



Dear Parents,

After our “Chatters” Coffee Morning last week. I found this article on the importance of families eating together on Health24. I am sure you will agree that it is interesting reading and allows one to reflect on family time.

DOES EATING TOGETHER AS A FAMILY MATTER?

Do you still make time to sit down at the dinner table? While this idea may seem idealistic in modern times, our nutritional experts tell us how family mealtimes can impact our lives in a positive way.

Nowadays, we spend most of our time commuting, working, shopping and going to gym. This leaves little time for cooking and eating **healthy meals** together as a family.

Even our children have busy schedules, and it is so easy coming home at night to opt for the easy way out – doing fast and easy food such as pasta and sauce, and letting everyone grab and eat at their own time, usually in front of the television.

For this very reason it's important to get organised and start enjoying healthy meals together as a family. Research has highlighted unexpected advantages, which can be divided into nutritional, emotional, social and educational benefits.

It is important to schedule a specific time and arrange activities to allow for meals to be eaten together. This might mean that dad has to get home earlier, perhaps doing some work later in the evening. Family meals are the glue that holds a busy family together. They should be enjoyed without distractions like TV/LED screens or even toys.

Emotional and social benefits

Eating together provides time to get connected. It helps children feel loved, safe and secure.

Several studies have demonstrated that more frequent meals with the family are associated with better psychological wellbeing, a lower risk of substance use, delinquency, and greater academic achievement.

Conversation at the dinner table allows the family to discuss the day's events, to share feelings, opinions and to learn more about each other and what is happening in their lives.

The educational benefits

It is a perfect time for parents to be role models – not only for learning table manners, or trying new foods, but also to impart healthier eating habits.

Sharing food is important as children are more likely to eat foods their parents or older siblings are eating. Research demonstrates that children eating together with their family at a table consume more fruits and vegetables and therefore more nutrients such as calcium, iron and fibre. In addition, children improve their vocabulary and communication skills.

The nutritional benefits

Research demonstrated that irregular mealtimes and too much snacking and eating apart from the family are a predictor of childhood overweight and obesity. Additional research also indicates that children who participate in regular family meals are 12% less likely to be overweight. This lowered risk appears to be linked to healthier eating habits. Children who sit down for meals with their family are 35% less likely to engage in disordered eating (overeating or avoiding eating as a means of manipulation) and 24% more likely to eat healthier foods.

To summarise

The benefits of family meals include:

- Healthier eating habits (including fruits and vegetables) that may advance into adulthood.
- Achieving and maintaining a healthier body weight.
- Lower risk of disordered eating.
- Less use of cigarettes and abuse of drugs and alcohol.
- Fewer behavioural problems and decreased premature sexual activity.
- Better self-esteem and less depression.
- Better grades and higher scores on achievement tests at school.
- Better vocabulary and public speaking skills.

Turn mealtimes into a safe haven and an opportunity to spend quality time with the family. Make it a team effort by encouraging your children to participate in the purchasing and preparation of the food. Children can also become more involved in activities like laying the dinner table and clearing up and cleaning afterwards.

Nutritional Solutions – Health24

FAREWELL

It is with great sadness that we say farewell to Adam Pienaar and Luke Buchanan this week. Adam and his family are moving to Malaysia; Luke and his family are moving to the UK. I would like to wish both boys and their families much happiness and success in their new schools and countries. Please know the St Peter's community will miss you!

SPORTS DAY 2019

Thank you to our parents who came to support and encourage our little boys at their Sports Day last Friday. It was a lovely event with perfect weather – fun and participation was the order of the day.

I must congratulate Callum Cronin and Steve Malema on an organised and well run event, as well as thank the coaches, teachers and interns who assisted on the day.

I am sure you will agree it was worth missing the rugby! 🏉

ANXIETY PARENT WORKSHOP

In the Know is running a four week workshop at St Peter's, starting on **Friday, 11 October**. This workshop gives parents the tools they need to assist an anxious child. There are a few places available. If you are interested and need more details please email: n.louw@mweb.co.za

HELP, PLEASE!

Our Aftercare facility has been renovated to accommodate the Pre-Prep until their building can commence. The venue is looking most appealing and our boy and girls are enjoying their new surrounds.

We are starting to work on improving the garden and grounds in this area. With the start of Spring we are appealing to parents who may be splitting plants or re-doing flower beds, to consider a donation of plants. We are looking for water-wise, indigenous plants, especially succulents, to plant in this area. If you are able to assist please could you drop plants at either the Boys or Girls JP offices, by Half Term on 24 October. Thank you!

GOLDEN MOMENT

On Teachers Day a Grade 0 boy told his teacher that he was going to make it the best day of her life!

Wishing you a happy, fun-filled weekend.

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 14 October	
Tuesday 15 October	
7:30	Grade 2/6 Buddies (boys to wear House T-shirts)
Wednesday 16 October	
8:00	Chapel (birthdays 14– 20 October)
8:00	Sefikeng – outreach programme
13:00	Grade 2 CHAPS – Dodson Hall
Thursday 17 October	
13:00	Grade 1 CHAPS – Middle Room
Friday 18 October	
HOT DOG DAY/cartridge collection R25	

OLD BOYS NEWS**ST PETER'S IS TURNING 70 YEARS OLD NEXT YEAR AND WE ARE TRACKING DOWN ALL OLD BOYS**

If you, as a dad, grandfather, uncle, brother etc. went to St Peter's Boys Prep, please complete this short google form:

<https://forms.gle/o25tdakrZQCLMoUt7>

ST PETER'S COLLEGE LEADERSHIP POSITIONS FOR 2020

Congratulations to the Old Boys of 2015:

Jonathan Webb – Head Boy

Aiden Enslin - Prefect

Carl Vemer - Prefect

Daniel Raggett - Prefect

Justin Amm – Prefect

Michael Du Plooy - Prefect

Nicholas Els – Prefect

Congratulations to the Girls Prep Old Girls of 2015:

Eden Backman - Prefect

Jessica Dunstan - Prefect

Jessica Parsons - Prefect

Kerryn Hayter – Prefect

HILTON COLLEGE

Andrew Meyer was awarded a Commendation Certificate.

Chris Meyer was selected for the 1st Cricket Team.

Tristan Paton was awarded a Commendation Certificate.

Zelwande Phenyane was awarded the Evan Brown Prize for Zulu and the Frederic Tatham Memorial Essay Prize for History at Speech Night.

S'bonelo Phungula was awarded the Vera Burke Memorial Prize for Dramatic Arts, the Chaplain's Prize, the 1942 Matric Class Award and the Philia Prize in recognition of integrity and moral courage at Speech Night.

Jarrood Siddall was selected for the U15A Water Polo Team.

Luke Van Ryswyk was selected for the 1st Rugby 7s Team and awarded Half Colours for Rugby 7s.

**PA NEWS**

PAVER PLAQUE ORDERS - <https://goo.gl/forms/eZGieDiKQnfdyzWu2>

PLEASE NOTE: Tuesday, 15 October is the last day to place orders for 2019. Anything placed after this date will only be processed next year.

Paver Plaques



"May you never forget what is worth remembering."

This is a timeless reminder of your son's years at St Peter's Boys Prep. A brass plaque is engraved with your son's details and is placed in the Old Boys Quad outside Dodson Hall.

Should you wish to order, and see the various options, please click on the link and complete the Google order form.

<https://goo.gl/forms/eZGieDiKQnfdyzWu2>

SUNSET CAROLS – CHRISTMAS MARKET STALL REGISTRATIONS AND APPLICATIONS

Sunset Carols Market Application Form <https://bit.ly/2ost9tQ>