



HILBURN NEWS



THIS ISSUE'S FEATURED ARTICLES:

- Message from the Academic consultant of Hilburn College Network
- Message from the teacher
- Students corner
- School activities
- Upcoming events

MESSAGE FROM THE ACADEMIC CONSULTANT OF HILBURN COLLEGE NETWORK

Mr. Prasad Kodithuwakku

Exams or final test given to students at the end of a term semester, mainly to determine their knowledge or level of understanding on a certain subject. Preparing for an exam can be both tough and stressful at times. Our school has its final exam at the end of an academic term semester. This exam could be worth a high percentage of your grade and determine how well you do in class. To be successful on a final exam but ultimately in a class the first thing you must do is revise the work you have done in class. When writing an exam set up a time schedule and read through each question at least once before attempting any.

If six questions are to be answered in forty-five minutes, allow yourself only five minutes for each. When the time is up for one question, stop writing and begin the next one. There will be 15 minutes remaining when the last question is completed. The incomplete answers can be completed during the time. Six incomplete answers, by the way, will usually receive more credit than three completed ones. Of course, if one question is worth more points than the others you allow more time to write it. Answers will come to mind immediately for some questions Write down keywords, listings, etc. now when they're fresh in mind. Otherwise these ideas may be blocked (or be unavailable) when the time comes to write the later questions. This will reduce "clutching" or panic (Anxiety, actually fear which disrupts thoughts).

Finally, select questions you are most comfortable and feel you can answer the most, and start with the ones you understand more then followed by the ones you least understand, so you don't spend too much time on questions.



And proofread your work after attempting all questions in order to rectify any mistakes made earlier. The well-organized, neat-appearing individual will usually get the nod over another equally capable person who is disorganized and careless in appearance. Although other factors are involved, the analogy to examination writing is a skill. This skill can be improved by instruction. The student would be advised to follow the steps mentioned but keep in mind that the main thing a student should know is that confidence, discipline, and continuous practice are key to success in exams and everything in general.

Prasad Kodithuwakku
Academic consultant
Hilburn College Network

MESSAGE FROM THE CLASS TEACHER

Power of truth

Dear students,

Once Mahatma Gandhi has said, “There is no God higher than the truth.” Simply, the truth is the reflection of justice, equality and fairness. It is often associated with honesty and integrity while being the opposite of falsehood and deception. Being trustworthy in all aspects is an important ingredient of a happy and contented life. Truth is a powerful tool that can help us to achieve our goals.

When we are truthful, we are likely to build trust relationships with others. We can also rely on the truth when making decisions and when confronting challenges. By being truthful, we show respect for other people’s beliefs and opinions.

Lying and being dishonest might seem advantageous a lot of times in life. It is, after all, to take the easier way out and avoid unpleasant difficulties. However, it is important to remember that truth is not one that hides forever and will one day surely come to light and be even more unpleasant. Therefore, It is always wise to be truthful and maintain integrity.

Truth is reflection of clarity of facts, information and knowledge without any bias. The power of truth can also help us to resolve conflicts. When we are truthful about our feelings and intentions, we can work together to find a solution that is fair for all involved.

So, truthfulness is the key to success in every aspect in life. As the students always remember to win your lives with the truth!

Ms.Indumini Aloka
Class teacher- Grade 9N



Life is a Journey which filled with obstacles and experiences

Today, I would like to talk to you about the most precious gift we have been given in this life, and that is the gift of life itself. Each and every one of you is unique, special, and capable of making a positive impact in this world.

As an language teacher, I see your potential every day. I see your desire to learn, your creativity, and your passion. And I want you to know that you have within you all the skills and abilities needed to achieve anything you want in life.



But sometimes, life can be challenging. You may face obstacles and setbacks, and it can be easy to lose sight of your goals and dreams. That's why it's important to remember that life is not about the destination, but about the journey. Embrace the ups and downs, and use them as opportunities to grow and learn.

I encourage you to have a growth mindset, to never stop learning, and to always keep pushing forward, no matter what challenges come your way. And always remember, life is not a competition with others, but a journey to become the best version of yourself. So, my dear students, I leave you with this thought: Life is precious, and it's up to you to make the most of it.

Ms.Ishara Bandara
Class Teacher – Grade 9C

STUDENTS' CORNER

Enjoyment of Classical music

The famous Noorti song, "Danno Budunge" has been named as a world heritage recently. This has caused to the pleasure of classical music lovers. Music is not a local or ethnic medium. It is a universal language. It is the language of heart of every living beings. Even the music without words can be used to calm the hearts of living beings. It is not limited to the human community. It is common to all living things.



When we inquire about Sri Lankan music, some special characteristic can be mentioned here. There is an instrument commonly found in eastern countries, that is flute "Vasdanda" or "Batanala" which creates rhythmic sound patterns used by mahouts cow-boys etc. They used this to guide their animals. Those animals who obey with that sound. Similarly, the folk songs or poems which were popular among the rural people is another characteristic of the folk music. When doing various tasks villages used songs and poems parallel with the rhythm of that task. The girls who cut the stubble sing poems following the pattern of pulling the scythe and gathering the cut stubble. The bullock cart drivers follow the sound of the bullocks colliding and the rhythm of the carts bumping on the road. Likewise, the ferryman sings poetry according to the rhythm of the ferry. By doing so, their tiredness is extinguished and they add additional energy to the body for the work they are doing.

Indian philosophers studied the flavors produced by tones very carefully for thousands of years. They paid attention to the flavors and the changes that these flavors can cause in living beings, and applied the common name raga to the tones. Certain passions can make the mind ecstasy. Another lust can make the heart sad. Also, singing or playing certain ragas can turn water into ice and some other ragas can heat water until it boils. Musician "Alauddin Khan, who lived in India, is mentioned as a sage who excelled in music in Music literature.

The local music tradition that existed in this way later got caught by other western influences and the previous sweetness began to be extinct. As a result of that a type of words that have no rhythm or melody and simply have no meaning made modern generation of youth and children do not know what classical songs and classical music are. They also think that words which have no meanings and rhythm are songs. But they are not really songs. They are only a set of words which have no meaning or a rhythm.

Meanwhile, good composers and music composes of patterns are rarely found in our society. But they do not have proper place in the modern society. Unfortunately, even in modern schools, hears and sees only the modern songs which have no melody rather than the classical, sweet music. It may cause to the destruction of the nation.

Music is a therapy. It is used by advanced people as a means of curing diseases. Scientific methods that cure various severe diseases without taking any medicine and only through harmony are becoming popular in the modern world.

I hope that the minds of the modern children, generation, the teachers, the elderly community and the musicians will be open their minds about these matters.

Name: Aloka Wishwadharani
Class: 9N

Night

The night is a time of mystery and magic. It is a time when the world is still and quiet, and the only sounds are the chirping of crickets and the hooting of owls. The darkness can be both a source of fear and a source of wonder. For some people, the night is a time to be afraid. They are afraid of the dark, afraid of what might be lurking in the shadows. They may be afraid of being alone, or afraid of the unknown. But for others, the night is a time of peace and tranquility.



They find comfort in the darkness, and they enjoy the feeling of being alone with their thoughts. They may look up at the stars and wonder about the universe, or they may simply enjoy the silence. The night is also a time for creativity. Many artists and writers find inspiration in the darkness. They find that the night allows them to focus on their work without distractions. The night can also be a time for romance. Couples often find that the darkness is more conducive to intimacy than the bright light of day. Of course, the night is not always peaceful or romantic.

Sometimes, the night can be a time of danger. There is more crime at night than during the day, and people are more likely to be mugged or assaulted. The night can also be a time of fear, especially for people who live in areas where there is a lot of crime. But even in the midst of danger, there is still beauty to be found in the night. The moon and stars are always there, even if they are obscured by clouds. And the darkness can be a source of comfort, especially for people who are feeling lost or alone. The night is a time of both fear and wonder. It is a time of darkness and light, of peace and danger. It is a time for creativity and romance, and it is a time for fear. But no matter what your feelings about the night, there is no denying that it is a time of magic.

Name: Anjana Nethranjalee

Class:9N

Extreme Ironing-one of the weirdest sports in the world

There are many sports in the world that are considered to be weird or unusual. What do you all know about such sports? So now you all might be wondering how weird topic I had selected, without arguing much about the topic let us peek into our main content about an unusual sport which involve extreme challenges you all haven't ever heard of.



Extreme ironing,

it has been considered to be the latest dangerous sport invented in 1977 by man to combine the thrills of an extreme outdoor activity with the satisfaction of well-ironed clothes. Most people believe that sports must combine physical activity and competition. If we use this definition, then extreme ironing is a sport.

So, what is extreme ironing?

Extreme ironing also called EI is an extreme sport in which people/ironists must carry their irons, ironing boards and wrinkled laundry with them to their competition site. Some ironists take electric generators meanwhile others heat their irons on gas stoves. More the place they have selected is remote and difficult, more points they gain. However, the quality of the ironing is important. Common difficult places selected by many ironists to iron their clothes are while climbing rocks, climbing mountains, underwater dive, climbing trees, on the backs of the cows, etc.. (any extreme place).

This combines the task of ironing with mental strength, physical fitness and sense of humor. After all, it is clear that the concept is completely ridiculous, even though this is a dangerous sport, it is being played to gain much fun and for media attraction.

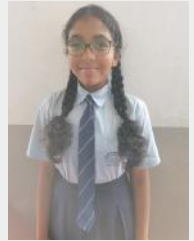
Name: Thilothma Ewmini Perera

Class: 9N



Impact of Social media in our Lives

Social media has become an integral part of our lives, revolutionizing the way we communicate and stay connected. In this essay, we will explore the benefits and drawbacks of it and its impact on individuals and society. The advent of social media platforms has undoubtedly accelerated the pace of our lives. These digital platforms have changed the way we communicate, share information, and interact with the world, creating an environment that is always connected and frequently updated.



The benefits of social media are manifold. At the top of the list is the ease and speed of communication. With just a few clicks, you can connect with someone on the other side of the globe, share ideas, and engage in dialogue. Social media also serves as an excellent platform for learning and knowledge exchange, fostering a culture of collaboration and mutual growth. Moreover, social media is instrumental in activism and raising social awareness. Movements like #MeToo and #BlackLivesMatter have relied heavily on these platforms to disseminate information and rally support. Furthermore, businesses can leverage social media to reach a broader audience, enabling even small startups to compete with larger corporations in the global marketplace.

However, the accelerated pace of life driven by social media also has its drawbacks. The impact on mental health is a major concern. Studies have shown a correlation between excessive use of social media and heightened levels of anxiety and depression. The culture of instant gratification and the pressure to constantly portray an idealized version of oneself can lead to feelings of inadequacy and stress. Privacy is another significant concern. Personal data can be exploited on these platforms, leading to breaches of privacy and instances of cybercrime. Additionally, the spread of misinformation or “fake news” poses a serious drawback, with the potential to sow discord and influence political events.

Furthermore, social media often acts as an echo chamber, leading to increased societal polarization. Users can find themselves in social media “bubbles” where they’re only exposed to views that align with their own, preventing them from gaining balanced perspectives.

While social media has revolutionized communication and brought immense benefits, we must also acknowledge its drawbacks. It has accelerated our lives, made us more connected, but also brought with it a new set of challenges. Therefore, it is crucial to adopt a balanced approach to the use of social media, maximizing its benefits while being mindful of its potential pitfalls.

Name: Pradeeksha Gunasekara

Class:9N

The Dachshund Dog

The Dachshund dog also known as the wiener dog, doxie, and sausage dog, is a short-legged, long-bodied, hound-type dog breed. The dog may be smooth-haired, wire-haired, or long-haired. The Dachshund is a breed for scent and chase. Its origin is from Germany. The life span is 12 years to 15 years. It is varied of colors such as Black and Tan, Chocolate and Tan, Cream and Red.

Name: Rusitha Nedisa

Class:9N



The Value of Education

As a student in grade 9, I am beginning to realize the immense value of education in shaping my future and providing me with endless opportunities. Education is not just about textbooks and exams; it is a journey that helps me discover my passions, develop critical skills, and prepare for the challenges ahead. One of the most significant benefits of education is the knowledge it offers. In the classroom, I learn about a wide range of subjects such as mathematics, science, literature, and history.



This knowledge not only helps me understand the world around me but also provides a solid foundation for higher learning. By gaining knowledge, I become more aware of the possibilities and opportunities available to me. Education also teaches me essential skills that extend beyond the classroom. I am learning how to think critically, analyze information, and solve problems. These skills are not only vital for academic success but also for navigating real-life situations. Whether it's making informed decisions, evaluating arguments, or finding creative solutions, education equips me with the tools to face challenges confidently. Furthermore, education fosters personal growth and self-discovery. It helps me explore my interests and talents, guiding me towards a path that aligns with my passions. Through extracurricular activities, such as sports, arts, or clubs, I have the opportunity to develop skills, build character, and learn valuable life lessons. Education empowers me to become a well-rounded individual, ready to make a positive impact in the world. Education also opens doors to a brighter future. As I progress through my academic journey, I am preparing myself for higher education and career opportunities. Education increases my chances of securing a fulfilling and well-paying job, allowing me to support myself and contribute to society. It enables social mobility, breaking barriers and providing equal opportunities for all.

Lastly, education promotes lifelong learning. It instills in me a curiosity and thirst for knowledge that extends beyond the classroom walls. Through reading, research, and exploration, I can continue learning throughout my life, staying updated in a rapidly changing world. Lifelong learning ensures personal growth and adaptability, enabling me to thrive in any situation.

In conclusion, education holds immeasurable value for students like me in grade 9. It provides knowledge, develops critical skills, fosters personal growth, opens doors to a brighter future, and promotes lifelong learning. By recognizing the importance of education and investing in my learning journey, I am setting myself up for success and creating a foundation for a fulfilling and prosperous life ahead.

Dulneth Vihan
Grade 9C

Moon

In the night sky filled with golden, lustrous glitters as a silver orb rises high, looming over its graceful beauty.

Moonlight shines over the darkness. Observing everything below and beyond its towering silhouette, quietly. In peace as the breeze, cold as it was, danced around. From its dark, silvery surface, It guides on a path through the universe.



A sense of wonder and awe rushes through any selenophile, A deep connection to something greater, something beyond the dawn. It reminds of the infinite possibilities, Of the vast universe, of the mysteries that still lie beyond.

And yet, the moon is also a source of comfort and relaxation, A steady presence in a world that can sometimes seem uncertain. It reminds to slow down, to take a moment for oneself, to find balance in a world that is often filled with strife.

So, on the nights when the moon is bright, And the stars shine it's glitters and glamour's in the inky black void, looking up at that silvery orb, And feel a sense of peace and contentment, Knowing that the universe is vast and mysterious, But also full of wonder and hope, And that the moon is a constant reminder of that.

Anne Dehoedt
Grade 9C



Sanara Dinitri
Grade 9C



S.M.D.Christeen Chameliya Miloni
Grade 9C



SCHOOL ACTIVITIES

POSON CELEBRATION- PRE PRIMARY -MIHINDU MAHA PERAHARA

The Mihindu Grand procession of the pre -school in conjunction of Poson Day was successfully held on 2nd June 2023 at Hilburn International College -Avisawella



SCHOOL ACTIVITIES

POSON BAKTHI GEE PROGRAMME AND DANSALAWAS

Poson bakthi Gee Programme and Dansalawas held on 2nd June 2023 at Hilburn international College Main hall.



SCHOOL ACTIVITIES

HEALTH CAMP

A health camp was held on 7th June 2023 for our college staff. This special event is dedicated to promoting the well-being of our valued college staff. At this camp, we aimed to provide a comprehensive range of health services and activities, tailored specifically to address the unique needs and challenges faced by our staff members.

We thank the healthcare professionals from the MOH who attended to provide their valuable services to our staff.



BROWN DAY 7TH JUNE 2023



ENGLISH SPEECH COMPETITION - FINAL ROUND-8TH JUNE 2023

Congratulations to the winners, and congratulations to all participants for the courage to stand up and be heard. Your voices matter, and the world awaits the positive change you will bring.

English, as a global language, connects people from different cultures, backgrounds, and nations. It opens doors to endless possibilities, enabling us to communicate, share ideas, and learn from one another. Competitions like these provide our children with an avenue to not only refine their language skills but also to build their self-confidence. Our school encourages them to step out of their comfort zones and overcome their fears of public speaking.

We would like to extend our heartfelt gratitude to our esteemed Chief Judge Rev. Fr. Dr. Hari Haran(The Director of Catholic Education-Diocese of Ratnapura) and judges.



ENGLISH DAY 2023-16TH JUNE 2023

The English Day of Hilburn International College for the Academic year 2022/2023 was successfully conducted on 16th June 2023 centered around the theme "Horroric experience of war"

Honorable chief guest Rev.Fr.Dr. Hari Haran joined hands with us to experience the event. Our blooming Hilburnites from Grade 4 to Grade 11 gave life to this amazing event with their talents and skills, taking the spectators to the heart of the brutal reality of war.



GREY DAY 22ND JUNE 2023

Grey is a color that lies between black and white. It's like a magical blend of shadows and light. We'll learn how grey can create a sense of balance and harmony, making the world around us even more intriguing and beautiful.



FOOD DAY -16TH JUNE 2023

Food is a universal language that brings people together. We'll embark on a global taste tour, discovering the rich and diverse flavors from different cultures. From spicy curries to sweet treats, we'll explore the vibrant tapestry of tastes that make our taste buds dance with delight.

Food Day is a celebration of the delicious, nutritious, and exciting world of food. From exploring global flavors to making healthy choices, sharing meals, embracing creativity, and understanding food sustainability, we embark on a journey that nourishes our bodies and brings joy to our hearts. So, let's savor every bite, share our love for food, and embrace the incredible journey of taste and discovery.



Orientation Program for AL Students-26th June 2023

The orientation program for A/L Students was held on 26th June 2023.

The session welcomed the new batch of students and parents. The principal of Hilburn College Avissawella, Ms. Sulochana Herath welcomed the students and introduced the panel of Teachers that will be guiding them during their A/L Journey.

The event was also attended by the Management who spoke about their vision for the school.

We warmly welcome our 2025 A/L batch and wish you all the best in your journey!

Enrolments now Open for Advanced Level (Cambridge and National Curriculum)

- Commerce
- Maths
- Science



Black & White Day - 20th July 2023





HILBURN
INTERNATIONAL COLLEGE

OPPORTUNITIES FOR TEACHER TRAINING

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UPCOMING EVENTS

22th July to 28th July 2023 - Third Term Test 2022/2023

2nd August 2023 - Grade 1,2 and 3-Parents Meeting

Grade 4,5 and 6- Concert

Pre Grade -Graduation

Pre Primary -Parents Meeting

3rd August 2023 - Grade 1,2 and 3- Concert

Grade 7 to 12 - Parents Meeting

4th August 2023 - Grade 4,5 and 6 - Parents Meeting

Grades 7 to 12- Concert

Pre Primary -Concert

5th August - Teachers' Talent show and Awarding Ceremony

6Th August - Open Day

19th and 20th August - Carnival and Book fair

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