



Dear Parents,

FROM THE RECTOR

Help: Prefabricated Building

Thank you to all those parents who responded so positively to our earlier requests for assistance with solar energy and earthworks.

We are now looking to erect a modular building consisting of 1, 2 or 3 prefabricated rooms approximately 150 m² in extent.

If any parents are able to assist with a quote, please contact Darrel Webb, Girls Prep School Headmaster, at pgouveia@stpeters.co.za.

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



Example of what we are looking for

FROM THE JUNIOR PREP

FIVE STEPS TO HELP CHILDREN COPE WITH STRESS

Studies show that children are more stressed today than ever before. Since stress is a natural part of life, our goal should be to teach children to cope with stress. November seems to be a particularly stressful time for most families as we wind up the year, so here are five steps to assist you and your child to cope with the month ahead:

Step 1. Reframe stress:

Help your child shift from a “stress/anxiety hurts” mindset to a “stress helps” mindset. Some level of stress is beneficial and presents opportunities for growth. Discuss these opportunities around your dinner table

Step 2. Shift from a fixed to a growth mindset:

Help your child look at a situation from a growth mindset perspective. The situation is not fixed, it can improve and you have the power to influence your situation positively.

Step 3. Stop catastrophic thinking and talking:

Do not dismiss your child’s worries, but complete worst case scenario exercises. Ask your child: “What is the worst thing that could happen?” This question puts everything into perspective for both the child and his parents.

Step 4. Practice problem solving:

As a family brainstorm solutions and, as parents, listen more and talk less. Discuss both the positive and negative consequences of each proposed idea, then encourage your child to choose one solution.

Step 5. Try stress management techniques:

As a family use techniques like deep breathing, stretching, listening to gentle music and practicing mindfulness to cope with stress.

The above steps will assist your anxious child in January and he prepares for a new school year.

CONGRATULATIONS

Athe Hilita became a big brother on 30 October. Congratulations to Dudu and Xolisa on the birth of their baby girl, Aya.

GRADE 1 EISTEDDFOD

Congratulations to our Grade 1 boys who participated in the Eisteddfod last week. June Tromp, our adjudicator, was most impressed by the standard of our boy's presentation and their confidence levels. Well done, boys, you can feel very proud of yourselves.

NEW PARENTS EVENSONG

Thank you to Jacqui Wilson and Carolyn Linnell for leading the team of volunteers at this year's event. Our new parents thoroughly enjoyed the evening and I know they will soon feel at home.

GRADE 0 NATIVITY

The week ahead is an exciting one for our Grade 0 boys as they present their Nativity. They have worked hard to learn songs, actions and playing of various instruments. Now is their time to shine!

Grade 0 parents please note that this event will take place in the JP Library and **not** Dodson Hall as indicated on the termly calendar. A detailed letter will be sent home with the Grade 0 boys.

Tuesday, 06 November:

Grade 0 Nativity Dress Rehearsal at 11:00 for grandparents and caregivers. The Grade 0 boys may go home with their guests after the show, should that suit you.

Thursday, 08 November:

The Nativity will take place at **18:30**. Please ensure your son is in his classroom at **18:00** to get dressed for the event. Parking will be available on Somerset Field and parents are invited to join us for sherry and Christmas mince pies, as we prepare for the festive season.

GOLDEN MOMENT

Our Grade 2 boys joined their Grade 6 buddies for a Hot Lunch Experience this week and I thought I would share some of their comments:

"That was the best meal I have ever eaten."

"The kitchen sure knows how to cook!"

"I think my mom has come competition next year."

"That meal was better than anything my mom has made."

And from a Grade 6 boy to his Grade 2 buddy:

"Beware the dreaded fish....."

Enjoy the weekend, our festive season kicks off next week with both Nativity and our Hindu families celebrating Diwali.

Warm regards,

Kenda Melvill-Smith

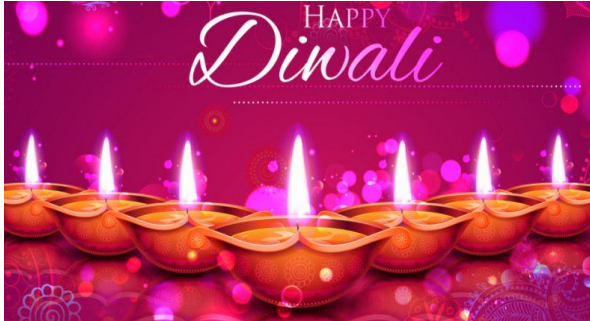
FORTHCOMING EVENTS

| | |
|------------------------------|--|
| Saturday 03 November | |
| 9:00-11:00 | New 2019 Boys Orientation Morning |
| Monday 05 November | |
| Tuesday 06 November | |
| 8:30 | DCS |
| 11:00 | Grade 0 Nativity Dress Rehearsal for grandparents and caregivers |
| Wednesday 07 November | |
| 7:15 | Grade 2P boys to attend Senior Prep Chapel Service |
| 8:00 | Chapel (birthdays 04-11 November) |
| 13:00-13:30 | Grade 2 Choir |
| Thursday 08 November | |
| 13:00-13:30 | Grade 1 Choir |
| 18:30 | Grade 0 Nativity |
| Friday 09 November | |
| HOT DOG DAY R25-00 | |
| Cartridge Collection | |

DIVERSITY - DIWALI

Hindus throughout the world will celebrate the fifth and final day of Diwali next Wednesday, 7 November 2018.

Diwali is called the “**festival of lights**”. It is a period spent with friends and family, mending relations, reuniting, forgiving one for one’s wrongdoings and renewing friendships.



It is also a time for deep reflection on past successes and failures, and to look forward to the new year with greater energy and inspiration.




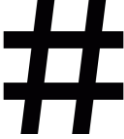
During Diwali, Hindus exchange sweetmeats, fruit and sweets and wish each other well. The morning is spent in thanksgiving prayers and the evening is filled with fun, laughter, lighting of lamps and fireworks.

The lamps and fireworks signify the triumph of light over darkness, good over evil, knowledge over ignorance **and** the invitation of light and joy into our lives.

St Peter’s wishes all Hindu friends, pupils and families Happy Diwali.
Vijay Maharaj (Director: Diversity)

FOLLOW US

Follow us on our social media platforms using the handles below:

| | |
|---|--|
|  | <p>TWITTER</p> <p>St Peter’s Boys Prep</p> <p>@peter_prep</p> |
|  | <p>INSTAGRAM</p> <p>St Peter’s Prep Schools</p> <p>stpeters_preps</p> |
|  | <p>FACEBOOK</p> <p>St Peters Boys Prep</p> <p>@StPetersBoysPrep</p> <p>St Peter’s Foundation</p> <p>@stpetersfoundation.co.za</p> |
|  | <p>SUNSET CAROL’S HASHTAG</p> <p>#StPSunsetCarols</p> |

MORNING BUSES

We currently have two routes available, please see the information below. A minimum of 16 students per term are required for the service to run. The service will start **on Friday, 26 October 2018** and run until **Thursday, 6 December 2018**.

If you would like to make use of one of these bus routes, please complete the Bus Consent and Indemnity Form, which can be found on the Communicator and return this to the school. Reception@stpeters.co.za

Please see additional details below:

1. Leaping Frog – based on a minimum of 16 pax for the term

| Pick up Point | Time |
|--|--|
| Leaping Frog Shopping Centre | 06:30 to leave at 6:40 - R1 690 per term (approx R25 per trip). For the remainder of this term: R750 |
| *option for other parents subject to minimum of 16 pax | Cash rider / booklet pre bought = R35 per trip |
| School ETA | 07:00 – 07:05 |

2. Kyalami Shopping Centre – based on a minimum of 16 pax for the term

| Pick up Point | Time |
|--|--|
| Kyalami Shopping Centre | 06:25 to leave at 6:30 - R1 890 per term (approx R28 per trip). For the remainder of this term: R850 |
| *option for other parents subject to minimum of 16 pax | Cash rider / booklet pre bought = R45 per trip |
| School ETA | 07:00 – 07:05 |



The Book People
REACHING PEOPLE THROUGH BOOKS

BOOK SALE

Keys Pavilion
6 to 9 November 2018: 07:00 to 15:00



SUNSET CAROLS – SATURDAY, 1 DECEMBER



BOOK YOUR TABLE



The advertisement is contained within a yellow-bordered rectangle. On the left, a circular inset shows a round dining table with a white tablecloth, set with white plates, glasses, and water bottles. In the background, other tables and a stage with a large screen are visible outdoors. To the right of the circle is a circular logo with a sunset background, containing the text 'SUNSET CAROLS 2018' in a stylized, hand-drawn font. Below the logo, text provides details about booking tables for the event.

With just a month to go before Sunset Carols it's time to plan your day.

How about taking a table this year?

These fabulous tables are set with cutlery, crockery and glasses, plus festive décor, so all you have to do is arrive – no more carrying heavy chairs and tables all the way from the car!

The tables seat 10, so get your friends together and be ready to book one from 15 Nov on TIXSA.

The cost is R2300 for the table.

DITCH THE SCHLEPP AND GET THE BEST SEATS IN THE HOUSE!