



Dear Parents,

JUST BREATHE

During our Staff Development this week one topic was on managing stress and preventing burnout. One of the techniques discussed was the importance of breathing to remain calm. In prayers this week we have been discussing the importance of our breath and how to use breathing techniques to keep calm when we are feeling emotional; as well as to remind our peers of this tool if they require support in a stressful situation. As a result I thought I would share these ideas which your family can use as strategies when the need arises:

Life can get busy, overwhelming and downright stressful....no matter how old you are. We *all* need to take a big, deep breath! You've probably heard "just breathe" a million times and maybe noticed that actually taking the time to take deep breaths helps you feel more centred and calm – but did you ever think about why? Deep breaths send oxygen to the brain, soothing the amygdala, a small area in the middle of each hemisphere that acts as the brain's alarm system.

That's why it's helpful to know specific (and fun) breathing techniques that are great for parents and children alike. Maybe you can breathe together at bedtime or when anyone in the family is upset. Give these five methods a try and see how much calmer your household can become.

1. Square Breath

Breathe in to a count of five and hold the breath for a count of five. Then breathe out to a count of five and wait for a count of five before breathing again. You'll have to play with this a bit to find your perfect rhythm. Children often like to draw a square in the air while they breathe, to help them stay on track.

2.Sphere Breath

Put your fingertips together and form a sphere with your two hands. As you inhale, inflate the sphere. As you exhale, flatten your hands together. Imagine your belly filling with air as your hands expand to form a sphere.

3.Darth Vader Breath

Children love this one. Breathe in deeply through your nose. Keeping your mouth closed, exhale while you make a "Darth Vader" type noise in the back of your throat. If your child isn't a *Star Wars* fan, you could also refer to this as "Ocean Breath" and describe the sound as the sound of the ocean.

4.Shoulder Roll Breath

Take a deep breath in through your nose and roll your shoulders up to your ears as you inhale. Breathe out through your mouth and roll your shoulders down as you exhale. Repeat slowly in a continuous movement of shoulder rolls, timed with the breath.

5. Mountain Breath

This breath can be done sitting or standing. As you inhale through your nose, raise your arms as high as you can and bring your palms together high over the top of your head. Imagine you are tall as a mountain. As you exhale through your mouth, bring your palms together in front of your chest.

Taking the time to breathe with your children shows them that you're just as dedicated to being calm and peaceful as you'd like them to be. You may even want to explain why deep breaths are helpful when we're feeling overwhelmed or stressed. Most children really enjoy these breathing exercises. In fact, once they learn them, you might be surprised to find your children doing these exercises by themselves.

Dr Mark Hyman

WELCOME

Our August holidays gave everyone the chance to re-charge their batteries in preparation for the Third Term. It is wonderful to welcome our boys and their families back to St Peter's. Special welcome must be extended to Mrs Debby Jameson, who is in as a locum for Dom van der Merwe. Debby comes to us with a wealth of experience in education and

the boys in her class are already forming a strong relationship with her. I would also like to welcome Ms Precious Ncube who is joining our Intern Programme in the Grade 2S classroom.

To our new families: Renzo Dias (Grade 0S); Khrishay Gulab (Grade 1B) and Tlotlego Makola (Grade 2V), welcome to St Peter's. We hope your time at our school will be happy and filled with memories. We know you will be integrated into our community in no time at all.

VOLUNTEERS

You will have noticed from the Third Term calendar that this term is very busy. It is the term that a number of volunteers are needed, especially when welcoming our new 2019 families to the school. Please do assist the CC in this area.

THANK YOU!

I would like to thank the teams who work so hard behind the scenes for our schools. On returning from our August break I had to reflect on the effort our Housekeeping, Grounds and Maintenance teams have put into the school. I know you will agree that our buildings and grounds look amazing.

"LOVING OUR WORLD"

This week, with the start of Spring and National Arbor Week, our boys will be involved in an interactive workshop on Friday. The theme of this workshop is to help them understand, despite their age, that they can assist earth by 'loving our world.' I know they will enjoy this hands on event.

JP SPORT

For the next few weeks our boys will be working on their athletic skills in preparation for JP Sports Day on **Friday, 28 September**. Team focus will include the continued growth of soccer as a team sport. Tennis will continue until the weather (and swimming pool water) warms up in October.

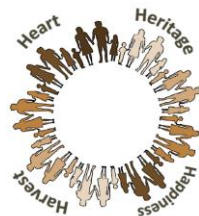
JP CHOIR – GRADE 1

As is tradition in the Third Term our Grade 1 boys will be starting Choir on a Thursday from 13:00 to 13:30 in the Music Room. Please encourage your son to join in these practise times.

DIEPSLOOT COMBINED SCHOOL

On **Tuesday, 11 September** our weekly lessons at DCS will commence. Please consider volunteering to assist in a class (you do not need to teach) just once this term! We leave school at 8:30 and are back by 10:30 on a Tuesday.

JP HERITAGE TABLE



On **Thursday, 20 September** the Term 3 "Our Story" will be a Heritage Table. The evening will be similar to a Harvest Table – where members from St Peter's Junior Prep will gather to share in foods that have meaning to their families due to culture, religion or family tradition. This event will continue to allow us to build our community. Please keep an eye out for the invitation early next week!

GOLDEN MOMENT

As it is Arbor Week we spoke about the "Giving Tree." A Grade 1 boy's response: "The most important gift from a tree is sticks to braai marshmallows!"

I hope the Third Term is a happy and peaceful time for our St Peter's families.

Warm regards,
Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 10 September 12:00 Grade 2 Choir practise during break
Tuesday 11 September 8:30 DCS lessons commence
Wednesday 12 September 8:00 Chapel (birthdays from 10 to 16 September) 13:00-13:30 Grade 2 Choir
Thursday 13 September 13:00-13:30 Grade 1 Choir starts
Friday 14 September HOT DOG & CIVVIES DAY (R35-00)

CLAY OVEN FIRE ASSISTANCE

As many of you will know, a large fire occurred on Friday night at the Clay Oven informal settlement across the road from the school. 128 shacks were completely destroyed. This affects approximately 250 people, including 50 women and 20 young children.

If you would like to assist these families, who are now left with literally nothing, you can do so via the school. We would like to specifically help with the following:

NON-PERISHABLE FOOD:

- Tins
- Maize meal
- Rice
- Biscuits, etc

TOILETRIES:

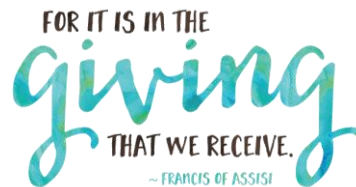
- Toothbrushes & Toothpaste
- Sanitary pads
- Face cloths & Towels
- Soap

KITCHENWARE:

- Cooking pots
- Cooking utensils

UNDERWEAR for ladies and small children (up to age 6).

Collection points are in place at the lower car park and Chapel and both JP Boys and Girls receptions. These are urgent needs, so we will deliver what is collected every day, and will be collecting until Tuesday next week. If you would like to help in any other way, please contact Colleen on 082 391 0554 to find out what else is needed. Many thanks, the Community Partnership Team.



PA GOLF DAY



The St Peter's Prep Golf Day
Friday, 5 October 2018
Kyalami Country Club



LIMITED
4 BALLS
still available

DON'T MISS OUT!
To book your spot, or for any additional information email
golfday@stpeters.co.za