



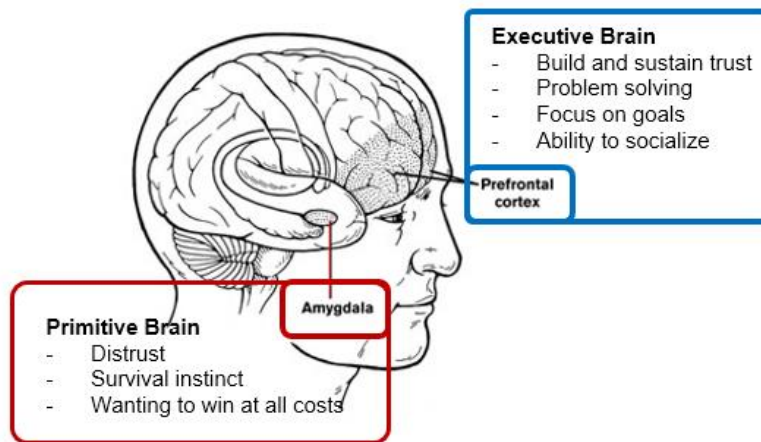
Dear Parents,

**FROM THE HEADMASTER**

In this Keyhole article, I would like to feed back to the community on another aspect of learning that we explored at the recent ICP conference. This session, which had as its catch phrase, "Preventing the Amygdala Blockade", looked at the emotional state of children as a determiner of their ability to learn and behave in different situations.



In simple terms, the brain's ability to function depends on the state of arousal in various areas. The illustration below shows these areas:



<https://www.linkedin.com/pulse/three-things-you-should-know-how-brain-works-myriam-callegarin>

In order to optimise learning and behaviour, the adult needs to ensure that the child's executive brain can function. In times of stress, however, the primitive brain takes over and the amygdala releases chemicals preventing activation of the prefrontal cortex and effectively paralysing executive brain function. During the talk we explored how best to create the optimal conditions for learning using this research. It will come as no surprise that, the more adults pressurise the child for "results" and the lower the feeling of safety that the child experiences, the more the executive brain is blocked by this "amygdala blockade." Fear of failure creates an unsafe environment in which creativity dies.

In a nutshell; if we use exam and test results, batting average or goals scored as a stick (i.e. this is not good enough), we effectively paralyse the child's creativity. If, however, we concentrate on collaborative goal setting and formative feedback, we create a safe space for the child's learning journey and open the pathway to better executive functioning.

Yet another lesson to be learnt by all of us, whether we be parents, teachers or coaches.

Have a great week ahead.

**Rob Macaulay**

**FROM THE JUNIOR PREP  
TEACHER'S DAY**

"Teaching is a calling and much more than a job" – many would have heard this statement before. The other common statement is "teaching is a half day job with many holidays."

In the Junior Prep at St Peter's our teachers have truly been called to this profession. Their dedication to and passion for

teaching is tangible, both in and out of the classroom. No boys are left behind at the end of the day as they occupy their teacher's thoughts, often keeping them awake at night. The need for preparing our children for an unknown workplace means that curriculum adaptations and continued improvements demands ongoing learning, investigating and trolling the internet. The emotional input from teachers grows at an unprecedented rate as we deal with anxiety, world politics, the economy and the impact this has on families, which often leaves teachers feeling drained by the end of a day.

In return we ask that parents place their trust and support in the hands of their son's teacher. That during the course of the year a strong relationship is built between the family and the teacher. After all, the end goal for both parties is to ensure every boy feels happy and successful at school.

I would, therefore, like to take this opportunity to thank our teaching staff for just being who they are and touching the lives of so many boys every day. Teacher's Day is a chance to show this appreciation and gratitude to our staff.

As for the holidays.....we do want a future generation!

### ***REPORT BACK FROM THE INTERNATIONAL CONGRESS OF PRINCIPALS (ICP) 2017***

The long weekend was a busy one for the Heads who attended the ICP Conference. I came away with a great deal of inspiration. I appreciated the opportunity to listen to international and local educators. The ideas that resonated with me were:

- The future is uncertain, so build courage and inquiry
- Careers will change, so teach flexibility and collaboration
- Machines will replace many jobs, so encourage skills that are universal
- The speed of change is greater by the day, so teach resilience and GRIT
- We will need to learn, unlearn and relearn, so teach a growth mind-set

The challenge for us is to implement a programme and curriculum that supports our boys in this fast moving and ever developing world.

The important point that I took away from the conference was the confirmation that St Peter's is committed to creating opportunities for the development of these skills in our boys. Our focus on values, attitudes and dispositions is as important as our academic curriculum.

### ***GRADE 2 HOUSE PRESENTATIONS***

The Grade 2 boys who are part of Dodson House from 2018, received their **red t-shirts** in Prayers this week. They met Scott Hauptfleisch, their House Master and the Grade 6 team. They also learnt that red is best!

### ***COFFEE MORNING – THE BIRDS AND BEES***

Thank you to the many parents who attended our Coffee Morning. I know it was a valuable and insightful workshop.

### ***SCIENCE WEEK 9-13 October***

The week ahead is an exciting one for our boys as we spend a week focusing on **Science**. Although science forms part of our regular curriculum, this week allows for intentional focus on science in our daily lives.

Unfortunately our Grade 1 visits to the Bird Park with their DCS buddies have had to be postponed. The Montecasino Bird Park is closed temporarily due to the outbreak of avian flu.

The Grade 2 boys will be visiting the Exploratorium at TUKS on Thursday.

### ***DIEPSLOOT COMBINED SCHOOL***

Our final term of support for the Grade 0 and 1 children at DCS commences on Tuesday. We are aware that October and November are extremely busy months, but request you consider volunteering once over the next few weeks. Thank you.

### ***GOLDEN MOMENT***

Yesterday a Grade 2 class were standing by their class windows looking at the rain. One boy said: "We won't be able to go outside because it's dribbling!"

The rain is just what we need, so enjoy the weekend.

Warm regards,  
Kenda Melvill-Smith

### FORTHCOMING EVENTS

<b>Monday 09 October</b> Science Week commences 13:30-14:00 Grade 1 Choir
<b>Tuesday 10 October</b> 8:30 DCS lessons 9:00 <b>Grade 1D trip to Bird Park postponed</b> 18:30-20:30 My Story: Reflections on Transformation at St Peter's – Girls JP Hall
<b>Wednesday 11 October</b> 8:00 Chapel in JP Hall (birthday cards 09-15 October) 9:00 <b>Grade 1R trip to Bird Park postponed</b> 12:00-12:20 Grade 2 Choir <b>OR</b> 13:00-13:30 Grade 2 Choir
<b>Thursday 12 October</b> 7:15 Grade 2 depart for Exploratorium 9:00 <b>Grade 1B trip to Bird Park postponed</b>
<b>Friday 13 October</b>

### FOUND

A cross on a beaded chain. Please enquire at the JP office.

### SCHOOL SHOP

#### Family Organiser

The popular Family Organisers are back in stock at the School Shop. They could make a great Christmas gift – price is R140.

#### Second Hand Uniform Items

Owing to a lack of space in our stockroom, we are unable to take in second hand uniform items until further notice. We start receiving all our year-end orders at this time of year and, unfortunately, we do not have sufficient storage space.

**Nadia Thompson:** (School Shop)

### SAVE THE DATE: MY STORY – REFLECTIONS ON TRANSFORMATION AT ST PETER'S

We end this year's My Story series by reflecting on the transformation journey at St Peter's Prep Schools. We will look back at what has been achieved and look to the road ahead, identifying current challenges and discussing initiatives for 2018. We would welcome your input and hope that you are able to join us:

Date: Tuesday, 10 October

Time: 18:30 – 20:30

Venue: Girls Junior Prep Hall

### CHAPEL COLLECTION THIS TERM

Our Chapel collection this term will be going towards a St Peter's College initiative.

Every year the Grade 11 pupils at St Peter's College are assigned the task of raising funds in order to build a classroom for less privileged children. This year the Grade 11s will be building an administration block and school hall at Kwasa College, near Springs, through the leadership of the *Make A Change* Committee, which is run by the Grade 11 pupils. "We really appreciate the support we have received from the St Peter's Prep families. Whether one has donated money or the actual building materials, you are helping us now and into the future to *Make A Change*."

Blessings

**Kamohelo Kotsi** (Chaplain Assistant)

**GETTING TO KNOW EACH OTHER****MARIA SHILALUKI**

Maria was born in Limpopo and is 27 years old. Her mother raised her. Maria's father died when she was eight years old, after which her uncle assisted financially, wherever possible. She has a sister and four brothers.

Maria was schooled in Limpopo and attended the University of Limpopo for her tertiary education.

Maria employed her entrepreneurial prowess to overcome financial constraints successfully. From 2009 - 2011 she ran a homework support group in the community and this venture helped to fund her studies.

*'Being involved in the Intern programme has exceeded my expectations. I have gained invaluable knowledge and experience. I have improved my IT skills considerably and have mastered the complicated workings of all the printers/laminators, etc. Financially it has also been a great help and I can honestly say that I just love every minute of being a part of this fantastic programme'.*

**PA NEWS**

**St Peter's 2017  
Golf Day Roundup**

On behalf of St Peter's Prep Schools and the Parents Association we would like to thank all those who played as well as our sponsors who made the day possible.

Also thanks to the many volunteers who gave of their time to make the day a success.

Congratulations to the Hendrik du Plooy, Paul Wilmans, Gavin O'Brien and Mark Boyd fourball for taking 1<sup>st</sup> place.

**AND THE RAFFLE  
WINNER IS.....  
Georgie Lennox**  
Congratulations on winning –  
we hope you enjoy the weekend  
in Cape Town!