



Dear Parents,

**FROM THE HEADMASTER**

It was wonderful to see the boys arriving back at school well rested and ready for a new year. While the parking areas were filled to overflowing with parents eager to walk their child to the classroom on the first day, experience had shown us that, as the majority of families revert back to the desired drop-and-go system, traffic on campus will ease. You will have received a letter from the Rector regarding our efforts to reinstate points men, which have not been accepted by JMPD. As we continue to try to improve egress onto Witkoppen Road I do thank you for your patience. One possible way to alleviate traffic flow on campus is to make use of our bus service from various shopping centres. A successful service ran on one route during 2019 and it will be possible to bring in new routes if the demand is sufficient. While we do need a minimum of 12 people to make these services viable, this could be easily achieved by networking with families in your area. Should you wish to explore this option further please email [tim@sagolfing.com](mailto:tim@sagolfing.com)

Our staff development sessions, which took place on Monday and Tuesday this week, included an inspirational talk by Stephen McGowan who told us about his six years as a captive of al-Qaeda and subsequent return to South Africa. His survival hinged on his ability to maintain a positive attitude and active mind and body. It is fascinating how closely the skills and character traits he developed align to the Positive Psychology acronym PERMA that has been put forward by Martin Seligman. While I hope that the school day is not an ordeal that remotely resembles Stephen's experiences, the aim of positive psychology, which is to treat mental health as something that we can actively improve rather than the traditional remedial approach that addresses challenges, is one that could be of great benefit to all of us in the community.

I have taken the following definitions from <https://www.livehappy.com/science/resources/what-perma>.

**PERMA** (Positive Emotion, Engagement, Relationships, Meaning, Achievement) is an acronym that stands for the five elements developed by Martin Seligman that account for what makes up the "good life" – an authentic and sustained happiness and well-being. No one element defines well-being, but each contribute, either subjectively or objectively.

**Positive Emotion** is one of the cornerstones to well-being. Kindness, gratitude, hope, contentment are all positive emotions that contribute to the "pleasant life."

**Engagement**, much like positive emotion, is a subjective element to well-being. Engagement is about being totally absorbed (in the flow) by a present task where time and self-consciousness seem to cease.

**Relationships** are an important part of well-being. People who maintain strong positive relationships are generally happier in life. We are "social beings" who need to connect with one another.

**Meaning** in life comes from serving something that is bigger than self. To have a sense of well-being, finding a purpose in life is essential. Altruism and philanthropy are good methods to establishing a meaningful life.

**Achievement** is a sense of accomplishment. Having goals and meeting those goals, improves your well-being and allows you to flourish.

As we begin 2020, I would like to suggest that we actively consider each of the elements described above and look to pursuing activities that will create opportunities for the boys and ourselves to thrive in all these areas.

I look forward to a positive and happy 2020 for the St Peter's Community.

**Rob Macaulay**

**FROM THE JUNIOR PREP**

Welcome back to the new school year, we trust that 2020 is going to meet your hopes and dreams for your son.

Our aim is to provide your son with a safe environment where he is able to feel part of the St Peter's family. We know if these connections are made in the first six weeks and routines are established and modelled, school will be a happy place. This in turn will allow each boy to face the exciting challenges of learning with a positive attitude and determination.

**STAFF NEWS**

**Farewell:** Annette Strouthos has taken up the opportunity to retire. She has served the St Peter's community in various roles for the past fifteen years. Annette was instrumental in the set up of our new library when we moved in 2014. The jungle theme and all she did to establish this facility will remain her legacy in years to come. Annette, developed the Afrikaans curriculum for the Junior Prep boys and took this language to a level that allowed them to manage extremely well in the Senior Prep years.

Annette will be missed in the JP Boys, especially by her colleagues. I would like to take this opportunity to wish Annette every success in her new ventures.

**Welcome:** There are a number of new staff in the Junior Prep this year. I know you will join me in wishing them much happiness in the years to come. I truly hope they will soon feel part of the St Peter's family.

- Lesego Ndlovu – will be teaching Grade 0, she comes to us from St Stithians. She has already brought a relaxed and nurturing atmosphere to her classroom.
- Debby Jameson – is a familiar face at both the JP Boys and Girls schools, where she has been a locum over the past eighteen months. I am delighted that she is now a permanent member of staff, teaching Grade 1. Debby has a wealth of knowledge and experience under her belt. She is recognised as extremely kind and caring by the boys in her class.
- Trish Scott- has taught at St Theresa's for a number of years. Her passion is teaching Grade 2 and she has decided it's time that little boys get the benefit of her teaching skills! Trish is a welcome addition to our team.
- Kimberley Ferreira – has taught overseas and locally; I have no doubt that her calm and quiet demeanour will allow the boys in her care to thrive. I certainly know that many of her boys will "fall in love" with her in no time at all.
- Catherine Senyakanyaka – completed her four year internship at St Peter's. We are delighted to welcome her into the Afrikaans/Library position at the JP. During her time as an intern Catherine continually demonstrated excellent classroom management and teaching skills. It is with pride that we added her as a staff member at St Peter's.
- Chenepe Thage (Mr T) – remains a firm favourite of the JP Boys. He works hard to establish strong, nurturing bonds with our boys – many of whom have gone home and told their parents that he is their 'role model.' This year Mr T will be in the Sports Department, working with boys from Grade 0-3.
- Kabelo Mathe – is well known to the SP boys and our little ones who took extra cost cricket last year. We are very excited to welcome Kabelo to the JP Department as Callan Cronin's assistant. We know that he will enjoy his interactions with our boys.

**STAFF CHANGES**

There have been many changes to the staff positions for 2020, please take note of this breakdown:

**GRADE 0:**

Lee-Ann Pickering (Grade Head)

Claire Fietze – who is on sabbatical this term, so Jaya Govender is teaching her class.

Bonolo Molefe

Lesego Ndlovu – who will be on maternity leave in Term 2, so Nikki Dickson will be her locum.

**GRADE 1:**

Genevieve Ritchie (Grade Head)

Charmaine Basel.

Debby Jameson

**GRADE 2:**

Belinda Smit (Grade Head)

Trish Scott

Kim Ferreira

**GRADE 1 & 2 MIDDLE ROOM:**

Tracy Backman

**SPECIALIST STAFF:**

IsiZulu – Lindiwe Radebe (Mama R)

Afrikaans/Library – Catherine Senyakanyaka

Sport – Callan Cronin assisted by Kabelo Mathe

Music – Melani Fouché

LO/Coach – Chenepe Thage (Mr T)

Academic Support – Lin Clackworthy

***NEW FAMILIES JOIN OUR COMMUNITY***

I would like to welcome our Grade 0 boys and their families to St Peter's. I know your time with us will be both happy and successful. You will find your year ahead filled with fun, opportunity and play – make the most of every minute!

A warm welcome is also extended to the following boys and their families:

Grade 1: Adam Poonan, Liam Hartman, Zac Koller and Oliver Thomas

Grade 2: Oliver Boltman, Muhluri Nkhwashu, Luke Jennings, Frederick Prinsloo and Mafoko Moeketsi.

I trust you will feel a real sense of belonging within a short period of time. We are delighted that you have joined the St Peter's family!

***HOT LUNCH***

Hot Lunch is a new initiative in the Junior Prep Department. Yesterday's food smelt and looked delicious! Should you wish your child to eat Hot Lunch at 12:00 each day, please ensure that he is signed up. If you have not signed him in, but have paid for hot lunch, please complete the form as soon as possible. The Hot Lunch link is:

**[Junior Prep Hot Lunch Application Form](#)**

In the JP Hot Lunch does **not** include the mid-morning snack. Please could parents continue to send 'Munch and Crunch' along with water, as this assists with focus. A mid-morning snack also needs to be packed. This time is scheduled in the school day and forms an important part of your son's development, particularly with regard to social interaction and creating classroom connections. It also allows boys to find their friend/s before going out to the playground. These are the reasons that as a Junior Prep we opted not to have the kitchen provide this snack.

Hot Lunch is no longer served at Aftercare, so if your child is attending this facility he must be signed up for Hot Lunch. Both Aftercare and Hot Lunch will be billed separately by the Accounts Department.

***SCHOOL DAY***

Parents are reminded that school starts at 7:30 daily. From 7:00 the boys will be supervised outside on their playgrounds. Should your son arrive before 7:00 we ask that he goes to the Library and quietly reads a book – teachers will be around to keep an eye on these boys.

***Break time:***

1<sup>st</sup> Break 10:00-10:30

2<sup>nd</sup> Break 12:00-12:30 (boys who have Hot Lunch will use some of this time to eat).

***Closing times are as follows***

Grade 0: Monday, Tuesday and Thursday 13:00. Wednesday and Friday 12:45.

Grade 1 & 2: Monday, Tuesday and Thursday 13:30. Wednesday and Friday 13:00

Supervised Waiting Class: Monday to Friday until 14:00 on Somerset Field.

Aftercare: Monday to Friday until 17:30 in the JP Boys Hall

**SPORT**

Please take note of the attached letter regarding swimming. Grade 1 and 2 parents please note the attached letters regarding sport.

**PARENT INFORMATION EVENINGS**

On Monday night we hosted our Grade 0 Information Evening, if you were unable to attend please do touch base with your son's teacher. This evening provides the information you need to establish a routine for both your son and yourself. The Grade 1 Information Evening is tonight, **Thursday, 16 October** at **18:30**. Parents will go to the classrooms first and then to the JP Boys Hall. You are invited to stay and socialize with the parents from your Grade afterwards, over some snacks and drinks.

Grade 2 parents will attend their Information Evening on **Monday, 20 January** at **18:30**.

**EXTRA COST EXTRA MURAL DISPLAY**

All the extra cost coaches will be available in the JP Hall from 12:00-13:30 on **Friday, 17 January**. This is an opportunity for you to meet the coaches, sign your child up for extra cost activities and ask any questions. As Aftercare has moved to the JP Boys building we needed to change venues for some activities. Please take note of the following:

Gymnastics – JP Girls School  
Judo – Dodson Hall  
Karate – Grade 0 Pause Area  
Dance Mouse – Grade 0 Pause Area

C.H.A.P.S (Grade 2 Choir) will practise in the Middle Room going forward from 13:00-13:30 on a Wednesday.

**SEFIKENG VOLUNTEERS**

Sefikeng Primary, based on the grounds of Leeukop Prison, is our outreach school. On a Wednesday from 8:00-10:00 we run a reading programme from Grade 0-3. This programme involves teachers, interns and parents. No experience is required and the rewards are immeasurable. If you are interested in learning more about this programme, please join us for a Coffee Morning:

When: Thursday, 23 January  
Time: 7:30-8:30  
Where: JP Girls Hall

See you there!

**JP PICNIC – FRIDAY, 24 JANUARY**

Our JP boys and girls are invited to bring their families to our annual JP Picnic on **Friday, 24 January** from **17:00** on Newlands Field.

All details of this exciting family event will be posted in the week, via Whatsapp. Save the date!

**GOLDEN MOMENT**

Yesterday a Grade 1 teacher found one of her boys crying in class. Teacher: "What's wrong, why are you crying?" Boy: "I'm crying because I don't want to get older." Teacher: "Neither do I!"

I would like to 'wish you well' for the week ahead.

Warm regards,

**Kenda Melvill-Smith**

**FORTHCOMING EVENTS**

<b>Monday 20 January</b> 18:30 Grade 2 Information Evening
<b>Tuesday 21 January</b>
<b>Wednesday 22 January</b> 8:00 Chapel (birthdays 01 to 26 January) 13:00 Grade 2 CHAPS (Middle Room)
<b>Thursday 23 January</b> 7:30 Sefikeng Coffee Morning (JP Girls School)
<b>Friday 24 January</b> 17:00 JP Picnic – Newlands Field