

## Dear Parents,

# **LUNCH BOXES**

Our boys are encouraged to bring "crunchy, healthy snacks" to eat during the day eg carrots, cucumber, pear, apple, biltong. This assists with keeping them focused on a task and fill a hungry gap between breaks.

The lunch box needs to contain some protein, fruit, juice and/or water. Sandwiches are encouraged, or savoury biscuits with cheese, boiled egg, chicken leg, yoghurt etc. The boys eat at both breaks so please ensure you pack enough food, particularly for those who have a late finish after extra cost extra murals.

If your son doesn't get hungry during the morning, consider a protein shake or smoothie. Should he bring home a full lunch box regularly, let his teacher know so that his eating can be monitored.

Last year I explained to the boys that their brains are like the motor in dad's car and it needs petrol to run smoothly. Their lunch at school becomes fuel to help their brains work so that they can learn successfully.

A small treat may be sent on a Friday.

## **CONGRATULATIONS**

I would like to congratulate Patrick Tsaperas (Grade OH) who became a big brother last week. I am sure he will take good care of his little sister, Ariella.

## FINISHING TIMES: GRADE 1 & 2

The finishing times for Grade 1 and 2 boys have changed very little from 2016. The main difference is that often sport is not at the end of the day, but rather incorporated into the school morning. Please could parents refrain from fetching their boys early from class as this is teaching time and part of the school timetable.

I know that many parents are concerned about not fetching their boys promptly at 14:00. As in the past the teacher who is in charge of home time duty will wait with boys until the traffic flow has decreased, after which they will be taken to Aftercare.

Boys who attend extra cost activities will be directed to the venue. Please discuss finishing times or pick up arrangements with the specific coach directly.

#### TIME2READ - PARENT INFORMATION

Marit Paul will be addressing parents on the Phonics and Reading Programme that St Peter's will be implementing from 2017. She will explain the basis of the programme and give parents pointers on how to assist their child at home. There are two different time opportunities for parents to attend the Time2Read information talks. Please do diarise this event:

Date:Thursday, 9 FebruaryTime:7:30-8:30 or 18:30-19:30Venue:Royce Hall at St Peter's Girls School (please note change of venue)

# **DIEPSLOOT COMBINED SCHOOL OUTREACH**

Please complete and return all forms to school by **Friday**, **10 February**. Your support of this programme is greatly appreciated.

Our boys are being introduced to a fifth "G" this year: "An attitude of Gratitude." This theme aptly fits our community partnership and outreach.

The prep session for Term 1, 2017 will take place on **Tuesday**, **7 February** from 7:30 onwards. Please consider joining us that morning as we prep for an exciting term ahead.

#### **GOLDEN MOMENT**

We had a very excited Grade 0 boy outside Chapel on Wednesday morning. He was convinced that the president of South Africa was coming to the service (unfortunately for him it was Mr Maharaj!)

I look forward to joining many St Peter's moms on Saturday morning as we launch the "Year of the Woman." Warm regards,

## **Kenda Melvill-Smith**

FORTHCOMING EVENTS	
Saturday 04 February	
9:00-12:00	"Women's Year Workshop" – Royce Hall (Girls Senior Prep)
Monday 06 February	
Tuesday 07 February	
7:30	DCS prep – JP Boys Makerspace
Wednesday 08 February	
8:00	Chapel Service (birthdays 6-12 February)
Thursday 09 February	
7:30-8:30	Time2Read Workshop – Royce Hall or
18:30-19:30	Time 2Read Workshop – Royce Hall
Friday 10 February	

#### **LEAVING ST PETER'S?**

A reminder that a term's notice is required should your son be leaving St Peter's. Kindly send an email to the Head of the Junior Prep informing her of your intention to leave. This is essential in order to qualify for the refund of your deposit. Kelly Bongers (Admissions Officer)

#### **CAR SECURITY STICKERS**

Please note that we are having more stickers printed. As soon as that is done they will be available at the Reception desks at a cost of R10 each. You will be required to sign for a sticker and the cost will be debited to your account. The new security sticker is to allow for a safer campus for St Peter's families, thank you.

Diane Fraser (Marketing)