

Sri Lanka Buddhist Vihara Perth Western Australia

Dhamma School



මව් පිය උපහාර උළෙල
Mavu Piya Upahára Ulela

2018

Maddington Community Centre

09th December 2018

Loving & Forgiving



Worshipfully
I offer this flower to you
My dear mother
dear father
A token of my love
And respect
And I ask your forgiveness
If I have hurt you
Through carelessness
Of speech or deed.

May I be forgiven?

I forgive precious child of
mine
Without hesitation
Without reservation
With a heart full of
boundless love of metta
Which parents
Know full well.
Like no other does.

Be Well.
Be Happy.

Programme

- 4:00 pm** Arrival of guests and parents
- 4:15 pm** Lighting of the oil lamp
- 4:30 pm** Welcome - Vice President Education SLSBS
- 4:35 pm** Anusasana - Venerable Siri Sobhitha Thero

Class presentations and Award of Certificates

- 4:45 pm** Level 1 Parental Love
- 4:55 pm** Level 2 Dhamma School Logo
- 5:05 pm** Level 3 Chanting Gathas for Offerings
- 5:15 pm** Level 4 Ten Meritorious actions (Dasa Punyak Kriya
- 5:25 pm** Level 5 Karma
- 5:35 pm** Level 6 The Four Noble Truths
- 5:45 pm** Level 7 Sathi Pasala
- 6:00 pm** Vote of thanks by Secretary DSPTC
- 6:10 pm** Mavu Piya Upahara
- 6:30 pm** Refreshment



Message From Ven. Beruwala Siri Sobhitha

සුදුසු පරිසරය දියුණුව සලසයි.

"පතිභ්‍ය ඡේස වාණෝ ච"

මංගල සුත්‍රයේ සඳහන් ගාථා පදයකි මේ.

යහපත් පරිසරයක් ඇසුරු කිරීම දියුණුවට හේතුවේ. බාහිරව හා අභ්‍යන්තර පුද්ගලයකු දියුණුවිය යුතුය. දැනුමේ බවින් තොරව ලබන බාහිර දියුණුව බුදු දහමින් අනුමත නොකරයි. අගය නොකරයි.

පුද්ගලයකු අදැනුමේ මග දියුණුව සඳහා ලං කරගන්නේ අභ්‍යන්තරව දැනුමේ සංවර්ධනයක් නොලැබීමයි. පරීන් ශ්‍රී ලංකා බෞද්ධ විහාරයේ දහමේ පාසලේ මවිපිය උපහාර වැඩසටහන දැරුවන්ගේ අභ්‍යන්තර සංවර්ධනය අපේක්ෂා කරන්නකි.

දැරුවන් කෙළුකරගෙන මෙය සංවිධානය වුවද එතුලින් වැඩසටහන අහන දකින බලන හැමටම දැනුමේ සිතිවිලි දියුණු කරගන්නට ධේය්‍යී ලබාදෙයි.

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ගරු බේරුවල සිරි සෝභිත හිමි
විහාරාධිපති
පරීන් ශ්‍රී ලංකා බෞද්ධ විහාරය
2018-12-09



Message from Vice President (Education)

අද දින පරීක්ෂණ දුරකථන පාසලේ මා පිය උපහාර උළෙල, සිසු, ගුරු , දෙමව්පියනට සංකේත මත් වූ දිනයක් වුවද, ගෙවී ගිය වසර පුරා දුරකථන පාසලෙන් ළමා සිත් වලට ලබා දුන්නා වූ දුරකථන අවබෝධය, ඔවුන්ගේ ඉදිරි දිවියට සැමදා විශාල රුකුලක් වනු ඇත. එය දෙමව්පියනට කෙරෙන සදා උපහාරයක් වනු ඇත.

ත්‍යාගශීලී බව (අලෝභ), අවිනිසාව (අදෝෂ) සහ සිහි නුවණ (අමෝහ) වඩවා ගැනීමට බුදු පියාණන් වහන්සේ විසින් වදාල දුනු මනසට අවබෝධ වෙන ලෙස තම කාලය, වෙහෙස වැය කරමින් සම්පූර්ණ ස්වේච්චාවෙන් කටයුතු කරණ ගුරු මණි වරුන්ගේද,

අද සමාජයට අවශ්‍යම වන සාර ධර්ම වල වටිනාකම වටහා ගෙන, තම දරුවන්ට ඒ පිළිබඳව අවබෝධයක් දීමේ අවශ්‍යතාවයෙන්, දුරකථන පාසලකට ඇතුළු කර ඒ පිළිබඳව සියලුම කටයුතු කිරීමට ගත් උතුම් තීරණය ගත් දෙමව්පියන්ගේද,

තම මා පියන්ට උපහාරයක් වශයෙන්, මෙම පාසලේ ඉගෙනුම කර ගෙන යාමට, කෙලි දෙලෙන් ගත කල හැකි තම කාලයෙන් කොටසක් වැය කරමින්, අවිනිසක උත්සාහයක යෙදෙන අපේ සිසු දරු දැරියන්ගේද,

සිත් වල යාමය, යතුට යහ යැනැසීම ඇති වේවා!

අමිත තෙන්නකෝන්
උප සභාපති (අධ්‍යයන)
ශ්‍රී ලංකා සිංහල බෞද්ධ සංගමය, පරීක්ෂණ



Dhamma School Coordinator's Report 2018

Dhamma School Coordinator's Report - 2018

The Dhamma School marked its 20th year in 2018. We have come a very long way from a handful of students, who were children of members of the newly formed SLSBS, to over 150 enrolled this year.

From sitting on the floor on mats, to cramped classes with assorted furniture, all classes except Level 7 now have proper classrooms, with whiteboards and desks that have been altered to fit into limited spaces. However, space will continue to be a problem till such time, hopefully, the adjoining property is bought, and a new building with large, purpose-built classrooms come up. The new hall which was meant to accommodate 3–4 classes has a problem with acoustics and it's difficult to have more than the present two. The special room dividers meant to absorb sound are not very effective. However, we do the best we can.

In addition to our usual teaching programme, an initiative by the Ven. Udalriyagama Dhammajiva Thero of the Nissaranavanaya, Mithirigala, called "Sati Pasala", has been incorporated as a regular event at Dhamma School, with the last Sunday of the month is dedicated to Sati Pasala.

It is a programme for young and old, of all nationalities and religions, to learn and practice Sati (mindfulness). In Ven. Dhammajiva's words,

"We wish to introduce mindfulness as a wholesome life skill, that will benefit students when interacting with teachers, peers and adults".

Children are taught not only mindful sitting meditation and walking meditation, but to be mindful when carrying out day to day activities. Children have responded well and enjoy the mindful activities. We have definitely noticed a change in their behaviour. They are quick to respond to the Dhamma School motto:

Slowly, Mindfully, Silently. SMS!

In addition to the unstinting support we get from Ven. Sobhitha, and Ven Visuddhawansa who does the Buddha Puja, Ven. Susara spending several months at the Vihara was a great blessing for our children. Having a monk speak to them directly, rather than through an interpreter, meant they could interact with ease. Venerable Susara uses video clips and PowerPoint presentations to teach Dhamma which the children enjoy. We realised how effective this was, and as some teachers were already using laptops as an aid, we decided to have TV screens on the walls of classes where possible. We received donations of 4 screens, and with the old TV, had five. We planned to start the new scheme in the 4th semester.

But misfortune struck. During the holidays there was a break in, and 3 screens and the big TV which had been there unlocked for around 10 years, were all stolen. Who did it and why we will never know.

They took only the TVs which were of little value, but not the sound set up. They left no fingerprints or clues. The DSPTC is doing its best to have replacements ready in 2019, with an alarm system in place as well.

It was a great relief to have Ven. Susara's assistance as 2018 was an unsettling year for the staff.

Rajika Perera of L4 was sent to her company's Canberra branch, supposedly for a few months, but is still not sure when she'll be back. Parent Buddhika Bhargavan very kindly stepped in and did a wonderful job. More anicca and now we are very disappointed that Buddhika will be moving to Melbourne with her family. The next to go was Indra Wickramaarachchi, who was going overseas for several months. Asha Gunawardena who was a relief teacher, took over her class and is doing well. Then Kumi Dalugoda announced that she too had been asked to work in her company's Melbourne office. She was an excellent teacher with many novel and innovative ideas and we will miss her dearly. Thulani Rajapakse who had taught at DS previously and had taken study leave, was very fortunately available to return to her former class.

Gayathri Jayawardena is now the proud mother of a baby girl though it will be a while before she is able come back.

Relief teachers Mihiri, Chandima, and Inosha and Pinithi [a past pupil] though unable to come weekly are there when we are short of teachers.

Despite these setbacks, regular activities and programmes took place as usual. Vesak Bhakthi Gee was a great success, as was the Vesak dansela. Many of our children attended the early morning Katina perahera and pinkama, enjoying the bicycle parade very much.

Two Atasil Programmes were conducted.

The first, on 25 March, was for L 4–7 from 8.00am to 4.00pm, with 49 children attending. Our guest speaker this year was Ven. Muditho of the Bodhinyana Monastery in Serpentine.

The second, on 16 September, was for students of all levels with 87 children participating. Ven. Susara, assisted by the teachers, conducted the full day's programme.

The Dhamma School's great strength is the DSPTC.

They have relieved the staff of all administrative work. The Treasurer streamlined membership payments and the DS parents now make up 78% of active SLSBS members. Classrooms are set up and cleared at the end of the day, the roster working smoothly and methodically. Textbooks and uniforms are ordered before stocks run out. The teachers are provided with a pack of stationery, photocopying services and a most welcome cup of tea during class as well! The library however, still needs attention and a librarian, a project for 2019.

Warm thanks from the staff to the DSPTC 2018.

The 2018–19 team has made an excellent start but need more members.

More parents coming forward to volunteer would be greatly appreciated. It is a great dana, and much merit, to help teach the Dhamma.

We all need work together for our children. The teachers and volunteers work very hard and, without parents' fullest support wouldn't be able to give of their best. So please come forward and join the DSPTC 2018–19.

An extra special thank-you goes out to the patient, long suffering husbands of staff members. Without your support our teachers couldn't possibly do the excellent job they do. Much, much merit to you!

Despite the setbacks, we have had a wonderful and productive 2018. We very much look forward to seeing the students come back for another year, full of fresh ideas and enthusiasm. For the senior students moving on to bigger and better things, we wish them all the best.

You, the parents, should be the proudest. By bringing your child to the Dhamma School, by teaching them life skills, you are setting them on a path of goodness that will help them for the rest of their lives.

Mrs. RamaniGunasekara – Dhamma School Coordinator



Sri Lanka Buddhist Vihara Perth Western Australia
Dhamma School



Level 01



Font row from left to right

Piyumi Wasana Rodrigo, Gagana Pothpitige, Kenudi Thilakarathne, Thenu Nethya Nallaperuma, Ven Siri Sobhitha Thero, Sayuthmee Rehara Ratnayake, Tharuli Dahamsa Kankanige Don, Niyumi Liyara Arachchige, Chenuki Minara Weerakoon

Back row from left to right

Omayya Prabhadi Kurukulasuriyage, Ranuki Sanaya Wijesooriya, Manuli Nuyara Rajakaruna, Thisath Ranamuka, Menuli Minara Dharmarathna, Sehandu Dehan Jayathilake, Abhises Agratha Perera, Yovindu Viyath Wehalle, Navindu Suvin Ranasinghe

Back row from left to right

Salini Dharmabandu, Hasith Jayasinghe, Swasha Senuthmee Thilakarathne, Thaviru Senan Wijesinghe, Sasan Dias, Soniru Kankanamge, Shashen Thilakarathne

Absentees

Manuja Pamudi De Silva, Sineli Rathnayake, Thivain Koralage, Anargi Ranasinghe, Sanuli Sigera

Class teacher - Mrs. Erandee Wehalle

You raise me up....
With love...!

When I am down, and, oh, my soul, so weary
When troubles come, and my heart burdened be
Then, I am still and wait here in the silence
Until you come and sit awhile with me..

You raise me up, so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be..

You raise me up, so I can stand on mountains
You raise me up to walk on stormy seas
I am strong when I am on your shoulders
You raise me up to more than I can be..





Sri Lanka Buddhist Vihara Perth Western Australia
Dhamma School



Level 02



Back row Left to Right

Sethuli Jayathilaka, Rithika Ganeshi Arachchige, Hasali Kankanige Don, Akeesha Ranawaka, Methu Kulasinghe, Minhas Kularatne, Imandiv Semage, Jaden Galappaththi

Front row Left to Right

Vethum Wickramanayake, Sachiv Silva, Thulani Haputhanthree, Senuji Imaduwa, Ven. Beruwala SiriSobhitha, Desandu Premaratne, Dilanma Ranasingha, Chenuki Obeysekera, Amaya Gunawardhana

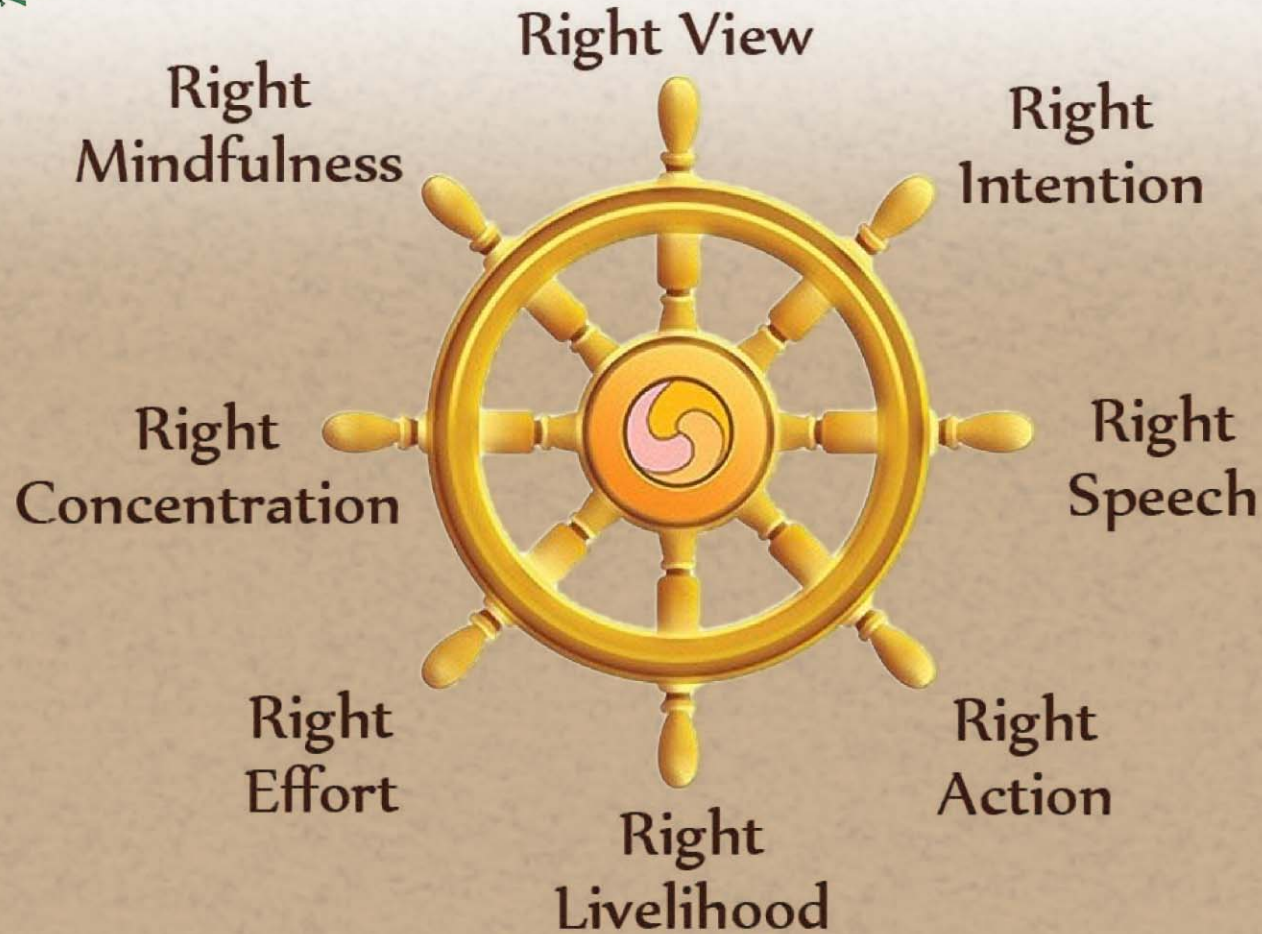
Absentees

Arundee Sahabandu, Daham Hapuarachchilage, Tehara Jayasekera, Yelini Kumarage

Class Teacher - Mrs. Malika Fernando



PERTH DHAMMA SCHOOL LOGO





Sri Lanka Buddhist Vihara Perth Western Australia
Dhamma School



Level 03



Front row from left to right

Senith Senhas Palliyaguruge, Thisari Dodangoda Arachchige, Ridmi Yatagama, Vinudi Kulasekara, Ven Siri Sobhitha Thero, Thinuka De Silva, Yonal Sandira De Vas, Lehansa Attapaththu, Raviru Balasooriya

Second row from left to right

Dinal Vidusha Weerakoon, Samith Mapa, Sohansa Gamage, Nethuli Sirikumara, Saakyaa Evindee Mendis, Jenuda Sandul Imaduwa, Thumindu Nisal Ranasinghe, Raveen Andrews

Back row from left to right

Kilan Kavish Chandraratne, Senuk Warnapala, Sahan Vitharana, Tharul Ranamuka, Akain Ranawaka, Hiruja Basnayaka, Thenu Hettiarachchi

Absentees

Dinsi Thinara Liyanage, Dylan Danindu Karunanayake, Gihanga Nisali Wickramasuriya, Matheesha Karunanayake, Naveena Kumrapelli, Saveesha Wickramasinghe, Senuji Lehara Liyanage, Vinugi Vidunima Sigera

Class teacher - Ms. Thulani Rajapakse

Chanting Gatha

We will chant the gatha for making offerings to the Buddha.

When we come to temple
we bring candles or lamps, incense sticks, flowers, water and medicinal drinks
to offer at the shrine.

We keep offerings at the Bodhi tree too,
because the Bodhi tree reminds us how the Buddha became enlightened under a bo tree.

The first offering is light.

Then we offer the incense sticks.

Next we offer water and medicinal drinks or gilanpasa.

Then we offer flowers.





Sri Lanka Buddhist Vihara Perth Western Australia

Dhamma School



Level 04



Front row from left to right

Nisith Mapa, Thisal Dodangoda Arachchige, Dulkith Thilakarathne, Anuk De Silva, Ven Siri Sobhitha Thero, Vihan Pathirana, Seheni Hasara Jayasinghe, Cheleni Nethara Dharmabandhu, Thanusha Dayananda

Middle Row from left to right

Sandeli Ratnayake, Saara Wijethunga, Senara Galhenage, Sanuthi Roshika Paranavithana, Thimiri Dhirandi Sooriyakula, Januthi Pulasinhage, Samsi Korlage, Geethal Jayasinghe

Back row from left to right

Menara Mihindee perera, Nathasha Walawage, Kavinima Mallawa, Kenul Wanthila Senanayake, Binuk Vidana Gamage, Nimsith Muthuthanthree, Dihen Nenitha Samarasinghe, Lithum Wikramanayake.

Absentees

Binupa Ekanayake, Siluni Sarukkalage, Sayumi Sarukkalage

Class teacher - Mrs. Buddhika Munasinghe Bhargavan

Ten Meritorious actions (Dasa Punyak Kriya)

There are 10 deeds we as children can do called **dasa punya kriya**. These give us good results and makes merit.

1. **Dana** is Generosity. giving and sharing. That is something our parents and teachers always encourage us to do.
2. **Sila** is Virtue or practicing the five precepts and abstaining from unskillful deeds that can bring suffering in this life and in future lives.
 1. By observing the 8 precepts on full moon days we practice more virtues which give good results.
 2. **Bhavana** is developing our minds through meditation and being mindful. We practice meditation every week at Dhamma School. Mindfulness is something we can practice all the time.
 3. **Apacayana** is reverence. We pay respect and reverence to the Buddha, Dhamma and Sangha. To parents and other elders, to teachers and elders. Paying respect is shown by worshiping, by being obedient and polite.
 4. **Veyavacca** is service. This means helping others. The sick, old and weak people. Keeping the home, the school and the temple clean and tidy also comes under service.
 5. **Pattidana** is sharing merit. This is the happiness that comes from doing good deeds. We share with the Devas, friends and relatives who have died and all beings and wishing them to be well and happy.
6. **Pattanumodana** is Rejoicing in other's merits. Rather than feel envious when someone does good deeds we say sadhu! We feel happy that they have done something good. We have a good heart and that happiness is good karma. Touching a pirikara that someone else is offering is rejoicing silently that they are doing something good.
7. **Dhamma Savana** is Hearing the Dhamma. We hear and learn Dhamma at Dhamma School, so by coming to dhamma school we make good karma for ourselves.
8. **Dhamma Desana** is teaching dhamma. We teach dhamma when we do good deeds and encourage others to do good and avoid bad.
9. **Ditthijju Kamma** is having correct views. This means that we believe that good and bad deeds have results or consequences.
10. When we don't do bad deeds, we don't have to suffer bad results.

Our good deeds have brought us good results. We live in a country that is safe and provides us with good education, health services, plenty of food, good houses and many more because we have done many good deeds.



Sri Lanka Buddhist Vihara Perth Western Australia
Dhamma School



Level 05



Front row from left

Anuji Withanarachchi, Rawija Balasooriya, Maleesa Abeyweera, Hasala Dharmakirti, Ven Siri Sobhitha Thero, Chanul Rishmika Thialakarathne, Minsandi Wehalla, Kemitha Kumarage

Back row from left:

Lisandhi Upethma Thelikada Gamage, Yumira Malish Chandraratne, Kanchana Navarathne, Hamesh Nadika Jayawardhana, Hiruki Sembukuttige, Binthi Gunawardhana, Menadee Thilakarathne, Seth Subasinghe, Amisha Silva

Absentees

Anulka Sethumlee Attanayaka, Chanumi Weerasinghe, Haritha Elpitiya, Kulaniya Premarathna, Okithma Ranasinghe, Sandeepa Dilusha Munasinghe, Senith Yapa, Virula Yatagama

Class teacher - Mrs. Asha Gunawardena

Understanding Karma

Students explain what karma is and why it is important to understand karma.

Then they analyse how the same action can create good or bad karma depending on their intention.

Finally, they discuss how to create good karma and how to prevent creating bad karma.



Example 1: Action: Attending Dhamma school



Example 2: Action : Chanting gatha



Sri Lanka Buddhist Vihara Perth Western Australia
Dhamma School



Level 06



Front row from left to right

Nirmanee Mallawa, Pabawath Dharmakeerti, Ravindu Pothpitage, Poojani Ranawaka, Ven Siri Sobhitha Thero, Sandeka Semmbukutti, Limandi Thenuwari, Senomee Nanayakkara, Dinali Illangasinghe

Back row from left to right

Vinuja Thibbotuge, Nadev Mahatalagalage Don, Hasiru Siriwardhana, Dinath Dias Abeysinghe, Damitha Mendis, Vinuka Arachchige, Tinara Galhenage, Kenuvi De Soysa,

Absentees

Indumini Semage, Inesh Sarukkalige, Sanija Liyanage, Semindee Kudabalage, Senuth Kariyawasam

Class teacher - Mrs. Tharanga Thotagamuwage

The Four Noble Truths

One day, the Buddha was staying at Kosambi in the Simsapa forest. Picking up a few Simsapa leaves with his hand, he asked the monks, "Which is more? the few leaves in my hand or those on the trees in the forest?"

"The leaves in the hand are few lord, Those are in the forest are far more "

"In the same way, bhikkhus, the things that I have known with direct knowledge are far more; the things that I have told you are only few.

Why have I not told them?

Because they are not connected with the goal of enlightenment.

"And what have I told you?

1. 'This is suffering...
2. This is the origin of suffering...
3. This is the cessation of suffering...
4. This is the path leading to the cessation of suffering':

"Therefore bhikkhus, let these four be your **duty**"

So today, we, L6s, are going to present you how we can be **dutiful** in our day today life.





Sri Lanka Buddhist Vihara Perth Western Australia
Dhamma School



Level 07



From left to right

Chanula Nanayakkara, Sethum Kularatne, Dilan Ilangasinghe, Aakashi Ranaweera, Senaya Abeyweera, D.K.Sunandee Vinuvari

Absentees

Ravindu Pothpitagea, Nayantara Bhargavan, Tharana Mallawarachchi, Lakdinu Perera, Chenuli Ekanayake, Viruni Chethma Senaratne, Senumi Yapa, Rumesha Senevirathne

Class teacher - Mrs. Ramani Gunasekera

Introduction

The Sati Pasala Foundation is a non profit organisation that was founded in Sri Lanka by Most Venerable Dhammajiva Maha Thero in May 2017.

Its objective is to share mindfulness with students, teachers, and promote unity and harmony amongst all communities and people. It now has centres teaching mindfulness not only to schoolchildren but to adults in workplaces as well. There are Sati Pasala branches in many countries including in many cities in Australia.

The Dhamma School introduced Sati Pasala to the curriculum this year.

What is Mindfulness?

Mindfulness is being aware of each and every moment, on purpose and without judgment.

A good example of mindfulness is a student listening intently in class, with focus and to recall what was said. One thing at a time and that done well.

Mindfulness is also being in the present moment. This means not thinking of the past or planning and dreaming of the future. It is about being here and now.

We all have mindfulness within us, but to experience the benefit we need to practice consistently. Just like any skills that we learn, for instance learning to swim, it may be something that we can do if our life depended on it. But to learn properly, and to become skilled, it is essential that we are taught how to do it correctly.

This is the purpose of Sati Pasala. At Dhamma School we have been practising both sitting and walking meditation for many years.

We sit in meditation for about 10 minutes either as a group after Buddha Puja or after going to class.

At Sati Pasala we are learning that mindfulness is not only about sitting or walking meditation, but also about how it can be applied to all our daily life. Through games and various activities, we have learned to be mindful when eating, playing games and when passing the Buddha Puja as well.

The great thing is that mindfulness can be practiced by anyone, anywhere, at any place and at any time.

Benefits of Mindfulness

Mindfulness has been scientifically studied and it has been found to be especially beneficial to children because they find it easy to pick up and learn. Young minds have relatively less responsibilities, distractions and mental clutter.

One big reason that Venerable Dhammajiva wanted to focus on teaching students is that he could see the benefits it would have to them.

We can focus better on schoolwork and studies. We improve performance during exams because we benefit from clarity.

Being a kid in 2018 can be really stressful. Learning mindfulness can really help us to reduce anxiety. Being mindful can improve our ability to form relationships and maintain harmony.

By having peace of mind, by being calm, and by learning to be content with what we have in the present moment, we are prepared to deal with the challenges that face us in our future life, be it high school, university, and beyond.

Learning coping skills, tolerance and emotional resilience are skills that will stay with us for life.



Sri Lanka Buddhist Vihara Perth Western Australia

Dhamma School

Parent Teacher Committee



Front row from left to right

Asha Gunawardhane, Erandee Sonnadara, Tharanga Thotagamuwage, Ven Siri Sobhitha Thero, Ramani Gunasekera, Malika Fernando, Dhanushka Sigera

Back row from left to right

Chanaka De Silva, Janaka Rajakaruna, Mohan Obeysekera, Amitha Tennakoon, Bharatha Kurukulasuriyage, Anuradha Nalleperuma, Janaka Perera

Absentees

Thulani Rajapakse, Buddhika Bargavan



Sri Lanka Buddhist Vihara
Perth Western Australia

Dhamma School
Parent Teacher Committee



Thank you for your generous support and valuable service.

With your dedication and commitment we have done a great job to have lasting memories over the year.

Please come forward and help us lay the foundation to shape our children's future.