Dhamma and Sinhala
Language School
2026 Orientation Day
7 February 2026

Program

2.00pm – 2.30pm	**Registration and collection book pack (Note: Online Registration strongly recommended)**	
	Orientation Session (Shrine Room)	
2.30pm - 3.00pm	**Buddha Puja and Inauguration blessing**	Venenerable monks
3.00pm - 3.30pm	**Welcome Address** - Our vision, mission and guidelines - Rules, guidelines and responsibilities - Structure of classes - Key events - Discipline	President Dhamma and Language School
3.30pm - 3.40pm	**Discipline at the temple and why it's important?**	Dhamma school teachers
3.40pm - 4.00pm	**Tea Break**	
4.00pm - 4.40pm	**Overview of Buddhism Classes**	Buddhism Coordinator
	Overview of Sinhala Classes	Language Coordinator
	Importance of litter management	Administration Coordinators
	Administration and Support - Enrolment and Book Pack - Tea Roster - Communications - Volunteering - Parent Corporation - Feedback	
4.40pm - 4.45pm	National Anthem	

Inauguration blessing

Ven Kotapola Upali Thero

WELCOME ADDRESS

Principal
Dhamma and Language School

OUR VISION

To create an environment that fosters sound ethical values and promotes the development of compassion, self-knowledge, wisdom and communal responsibility, combined with the academic and social skills vital to a successful presence in society, through the values of Buddhist Teachings and Sinhala Heritage.

OUR MISSION

The Dhamma and Sinhala Language School managed by Australia Sri Lanka Buddhist Association is a volunteer-run organization devoted to instilling Children with Buddha's teachings, the knowledge of the Sinhala language and Sri Lankan heritage. Formal teaching occurs on a weekly basis, while considerable attention is also placed on cultural, social and religious activities.

Benefits

- **Learn about Buddhist culture, the history of Buddhism, Buddhist stories, and many other aspects of Buddhism as a religion and its philosophy.**
- **Sri Lankan Cultural Awareness**
- **Communication Skills (pleasant speech)**
- **Confidence Building**
- **Mindfulness**
- **Loving kindness**
- **Problem-Solving**
- **Discipline**
- **Emotional Expression**
- **Social Skills**
- **Fun and Enjoyment**

Rules, Guidelines, and Responsibilities

Student Behavior & Conduct

- Attend classes regularly and arrive on time
- Show respect to venerable monks, teachers, elders, and fellow students
- Follow instructions and maintain discipline at all times
- Use respectful language – no swearing or inappropriate behaviour
- Bullying, aggression, or disrespectful behaviour is not tolerated

Learning, Safety & Responsibility

- Bring required books, stationery, and a water bottle
- Participate actively and try your best in all lessons
- Dress appropriately for the temple environment
- Help keep the temple clean and follow rubbish and recycling rules
- Mobile phones are not permitted during class time

Structure of Classes and Timetable

Day School Class	Dhamma School
Kindergarten, Year 1	1A
Year 2	1B
Year 3-4	2C
Year 5-6	3D
Year 7 and above	4E

Time	Activity
2.20-2.30pm	Arrive at the temple
2.30-2.50pm	Buddha pooja and observe pansil
2.50-3.50pm	Buddhism
3.50-4.10pm	Afternoon tea break
4.10-5.10pm	Sinhala
5.10-5.15pm	National Anthem

Important events for 2026

7 FEB 2026
SCHOOL
COMMENCES

11 Apr 2026
Sri-Lankan New
Year
Celebration

2 May 2026
Vesak
Celebration
Vesak Concert
and Bakthi Gee
Performance by
Kids

5 Sep
2026
School
Excursion

27 Jun 2026
Posson Poya
Children Sil
Program

24&25 Oct 2026
Katina Ceremony

28 Nov 2026
Annual Concert

Proposed activities for 2026

Excursion – Santi Forest Monastry Bundanoon

Discipline at the temple and why its important

What is discipline?

Ability to control your behaviour or actions by:

- Following rules
- Making good choices
- Doing what is right without being forced
- Being responsible for your actions

In Dhamma it is linked with self control and mindfulness

Why it is important in Dhamma School?

- Dhamma is about practice, not only knowledge
- Create a peaceful environment
- Builds moral character
- Shows respect to the Triple Gem
- Guides daily life, not just temple life

Good behaviour is the foundation of living according to the Dhamma

What children can do to behave in Dhamma School?

- Show respect to monks, teachers, other students and adults.
- Listen carefully when teacher is speaking.
- Use right speech.
- Follow class rules.
- Be mindful and calm.
- Help and share with peers.
- Raise a hand before speaking.
- Take care of books and the classroom.
- Practice patience and self control.
- Try to live in Dhamma not just learn it.

In short be kind, respectful, mindful and responsible.

Tea Break (20 mins)

Our syllabus, teachers and the Admin team

Plan for the 2026 Buddhism Classes

Class	High-level content
A	
B	
C	
D	
E	

The Three H's- KurtHuan's Educational Psychology Framework

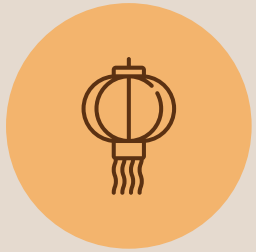
The wholistic approach of education attributed to three H's - Kurt Huan

Head

Intellectual Engagement and Critical thinking

Heart

Emotional connection, Attitudes



Hands

Practical Skills and Actions

Class A: Simple Introduction to Buddhism and Buddhist Culture

Our Temple
Places of worship
How to behave in the temple premises and respect.

Noble Triple Gems
Initial introduction to Buddha, Dhamma and Sangha.

Moral values
Through Jathaka stories
Prince Siddhatha's chilhood
zen stories

Mindfulness activities
suitable for kinder and Grade 1.

Class B: Being a Buddhist Child

Recap from Class A
Temple and Dhamma School.

Five Precepts in Detail
Five Precepts -in Detail with stories, videos etc

Gatha practice
Buddha Wandana

Life of Lord Buddha
The main milestones
Birth of Prince Siddhartha,
Enlightenment,
Passing away of Lord Buddha

Morals
Morals through Jathaka Stories

Mindfulness activities and a simple introduction to meditation
Loving Kindness, Breathing, walking.

Class C: Enculturation into Buddhism

Traditions and Conventions in Buddhist Culture
Vesak, Poson, Katina, Alms giving, Observing Sil

Life of Lord Buddha-in detail
Prince Siddhartha, Ascetic Siddhartha and his quest, Enlightenment, Passing away of Lord Buddha

Morals
Through Jathaka Stories-
Eg; Samodana, Sattigumba, Nandiwisala, Seri Wanija, Weluka

Places of Significance
Sacred Bo Tree, Ruwanweli Mahaseya, Temple of Tooth Relic

Characters that inspire
Bakkula Thero, Angulimala Thero, King Bimbisara, King Kosala, Chief lay disciple- Anathpindika

Mindfulness activities and Meditation
Loving Kindness
Breathing meditation

Class D: Transition- Buddhist cultural Aspects leading to Basic Concepts of Buddhism

Student Project

Practical Approach
Respecting other views,
learning to live a better life, different types of friends, importance of good relationships,
helping others with metta

Sri lankan Heritage
Great Kings of Sri Lanka,
Historical cities-Anuradhapura, Polonnaruwa,
Buddha's visits to Sri Lanka

Concepts
Introduction to four Noble Truths,
Four Sublime States,
Dhana, Seela and Mettha Parami,
Mettha Sutta, Mangala Sutta,
Ten wholesome Deeds

Characters that inspire
Bhikkuni Khema,
Visaka- the main female lay disciple,
Tissa Thero,
Nakula Matha and Nakula Pitha

Meditation – Breathing, loving Kindness

Dhamma Pada and Jathaka Stories
Sasa, Appannnaka, Deegathi kosala

Class E: Buddhism By Practice

How Does Buddhism help solving (Teenage) Issues
How to control emotions,
How to increase focus on studies,
Facing challenges

Being a responsible citizen
Buddhist Ethical rules and values,
Buddhist Contribution to Humanity,
Importance of accepting differences

Buddhist Customs and Traditions
Buddhist view of marriage,
Buddhist way of building wealth
Funeral rites

Concepts
Four Noble Truths in detail,
Three Marks of Existence,
Five Mental Hindrances,
Four Elements,
Death and Rebirth,
Mind and matter

Topics of interest
Buddhism and Science
Buddhism and Gender
Are heaven and hell real?
Is Buddhism pessimistic?
Buddhist attitude towards other religions

Plan for the 2026 Sinhala Classes

සිංහල කියන්න ලොවටම ඇහෙන්න

Speaking in Sinhala

Program Vision

- Develop confident Sinhala speakers
- Strengthen cultural identity
- Encourage everyday use of spoken and written Sinhala

Sinhala Language Class 01 - Sinhala Syllabus

Play-based activities to introduce letters

1.Flash cards
2.Practicing writing letters on dotted lines
3.Learning words by using pictures
4.Practice making sentences using three words
5.Practice speaking frequently spoken words

Telling a story and singing songs and discussing it

Discussion tropics and daily practice activities

1. Good manners, routine and treating elders.

Additional materials

1.Teaching counting in Sinhala with activities
2.Introduce Sinhala colours names by activities
3.Introducing the Sri Lankan flag by colouring
4. Showing videos about Sri Lanka and discussing them.
5.Sinhala New Year, About me / About family

Only Class 01 –B

Writing Sinhala letters (focus on the following letters, both writing and reading)

ට ව ර ග හ ය ප ස ත න ක ල ද ම බ

Sinhala_Language Class 02

- Introducing, writing, reading and memorization of simple letters of the Sinhala alphabet

Writing Sinhala letters (focus on the following letters – writing and reading)
ඉ ච ඊ උ ඩ එ ඒ ඔ ඕ හ ඬ ඖ ඳ අ ඌ

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- introduce and pronunciation of the all the Sinhala letter හල් කිරීම

- Practice listening and pronunciation of the Sinhala words

Example - Singing and understanding simple 4-line poems such as “කිරි සුදු හාවා පැන පැන ආවා”

- Developing speaking skills

Example - Simple topics like about myself, my family and my school

- Talking about Sri Lankan culture and special festivals

a. Cultural festivals in Sri Lanka
b. Daily routines
c. Sports in Sri Lanka
d. Family structure

Sinhala language Class 03

Our expectations for the outcome

1. Understanding how to use the Sinhala alphabet vowels and consonants and Combining letters

Example: ඉස්පිලි පාපිලි කොම්බුව

2. Writing simple words using the Sinhala alphabet vowels and consonants.

3. Encouraging students to ask questions in Sinhala.

4. Practice speaking and writing simple three-word sentences

5. Understanding Sinhala cultural values and customs.

6. Understanding the importance of Sri Lanka's Independence Day and Sinhala New Year

7. Understanding Sri Lanka's cultural elements and heritage

Sinhala language Class 04 -

Our expectations for the outcome

1. Writing and reading simple sentences.

2. Writing and talking about my pet, my hobby and my country.

3. Understanding how to use Sinhala singular and plural words.

4. Understanding how to use Sinhala feminine and masculine words.

5. Practicing speaking and writing the present ,past, future tenses in Sinhala.

6. Listening to simple Sinhala stories and songs and encouraging them to ask questions in Sinhala.

8. Providing an understanding of Sinhala cultural values and ethics.

7. Providing knowledge of counting up to 100 in Sinhala and how to use numbers in writing and speaking Sinhala.
Example: මම දෙවරක් උත්සාහ කරමි. මට සහෝදරියන් දෙදෙනෙකු සිටිනවා

Importance of litter management

- The temple is a sacred place that should be kept clean, calm, and respectful at all times.
- Proper litter management reflects Buddhist values such as mindfulness, responsibility, and respect for others.
- A clean environment creates a positive learning space for children and a welcoming place for the wider community.
- Litter left behind affects everyone – children, parents, teachers, volunteers, and visitors.

Knowing Our Bins – What Goes Where

- Green Bin: Food scraps and organic waste only (no plastics or bottles).
- Yellow Bin: Clean recyclables such as paper, cardboard, clean plastic containers, and cans.
- Red Bin: General waste that cannot be recycled.
- Pink Bin (10c Recycling): Eligible drink containers only (juice boxes, plastic bottles, cans).
- Items must be empty and placed in the correct bin – mixing waste makes recycling ineffective.

Small Actions, Big Impact

- Each Dhamma School session we collect around 80–100 drink containers.
- This equals approximately $10 per session through 10c recycling.
- That is about $40 per month, $120 per term, and around $500 per year.
- This amount can help cover the cost of students' book packs and learning resources.
- When everyone takes responsibility, small actions add up to meaningful support for our children and temple.

School Administration

- Registration & payment: online only
- Class placement: teachers allocate based on prior level + syllabus change each year
- Communication: WhatsApp + email
- Enrolment requirement: students must be enrolled to attend (include deadline)
- Attendance tracking: teachers mark attendance online

Why is Feedback Important?

Your feedback will help us (the school committee and teachers) understand the things we're doing well, where we can improve, and what's really important to you as a parent.

- Encourage positive change
- Improved performance
- Share your experience
- Diffuse conflicts and misunderstandings
- Creates better relationships with students, parents and teachers

Questions?

National Anthem

Thank you