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Volume: 1; Issue: 2

For Private Circulation Only

April 2008

Why English Medium?

Government schools in Andhra Pradesh are free, plus many also offer free lunches, rice or other benefits to get admissions. So why should someone pay to send their child to a private run English Medium School?

The majority of all higher education schools in India require a knowledge of the international language, English. Fluent knowledge of English will enable one to be able to travel, work and prosper in another state or country. Knowledge of various sciences and modern technologies will require a fluent understanding of the English language.

Knowing English will not ensure

success in life, but it will give an advantage in your child's future social, mental and financial prosperity.

Mahatma Gandhi, Jawaharlal Nehru, Dr. B. R. Ambedkar and most all prominent political leaders were schooled in English Medium. Last year, Dr. Y. S. Raja Sekhar Reddy, Chief Minister of Andhra Pradesh, recommended that all government schools in Andhra Pradesh teach in English Medium only; but his recommendation could not be implemented because of a lack of qualified English speaking teachers in Andhra. It is true that private English

medium school are costly to attend but the fees that are paid are an investment in your child's future that have the potential to be repaid many times over; and the price of ignorance will be far greater than knowledge over the course of someone's life. It is true that someone can learn English later in life even though they have studied in Telugu medium, but their level of English fluency will not be the same as the one who studied in English medium from the primary level. At A.Y. English Medium School we seek to give a high quality primary English education to your child that will be foundational to his or her further studies in life.

Physical Education

Outside of mental education from the study of school books, it is important to instruct oneself in the physical habits that develop a strong body. Yahweh has shown in the Scriptures that He is concerned with the health of man. Without good health, man cannot enjoy life. So Yahweh has given many health laws throughout the Bible.

In Jeremiah 6:16 we read, "Thus saith Yahweh, Stand ye in the ways, and see, and ask for the old paths, where is

the good way, and walk therein, and ye shall find rest for your souls..." So Yahweh says that the "old paths" are the good ways that we should walk in. Let's apply this principle when it comes to the question of brown rice or white rice.

White rice is eaten by almost everyone in India, but for thousands of years everyone ate brown rice as the complex processing equipment needed to make white rice was invented only in 1860, in Scotland. Tim O'Donnell, the

marketing director for Lundberg Family Farms, a California (USA) company, was interviewed and he had this to say, "The main reason white rice is used is because it keeps much longer than brown rice and therefore makes companies more money. Over the last century, too, people have come to like the texture of white rice, as well as the shorter cooking time." All rice is brown rice before it is processed into white rice. This processing *continued on page 2 ...*

strips out the life force of the rice along with most of the nutrients and almost all of the fiber. In order to compensate, 90 percent of American companies enrich white rice with powdered nutrients in an attempt to replace some of what they took out.

But, if the rice is rinsed before cooking, as it is in India, then the enrichment powder is lost. Many other nutrients are also removed in milling. In the end, 55 percent of the original paddy rice remains.

Nutrient Comparison between fortified white rice and natural brown rice

Brown rice has 19% more protein than white rice, 349% more fiber, 86% more riboflavin(B2), 33% more Niacin(B3), 185% more vitamin B6, 144% more Folacin, 203% more vitamin E, 219% more magnesium, 147% more phosphorus, 139% more potassium, 37% more selenium, 25% more zinc.

Because of fortification, white rice

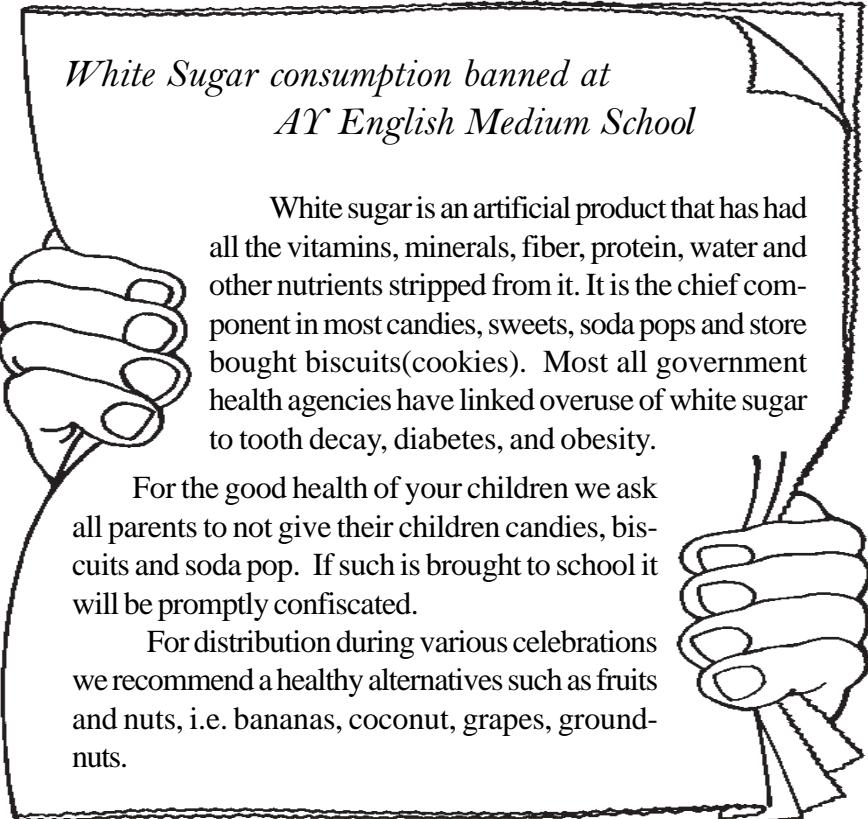
has 21% more thiamin(B1), but this is a powdered vitamin that is sprinkled on the rice and it is largely lost if one rinses the rice before cooking.

Before supplementation, white rice has 400% less thiamin than brown rice, (figures taken from Hinduism Today, Nov/Dec 2001 issue). The George Mateljan foundation showed that unfortified white rice contains 60% less iron than brown rice and that fortified white rice still contains 30% less iron than brown rice.

Brown rice also provides us with rice bran which contains b-sitosterol, a naturally occurring substance which lowers blood cholesterol and reduces the risk of bowel cancer. Fiber in the diet helps to prevent constipation and other bowel disorders such as hemorrhoids and piles.

At the AY English Medium School we serve brown rice for the daily meals which we provide at the low cost of just 40 Rupees per month. Contact the management if you want your child to partake of the daily school meals.

White Sugar consumption banned at AY English Medium School



White sugar is an artificial product that has had all the vitamins, minerals, fiber, protein, water and other nutrients stripped from it. It is the chief component in most candies, sweets, soda pops and store bought biscuits(cookies). Most all government health agencies have linked overuse of white sugar to tooth decay, diabetes, and obesity.

For the good health of your children we ask all parents to not give their children candies, biscuits and soda pop. If such is brought to school it will be promptly confiscated.

For distribution during various celebrations we recommend a healthy alternatives such as fruits and nuts, i.e. bananas, coconut, grapes, ground-nuts.

Top Scorers in the 4th Unit Examinations



A. Bhumika



S. Meghana

Nursery (25 Students)



G. Satish



E. Mahesh

Upper Kindergarten (6 Students)



M. Madhavi



B. Jyothi

Lower Kindergarten

(16 students)

First class
(14 students)



V. Komali



P. Sai Durga

Second class
(8 students)

Third class
(5 students)



G. Mahima Raju

Fourth class
(4 students)



G. Ramesh

Fifth class
(2 students)

Spiritual Knowledge

In Proverbs 9:10 of the Bible it says, "The fear of Yahweh is the beginning of wisdom: and the knowledge of the holy is understanding." Mankind needs to develop an understanding and knowledge of the Eternal, Self-Existant One that created this world in six days and rested on the seventh. The Name Yahweh is a Hebrew Name that means, Eternal or Self-Existant.

The origin of the seven day week is given in the first chapter of the Bible where it states that the Almighty Creator made the world in six days and rested on the

seventh. This tradition of the world being made in six days and a seventh-day rest has been handed down over the generations and it remains with us today in the memorial of the seven day week that all nations of the world possess. The AY English Medium School honors this ancient custom by having a five day school week and giving the seventh day Saturday as a time of spiritual refreshing. The five day school week is also followed in all American government schools at the primary and secondary level and in some Central government Indian Schools.

2007-2008 Academic Photos.



Nursery and Kindergarten



First Class



Second Class



3rd to 5th Class

Important school dates and functions

- * The final examinations will held from April 14-25, 2008.
- * On April 24 we will have a special parents-students program at the school at 7pm. All parents are invited to come to the program, there will be dinner served afterwards. Last day of school will be on April 30, 2008. The final examination results will be given on that day. All school fees must be paid before final results are given.
- * The 2008-09 school year will start on June 16, 2008. Admissions will start on June 9. Half rate admission fees will be given to students who start school on or before June 16.
- * Referral incentive - A Rs.50 deduction in school books fee will be given for each family that a current parent induces to join AY English Medium School. In order to recieve this deduction the current parent must give the name of the prospective new parent to Mrs. P. Swarna before the new parent joins their child.



Teachers' Profile

Sisters Satya and Rebecca are native of Gumparru village, and have been teaching in our school for three years now. Satya completed her Bachelor of Science degree in Palakol and majored in Chemistry.

Rebecca is currently in her third year of her Bachelor of Arts degree in Telugu. Both can speak and read English. Satya teaches the First class and helps in teaching Maths to all students. She also tutors other students after school hours. Rebecca teaches Second class. She loves children and teaching.



Raju teaching Computer

Daily Activities



Aquilla with children



Lakshmi and Kanaka Ratna preparing meals



Vajramma serving meals

