



Dear Parents,

**FROM THE HEADMASTER**

Our broader school community has been shocked by the deaths of two coaches as a result of lightning strikes over the past two weeks. Our hearts go out to the schools concerned and to the families of the deceased. These tragic incidents have highlighted, once again, that despite our frustrations when we have to pull boys off the fields while the sun appears to be shining, we must adhere strictly to our protocols completely.

When an alert is received, we clear the fields and the boys are taken to the nearest point of safety. They are to remain at these points until either the all clear (a double 5 second siren) is heard or until further instructions are issued over the school PA system. Parents are warned that they are as vulnerable to lightning strikes as their children and are advised to take similar measures. We do, at times, have parents who choose to ignore the warning and who collect their children from the pavilions under their own recognisance. Please be aware, that should you choose to do this, the coaches have been asked to warn you of the danger, but cannot be held responsible should you or your child be injured due to lightning.

An overview of the lightning protocol appears below.  
I wish you all a constructively busy and safe week ahead.

**Rob Macaulay**

**LIGHTNING WARNINGS**

A reminder to all on the meaning of the sirens:

- ONE LONG BURST – the school is under lightning conditions. Everyone on campus to take cover at the nearest shelter.
- TWO SHORT BURSTS – lightning threat has cleared, normal activity may resume.

**Drop off and Pick up**

Parents are reminded that if the red strobe light (at both entrance gates) is flashing when you enter the school it means we are under lightning conditions.

**Drop off**

On these occasions, our recommendation is:

- Keep your child in your car, until you hear the all clear signal or an announcement over our PA system.
- The school will obviously take the situation into account as to why your child may be late for class.

**Pick up**

The procedure in the afternoons is:

- The children are taken from their activity to the closest point of shelter. (Pavilions, Classrooms etc)
- We will try, as far as possible, to get the children to the same point on every occasion, however, this point may vary depending on the location of the activity and the nearest point of shelter.
- Parents may personally collect their child from the teacher/s on duty and take them at their own risk. (Please note: No staff member will send a child unaccompanied to any car park or collection point).



As adults it is of the utmost importance that we also heed the lightning warnings and respect the procedures by getting under cover ourselves!

**Sean Porter** (Deputy Head: Administration & School Management System)

## FROM THE JUNIOR PREP

### GRATITUDE

One of our 5 G's is Gratitude – over the past few weeks we have discussed Greeting, Grounds and Grooming. On Friday we will discuss Gratitude in Prayers and I wanted to share this article with you:

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for, experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And gratitude doesn't need to be reserved only for momentous occasions: sure, you might express gratitude after receiving a promotion at work, but you can also be thankful for something as simple as a delicious piece of pie. Research by UC Davis psychologist Robert Emmons, author of *Thanks!: How the New Science of Gratitude Can Make You Happier*, shows that simply keeping a gratitude journal – regularly writing brief reflections on moments for which we're thankful – can significantly increase well-being and life satisfaction.

You'd think that just one of these findings is compelling enough to motivate an ingrate into action. But, if you're anything like me, this motivation lasts about three days until writing in my gratitude journal every evening loses out to watching stand-up comics on Netflix.

Here are a few keys I've discovered – and research supports – that help not only to start a gratitude practice, but to maintain it for the long haul.

#### **Freshen Up Your Thanks**

The best way to reap the benefits of gratitude is to notice new things you're grateful for every day. Gratitude journaling works because it slowly changes the way we perceive situations by adjusting what we focus on. While you might always be thankful for your great family, just writing "I'm grateful for my family" week after week doesn't keep your brain on alert for fresh grateful moments. Get specific by writing "Today my husband gave me a shoulder rub when he knew I was really stressed" or "My sister invited me over for dinner so I didn't have to cook after a long day." And be sure to stretch yourself beyond the great stuff right in front of you. Opening your eyes to more of the world around you can deeply enhance your gratitude practice. Make a game out of noticing new things each day.

#### **Get Real About Your Gratitude Practice**

Being excited about the benefits of gratitude can be a great thing because it gives us the kick we need to start making changes. But if our excitement about sleeping better because of our newfound gratitude keeps us from anticipating how tired we'll be tomorrow night when we attempt to journal, we're likely to fumble and lose momentum. When we want to achieve a goal, using the technique of mental contrasting – being optimistic about the benefits of a new habit while also being realistic about how difficult building the habit may be – leads us to exert more effort. Recognise and plan for the obstacles that may get in the way. For instance, if you tend to be exhausted at night, accept that it might not be the best time to focus for a few extra minutes and schedule your gratitude in the morning instead.

#### **Make Thankfulness Fun by Mixing It Up**

University of Rochester partners in crime Edward Deci and Richard Ryan study intrinsic motivation, which is the deep desire from within to persist on a task. One of the biggest determinants is autonomy, the ability to do things the way we want. So don't limit yourself – if journaling is feeling stale, try out new and creative ways to track your grateful moments. (Happify offers an endless variety of gratitude activities to choose from). My fiancée, Michaela, decided to create a gratitude jar this year. Any time she experiences a poignant moment of gratitude, she writes it on a piece of paper and puts it in a jar. On New Year's Eve, she'll empty the jar and review everything she wrote. When a good thing happens she now exclaims, "That's one for the gratitude jar!" It immediately makes the moment more meaningful and keeps us on the lookout for more.

#### **Be Social About Your Gratitude Practice**

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests that focusing our gratitude on people for whom we're thankful, rather than circumstances or material items, will enhance the benefits we experience. And while you're at it, why not include others directly into your expressions of gratitude. You could also share the day's grateful moments around the dinner table. The conversations that follow may give you even more reasons to give thanks.

Incorporating gratitude into your life is easy – and fun.....

*Derrick Carpenter, MAPP, coaches individuals on living engaged and inspired lives, runs experiential corporate leadership programmes, and trains US Army personnel on resilience. He's researched what makes people great in psychology labs at Harvard, Yale and UPenn, where he received his Master of Applied Positive Psychology.*

<https://www.happify.com/hd/the-science-behind-gratitude/>

**JP LIBRARY**

Our beautiful library is a safe haven for the boys. They are taught the important values of responsibility and to have respect for library books and library furniture. They adhere to a strict code of conduct, which one would expect in a library, which must also be adhered to after school. We ask that parents and minders please refrain from using our library as a playground for siblings in the afternoon.

Each week every boy has the opportunity of choosing library books. Grade 0 boys must return books before another one is issued. If a book has been lost or damaged, please replace with a similar book.

We have a tradition at school that your son can donate a book of his choice to the library on his birthday. These books have a St Peter's sticker placed inside, with the child's name and date of birth. This is a lovely opportunity for our boys to contribute and feel part of the library.

Book sales are organised throughout the year at school, where books can be bought for excellent prices. You will be notified about these in the newsletter.

We celebrate reading and are dedicated to inspiring a love of reading in our boys. Your co-operation would be greatly appreciated. Happy reading!

**Annette Strouthos** – JP Librarian

**SEFIKENG – COMMUNITY PARTNERSHIP**

Yesterday we had our first morning at our new community partnership school – Sefikeng. The children were delighted to welcome our interns and volunteers back for the 2019 programme. Please do consider assisting with this programme during the course of the year. The gratitude expressed by the pupils is heart-warming.

**FORTHCOMING SHOWS**

On **Tuesday, 12 February** our Grade 1 and 2 boys will attend an IsiZulu show in the JP Hall. On **Thursday, 14 February** all boys from Grade 0-2 will be involved in a workshop on "Honeybees and Hives." The cost for both shows will be covered by the sundries termly fees.

**GOLDEN MOMENT**

A Grade 0 boy asked his teacher how long it was until home time. She told him that all her boys were going to sleep over in her class that night. His reply: "You must be careful as my dad is a 'shoutalot' and will be cross with you if you keep me at school!"

Have an enjoyable weekend.

Warm regards,

**Kenda Melvill-Smith**

**FORTHCOMING EVENTS**

<b>Monday 11 February</b>
<b>Tuesday 12 February</b> IsiZulu Show for Grade 1 & 2 boys
<b>Wednesday 13 February</b> 8:00 Chapel (birthdays from 11-17 February) 13:00 Grade 2 Choir (Dodson Hall)
<b>Thursday 14 February</b> Honeybees & Hives show for all Grade 0-2 boys
<b>Friday 15 February</b>

**MORNING BUS SERVICE TO ST PETER'S PREP**

A reminder about the convenient bus service in operation. Two routes:

- Fourways Gardens** in the Spar parking lot on Uranium. Time: 06:20 to leave at 06:30. The bus will continue to the **Lonehill Fire station**, arrive 06:35 to leave at 06:40.
- Kyalami** bus runs from the **Kyalami Downs Shopping Centre**, next to the KFC. Time: 06:25 to leave at 06:30.

Comments from bus user parents:

- *Excellent bus.*
- *Has seat belts.*

- *Very polite, attentive and aware drivers*

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](mailto:reception@stpeters.co.za).

### **SECURITY SYSTEM FOR 2019**

As mentioned previously, a new security measure is being implemented for entrance and egress of parents, staff and visitors.

For those who were not at the parent information evenings, or did not know their registration numbers at the time, please follow the link below to complete the relevant detail (If you have more than one child please only complete the form once):

<https://goo.gl/forms/qk0VZnK5SMmJjxO53>

### **FROM CAMPUS COMPLIANCE**

A condition of membership of ISASA is that our school undergoes an IQAA evaluation every 6 years. St Peter's is due for the IQAA School evaluation this year. An IQAA evaluation is a three stage process where the IQAA office, the IQAA-appointed mentor and the school evaluation team, work co-operatively to carry out a successful evaluation.

- Opinion surveys are completed by parents, pupils and staff. The scoring and collation of the surveys are managed by the IQAA office.  
- The internal evaluation team completes an internal evaluation which includes focus groups, interviews and discussions and sends a report of preliminary findings to the mentor.

- The mentor spends a day in the school studying various aspects of the life in the school and writes a report ratifying the validity of the school report and also offers insights into the school's strengths and challenges.

We await further details and dates from the IQAA office. We will keep you posted and look forward in anticipation to an exciting experience for the pupils, parents and staff. Your active participation in the opinion surveys and discussions will be greatly appreciated.

**Vijay Maharaj** (Campus Deputy Head: Compliance)

### **DIVERSITY: CHINESE NEW YEAR – THE YEAR OF THE PIG**



The Chinese New Year began on 5 February 2019 and is celebrated by a quarter of the world's population. It will be a public holiday in several countries in East Asia. It is popularly recognised as the Spring Festival and celebrations last 15 days. Each year in the Chinese calendar is represented by one of twelve animals in the Chinese Zodiac. 2019 will be the year of the Earth Pig. The Pig is a symbol of diligence, compassion, and generosity in China.

Preparations tend to begin a month prior to the date of the Chinese New Year (similar to a Western Christmas), when people start buying presents, decoration materials, food and clothing. Rituals include cleaning the house, putting up new posters of "door gods" on front doors, fireworks before the family union dinner, which should be at least a 10 course meal with a whole fish entrée symbolizing the abundance of the coming year. It's usual to wear something red as this colour is meant to ward off evil spirits. The family begins the main day with door to door greetings, first to their relatives and then their neighbours. Like the Western saying "let bygones be bygones," at Chinese New Year, grudges are cast aside.

Traditional foods eaten during the Spring festival are fish (the Chinese word for 'fish' sounds like the word for 'surplus,' so the eating of fish is supposed to bring a surplus of money and good luck). The end of the New Year is marked by the Festival of Lanterns, which is a celebration with singing, dancing and lantern shows. St Peter's wishes all our Chinese pupils, parents and friends a happy and prosperous new year. Xin Nian Hao!

**Vijay Maharaj** (Campus Deputy Head: Compliance)

### **INTERN APPEAL**

I am appealing to anyone who has any unwanted household goods or used clothing, to please donate these to the St Peter's Intern Programme. A number of the interns have had to re-locate in order to be closer to the school and are in desperate need of household items. Any items or used clothing can be delivered to my office in the Napier Quad or an arrangement can be made to collect them, if necessary. Your generosity and kindness is always appreciated.

**June Tromp** (Head Mentor: Interns)