



Dear Parents,

FROM THE HEADMASTER

It is essential for one to view the world through a positive lens, particularly in our present society with all its challenges economically, socially and environmentally. Much of what we do at St Peter's is based on research and practice around positive psychology. Martin Seligman is one of the foremost writers on positive psychology and his principles have been adhered to in our roll-out of our St Peter's Values this year. We also use the "Bounce Back" programme in our Life Orientation lessons to encourage the boys to view situations as challenges rather than as being beyond their control. Our aim is to encourage the development of a positive attitude to life for our boys. This does not mean that all the challenges and joys they experience will differ from their neighbours, but does affect the way in which they react. The following excerpt from a paper on positive psychology may serve to illustrate these differences:

"In explaining a conflict in a relationship, for example, a pessimistic person might tell himself or herself, "I'm not loveable" (internal, stable, and global), whereas an optimistic person may speculate along the following lines: "We've both been under a great deal of stress lately" (an external, unstable, and specific attribution). When explaining positive events, pessimistic and optimistic patterns reverse. Pessimistic explanations for positive events are external, unstable, and specific. That is, the source of success and good fortune is seen as fleeting, of limited influence, affecting few areas of life, and as caused by other people or circumstances. In contrast, optimistic explanations are internal, stable, and global."

<https://s3.amazonaws.com/academia.edu.documents/34814974/Optimism.pdf?AWSAccessKeyId=AKIAIWOWYYGZ2Y53UL3A&E>

The resilience and ability to bounce back from adversity that is encompassed in the realm of positive psychology is something that modern children around the world appear to be losing out on. This may negatively affect their performance at school and inhibit the development of a growth mind-set. It is for this reason that we have included a positive psychology approach across our curriculum. As Martin Seligman writes:

"Positive education is defined as education for both traditional skills and for happiness. The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for happiness should be taught in school. There is substantial evidence from well controlled studies that skills that increase resilience, positive emotion, engagement and meaning can be taught to schoolchildren."

<https://www.tandfonline.com/doi/abs/10.1080/03054980902934563>

If you would like to learn more about this aspect of our curriculum, please contact Catherine Steenhoff, Kenda Melvill-Smith or myself for further discussions.

Enjoy your week

Rob Macaulay

FROM THE JUNIOR PREP

FATHER'S DAY

Thank you to all our dads for being your son's hero. We wish you a Happy Father's Day.

"A father is someone you look up to no matter how tall you grow - unknown"



TIPS FOR ENCOURAGING GOOD BEHAVIOUR

Children do as you do. Your child watches you to get clues on how to behave in the world. You're their role model, so use your own behaviour to guide them. What you do is often much more important than what you say. If you want your child to say 'please,' say it yourself.

Get down to your child's level. Kneeling or squatting down next to children is a very powerful tool for communicating positively with them. Getting close allows you to tune in to what they might be feeling or thinking. It also helps them focus on what you are saying or asking for.

Whining: be strong. Children don't want to be annoying. By giving in when they're whining for something, we train them to do it more – even if we don't mean to. 'No' means 'no,' not maybe, so don't say it unless you mean it. If you say 'no' and then give in, children will whine even more the next time, hoping to get lucky again.

Say it once and move on. It is surprising how much your child is listening even though they might not have the social maturity to tell you. Nagging and criticising is boring for you and doesn't work. Your child will just end up tuning you out and wonder why you get more upset. If you want to give them one last chance to co-operate, remind them of the consequences for not co-operating. Then start counting to three.

FIRST SEMESTER REPORTS

Your son will be bringing home his first semester report on Thursday, 21 June. These reports have taken on a new format in 2018. Please take time to read and reflect on the report and discuss both strengths and weaknesses with your son. Setting a goal for the next semester will add value to this reporting process and allow for continued growth and learning to take place.

GRADE 1 & 2 FOOTBALL/SOCCER

You would have received a letter this week regarding Grade 1 and Grade 2 Football commencing during school sport. The change over from tag rugby to football will start from Monday, 18 June. Please do ensure your child has shin pads and soccer socks (both available at the School Shop) to protect his legs and ankles. Please could you take some time this weekend to remind your son how to tie his shoe laces.

ST PETER'S DAY – 22 JUNE

We will celebrate St Peter's Day next Friday. The boys will be reminded of our values over the next week in preparation for this "birthday" on our school calendar. We will also close for the week long mid-term break. Please take note of closing times:

Grade 0: 10:00

Grade 1: 10:15

Grade 2: 10:30

There will be a supervised Waiting Class until **11:00** and no Aftercare facility that day.

GOJU-RYU KARATE

Karate at St Peter's Prep has been taken over by Sensei Sergio Caisutti. He is fun and firm with the boys and they are making steady progress.

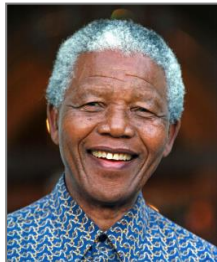
Sensei Sergio will be completing a demonstration for our boys on Friday morning. There are flyers in the foyer lockers, otherwise you can contact Sensei Sergio on 063 723 2932 or via email: sergiocaisutti@gmail.com should your son want to participate in Karate at St Peter's.

DID YOU KNOW?

- Children who frequently consume sugary drinks are at high risk for dental caries and dental erosion.
- Drinking just one sugary drink a day increases a child's likelihood of being overweight by 55%.
- After six months, daily consumption of sugary drinks doubles the fat deposits in the liver and contributes to diabetes and heart disease.

* Source – Nutrition Society of South Africa



COMMUNITY PARTNERSHIP**COMMUNITY PARTNERSHIP**

**FREE YOURSELF, FREE OTHERS AND SERVE EVERYDAY
ST PETER'S COMMUNITY PARTNERSHIP
BOOK, BALL AND BISCUIT INITIATIVE
TUESDAY 24 July 2018**



Please support this initiative – you can purchase and collate your own pack or you can purchase from the team for R50.00. A detailed letter will be sent home early next week!

GOLDEN MOMENT

During Library lessons, Mrs Strouthos was telling a Grade 0 class about the Soccer World Cup. One of the boys told her that his soccer team is called *Neverpool!*

I look forward to seeing many of you at the PA Football Day this Saturday.

Warm regards,
Kenda Melvill-Smith

FORTHCOMING EVENTS

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| Saturday 16 June Youth Day: Family Football Day |
| Sunday 17 June Father's Day |
| Monday 18 June 12:00 Grade 2 Choir practise during break |
| Tuesday 19 June 8:30 DCS Volunteers Coffee 18:30 Anti-Hijacking Talk – Dodson Hall |
| Wednesday 20 June 8:00 Chapel (birthdays 18 June-02 July) 13:00-13:30 Grade 2 Choir |
| Thursday 21 June Reports go home |
| Friday 22 June ST PETER'S DAY Half Term commences: Grade 0 10:00; Grade 1 10:15; Grade 2 10:30 |
| Monday 02 July Return to school |

REMINDER – FRIDAY, 15 JUNE**CIVVIES DAY**

Please bring a donation of outgrown or unused clothing for the privilege of wearing civvies.


HOT DOG DAY

R25 for Hot Dog, Crisps and a Cool drink.

INK CARTIDGE COLLECTION


There are permanent collection points on campus or hand in at a reception.

REMINDER PRESENTATION FOR PARENTS AND STAFF – 19 JUNE



**ANTI-HIJACKING AND CRIME AWARENESS
PRESENTATION FOR ST PETER'S PARENTS**

Date: Tuesday, 19 June
Time: 18:30 to 20:00 (tea and coffee will be served from 18:00)
Venue: Dodson Hall, Boys Senior Prep



Sophisticated anti-theft technology has made it increasingly difficult to steal motor vehicles. As a result we are witnessing a dramatic increase in vehicle hijackings. To the unprepared driver who does not understand the concept of situational awareness, the hijacker has the element of surprise and attack. We are dealing with specialised syndicates who run international, multimillion Rand operations. They are highly organised and very successful and well trained in the art of hijacking. The sad reality, however, is that the hijack victim is totally unprepared. Armed attacks of this nature are extremely intimidating and frequently end in tragedy. Understanding this hostile environment and the psychology of the hijacker can only come from proper training, and this presentation will equip you with the knowledge on how to minimise the risk of being hijacked and the modus operandi of hijackers. The presentation (presented by leading Anti-Hijack specialist Francois Marais) covers both **avoidance** and **survival** as follows:

Part 1 – Vehicle Hijack Avoidance

- Why are vehicles hijacked?
- Is hijacking here to stay?
- Which cars are not hijacked?
- Profile of a typical hijacker

- When & where am I most at risk?
- Four Golden Rules
- How to avoid hijacking at home
- Preparing your car
- How to avoid hijacking on the road
- Follow-home robberies (shops / banks / Airports)
- What to do if followed
- Should I carry a gun?
- Suitability and use of pepper spray
- How to recognize bogus cops
- Preparing family & children

Part 2 – Vehicle Hijack survival

- What if avoidance fails?
- The hijackers state of mind
- What prevents me from being kidnapped?
- What prevents me from being killed?
- Critical survival point strategies
- Fight vs flight – what will I do?
- Body language tricks & techniques
- If you remember nothing else...
- Your car vs your life...
- If you are shot or injured...
- Dealing with the after effects
- Post-Traumatic Stress
- Getting back behind the wheel.

We look forward to seeing you there!

PA NEWS

PA COMMITTEE VACANCIES

Several of the current serving members of the St Peter's Parents Association will be stepping down toward the end of this year as their terms come to an end.

As a result, we are looking for parents to volunteer to fill these vacancies. Being part of the PA is a fun and rewarding way of contributing towards the school we are all part of. Please contact Malope or Robyn if you are interested in getting involved.

Malope Mabizela: malopem@icloud.com

Robyn Doak: robyn@designoval.co.za

SECOND HAND SHOP – VOLUNTEERS NEEDED

Opening time: Wednesday 07:00 to 08:00

The Second Hand Shop is proving to be a popular option for many parents.

We are looking for a few more volunteers to assist with the shop during the opening time.

We would also like to start providing second hand sporting equipment (cricket bats, hockey sticks, tennis racquets etc).

Please contact **Carol Sithole** on carol.sithole1977@gmail.com or on 072 226 8599 if you are able to help.



ST PETER'S
PREP SCHOOLS

**WE ARE GOING CASHLESS FOR ALL
SCHOOL EVENTS!**

- Allowing our children and families to be safer at events
- Creating less work for parent volunteers who manage the ticket sales and admin
- Convenient electronic purchasing of tickets, no more queues!
- Allowing for multiple payment methods, so you can decide how to pay
- One platform for all different events in the school calendar

tixsa
EXPERTS IN EVENTS
AND TICKETING

WINTER WARMERS



**ST PETER'S
PREPSCHOOLS**

WINTER WARMERS MUSIC FESTIVAL & FAMILY DAY!
Live Music | Kids Inflatables & Entertainment
FUN FOR THE WHOLE FAMILY!
SAVE THE DATE
DATE: Saturday, 14 July 2018
TIME: 12:00 – 17:00
TICKETS AVAILABLE SOON – STAY TUNED!
winterwarmers@stpeters.co.za