



Dear Parents,

**FROM THE HEADMASTER**

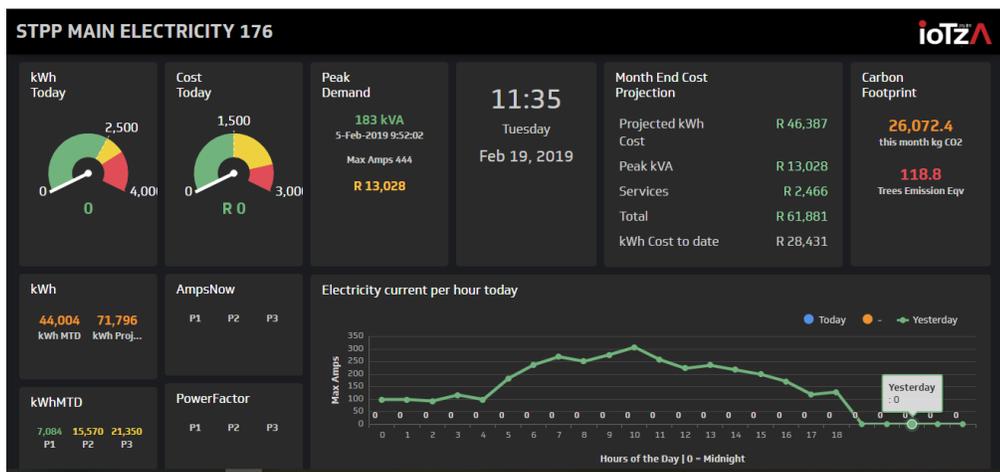
It is hard to believe that the mid-term break is already upon us. After a number of dry years it was glorious to be able to enjoy the beautiful rain of the past couple of weeks, even though it has played havoc with our summer sports programme. With the change of sporting season coming up soon, we hope to get some enjoyable basketball and cricket matches in when we return after the break. I encourage the boys to really give of their best in the remaining fixtures.

One of the strategic imperatives for the school is “greening” and being more environmentally friendly in all aspects of what we do. Recently we consulted with experts in this field and our Operations manager, Cecilia Neto, has written the article below to share some of our initiatives:

*We have embarked on establishing an environmental sustainability programme on our campus regarding energy use, water use and alternative energy.*

*We are proud to share the following key areas linked to the school’s activities, that are being implemented. We have focused on what is going to give the Prep Schools the biggest savings:*

- Installation of a real time data measuring dashboard to monitor energy and water usage
- Geysers fitted with insulation, timers and setting the thermostat to 55°C
- Replace existing lighting with LED’s
- Waterless valves fitted into existing urinals. The pilot project is being carried out in the Boys SP bathrooms near the library
- Aerators fitted to wash basins



An Example of a Dashboard Page

For a look into the dashboard visit: [www.stppiot.co.za](http://www.stppiot.co.za)

Thank you to the Eco-Committee for the sterling work that they are doing. As we go off to enjoy our mid-term break, let’s all try to do our little bit in a bid to save our planet.

Have a wonderful long-weekend.  
**Rob Macaulay**

### FROM THE DIRECTOR OF ACADEMICS

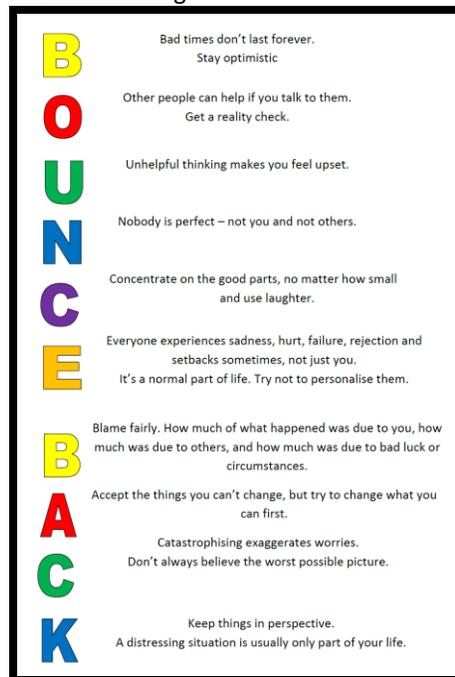
As part of our Positive Education approach, St Peter's Boys Prep follows the Bounce Back programme which was formulated by Dr Toni Noble and Helen McGrath.

This is based on research and is a classroom resiliency programme. Fundamental to the concept of resilience is the capacity to bounce back, 'overcome odds' and demonstrate personal strengths to cope when you encounter hardship or adversity. The Bounce Back programme is a multidimensional approach that involves ways to build environments that develop resilience, as well as teaching the personal coping skills of resilience. The programme is taught in Life Orientation lessons from Grade 1 to Grade 7, but all our teachers use the principles of the programme in their teaching and counselling of boys.

The basic principles and core values of the programme are:

- Integrity:** being honest, fair, responsible and loyal
- Support:** supporting and caring for other people and showing compassion
- Co-operation:** co-operating with others
- Acceptance:** understanding and accepting differences between oneself and others, and including others socially.
- Respect:** respect yourself and respecting the rights of others
- Friendliness:** being friendly and socially responsible and including others
- Perseverance:** going beyond what comes easily to you

The chart below is up in all our classrooms and I encourage you to use the terminology at home with your boys when they are facing challenges or are upset about something.



*Catherine Steenhoff*

### FROM THE JUNIOR PREP CONGRATULATIONS

Tadiwa Katemauswa became a big brother last week with the birth of Anushe. Congratulations to Daria and Gerald on the new addition to the family. We know Anushe will bring you many years of joy.

### COFFEE MORNING – BREATH WORKS

I would highly recommend attendance at our next coffee morning. Dr Ela Manga is a health practitioner who focuses on an holistic approach towards wellness. Last year she presented to the St Peter's staff on "Breath Works" and we want to share her expertise with our parents.

This workshop demonstrates the importance of mindful breathing to reduce stress and anxiety and create peace within oneself. It is a technique we have introduced into the classrooms and to assist individual boys when they feel frustrated or anxious.

**Topic:** Breath Works  
**Presenter:** Dr Ela Manga  
**Date:** Thursday, 28 February  
**Time:** 7:30-8:30  
**Venue:** JP Girls Hall

### **GRADE 2 MINI CRICKET MATCHES**

Over the next three Fridays 01, 08 and 15 March, our Grade 2 boys will be participating in interschool mini cricket matches. Please see the letter attached regarding the first match on **Friday, 01 March**.

The focus of these games is participation and enjoyment as we prepare our boys for formal competition in Grade 3.

### **GOLDEN MOMENT**

During a photographic session last week the photographer was showing the Grade 0 boys how to pose. One of the Grade 0 boys walked to the front and said to her: "Don't worry, I've got this!"

Enjoy the Half Term break.

Warm regards,

**Kenda Melvill-Smith**

### **FORTHCOMING EVENTS**

<b>Thursday 21 February</b>	
School closes: 10:00 Grade 0; 10:15 Grade 1; 10:30 Grade 2	
11:00	Waiting class ends → Aftercare until 14:30
<b>Friday 22 to Monday 25 February</b>	
<b>HALF TERM</b>	
<b>Tuesday 26 February</b>	
7:30	Return to school
<b>Wednesday 27 February</b>	
8:00	Chapel (birthdays 25 February to 03 March)
8:30	Sefikeng
13:00	Grade 2 Choir – Dodson Hall
<b>Thursday 28 February</b>	
7:30	Coffee Morning Breath Works (JP Girls Hall)
<b>Friday 01 March</b>	
13:30	Grade 2 Mini Cricket match vs St David's at St Peter's

### **FROM THE CHAPLAIN**

Zimbabwe is currently experiencing a humanitarian crisis in which its poorest people are facing enormous daily challenges just to survive. River of Life Church and voluntary organisations in Harare are collecting and distributing food for Zimbabwean families in rural areas who are currently battling to subsist. If you are able to assist, your donation will be gratefully received and directed via River of Life to those who need it most.

St Peter's is acting as a drop-off point for people who would like to make any basic food donations. Please drop off any of the following in the prayer room in the chapel and it will be collected and transported to those in need:

Sugar • Cooking oil • Flour • Baking powder • Self-raising flour • Rice • Sugar • Dried beans • Salt • Packet soup • Teabags • Cremora • Tinned fish • Tinned beef • Instant porridge • Handwashing detergent • Bath soap • Toothpaste

If you would prefer to donate cash (which will be used to make bulk purchases of the necessary items), please visit the BackaBuddy site at <https://www.backabuddy.co.za/zimbabwe-aid>

God Bless Zimbabwe!

*Fr Richard Wossler*

### MORNING BUS SERVICE TO ST PETER'S PREP SCHOOLS

We are all striving to reduce the traffic congestion in and around the school car parks and Witkoppen intersections. The morning bus service is a convenient and safe alternative to getting your children to St Peter's in the morning traffic.

There are two routes:

1. **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.
2. **Kyalami** bus runs from the **Kyalami Downs Shopping Centre**, next to the KFC. Time: 06:25 to leave at 06:30.

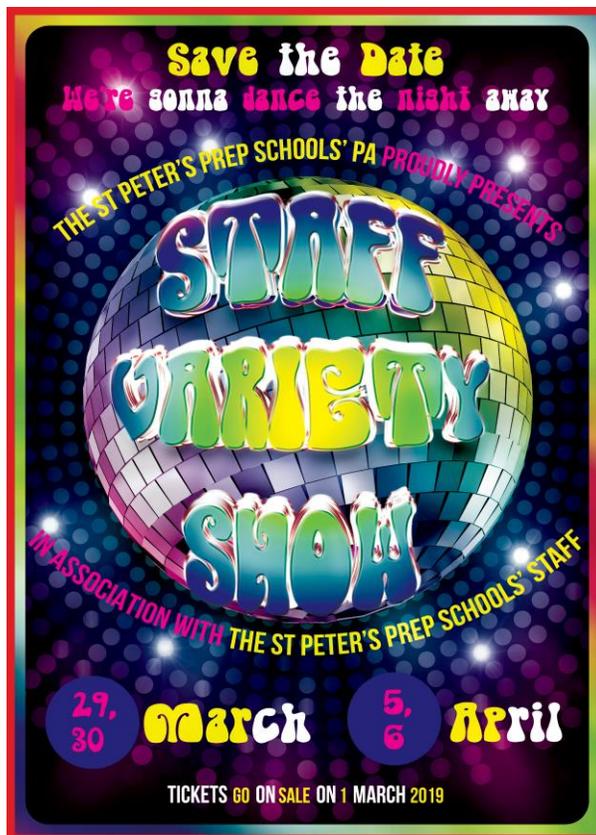


Bus Consent and Indemnity Form can be found on the Communicator. Please send to: [reception@stpeters.co.za](mailto:reception@stpeters.co.za). For more information please contact Tim at [tim@sagolfing.com](mailto:tim@sagolfing.com)

### THINKING SKILLS CONFERENCE HOSTED BY ST PETER'S PREP SCHOOLS

Read more about it here: <https://www.stpeters.co.za/boys-prep/news>

### PA NEWS



***CUBS & SCOUTS***

On 22 February Cubs and Scouts worldwide celebrate Founder's Day to mark the birthday of Lord Robert Baden-Powell.

As Friday, 22 February is in our mid-term break, children have been granted permission to come to school tomorrow (21 February) in their Cubs and Scouts uniforms.

