



Dear Parents,

#### **FROM THE HEADMASTER**

Education, and particularly prep school education, is about potential. We have all heard the statements about more than half the jobs of tomorrow have not even been heard of today, but I would like to suggest that there is another aspect regarding the growth of children between 5 and 13 years that substantiates the “potential” concept better. I have used the following story from a publication called “Our Daily Bread” (RBC Ministries) to introduce my thinking:

*On one of his voyages to the New World, Christopher Columbus came across a remarkable tree. It had round fruit that bounced like a ball. Its Indian name was caoutchouc - “the weeping wood.”*

*The tree was given that name because it emitted a sap that looked like the tree’s tears. Eventually, inventors discovered that the sap could be harvested and allowed to harden into an eraser that rubbed out pencil lead – hence the name “rubber.”*

*In the 1830s it was found that rubber could withstand very cold temperatures when sulphur was added to it. This led the way to a huge demand for rubber when the automobile was invented. Later it was discovered that the sap could be used to make latex surgical gloves. The rubber tree had multiple uses that needed only to be discovered.*

Far from being empty vessels that need to be filled, children are repositories of potential waiting to be expressed. In order for this potential to come to the fore we need to:

1. Create the environment for expression – a safe space
2. Help the children to identify a channel for expression – give them opportunities
3. Help them to drive their expression in a communicable and acceptable way
4. Support them on their journey; helping them to overcome obstacles and to maintain an attitude of grit and resilience when they are faced by failures on the journey
5. Ensure that their expression of potential is both ethical and cognisant of the needs of others
6. Provide constant feedback so that they are able to measure their progress
7. Very importantly, allow them to develop their own potential, not our preconceived idea of where they should excel

Just like the rubber tree, perhaps some of the boys will not only adapt to the change, but will actually be the change in the world of the future. This is very different to the old sausage machine concept of education, no matter how good the sausages may be.

Food for thought ...

Have a great week

**Rob Macaulay**

#### **FROM THE JUNIOR PREP**

As we head towards the end of the year, I thought I would share this article by Nikki Bush. It is a gentle reminder to just stop and breathe. Sometimes, as we rush around trying to fit so much into a day, I think we forget the impact these stresses have on our children too.



Wisdom can be found in the most unplanned moments and unexpected places. This is what happened to me on a day when I was feeling frenzied and frazzled before 9am! As an antidote to the stress I was feeling on a day when I had way too much to do and not enough time in which to do it, I decided to go for a brisk walk to destress. That is what most of the gurus and books tell you, right? Exercise will do the trick.

I donned my running shoes and my Garmin watch, setting off at a pace to walk my sillies out. Well, the walk had the opposite effect. The more I walked the more I stressed. I couldn't breathe, my heart was racing and I was most certainly not calming down. This is not how I was supposed to be feeling. I wanted to feel better, not worse. I needed to clear my head not feel like it was full of fluffy cotton wool. I needed clarity not feelings of overwhelm. How was I going to cope with the rest of my day that was already crowding in on me, making it hard to breathe and concentrate?

So I stopped, and did something completely counter-intuitive. I found a resting place to step out of the rat race. It was a bird hide on the other end of the park in the estate in which I am living, and it overlooks a little dam. I climbed the wooden stairs to the thatched viewing deck and I sat down surveying the scene in front of me, watching flocks of little birds swooping and soaring and listening to their loud and melodious chatter. Then I saw, right in the middle of the lake on the island, a mother blue crane sitting on her nest of eggs. She placidly, but determinedly sits. She just sits! Patiently. Peacefully. Seemingly doing nothing.

#### **I JUST SAT:**

And so I sat, staring at her. Breathing in her presence, her peace and acceptance. She is not rushing around. She is not multi-tasking like us crazy human beings. She is just sitting, doing the most important job in the world, incubating her eggs. At some point I got up and did some very slow, long stretches with deep inhales and exhales of breath, bringing me back into my body, all the while maintaining eye contact with 'my' crane. After I had communed with her for half an hour, and feeling much more grounded and together, I reluctantly descended the stairs and took a slow walk back home, to reality.

I proceeded to have the most wonderful day because I had shifted my perspective. Nothing was as urgent as I had thought. I had brought myself out of my panic and down the pressure gauge out of the red zone. I was engaging with life again from the perspective of love, not fear, and it made all the difference.

Over the past few weeks when I have felt the need to recalibrate and rebalance myself, I have taken my soul for a walk to see my mother crane. She has taught me the meaning of slowing down and smelling the roses, that not everything is urgent and has to be done now. That I need to sometimes ask myself if I am being kind to Nikki. When mental confusion overwhelms and engulfs me it is a warning. It's time to sit up, take note, create space between myself and the frenzy out there and decide what it is that Nikki needs. And what she doesn't need is to do more stuff. She usually needs to stop and be for a while.

#### **TAKE AWAYS FOR WINNING AT WORK:**

When things are feeling like a blur it's time to stop thinking and getting trapped in the tornado in your head. Rather:

- Take yourself for a slow walk with no pressure to perform or achieve any time
- Take yourself for a cup of coffee/tea by yourself, without any devices, paper or pen and just be, just sit and watch the world go by and breathe
- Become more mindful. Here are some questions that have become part of my daily practice and have helped me to bring my authentic self to work and be more engaged and productive:

- What am I grateful for?
- What surprised me today?
- What did I learn today?
- What can I do better?
- How or where did I add value today?
- Where do I need to slow down?
- Where do I need to make more space in my life and relationships?

#### **TAKE AWAYS FOR WINNING AT HOME AND LIFE:**

Everything listed above applies if you are a parent too. It's important that your children see you:

- Acknowledge when you are stressed
- Manage your stress in emotionally intelligent ways
- Rise above your stress and grow resilience through your challenges
- Find ways to regain balance and perspective
- Avoid taking your stress out on others by taking 'time out'
- Accepting support when it is needed
- Slowing down from time to time
- There isn't a child in the red zone of stress whose parents aren't up the pressure gauge too.
- Parental stress and anxiety is the most infectious thing in the world and we need to keep it in check and deal with our own stuff
- It is much easier to fix ourselves than to fix our children – I promise you!
- Play is a fantastic way for the whole family to press the pause button, to take a break and reset the energy.
- We are all born to play and big kids still want to play and have fun
- Do something multisensory together like swimming, taking a bath, have a water balloon fight, bake or cook together or even wrestle – it diffuses stress in an instant

I've learnt that it's okay to say to myself: not now, slow down and listen. Listen for that voice inside that knows exactly what you need and where you need to be. Slow down enough to 'feel' that voice and to trust that it is there to help you. There is a wise soul inside each of us that knows just what we need. Listen and learn. Find yourself a blue crane.

*Nikki Bush*

#### **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 boys 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!

#### **FIRST KIDS IN SPACE – GRADE 2 PRODUCTION**

On **Tuesday, 22 October** the Grade 2 boys will be performing their production "First Kids in Space" at 11:30. Our Grade 0 and 1 boys will be attending the dress rehearsal that day, along with Grade 2 grandparents and caregivers.

On **Wednesday, 23 October** the Grade 2 parents will be watching their boys on stage in Dodson Hall at 18:30. A detailed letter was sent home to Grade 2 parents this week.

I am looking forward to seeing our boys on stage as they have worked hard to ensure "First Kids in Space" is a success.

#### **MARKET DAY – GRADE 1 & 2**

Grade 1 and 2 boys will be attending the Senior Prep Market Day on **Wednesday, 23 October**. We request that parents send between R30-R50 with their sons to enable them to participate in the event. Please send the money, **in change**, to allow for ease of exchanging monies. It is essential that the money is in the boys' St Peter's purses.

This annual event allows our Senior boys to grow entrepreneurial skills. It also allows our Grade 1 and 2 boys to learn about money in an informal, independent manner.

**SPORT****Grade 1 & 2 parents**

As per the attached letter, Grade 1 and 2 Sport will change to Cricket and Basketball as of next week, **Monday, 21 October**. Please refer to the letter regarding sports uniform, kit requirements etc.

**All JP parents – swimming**

Swimming will start again after Half Term – a letter will be sent out next week providing more details.

**Callan Cronin:** JP Sport

**HEAT WAVE**

Next week the weather predictions indicate a heat wave in the Gauteng area. Please ensure your boys have their water bottles and hats at school. Class teachers will top up with sunscreen, but it is advisable that boys put on sunscreen when dressing in the morning.

Our boys know they need to:

**SLIP!** – on their hats

**SLAP!** – on the sunscreen

**SIP!** – on water

**HALF TERM**

We close for Half Term on **Thursday, 24 October** and return to school on **Wednesday, 30 October**. Please take note of closing times:

**10:30 - Grade 0**

**10:45 - Grade 1 & 2**

**11:15 - Waiting Class ends**

**11:15-14:30 Aftercare is available to all children at no extra cost at the Aftercare facility. Children must bring a packed lunch.**

Please note that **Tuesday, 29 October** is a Bishop's Holiday for the St Peter's community.

**GOLDEN MOMENT**

One of our Grade 2 boys arrived at school wearing white takkies with his khaki uniform. When his teacher asked him why he said his strops had reached "old age" and needed to be "retired!"

Enjoy the weekend.

Warm regards,

**Kenda Melvill-Smith**

**FORTHCOMING EVENTS**

<b>Monday 21 October</b>	
<b>Tuesday 22 October</b>	
11:30	First Kids in Space – Dress Rehearsal in Dodson Hall
<b>Wednesday 23 October</b>	
8:00	Chapel (birthdays 21– 27 October)
8:00	Sefikeng – outreach programme
13:00	<b>NB: No Grade 2 CHAPS</b>
17:30	Grade 2 boys arrive at school
18:30	First Kids in Space performance
<b>Thursday 24 October</b>	
HALF TERM closing times:	
10:30	Grade 0
10:45	Grade 1 & 2
11:15	Waiting Class ends
14:30	Aftercare ends
<b>Wednesday 30 October</b>	
7:30	Boys return to school

**SCHOOL SHOP****Family Organiser 2020**

We have limited stock of the popular Family Organiser – R150. The organisers also make great Christmas presents.

**Labels**

Get your label orders in early so that you have one less box to tick during the “End of Year” rush.

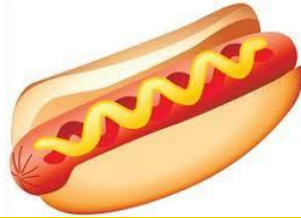
Current Grade 2 boys and girls will need stationery labels for Grade 3. The Stationery Pack consists of 20 big name labels, 100 pen and pencil labels and 2 bag tags – R110.

If you would like us to order labels, please email the School Shop on [schoolshop@stpeters.co.za](mailto:schoolshop@stpeters.co.za) with the details you would like printed on the labels.

**Nadia Thompson** (School Shop Assistant)

**HOT DOG DAY – FRIDAY, 18 OCTOBER  
AND INK CARTRIDGE COLLECTION**

# R25


**FRIDAY, 18 OCTOBER IS 'BOK FRIDAY' FOR ALL PUPILS**

Children may wear Springbok supporter colours, otherwise school uniform.

**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/o25tdakrZOCLMoUt7>

**ST ANDREW'S COLLEGE****Leadership Positions for 2020**

**Congratulations to the Old Boys of 2015 on their Leadership positions for 2020:**

**Robbie Kirkpatrick** - Second Head of School (Deputy Head Boy)  
- Second Head of House (Armstrong House)  
- Marketing Portfolio Prefect

**Matthew Schaefer** - Second Head of School (Deputy Head Boy)  
- Second Head of House (Upper House)  
- Additional College Prefect

**MICHAELHOUSE**

**Joshua Samuels** was awarded the Andrew Crutchley Memorial Award for Leadership on the C Block Journey 2019.

**SUNSET CAROLS – CHRISTMAS MARKET STALL REGISTRATIONS AND APPLICATIONS**

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