



## PREPARING YOUR CHILD FOR MIRI PIRI ACADEMY

At Miri Piri Academy students live a disciplined lifestyle that may differ significantly from their home life. To help your child make the adjustment, we recommend that before arriving at MPA newly enrolled students:

1. **Become familiar with Miri Piri Academy programs, schedule and policies.** We recommend that students read the entire website and the Student Handbook thoroughly before arriving at the school. Students will be able to adjust to the school much more easily if they know what to expect when they arrive.
2. **Begin their education in Kundalini Yoga and Sikh Dharma.** The Miri Piri Academy program is based on the teachings of the Siri Singh Sahib, including aspects of both Kundalini Yoga and Sikh Dharma. If your child is not familiar with the practice of Kundalini Yoga, we strongly recommend that you enroll your child in a local beginners Kundalini Yoga class during the summer months. To find a Kundalini Yoga teacher near you, go to <http://www.ikyta.org> and look in the Teacher Directory. If your child is not familiar with Sikh Dharma, we recommend that they read more about it at <http://www.sikhnet.com/pages/introduction-sikhism>
3. **Practice putting their hair up and tying a turban until they feel confident.** Students at Miri Piri Academy are required to wear their hair up and to tie a turban every day. If your child does not already know how to put their hair up and tie a turban on their own, we recommend that they practice these skills daily until they feel comfortable and confident in their abilities. To watch a variety of turban tying tutorials, go to <http://fateh.sikhnet.com/s/TyingTurbans>
4. **Sample traditional North Indian, vegetarian cuisine.** At Miri Piri Academy students follow a strict vegetarian diet. Primarily based on traditional North Indian cuisine, breakfast normally consists of paranthas, a kind of flatbread stuffed with vegetables and spices, as well as yogurt, porridge and fruit, and other meals generally include rice, daal (beans), sabzi (vegetables), yogurt and rotis (flatbread). If your child is not familiar with this kind of food, we recommend that you bring them to a local North Indian restaurant to become familiar with the food that they will be eating on a daily basis.
5. **Develop their English reading, writing and conversation skills.** If your child does not speak English as a first language, we strongly recommend that you enroll your child in intensive English reading, writing and conversation classes prior to their arrival at Miri Piri Academy. Although we provide special support to our non-English speaking students, the transition to an English medium social and academic system is difficult. Even a basic level of familiarity prior to the beginning of the school year can be very beneficial.

## **SUPPORTING YOUR CHILD AT MIRI PIRI ACADEMY**

Adjusting to life at Miri Piri Academy can be a challenging experience for first year students. For many, it is their first time living away from home and family. In addition, the rigorous schedule and strict discipline of the school may require new students to stretch themselves beyond their comfort zone. To support your child in making these adjustments, we recommend the following to parents of first year students:

1. **Send your child with the chaperoned flight instead of bringing them personally to the school.** This will lessen the impact of the adjustment that they have to make upon their arrival on campus.
2. **Discuss the challenges that your child can expect before they leave home.** Students who know what to expect are much better prepared for their experience here. We can recommend you to a veteran parent for information and support.
3. **Before your child leaves home, communicate to your child that you are making a commitment to the MPA program for at least one year.** After arriving at MPA students who are asked to make a choice about whether or not to remain at the school have difficulty settling into the program. Instead of participating, they are constantly thinking about the decision that has been put on their shoulders. Once your commitment is made clear, most students are able to adjust, make friends and experience what MPA has to offer them.
4. **Aside from initially assuring their safe arrival, refrain from calling them for at least two weeks.** This short time period will give your child the opportunity to get comfortable with the program and begin making friends without dwelling on what they are missing or how their absence might be affecting their parents.
5. **In communications with your child, support the school staff and policies so that they can feel secure and safe in our care.** If your child communicates an issue that you are concerned about, school staff, teachers and administrators are available to discuss the issues with you directly, and will work to make any possible adjustments to support your child.
6. **Arrange for your child to travel with the school for the Winter and Spring Break.** Students go through an extended process of adjustment during their first year away from home. When they go home in the middle of this process it can be very difficult for them to adjust and pick up where they left off when they return.
7. **Make connections with other MPA Parents who can share information and support you as a parent.** Miri Piri Academy will provide you with a directory of all MPA parents at the beginning of the school year. We recommend that you make connections with the parents of other students in your child's classroom and other parents who live in your area. Long time MPA parents are a great resource for information and support.

**If you have any questions, please do not hesitate to contact us. For questions about:**

Admissions – Saraswati Kaur Khalsa, Director of Admissions – [saraswati@miripiriacademy.org](mailto:saraswati@miripiriacademy.org)

Academics – Kirandeep Kaur, Director of Academics – [kirandeep@miripiriacademy.org](mailto:kirandeep@miripiriacademy.org)

Student Life – Amrit Singh Khalsa, Director of Residential Life – [amritsingh@miripiriacademy.org](mailto:amritsingh@miripiriacademy.org)

Spiritual Life – Jugat Guru Khalsa, Principal and Dir. of Spiritual Education – [jugatguru@miripiriacademy.org](mailto:jugatguru@miripiriacademy.org)

Accounts – Arun Mahajan, Accounts Manager – [accountinfo@miripiriacademy.org](mailto:accountinfo@miripiriacademy.org)