Trainers , School Management, Parents and well wishers.

- **President Scout Award**

President Scout Andrew Bernard was nominated and elected for the Colombo EXCO as a Youth Representer at the AGM in March 2019 & was awarded a Merit Certificate of All Island Outstanding Scout 2017, by the National Headquarters.

- **The Annual Spring Vacation Camp**

Was held from March 2nd to 4th at the Bandaragama Estate of one of our scout parents.

- **Personal Recognition**

Mr Sooriyabadara our Scout Master was appointed as Souvenir Editor and Activities Coordinator by the Camporee Organizer in the 54th Colombo Camporee Organizing Team

- **First Aid Training Session**

A First Aid Training Session was conducted for all the scouts by Dr Indika Vidanagamage (Area in Charge Colombo) on March 20, 2019.

- **Visit to MBC Sirasa News Station**

The Scouts had the rare opportunity to visit the MBC Sirasa News Station on March 25, 2019. We thank our parent Mrs. Francké for arranging it for the scouts.

- **The Annual Inter-class Football Tournament**

Was held in April 10, 2019 with a large participation from all classes.

- **Training Camp – July 15-16, 2019**

Two main community service projects were done collaborating with the Mother Sri Lanka Club – Beach Clean-up and cleaning of the school car park.

- **First Annual Interclass Basketball Tournament**

Was held on August 3, 2019 in the school basketball courts with a good crowd taking part.

- **The 8th Annual Summer Vacation Camp**

Was held in the school premises from August 22-August 26, 2019. The camp showed many improvements and for the first time Cubs and Girl Scouts Camped and learned many camping disciplines. We thank Ms Natalie Ms Harshani , Ms Harshani Madurika and the Management for kind support and guidance.

- **Chess**

“Chess helps you to concentrate, improve your logic. It teaches you to play by the rules and take responsibility for your actions, how to problem solve in an uncertain environment.” Garry Kasparov

Coach: Mr. Yasas Kalana Kuruwitage

Teacher In Charge: Ms. M. Krishnawerny, Ms. Felishiya Nanayakkara

At present there are fifty students in the chess club as chess players. . Regular chess practices were conducted every Monday and Friday. The Inter International school Chess Tournament was cancelled this year due to security measures. The Inter House

Chess Tournament was held on the 11th of March 2019. Higgins House won the championship.

SPORTS

“Most of us start out playing a sport as a means of fun and recreation. But somewhere along the way, in the midst of all the fun, we realize that sports can often be a metaphor for achieving success in life, because of the lessons it teaches us about life”

It is with pride that I mention the sportsmen and women of Alethea, who have achieved much during the past year. Though small in number, they have proved that with the essential guidance, encouragement and also with the skills as well as hard work they can achieve many victories. Thus it is with gratitude that I mention all the coaches and athletes of Alethea.

- **Athletics**

“Most people never run far enough on their first wind to find out they've got a second” William James

Coach - Mr. Jayashantha Fethendo

Teacher in Charge - Ms. J. Biyangika Fernando

During the academic year September 2018 to August 2019, Alethean athletes participated in the following sports events & received awards.

1. All Island School Athletic Championship 2018 held at the Sugathadasa Ground, Colombo. 3 athletes participated in this meet and the following received awards.
Dinara Bandara Dela placed 1st in 100m – under 16.
2. ISAC - held on 15th, 16th & 17th February, 2019 at Sugathadasa Stadium, Colombo. Around 13 students participated in the meet & the following received awards.
Rusiru Akarshana placed 1st in 400m & 3rd in 200m – under 20
Rusiru Adharshana placed 3rd in 800m – under 20
Tatiana Dirckze placed 1st in 100m Hurdles & 3rd in Triple Jump - under 20
3. The Annual Inter House Sports Meet was held on 08th March, 2019 at Mahinda Rajapaksa Ground, Diyagama. Hapugalle House was declared champions.

4. Divisional Schools Athletic Meet was held on 26th, 27th & 28th February, 2019 at Science College (field events) & S. D. Jayasinghe School (track events) 13 students participated out of which 5 students qualified for the next level.
Oshithi Jayasinghe placed 2nd in Long Jump - under 12
Sandashi Liyanage placed 2nd in 100m & 3rd in 200m – under 18
Tatiana Dirkze placed 1st in Triple Jump.
Pamodh, Reema & Tatiana qualified for 100m Hurdles in their respective age groups.
5. Zonal Schools Athletic Meet was postponed & held on 24th, 25th & 26th June, 2019 at Mahinda Rajapaksa Ground, Diyagama. The following athletes received awards.
Oshini Jayasinghe placed 3rd in Long Jump – under 12
Reema Ismail placed 3rd in 100m Hurdles - under 18
Sandashi Liyanage placed 3rd in 200m – under 18
Tatiana Dirkze placed 1st in Triple Jump & 100m Hurdles - under 20
6. Western Province Schools Athletic Meet was held on 09th, 10th, 11th & 12th July, 2019 at Sugathadasa Stadium, Colombo. 4 students participated in this meet & the following students received awards.
Tatiana Dirkze placed 2nd in 100m Hurdles – under 20
7. Sir John Tarbert Junior Athletic Championship Meet stage 1 was held on 11th, 12th & 13th August, 2019 at Matara, Kotawila Ground. The events were conducted under the following age categories. Under 12, 13, 14 & 15 Girls & Boys. 6 students took part in the event & the following students got Merit Certificates for their events.
Senanga Gunawardane in Long Jump - under 12
Pamodh Gunawardane in Long Jump – under 14

Due to the Easter Sunday Attacks many athletic meets had to be cancelled or postponed. The following events have been rescheduled as follows:

Junior National Championships- 2019 on 02nd, 03rd & 04th September, 2019 at Sugathadasa Stadium, Colombo.

Sir John Tarbert Senior Athletic Championship- 2019 on 10th, 11th & 12th September, 2019 at Sugathadasa Stadium, Colombo.

All Island Schools Athletic Championship – 2019 in Kandy.

- **BASKETBALL**

“I came to coach basketball players, and you became students. I came to teach boys, and you became men.” Coach Ken Carter

Coach: Mr. Pranath Fernando & Mr. Charles Perera

Teacher In Charge: Mr. Quintus De Silva

The academic year 2018 – 2019 saw an increase in the number of junior students who showed a keen interest in pursuing basketball. Weekly practices both before and after school were scheduled to help these young sportsman learn the basics of the game. It is hoped that in the coming year a junior team will be able to represent Alethea at tournaments.

- **FOOTBALL**

“I am constantly being asked about individuals. The only way to win is as a team. Football is not about one or two or three star players.” Pele

Coach: Mr. Quintus De Silva

Teacher In Charge: Mr. Sultan Ahmed

Despite many seniors leaving school after their final exams, it was heartening to see budding footballers in the Junior and Middle School take up the sport with much enthusiasm. Bi-weekly practises were held and it is hoped that a junior team will be formed in the near future.

- **KARATE**

“Karate aims to build character, improve human behavior, and cultivate modesty; it does not, however, guarantee it.” Yasuhiro Konishi

Coach: Mr. Ranuka Sanjeewa

Teacher In Charge: Ms. Aadila Hassim

We proudly say that the past year has brought in a noticeable increase in the number of karatekas under the coaching of Sensei Sisira Kumara guided by the Overall teacher in charge Ms Biyangika Fernano and teacher in charge Mrs. Aadila Hassim . Practices happen consistently once a week every Friday from 1.30 – 2.30 at the Primary and 2.30 – 4.30 pm at the senior school with a bunch of enthusiastic young karatekas ranging from under nines to under nineteens.

The annual karate tournament organized by Leeds International School will be held in the 1st week of October 2019 where 7 students have registered for both Kata and Kumite.

We proudly announce the winners from the competitions held on the 21st and 22nd October 2018 at the Sugadadasa Stadium organized by Leeds International School.
Nirubama Anathalaxmy - 3rd Place Under 13 Kumite
Jayali Kalubowila - 3rd Place Under 13 Kumite
Nethulie Perera - 2nd Place Under 14 Kumite

- **NETBALL**

"When we were on court together we played for each other - we didn't play for ourselves. It was all about creating space." Sharelle McMahon

Coach : Ms.Biyangika Fernando

Teachers In Charge : Ms. Shaziya Amir & Ms. Suvini de Silva

Due to the school renovations and the volatile situation in the country, netball practices had to be suspended for a considerable period. Regular practices commenced during mid 2019 with many junior students signing up for practices. Under the careful supervision of coach Ms. Biyangika Fernando bi-weekly practices were held on Tuesdays & Thursdays. The focus has been on physical fitness and strength training in order to form a team for the next inter school tournament.

- **SWIMMING**

"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level". Elka Graham

Coach:

Mr. Mahi Chandrala

Teacher In Charge:

Ms. Nishani Peiris

Swimming lessons for the academic year were conducted on a weekly basis at the Fingara swimming club, throughout the year with one senior coach and two assistant coaches. Around 40 students from the primary and 30 students from the upper school attended the lessons every week.