



Dear Parents,

SCREEN TIME

Our coffee morning last Thursday was presented by Lara Ragpot and left many adults reflecting on and discussing the amount of time their households are spending on screens during the course of a day.

Lara's slide show is available on the Communicator for interested parents to review. We are all aware that screen time is starting to rule our lives and the suggestion was that no child under the age of two is exposed to screens. Screen times for older children should be under constant review and co-use is recommended for discussions to be held on the various topics our children are exposed to.

Below are some suggestions to assist parents with the screen time tug of war!

What are signs that digital usage is becoming a problem?

If your children are exhibiting these types of behaviour, it's time to think about reducing the time they spend on screens:

- Spending less and less time with family and friends
- Difficulty focusing on the present moment due to craving video game or cellphone
- Developing health issues such as Carpel Tunnel Syndrome, eye strain, weight gain, backaches
- Withdrawing from sports, hobbies and social interactions
- Losing sleep due to gaming, texting
- Acting irritable or discontent when not using digital items
- Declining grades in school, missing school
- Talking and thinking obsessively about the digital activity
- Denying or minimizing any negative consequences

It is also wise to keep TV, internet and other digital media out of your children's rooms. When these devices are in your children's bedrooms, it's much more difficult to monitor what's going on.

What are ways to limit media usage?

If your children are old enough to discuss the issue, sit down as a family to talk about it. State your concerns and brainstorm ideas on how your family could limit media usage.

These are some ideas other families have used:

- Declare a "screen free day" once a week where nobody watches TV, uses the computer or plays video games.
- Install monitoring software on digital devices that allow you to set limits.
- Track daily media usage and stop using media after the allotted time is up.
- Set timers to go off after a media time limit has been reached.
- Turn off digital devices during meals.
- Move TVs and computers out of bedrooms and into common areas.
- Plan more activities to do together like bike rides and hikes.

Researchers have found that children whose parents make an effort to limit screen time spend less time with media than their peers. Although your children may resist your efforts to reduce their screen time, the long term benefits are worth it!

GRADE 0 GRANDPARENTS TEA

The excitement is mounting as our Grade 0 boys prepare for the annual Grandparents Tea. This event allows our Grade 0 boys the opportunity to show off their new school to the people who are special in their lives.

We start the morning with a Chapel Service at 9:00, followed by a delicious tea in Dodson Hall. Our guests then visit the boys in their classrooms to see what they have been up to so far this year. A photographer will be in the JP Hall, should you wish to capture the day. The boys may go home with their special guests afterwards. There will, however, be a supervised Waiting Class until 14:00 and the regular Aftercare facility.

PHOTOGRAPHS

Individual and Class photographs will take place next week. Please ensure your son arrives at school in his correct summer uniform; with the correct shoes. A neat hairstyle and a clean face would also add to the photographs.

- **Monday, 26 February:** **Grades 0B and 0H and Grade 2 boys**
- **Tuesday, 27 February:** **Grades 0S and 0F and Grade 1 boys**
- **Wednesday, 28 February:** **Grandparents Tea – memory photographs**

MY STORY – Wednesday, 28 February

My Story is an initiative to build social cohesion within the school community. It allows parents an opportunity to share their stories and cultures so that we can grow an understanding of all South Africans. Attendees leave these evenings inspired and new friendships are formed. Please join us:

- **Date:** **Wednesday, 28 February**
- **Time:** **18:30**

CAR PARK

We are aware that the traffic flow in the car park is not always optimal, but please be considerate of others at all times and remember there are young children moving in this area, especially in the mornings. I have noticed a number of cars parked on the yellow lines; please refrain from doing so as it can interrupt the flow of traffic, especially the area outside the front entrance to the school. This is a **drop and go** area and if a car is parked in that demarcated area other cars are unable to pass. Should you make use of the **drop and go** area please do not linger when saying farewell to your child. The point of the **drop and go** is to allow for a quick stop before continuing in the traffic.

COMMUNITY PARTNERSHIP

Thank you to the many parents who came forward, after last week's newsletter, to assist our Diepsloot Combined School partnership. We can never have too many hands so please do consider spending a Tuesday morning touching lives.

HALF TERM

School closes on **Thursday, 01 March** for Half Term and re-commences on **Tuesday, 06 March** at 7:30. Please take note of finishing times which allow for traffic flow within the school:

- 10:00 - Grade 0**
- 10:15 - Grade 1**
- 10:30 - Grade 2**

A supervised Waiting Class will be available until **11:00**. **There will be no Aftercare facility on Thursday afternoon.**

DATES TO DIARISE

- 07 March – Music Staff Concert
- 14 March – PA AGM
- 17 March – Dads & Lads Cricket (Grade 1 & 2)
- Camp Out

GOLDEN MOMENT

A Grade 1 boy told his teacher that he had waited so long for snack time that it had made his stomach angry. She asked him what he meant by angry and he said "It's growling at me!"

Due to family commitments I will sadly not be at the Ladies Lunch this year. I hope the St Peter's ladies have a fun-filled, happy afternoon.

Warm regards,
Kenda Melvill-Smith

FORTHCOMING EVENTS

Monday 26 February	
8:00	Photographs Grades 0B & 0H & Grade 2 boys
12:00	Grade 2 Choir practise during break
Tuesday 27 February	
8:00	Photographs Grades 0S & 0F & Grade 1 boys
8:30	DCS
Wednesday 28 February	
8:00	No Chapel
9:00	Grandparents Tea & Chapel Service (birthdays 26 Feb- 4 March)
13:00-13:30	Grade 2 Choir
18:30	My Story – Girls JP Hall
Thursday 01 March	
HALF TERM:	
10:00	Grade 0
10:15	Grade 1
10:30	Grade 2
Tuesday 06 March	
7:30	Back to school

CONGRATULATIONS - IT'S A BOY!

Congratulations to **Devon Everitt** and **Nicole** on the birth of their baby boy! His name is **Nicolo**.



FROM SISTER GAIL

There are a number of medicine forms still outstanding, could you please make sure these are sent to school with your child as soon as possible. The forms were emailed to all parents and can also be found on the Communicator St Peter's: Resources/Boys/Girls: Medical Forms.

If your son is sick or has a temperature, please keep him at home. Please don't send him to school as this only spreads germs throughout the class and school resulting in outbreaks which we would like to avoid.

Sister Gail Brent

2017 SCHOOL MAGAZINE

Your son should be bringing home a School Magazine early next week. The cost is **R180** which will be debited to your account.

If you do not want the magazine, please return it to either Boys SP or JP Reception areas by Thursday 01 March, before the mid-term break commences. Please return it together with a slip of paper with your son's full name and class.

Diane Fraser (Marketer)
(dfraser@stpeters.co.za)



SCHOOL SHOP

Family Organiser

The popular family organiser is now on sale.
WAS R140, NOW R100.

Nadia Thompson (Shop Assistant)

SCREEN TIME PRESENTATION BY LARA RAGPOT – 15 FEBRUARY

In case you missed this presentation, it has been loaded onto the Communicator St Peter's under RESOURCES/BOYS/GIRLS: Presentations to Share.

BADEN-POWELL FOUNDERS DAY – Friday 23 February
Cubs and Scouts may wear their uniforms to school on Friday.



PA NEWS

MY STORY: WEDNESDAY, 28 FEBRUARY

"The scarcest resource is not oil, metals, clean air, capital, labour, or technology. It is our willingness to listen to each other and learn from each other and to seek the truth rather than seek to be right." (Donella Meadows)

"My Story" is our St Peter's community "safe space." We believe that inviting St Peter's parents and staff to share their experiences helps us to break down the barriers that stand between us and sets us on a path towards a stronger, more cohesive community.

Please join us on this exciting journey:

Date: Wednesday 28 February

Time: 18:30 – 20:00

Venue: Girls Junior Prep Hall



To book: <https://goo.gl/forms/NRKf1LcTygRfS1TR2>