



Dear Parents,

#### **FROM THE RECTOR**

1 November fell on Wednesday this week. The date is remarkable for a number of reasons, not least of which is the first exhibition of Michelangelo's masterpiece on the ceiling of the Sistine Chapel. Somewhat earlier however, are two events of far more chilling import.

On this day in 1210, King John of England, brother of Richard the Lionheart, began imprisoning Jews. He had levied a substantial tax on Jews and those who were unable to pay were imprisoned and many tortured. Nearly 150 years later on the same day, the Belgian Duke of Brabant ordered the execution of all Jews in Brussels. The horrific deaths of the Black Plague had been attributed to the water which the populace drank, and Jews were accused of poisoning the wells.

These events are but two of a long history of persecution of the Jewish nation. Over time, their business acumen and tight-knit culture and identity had evoked the awful spectre of envy in the communities within which they lived. Parallels can be drawn in our own country with the wave of xenophobia directed against new, hard-working immigrants. It is exactly this type of awful stereotyping which gave rise to *apartheid*.

The same convention exists amongst our children today, with boys using homophobic slights to denigrate peers different from them. This is often a consequence of their own low self-esteem and results in them referring to peers who are different as 'gay'. Modern sub-culture, so evident in rap music, sees girls referred to as 'bitches', amongst others. As adults involved in the lives of our children, as parents or teachers, we need to be especially careful about the language we use. Over decades we have been socialised to see these as acceptable. They are often used in a humorous context.

One doesn't want to take political correctness to ridiculous lengths, but we need to be aware of our own role in socialising children: we can so easily, unconsciously, create attitudes that will only impede their progress and happiness in life. We need to teach them to judge others for their deeds and not through the lens of any other stereotypes e.g. age, gender, race.

It is ironic that the very qualities which aroused envy of the Jewish nation are those which our youth so desperately need now: hard work, astuteness, respect for age and wisdom and adherence to good values.

#### **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](mailto:groyce@stpeters.co.za) or [dradloff@stpeters.co.za](mailto:dradloff@stpeters.co.za))

**Greg Royce**

#### **FROM THE JUNIOR PREP**

On Sunday I came across this article in the Life Style section of the Sunday Times. I felt its message was very important and needs to be shared with parents. I hope it will allow for some reflection and action in our busy family lifestyles.

#### **NEWSPAPER ARTICLE: TAKE SOME TIME OUT**

It is a fight I have with myself every Monday on the drive to work. Am I doing the best for my children by leaving, to fulfil my slightly selfish psychological and financial needs, while a nanny and playschool act as parents during the day? What damage is being done?

A quick reality check puts it into perspective. Separation is not a bad thing, there is love from caregivers, a grandmother. (Some) meaningful interaction late afternoon, on weekends and holidays creates a precarious balance in our household.

But, recently, a Cape Town power couple were concerned about their nine year old son's fist fights, constant arguments at home and his plummeting school grades, so they turned to a psychologist. The pair were surprised to find that it was

their lack of availability that was turning their child into a monster.

“He just needed time. He is a much calmer child now that his mum makes time for him on a Sunday, although he wants more, and his dad works on his hobby with him,” said the doctor.

Local psychologists say modern parenting is in crisis – and South Africans are worse off because of the easy and affordable accessibility of childcare.

#### **‘EXTIMACY’**

Having two employed parents is not unusual, but what children do on their own has changed, says Johannesburg-based clinical psychotherapist, Bruce Laing. “For centuries parents have gone out and worked, but managed their children. This problem of the internet creating intimate roles which the parents aren’t involved in – for example, in the child’s social media community – is creating ‘extimacy,’ as opposed to intimacy,” says Laing. The concept of extimacy, a word coined by French psychoanalyst Jacques Lacan in the 1960s, was discussed at the recent International Psychoanalytical Association conference in Brazil, in the context of the modern age. “Children are becoming anxious and depressed because they are forming the wrong relationships, often online, instead of interacting with their parents,” says Laing. In extreme cases, the lack of personal development can lead to children not understanding other people and developing an intolerance of others that can manifest in racism, homophobia or generally unsociable behaviour. “There are, of course, exemplary parents, but parenting is in crisis because of the changing norms in South Africa, especially in the information age,” Laing says. Stressed parents in high-pressure jobs create a compound problem.

Jasmin Kooverjee-Kathard, principal psychologist at Chris Hani Baragwanath Hospital in Soweto, says it is not harmful for parents to have help. “The pro is naturally that the parents are less overwhelmed with everything else they are trying to do. The child is taken care of and the homework is done. Children learn how to be more independent from their parents,” she says. “But every person has only so much energy. Parents who don’t get the balance right usually have the bigger fallout. Children tend to feel rejected or abandoned and perceive that the parent prioritises work over them. Parents need to have the time, patience and empathy to engage with their child. When they are having a bad day or being overwhelmed, parents need to be able to contain the child’s emotions, rather than react to them.”

#### **DO YOU HAVE 45 MINUTES?**

Sumayyah Khan, a Cape Town clinical psychologist who specialises in family and child therapy, says: “The ability to develop in a healthy way, form relationships, build self-esteem and succeed is hugely affected by the quality of a child’s care. Receiving that primary care directly from parents is the most valuable.” Khan says grandparents and caregivers with adequate “training and boundaries” are a good option for childcare, but after-hours is crucial, too. “Parents need to do their utmost to ensure when they get home that there is at least 45 minutes to an hour spent conversing with their children. Quality time, bedtime reading, checking homework, checking that chores have been done....showing their children that their lives matter to them and that they are cared for and valued.” When this interaction does not happen, children do not develop emotion-sharing relationships with their parents, who they need the most for love and acknowledgement, says Khan. Lack of real intimacy can cause real problems. “The inability to emotionally self-regulate is classic narcissistic disorder,” say Laing. “The way to develop the self is to learn from and form bonds with others.”

#### **NURTURING**

Society is quick to blame parents for problem children, which is not always fair, for their role must be examined, says Laing. “As a psychologist, I get so angry when parents dump their children in play therapy without acknowledging their role. Parenting is not just creating children, it is actively nurturing on all levels.” Laing says empathic conversations are the start. “Realistically, parents have to go out and earn money, and that is OK as long as it is explained to the child and the care is adequate. But there is an evacuation of thinking sometimes. How does the child feel about it? What are the various anxiety disorders? Why is the six-year-old in Limpopo committing suicide? There is nothing internal to hold on to, which is the basic role of parenting, to create feelings of worth.” Laing says parents must be prepared for messes – tangible and emotional ones. “Sure, you can get a domestic worker or au pair and she can deal with it. The struggle is to help parents sit with the uncomfortable, tolerate the dirt and mess. Emotions are not easy. Be OK with the ‘mess.’ Tolerate the 14-year-old who falls apart because they had a break-up with their boyfriend. Feel devastated, identify and deal with them and their feelings.”

*Extract from “Life Style, Sunday Times, 29 October”*

#### **EVENSONG – THANK YOU!**

I would like to thank the moms and dads who were involved in our Evensong and Cocktail Party on Monday evening. This event holds a very special place in my heart because it sets the tone for the 2018 St Peter’s community. It would never be the success it is without our current parent support, so thank you to the team especially Jacqui Wilson and Zoe Van

Onselen, for their guidance and hard work. The evening was lovely and the atmosphere in the pavilion warm and welcoming.

### **BAVIN HOUSE**

The Grade 2 boys were introduced to Bavin House and their House Master, Mr Kent Sheppard, this morning. They learnt that **purple** is the colour of the Church and from now on they will be part of the “royal brotherhood.”

### **COMMUNITY PARTNERSHIP**

The final few weeks at Diepsloot Combined School are ahead of us. I am very aware how busy the month of November can be. Please do, however, consider spending a part of your Tuesday morning at Diepsloot. This will be an experience you will not forget.

### **MUSIC: GRADE 1**

Letters were sent home on Wednesday, informing Grade 1 parents that your sons will need a recorder for group lessons next year (when they are in Grade 2). Please return the reply slip to me before **Friday, 17 November**.

**Sandra van Wyk:** Junior Prep Music

### **GOLDEN MOMENT**

This week's golden moment is not so much a funny story, but rather heart-warming. Much to the excitement of the boys we have had a digger and truck on campus this week. While walking up to the swimming pool for lessons our boys have cheerfully greeted the drivers with a loud “Sawubona.” Needless to say the drivers were beyond excited and responded to every child too!

Enjoy the first weekend in the “fastest/shortest” month of the year – November.

Warm regards,

**Kenda Melvill-Smith**

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### **FORTHCOMING EVENTS**

<b>Saturday 04 November</b>
11:00 2018 New Boys Orientation Morning
<b>Monday 06 November</b>
13:30-14:00 Grade 1 Choir
<b>Tuesday 07 November</b>
8:30 DCS lessons
<b>Wednesday 08 November</b>
7:15 Grade 2V Chapel experience
8:00 Chapel Service (birthdays 06 - 12 November)
12:00-12:20 Grade 2 Choir <b>OR</b>
13:00-13:30 Grade 2 Choir
<b>Thursday 09 November</b>
<b>Friday 10 November</b>
HOT DOG DAY/cartridge collection day (R25)

### **2017 MAGAZINE**

The 2017 Magazine is being compiled and designed. The price is R180. The Grade 7 parents have been notified that they will be billed this year and will need to collect their copy next year once it has been published. I will notify everyone when it is ready in the first term of 2018. Should the Grade 7 parents decide not to receive the 2017 School Magazine, please let me know on [dfraser@stpeters.co.za](mailto:dfraser@stpeters.co.za). The deadline for this notification is Thursday, 09 November 2017.

**Diane Fraser** (Marketer)

**GETTING TO KNOW EACH OTHER****Maureen Phungo**

Maureen joined St Peter's in 2010 as an intern in education. During this period she was studying towards a BCom Economics Degree with the aim of completing a PGCE on completion of the BCom.

Maureen joined the Finance team as a Creditors Clerk in 2013 and has since completed the BCom. Prior to St Peter's she worked for Cindy Steenberg at Kumon. Maureen is passionate about education. She is married to Ndweleni and they have a busy little boy, Mulweli, in Grade 1 at St Peter's Boys Junior Prep.

Since joining she hasn't looked back and is happy to be part of the St Peter's family.

**CHRISTMAS BOXES**

We are sending a box home with your son tomorrow for our Christmas box appeal. These boxes will be distributed to vulnerable children and families in Diepsloot.

Please encourage your children to get involved in the process of giving to others - the true meaning of Christmas. We are including the following suggestions, as sometimes this is the only treat these communities receive:

Please include:

- Toothbrush, Toothpaste, Face Cloth, Soap
- Small toy (Maximum value R50 as the children will open their boxes in front of other children who have received a box and we don't want any disappointment)
- Packet of Sweets
- Crayons and blank book

If there is space, please fill the box up with: tinned fish, tinned beef, tinned fruit, baked beans, sugar, tea bags, long life milk, jam, biscuits. Please be so kind as to wrap them in Christmas or newspaper.

Last year we collected over 800 boxes and would like to better this, this year!

Please send the boxes back by **17 November**.

Collection points: Boys SP reception; Boys JP reception; Girls SP reception and Girls JP reception

Please contact Monica on [msloane@stpeters.co.za](mailto:msloane@stpeters.co.za) for any further info.

**Father Richard** (Chaplain)





#### Advertising Opportunity in the Programme

The St Peter's Sunset Carols is a wonderful family event that attracts over 2000 people. Each year a Christmas Carols programme is distributed on the evening, filled with wonderful photos of our choirs. It is a perfect opportunity for your business to support the event by advertising in this glossy A4 Magazine. Please contact Monica Sloane ([msloane@stpeters.co.za](mailto:msloane@stpeters.co.za)) for further details.

### PA NEWS

#### Positions for 2018 are open in the Boys Senior Prep CC

#### Roles and Responsibilities of The Communication Committee (CC)

Each school has its own CC. These individuals represent the parents of each school on the PA Committee. The main role of the CC is to manage and co-ordinate the class reps who play a crucial liaison and communication role between the parents of their classes, the teacher and the school, ensuring the correct information gets out to all parents.

The CC is responsible for the management of PA funds for TLC, and various breakfasts and functions required during the year.

The CC also support the school and PA functions as and when necessary. These functions include the ladies lunch, winter warmers, and the St Peter's Golf Day to name a few.

It is important that the CC individuals uphold and epitomise the core values and community spirit for which St Peter's is known.

#### Volunteer Now for 2018!

The **St Peter's Parents Association** is planning the following events for 2018, and as always, we are looking for volunteers to participate in the organisation of these events. Please contact Robyn ([robyn@designoval.co.za](mailto:robyn@designoval.co.za)), Malope ([malopem@icloud.com](mailto:malopem@icloud.com)) or Caron ([cduplessis@stpeters.co.za](mailto:cduplessis@stpeters.co.za)) if you are interested in getting involved.

The planned events are:

- **Ladies Lunch:** this takes place every second year, in the first term, alternating with the Staff Variety Show. It involves the moms of the school purchasing tickets for a fun afternoon, involving lunch, drinks and some form of entertainment – the format and choice of entertainment to be decided by the organisers.
- **Winter Warmers:** we have decided to bring back the very popular Winter Warmers concert in 2018, as a change from Movie Night and Autumn Carnival. The format and entertainment to be decided by the organisers, but this typically involves an outdoor music festival/act coupled with an Inflatable Carnival, entertainment for kids, food and drink vendors. Families come for a relaxed afternoon on the field in the winter sun, listening to great music, while the kids are busy with their own entertainment.
- **Family Soccer Festival:** as per the 2017 festival, this will involve an afternoon of friendly soccer matches between the kids while parents relax and enjoy the matches.
- **Golf Day:** the annual Golf Day, held at Kyalami Country Club, will take place in the third term of 2018



**NESPRESSO ZENIUS** 

## WAKE UP AND SMELL THE COFFEE.

Win a Nespresso Zenius Machine just by using your MySchool Card.

Winning is easy at St Peter's Prep, all you have to do is swipe your MySchool card between 1 - 30 November 2017, save your slip from the MySchool partner, write your name and contact number on the back and pop it into 1 of 4 branded competition boxes, allocated in each of the school's receptions. Remember multiple entries are permitted. So every receipt is an entry. One MySchool member from the St Peter's Prep community will be selected as the winner, by way of a random draw from all the receipts collected from the competition boxes, at Sunset Carols on 2 December 2017.

If you do not have a MySchool card and would be interested in joining please contact Gabby Cowling ([gabby@brandalivegroup.com](mailto:gabby@brandalivegroup.com)) or Anne Du Preez ([annedp@live.com](mailto:annedp@live.com))



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**MySchool MyVillage MyPlanet**  
EVERY SWIPE COUNTS

**Does every swipe really count?**

**Yes, it does!** Participating in the MySchool program has had various benefits for the learners at St Peters Prep, as well as the initiatives that are supported by the school. Just recently, the funds raised have been used for:

- ❖ Audio/Visual Upgrades to the Chapel (August 2016)
- ❖ Donation to the Intern Program (August 2016)
- ❖ Donations to Sefikeng Primary School and Diepsloot Combined School (November 2016)
- ❖ Contribution towards the new Astroturf being installed on campus (February 2017)

**It's up to you!**

- ❖ You may have up to 3 beneficiaries linked to your card
- ❖ If you chose to have St Peter's Prep School as a beneficiary, check your monthly MySchool statement that is emailed to you. It should state **St Peter's Prep School**
- ❖ If you already are a member, check your details - Logon to the MySchool website [www.myschool.co.za](http://www.myschool.co.za)
- ❖ If you would like to join, you can either logon to the MySchool website [www.myschool.co.za](http://www.myschool.co.za) or contact Anne [annedp@live.com](mailto:annedp@live.com) or Gabby [gabby@brandalivegroup.com](mailto:gabby@brandalivegroup.com)
- ❖ Remember to swipe when shopping at any of these MySchool partners:





