



Dear Parents,

HOW TO BE HONOURABLE

This week the value Honourable was introduced to your child and the following discussions were had. Please do role model and re-inforce at home.

To be honourable is to be kind, genuine, and empathetic without expecting a reward for your behaviour. It's a rare combination of virtues, but with practice anyone can be honourable. Do you want to be the type of person who stands up for your beliefs instead of cowering, who rescues your friends when they need you, and who's known for being an upstanding citizen? Start by doing little things, like showing up when you say you will or asking someone if they need a hand. When you practice living honestly in everyday ways, and letting people know you have their backs, being honourable will start to feel like second nature.

DEVELOPING A SENSE OF HONOUR

- 1. Be the person you say you are.** It's easy to be a pleasant person, walking around with a ready smile and a "hello" for everyone you see. But being honourable isn't the same thing as being friendly. When it comes to honour, it's more important to be authentic. Show the world who you really are, even if it comes at the expense of your reputation for being "nice." To be honourable, you've got to be trustworthy. If you hide your real thoughts and feelings behind a masked expression, try taking off the mask and see what happens. Maybe people will be put off at first, but after a while they'll come to trust you more, since you're revealing more of yourself to them.
- 2. Do what you say you're going to do.** If you're constantly backing out of social plans, or not showing up when you said you'd help out, work on your follow through. Maybe you really mean it when you say you'll hang out with that old friend who keeps calling, but your actions speak louder than your intentions. Central to being an honourable person is ditching your flaky tendencies. Every seemingly harmless white lie makes you less trustworthy in others' eyes, and before long people won't consider you reliable at all. Doing what you say you're going to do, no matter how small, builds character and develops your sense of honour. Give it some practice. Eventually you'll hate the feeling of not following through, and you'll stop making commitments you can't stick with.
- 3. Strengthen your values.** What do you believe in? In any given situation, how do you decide what's right and what's wrong? Having strong values is key to being honourable, since acting with honour means doing the right thing, even if others disagree with you. It can be really hard to figure out how to act with honour in any given situation. Your values are what you turn to for answers when there's no one else you can ask. When you align yourself with them, you can be proud of yourself for having done your best, no matter what the outcome is. Your values might be aligned with a certain religion or another belief system. Maybe your parents imparted strong values when they raised you. Try to examine your values to make sure you really believe them, since it's hard to stand up for something when your gut tells you it isn't really true.
- 4. Care about other people.** The honourable among us really care about the people in their life. They're the parents who work second and third jobs to make sure their kids have enough, the friends who refuse to let their pals get behind the wheel after a night of drinking. Honourable people show their deep love for others through their actions. If the people in your life don't know you've got their backs, it's time to start showing them that you do. Care about people outside of your inner circle, too. Acting honourably isn't limited to only helping the people you know and love. What would you do if you were walking down the street and saw someone in need of help? Question your boundaries. Sure, it's hard to hand over change to every single person who asks. It's not possible to help everyone you come across. But being honourable means seeing people as people, respecting their

humanity, and giving them what little you have to offer.

5. **Get rid of ulterior motives.** If you're honourable, you help people because you care, and you don't expect to get paid back. When you do something kind, there's no self-serving motive behind it; you're driven by love. Think about the decisions you make every day, and decide what powers them. Only you know whether your interactions are tainted by motives you don't want others to see.

For example, have you ever given advice that serves you instead of really trying to help the person? If your sister asks you if you think she should move to New York, and you really wish she would stay in town, don't let your feelings taint your advice. Advise her to do what you think is best for her, not for you.

Don't build up resentment about helping out, or wonder what you're getting out of a given situation. If you don't want to be doing something, you should stop doing it. It's more honourable to be up front about how you feel than it is to secretly despise something you're doing.

Next week's article will focus on behaving honourably.

PARENT WORKSHOPS

1. **Coffee Break – Screen Time (Prof Lara Ragpot)**

Date: Thursday, 15 February Time: 7:30-8:30 Venue: JP Girls Hall

The focus is on the impact that screen time is having on our young children and how to balance screen time and play. It will be of interest to all parents, regardless of the age of your child.

2. **Coffee Break – Time2Read (Marit Paul)**

Date: Thursday, 22 February Time: 7:30-8:30 Venue: JP Boys Hall

This workshop explains our reading/spelling programme at St Peter's. It is beneficial to all new parents from Grade 0-3 and any parent who would like a refresher course.

3. **Evening Talk – ADHD: What can we expect from treatment? (Prof Andre Venter)**

Date: Wednesday, 14 March Time: 18:30-20:00 Venue: Bellavista

Enquiries: Cindy Ebersey 011 788 5454/ share@bellavistaschool.co.za

Booking is essential – tickets sell fast!

Prof Andre Venter addresses parents once a year at Bellavista and his talk is not to be missed if your child has been diagnosed with ADHD or you suspect he/she is demonstrating ADHD traits.

4. **TAIC (Turning Anxiety Into Courage) – In the know**

Dates: 4 week course February/March (Fridays)

Time: 7:30-9:30 Venue: JP Boys Enquiries: info@intheknow.co.za

Once again I have had requests from parents to host this valuable course for parents of anxious children. This training is designed to empower parents to help their children cope with anxiety by reducing and managing both parent and child anxiety. Parents are empowered to be part of the solution to their child's distress and are encouraged to play a more active role in helping their children.

WET WEATHER PROGRAMME

Lightning

The school has a lightning siren and boys are taught to walk calmly to the nearest closed venue, should they hear the siren. No boy may leave the venue until the all clear has sounded. There are flashing lights at each gate when the school is under lightning conditions. Should you choose to remove your child under these circumstances, the onus is on you, the parent, whilst doing so.

Inclement weather

Waiting Class: should the weather be unpleasant at pick up time waiting class will take place indoors. A board will be placed in the JP foyer informing parents which class each grade has been assigned.

After school sport: during inclement weather conditions the extra cost extra mural coaches will take the boys to various classrooms (depending on numbers). The coaches will remain with the boys until collection time or weather conditions improve and the sport can continue.

After school pupils: at times of inclement weather the after school boys will remain in a classroom with an aftercare supervisor. Every effort will be made to transport the boys by school minibus through the school property to the aftercare facility.

GRADE 0, 2019

I am in the exciting process of interviewing new parents for the Grade 0, 2019 intake. It is always a joy showing off both our facilities and the work our boys are completing.

COMMUNITY PARTNERSHIP

Our first lesson at Diepsloot Combined School takes place on Tuesday morning, 13 February. It would be lovely to have some new volunteers join us. We leave St Peter's at 8:30, spend an hour at DCS and return by 10:30.

GOLDEN MOMENT

A father asked his son to eat his vegetables because they are healthy. The son's response: "You know dad, we don't all have the same taste buds."

Have a lovely weekend.

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS 2018

Monday 12 February 12:00 Grade 2 Choir practise during break
Tuesday 13 February Shrove Tuesday – Pancake Races 8:30 DCS – My Face Grade 0 & new boys hearing screening
Wednesday 14 February Ash Wednesday and Lent commences Valentine's Day 8:00 Chapel (birthdays 12-18 February) Grade 0 & new boys hearing screening 13:00-13:30 Grade 2 Choir
Thursday 15 February 7:30-8:30 Coffee Morning: Screen Time JP Girls Hall
Friday 16 February 13:30 Grade 2 mini cricket matches vs St David's at St Peter's

CHAPEL COLLECTION

The Chapel collection this term goes to **South African Guide Dogs Association for the Blind**. This association is a well-established NPO with a mission to enhance the mobility and independence of people who have visual, physical and developmental needs. The services provided include trained guide dogs for the visually impaired, trained service dogs for the physically impaired and assistance to the visually impaired through orientation and mobility services.

Blessings

Kamohelo Kotsi (Chaplain Assistant)

PA NEWS**ST PETER'S SECOND HAND SHOP**

The St Peter's Second Hand Shop will open on Wednesday, 14 February. Please bring any items you no longer use and wish to donate. Making use of this facility will help to save costs on school kit. The shop is located in a hut behind the school shop and will be open every Wednesday.

Well done to Carol Sithole for all the hard work she has put in to getting this facility up and running - if anyone is interested in helping her please contact her at carol.sithole1977@gmail.com.

PA NEWS**COFFEE MACHINES**

Coffee machines are available in the pavilions for parents who would like to enjoy a cup. The cost of the coffee is now **R15 a cup**.

There is also complimentary tea and instant coffee available in case you are not able to pay for the machine coffees. Please note that this is based on an honesty system, and at the moment we are noticing that only 80% of the coffees are being paid for.

Due to an unfortunate spate of theft, as well as to not everyone paying for the coffee, we are moving to a completely cashless system. **Coffee will now be paid for via SnapScan only.** Simply scan the barcode and follow the instructions on the app.

If you do not have the app, please use our complimentary Wi-Fi to download it and use it immediately. We thank you for your support.



LADIES LUNCH



COMMUNICATOR ST PETER'S

HOW TO GET IT: THIS IS THE FIRST STEP AND CANNOT BE SKIPPED

There is a link below to a **Google Form** – which you are required to complete, please. These details are needed in order to set up the once-off verification step.

LINK: <http://goo.gl/forms/kvMdLCEq0G>

PLEASE ALLOW **1 WORKING DAY** ONCE YOU HAVE COMPLETED THE GOOGLE FORM BEFORE YOU DOWNLOAD THE COMMUNICATOR TO ENABLE YOUR DETAILS TO BE VERIFIED.

Please go into your PlayStore/AppStore and download **Communicator St Peter's**.

- After download, you will be prompted to fill in your email address and make up a password (or request a password and then you will be prompted to make one up).
- An email will be sent to you asking you to verify your email address. Once you have clicked on this you will be able to continue with the download, filling in your email address and password. Remember the password as it will be needed for when you authenticate your other devices as well.
- Choose St Peter's Schools
- Personalise which school you wish to receive notifications from – and tick at least one of the following Boys Junior Prep General, Boys Senior Prep General, Girls Junior Prep General, Girl Senior Prep General or College General
- Personalise other channels from which you would like to receive information e.g. Grades, Sports, Music, etc.

Diane Fraser (Marketer)

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