

LONDON BUDDHIST VIHARA



SUNDAY DHAMMA SCHOOL

London Buddhist Vihara
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"VIDYA DADATI VINAYAM" "Knowledge Gives Discipline"



Dear Parents,

On behalf of the London Buddhist Vihara, let me welcome you to the Sunday Dhamma School.

We hope that the information given here will help you and your child to have a better understanding of the Sunday Dhamma School.

We have put together some information which we feel might be helpful to devotees who want their children to learn Dhamma in our Sunday Dhamma School.

We would be very pleased to hear any comments, suggestions or any other improvements, which you might have about this pack. Please contact Ven. Bandula and let him know what you think.

Yours sincerely in the Dhamma,

Most Ven. B. Seelawimala Nayaka Thera
Head of the London Buddhist Vihara
Chief Sangha Nayaka of Great Britain



Dear Parents,

It is with great pleasure that I welcome you, to the London Buddhist Vihara Sunday Dhamma School.

Please remember that this is your Vihara and Dhamma School and we welcome your involvement. Since we recognize that parents are their children's first and most important teachers, we need your cooperation and involvement to provide your child with the best religious education possible. Take time to review and/or talk with your children about their Dhamma school experiences. Your interest and concern in their school progress will motivate them to do their best. Maintain contact with your child's teachers to establish a successful home/Vihara connection.

If you have any questions, please do not hesitate to contact us who can assist you. I look forward to working with you and your child throughout the Dhamma school years to provide a productive and safe learning environment that supports student success.

Yours in the Dhamma

Ven. T. Bandula
Principal

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Introduction

The London Buddhist Vihara is a leading centre for Theravada Buddhism established in 1926 by Anagarika Dharmapala. The Vihara was the first Buddhist monastery to be established outside the continent of Asia. The London Buddhist Vihara's Dhamma classes for children have been conducted for over 40 years.

During this period many children had benefited from the learning Dhamma and gone in to practise Dhamma as responsible adults. They have sat for the Dhamma examinations conducted by the YMBA, Colombo, Sri Lanka, and have successfully completed their studies.

Besides the practice and the study of the Dhamma, there are many expatriate Sri Lankan born Buddhists who wish to maintain their proud heritage at the forefront of their family living. With this in mind, Sinhala Language classes are also being held for those children who wish to attend, following the completion of Dhamma lessons.

There are a number of teachers who have dedicated their time and effort to teach the Dhamma to the children in the past and many are still doing so. Currently, we have over 150 children on the register and every year it is growing in number. Buddhist parents are encouraged to use this golden opportunity to teach their children valuable Buddhist ethics and practice which are not available in their day-to-day school curriculum. Children can attend the classes from the age of 5 years.

Dhamma School Management Structure

Head of the Vihara
Vihara Management Committee
The Principal
Deputy Principal

Class Teachers
Class Assistant Teachers
Class Leaders

Our Mission

To produce a total personality through the values of the Buddhist Teachings to suit the multicultural society that promotes the development of compassion, self-knowledge, wisdom and communal responsibility.

Our Core Objectives

- To teach children Buddhism and its' practice helping them to develop mindfulness, wisdom and compassion.
- To provide a sound knowledge of conventional teachings of the Buddha.
- To provide an environment of loving kindness where learning is encouraged and children are helped to establish a positive approach to learning and life.
- To foster self esteem and social skills so that children are confident and are able to form respectful relationships with both their parents and adults.

- To encourage children to grow sound ethical values and a sense of responsibility combined with the academic and social skills that enable them to make a successful transition into society.
- To develop children to act in ways that benefits themselves, their community, society and the world at large.
- To provide a basic knowledge of speaking, reading and writing of Sinhala language.

Our Approach in Practice

The Dhamma School fosters an approach to education that promotes the development of compassion, self-knowledge, wisdom and communal responsibility. The children are guided to an understanding of themselves and others and life's lessons through experiences and insights into the Dhamma - the teachings of The Buddha.

The Buddhist ethos is integrated into classroom work and these are some of the ways this is achieved:

- The teaching of basic Buddhist principles, such as the Five Precepts, so that children develop understanding of how to live wholesome lives.
- Mindfulness and Loving Kindness Meditation practice to familiarise children with their inner world of thoughts and feelings.
- Discussion and reflection on Buddhist teachings, such as cause and effect, interdependence and impermanence, to help students develop their understanding of the way things are.
- Presenting various teachings of The Buddha such as the four noble truths and sayings from The Dhammapada so that children gain knowledge of the Dhamma.
- Introducing Buddhist practices such as observance of Morality (Sila) on special days, practising Generosity (Dana) and charity and listening to Dhamma talks, where by Buddhist lifestyles are seen and opportunities are provided for interaction to the events.
- Promoting positive qualities and ethical values by studying appropriate stories, biographies and mythologies as well as exploring themes in role play and drama.

Dhamma School Time Table

Dhamma Classes commence at	1.45 pm
Register marking	2.00 pm
Refreshments	3.00 pm
Puja	3.15 pm
Sinhala Class	3.30 pm
School Song	4.20 pm
End of Classes for the day	4.30 pm

Admission to the Dhamma School

Enrolment to the Dhamma School takes place generally in September each year. Children may also be admitted during the term time at the discretion of the Dhamma School Management. Parents should contact the Principal regarding admission to all stages of the school.

Attendance

- Regular attendance at Dhamma School is vital to the learning and progress of all children.
- It is important that the children arrive at the Dhamma School on time. Any child arriving more than 15 minutes late without a valid reason will not be admitted to join the class but will be allowed to attend the next lesson. However the class teacher may use his/her discretion to admit a late arrival.
- Regular and punctual attendance will be rewarded at the Dhamma School. It should be noted that late arrivals and irregular attendance (less than 75% annually) will affect child's participation in the Examinations and the participation of any events at the Rahula Dhamma Day.
- Parents/Guardian have a duty to ensure that children are not absent from school without a good reason and should inform the school either by telephone or by a letter giving the reason for any absence. It is the responsibility of the parents/guardians to send the letter when the student returns to the school with the signature of the class teacher.

Dhamma School Dress Code

Every Child should attend the Dhamma School wearing the school uniform, which could be any one of the following in white.

- Boys:** Trousers, shirts, collared T-shirts, pullovers, Sri Lanka national dress (Top and sarong)
Girls: Trousers, shirts, collard T-shirts, pullovers, cardigan, skirts and frocks
Sri Lankan Lamasari.

(Note: No sleeveless or above knee level garments are allowed for girls.. Children are advised to wear thermal undergarments especially during the winter months but one of the above white garments must be worn on top.)

Any child who is unable to find white garments shall contact the teacher who will be able to advise the parent accordingly.

Dhamma School Puja

The school puja is an important event that contributes to the Sunday Dhamma School and establishes the character of the school. All parents, children and teachers of the Sunday Dhamma School are invited to attend. In Buddhism the word 'puja' means a devotional act or ceremony. The school pujas mainly focus on the children's spiritual aspect which links us back to our Buddhist ethos. The puja takes place in the shrine room and it usually consists of the following items.

- Taking the Five Precepts and offerings to the Buddha and paying respect to the Triple Gem.
- Meditation for well being of oneself and the others.
- Dhamma School news
- Talks from the Principal, teacher or other educational/spiritual visitors.
Buddhist themes relevant to the teachings in the Dhamma School or classroom, such as respect for others, taking responsibility for your own thoughts, feelings or actions, self reflection, change, dealing with difficulties or caring for others.

Guidelines for Children

A. Start of Lessons

- Make sure you arrive sharp on time at 1.45pm.
- Take off and put away any coats, jackets and shoes in the allocated place.
- Do not use mobiles, iPods and electronic games in the Vihara.
- Enter the hall quietly and go straight to your designated class.
- When the teacher enters the class show your respect by standing up and greeting the teacher.
- Remain silent during marking of the register at 2.00 pm.

B. During Lessons

- When your teacher is giving instructions to the whole class, please remain silent and concentrate and listen to what is being said.
- When the class is asked a question, put up your hand to answer: do not call out but listen to the answers, which are being given.
- You are expected to work quietly and sensibly in the class: do not distract or annoy others around you.
- Eating, drinking and chewing gum are not allowed.

C. At the End of the Lesson

- You should not begin to pack away your study materials until your teacher tells you to do so.
- Wait for your teacher to dismiss the class.
- At the end of the lesson help to re arrange the hall and leave the hall in a clean and tidy condition.

D. Generally

- Bring only what you need with you.
- Be Gentle, kind and helpful to others.

- Be truthful and honest, Behave in good manner.
- Work hard and do your best.
- Look after and safeguard the Vihara property
- Students must return the text books to teachers (at the end of the session/end of the year)
- Vihara is not a play area, running, shouting, loud speech and laughter and any behaviour that affects others is strictly disallowed.

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Advise to Parents

- Regular attendance is important for your child's development in practice.
- Your arrival time is 1.45pm and pick up time is 4.30pm.
- Child may not enter or leave the Vihara unescorted, regardless of their age
- Keep your child's teacher aware of current emergency phone number at all times.
- Inform your child's teacher of any issues (such as medical conditions, allergies) that may affect the child's behaviour.
- Take home papers and support lessons taught in the class and go through them.
- Ensure the child brings the books that are given to the class.
- Help to arrange the classes at the beginning and clear the halls at the end.
- Help for arranging refreshments for the children in their break.
- Support and participate in LBV activities on Poya days, fund raising activities etc organised by the Dhamma School.
- Please note if the child's attendance is low and does not sit for the examination without a valid reason he/she may not be promoted to the upper class.

Academic Curriculum

The Dhamma School offers a broad and balanced curriculum that enables students to learn the life and teachings of the Buddha. Currently, there are 10 classes conducted in the Dhamma School (4 classes at primary level and 6 classes with the objective of taking the YMBA examinations).

Teachings will be carried out in English Language.

Sinhala Language - A basic knowledge of Sinhala language (speaking, reading and writing) classes are also held in the above classes.

Monitoring and Assessment

The following are the main ways the work and progress of students is monitored and assessed:

- Teachers mark or assess student's work informally or formally to decide how a subject or a child's learning may be taken forward.

- Teachers periodically gain feedback from students about their own learning and understanding of their own progress.
- Teachers keep records of the topic of work containing both examples of planned lessons and of student's work.

Homework

Homework is an important support for the formal class teaching at the Dhamma School and is the responsibility of the student. Homework tasks are designed for children to complete with advice and support from parents. All children will be given some work to be carried out at home every week. All homework will be explained by class teachers and will not routinely consist of unfinished class work. At the start of the session, the teacher will check and mark the homework.

Keeping Parents Informed

- Dhamma School places great emphasis on teachers being readily accessible to parents to discuss their child's work and progress and any concerns they may have.
- Parents will receive reports towards the end of each school year to give an overall assessment of their child's achievements, strengths and, where applicable, weaknesses.
- Class meetings will be held twice a year to report to parents on curriculum and school activities.
- Feedback from parents about the school is invited regularly at general meetings.

Monitoring and Review

The Principal will report to the Head of the Vihara and Vihara Management Committee on this policy and its implementation. In particular, the Principal will report on areas identified for improvement, YMBA results and parental feedback.

Child Protection

As a result of general public concern on the subject of child abuse and due to changes in the law, we are now required to report any possible instances of child abuse or neglect. The Principal at the Dhamma School is responsible for Child Protection matters. Should you wish to discuss matters relating to Child Protection, please contact the class teacher or the Principal.

Notice Board and Newsletters

A notice board is maintained for information of the Sunday Dhamma School at the main hall. A Newsletter by the children for the children is published once a year. The newsletter is intended to promote children's understanding on the teachings of the Buddha and relevant matters to the Dhamma. We are planning to publish newsletters in our Vihara website.

Dhamma School Website

London Buddhist Vihara website offers parents the chance to look at photographs and other events of the Vihara and the Dhamma School. This is a source of providing up to date information on the Dhamma School.

Suggestions

The Dhamma School Management welcomes comments, suggestions or any complaints about the services it provides. If you have any such matters about the Dhamma School, please contact the teacher in the first instance. If you need attention at higher level contact the Principal or the Head of the Vihara.

Data Protection

The children and parents'/guardians' names and contact details are collected and kept by the Dhamma School for the Dhamma school purpose only and it will not be passed on to any other party. The collection, transfer, processing and sharing of data is done in accordance with the Data Protection Act (1998).

First Aid in the Dhamma School

A qualified First Aid volunteer in attendance may administer basic first aid to children when required.. If it is a serious injury or is causing distress, we will inform the parent by telephone and provide the necessary treatment as appropriate.

Photographs/ Video/ Digital Images

An authorised photographer will take group and class photographs of children in class and in other activities. These images may be displayed in the Vihara, on notice boards at the school and on the London Buddhist Vihara website. Any parent who does not wish their child to be photographed or filmed should put their request in writing to the Principal prior to any performance. The Dhamma school management cannot be responsible for any personal filming or photographing at the events such as Rahula Dhamma Day.

Refreshments

Refreshments are served at 3.00pm in the main hall and it is provided by a group of parents allocated for each Sunday. The children should sit and enjoy the refreshments. The list of names of those parents allocated for each day will be put on the Vihara notice board. Parents are invited to take responsibility of providing refreshments for the children. Please note that you should arrange simple refreshment and clean the hall before 3.20pm.

Emergency Evacuation / Fire Safety Procedure

IN THE EVENT OF AN EMERGENCY/ FIRE - When the alarm sounds, the teacher will lead the children to the assembly point by the stipulated route. The Vihara Assembly point is in the Bedford Park corner car park. The fire escape routes are displayed at the Vihara. The parents and the children are requested to make themselves familiar with the exit paths. Parents should not try to come into the classroom. They should leave the premises from the closest fire exit and meet their children at the assembly point. No one should enter the Vihara until the all clear is given by the fire warden or the fire brigade.

Road Safety

As the Avenue is a busy road it is not safe for children to cross the road unattended by the parents. Parents are advised not to park on zig zag lines and in front of the driveways of the residents.

Rahula Dhamma Day and Prizes and Certificates

Every year the Prize Giving and the Variety show will be held on first Sunday of the first full week in April. All the Children who are attending the Dhamma School regularly will be eligible to participate, but preference will be given to children who attend regularly from the beginning of the year. Teachers will prepare the items of the programme and the children will be selected to participate in a suitable manner. In the selection, the decision of the Principal will be final.

Prizes and certificates will be presented to all the children who complete the academic year successfully. All children who passed the YMBA examinations or the Dhamma School assessments will be given the appropriate certificate. Those who do not achieve the required pass mark will be given a Certificate of Participation. In addition to above, the students who becomes first, second and third in each of the YMBA examination classes will be awarded special merit rewards.

LBV SUNDAY DHAMMA SCHOOL SONG

RAHULA PODI HAMUDURUWO

**AGA SAUW SARI-YUTH - MUGA-LAN HIMI-WARU
BUDU HIMI SAMA-GIN - DAHAW SABAA-WAY
RAHULA PODI HAMUDURUWO DEW-RAMA
LENA KULAY HA SAWA KULAY EK-WEE //**

**UDA-SANIN MALU PETH-MAN AMA-DINA
RAHULA PODI HAMU-DURU-WO DAWA-SAKA
VALI DOTHAK GENA AHA-SATA DAMU-WA
OWA-DAN EPA-MANA DENN-NA KIYA //**

AGA SAUW SARI-YUTH - MUGA-LAN HIMI-WARU.....

**SAM-BUDU DAA-YAA-DAYA LADA SA-SU-NEY
SATH HAVIDIRI HIMI NANA BALA DILUNAY
PILI-WETH SARU KEE-KARU GUNA MUHU-DAY
PODI HAA-MUDURUWO RAHATH WUNEY ///**



HOW TO FIND US

By London Transport

Underground Train:

The Vihara is located about 100 metres from the underground station **Turnham Green** on District Line. Coming out of the station, turn right and pass the two mini roundabouts. The Vihara is on the left on **The Avenue** a short distance away.

Bus

The bus E3 from Chiswick to Greenford goes along The Avenue. The bus stop is very close to the Vihara.

The following buses run on Chiswick High Road: 190, 237, 267, 272, 391

Car Parking

Parking restrictions are in force on The Avenue between 8 am and 6.30 pm, Monday to Saturday.

Pay and Display parking is available on the side streets: e.g. Bedford Road. Parking charges apply between 9.00 am and 6.00 pm, Monday to Friday