

Featured Articles

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• **Message from the Sectional Head**



"Sports do not build character, they reveal it" - John Wooden.

Sport plays a very essential part in developing the body and mind of an individual. And when it comes to growing children, It helps to improve their academic level and makes them alert and attentive. Apart from them, it prevents various chronic diseases and develops healthy bones, helps to manage weight, controls diabetes,

improves blood circulation and controls stress level. It is an entertainment as well. It helps in character building, developing leadership skills and improving goal setting capabilities. A person who engages more in sports activity regularly will automatically have improved self-esteem and increased social interaction.

Overall, sports are important in today's life to lead a healthy life

- **Open day of Primary Section**

Date :14.2.2023

Venue :Pre Primary Section Miriswaththa

Program :Open Day Program





- National Day Celebration (03.03.2023)



## Orange Day

The Orange Day was held on the 1st of February 2023.

Upper Nursery and Pre Grade kids participated for the day. They tasted the orange juice and spent the day happily.



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### *Special Announcements*



- ❖ *2<sup>nd</sup> Term Examination – 23 Of March 2023*
  - ❖ *Inter House Sports Meet – 17 of March 2023*
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- **Cookery Sessions**  
**We have started our cookery sessions with pleasure !!**

*Cookery is an art and science of preparing food for consumption by using heat.* Cookery is an age-old practice. A primitive human must have found a piece of meat or vegetable cooked in the bushfire by chance. He must have found it edible, chewable and easy to consume. Probably, he even must not have cooked deliberately until he knew how to create fire.

The simplest method of cooking is holding a piece of meat or vegetable in the fire directly, which is still in practice, with a little sophistication. From the age-old cooking practices to cooking for fine dining, cookery has come a long way with the evolution of humans, their skills, diverse cultures, and the equipment. Today, cookery is an inseparable part of our lives that rules our tongues and hearts.

## **February month**

### **Cookery session 1**

Name of the food : Cake

Grade : 10

Date : 28.02.2023





## Cookery session 2

Name of the food : Patties

Grade : 7

Date : 27.02.2023





- **Season of Sports started**

We have started our inter-house sports meet. The event Cricket was held in 27<sup>th</sup> of February at school premises. The three houses Griffin, Hydra and Phoenix had enthusiastic match.







## Students' Articles – 1



Student Name : Nethmi

Grade : 9

Sports Meet of Hilburn International College Balangoda

We all love cheering for a cricket match on the television. We like playing badminton in a lane near our house. We also play various kinds of sports-based video games. This defines our love for sports.

Sports play an important and necessary role in our lives. It is a great activity that gives us various benefits and helps us with physical fitness too. It helps us to build self-esteem, motivates us, improves concentration and much more.

Our school has variety of sports such as Netball, Football, Badminton, Cricket, Volleyball and many types of sports. We are encouraged to do any selected sport of your choice and excel in that sport. This not only helps us with physical fitness but also gives us a career opportunity too.

Our school is one of the best in sports. Students from our school have played a great role within sports and won various medals including gold, silver and bronze and trophies in different sports.

For today also we have practiced a lot and will be showing you all a number of matches and games. Before we begin, I would like to congratulate the sports staff of my school putting effort and making this day possible.

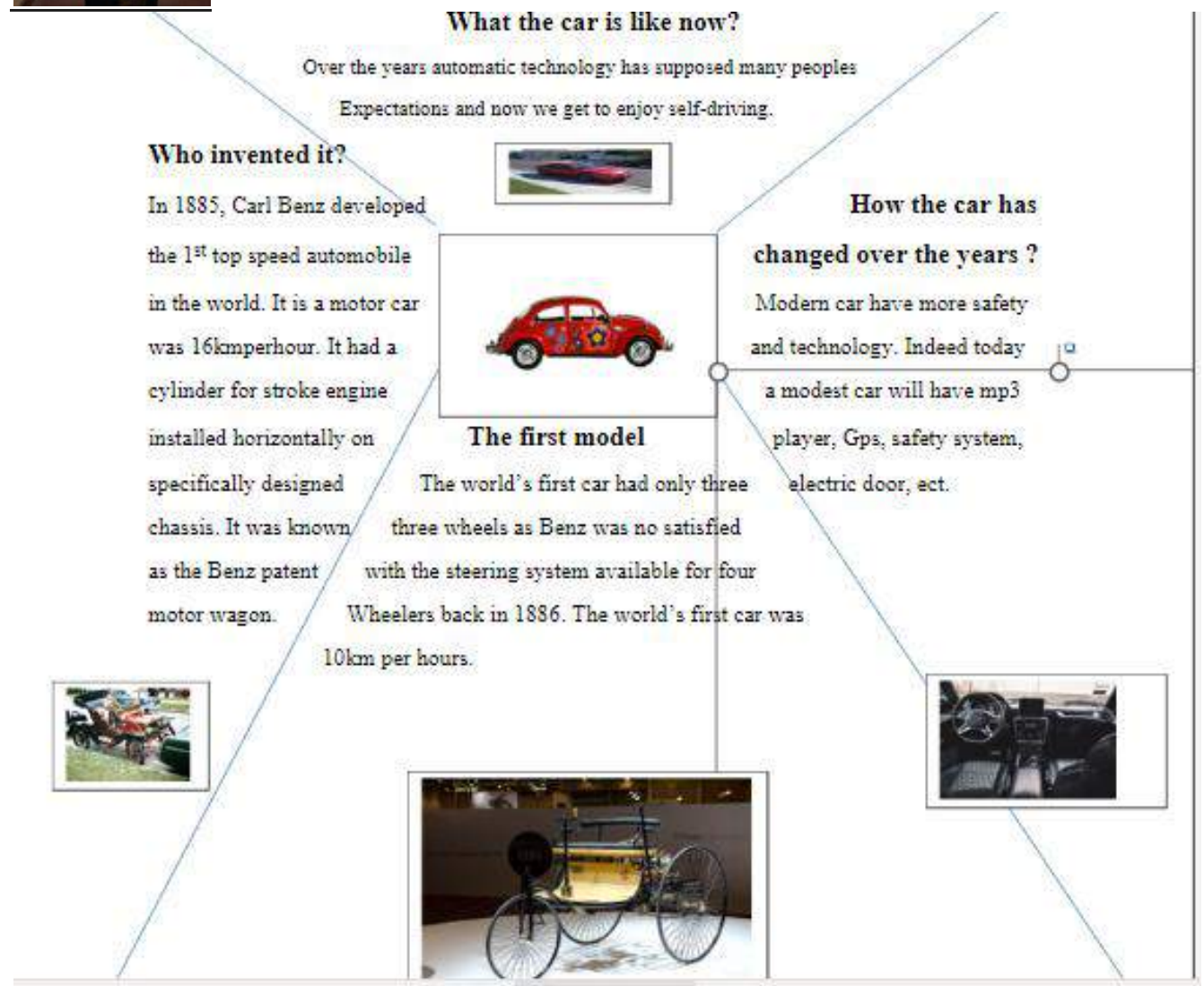
I would request the parents to cheer and sit tight in their chairs for the efforts made by our Hilburnites. HERE WE BEGIN OUR SPORTS MEE

THANK YOU!

## Students' Articles – 2

Student Name : Raihaan

Grade : 6



## Students' Articles – 3

Student Name : Savithma

Grade : 6



# The Invention of Phone

The first handheld mobile phone was manufactured by an American engineer Martin Cooper, whom displayed in front of world on 3<sup>rd</sup> April 1973. This was world's first phone, which was made for common man, because earlier radio phones and wireless phones were available, but mostly used by army.

It weighted over a kilogram and was affectionately known as the brick, but it quickly became a must have accessory for wealthy financiers and entrepreneurs.

Telephones allowed people to talk business and negotiate contracts more quickly and efficiently phones made it possible to conduct business without being in a same room, which reduced both travel time and costs. It also allowed business to expand beyond their local area by attracting customers from anywhere.

Early cell phones were just for talking. Gradually, features like voice mails were added, but the main purpose was talk.

Mobile phone is often called “ Cellular Phones” . It is device mainly used for a voice call. Today, with the help of mobile phones we can easily talk or video chat with anyone across the globe by just moving our fingers.



## **Students' Articles – 4**

Student Name : G. Nithmi Nuwanagana Fonseka

Grade : 8



### **Sri Lankan Heritages**

#### **What is heritage of Sri Lanka?**

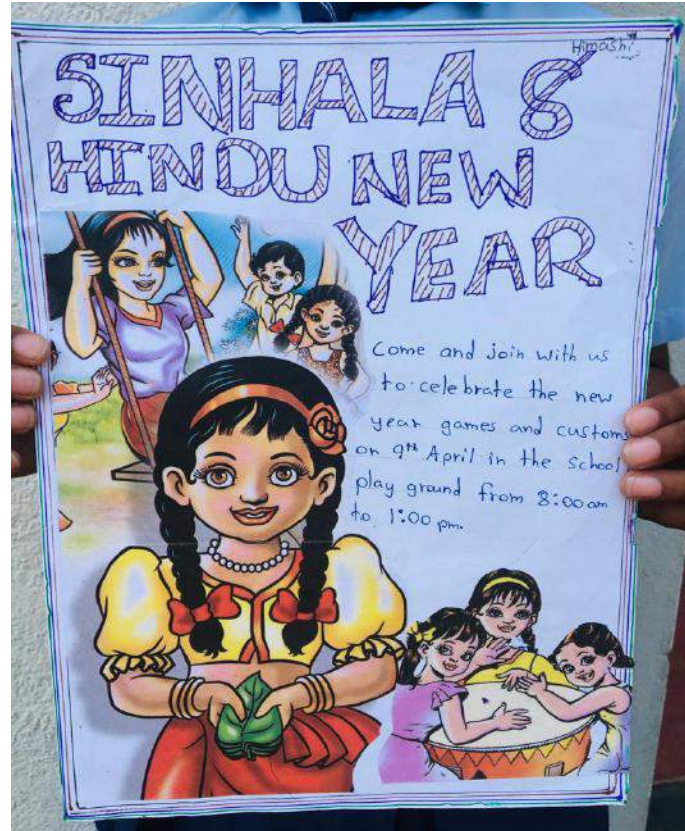
Sri Lanka's cultural depth is recognized by UNESCO, which has declared six archeological world heritage sites in the country. The sacred city of Anuradhapura, The ancient city of Polonnaruwa, The golden temple of Dambulla.

A country such as Sri Lanka whose history dates back to as early as 2800 BCE offers various heritage sites from different eras located in multiple historically prominent parts of Sri Lanka, six sites holds cultural importance , two of which exist naturally. The world heritage sites in Sri Lanka indeed speak volumes of the deeply rooted and connected cultural traditions in Sri Lanka and their interpellations by the locals.

**Students' Articles – 5**

Student Name : Himashi

Grade : 5



## Upcoming Events

- ❖ Pink Day – 9 of march
- ❖ Sport meet –17<sup>th</sup> of March 2023
- ❖ 2<sup>nd</sup> Term Examination – 23<sup>rd</sup> of march 2023 on words