



AVANTI HOUSE

Excellence · Virtue · Devotion

AVANTI HOUSE
PRIMARY SCHOOL
Common Road
Stanmore
Middlesex
HA7 3JB
020 8249 6831 Option 1

AHS.primary@avanti.org.uk
www.avanti.org.uk/avantihouse

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Dear parents, carers,

Praying that you are all healthy, happy & safe during these difficult times!

Last week I was reminded, by a friend and colleague, of Steve Jobs' commencement speech at Stanford University, in his speech he talks about how he managed to learn such profound lessons from some extremely challenging situations in his life, and how they actually led to his life having more meaning and purpose, simply due to that reflection that he did. It would be great if we could all learn a lesson from this situation and come out stronger as a result of it. For those of you who perhaps haven't seen the speech or simply just need some inspiration, I have attached the link below for you to watch. Definitely one of the most powerful speeches I have ever seen, and I would highly recommend you listen to it.

<https://www.youtube.com/watch?v=UF8uR6Z6KLc>

Another important message which we can all take from this situation was outlined by HH Sacinandana Swami.

THE MAIN MESSAGE OF ANY CRISIS

Life clearly teaches an open-minded person to search for inner satisfaction over illusory, outer enjoyment, by looking for balance in four areas of life:

- 1. On a spiritual level – **take care of your soul's nourishment every day with sacred practices.***
- 2. On a physical level – **establish robust physical health and a resilient immune system.***
- 3. On an emotional level – **look for meaningful personal relationships and stop the negative inner noise by remaining focused on your positive goals.***
- 4. On a social level – **give back to society by actively contributing to the wellbeing of others.***

To wilfully integrate such habits is like learning a new language – at first, it's very difficult, but after some time, one enjoys the benefits.



In my last communication to you, I asked if parents would be able to share tips and ideas to keep our children busy. Please see below.

Tips and ideas

- Providing children with a daily, visual timetable really helps with organisation of the day. It is also important to incorporate household tasks such as helping to prepare the evening meal, empty the dishwasher (if you gave one!) and fold clothes. These everyday activities

will not only support you as parents but will also instil some discipline and of course gratitude for all the hard work parents do on top of their work commitments.

- Parents to continue to maintain a reading log where children can write down key words, they are not familiar with, find out the meaning of the word and then use it in a sentence.

Useful websites

Culture:

[A guide to virtual museum tours \(English\)](#)

P.E with Joe Wicks

[Keep the whole family active \(English\)](#)

Books:

[A free David Walliams audio book every day \(English\)](#)

Wellness:

[Ted Talk on practicing emotional first aid \(English\)](#)

Working from home useful tips and guides:

[Tips for working from home \(English\)](#)

Online story books and comprehension questions for EYFS and KS1

<https://www.vooks.com/>

Year 5 and 6 Science resources

<https://www.stem.org.uk/>

Computing: Code Club

<https://www.raspberrypi.org/blog/free-activities-to-do-at-home/>

Please keep your tips and ideas coming in.

To finish off today's note, I have attached a beautiful prayer, sung by the talented Jahnvi Harrison, which really provides me with solace during difficult times and some inspiration when I am at my happiest. The translation roughly translates to:

You are my Mother, You are my Father, You are my Best friend, You are my Everything.

<https://www.youtube.com/watch?v=duKUqQcF2eQ>

Thank you once again for all your support and all that you are doing to support this national effort.

Stay safe and keep well.

Mrs Bellare

Principal

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