



ST PETER'S BOYS PREP SCHOOL

SERVING THE FAITH FOR 70 YEARS

THROUGH THE KEYHOLE

DATE 12 March 2020

JUNIOR PREP

Dear Parents,

FROM THE RECTOR

Chapel Carpark Trees

You might have noticed that the line of trees on the island in the Chapel carpark have been removed. We had detected infestation by Shot Hole Borer and removed them to curb infestation of neighbouring trees. All of these were Natal Plums which thrive best in warmer forest conditions. Despite the fact that they were approximately 20 years old, our annual highveld frosts prevented them from gaining the height and canopy spread which they ought to have had. By way of comparison, you might look at the single specimen alongside one of the paths in the Chapel forest which is just 10 years old and already over 6 metres tall. The trees will shortly be replaced, probably with *Karees* which will hopefully grow quickly and soon provide shade and the greenery to which we have been accustomed.

Questions for the Rector:

If anyone wishes any further information on any topic, please feel free to contact me at school or at groyce@stpeters.co.za or dradloff@stpeters.co.za.

Greg Royce

FROM THE JUNIOR PREP

41 FAMILY RITUALS THAT TEACH RESPONSIBILITY, KINDNESS AND COMPASSION By Ashley Cullins

Every night at bath time, my three-year-old daughter chooses five bath toys, and we take turns tossing them into the tub. "CANNON BALL!" we shout. Once all the toys are in the water, I turn to my daughter. "Hmm...something's missing. What is it?" She grins, jumping up and down. "Me! Me! Me!" she chants, until I scoop her up and put her in the tub. It may sound silly, and it's certainly very simple, but this is one of our family rituals. This one-minute ritual brightens our moods, strengthens our *bond*, and even makes my daughter look forward to bath time each evening. You probably have several family rituals of your own, perhaps without even realizing it, but if you don't have rituals yet, or if you'd like to create some new ones, read on for ideas and inspiration!

What Are Family Rituals?

It's sometimes difficult to distinguish between rituals and *routines*. According to psychologist **Barbara H Fiese**, rituals symbolically communicate the idea that "this is who we are" as a group, providing continuity in meaning across generations.

Routines, on the other hand, are a way of communicating, "This is what needs to be done." For example, giving your child a bath at 7:00, followed by bedtime at 7:30, is a routine. But if you incorporate personalised moments like a special kiss, handshake, or song, you can transform the routine into a meaningful ritual.

Why Are Family Rituals Important?

Rituals allow families to **slow down** and **connect**, and they're associated with all sorts of powerful benefits.

Fiese and her colleagues at Stanford conducted a review of 50 years of research on family rituals, published in the American Psychological Association's (APA) *Journal of Family Psychology*.

According to the review, both *family routines* and rituals provide **stability** and are associated with *adolescents' sense of personal identity*, children's health, academic achievement, and marital satisfaction.

Maintaining these routines and rituals even during **times of transition** like divorce can lower levels of conflict and help children adjust to change, protecting them from the proposed risks of non-traditional families. If you're interested in starting some family rituals (or adding to your current list), take a look at the **41 best ideas** below.

FAMILY RITUAL IDEAS



that **TEACH**
important **LESSONS**

Rituals That Teach Responsibility

- Assign each family member a specific task when setting the table.
- Create a rotating chore chart on a whiteboard that changes each Sunday.
- Choose a particular time each week when the entire family comes together to clean the house.
- Find projects that the entire family can collaborate on (shelling peas, painting a wall, etc.)



Rituals That Promote Kindness & Compassion

- Practice Loving Kindness Meditation: think of your loved ones and send them positive thoughts. Say, "May you feel safe. May you feel happy. May you feel healthy."
- Find a place to volunteer as a family (a nursing home, an animal shelter, etc.)
- Have each family member share one kind thing they did that day.



Rituals That Boost Positivity

- "Family cuddle time" - when everyone arrives home, pile into bed together and cuddle for five minutes.
- Play "High, Low, Buffalo" - each family member shares the high and the low points of their day, then anything else they would like to share ("Buffalo").



Rituals That Build Strong Family Connection

- End each evening with a calming massage before bed.
- Choose a few favorite songs to use as "goodnight songs."
- Choose a few favorite stories that you read each night.
- Say, "Goodnight, nose!" while tweaking your child's nose, then, "Goodnight, toes!", and so on.
- Before saying good-night, say, "Mommy loves you. Daddy loves you. Grandma loves you," and so on.
- Have each family member contribute something to dinner preparation.
- Take turns cooking everyone's favorite meals.
- Sample dinners from different cultures each month.
- Have weekly "theme" dinners, like Taco Tuesday, Pizza Fridays, etc.



Rituals That Develop a Sense of Belonging

- Create special greetings and farewells like "See you later, alligator!"
- Have a personalized handshake with each of your children.
- Go on a hayride each year around the holidays.
- During the holidays sing songs that hold significance to your family.
- On New Year's Eve, watch family videos to reflect on the year.
- Keep a "Gratitude Jar" throughout the year.
- Make a special cake for each family member's birthday.
- On birthdays, allow kids to eat anything they want for breakfast!
- Invent and celebrate family holidays like Kid's Day.
- Go on monthly (or weekly) nature walks.
- Create a theme night like a board game night or a movie night.
- Have pancakes each Sunday morning.
- Camp out in the living room monthly or every so often.



SATURDAY, 14 MARCH

Saturday is a busy day for our JP boys and their families:

Grade 1 & 2 Dads & Lads Mini Cricket

Registration commences at 8:00 with Grade 1 boys playing on Feathers field and Grade 2 boys playing on Mvukuzane field. **No late entries will be accepted due to the roster.**

Grade 2 parents will be running a tuckshop in the morning and it would be lovely if you could support this initiative.

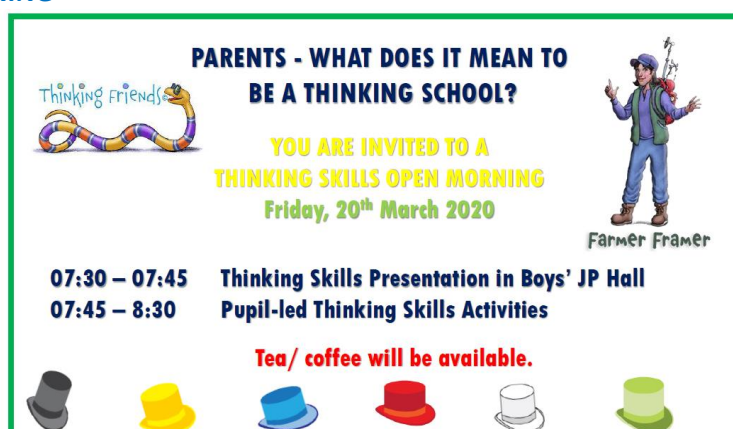
Ladies Lunch

Once we have tried the Dads & Lads outing, it is time for the moms. The Ladies Lunch is enjoyed by all who attend and this year will be no different!

Hopefully Sunday is a day that our families can use to relax.

VISUAL SCREENING

This will take place on **Thursday, 19 March** for all Grade 0 and new boys whose parents have completed the consent form. Parents will receive written feedback after the screening.

THINKING SKILLS MORNING**SPORT:**

Grade 1 and 2 parents please see attached letter regarding sports lessons.

SAVE THE DATE! "Teach Your Children Financial Planning"

Due to demand from parents – Hayley Parry will repeat her Coffee Morning talk, which centres around growing children with financial savvy and focuses on children between the age of 3 – 10. This talk comes with invaluable tips and ideas that will become life long lessons for your child.

Date: Thursday, 26 March

Time: 18:30-19:30

Venue: JP Girls Hall

GOLDEN MOMENT

A Grade 2 boy was in the sick bay getting medication for a headache. While there he said "I have a pain in my left side." Mrs Edmed: "Did you tell your mom this morning?" Reply: "No, I told my dad who didn't believe me – he always busts me!"

See you on Saturday!

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 16 March	
Tuesday 17 March	
18:30	My Story
Wednesday 18 March	
8:00	Chapel (birthdays 16-22 March)
8:00	Sefikeng community partnership
13:00	Grade 2 CHAPS (Middle Room)
Thursday 19 March	
Vision Screening Grade 0 and new boys	
Friday 20 March	
7:30-8:15	Thinking Skills Demos Grade 0-2
7:30	JP Hall
7:45	Classrooms

PARK AND RIDE PILOT

As of Monday, 9 March, we started the pilot morning bus shuttle from the German Country Club. The children could be dropped off at the German Club carpark from 06:30. The St Peter's bus was scheduled to shuttle the children across to the Chapel carpark at **06:50 and at 07:10**.

There has been no uptake from the St Peter's families this week. If no families have taken up the offer, the feasibility of the shuttle will be reviewed on Friday, 13 March. So if you did show interest, please try it!

70TH SOCKS – ON SALE

Boys will be able to wear the socks on all days with a seven. Upcoming day with a seven is **Tuesday, 17 March**. They will wear the socks together with their sports kit consisting of red practice shirt, blue shorts and takkies.



70th CELEBRATIONS

The St Peter's campus has a checklist of over 160 birds. Some of the more striking birds are:

- Cape Vulture (flying overhead)
- European Honey Buzzard
- Black Sparrow Hawk
- Shikra
- Paradise Flycatcher
- Black-throated Canary
- Grey-Headed Bush Shrike
- Groundscraper Thrush
- White-faced Duck

Greg Royce



Paradise Flycatcher

WINE TASTING EVENING HOSTED BY THE FOUNDATION – NOT TO BE MISSED!

<https://tickets.tixsa.co.za/event/st-peters-wine-tasting>



Wine Tasting Evening

Hosted by Big Futures
Social Responsibility
Programmes, supported by
the St Peter's Foundation

Date: Tuesday, 24 March

Time: 18:00

Place: Dodson Hall

Come and taste over
20 wines including
reds, whites and
bubbly from local
estates and from
Portugal and Spain.

Wines will also be on
sale via the estates on
the night.

Tickets: R160 per person

All Proceeds go to the Big Futures Programmes

LADIES LUNCH – SATURDAY, 14 MARCH LUCKY DRAW PRIZES

Enter the Ladies Lunch Lucky Draw 2020 and stand a chance to win prizes worth a total value of more than R85 000. Tickets are R100 for 4 tickets. The more tickets you buy, the better your chances of winning.

With Mother's Day and Father's Day just around the corner, this is the perfect opportunity to win the perfect gift and spoil your loved one! Please refer to the attachment for a full list of prizes.

Click on the link to purchase tickets: [Buy Lucky Draw Tickets](#)

Online ticket sales close on **Friday, 13 March at 18:00**. The draw will be held this Saturday, at the Ladies Lunch. However, you do not have to be at the draw to win! Winners will be notified via sms.

LUCKY DRAW 2020 – AMAZING PRIZES – YOU DON'T NEED TO BE AT THE DRAW TO WIN

	SHAMWARI GETAWAY Two nights stay for two at Shamwari Private Game Reserve (all inclusive) valued at R27 000
	STAY AT MAKALALI Two nights stay for two at Makalali Private Game Lodge (all inclusive) valued at R19 500
	MOTHERS DAY GIFT 1 <ul style="list-style-type: none"> Two nights stay for two at the Cavern Drakensberg Resort and Spa (all inclusive) valued at R6 000 Jimmy Choo fragrance worth R1 300 Dermology voucher for treatments worth R1 800 Voucher from Steyn City XIX Nineteen Restaurant worth R1 000
	FATHERS DAY GIFT 1 <ul style="list-style-type: none"> 1 x Fourball at Steyn City Golf Club valued at R4 000 Branded merchandise from Porsche valued at R5 000
	MOTHERS DAY GIFT 2 <ul style="list-style-type: none"> Kirsty Boltman commissioned artwork worth R3 000 Jimmy Choo fragrances worth R2 600 Dermology voucher for treatment worth R2 000 Bottle of St Peter's 70th Birthday Gin
	FATHERS DAY GIFT 2 <ul style="list-style-type: none"> Talon 2,8kVA Petrol Generator valued at R6 000 Branded merchandise from Porsche valued at R5 000
	MISS SA 2020 <ul style="list-style-type: none"> Two tickets to the Miss SA Pageant 2020 in Cape Town Two flights to Cape Town valued at R5 000 Two nights stay for two at the Protea Fire & Ice Hotel, Cape Town valued at R3 000 Dermology Voucher for treatment worth R1 600 Jimmy Choo fragrance worth R 1300
	VENDOR GIFT <ul style="list-style-type: none"> Necklace from Gracestone Fine Jewellery valued at R3 000 Bikini'd swimming costume valued at R1 600 Accessories from Resonate Shop valued at R1 150 Body suit from All Body SA valued at R750 Treatment and blow dry at Carbon Salon valued at R540 Two oil blends from Essentoils valued at R300