



Dear Parents,

FROM THE RECTOR

Thank you, once again to all those parents who rallied to our call for a TLB. We were delighted with the number of responses received. The ground behind the After-School facility has been levelled and a berm built.

The Foundation is looking for **Mathematics sets**. We have been made aware of a Gauteng public school where Gr 12s are preparing for their matriculation exams and not one has such a set. If you would like to donate a set, please deliver to any of the junior or senior reception areas, marked "Foundation Maths Set". The School Shop has limited stock.



St Peter's Intern Programme: we now have 25 interns on campus ranging from 1st to 4th year in their studies. Their ability to achieve excellent exam results, while managing family responsibilities, e.g. cooking, and caring for younger siblings, is inspirational. The children continue to delight in their presence and frequently form strong bonds with them. Their role in the classroom has resulted in improved Reading and Mathematics ages, thanks to the increased student-teacher contact time.

Over and above this, the programme is able to change the lives, albeit of a very small number of people. In its own small way, it also addresses South Africa's most pressing issue, that of the lack of quality education.

We are deeply grateful to those parents who have, and continue to support this programme financially, or with their time. We are especially grateful to the CIDA Empowerment Trust (www.cidatrust.org) which supports 6 interns and the Gauteng Central Region Academy (GCRA) (www.gauteng.gov.za/services/youth/Pages/GCRA.aspx), which supports 16.

CIDA seeks to multiply the positive effects of quality in education in low income communities. It focuses on teacher development in the highly successful internship model that St Peter's offers.

The GCRA is a branch of the Gauteng Department of Education responsible for promoting skills development. It also seeks to enable young people to make the transition from school to work through relevant work training opportunities. It, too, has recognised the success of the St Peter's Intern Programme, in partnership with the University of Johannesburg, and also sponsored interns in 2017.

Questions for the Rector:

If anyone wishes any further information on any topic, please feel free to contact me at school or at groyce@stpeters.co.za or dradloff@stpeters.co.za

Greg Royce

FROM THE HEADMASTER

On the traffic flow front, you will notice that we have added a new staff parking area above Somerset field so as to alleviate pressure on the JP carpark. Although we now have 21 more bays available, please do continue to drop-and-go in the mornings unless you have appointments arranged with staff members. Thank you for your co-operation.

Rehearsals for the school production are well under way and we look forward to performances on 12 and 13 July. In addition, we will have the Chapel Choir Festival on 4 July and the Cadet Choir Festival on 5 July so on the Cultural side we can expect a busy second half of the term.

The Sandton Community Police Forum and Francois Marais from Ghost Squad Security came out on a chilly Tuesday evening to give the St Peter's Prep Schools community an overview of Crime Prevention in our sector and to provide an

anti-hijacking course. I would like to thank the team for their presentation, which I can recommend as being particularly informative. It is comforting to know that we have such dedicated volunteers who are making a difference in the community. Should you wish to become involved and to volunteer your services to the CPF, please contact our Security Manager, Lance Camphor, for more details.

Enjoy the break and we look forward to a refreshed and reinvigorated staff and pupil body on 2 July.

Best wishes

Rob Macaulay

FROM THE JUNIOR PREP

COFFEE MORNING – BIOKINETICS

On Thursday Callan Cronin and Charne Badenhorst (our in-house Biokineticists), addressed parents on the role of Biokinetics in their child's development and support.

Callan gave an overview on his programme FUNctional Movement 4 Kids. Our Grade 0 boys are exposed to this programme on a weekly basis. The focus of the sessions are as follows:

- To develop posture, flexibility, body strength and general functional movement in our young boys.
- The boys use therabands, swiss balls, foam pads, balance beams and trampolines to support their movement.
- The sessions are both fun and challenging and take place in a controlled environment.
- The boys work individually or in pairs and are closely monitored.
- Every session incorporates warm-up and stretching, so as to develop good habits.

I have included a copy of a slide from the presentation that explains the difference between Biokinetics, Physiotherapy and Occupational Therapy.

DIFFERENCES BETWEEN BIOKINETICS, PHYSIOTHERAPY & OCCUPATIONAL THERAPY

PHYSIO	BIO	OT
• Initial phase of rehabilitation	• Final phase rehabilitation	• Helping people with a physical, sensory or cognitive disability and problems with fine motor skills
• Swelling and pain still present	• Only takes over treatment once ROM has been fully restored and no pain/ inflammation	• Can help children to improve their cognitive, physical, sensory and motor skills and enhance their self esteem
• Aim is reduce swelling and inflammation	• Aim to regain strength of the muscles surrounding joint, improve the joints proprioception following injury	• Children who might need OT: * Sensory processing disorders * Learning problems * Autism * Mental health/behavioural problems * Development delays
• Once swelling subsided, regain ROM at the joint	• Maintaining full ROM	• Children who have concerns with pain, strength, joint range of motion and endurance and gross motor functioning will be referred to a physio, (neuro- developmental physiotherapist)
• Treatment modalities – soft tissue massage, strapping, needling, ultrasound	• Treatment modalities – stretching, exercise prescription/programming, strapping	• Children who have concerns with fine motor skills, visual perceptual skills, cognitive skills and sensory processing will be referred to an OT

At St Peter's we also indicate if a child may need Neuro Physiotherapy to assist with their physical development and skills. These would include children with:

- Gross Motor delays
- Developmental Co-ordination Disorders
- Poor core stability
- Slight Cerebral Palsy
- Indication of autism spectrum disorder.

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 was sent home on Monday.

MUSIC – CHOIR FESTIVALS

St Peter's School of Music invites you to the annual Choir Festivals.

Senior Choir Festival: Wednesday, 04 July at 18:30 in Dodson Hall (Chapel Choirs of both Girls and Boys Schools, Grades 5-7).

Junior Choir Festival: Thursday, 05 July at 18:30 in Dodson Hall. The evening will end at 19:30. All the Junior Choirs will perform, this includes our Junior Prep Choir (Grade 2) and the Cadet Choirs (Grades 3 and 4) of both Girls and Boys Schools.

Please note:

Grade 2 Choir boys to meet in the **JP music room** promptly at 16:45 for a warm up. We will take them to Dodson Hall for a **Mass Choir rehearsal** at 17:30-18:10. They will sit in the gallery and not with their parents. We end with the Mass item.

Please ensure that your son is on time, dressed in his **school tracksuit, with the school jersey underneath (if it is cold), white takkies and white socks. (NO beanies, scarves or gloves).**

The boys must bring a healthy snack, no juice, only water. Soup and other snacks will be on sale before the Festival. Tickets at R20-00 per person, will be available online for purchase through the Tixsa website from Monday, 02 July. The link will be available on the Communicator from 02 July.

We look forward to an amazing evening, filled with beautiful music.

Sandra van Wyk: JP Boys Music

GRADE 1 INTERNAL FOOTBALL TOURNAMENT

Every boy in Grade 1 will participate in this Internal Tournament. A letter detailing the event was sent home last week.

Reminder:

Date: Friday, 06 July
Time: 13:00-14:00
Venue: Feather's Field
Refreshments: Grade 2 Leavers Committee

Our Grade 1 boys have been working hard to enhance both their skills and sportsmanship for this event.

GOLDEN MOMENT

As the Grade 0 boys were walking to Chapel yesterday they overheard one of the school's roosters crowing. A boy said: "You hear that rooster? He's blowing his horn!"

Enjoy the Half Term break – when we get back the mornings will be getting lighter!

Warm regards,

Kenda Melvill-Smith

FORTHCOMING EVENTS

Friday 22 June	
St Peter's Day & Half Term	
Closing times: Grade 0: 10:00; Grade 1: 10:15; Grade 2: 10:30	
11:00	Waiting Class ends – no Aftercare
Monday 02 July	
7:30	Return to school
12:00	Grade 2 Choir practise during break
Tuesday 03 July	
No DCS – Government school holidays	
Wednesday 04 July	
8:00	Chapel (birthdays 02-08 July)
13:00-13:30	Grade 2 Choir
18:30	Senior Choir Festival (Dodson Hall)
Thursday 05 July	
16:45	Grade 2 Choir boys warm up – Music Room
18:30	Junior Choir Festival (Dodson Hall)
Friday 06 July	
13:00-14:00	Grade 1 Internal Football Tournament – Feathers Field

DID YOU KNOW?

One serving of hot chocolate powder made with water contains around 3 to 4 teaspoons of sugar. A healthier alternative, is to replace that morning hot chocolate with Rooibos tea and a dash of honey. Rooibos tea is packed with anti-inflammatory and antioxidant properties. Research over the past decade has proven the therapeutic ability of rooibos to help prevent [cancer](#), protect the liver against disease, boost the immune system, relieve [allergies](#) and treat [digestive disorders](#).



PA NEWS

WINTER WARMERS

