

Tooting Sai Centre Sai Spiritual Education (SSE) Induction Pack

**Sathya Sai Centre
Fircroft School
Fircroft Road, Tooting SW17 7PP**



Sai Spiritual Education (SSE) has its roots in the teachings of Sri Sathya Sai Baba. He declared that His mission was to impart upon mankind the crucial importance of leading moral lives by the practice of universal human values: **Sathya (Truth), Dharma (Righteousness), Shanthi (Peace), Prema (Love) & Ahimsa (Nonviolence)**

The ideal of the Bala-Vikaas (SSE) is to raise a generation of boys and girls who have a clean and clear conscience. The actual syllabus is not as important as the creation of an atmosphere where noble habits and ideals can grow and fructify.

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— Sri Sathya Sai Baba

Introduction

The purpose of this booklet is to provide you with information about your child's introduction to Sai Spiritual Education (SSE). Our aim is to make your child's transition into SSE a happy and enjoyable experience. The development of a child is a joint effort between the SSE teachers and the parents. As such, both are expected to work in partnership with each other. In order to achieve this we try to get to know your child and yourselves as best we can. To help us with this, please can you complete the questionnaire at the back of this pack.

History of SSE at Tooting Sai Centre

Sathya Sai Devotees in 1978 started Tooting SSE and Sai Centre. It is now nearly 35 years and the numbers have increased gradually over the years. It is wonderful to welcome back students who attended SSE now have come back to teach the present SSE students at Tooting Sai Centre.

School Uniform

We would ask you as parents to support the school in relation to the below uniform as we regard school uniform as being a very important aspect of school discipline.

Boys Plain White Shirt and Trousers
Girls White Indian Suit (Punjabi suit)

Timings

Regular and punctual attendance is very important at SSE. Punctuality is a discipline of life and it is an important lesson for children to be taught. Parents play an important role in this respect and as such should ensure that all times are strictly adhered to.

Bhajan starts at 9:40am
SSE children to arrive by 10:15 am
SSE finishes at 12:50pm
School Time with Prasadam is from 12.30pm to 12.50

The different SSE Classes

Children are taught in appropriate groups consisting of:

- Nursery group (Age 4-6)
- Group 1 (Age 6-9)
- Group 2 (Age 9-12)
- Group 3 (Age 12-15)
- LOTUSS (Age 15-18).

On the whole we aim to cover the five teaching techniques in a lesson as prescribed by Sri Sathya Sai Baba to draw out the inherent goodness and divine qualities that are within the child. These are:

- 1) Prayers
- 2) Story Telling
- 3) Group Devotional Singing
- 4) Group Activities
- 5) Silent Sitting

Children are encouraged and provided opportunities such as acting in dramas, participating in group devotional singing, public-speaking, chanting of prayers, taking part in service activities, to name but a few so as to develop their character, gain self-confidence and attain excellence.

All children are requested to bring A4 paper, folder with dividers, pens, pencils, rubber, ruler, sharpener and colour pencils in a named bag.

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Medical Information

Please inform the class teacher of any medical information or allergies that your child might have and would be important for him/her to know.

What will your child learn about in SSE?

The children learn prayers, its meaning and why we should do prayers.

Once a month we have children's bhajans where children are encouraged to lead the bhajan.

How we should do silent sitting and its benefits starting from nursery to adults.

Story telling is used to help children remember examples of famous people and parables why Love Peace, Truth, Nonviolence and Right Conduct is important through out our life and to help us become closer to God.

Group Activities is used to make it fun for them to learn and remember these values.

We ask the children to do a spiritual Diary so it can help them to practice what we are teaching them.

Different age group have a different spiritual diary. Parents are welcome to ask the teacher to add anything they would like their child to improve on.

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PLEASE USE BLOCK CAPITALS

1. Surname of Child _____ First Name of Child _____

Address _____

_____ Post Code _____

Date of Birth _____

Mobile of child (if child has a phone) _____

Home Telephone number: _____

Email of Child (if he/she has an email address): _____

2. Father's Name _____

Occupation _____

Father's Mobile number: _____

Father's Email Address: _____

3. Mother's Name _____

Occupation _____

Mother's Mobile number: _____

Mother's Email Address: _____

4. Family History

Brother _____ Date of Birth _____ Sister _____ Date of Birth _____

5. Name & Address of Doctor _____

Telephone _____

E_mail: _____

Emergency Contact Details:

Name..... Telephones.....

Please state Relationship to the child (uncle / aunty / grand parents / friends of the family etc)

6. Details of any illnesses listed with dates e.g.: (*Delete as appropriate)

Diphtheria Whooping Cough Tetanus Yes No* Date: _____

Polio Yes No* Date: _____

Measles Epilepsy/Fits Other Yes No* Date: _____

Allergies Yes No* Date: _____

Small pox Yes No* Date: _____

German measles Yes No* Date: _____

Chicken pox Yes No* Date: _____

Scarlet fever Yes No* Date: _____

Mumps Yes No* Date: _____

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If 'Yes' please Specify _____

7. Special diet _____

8. Is there anything else you think we should know about your child? Yes/No.

If "Yes," please give details

9. Relatives/friends who may be contacted in the event of an emergency during SSE hours.

Name _____ Telephone _____

Parents Questionnaire

1. How or where did you hear about Sai Spiritual Education (SSE)?

2. How would you like your daughter(s) / Son(s) to benefit from attending SSE?

3. Do you have any other children already following SSE at this Centre or anywhere?

4. Do your daughter(s) or son(s) know any other children attending SSE at this Centre?

5. If yes, how do you know them? E.g. relatives / school mates etc

6. Please rate the importance of attending SSE regularly, between 1 to 10. (1 being less important and 10 being very important)

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Children's Questionnaire

1. Who is your favourite teacher at school?

2. Why is she or he your favourite?

3. What is your favourite book?

4. What is your favourite food?

5. What is your favourite snack?

6. Draw a picture of your favourite hobbies.

Write a few sentences on your hobby / favourite hobby / hobbies.

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7. Any other comments

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Parent's Commitment

As the parent of who proposes to attend the SSE classes at Tooting Sai Centre We extend our fullest help and cooperation in ensuring the maximum benefit to our child from the SSE Training Course and to that end, we propose to do the following:

1. I will ensure that my child attends the class regularly and on time.
2. I will be taking a personal interest in what the child is taught in the SSE class and co-operate with the SSE teacher's in making the child fully imbibe the benefits of the course
3. I will keep watch on my child's company and do the needful to ensure that the child does not move in unhealthy company, as this will affect the good impact being made by the SSE Course.
4. I will attend, whenever invited, the meetings/functions arranged for the parents by the SSE Teachers.
5. I will welcome the SSE Teachers whenever they visit our home for a cup of tea and a chat.
6. I will inform the teacher of any change/s that affects the child's ability to learn.
7. I will inform the teacher of any health conditions that the child may develop during the child's development/growth.
8. If for any reason, my child cannot attend SSE I will inform the relevant teacher at least 24 hours prior.

Signed _____ Date _____

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Acknowledgement Form

We acknowledge that we do not hold the Sri Sathya Sai Service Organisation, the Centre members, the SSE Teachers and/or SSE Helpers responsible for any injury to my child, loss or damage to belongings etc, whilst my child is at the centre or participating at Events/outings organised by the SSE or the Sri Sathya Sai Service Organisation.

Name of Child

Name of Parent/Guardian

Signature

Date

Children are the crops growing in the fields, to yield the harvest on which the nation has to sustain itself. They are the pillars on which the foundation of the nation's future is built. They are the roots of the national tree, which has to give the fruits of work, worship and wisdom to the next generation.

Divine Discourse, 10-7-1974