



Prospectus

Enlightenment through Wisdom, Morality and Diligence



PAL BUDDHIST SCHOOL
Enlightenment Through Wisdom, Morality and Diligence

CRICOS Provider 03389D

www.pal.nsw.edu.au

The School recognises that it is the moral equivalent of a hospital in its service to the community. Whilst a doctor treats people against illnesses, a noble teacher wholesomely guides students to freedom from illnesses and sorrow by administering preventative medicines in the form of wisdom, academic excellence and upright moral conduct. Our vision is to create a prestigious systemic Buddhist School that nurtures future wholesome leaders with a selfless purpose to light up the world.



Message from the FOUNDING PRINCIPAL



How do we practise or live so that we can minimise our wrong views? As human beings we are always looking outward to see the outside world, rarely do we look inside to discover our self. We should constantly strive to have self-reflection, checking for wholesome and unwholesome speech, action and mental intention. A wholesome speech, action and mental intention is where the fruits of its seeds benefit you and/or other people around you.

On wrong views the Buddha said,

“For a person of the wrong view, whatever bodily, verbal, or mental conduct he undertakes in accordance with that view, and whatever intention, aspiration, wish, and intentional formations he calls forth or makes in accordance with that view, all lead to what is undesirable, unwanted, and disagreeable, to harm and suffering. For what reason? Because the view is bad. Just as, when a seed of bitter melon or hot chilli is planted in moist soil, it transforms any nutriment it obtains from the soil and the water into a fruit with a bitter, harsh, and disagreeable taste, even so is it for a person of wrong view”.

It is especially for this reason, that we must realise the importance of having a school that upholds and encourages the development of wisdom, upright moral conduct, and diligence, in our children. For what purpose? To teach them, to plant in them whilst at a young age, the seeds of right view which leads to the non-harm and the ending of suffering for themselves and the lives that they will touch. This is why a school is a preventative hospital, a guard against future infection, a noble place of refuge for the community.

So I invite you to come, join us as a partner, to help grow this noble Buddhist School.

With loving-kindness,

A handwritten signature in black ink, appearing to read 'Panha Pal'. The signature is fluid and cursive.

MR PANHA PAL
Founding Principal





Enlightenment through Wisdom, Morality and Diligence.

Pal Buddhist School's motto, "Enlightenment Through Wisdom, Morality and Diligence", underpins the educational philosophy of the School's ethos and culture.

Inspired by the Buddha's Eightfold Noble Path, our School believes in not only imparting academic knowledge, but also cultivating the whole individual through right wisdom (*paññā*), morality (*sīla*) and diligence. It is on these three pillars that the School derives its academic, cultural, spiritual and disciplinary principles & programs.



Wisdom: A PBS training ground to develop right understanding and wholesome speech is our compulsory public speaking competition, Right Speech.



Generosity: A PBS training ground to cultivate generosity is our volunteering events such as the Benefactors Gathering, allowing our students to serve others out of gratitude, respect and kindness.



Diligence: A PBS training ground that fosters due diligence is our Right Action: Master the Stage - a compulsory creative and performing arts competition which selfless-joy, persistence and the will of mastery arise in our students.



Morality: A PBS training ground to put dhamma into practice is our after-school SRC's Dust and Shine club, wherein the students will clean the school once a week.

Welcome to Our School

Pal Buddhist School is a non-profit organisation and provides an exceptional education that is accredited by the Australian NSW Department of Education for certification from Primary School up to and including the Higher School Certificate (HSC).

We are a leader in educational teaching technology and innovation; being one of a very rare number of schools that has developed and implemented a "paperless classroom" system. We term this new way of learning, the 4D Learning Experience: where learning is informative and transformative; where good practice and efficiency are integrated into a student's life and habits; where our students can learn anytime, any place and with a peer, group or teacher support.

Being the first and only Buddhist High School in Australia, we incorporate the Buddhist philosophy into everyday teaching, as a matter of passing on moral and virtuous behaviour, good character and wisdom. At Pal Buddhist School, students learn these values by action. Our students engage actively in charity and leadership, both internally in the school as well as externally such as the local community, and nationally around the state and country.



Mentorship Program: Our students consolidate their knowledge through our Mentorship program. For e.g. our Stage 6 Wake up Program wherein they mentor primary students to build qualities and ethics of a leader before they enter the real world.



Taekwondo Classes: Our Primary school students develop persistence and mindfulness through physical education programs.



Through the mindful selection of appropriate opportunities, our students learn the following FOUR virtues (which derive from the Buddha's teaching): compassion, loving kindness, selfless joy and equanimity.

Thus, we are not a religious school in the sense that we hold to any ideas on the basis of pure faith and mere dogma, or in the sense that we use faith as a trump-card to reason. Rather we are a School of science in its truest sense: we aim to foster in our students a love of the pursuit of truth in all domains, the material and the spiritual, the discovered as well as the undiscovered.

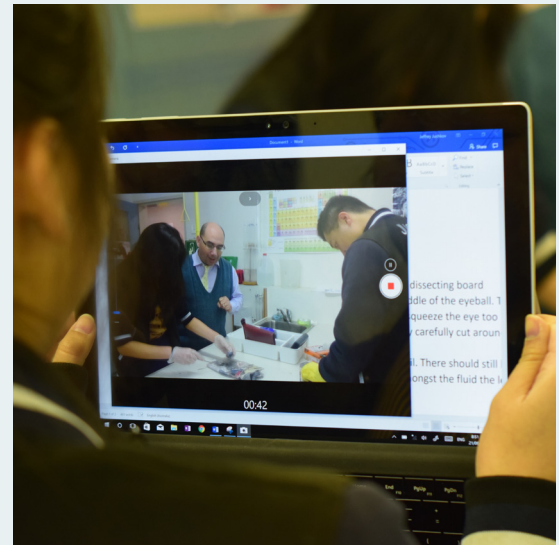


Our 4D Learning Method

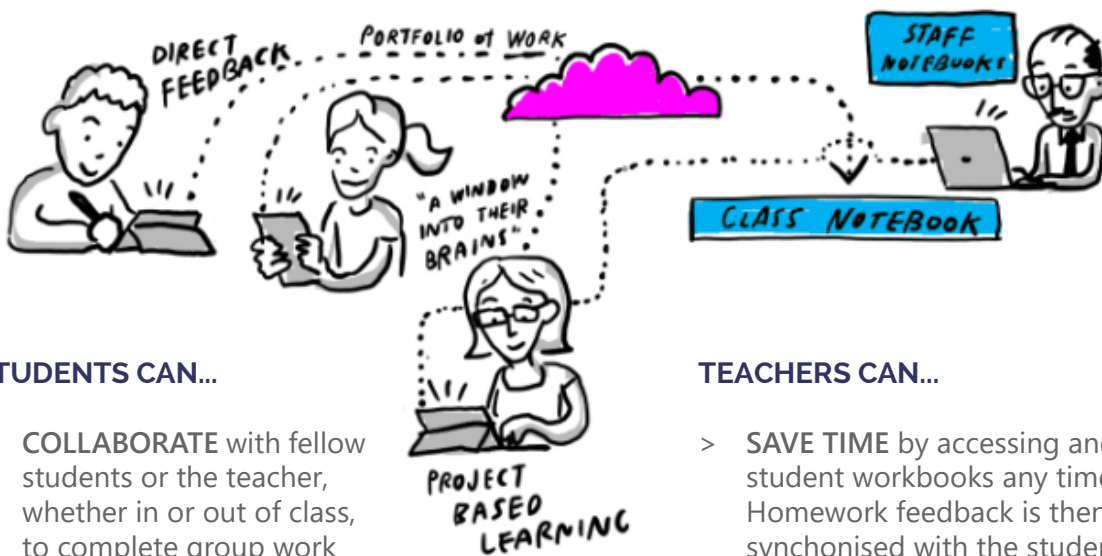
Traditionally, classrooms were thought of to be a place for the old 'chalk and talk' paradigm. A classroom would therefore be considered great if students were engaged and interested in the content being presented to them. So, for our School, the challenge was to ask: "What can we do better for the students?"

One thing is certain: technology is changing how schools teach and how students learn. It will continue to change how we access & interact with the content that shapes our educational experiences at a rapidly accelerating rate.

At Pal Buddhist School, our 4D classrooms are student-centered, differentiated, and filled with the creative buzz that comes with engagement in collaboration and exploration. This approach, designed for all disciplines, facilitates student ownership of learning while teaching technological, analytical and adaptive skills necessary for the ever-changing digital world.



4D Learning: Our technology philosophy is educating our students on how to use technology as a tool, not as a weapon.



The goal is not to just go paperless. The goal is to provide the highest-quality education we can.

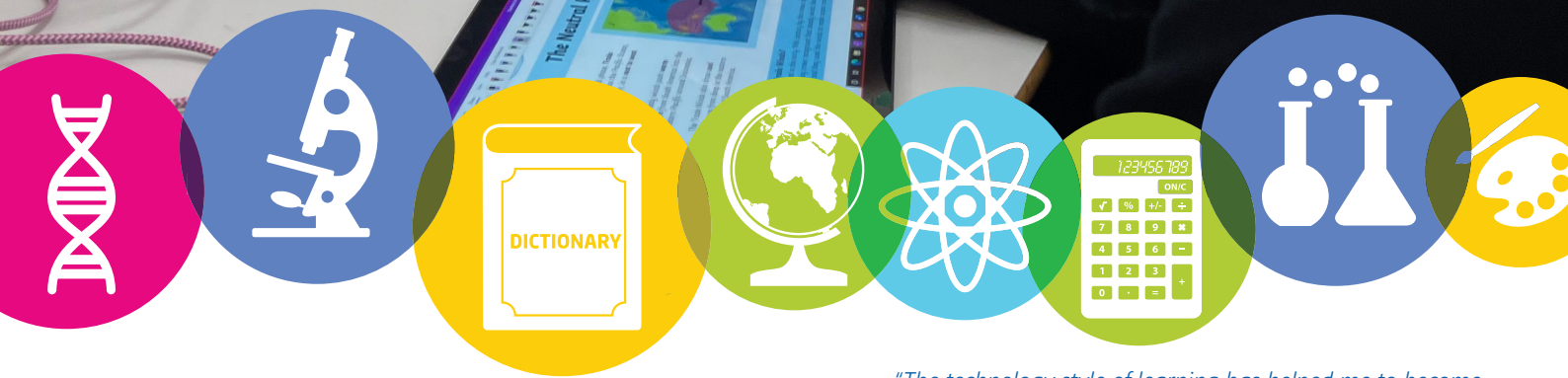
STUDENTS CAN...

- > **COLLABORATE** with fellow students or the teacher, whether in or out of class, to complete group work or project based learning.
- > **HAVE PEACE OF MIND**, as all information and workbooks are stored and backed up onto a secure cloud server.
- > **ACCESS** all their learning content from any point in time, even from previous years and subjects.

TEACHERS CAN...

- > **SAVE TIME** by accessing and marking their student workbooks any time and anywhere. Homework feedback is then instantaneously synchronised with the student notebooks, and can be accessed immediately.
- > **ORGANISE** all their subject and module content into a digital library, where it will be even easier for students to learn and follow course sequence.
- > **CUSTOMISE STUDENT LEARNING**, by being able to better determine and monitor individual student needs, and thus able to design and push specific activities to improve student performance.





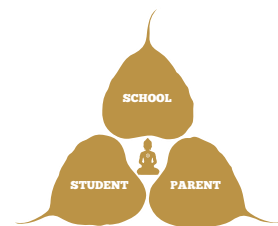
At Pal Buddhist School, we understand that the strength of a student's ability and development lies in a triangular partnership formed between the student, the parents, and the School. Scientific research has shown that students with parents who are involved in their education, are much more motivated, focused and aim for higher goals.

Parents are therefore encouraged to be involved with their child's education, and this is even easier to do so with our Parent Portal, where information about a student's marks, grades, homework submission rates, achievements, school activities, and more, can be conveniently accessed via a smartphone or computer.

Furthermore, direct communication between teachers and parents is able to occur more seamlessly via the portal, allowing faster transparency between home and school, as well as a coherence of values taught.

"The technology style of learning has helped me to become more organised and I can revise my notes whenever I need to, unlike paper which can be missing and damaged easily. I enjoy class as the lessons are not dull, instead it is fun!"

-- Jia Man Lee



Opportunities! Our students regularly perform around our local and wider community. In this photo, our Primary students performed at an external Charity concert.



Our Curriculum. Your Opportunities.

Extra-curricular & Co-curricular Activities at Pal Buddhist School

At Pal Buddhist School, our development of morality in right speech, action and livelihood is fostered through participation in extracurricular and co-curricular activities.

Involvement in these extracurricular & co-curricular activities allows students to pursue and find mastery in their passions, interests and talents. All activities at Pal Buddhist School target the development of interpersonal skills, confidence, innovation, responsibility, discipline, selfless joy and respect. In other words, they help our students grow into wholesome future leaders who light up the world with their wisdom, morality and diligence.

ACTIVITY INDEX

Training Grounds (Mandatory)

- Right Thinking
- Right Action
- Right Speech
- Right Livelihood

Literacy

- Reading & Book Club
- Writers Circle

Volunteering

- Service Learning

Student and Parent Initiatives

- Student Representative Council (SRC)
- Dust & Shine
- Voice of Student Society (VOSS)
- International Students Club
- Parents and Friends (P&F) Boys & Girls Club

Creative and Performing Arts (CAPA)

- CAPA Committee
- Stage Band & Choir
- Explore Art Club & Art MasterClub

Sports at Pal

- School Sport
- CDSSA Interschool Competition

Recreation

- Chess Club
- PlaySpace
- Tabletop Roleplaying



Stage Band



Playspace



Your Curriculum

Our School offers the following programs of study:

Primary School (Year 3 to 6) for direct entry into Year 7

Mandatory subjects:

- English
- Mathematics
- Science
- History
- Geography
- Technology
- Health Education
- Creative & Performing Arts
- Language Other Than English
- Dhamma & Ethics

Junior Secondary (Year 7 to 10) for the Record of Student Achievement

Mandatory subjects:

- English
 - Mathematics
 - Science
 - History
 - Geography
 - STEAM
 - Language Other Than English
 - Technology
 - Health Education
 - Physical Education
 - Music
 - Visual Arts
 - Dhamma & Ethics
- Elective Subjects:
- Drama
 - Music Elective
 - Visual Arts Elective
 - History Elective
 - Life Ready
 - Commerce

Senior Secondary (Year 11 to 12) for the Higher School Certificate

Mandatory subjects:

- English (EALD, Standard, Advanced)
 - Dhamma & Ethics
 - Chemistry
 - Physics
 - Society & Culture
 - Ancient History
 - Modern History
 - History Extension
 - Economics
 - Business Studies
 - Legal Studies
 - Music 1
 - Community & Family Studies
- Elective Subjects:
- Mathematics Advanced
 - Mathematics Extension 1
 - English Extension 1 and 2
 - Biology



Lunar New Year: Our annual Lunar New Year allows our internal community to embrace and celebrate the diversity of tradition and culture in our school.

COMPULSORY TRAINING GROUNDS FOR YEAR 3-12

Right Livelihood

Students engage in a cooking competition where parents will be required to coach their children on the skills and understanding of how to cook; whilst instilling in the student, an appreciation of family culture, traditions, and responsibilities.



Chess Club

Right Action

A creative and performing arts competition where all students are required to choose either a music, drama or dance category to prepare their piece with mentors and then perform their piece in several rounds of the competition. Selected acts are exhibited at the annual CAPA Show.



Annual CAPA show

Right Speech

A public-speaking competition that develops in students, public-speaking skills, confidence building, team building and mentoring. In addition, students will cultivate their wisdom, morality and diligence for long term benefits.



MasterArt Club

Right Thinking

A whole-school debating competition that helps students cultivate leadership, investigation, critical analysis, listening and deep thinking skills. Students are introduced to a range of global issues and expand their mind as they match wits against their competition. They deliver speeches based on logic and research, attempting to persuade a panel of judges to endorse their argument.



CDSA Sports Tournament



Bringing out Potential

The Buddha was an advocate of ambitious goal-setting, constant striving & discipline for the sake of attaining one's own goals.

Thus, while accepting the different potentials of each individual, we rouse in our students the desire to be the very best person that they can be. We celebrate high achievement in both academics and sport, and hold to strict disciplinary standards.

We are a school that encourages friendly competition. Ultimately, where we stand in relation to others matters little – for how we stand in relation to ourselves is what really counts – it is good to engage in friendly competition to bring out our best.



University offers and scholarships %: Our students are generally considered as top nominees as our education cultivates leadership qualities in our students



CDSSA: As we are a member of the CDSSA committee, it allows our students to compete against other private schools in sports.



Every year, our students are offered University early offers and scholarships.

Our track record has proven that our holistic education system builds well-rounded and successful individuals. Every year since our first graduating class in 2014, our students never fail to receive University Scholarships and early-offer entry to their desired University course. Our students proceed to the top universities such as the University of New South Wales, University of Sydney & the University of Technology, Sydney, and moreover, have received leadership-based scholarships in these top universities.

Among our highly experienced teaching staff & school executive leaders, we incorporate numerous programs and schemes to bring our student results to among the best in the state. Students undergo leadership training and participate in entrepreneurial opportunities: qualities which make our students highly eligible for Universities.



"I went from being a 73 student to achieving a 97.15 ATAR in less than 2 years."

Andrew Luong, Graduating Class of 2014

Success Stories

Recently,

- 25% of students made the 2020 HSC Honour Roll
- Our highest ATAR was 95.7 in 2020
- 100% of students received a University Offer in 2020
- 63% of students received at least one Early University Offer in 2020
- 38% of students received at least one University Scholarship in 2020
- Ranked 1st in Fairfield LGA in the 2019 NAPLAN.
- A Year 11 student represented the district for 2021 CDSSA Cross Country Athletics
- A Year 7 student competed for state-level representation in 2021 CIS Swimming Tournament

No. 1 out of 51 schools in our region

The Daily Telegraph

FAIRFIELD

Fairfield NAPLAN: 2019 Top performing high schools revealed

The top performing high schools in Fairfield can now be revealed following the release of the latest NAPLAN results, with number one spot taken by one of the region's newest schools. **SWW HOW YOUR SCHOOL PERFORMED**

Cindy Ngo, Fairfield Advance Subscriber only | May 1, 2020 7:00am



Pal Buddhist School student, Joseph Arner. The Canley Vale school has performed well in the latest NAPLAN results. Picture: Montique Partner

One of Fairfield's newest schools has taken the number one spot in a list of the top performing high schools in NAPLAN.

Years 5 and 7 students at Pal Buddhist School — established in 2013 as Australia's only Buddhist school — outperformed others in the region with an average score of 591.6 across literacy and numeracy subjects.

Freeman Catholic College ranked second with a score of 584.7, followed by Canley Vale High with 568.5, Prarieewood High with 566.2 and Bonnyrigg High with 562.2.



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Founding principal Panha Pal. Picture: Monique Harmer



“If you can actually get a student to activate their humanistic side ... then you can bring anybody to become a studious learner. In fact, they will be able to learn and absorb knowledge, any kind of knowledge,” he said.

He said parents were looking for “a more serious” and “lifelong” education for their children and by nurturing students’ moral values their academic results also improved.

“By focusing on being a good human being, they develop compassion, they develop selfless joy ... they also develop an unshakeable mind.”

The latest NAPLAN results was a “vote of confidence” in the school, which had the potential to one day be “on par or even better” than James Ruse Agricultural High School - which topped the state - or Sydney Grammar, he said.



Freeman Catholic College at Bonnyrigg Heights made the top five.

The NAPLAN test is designed to measure students in literacy and numeracy and track progress.

The NAPLAN test remains controversial with the Australian Curriculum, Assessment and Reporting Authority, the federal body responsible for developing national curriculum and assessment, this year revamping the MySchool website where school’s NAPLAN results are publicly displayed.

Focus groups across the country found MySchool was difficult to navigate and was filled with technical language and jargon.

ACARA also had to further explain on the website the benefits of NAPLAN and MySchool to parents.

HOW YOUR SCHOOL PERFORMED:

1. Pal Buddhist School — 591.6
2. Freeman Catholic College — 584.7
3. Canley Vale High School — 568.5
4. Prairiewood High School — 566.2
5. Bonnyrigg High School — 562.2
6. Patrician Brothers’ College Fairfield — 554
7. Bossley Park High School — 547.5





A School of All Round Character Development

The capacity for independent thinking, empiricism and reason does not come from nothing. It is sown, cultivated and stabilised in the soil of all-round character development. As a Buddhist school, we use the Buddha's teaching as a rich resource in this regard.



Parent Footwashing Ceremony: Our students develop empathy and gratitude by washing their parents feet @ events such as Mother's Day, Father's Day and Vesak Day.

The Buddha taught the principles of virtuous behaviour in many ways. Our School has adopted 10 pairs of them as the bases of its rules, policies and governance structures. They are as follows:

	Should not:	Should:
1	Think with a reckless victim-status based mindset	Know that speech and actions have consequences
2	Think covetously	Think generously
3	Think with ill-will	Think with good-will
4	Speak falsely	Speak truthfully
5	Speak divisively	Speak with unity
6	Speak with ill-will	Speak with good-will
7	Speak idly	Speak meaningfully and relevantly
8	Kill & harm living beings	Act compassionately
9	Take what is not given	Act generously
10	Engage in sexual misconduct	Act chastely to those protected by guardians/partner



A School of Love & Generosity

Our school has incorporated into its curriculum voluntary service to the needy in places like nursing homes, homeless shelters and schools for those with special needs. The purpose is to give our students the opportunity for exposure to real human suffering and to develop skilful responses based on the four kinds of love taught by the Buddha: goodwill, compassion, appreciation and patient understanding.



Gift of Giving: Our annual Gift of Giving program is to teach our students about "dana" by raising funds and resources for the disadvantaged.

A School of Mindfulness

This special dimension to Buddhist education provides our students with highly effective remedies to everyday stresses and enhances performance. Although mindfulness has been dubbed a panacea to a range of modern ailments, actually, it is but one component taken out of the holistic path of life-training taught by the Buddha.

To maximise the potentials of mindfulness training, we bring it into a holistic context, firstly, by the study and understanding of mindfulness theory through the Dhamma, and secondly, by its realistic application and practice in everyday life and experiences.



Right Livelihood: The practice of mindfulness inherently faught through Right Livelihood cooking competition





Leppington campus: 3-acre block of land purchased by Pal Buddhist School in November 2020.



Concept of Leppington campus: Front view by 1:2:4 Designs, Sri Lanka

Our Expansion

Our New Leppington Campus

Pal Buddhist School is at an exciting stage of our journey. In 2017, four years after our inauguration, our community embarked on a mission to raise funds to purchase a 3-acre block of land in Leppington, New South Wales, to build a state-of-the-arts campus for our students.

On November 5 2020, we officially settled on the purchase of our new land. We will continue to serve the community of Canley Vale and its

surroundings while building our new campus in Leppington. The Leppington campus will be built over several stages and is expected to have a student population of 900 when its capacity has been reached.

The School will be designed to be ecologically sustainable making use of solar & water retention technology We will be co-educational school for primary and secondary students.



Refurbishment: Over the span of 6 months, our staff, students and their parents and benefactors volunteered their time with refurbishing the property.





Renewing Humanity



Collaboration of our Charity Program with Kampot School in Cambodia



SRC's fundraising campaign



Pal Buddhist School supports Teach4Peace: A humanitarian aid initiative which focuses on providing relief to the under-privileged countries around the world. Relief comes primarily in the form of education & resources, but the charity also donates food, medical & monetary supplies.

Some projects that have been achieved by our partnership with Teach4Peace include:

- > **Email Pals Program**
By indirectly teaching English to lesser-privileged children living in other countries, our students undergo a mutually enriching friendship which leads to the development of hope, appreciation, humility, compassion and cultural awareness.
- > **Buddhist Library Cambodia Project**
Our students raise money to support the Cambodia Project, where young children and orphans receive free dental services, mobile library services, the building of clean water tanks, and free English classes.
- > **Disaster Relief**
Our students volunteer their time on weekends to run a donation appeal to raise money for natural disasters affecting countries all over the world. In the past few years, our students have contributed to the Red Cross foundation, World Vision and the Tzu Chi Foundation in events involving typhoons, earthquakes, bushfires and floods.
- > **Asylum Seeker Centre**
Our students participate in donation drives where goods such as sanitary supplies, food, hygiene products, and cleaning products, are collected by students and donated to asylum seekers.



Our Pals raised over \$5000 for a non-profit Indian residential school for poor families



Year 5 Pen Pals project with the elderly



A donation on behalf Pal Buddhist School to Wat Bo Primary School in Cambodia for resources



Pal Buddhist School supporting asylum seeker or refugee families through donations and service



Shave4Vesak



Our Annual Gift of Giving (Dana) program to help the disadvantaged

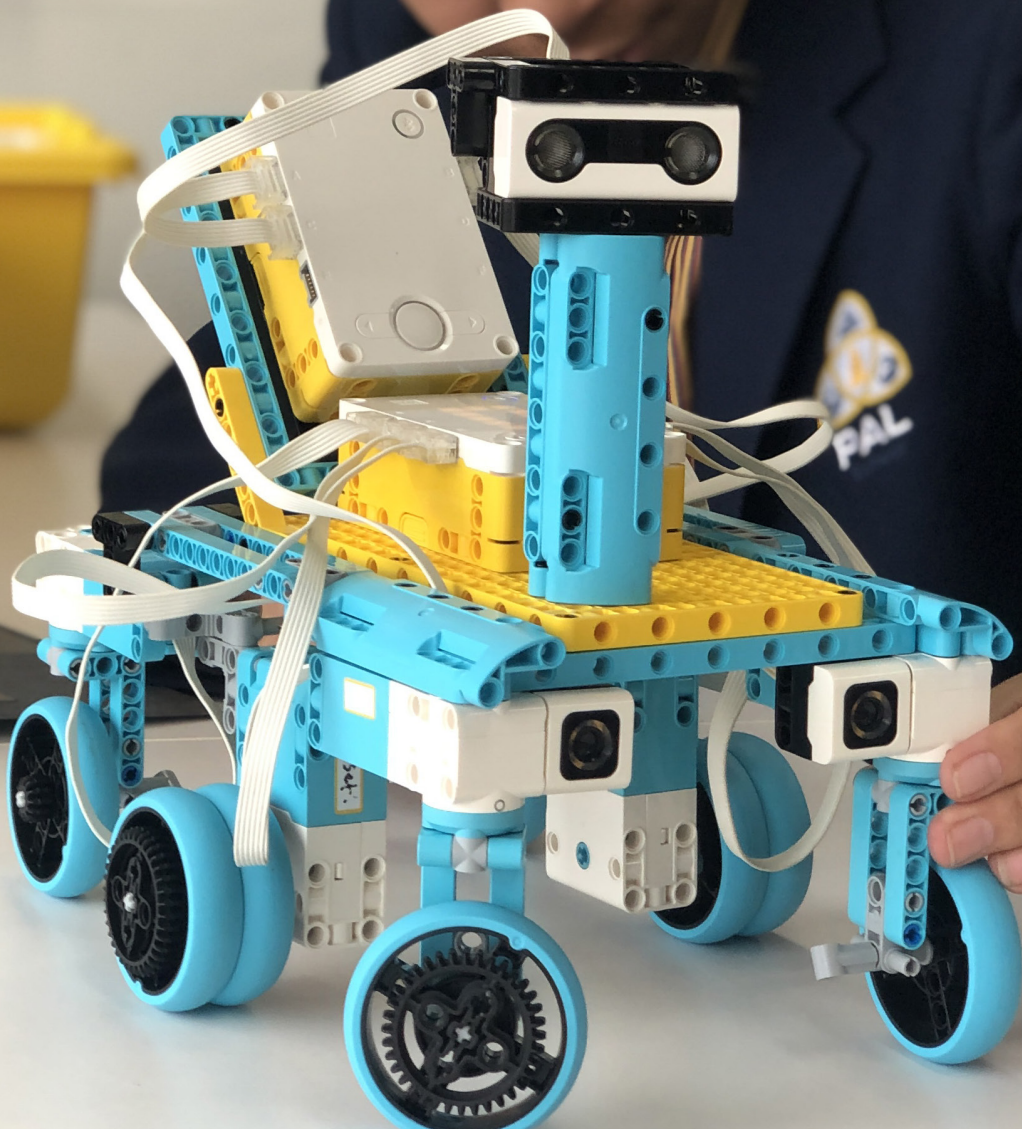


Our students participated in Clean up Australia around their local community

A SCHOOL IN EVOL- UTION

We believe in starting from where we are and striving for perfection. Each day brings with it fresh challenges, and we look forward to working with you to bring our vision to fruition.

MR PANHA PAL
Founding Principal



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