



Daily News



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The Lawrentian Chronicles

THURSDAY, 16TH JANUARY 2025

Celebrating 125 years of Catholic Education

A Journey of faith and learning

St. Lawrence's Convent, formerly known as St. Lawrence's School, is a prestigious institution for girls located in Wellawatte. Founded by Mrs.

Janet Poulier, the school was later entrusted to the Catholic Church, with the Congregation of the Good Shepherd nuns playing a pivotal role in shaping the hearts and minds of countless young girls over the decades.

Initially, the school educated both boys and girls in all three media. However, as we celebrate 125 years of excellence, St. Lawrence's Convent now focuses on educating girls in Sinhala and English. Students are nurtured not only academically but also in various pursuits such as sports, arts, and discipline, with a steadfast emphasis on faith in Christ, which serves as the cornerstone of formation for every Christian.

As St. Lawrence's Convent marks its 125th year, we hope this publication will evoke cherished memories and highlight the numerous achievements and accolades of the school. The success of this work is a testament to the dedication of many writers, past and present students, who have devoted their time and effort to its creation. May our patron St. Lawrence, continue to guide us in our future endeavours.

May God bless you all.



Rev. Sr. Mary Dilrukshi Principal



Inspiring minds and Enriching Souls

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http://archives.dailynews.lk/st.lawrence/_DN/

St. Lawrence's Convent

Lake House School Official Newspaper Programme

Quasiquicentennial Legacy

Strength Of St. Lawrence's Convent



Mrs. Umadanthie Jayamanne
(Vice Principal 2020 – Present)

On this momentous occasion of the inauguration of the 125th Jubilee, I, as the Vice Principal of St. Lawrence's Convent and a proud past pupil, am deeply humbled and grateful for the privilege of assisting in leading this esteemed institution. As we celebrate this milestone, we pay tribute to the unwavering dedication, sacrifice, and vision of the foundress of St. Lawrence's School, Mrs. Janet Poulter.

Generations of students have passed through our doors, each leaving an indelible mark on our institution and carrying forward the values and principles we hold dear. To our students, parents, past pupils, staff, and partners in education, we extend our sincerest gratitude for your steadfast support and trust.

As we embark on the next chapter of our journey, we are filled with excitement and anticipation. We look forward to continuing our evolution as an institution that stays true to its core values while embracing the ever-changing needs of our world.

May we always strive for excellence, seek wisdom, and serve with love.

Long live St. Lawrence's Convent!



Yvonne Elders (née Mortimer)
(Head Girl, 1954–1955)

Happy 125th anniversary!

Being the first Head Girl of St. Lawrence's Convent was an incredible privilege. Without a role model to follow, I had to carve a path for others, supported by Mother Finbarr and the dedicated teachers.

My time at St. Lawrence's taught me the importance of fellowship and respect for others. Now living in Australia, it is heartwarming to see how the spirit of fellowship and friendship continues among past pupils, as we reconnect even here.



Nirmala Rayen (née Gomez)
(Head Prefect, 1977–1978 & Founder President,
1985/86 and 1986/87 Past Pupils' Association)

As St. Lawrence's Convent celebrates 125 years, I extend my warmest and heartiest congratulations to the Convent and all those who have contributed to its development over the past century and a quarter.

With gratitude, I remember our founder, Mrs. Janet Poulter, the Good Shepherd Congregation Sisters, principals, teachers, benefactors, and all those who have worked tirelessly with zeal, sacrifice, and dedication. They have shared their faith, instilled values, and provided students with a high standard of education.

Their efforts have made St. Lawrence's Convent a school that sets the standard—a school to admire and a school to be proud of. As we move forward, my prayer is that, through the powerful intercession of St. Lawrence, God's abundant blessings will continue to be showered upon St. Lawrence's Convent, the Good Shepherd Congregation Sisters, teachers, students, and all others associated with the school.

"Let love and loyalty bind us."



Maryese Ranaweera
(Head Girl, 2002)

As our Alma Mater marks its quasiquicentennial anniversary, I wish the Lawrentian family—Rev. Sr. Principals, teachers, students, and past pupils—a joyful and graceful celebration.

May St. Lawrence's Convent continue to nurture young girls spiritually, academically, and in humanity, spreading its essence to the world. I am truly grateful for the indelible impression the school has left on me and am proud to be part of its enduring legacy.



Hazel Pereira
(Head Girl, 2006)

Happy 125th anniversary to my Alma Mater—my second home!

This remarkable milestone celebrates not just 125 years of education but also a legacy of inspiration and service to the community. St. Lawrence's Convent has always provided a nurturing environment and dedicated teachers who instill values that foster a deep sense of belonging.

The school's commitment to academic excellence, sports, creativity, and leadership has empowered generations to achieve beyond their dreams. Here's to the countless lives transformed within these walls and to many more generations of bright minds and compassionate hearts that will walk through them.

May my school continue to flourish for centuries to come—for the greater glory of God!



Nimesha Jayamanne
(Head Girl, 2014)

To all current and future students: I encourage you to embrace every opportunity St. Lawrence's offers. Whether it's academics, extracurricular activities, or community service, remember that each experience contributes to the person you will become.

I wish all students the very best as they continue to uphold the proud legacy of St. Lawrence's Convent. May the school go from strength to strength and achieve even greater heights in the years to come.



Natasha Perera
(National Basketball Player & Head Girl, 2013)

Happy 125th anniversary to my alma mater!

As we step into this remarkable milestone of 125 years, I extend my gratitude to all those, past and present, whose hard work and dedication have brought our school to its present glory.

To the present and future Lawrentians: Believe in yourself, follow your passion, and never give up. You'll never know your strength and capacity until you try. Remember, there are no limits to success!



Eunice Benjamin Ranjithan
(Head Girl, 1999)

My fellow Lawrentians,

Whatever task, great or small, you wish to accomplish, let it be done with a magnanimous and generous heart. Hold fast to the values and beliefs instilled by our Alma Mater as you move and live in the world.

When faced with life's challenges and overwhelming moments, call upon our Blessed Mother Mary and our patron, St. Lawrence. With God's grace and mercy, the impossible becomes possible.

Congratulations to our beloved St. Lawrence's Convent on reaching this extraordinary milestone. May the next chapter in its journey be even more inspiring than the last.



By
Veenavi De Silva

*On behalf of the remaining nieces and nephews of foundress Janet, and Gladys Poulter,
I wish Saint Lawrence's Convent every success in continuing their enduring legacy.*

Hans Vanderwert

Inspiring minds and Enriching Souls

Maintaining the prestige of a distinguished school is no easy task. St. Lawrence's Convent, renowned for moulding well-rounded and valuable members of society, has rendered an invaluable service to the nation. Under the visionary leadership of Rev. Sr. Mary Dilrukshi, the school has reached new heights of excellence.

■ Can you provide an overview of the school's founding and its mission?

In 2025, we will proudly celebrate 125 years of excellence. St. Lawrence's Convent traces its origins back to 1900, when Mrs. Janette Poulier founded it as a modest drawing-room school. In 1936, she passed the reins to her niece, Miss Gladys Poulier.

In 1951, Rev. Fr. Robert Fernando, the parish priest of St. Lawrence's Church, assumed responsibility for the school. Two years later, in 1953, he entrusted it to the compassionate care of the Good Shepherd Congregation. Since then, for the past 71 years, the school has flourished under the dedicated guidance of the sisters of the Good Shepherd Congregation.

■ How has the school evolved over the years in terms of its curriculum and community involvement?

What began as a small, home-based school has grown into one of the leading Catholic girls' schools in Colombo. Interestingly, in its early days, the school catered to both boys and girls before transitioning to a girls-only institution. Throughout its history, the school has adhered to the Government Curriculum, adapting over time to changes in educational policies. Instruction has been offered in Sinhala, English, and Tamil as the laws and regulations evolved. Today, the school proudly serves nearly 1,500 students in both Sinhala and English media.

It is also worth highlighting the school's unique charm: "small is beautiful." The relatively small size of the community has fostered a strong sense of familial warmth, which permeates everything we do. This cherished quality is a blessing for which we continually thank the Lord.

■ What unique programmes or initiatives does the school offer to promote Catholic values among students? And how does it integrate faith-based teachings into the daily curriculum?

Our school is dedicated to promoting Catholic values through a variety of unique programmes and initiatives. A cornerstone of our efforts is encouraging students to engage in community service projects, such as providing dry rations and stationery to the less fortunate. These initiatives reflect the teachings of Christ and foster a sense of social responsibility, while also helping students understand the importance of compassion and service to others. Regardless of their faith—whether Catholic, Buddhist, or Muslim—all students work together as one family in these charitable endeavours.

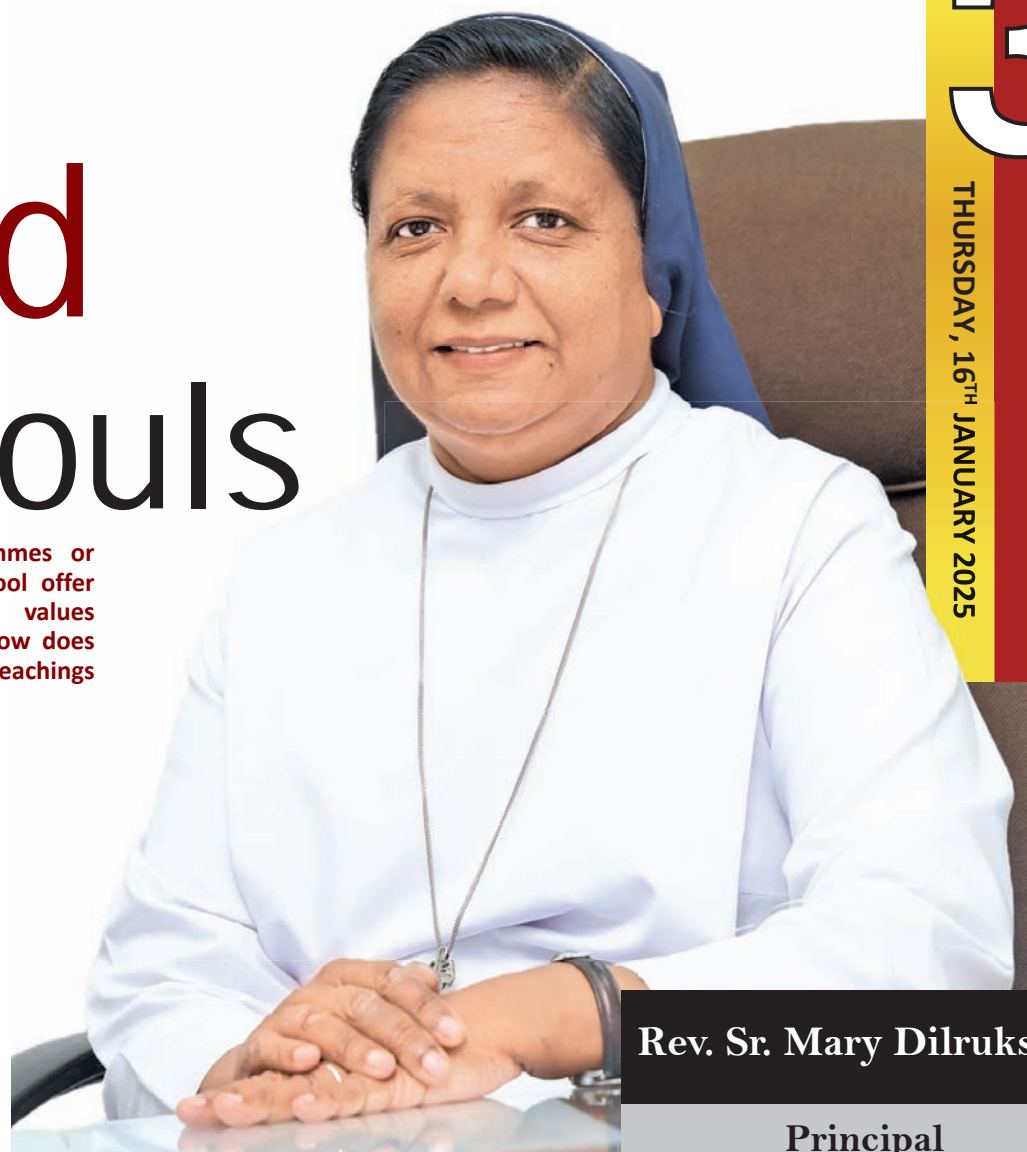
Furthermore, we have integrated a 'Faith in Action' curriculum, which blends Catholic and religious teachings into various subjects. In religion classes, students explore themes of principles and beliefs from a Catholic perspective. In history classes, we examine the role of the Church in shaping society and culture.

Daily morning prayers and Holy Mass are also integral parts of our school routine, reinforcing the importance of faith in our daily lives. Additionally, we offer retreats and spiritual formation opportunities, allowing students to deepen their relationship with God and reflect on their personal journeys of faith.

Through these programmes and the incorporation of faith-based teachings into our curriculum, we aim to create an environment where students can thrive academically while developing a strong moral foundation rooted in Catholic values.

■ How have the contributions of past teachers and the present staff shaped the school's culture and values?

St. Lawrence's Convent has been fortunate to have had a dedicated and hard-working group of teachers throughout its history. These individuals have served the school with love and commitment for many years, shaping



Rev. Sr. Mary Dilrukshi

Principal
St. Lawrence's Convent

the institution into what it is today. I take this opportunity to express our deep gratitude to the past principals, vice principals, and teachers, whose generous service has left an indelible mark on the school's culture and values. Their unwavering dedication has played a vital role in the school's continued success and growth.

■ The celebration of St. Lawrence's Convent reaching 125 years is indeed a significant occasion that deserves recognition and reflection. Can you share the special plans the school has to make this year memorable?

The celebration of St. Lawrence's Convent reaching 125 years is indeed a momentous occasion that calls for recognition and reflection. One of the key initiatives for this milestone is the launch of our jubilee magazine, the first edition in English. This magazine serves as an important platform to highlight the school's unique identity and the remarkable talents of its students. Not only does it showcase their achievements, but it also provides an opportunity to share the school's rich legacy with a wider audience, all while giving glory to God for the many blessings received over the years.

In addition to the magazine, a variety of special programmes have been organized by the teachers to foster both personal and spiritual growth among students. These include Holy Mass and Novenas

to commemorate the jubilee. Moreover, we have planned concerts, cultural days, and competitions, offering students a wonderful opportunity to express their creativity and talents. These events will allow them to shine in various aspects during this special year.

Ultimately, all of these celebrations are not merely a commemoration of the past but a reaffirmation of our commitment to a future grounded in faith, service, and moral development.

■ Sister, do you have any words of wisdom to offer?

In today's society, it is essential that we cultivate women of faith and courage—women who possess the strength of mind to persevere despite challenges and adversity. Let us draw inspiration from the lives of the Blessed Virgin Mary, St. Lawrence, and St. Mary Euphrasia and strive to follow in their footsteps.



Video Available

By
Miriam Carmel Ann
Ranjithan



From Humble Beginnings to a Promising Future

The Legacy of St. Lawrence's Convent

In the time of Queen Victoria, there was a good citizen by the name of Lawrence in Colombo. Not much is known about him, but his act of naming his home 'Lawrence Villa' sowed the seed for the magnificent St Lawrence's Convent, which we have all grown to love over the years. Our story begins with the foundress of the school, **Mrs Janet Poulie**, a competent educationist who started her teaching career at Methodist College, Colombo. She was a lady with a passion for education and teaching. She longed to have her own school and initiated her dream by commencing teaching in the drawing room of her home, 'Lawrence Villa'. Mrs. Poulie's dedication was rewarded with a steady increase in the number of students, which required her to expand her parameters to cater to the growing demand. When the decisive moment came for Mrs Poulie to choose the name of the school, we can reasonably surmise that St Lawrence influenced her decision. It is strongly believed that Mrs Poulie, being a devout Methodist, came across the life of Saint Lawrence, a Catholic saint, and was fascinated by his story. His steadfast faith, cheerful disposition, and heroic martyrdom made a lasting impression on her heart.

Convinced by his example, she christened her school 'St Lawrence's School'. Despite being a Methodist, Mrs Poulie was not bound by religious prejudices. She founded the school in the year 1900, well before St Lawrence's Church, Wellawatte, came into existence.

In 1936, she handed over the reins of the school to her niece, **Ms Gladys Poulie**, while she remained the Manageress. With the growth in student numbers and the demands on the private school to comply with reforms in the new educational system and government requirements, changes were necessary.

Since the time of the Portuguese, Saint Lawrence had been declared the Patron Saint of the city of Colombo. After the demolition of the Lorenzo De Almeida Chapel, there was no designated church to commemorate this saint. To address this need, St Lawrence's Church was built in 1938. Considering the pastoral care and efficiency with which the Archdiocese of Colombo functioned, Ms Poulie saw it fitting that her beloved school be handed over to St Lawrence's Church, Wellawatte.

Therefore, in 1951, **Rev. Fr Robert Fernando O.M.I.** purchased the school on behalf of the Archdiocese of Colombo. At that time, the management of the school was under **Miss Gozmao**, who performed a splendid job and increased the school's efficiency. One of the stalwarts from Mrs Poulie's time who continued to serve the school for more than four decades was **Miss Lou Barthelemeuz**.

In 1953, Rev. Fr Robert Fernando handed over the management to the Congregation of Our Lady of Charity of the Good Shepherd.

Mother Mary of St Immaculate

was the Provincial at that time. **Mother Mary Finbarr**, as Principal, together with two other Good Shepherd sisters from the order, began shaping with great care the young minds and hearts entrusted to them. At that time, there were 207 boys and 145 girls being educated. Instruction for both genders continued until the boys were allowed to remain in school up to the Fifth Standard, after which, in the early sixties, they were stopped altogether. At St Lawrence's School, the medium of instruction had remained English until 1954. Thereafter, English, Sinhala, and Tamil media ran in parallel, though the numbers were small. With time, dilapidated classrooms gave way to single and two-storey buildings under **Rev. Sr. Carmeline**, which included a laboratory. In 1953, a new Kindergarten block, which stands today proudly as St Lawrence's Montessori House of Children, was built. The pitter-patter of little feet began their promising educational journey that would naturally continue to the 'big school'.

In 1954, **Mother Finbarr** chose four places of religious importance—**Loretto, Lourdes, Lisieux, and Lima**—as the names of the four houses for the school.

9th August 1957 was a red-letter day, as it marked the first time the Feast of St Lawrence was celebrated and also the very first school day. **Rev. Fr Robert Fernando O.M.I.** had been working for months on the school crest. **Rev. Fr J. Herat** was entirely responsible for the plan and composition of the crest. The school anthem was composed by one of the Colletine Poor Clares of Tewatte, Ceylon. The celebrations began with the march-past and hoisting of the flag. After the unfurling of the "Red and Gold", the school anthem was sung, followed by a colourful drill display and entertainment items performed by the students.

The first prize-giving was held in 1965, with **His Lordship Bishop Frank Marcus Fernando**, Auxiliary Bishop of Colombo, as the chief guest. The principal at the time was **Rev. Sister Eleanor**.

In 1966 and 1967, mini sports meets

were held on the school premises.

In 1968, the regular athletic meet, directed by **Mrs Noel Jayamaha**, was launched at the St Peter's College grounds. The chief guest was the Hon. Minister of Sports and Nationalised Services, **Mr V.A. Sugathadasa**. He lauded the school for having organised such a disciplined and enjoyable meet. Interhouse sports meets were held annually, along with athletics, netball, elle, and swimming, which gave students the opportunity to display their outdoor abilities.

In 1952, **Mrs Audrey de S. Wijeyaratne** and **Miss Rani Joseph** walked through the gates of St Lawrence's School as a blessing from above. Having served the school for more than six decades, Mrs Wijeyaratne's contribution to the school is invaluable.

The principals who have provided leadership to develop the school have worked wonders to bring St Lawrence's Convent to what it is today. On 9th February 1988, the present pavilion and classrooms were opened by **Most Reverend Dr. Nicholas Marcus Fernando**, Archbishop of Colombo, under the auspices of **Rev. Sr. Nivard Senerath**, the Principal of the school. She was also instrumental in starting the Advanced Level section with the Commerce stream in 1985. **Rev. Sr. Teresa Perera** erected the present primary building, which has enabled the little ones to grow in an ideal setting. The Advanced Level building complex was constructed by **Rev. Sr Chandrika Perera**, who also introduced the Advanced Level science stream in 2010.

St Lawrence's Convent celebrated its centenary in the year 2000 under the guidance of **Rev. Sr. Mary Gertrude**. In addition to the usual calendar events, the celebrations included a walk, concerts, and exhibitions to commemorate this great milestone of the school. In 2001, **Rev. Sr Gertrude** reintroduced the English medium from Grade 1 after a lapse of many years, during which only Sinhala and Tamil media were offered. This initiative broadened the opportunities and educational horizons of the students. The present school hall and new building were constructed under the meticulous and efficient direction of **Rev. Sr. Jeewani Martinus**.



His Lordship Bishop Frank Marcus Fernando at the first Awards Day of the school

In the heart of Colombo, St Lawrence's Convent, though small in size, has been the catalyst for many professionals in various spheres of society. Currently, with 1,500 students in the school, the teacher-to-student ratio is a healthy 1:25, which makes it possible for better interactions between teachers and students. This facilitates focus and care for each individual student. With the intercession of St Lawrence, God has worked wonders and helped us progress to new heights, while doing everything for the greater glory of God. St Lawrence's Convent has always prioritised good Catholic values and morals over mere academic pursuits and co-curricular achievements. But God, in His generosity, has not only guided Lawrentians to live holy and exemplary lives but has also blessed the school with success in many other extracurricular engagements. This environment has crafted well-rounded and flexible individuals who are able to adapt to any situation, face challenges, and forge ahead into the future despite obstacles and difficulties.

Imitating their role model, Jesus Christ and their foundress St Mary Euphrasia, the Good Shepherd Congregation nurtures

the girls at St. Lawrence's Convent. The Province Leader Rev. Sr. Maryanne Perera, Colombo Sector Coordinator Rev. Sr. Alexandra Mendis and Local Leader Rev. Sr. Francine Muthugala together with the Principal Rev. Sr. Mary Dilrukshi through their leadership foster a spirit of faith and excellence in the school.

St Lawrence's Convent is a testament to the dedication of teachers, principals, students, and the community comprising the PPA and PTA, who have shaped its legacy. From its founding principles to its countless achievements, the school has fostered a spirit of learning, resilience, and camaraderie. As we look forward to the future, let us remain committed to building on this rich heritage, ensuring that St Lawrence's Convent continues to inspire and empower generations to come. Together, we carry the torch of our past into a bright future. St Lawrence, continue to intercede and pray that we may procure our greatest triumph—to reach our heavenly abode!

'O Red and Gold, through triumph, through strife, Blazen our trails to endless life'



Poullier Sisters

The Dutch ruled Ceylon from 1658. Arnout Poullier, born in Bergen-Op-Zoom, Holland, was the first Poullier to arrive in Ceylon on the ship Schoonewal in 1714. Many generations later, **Marion Janet Poullier** was born on 16th September 1868. She was the 8th of 12 children (8 boys and 4 girls).



Mrs. Janet Poullier
1900 -1936

Miss Janet Poullier is said to have started her humble school in the drawing room of her home, Lawrence Villa, in 1900. She married Richard Alfred Poullier the following year, on 20th July 1901. Sadly, her marriage was short-lived, with the death of her husband recorded as 22nd February 1904.

While Janet was widowed and had no children, her brother Richard Benjamin had 5 daughters and finally a son. His eldest daughter, born on 19th May 1896, was named after his sister, Janet Florence, and fondly known as Fay.



Miss. Gladys Poullier
1936 - 1951

Fay taught the beginners at St Lawrence's School and lived with her aunt Janet at 37 Lily Avenue, where she started her own pre-school after St Lawrence's School was sold. Caryl Jansz, her niece, now 86 and living in Australia, attended St Lawrence's School in the 1940s and recalls holding hands and singing nursery rhymes around an old, large tamarind tree that proudly stood in the grounds of the school. She also remembers how, much to their amazement, a crow flying overhead decided to "bless" Aunt Fay with "good luck," and how they all ended up finding out that she was actually wearing a wig. She also recalls how the schoolchildren were taken to visit grand-aunt Janet at her home each year on her birthday.

Fay's sister, **Gladys Aseneth**, was born on 7th November 1897. Their family home was at 5 Pereira Lane, where she lived for most of her life. Gladys was a well-educated lady who taught Latin, English, and Mathematics to the higher grades of the school. She was most suited to take on the role of principal when her aunt retired in 1936. Gladys continued to run the school as principal until it was sold to the Catholic Church in 1951.

The 50s and 60s saw her family leave the shores of Ceylon. Her only remaining niece, Estelle Vanderwert, and family moved in to stay with her in the late 1960s and dearly cared for her until her death in 1993, just 10 days shy of her 96th birthday.

By
Hans Vanderwert

Our Past Principals



Sr. M. Finbarr
1953 -1957



Sr. M. Magdeline Ryan
1960 - 1964



Sr. M. Scholastic
1964 -1965



Sr. M. Carmeline Jayaweera
1966 - 1971



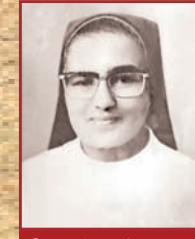
Sr. Agnes De Alwis
1972 - 1974



Sr. M. Collette
1974 - 1978



Sr. M. Lynette Perera
1987 - 1983



Sr. M. Nivard Senarath
1984 - 1990



Sr. M. Francine Muthugala
1991 - 1995



Sr. M. Gertrude Withanage
1995 - 2002



Sr. Teresa Perera
2003 - 2007



Rev. Sr. Mary Chandrika Perera
2008 - 2014

Our Vice Principals



Mrs. Audrey de S. Wijeyeratne



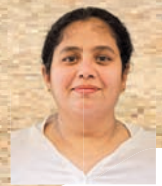
Mrs. Marietta De Silva



Mrs. Umadanthi Jayamanne
(At Present)



2015 - 2020
Rev. Sr. Jeevani Martinus



In conversation with **Mrs. Audrey de Silva Wijeyeratne** by **Eunice Benjamin Ranjithan**

The guiding hands of our school - 2025



The school's first sports meet in 1966 featured P. De. S. Jayasinghe as the chief guest. In 1968, the event moved to St. Peter's College grounds, introducing age categories under the patronage of Mr. and Mrs. Sugathadasa. The Sports Development Association, founded on February 3, 2000, by Rev. Sr. Mary Gertrude, held its first Colours Night and Games Award Ceremony in 2001.

COURT CHRONICLES

Led by head coach Migara Senerath and Assistant coaches Niroshan De Alwis and

Fritz Roy Royan. Teachers-in-charge, Ms. Deepa Dissanayake and Mrs. Prasadi Perera, ensure discipline and passion.

Anne Gunasekara, selected for the Colombo division school team in 1999,

represented the school at the Sri Lanka Army Golden Jubilee Basketball Carnival and was part of the Sri Lanka Youth, Schools, and Colombo District teams in 2000. The Under-19 team achieved three wins as 1st runners-up in All-Island and Provincial tournaments.

Members participated in the FIBA Junior Girls Basketball Tournament in Pune, India, earning two certificates.

The Under-17 team became 'B' Division champions, while the Under-19 team secured 1st runners-up in the All-Island 'A' Division. The Under-17 girls triumphed as All-Island 'A' Division champions. Natasha Perera and Sheron Wickramaratne represented Sri Lanka in the FIBA tournament in India, with Sheron earning 2nd place with the Senior National Team and the Sri Lanka Schools Sports Council Colors Award. Marie Clair Ranasinghe represented the team at the VIE 2009 All India Sports Extravaganza in Bangalore.

The team finished 1st runners-up in the Under-18 SLSBA tournament, where Shewoni Balachandran was named Best Offensive Player. They reached the Under-17 FIBA Asia Cup 3x3, with Lehana Marie joining the Malaysia tour.

W.A.D.M. Sandali Malsha earned the Western Province School Colors Merit Award in 2012. By 2016, she represented Sri Lanka at the 23rd FIBA Asia Championship in Bangkok and later joined the 2023 Senior Women's Team.

Natasha Perera captained school teams in all age categories, winning numerous championships, she represented Sri Lanka in the FIBA Asia U16 Championships, ranking first in scoring in 2011. Natasha captained the U18 3X3 World Championship team and represented Sri Lanka in the U23 3X3 Nations League.



NET PLAY

In 1999, Janaki Samarathunga was the teacher in charge of leading the teams to events like the Milo Tournament (1999, 2000) and the Eva Knockout Tournament finals in 2001. A Netball club was also established in 2000, and the teams excelled in tournaments at Maharagama Central College, provincial meets, and circuit meets. Anne Gunasekara, Melani Mack, Kristina Nugara, Sabrina De Livera, Dilshani Candappa, and Randima Ariyaratne were selected for the District Netball team. The Under-16 team secured 2nd runner-up under coach Sureka Gamage.

Under the teacher-in-charge Ms. Prasadi Perera, the teams participate in Zonal Meets and friendly matches.

TRACK AND FIELD TRIUMPHS

The team is under coach Saman Kumara and teacher-in-charge Ms. Deepa Dissanayaka. Oshini Kodikara has shone brightly, selected to light the Western Olympic Torch for 2024 and named Best Western Province Athlete in 2023 after breaking two records. Known for long jump and triple jump, she has secured multiple victories: in 2022, she won long jump at the Junior National Championship and dominated the Zonal School Meet, earning Best Athlete Under 16. At the Sir John Tarbat Senior Championship, she won long jump and set a triple jump record. Her achievements include gold medals in long jump and triple jump at the Western Province Games, National School

Games, and All Island School Games. In 2023, she continued her streak with wins at the Junior Nationals, Sir John Tarbat, Western Province Games, and All Island Games, earning multiple Best Athlete titles. In 2024, she was placed 2nd in triple jump at the Junior Nationals and dominated the National Youth Sports Festival, winning long jump and triple jump, becoming Best Athlete under 20. In 2024, at the 48th National Sports Festival, K.G. Methmi S. Akihiro won 1st in long jump and 3rd in high jump, while Thisari Sesanga placed 2nd in long jump. Senuri Theekshana earned podium finishes across events, including 2nd place in long jump at the Western Province Games and Sir John Tarbat in 2023 and multiple top-three finishes in 2024. Thenuki Thehasna excelled in the under-16 category at the National Sports Festival, winning javelin and discus and placing 3rd in the 800m. M.H. Hassen dominated sprints, winning the 100m and 200m at the festival's 1st stage and repeating in the 100m in the 2nd stage.

At the Colombo Zonal Meet 2024, Tenara Peiris shone in the under-14 category, winning long jump, placing 2nd in the 60m, and 3rd in the 100m. Rising stars like Elisha Fernando, Nethini Fernando, Senudi Alles, Iyana Amelka, Kusheen Nimhara, Jessica Christeen, Nethuki Yehansa, Rooni Kodikara, Suhashi De Silva, Shenaya Liyanage, and Shenali Liyanage.

CHECKMATE

Chess was introduced to the school on October 2, 1999, with practices led by Mrs. Suneetha Wijesuriya, President of the Anatoly Karpov Chess Club and a World Chess Olympiad Gold Medalist. The team is currently trained by



Basketball Team



Gymnastics Team

Mr. Thejan Rathnayake, President of Kings Square Chess Club.

Niroshi Nanayakkara placed 4th at the National Youth Rapid Chess Tournament, qualifying for the International Youth Rapid Chess Tournament.

Naveeni Francis and Shalani Perera performed well at the Ananda College Chess Club's Individual Chess Championship, while Lakshani Madushika secured 3rd place in the Girls A Division Under-14 category at an All Island competition.

Michelle Evangela, champion in the Under-20 girls category at the "Black and White Chess Championship," and Chenaya Vimandee,



Table Tennis Team



Athletics Team



Netball Team



Swimming Team

Yasali Mendis, and Nimshi Fernando, earned merit awards in various tournaments. Chanumi Savindee Fernando has excelled in events like the Colombo District Individual Chess Championship and the National Youth Chess Championship.

WAVES OF GLORY

In 2000, our school introduced swimming as part of its sports programme. In 2003, led by coaches Mr. Upul Wijithasiri and Mr. Mahilal, with Mrs. Rosemary Senarath assuming the role of Teacher-in-Charge. The current teacher in charge is Mrs. Geethika Jayawardena assisted by Mrs. Dilini Wicramathunga, Mrs. Iresha Fernando, Mrs. Deshani Ranasinghe and Mrs. Pawani Sooriyaarachchi. Our swimmers have competed in the National Swimming Meets, Pentathlon, Sri Lanka Schools Aquatic Meets, Sri Lanka Aquatic Sports Union Meets, and All-Island Novices Meets, as well as completing a 2km sea swimming course. Chinthu Hewage, Oshadhi de Silva,



By Shelomi Munasinghe



By Nimethma Perera



By Shenaya Liyanage



By Dinithi Silva

Nadeesha Sewmini, Fallon Berenger, Senuri Semini, Nelum Nisha, Menu Madhushani, Christina Anthony, Manikya Therimanna, Malki Senarath Bandara, Taini Gnanarathna, Sohansa Kisalnee, and Seyhe Lenora. A highlight was Melissa Amith's selection for an international meet in Thailand. The Annual Inter-house Swimming in 2023 Meet, involved 200 swimmers and was presided over by Mr. Julian Bollinger, a prominent figure in Sri Lankan swimming.

ART OF FLEXIBILITY

Gymnastics was introduced to the school in 2000. At the Junior Aerobics Gymnastics Championship 2023, the Under-10 (Division C) team excelled. Trio winners Vinolee Amanda, Shenoli Sehansa, and Shemaya Fernando claimed first place and also won the group event with Akenya Fernando and Trisha Aruldasan. Ujsha Vanderputt won first place in the individual event and was named Best Gymnast, while Sansa Ruth Wasala secured third place. In the Under-12 (Division C), the trio of Kavithi Dinulya, Naomi Bartlet, and Lisanne Canagasabay took first place, with a group victory achieved by Taini Gnanarathna, Amiliza Silva, Teresa Ferdinand, Elisha Fernando, and Thinothmi Bandara. Shenali Liyanage earned second place in the individual category and was also named Best Gymnast in her division.

The school was crowned Division C Overall Champions and secured a silver medal at the Gym for Life Challenge 2023. Additionally, the team placed 3rd and 4th in the Under-12 and Under-15 Gym Dance categories at the 8th Total Gym International Tournament in Malaysia. The team is under the expert coaching of Mr. Thushara Indika and the support of teachers-in-charge, Ms. Shalinie Jayasinghe and Mrs. Sajeewani Silva

PADDLE PLAYOFFS

The paddle players are led by Coach Amila Chathuranga and supported by the Teacher in charge Mrs. Nilani Mallawaarachchi. At the Sri Lanka Schools Inter School Table Tennis team Championship in 2023 Team A comprising Kaveesha Fernondo, Dilusha Fernando, and Onella Senevirathna earned 3rd place in the under 19 category. And in 2024 Team A comprising Dilusha Fernando, Onella Senevirathna, Archana Sheyhani and Dithmi Danoja earned 3rd place in the under 18 category.

LUMINARIES OF THE FIELD

St. Lawrence's Convent celebrates its star athletes and among these exceptional sportswomen are Anne Gunasekara, Nilma Hewagama, Shalintha Gabriel, Zafna Lufar, Veronic Leeson, Omali De Mel, Amanda De Silva,

Natasha Perera, Meli Chang, Akeena Maligaspe, Ganga Idunil, Maria Seimon, Shenel Moses, and Andriya Nugara. These athletes were awarded school colours and they earned all - Island recognition. Rashinsha Prameshi Fernando made a significant mark in Sri Lanka's athletics. She has been recognized as the All-Island Junior Nationals Best Athlete, National School Games Junior Championships and XXXIV National Sports Meet. She won 100m and excelled in 200m and 4x100m relay. Rashinsha was the Runner-up in 100m (Under 18) Women's Championship and part of 4x100m relay team at National Youth Athletic Championship. She earned multiple golds in the Western Province Games and set a record of at the Colombo South Division (2006) and the Western Province School Games Colours Award. Fifteen-year-old Vishmi Nethara, has excelled in Taekwondo. Guided by her father, a world taekwondo medalist, she earned a spot to represent Sri Lanka at the Taekwondo Poomsae World Championship in Hong Kong in November 2024. Shashani Silva won the Gold medal at the National Karate Championship in 2024.

THE EVOLVING ERA

The school promotes athletic skill development and recently karate was introduced. Plans are underway to add badminton too. Committed to fostering a balance between academics and physical fitness, the school encourages a healthy, well-rounded lifestyle.



Video Available



THE ENGLISH
LITERARY
ASSOCIATION

Mrs. Yolande Abeyweera and her dedicated team enriched the field of English elocution and drama. The vibrant annual English Days, later introduced by Mrs. Monica Moldrich, became a hallmark of the association. Trailblazing educators such as Mrs. Audrey de S. Wijeyeratne, Mrs. Bernie Gunaratne, Mrs. Ranganie Wickramasinghe, Mrs. Rita Rodrigo, Mrs. Charlotte Silva, Mrs. R. Joseph, Mrs. C. Fernando, Mrs. Sharon Barbutt, and

Ms. Chamindre Hewawasam laid the foundation.

The 2022 committee, led by Mrs. Thilini Wickramarachchi, with Nethma Adipathy as Vice President, and Keyara Fernando as Secretary, showcased exceptional leadership. They were successful in the prize distribution of the English Day competitions and the execution of the English Days. They secured first place in the Provincial Level Junior and Senior Singing competitions, as well as Provincial Level Junior Drama of the year 2023.

In 2019, Nethaaya Bastian secured first place in the All-Island Creative Writing Competition. Nimethma Perera, Hikmah Dil Fairaz, and Sakinah Dil Fairaz excelled in various Provincial Level competitions. Sakinah Dil Fairaz and Aanjali Fernando earned Bronze Awards in the Queen's Commonwealth Essay Competition 2021. The Junior English Literary Association is led by Mrs. Shehani De Zoysa. Recently, Yuhansa Ranasingha won second place at the National Level Recitation Competition.

THE ICT CLUB

The ICT Club of St. Lawrence's Convent, formed in 2021 under the guidance of Mrs. Deepika Rodrigo, teacher-in-charge, brings together Advanced Level ICT stream students with a mission to excel in technology and innovation. Despite being newly established, the club has already achieved remarkable success through its participation in various prestigious competitions.

One of its notable achievements was at the BCI Competition, where it stood out as the only girls' school to reach the finalist stage, securing 7th place out of 40 schools. This accomplishment highlighted the determination and talent of its members. Similarly, at the St. Sebastian's College ICT Day, the club's President, Desuri Silva, displayed her artistic skills, earning second place in the Digital Art Competition. These milestones reflect the dedication and creativity of the society's members. The club also participated in the ICT Competition at Holy Family Convent, Bambalapitiya, gaining valuable experience and exposure. Such events allow members to develop their skills and

Clubs &
ASSOCIATIONS

broaden their understanding of technology, fostering growth and confidence.

The success of the ICT Club is also rooted in the strong foundation laid by influential educators like Mrs. Shenika Jayawardena, who played a key role in promoting ICT within the school. Under the current leadership of a dedicated committee—Desuri Silva as President, Chamathka Fernando as Vice President, Nuzha Nazeel as Secretary, and Yuthara Ekanayake as Treasurer—the club continues to inspire teamwork and innovation among its peers. As it grows, the ICT Club continues to empower its members by providing opportunities to enhance their skills in media and technology. With a strong foundation and a clear vision, the club is poised to achieve even greater accomplishments in the future, leaving a lasting impact on the school's legacy.

COMMERCE SOCIETY

Founded in 1992 by Mrs. Roopa Batagoda under the supervision of Rev. Sr. Francine Muthugala, an important annual event is the Commerce Day celebration. Additionally, projects such as a bookshop in 1997, a Seylan student savings unit in the mid-90s, and a student savings unit in Hatton National Bank were initiated successfully. The school's student savings unit was awarded the All-Island Best Savings Unit in 2004.

Spearheaded by Mrs. K. D. Erandika, teacher-in-charge, with Dilmi Mendis as President and Danika Seneviratne as Secretary, the Society organised 'Innova 24', revealing the participation of 30 contestant schools. The society holds many achievements to its name, including placing first, second, and third, respectively, in the 2023 Commerce Day quiz competitions at St. Peter's College, St. Bridget's Convent, and S. Thomas' College.

GIRL GUIDES, LITTLE FRIENDS &
BUTTERFLIES

GIRL GUIDES

Founded in 1954 by Mrs. Vivian Baptist, the 26th Colombo Girl Guide Company at St. Lawrence's Convent has celebrated 75 years of service. The Girl Guides are



currently led by Guide Captain Ms. Asiri Withanage and Lieutenant Mrs. Geethika Jayawardana. This legacy of excellence is built on the contributions of former leaders, including past Guide Captain Mrs. Latha Ranathunga and past Lieutenant Mrs. Rosemarie Senarath, whose dedicated service has significantly shaped the troop's success.

Melissa Perera, Minagi Kaluarachchi, Chanuki Fernando, Thedara Thisendi, and Haifa Imtikhab received the prestigious President's Guide Award. Recently, the 24th International Adventure Camp was held in the scenic valley of Pachmarhi, India. Chami Fernando and Pasandi Samarasekara proudly represented the school at the camp.

The inauguration of Little Friends took place on 2nd August 1954. Mrs. Baptist took on the role of Guide Captain, with Miss Panditha koralege as the 1st Lieutenant and Mrs. Romaine De Krester as the 2nd, completing the team.

Under the guidance of the teachers in charge, Sylvanna Mrs. Mereena Ferdinandesz and Sylvette Mrs. Roshini Fernando, the Little Friends continue their journey, ready to embrace new challenges and opportunities.

BUTTERFLY UNIT

Founded on 3rd July 2024, the Butterfly Unit of the 26th Colombo at St. Lawrence's Convent offers Grade 1 and 2 students a vibrant space to explore creativity and environmental awareness. Under the guidance of Twinkle Ms. Inoka Priyadarshani and Twinklet Ms. Nelani Krishadi, the unit focuses on fun and interactive activities. The club engages students in environmental projects, cooking healthy snacks, playing team-building games, and creating crafts with recycled materials.

DEBATE CLUB

The Debate Club of St. Lawrence's Convent was founded in 1997 by Mrs. Marie Dias, with Malithi Ambalangoda as the club's first president. A significant achievement came in 2004, when the club achieved 3rd place in the All-Island Inter-School Debate Tournament. The club is currently led by Mrs. Denisha Kenny, the teacher in charge, with Miriam Ranjithan as President.

YCS (YOUNG CATHOLIC STUDENTS
MOVEMENT)

Started in 1993 under Mrs. Rose Mudalige, the Young Catholic Students (YCS) movement at St. Lawrence's Convent upholds the motto, "We make no Revolution; we are the Revolution." YCS lives according to its motto: SEE: JUDGE: ACT.

YCS initiatives like Project Love in Action and Project Dream Big demonstrate their commitment to social causes. The current YCS society is under the guidance of Rev. Sr. Jennifer Fernando. Asalya Sirikumara serves as the President of YCS at St. Lawrence's Convent and Assistant Secretary of the Archdiocese of Colombo. The school YCS won the inaugural YCS Quiz Competition in 2023 and earned multiple accolades at the 72nd Cardijn Day for their short film 'Away from Harm' and individual artistic achievements. Aiwana Gerald currently serves as the YCS Secretary of the Archdiocese of Colombo.

ENGLISH DRAMA CLUB



In 1965, under the guidance of Mrs. Yolande Abeyweera, timeless classics such as Jane Eyre and Ali Baba were staged. The contributions of Mrs. Audrey de S. Wijeyeratne have been instrumental. Ms. Sithumi Ranwala, the current teacher in charge, with Mrs. Christine Senarathne and Mrs. Umadanthi Jayamanne, continue to contribute to the club's ongoing success. The school first participated in the Inter-School Shakespeare Drama Competition in 1994. In 1998, under the direction of Indu Dharmasena, the club staged Viva Mexico. In 2000, the Golden Goose was staged.

In 2012, the production of Cleopatra, directed by Jerome De Silva, marked another milestone. In 2016, under Jith Pieris' direction, the club's performance of Romeo and Juliet earned them the position of second runners-up. Tatyana De Fontaine's portrayal of Juliet earned her a nomination for Best Actress. In 2018, Macbeth was directed by Roshane Jayampathy. The team won the award for Best Stagecraft, while Jennifer Perera, Harini Crusz, and Nazla Irshad were nominated for Best Supporting Actress.

In 2024, the Drama Club's rendition of King Lear, directed by Kevin Cruze, placed them among the top seven schools. Okandi Samarawickrama was nominated for Best Actress for her portrayal of King Lear, while Dinuli Ramanayake and Kassandra De Mello were nominated for Best Supporting Actress.



Video Available

SINHALA DRAMA CLUB



In 2010, under the leadership of **Rev. Sr. Mary Chandrika**, drama and Theatre arts were introduced as a subject for the Ordinary Level curriculum. **Ms. Shyamalee Hikgoda**, **Ms. Ishari Paris**, **Ms. Thushara Munasinghe**, and **Ms. Lankani Matharaarachchi** played pivotal roles. In 2008, Sir Nelson Kannangara collaborated with us to elevate the drama club to new heights.

The stage play "**Käma Karatté**" won 2nd place for Best Drama at the State Children's Drama Festival, with **Natasha Benjamin** winning the award for Best Child Actress. The children's play "**Nelum Wilé Kalabalé**" also secured 2nd place for Best Drama at the All-Island competition. The All-Island Sinhala Drama Competition, organised by the Tower Hall Foundation, saw our school present "**Padmavathi Noorthiya**" in 2010, earning a certificate of excellence. In 2018, "**Apith Veerayo**" placed 2nd for Best Drama at the State Children's Theatre Festival. In 2024, the school represented the State Children's Drama Festival with the play "**Kukulú Horé**", which was selected among the top 12 dramas.



By **Sakinah Dil Fairaz**



By **Aanjali Fernando**

ROSE VIRGINIE CLUB

The Rose Virginie Club was established at our school in 1996 in honour of **Rose Virginie Pelletier**, known as **St. Mary Euphrasia**, the foundress of **Our Lady of Charity of the Good Shepherd**. Born on 31st July 1796 on the small island of Noirmoutier off the West Coast of France during the tumultuous times of the French Revolution.

The Rose Virginie Club has grown into a cherished platform for spiritual enrichment and community service. Today, **Rev. Sr. Jennifer Fernando** and **Mrs. Priyadarshani Balasubramaniam** continue to guide the club with wisdom and compassion.

Through their mentorship, the club remains a beacon of faith,



remains a beacon of faith,

fellowship and service within the school.

SINHALA LITERARY ASSOCIATION

The Sinhala Literary Association (SLA) was established in 1966 under the guidance of our beloved past principal, **Rev. Sr. Carmeline Jayaweera**, along with **Rev. Sr. Lawrence** and **Mrs. Audrey de Silva Wijerathne**. In 1973, the SLA organised the school's inaugural '**Kala Ulela**.' Prof. M.B. Ariyapala, Dean of the Faculty of Arts at the University of Colombo, served as the Chief Guest. In 2010, the association published a newspaper titled **Sahithya Siyapatha**.

A Primary Sinhala Literary Association was established in 2013 by **Rev. Sr. Mary Chandrika Perera** and then primary in-charge teacher, **Mrs. Anoma Perera**. The invaluable support of many dedicated teachers such as **Mrs. Latha Ranatunga**, **Mrs. Rose Mudalige**, **Mrs. Ramathi Suriyaarachchi**, **Mrs. Jacintha Wickramasinghe**, **Mrs. Shyama Fernando**, **Mrs. Marie Dias**, **Mrs. Nilanka Dewmini**, **Mrs. Shyamali Hikgoda**, **Mrs. Udeshika Kumarasighe**, **Mrs. Thushara**



Munasinghe and Mrs. Shehani Amarasinghe contributed to the success of the SLA.

INTERACT CLUB

The Interact Club of St. Lawrence's Convent was inaugurated and chartered by the Interact Club of Royal Institute. The first president, **Ushenya Pieris**, and the first secretary, **Nazla Irshad**, played vital roles in leading the club. **Mrs. Shenika Jayawardana**, the teacher who initiated the club, provided essential guidance and support. They received the prestigious Gold Citation Award and nominations for Best Finance Avenue & Best Finance Project. In the year 2022/2023, the club was awarded the coveted Platinum Citation. The present teacher in charge is **Mrs. Pawani Sooriyarachchi**.



By **Hikmah Dil Fairaz**



By **Miriam Carmel Ann Ranjithan**



By **Anumi Fernando**

Leadership



Blood Donation Campaign by the Prefects' Body of 2024

In a bustling world, leadership is an indispensable building block for a noble and respectful society. The modern world is brimming with individualism, where teamwork and togetherness have been

disposed of. In such a world, the inadequacy of fitting leadership has resulted in a society tangled in threads of poor communication, loss of purpose, and a lack of perseverance towards challenges in life. Is leadership a

skill that is given or obtained? From my perspective, leadership is a skill that is created. That is the inexplicable beauty of leadership; its unfathomable meaning can differ for each individual.

I believe that a good leader for a better tomorrow comes from being a human being who understands the core values and feelings of others.

In the essence of being the School Head Prefect for the year 2019, leadership was an attribute honed to dutifully carry out my entrusted responsibilities. The need to be an exemplary figure to my younger peers was vital for me. As I encountered this evolving journey of prefectship, I realised that I was tasked with creating a space where all these talents could blossom and create wonders for the betterment of all. With the circumstance of the Easter bomb attacks in Sri Lanka the same year, most plans came to a halt. Families struggled, tears were shed for the lost lives, and unanswered questions swarmed around the lives of those around us. Bearing these thoughts and concerns

in mind, our Prefects' Board organised a Christmas Carnival in December 2019 to collect funds to support the bomb victims. It was an opportunity embraced with compassion to convey that leadership begins by putting 'you before me'. Making others happy is a key moral of effective leadership. It should reflect a commitment to inspire; to give rather than to receive. It should not have boundaries drawn merely to guide and direct but also to discipline.

Five years later, I have begun to see how that enduring leadership taught me more than I could have ever imagined. It has deepened and shaped my mindset and inner being to be more present in every challenge that I encounter in life. Lastly, my three words of wisdom to Leadership: know your team, know your purpose, and know yourself!



By **Miss Meleena Bastian**

At St. Lawrence's Convent, music is more than just a subject- it's a tradition that unites students. **Mrs. Irene Gunasekara** was the first teacher to bring music into our school, laying the foundation for its growth and success. With her passion and dedication, **Mrs. Christa Perera**, has been training our school choir since 1998. Under her expert guidance, the choir has flourished. For over 25 years Mrs. Christa Perera has nurtured generations of students to become not only skilled singers but also appreciate the discipline and joy of music. Her unwavering commitment and passion for music have had a profound impact on the choir, ensuring its continued excellence and growth.



Hiruni Bolonne



The Primary Choir is led by **Ms.**

Voices of St. Lawrence's Harmony across Generations



Sachini Fernando, alongside **Mrs. Ann Mendis**. **Ms. Dilmi Fernando** plays a crucial role in supporting the students during rehearsals, helping to strengthen their vocal techniques and build confidence. The students of the Senior Choir are guided by **Ms. Dulani Fernando**, who helps the older students refine their vocal skills and express themselves musically. **Mr. Shamal de Silva** provides essential support during rehearsals. Trainers such as **Mr. Suneetha Nanayakkara**,

Mr. Nicole Liyanage, **Mrs. Sheron Grabau**, **Ms. Dilmi Fernando**, and **Ms. Ridmavi Anthony** have trained our Primary Choir over the years, nurturing their young voices and bringing out the best in them. The Senior Choir was guided in the past years by **Mr. Francis de Almeida** and **Ms. Ridmavi Anthony**. **Rev. Sr. Teresa Perera** conducted the first Shepherdian Choir show at the BMICH and **Rev. Sr. Chandrika** organised two choir shows at the BMICH. **Rev. Sr. Jeewani Martinus** extended

SUBJECT STREAMS

With a rich history spanning 125 years, St. Lawrence's Convent has undergone numerous improvements in the streams, media, and education it offers. The Advanced Level section of the school has developed significantly, now providing subjects in the Commerce stream in both English and Sinhala media. Additionally, the Biology, Combined Mathematics, and Arts streams are offered in Sinhala. Subjects in the Arts stream include Media, Religion, Geography, Home Science, Statistics, Sinhala Literature, English Literature, Western Music, and ICT.

A defining moment in the history of St. Lawrence's Convent came in 2012 when **Hiruni Bolonne** achieved an exceptional 3rd place at the Island level and 2nd place at the District level in the Commerce stream at the Advanced Level examinations. St. Lawrence's Convent continues to prepare its students for future success, providing a strong foundation in both academics and values.



By
Miriam Carmel Ann Ranjithan

Melodies of the Past, Rhythms of the Future: Our Bands in Focus

The journey of St. Lawrence's Band began with the visionary efforts of **Mrs. Irene Gunasekera**, who founded the band with a bass drum, side drums, melodicas, and accordions. The Senior Brass Band, formally established in the 1990s, traces its origins back to the 1980s.

Behind every great band is a dedicated team of instructors and mentors, and St. Lawrence's Band is no exception. **Mr. T.F. Gressy**, who has been with the band since its inception, stands out as one of the finest instructors in Sri Lanka. Alongside him, **Mr. T.I. Gressy** has been integral in shaping the band's musical direction, while **Mr. Ajith Perera** has expanded the band's repertoire. **Mrs. Sujeewa Weerakkody** has played a crucial role in instilling discipline and passion in the students. Today, the bands continue to thrive under the leadership of **Mr. T.F. Gressy** and **Mrs. Sujeewa Weerakkody**, whose unwavering commitment ensures the legacy of excellence.

The formation of the Young Lawrentians Club under the guidance of **Rev. Sr. Teresa Perera** marked a significant milestone. A committee comprising **Mrs. Umadanthi Jayamanne**, **Ms. Ayesha Senaratne**, and **Ms. Chamindre Hewawasam** organized the musical show 'Nethra', which featured renowned superstars like Bathiya and Santhush. The proceeds from this event were used to acquire new instruments, significantly enhancing the band's performances.

The Western Band has earned numerous awards at various competitions, bringing honour and glory to the school. Notably, the Junior Western Band secured First Place at the Provincial Level and Third Place at the National Level in the 2023 Ministry of Education All-Island Schools Western Music and Dance Competition. The Primary Band earned a Commented Gold Medal in the Junior School Wind Band (6-10 years) category at the Sri Lanka Festival of Music, Dance, and Speech in 2019, among other accolades.

The contributions of **Mrs. Christa Perera**, **Ms. Sanoji Abeyrathne**, **Ms. Anne Mendis**, **Mrs. Natalie Perera**, **Mrs. Udani Rupasinghe** and **Mrs. Thiloma Mendis** have been instrumental in shaping the bands to their



present form. Today, the baton is carried by **Mrs. Maheshi Botheju**, **Ms. Inoka Perera**, **Ms. Shaziya Sumair**, and **Ms. Sadunika Fernando**, who continue to guide the bands with pride and passion.



By
Onali Gunawardana



By
Dhuleny Fernando



her immense support towards the choir during her tenure as Principal of the school. Investing in a Grand Piano and creating a smart classroom for the betterment of the choristers bore fruit, with the Primary, Junior, and Senior choirs securing top places in all the competitions they took part in. All the past and present Principals have contributed greatly to the accomplishments of the choirs. A steadfast and monumental support has always been rendered by our **Vice Principal Mrs. Umadanthi Jayamanne**, who, with her advisory role and keen interest in the choir, has sustained and contributed to its success.

The choirs have consistently performed at a high level, achieving great heights in various competitions. At the All-Island Schools Western Music and Dance Competition 2022, our Senior Choir placed first at the provincial level and second at the national level. Similarly, at the All-Island Inter-School Western Music and Dance Competition 2018, the Senior Choir once again placed first at the Provincial level and second at the National level. Our Junior Choir also excelled, securing first place at both the Zonal and Provincial levels in the Colombo Zone English Language Competitions 2018. Furthermore, at the All-Island Inter-School Western Music and Dance Competition 2017, the choir placed first at the provincial level and first at the national level.

The choir has had an outstanding year, achieving remarkable success across various competitions. At the Ministry Competition at the All-Island level, our Junior Choir claimed 1st place, while the Senior Choir secured 3rd place at the Provincial level. In the English

Day Competition at the Provincial level, both the Junior and Senior Choirs excelled, each winning 1st place. Additionally, at the 26th Annual Competitive Festival, we achieved top honours once again, with both the Junior and Senior Choirs earning 1st place in their respective categories at the All-Island level.

Dilmi Fernando and **Thirani Karunatilaka** won the "Gresham's Award" at the Sri Lanka Festival for The Performing Arts and received a scholarship to Gresham's School, Norfolk, Norwich, United Kingdom, at the All-Island Best Performance Competition in 2013. **Ms. Anjali Liyanage** placed second at the Provincial level and second at the national level at the All-Island Inter-School Western Music and Dance Competition 2019 and was placed first at the Provincial level at the All-Island Inter-School Western Music and Dance Competition 2022. **Ms. Oneeza Shenara** placed second at both the Provincial and National levels at the All-Island Schools Western Music and Dance Competition 2023. **Ms. Prashali Fernando** was awarded Best Interpretation by a Singer at the Sri Lanka Festival of Music, Dance & Speech 2022.

In addition, the choir has reached significant milestones, such as the 2007 La Pastorale, Easter Cantata 2008, 2009 Voce Cantabile, and Serata Incantata. Our school has

also participated as a guest school in the carol services of many other schools.

At St. Lawrence's Convent, the choir stands as a prime example of how music brings people closer, builds confidence, and fosters a true sense of community. So, the next time you hear the choir at St. Lawrence's Convent, or any choir for that matter, remember that it's not just about the music-it's about the connections and memories made along the way.



Video Available



By **Leah Ranjithan**

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THURSDAY, 16TH JANUARY 2025

CLUBS & ASSOCIATIONS

Rhythms of the East: The Rise of the Eastern Band



Our Eastern Band plays a vital role in enhancing the significance of key school events such as the Sports Meet, Cultural Day, School Day, Mother Mary's Feast Day and our school's special celebrations by contributing to the cultural music. The Eastern Band has become a symbol of pride, discipline, and creativity for our school. The pioneering efforts of **Mrs. Manel Boteju** and **Mrs. Ramathi Suriyaarachchi** laid

the foundation for the Eastern Band, investing their time and dedication to its development. Today, our esteemed mentors - **Miss Binari Anushika Liyanage**, **Mrs. Rashmi Fernando**, and **Mrs. Renuka Jayakodi**- continue to guide the young talents of our Lawrentians, shaping them not only into accomplished musicians but also well-rounded individuals poised to make a meaningful impact in the world.



Video Available



By **Anugi Karunarathna**

SPECIAL EVENTS



Special events at St. Lawrence's Convent provide a platform to showcase the talents and achievements of our students. The annual Sports Meet and Swimming Meet bring out the hidden athletic talents of our girls, allowing them to demonstrate their abilities, teamwork, and determination. The Prefects' Investiture, held each year, marks the appointment of new leaders, providing students with valuable leadership skills and a strong sense of responsibility.

The Annual Prize-Giving Ceremony is a time to honor and appreciate the hard work and dedication of students in both their academic and extracurricular pursuits, recognizing



their achievements and inspiring continued excellence. Special occasions such as Children's Day and Teachers' Day celebrate the efforts and contributions of both students and mentors.

School Day is a much-anticipated event that unites students, teachers, and families in celebration of our school community. The day begins with a Holy Mass and features a variety of performances that highlight the talents of our students. It is a time to honour our alma mater and appreciate those who have contributed to its enduring legacy. Historically, our school celebrated English Day and Kala Ulela, which highlighted the diverse talents and cultural expressions of our students. Today, these traditions live on in



our Cultural Day, which showcases the richness of our heritage. Commerce Day is dedicated to promoting knowledge and fostering a community of future business leaders. The Annual Christmas Fair brings festive cheer to our school, featuring student-made crafts, treats, and games. Families come together to enjoy performances and activities, making it more than just a celebration, but a way to spread the joy of the season.

In 2011 a 'Catholic Literary Day' was organised inviting all Catholic schools under the direction of **Mrs. Nimali Perera**. Themed on the life of the Servant of God Jacome Gonsalves, the event was the first of its kind to be held in the Archdiocese of Colombo.

As a Catholic school, we place great importance on spiritual growth, with key sacraments like First Holy Communion and Confirmation being celebrated through special Holy Masses. The Carol Service, with its angelic voices, captures the true spirit of Christmas and marks a cherished tradition, closing the year in a meaningful way.



By **Miriam Carmel Ann Ranjithan**

Faith, service and leadership



At St. Lawrence's Convent, being a prefect is more than just wearing a badge - it's about embracing responsibility and playing a vital role in the school. The Prefects at St. Lawrence's Convent are led by **Chami Fernando** the Head Prefect for the year 2024. The Prefects Board comprising of 30 Prefects reflects the ethos of faith, discipline, and service. They are instrumental in organizing the Annual Sports Meet and oversee student participation, ensure discipline and assist teachers in conducting events.

The Prefects' Body of 2024 engaged in many projects that included a Blood Donation Campaign and a project involving

the Cancer Hospital. Their Prefects' Day - Exodora, the May feast and year-end carnival 'Jingle Fest' were other notable highlights.

The baton of the Jubilee Year celebrations will be handed over to the Head Prefect of 2025, **Miriam Ranjithan**. She will lead the school in completing the Jubilee Year, which will culminate on the 16th of August 2025. The final phase of the 125th-anniversary celebrations is expected to uphold the rich traditions and values of St. Lawrence's Convent, marking the occasion with pride and unity.

The Prefects' Body of 2024

St. Lawrence's Convent stands as a beacon of excellence in girls' education in Sri Lanka. Its origins, though humble, were shaped by the visionary Mrs. Janet Poulier, whose unwavering dedication laid the

foundation for one of the country's foremost institutions dedicated to empowering young girls through education.

In 1985, recognising the need for a lasting connection between the school and its alumnae, the Past Pupils' Association (PPA) was inaugurated. Spearheaded by **Mrs. Audrey de S. Wijeyeratne** and under the wise leadership of Principal **Rev. Sr. Nivard**, the PPA has since played a pivotal role in uniting Lawrentians across generations.

The association's first president, **Ms. Nirmala Rayen**, was instrumental in shaping its early direction, laying a strong foundation for the PPA's future. The Past Pupils Association of St. Lawrence's Convent has long been a pillar of support for the school. Through initiatives such as Christmas sales, grand Dinner Dances, and Coffee Evenings, the PPA has significantly boosted fundraising efforts, contributing to the school's development. These initiatives also extend to career guidance, scholarships, and sponsorships, reflecting a true spirit of generosity.

The PPA's contributions have been vital in the school's growth and success. An established scholarship fund has supported deserving students for years, ensuring they



125 Years of Excellence

A Legacy Honoured by the Past Pupils Association



receive the financial aid they need. Through each effort, the PPA remains dedicated to the ongoing development of St. Lawrence's Convent.

Past Pupils from all corners of the globe continue to support the St. Lawrence's Past Pupils Association, playing an essential role in maintaining a strong sense of connection and loyalty to their alma mater. Special acknowledgment is due to the Independent Fellowship in Australia, whose members have been particularly active. Their dedication has been instrumental in organizing events, promoting the school's values, and strengthening the bond among Lawrentians, ensuring that the spirit of St. Lawrence's remains vibrant across generations and distances.

As St. Lawrence's Convent marks its 125th anniversary this year, the Past Pupils' Association is leading a series of events to celebrate this historic occasion. The festivities began on October 4, 2024, with a heartfelt Teachers' Day lunch, organised by the PPA to honour and appreciate both past and present educators. These dedicated individuals have played a pivotal role in shaping the lives of countless students, contributing to the legacy of excellence that St. Lawrence's is known for today.

The Past Pupils Association of St. Lawrence's Convent will continue to organise several upcoming events as part of the ongoing quasiquintennial celebration. These events will highlight the legacy and rich traditions of the school, reinforcing its lasting impact on generations of students. Guided by a vision of honouring the school's history, the PPA aims to foster a deep connection between alumni and the institution. By celebrating the school's heritage, these events will ensure that the values, spirit, and memories of St. Lawrence's Convent continue to inspire future generations. Let Love and Loyalty Bind Us.

**Past Pupils' Association
St. Lawrence's Convent**

Empowering Generations: The Enduring Impact of the PTA



As St. Lawrence's Convent celebrates 125 years of academic excellence, we take immense pride in acknowledging the vital role played by the Parent-Teacher Association (PTA). Established in 1971, the PTA has been a steadfast supporter of the school's mission, working to foster the academic and personal growth of its most important stakeholders—the students.

The inaugural General Meeting of the PTA was held on

January 26, 1971, marking the beginning of a collaborative journey between parents and teachers. Since its inception, the PTA has been instrumental in enhancing the school's infrastructure, including the construction of the primary section building, the pavilion, and the Advanced Level section building. Their ongoing efforts, such as upgrading laboratories and spearheading the upcoming science lab project, have created lasting opportunities for generations of students.

The PTA actively supports school events, such as the annual sports meet and prize-giving, ensuring their smooth execution. Beyond academics, the association also organizes seminars and stress management workshops, contributing to the well-being of both students and parents alike.

Over the years, the PTA has played a pivotal role in key milestones, including the school's Silver Jubilee in 1976 and its elevation to a fully-fledged senior secondary school with Advanced Level classes in 1986. These achievements reflect


the association's enduring impact on the school's progress. As we celebrate this 125th jubilee, the PTA continues to spearhead initiatives, such as supporting the school's participation in the Shakespeare drama competition, providing a platform for students to showcase their talents. Looking ahead, the PTA remains committed to fostering unity among parents, teachers, and students, creating an environment of collaboration and growth.

With love, care, and a spirit of collaboration, the PTA of St. Lawrence's Convent continues to uplift students, inspiring them to lead lives of purpose and value.

As we mark this remarkable milestone, we are reminded that the PTA's legacy lies not only in the facilities they have helped build but also in the lives they touch and the futures they help shape.



By
Kalashi Fernando

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