

Singh Sabha Southall Education Centre

1



Newsletter

May 2014

Issue No. 3

- P2 – Recent News**
- P3 – IMPORTANT NOTICES**
- P4– Hemkunt Competition**
- P5 – Special Mentions**
- P6 & 7 – The Spirit of Vaisakhi**
- P8 – Activities!**

Classes every Sunday held at Khalsa Primary School, Norwood Green

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So much has happened in the last few months that everyone seems to have been left in a daze! But there was no break for the (sava lakh) editing department, who had to quickly get to work putting down all those SSSEC achievements into this newsletter:



Recent News

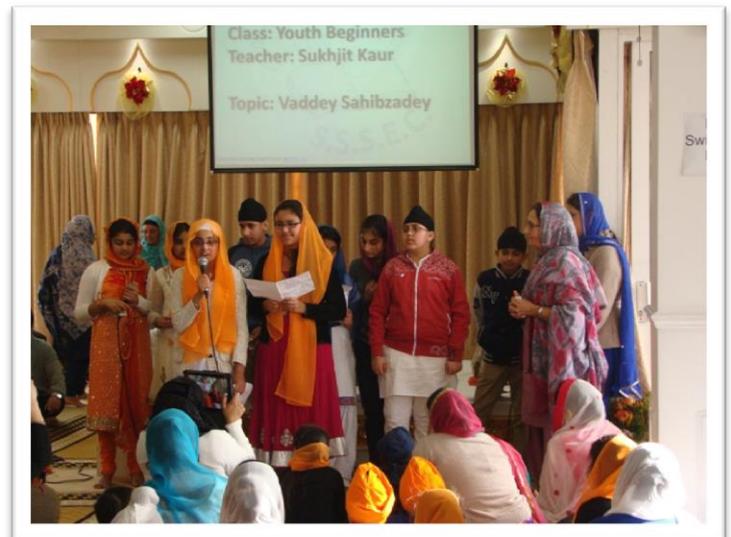


Twitter account

Our twitter account has been providing updates about the centre's activities since October. Photos of recent events, as well as important letters (and newsletters) are all available on the account. **Please follow us on @SSS_EC** (or simply check the page regularly without creating a twitter account).

February programme

On 9th February there was a whole-school programme, including an awards ceremony for those who took music and Panjabi exams last summer. Everyone thoroughly enjoyed the event, praising the children on their performance and behaviour. A big thank you also goes to the parents and teachers who helped prepare and run the event – it would not have been such a success without your support!



Sikhs in the Spotlight

We recently launched a new assembly item called 'Sikhs in the Spotlight'. Every week, SSSEC pupils learn about the amazing things today's Sikhs are achieving around the globe. In previous weeks the children have learnt about the first turbaned female pilot, the Sikhnet Film Festival, and a Sikh scientist who discovered a new layer of the eye, among others. ***Please also remember that there will be a quiz on this at the end of the year!***



IMPORTANT NOTICES

Exams

As the end of the summer term approaches, each class will carry out **end-of-year internal exams** to see how far the children have come over the year. Pupils should make sure they **do not miss lessons**, and **revise** what they have learnt. The **top-scoring pupils** will be given a **special prize** in the Summer Programme. The formal music exams (**Pracheen Kala Kendra**) will also take place in the summer. 25th May is the last date for entries. The Senior Diploma exams will be on Sunday 31st August, and the Junior Diploma exams will be on Sunday 7th September.

Whole-school Trip

The annual **whole-school trip will take place on Sunday 13th July**. More information will be given out after half term – please remember to hand in the permission slips and money on time so you don't miss out!

End of Year Events

This year the **end-of-year programme will take place on Sunday 6th July**. It will be based on Punjabi language and culture. Families and friends of students are welcome to join us in celebrating the achievements of the SSSEC pupils and staff. On the **last day of term (20th July) there will be a picnic** and activities to wind down for the holidays!

Gurmat Classes

Gurmat classes for parents are available every Sunday after assembly, from **11:00 – 12:00**. Currently, we are discussing the meanings of **Japji Sahib**, after which we will move on to other banis. All parents are encouraged to join.

Letters Home

SSSEC pupils are **regularly given letters** about upcoming events and important information about the classes. Parents should **make sure they are receiving and reading these letters** so they are up to date with what is going on at the centre.

Dates for your diary

1st June – half term break
8th June – classes resume
6th July – end of year programme
13th July – whole-school trip
20th July – last day of term picnic/activity day
7th September – admissions for
new academic year 2014-15
14th September – classes start

Hemkunt Competition

March, April and May 2014 was once again a tense time for many of our students, as they battled it out to win a chance to represent West London at the international Hemkunt Symposium in the USA.

The first round of the speech competitions took place at Khalsa Primary School on 30th March. Over one hundred children from various centres around London took part that day, making it a very long one indeed!

Those who came first, second and third from their centre in each age group then competed against other centres at Hounslow Gurdwara on 27th April. Those who secured first place in their zone now have the chance to travel to Philadelphia to compete in the internationals!

Although every contestant did amazingly well this year, we are especially proud of the four participants from SSSEC who have earned the chance to go to Philadelphia.

The prize-giving ceremony was carried out at Park Avenue Gurdwara on 4th May. The annual kirtan darbar was also held on this date, with children from both SSSEC and outside taking part.

We also need to thank those who worked tirelessly behind the scenes, spending extra hours preparing and often staying long after the end of the events to tidy up. We are lucky to have such dedicated parents and teachers!



A special mention goes to...

...these boys who have been wearing a dastar to Sunday classes

We hope more students – both boys and girls – will join them in proudly wearing a dastar (turban). If you don't know how to tie it, just ask one of the teachers to help you! Maybe one day all SSSEC students will be wearing the dastar!



...Jasmehar Kaur

Jasmehar made this beautiful poster called 'I am a Sikh girl'. She has written some information about Sikhs and also used lots of pictures to make a lovely collage. It looks like she has put a lot of effort into it!



...the Hemkunt Symposium finalists

Four participants from our centre (two students and two teachers) have made it to the international stage of the competition! Congratulations and good luck to Japsimar Singh, Avneet Kaur, Harpreet Kaur and Gurleen Kaur.



...the parents who have been helping out with lunch

There is now a dedicated team of parents who help in preparing sandwiches and milk for all the students and staff of SSSEC every Sunday. Thanks in particular to Kulbir Singh for buying bananas every week, and to the other mums and dads who have taken on this (huge) seva.



The Spirit of Vaisakhi



In April, millions of Sikhs around the world celebrated Vaisakhi, one of the most important days in the Sikh calendar.

During the festival of Vaisakhi in 1699, Guru Gobind Singh Ji, our tenth Guru, asked all the Sikhs in the land to gather at Anandpur Sahib. One by one he asked for the head of a Sikh. Each time, he took the Sikh into a tent and returned with a sword covered in blood. After having taken five people into the tent, Guru ji returned with all five Sikhs dressed in identical *banas*. He then began to prepare amrit. After the five Sikhs had been baptised, Guruji asked them to baptise him with amrit. Thus the first ever amrit sanchar took place.

At Vaisakhi 1699, some important rules were established; from then on, all Sikh men took the surname 'Singh', and all Sikh women took the surname 'Kaur'; it became mandatory for all amritdhari Sikhs to wear the 5Ks; the system of 'Panj Pyare' was created.

However, if we look a little deeper, we can start to see the real meanings behind the events of that day. Read on to learn more about the *Spirit of Vaisakhi...*

Even the date is significant; Guru Nanak Dev ji – the founder of the Sikh faith – was born on 15th April, so at Vaisakhi it is as though we have come a full circle since his birth. The harvest festival of Vaisakhi also holds importance. At this time of year, the weather is pleasant and it is a time of new birth, mirroring the birth of the Khalsa.

The location chosen by Guru Gobind Singh ji is also significant – Anandpur Sahib was a city built by Guru Teg Bahadur ji. Anandpur means the 'city of bliss', and so is a fitting place to hold the first amrit sanchar. It is a peaceful place for meditation yet also well protected in case of attack, perfect for a saint-soldier!

When choosing the Panj Pyare, Guru ji asked for anyone willing to give their head for their Guru. This shows the level of trust we should have in our Guru. It also demonstrates the humility and courage of a true Sikh, who is willing to sacrifice their life for their faith and Guru without hesitation.

The Panj Pyare came from all walks of life. They came from all over the country and from various castes, including the lowest. This is an example of the core Sikh value of equality; Sikhs should treat all people equally regardless of gender, caste, race, religion or any other difference, judging them on their actions alone.

Guru Gobind Singh ji demonstrated the highest level of humility, by taking amrit from the Panj Pyare. There is no other example of a Guru being baptised by their followers.

When they came out of the tent, the Panj Pyare wore identical uniforms – bana. This included the 5Ks, which each symbolise a different value while also having a practical function. Every amritdhari Sikh wears the 5Ks as part of the Sikh identity.

On Vaisakhi, Guru Gobind Singh ji gave the surname 'Singh' to all Sikh men, and the surname 'Kaur' to all Sikh women. This helped to further promote equality by preventing discrimination based on surnames associated with specific castes. It also deepened the sense of community between Sikhs.

Guru ji told us to only follow the Guru Granth Sahib. We should not worship or bow down to anything – or anyone – else. The Panj Pyare are simply there to guide us. They represent the views of the sangat and offer guidance when needed.



ਅਰਜੋਈ

ਅਸੀਂ ਬੱਚੇ ਹਾਂ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਦੇ
ਜਿਸ ਦੇਸ਼ ਲਈ, ਜਿਸ ਕੌਮ ਲਈ
ਤੇ ਸਰਬੱਤ ਦੀ ਆਜ਼ਾਦੀ ਲਈ,
ਸਰਬੰਸ ਆਪਣਾ ਵਾਰਿਆ।

ਅਸੀਂ ਬੱਚੇ ਹਾਂ ਓਸ ਪਿਤਾ ਦੇ
ਜਿਸ ਬੱਚੇ ਦੀ ਦਾਤ ਦੇ
ਗਿਦੜਾਂ ਨੂੰ ਸ਼ੇਰ ਬਣਾਇਆ,
ਤੇ ਸਵਾ ਲੱਖ ਦੀ ਫੌਜ ਨਾਲ
ਸੀ ਇੱਕ ਇੱਕ ਨੂੰ ਲੜਾਇਆ।

ਅਸੀਂ ਬੱਚੇ ਓਸ ਦਸ਼ਮੇਸ਼ ਦੇ
ਜਿਸ ਜ਼ਬਰ ਜੁਲਮ ਦਾ ਮੂੰਹ ਤੋੜ
ਸੀ ਜਫਰਨਾਮਾ ਲਿੱਖਿਆ,
ਤੇ ਜ਼ਾਲਮ ਦੇ ਹਰ ਇੱਕ ਵਾਰ ਦਾ
ਮੂੰਹ ਅੱਗੇ ਹੋ ਕੇ ਭੰਨਿਆ।

ਓ ਨਿਦਾਨ ਕੌਮ ਦੇ ਵਾਸੀਓ
ਕਿਓਂ ਭੁੱਲ ਕੇ ਆਪਣਾ ਮਹਾਨ ਵਿਰਸਾ
ਝੂਠੀ ਕਿਸੀ ਸ਼ਾਨ ਲਈ,
ਤੁਸੀਂ ਹੋ ਦੋੜੇ ਜਾ ਰਹੇ।

ਆਓ ਅਜੇ ਵੀ ਸਮਾਂ ਹੈ
ਅਸੀਂ ਭੁੱਲ ਆਪਣੀ ਬਖ਼ਸ਼ਾ ਲਈਏ,
ਤੇ ਨਾਨਕ ਦੇ ਇਸ ਦਰ ਤੇ
ਆਓ ਮਿਲ ਕੇ ਸੀਸ ਝੁਕਾ ਲਈਏ।

ਰਣਜੀਤ ਕੌਰ ਸਿੱਧੂ

The above poem, written by our A Level Punjabi teacher Ranjit Kaur, talks about the need to remember our history, especially the sacrifices made by our ancestors. One of the greatest sacrifices was made by Guru Gobind Singh ji, whose whole family was martyred for being a Sikh. Both courage and sacrifice are vital parts of the spirit of Vaisakhi.

Activities!

ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ
ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ
ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ
ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ
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ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ
ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ
ੳ	ੲ	ੱ	ੰ	੯	੸	੷	੶	ੵ	ੴ

How did you do?

Here are the answers to the previous puzzle!

Punjabi Sudoku Rules:

Fill in each row, column and 3x3 square with the numbers 1 to 9 in Punjabi.

੮	੨		੬	੯			੫	
੩	੬	੪				੧		੯
			੭	੩	੪		੨	੬
੬		੮			੫	੯	੪	
੯	੪		੮		੩		੧	
੧			੪		੯		੬	੮
	੫	੩		੧		੨		੪
	੮	੬		੪		੫		੧
		੯	੫	੮	੨	੬		

Here is a conversion chart to help you remember the Punjabi numerals:

- 1 = ੧
- 2 = ੨
- ੩ = 3
- ੪ = 4
- ੫ = 5
- ੬ = 6
- ੭ = 7
- ੮ = 8
- ੯ = 9



Happy (belated) Vaisakhi! Do you like my Bhangra?



If you want to submit something for the SSSEC newsletter, please talk to your teacher, or email us at sssec@hotmail.co.uk

Colour him in!

